PARENT/TEACHER INTERVIEWS
I have been encouraged by the reports I have received from both parents and teachers as we draw closer to the conclusion of our Term 1 interview period. The depth of information and exchange of ideas will greatly support the enhancement of our students learning via our teachers’ learning programs. It is vital that good communication be established and maintained with your child’s teacher throughout their year together. Please remember parents are most welcome to contact the school at anytime and arrange an interview with your child’s teacher to discuss matters related to their learning or behaviour at school.

EASTER HAT PARADE
Last Thursday 28 March students from Kindergarten to Year 2 participated in our annual Easter Hat Parade. It was wonderful to see so many parents, grandparents and family members in attendance. I am sure all students really enjoyed the day with a huge variety of hats and bonnets on display. I would like to thank all the parents involved in creating this huge colourful array. Your hard work certainly brought lots of smiles to the faces of the children present. I would like to also thank our Kindergarten parents who supplied the Easter eggs for the raffle and our hardworking fundraising team for organising all the baskets to be raffled on the day.

IMPORTANCE OF OUTSIDE PLAY
Does it really matter if youngsters are spending more of their time indoors on computer games or in cars being shuttled everywhere by their parents, rather than climbing trees and catching cicadas?

According to a growing body of academic evidence, the answer is a resounding "yes".

Spending time outside, ideally in unstructured play, can:

- help combat obesity in children
- increase self-esteem and resilience
- improve academic performance
- improve social skills
- help with problems such as attention deficit disorder
- gain valuable nutrients from sunlight (although care should be taken to avoid sun damage).

University of Wollongong researcher Dr Karen Malone says surveys of parents show the overwhelming reason we are keeping our kids indoors is out of fear. "The parents say, 'The world isn't the same place it used to be'. For them, the fear of something happening to their child outweighs the benefits of having a child who is more sociable," she says. So how do parents help reconnect their children with the world outside the front door? Karen encourages parents to come up with creative ways to allay their own fears while giving their children the chance to explore outside. For instance, she suggests initially walking to school with your child until you are confident in their ability to cope with the trip. Or parents could let a child play in a park or open space, while keeping a discreet eye on them from a distance. "It's about you as a parent letting go in small stages," she says.

Christopher Connor
Principal
Helensburgh Public School

Important Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>3rd Apr</td>
<td>PSSA State Swimming Carnival</td>
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<tr>
<td>4th Apr</td>
<td>K-6 Assembly 1.50pm Kindergarten will be singing</td>
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<tr>
<td>5th Apr</td>
<td>Crazy Hair Day</td>
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<tr>
<td>8th Apr</td>
<td>CSIRO Human Body Incursion 3/4H, 4C, 4/5S</td>
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<tr>
<td>9th Apr</td>
<td>Sydney East U11 &amp; Open Rugby League Trials</td>
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<tr>
<td>12th Apr</td>
<td>Last day of Term 1</td>
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<tr>
<td>29th Apr</td>
<td>Staff Development Day</td>
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<tr>
<td>30th Apr</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td>1st May</td>
<td>Students return to school for Term 2</td>
</tr>
<tr>
<td>9th May</td>
<td>Mother’s Day Stall</td>
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</tbody>
</table>

This school is a peanut/nut aware environment.

For our childrens safety, no peanuts/ nut products, please!
Helensburgh Harvest Co-op News

'Fresh Herb Toasties'

4C and 3/4H have been busy gardening and planting produce for our harvest co-op. Our aim is to use our own produce to make and sell to you, our own 'yummy' and 'healthy' treats. This week on Thursday the 4th April it is HOMEMADE HERB TOASTIE day - with fresh herbs from our garden! Purchase warm fresh bread at lunchtime under the COLA Cost: 40c each slice.

Warning: It will happen again next Thursday, if you miss out! Thank you also to Colin La Flamme, Ms Lewis, Rachel Peach and the environmental team for all their assistance. 4C and 3/4H

Stewart House Clothing Appeal 2013

Please return bags filled with donations of good, clean, wearable clothing, shoes, manchester and blankets to the alcove on the right as you enter the corridor at 2/3G (behind 1H classroom) and NOT the school office. All filled bags must be returned no later than Thursday, 4th April for collection. www.stewarthouse.org.au

Thank you for your support.

Young Leaders Conference

New Books

The library is full of new books at the moment. Check these books out, they are located on the shelves behind the circulation desk and are available for borrowing now. These books cannot be reserved at the moment so if you want them bring in your library bag and borrow them.

Help Needed

We still have plenty of books that need covering. If any parents can help out with this it would be greatly appreciated. Please see Mr McQueen in the library if you can help.

Mr McQueen
Teacher Librarian

Student Representative Council

Don't forget the SRC CRAZY HAIR DAY THIS FRIDAY to raise money for Assistance Dogs Australia. Wear your hair as crazy as you can and bring a gold coin donation to take part.

Scholastic Book Club

If you wish to order from this Clearance Catalogue, please send completed order and money to the office by the morning of Wednesday 3rd April 2013. Any orders received after this time will still be processed, but there is no guarantee that the books will be in stock, or that they will be available for distribution prior to the end of Term 1.

Principal’s Awards

KB
Aleisha, Brianna, Tim, Oliver

KF
Jemma, Daniel

KR
Stella, Georgia, Mason

1H
Alivia, Sophia, Nelli, Grace, Kara, Maja, Kaia, Braeden, Oliver, Dean, Kambel

1M
Maddison, Brydie

2C
Ava Belle, Makayla, Charlotte, Georgia, Tamberlyn, Satine, Maeve, Keira x2, Victoria, Kyah, Jasmine, Alexie, Chloe, Laila, Eoin, Sunny x2, Kye, Jackson, Jake, Brian

4/5S
Clare, Olivia, Alison, Tahlia, Aiden, Cooper, Hugo, Eryn, Gemma, Bronte, Aaron, James, Scott

5T
Jasmine, Madysson, William, Shannyn

6C
Nic

We would like to Acknowledge the Wodi Wodi people who are the Traditional Custodians of this Land on which our school stands upon. We would also like to pay respect to the Elders both past and present of the Dharawal Nation and extend that respect to other Aboriginals present.

11 Fletcher Street, Helensburgh, 2508 Ph: (02) 4294 1332 or (02) 4294 1050
email: helensburg-p.school@det.nsw.edu.au web http://www.helensburg-p.schoo ls.nsw.edu.au

Issue 10, Monday 2nd April 2013 Week 10 Term 1
The University of NSW - International Competitions and Assessments (ICAS) 2013

These competitions are open to all students in Years 2-6. They aim to challenge the more capable students, but any student from Years 2 - 6 may enter. They are conducted at school during school hours under exam conditions. The tests are set and marked by the University of New South Wales. Each competition has a fee and the price increases for the spelling and writing tests as these are hand marked. Tests are conducted in the areas of: Computer, Science, Mathematics, Spelling, Writing and English. The payment for competitions must be paid at the time of registration and it is not refundable. Please look at the table below for costs and dates for the competitions. If your child / children wish to enter you must complete the registration form found below.

Please note for the first time the English and Mathematics exams are open to Year 2 students as well as students in years 3-6. All other exams: Computer, Science, Spelling and writing are available to Year 3-6 students only.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Date of Exam</th>
<th>Costs Involved</th>
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</thead>
<tbody>
<tr>
<td>Computer Skills</td>
<td>Tuesday 21st May</td>
<td>$8</td>
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<tr>
<td>Science</td>
<td>Wednesday 5th June</td>
<td>$8</td>
</tr>
<tr>
<td>Spelling</td>
<td>Tuesday 18th June</td>
<td>$11</td>
</tr>
<tr>
<td>Writing</td>
<td>Week of Monday 17th June</td>
<td>$17</td>
</tr>
<tr>
<td>English</td>
<td>Wednesday 3rd July</td>
<td>$8</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 13th August</td>
<td>$8</td>
</tr>
</tbody>
</table>

Each child will require a 2B or B lead pencil (no pen) and an eraser for each exam. Students sitting the Science Exam will also require a ruler marked in millimetres and they are also permitted to use a calculator. Please note the Computer Exam is a written/paper exam. It is not undertaken using a computer.

Practice questions are available on the Educational Assessment Australia (EAA) website if you are interested go to www.eaa.unsw.edu.au and follow the link to “Prepare”.

To enter, please fill out the form in this week's Highlights, together with the correct payment, in a clearly marked envelope. If paying by cheque, please make it payable to the school. Please do not include competition money with other money. Competition money must be in a separate envelope. Entries must be in to Mrs Sida by Friday 5th of April 2013. Please hand them directly to Mrs Sida straight after morning assembly.

Late entries will not be accepted.

Mrs Sida
Competition Coordinator

The University of NSW International Competitions and Assessments 2013

Student 1: ___________________________ Class: _______________

I wish to enter the following Competitions (please circle):

Computer $8  Science $8  Maths $8  Spelling $11  Writing $17  English $8  Total: $ ______

Student 2: ___________________________ Class: _______________

I wish to enter the following Competitions (please circle):

Computer $8  Science $8  Maths $8  Spelling $11  Writing $17  English $8  Total: $ ______

Parent/Guardian signature: ___________________________ Date: _______
**Mothers Day Stall**

The stall will be held on Thursday 9th May (week 2 term 2) but we ask that **ALL money for presents** be sent in to the class teacher by **Monday 6th May**. Any money not receipted before the day of the stall, (ie brought in on the day) may result in the child having to purchase a gift at the end of the stall as we will be monitoring the ratio of $10 to $5 gifts.

Please fill in the form below, nominating how many presents of each price range are required. Please send money and note in an envelope clearly marked with your child’s name, class and the amount enclosed to your child’s teacher. **Any cheques should be made out to Helensburgh Public School P&C.**

The majority of presents will not be wrapped, because they have come to us in protective wrapping or boxes and we thought it better to send the gifts home the same way. It is suggested that all children bring a green/recyclable bag to school on the day of the stall as some of the presents are too large for the average school backpack.

Your child will have chosen the item with love from our display table and we ask that you remember this when they present you with it.

If you have more than one child at school and wish that your children could select a present together, please send a note in to each of their teachers and it will be organised for them to choose a gift together. All funds raised will support your child’s education.

**PLEASE SUPPORT THE STALL.**

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**Environmental News**

A big thanks this week to volunteers - Rachel Peach is familiar canteen face as well as an active Environment Team member. All the parents who bought farm fresh apples and organic vegies from our no-dig gardens...Thank you...and to Rachel for assisting students with the fore mentioned sale on Easter Open Day, the Fahey family for donating from their orchard, and HPS children for growing the vegies. Another important thank you to wonderful retired teachers Mrs Hanley and Mr Lynch who devote a day p/week to maintain our natural areas. Currently this dedicated pair are helping Stage 3 children to refurbish our ponds in the ‘quiet area’. Every lunch and recess an enthusiastic group of students work as a team to maintain clean and beautiful spaces within our school. To Byron, Brendon, Sean and their group of mixed grade helpers - Thank you!

Ms Lewis Environment Team

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**Community Notices**

**Musical Instruments for Sale**

Used clarinet for sale, most likely needs a service. $380.
Please call Kerry on 0413 142 655

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**Square Dance Classes**

Have fun in a friendly atmosphere learning to square dance with happy people. Square Dancing is a great social, mental and physical activity for the whole family.

Friday Evenings 7.30-10.30pm
Beginner Classes Starting 5th, 12th & 19th April 2013

St Catherine’s Catholic Church Hall
Cnr Gymea Bay Road & President Avenue, Gymea

Enquiries: Chris & Linda Foggatt
p: 9542 3518 or 0421 133 518
e: kneedeepquares@gmail.com
www.kneedeepquares.com
We would like to Acknowledge the Wodi Wodi people who are the Traditional Custodians of this Land on which our school stands. We would also like to pay respect to the Elders both past and present of the Dharawal Nation and extend that respect to other Aboriginals present.

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