**Helensburgh Highlights**

**PRINCIPAL REPORT**

**INTERVIEWS**
Parent/teacher interviews are underway this week. At Helensburgh Public School we foster the belief that good relationships between teacher and parents will have positive benefits for your child’s learning, well being and happiness.

If you have an interview time scheduled with your child’s teacher and you cannot attend please ring the school to organise an alternate time. Interviews are being held at this time so that parents and teachers may exchange information, ideas and thoughts on the progress and well being of their students and children. I would much prefer to communicate early than wait till halfway through the year to have a report on where teachers have placed them on the Learning Continuum.

**TEXTBOOKS**
I encourage all parents to finalise the payment of their textbook fees as soon as possible so that all textbooks can be distributed to our students.

**HEALTHY BREAKFAST AND LEARNING**
* If you want your child to think more clearly, give them a breakfast high in protein such as eggs and milk.
* Mother Nature is full of foods that help children and adults think and feel better.
* Exercise is good for thinking because it supplies oxygen to the brain.
* Avoid white squishy things like chips, white bread and cakes.

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk.

"Having a higher protein, lower carbohydrate breakfast enhances concentration and memory," says Andrew Fuller, a fellow at the University of Melbourne's departments of Psychiatry and Learning and Educational Development.

**P & C AGM**
This Tuesday 12 March the parents and Citizens Association of Helensburgh Public School will be holding its Annual General Meeting. The meeting will be held in the school staffroom commencing at 7:00 pm please consider attending. I value greatly the work of our P & C and it is a great forum at which to meet new parents, discuss ideas and receive up to date information on the operation of the school.

**Christopher Connor**
Principal
Helensburgh Public School

**Important Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11th Mar</td>
<td>Sydney East PSSA Swimming Carnival</td>
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<tr>
<td></td>
<td>2.30 pm - 7.30pm</td>
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<tr>
<td>12th Mar</td>
<td>Yr 1 Walking Excursion/P&amp;C AGM 7pm</td>
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<td>14th Mar</td>
<td>Selective HS Placement Tests/</td>
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<td>Sport in Schools Australia K-6</td>
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<td>19th Mar</td>
<td>Excuse Me I Was Here First Performance</td>
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<td>K-2 12.10pm, Yrs 3-6 1.50pm</td>
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<tr>
<td>21st Mar</td>
<td>Bulli HS Enrichment Class Test 9.30am/</td>
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<td>Harmony Day/Stage 1 Assembly 1.50pm</td>
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<td>25th Mar</td>
<td>Young Leaders Conference - Captains &amp; Prefects</td>
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<td>28th Mar</td>
<td>Easter Hat Parade/Yrs 3-6 Assembly</td>
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<td></td>
<td>1.50pm</td>
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<td>29th Mar</td>
<td>Good Friday</td>
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<tr>
<td>1st Apr</td>
<td>Easter Monday</td>
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<tr>
<td>2nd Apr</td>
<td>PSSA State Swimming Carnival</td>
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<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</td>
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**Sydney East PSSA Swimming Championships**
All the very best to our students who will represent Engadine Zone today and compete at the Sydney East PSSA Regional Swimming Championships at Homebush this afternoon. Cooper R (Yr 3) will be competing in the 8 year boys 50m freestyle race. Bowen W (Yr 4) will be competing in the 9 years boys 50m freestyle and is also a member of the junior boys relay team. Amy L (Yr 6) will be competing in the 11 year girls 50m freestyle, 11 year girls 50m breaststroke and the 11 year girls 50m butterfly events. Nathan F (Yr 4), Billy W (Yr 4) and Cassius F (Yr 4) join Bowen for the junior boys relay team event. Dylan B (Yr 4) is the reserve for the team. Good luck to all our swimmers, we are very proud of you!

Mrs Dowling

*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

Issue 7, Monday 11th March 2013 Week 7 Term 1
Curriculum News: Environmental Team
A large focus with the new Geography Curriculum is to instil in our students the ability to think geographically, based on an understanding of space, place, environment, interconnection, sustainability, scale and change. Helensburgh Public School is preparing our students with these skills by offering a load of exciting environment based projects in 2013!

2013 promises to be yet another exciting and busy year for our school environment team. With the old Kindergarten demountable removed at the beginning of this year we now have an even larger area available to us, where we plan to extend our vegetable gardens. Our resident Environmental Scientist, Colin La Flamme has big plans for this new area!

We have many projects already underway with:

* 5T Composting. The students take on the large role of collecting our daily fruit break scraps and distribute these to our large worm farms.

* 6C is continuing their role with the collection and recycling of used coffee pods!

* 4C and 3/4H have undertaken their Helensburgh Harvest Co-op project. This requires the students to research the needs of the canteen; plant, grow and harvest vegetables and herbs accordingly and supply products back to the canteen. These products will then be used in our healthy wraps, salads, rolls and weekly specials! The students are documenting their process weekly via video recordings.

* K/6R are adding to our vegetable garden this term by planting seedlings.

* 1M,1C and 1H will be working with our Resident Environmental Scientist, Colin La Flamme to continue their work from last year in planting, watering and tending to our vegetable gardens.

* 2C will be involved in planting extra seeds for our new garden area and tending to the new grown vegetables throughout the year!

* KB, KR and KF will be involved in Recycling, participating in the school's worm farm program, spending lots of time in the garden as they explore man made and natural environments and planting seeds as they learn about lifecycles.

Recognition should be given to the supportive parents and retired teachers, especially Barbra Hanley and Neville Lynch who volunteer their time and resources to come back to our school and assist us in our endeavours.

When in doubt don’t throw it out, I’m sure we could find a way to reuse it some other way!

Georgia Coleman
H.P.S Environment Team Member.

Library Term 1

Book Club
Scholastic Book Club pamphlets have arrived at the school and have been distributed to children in years K – 2. Children in years 3 – 6 who would like the pamphlet can collect them from the library circulation desk. Due back Friday 15th March.

Mr McQueen
Teacher Librarian

SRC News
A few weeks ago we had our first SRC meeting and we elected the prefects into their roles.

Zoe is the Prime Minister
Slade is the Deputy Prime Minister
Isla is the Minister for Finance
Taylah is the Minister for Communication
Gabe is the Minister for Kindergarten
Lara is the Minister for Year 1
Jiah is Clerk 1
Ethan is Clerk 2

Taylah

Congratulations
Tyara represented the school on the 1st and 2nd of March at the NSW Interschool Equestrian Championships. Tyara had a very successful 2 days placing in all of the 7 events she entered in. Well done Tyara!

Performance: Excuse Me I Was Here First.
Students K-6 should have received a permission note for the performance Excuse Me I Was Here First, which will be coming to our school on Tuesday 19th March. This performance supports our Peer Support program and helps students to manage conflict in everyday situations. Students are shown how everyday conflicts can be resolved peacefully by following 5 rules:- Don’t make the situation worse; Tell your story; Listen to the other person; Work together; Find a solution. Please return permission notes and $5.50 by Monday 18th March.

Ms Stillwell

Best Start Feedback
Students in KB, KF, and KR were given their parent feedback information sheets and their parent/teacher interview time.

If you did not get this, please let the teacher know as soon as possible.

Mrs Badham
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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<tbody>
<tr>
<td>Computer Skills</td>
<td>Tuesday 21st May</td>
<td>$8</td>
</tr>
<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>
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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: ________
**NSW Public School Primary and Junior Drama Ensembles Auditions**

The NSW Public School Primary and Junior Drama Ensembles Auditions for Years 5 and 6 are currently being organised. If your child/children attend Drama class outside school and is/are exhibiting talent, you may be interested. Please visit [www.artsunit.nsw.edu.au](http://www.artsunit.nsw.edu.au) for full details and application criteria.

**Attention: Year 2-4 Dance Students**

Nominations are now open for the 2013 Years 2-4 State Dance Workshops. The NSW Public School Dance Workshops have been developed in response to a large demand for dance experience in Years 2-4.

When: Thursday, 14th March (Years 2-3) and Friday, 15th March (Year 4)

Where: Sydney Dance Company Studios, Walsh Bay,

Cost: Year 2 - 3: $50.00 Year 4: $62.50

Apply: Susan Rix on 8512 1179
or susan.rix@det.nsw.edu.au

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**Engadine Zone PSSA Swimming Carnival**

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**Canteen News**

This Friday is our St. Patricks GREEN Day. We will be selling some healthy and not so healthy GREEN treats at lunchtime from 50c.

There will be another Milkshake Monday on 25th March.

We will be running an Easter Colouring In competition. Sheets can be collected from the canteen from Wednesday 20th and must be returned by Wednesday 27th. 50c fee per entry, prizes for each stage.

Thank you to everyone who supported “Cheese and Bacon Roll Day” last week. It is very popular and we will have another one next term.

**Bandaged Bear**

Hi Everyone it is Bandaged Bear time again and we are doing a special fundraiser in the Canteen by selling Bandaged Bear merchandise we only have limited stock as there was a mix up with Hospital ordering.

- Clip on bears $3
- Note pad $2
- Hacky sack $2
- Pens $2
- Pins $5
- Plush bear $7

We will be having a special Bandaged Bear Day on Tuesday 26th March with Bandaged Bear coming to visit the children also we will be having a fun day and all money raised will go to the Children’s Hospital Westmead.

We are now compiling a new canteen roster for terms 2 to 4 this year. We are in URGENT need of helpers, if you can spare one half day per month please fill out the form attached and return it to the canteen A.S.A.P. If you have any queries, please drop by the canteen and see us. Thank you for your support.

Jan Hill 42941778 Bronwyn Charman 42943568

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**Canteen Helpers**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone No.</th>
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<tbody>
<tr>
<td>Child’s Name</td>
<td>Class</td>
</tr>
<tr>
<td>Day Preferred</td>
<td>Take me off roster</td>
</tr>
<tr>
<td>Change of Day</td>
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[Email](mailto:helensburg-p.school@det.nsw.edu.au) [Website](http://www.helensburg-p.schools.nsw.edu.au) Issue 7, Monday 11th March 2013 Week 7 Term 1
Community Notices
For Sale
Ikea student desk and chair. Black and white with magnetic whiteboard back size 74cm wide, 74cm high $60
ph 0416 264 157

Found
Male watch found on Junction Street near watertank. Watch has ironman triathlon written on it call
Eliza 0411 383 077

Lost
Green microfibre jacket it has a name on it and a possibly a bus pass in the pocket. Could you please check your child’s jack et
just in case it has accidently went home with your child. Amanda Havea

SPAT presents La Triviata
Join us for a sumptuous dinner and sublime singing at the Stanwell Park CWA Hall. Starts @ 7.30pm Sat 16 March & Sun 17
March, Fri 22 March & Sat 23 March. $30 Bookings essential 4294 4060

Motor Bike Gear For Sale
Two pairs of brand new goggles $20 each. One pair of motor bike boots - Forma Terrain TX - Euro size 41, UK 7, USA 8.
These boots are brand new, never worn - $150. Youth XL long sleeve riding shirt - $20. These items can be viewed - Phone
0414 293 724

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

Sealiff Hockey Club Registrations 2013
Sealiff Hockey Club has spots are left in their u7 and U11 mixed teams. Playing in the Illawarra on a Saturday morning for
fun or to learn a new sport. Contact info@sealiffhockey.com.au for more information or visit www.sealiffhockey.com.au

Northern District Tigers Junior AFL
Registration is underway for the 2103 season AFL caters for boys and girls from 5 to 16 years For further information
Contact Evie (Club Registrar) on northerndistrictjunior.tigers@gmail.com

Lions Club Easter Scramble
Join your local Lions and chocolate lovers for the 5th Easter Scramble on Saturday, 30 March 2013, in Charles Harper Park
from 9am to 11.30am. We will be serving breakfast from 9am - bacon and eggs, sausages or pancakes with fresh fruit salad.
Buy a raffle ticket for some chocolatey prizes and then enjoy a free reptile show with Snake Tails, an interactive and
informative talk about all things slithery and scaly! When the show is over, the Scramble begins! To Scramble, we need eggs,
so please bring along some eggs for the Easter basket so there is plenty to go around! There will be two sessions, the first
for children under 5, the second for children 6 and over. Remember the Scramble rules:-
- No pushing or shoving
- No taking other people’s eggs, and - Absolutely, NO bags or buckets! We hope to see you on Easter Saturday for this
wonderful community event!

The Kembla Joggers Fitness 5
The Kembla Joggers Fitness 5 is being held on the 7th of April 2013. It is a great community event and we would love it
if as many staff and students could join in for this fun run. Enter online at www.fitness5.com.au

Square Dance Classes
Have fun in a friendly atmosphere learning to
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 Froggatt
p: 9542 3518 or 0421 133 518
e: kneedeepsquares@gmail.com
www.kneedeepsquares.com