

TERM 4 WEEK 6 : NOVEMBER 2022





# TERM CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 6 November</b>	14	15	16 League-Tag Gala Day  Kindergarten Orientation	17	18 Tell Them From Me survey window closes
<b>Week 7 November</b>	21	22	23	24 Gulang Fest The Entrance Campus	25
<b>Week 8 Nov/ Dec</b>	28	29 Year 6 Orientation Day at Terrigal High School	30	1	2 Stage 3 Boys Basketball Gala Day
<b>Week 9 December</b>	5 Year 6 Farewell Dinner	6 Last Day of Scripture 2022	7	8 PBL Rewards Trading Day	9
<b>Week 10 December</b>	12 Presentation Day ALL YEARS 9:30am – 11:30am	13	14 Rewards Day (K-2) – Motiv8 Sports	15 Rewards Day (3-6) – Motiv8 Sports	16 Year 6 Graduation Assembly  Last Day of School for Students
<b>Week 11 December</b>	19 SDD	20 SDD			



**IMPORTANT  
DATES .**

**December**

- 5 - Year 6 Farewell Celebration
- 12 - Presentation Assembly ALL YEARS
- 16 - Graduation Assembly Year 6
- 16 - Final Day of School 2022



# PRINCIPAL REPORT

It has been wonderful getting to know our 2023 kindergarten students over the past 5 weeks through our kindergarten transition sessions. The students have been demonstrating their skills in forming letters and numbers as well as cutting and pasting in different activities.

I have seen lots of little friendships blossoming between our new kindergarten students which is so lovely. They have also been working with our Year 5 students and formed some great bonds with these students who will become their Year 6 buddies in 2023.

On Wednesday we celebrated the end of our transition sessions by welcoming our parents and enjoying a Teddy Bears Picnic with a graduation ceremony. Our Kindergarten students were very brave getting up on stage to sing a song for us all and then accepting their awards.

It has been a great program and we are excited to welcome them in next year.

Mrs MacDonald





# CLASSROOM NEWS

## 1K

1K have had a great term so far. We started the term with a fantastic performance at the school concert. We have had a fabulous time at Life Education as our students listened and laughed at Healthy Harrold. Each week we have had a fantastic time at gymnastics and last week we had an excursion to Somersby Falls and gained a better understanding of Indigenous History. It has been an action-packed start to the term.

1K have been engaged in researching and writing informative texts. As Bluey is such a popular character, our students thoroughly enjoyed researching Australian Cattle Dogs, and writing an information report. They found great information, including how they become blue or red and how to care for an Australian Cattle Dog.

In math, we start each lesson with a math warm up, which the students are really enjoying. We have discussed how our brains are muscles and these warmups are exercises to make our brains stronger. Our 1K students have particularly enjoyed the different ways we can count and represent how many people we have at school.

We are looking forward to more exciting events as we are getting closer to the end of the year. Swim school will be a great opportunity for many students and Rewards Day will be loads of fun. We are having so much fun, we really don't want this year to end.





# CLASSROOM NEWS

## 1T

We would firstly like to commend the children for their resilience and positive attitude in adjusting to the change of teachers.

Although it has only been a couple of weeks, they have certainly been busy. 1T enjoyed their excursion to Somersby Falls and gained an understanding of Indigenous History.

Our police visit was fun, informative and students loved trying on the police uniforms and asking the officers questions. You can see by their big smiles in the photos how happy they were!

Twisting and turning in gymnastics each Friday continues to be enjoyed by 1T and just over half the class will be plunging into the pool for swim school in weeks 7 and 8 for the Swim School Intensive Program.

In Literacy we have been linking quality texts with artwork and creative writing. Recreating the book cover of Pearl Barley and Charlie Parsely using fabric pieces was a favourite and the display looks great. 1T published a recount from the police visit and we have started to discuss whether emus should be kept in the zoo as a persuasive piece of writing following the text Edwina the Emu.

Numeracy has been action packed with whole number, particularly multiplication, creating 'groups of' and writing the formal algorithms in Numeracy groups. Graphing data that we have collected will also be covered in week 6.

Smiling Minds, mindful breathing and mindful moving are playing a big part in 1T. Taking 'belly breaths' throughout the day as they listen to the singing bowl helps to realign and create calm in the classroom. The prize box has also been a favourite too!

We are looking forward to continuing to support your children producing quality work and all the excitement that comes with end of year activities.

Mrs Sullivan and Mrs Hall





# CLASSROOM NEWS

## 2HS

Welcome to the wonderful class of 2HS. We can't believe that the end of the year is fast approaching. There have been many amazing events the students in 2HS have enjoyed this term from the school concert, participating in SiSA sport days, Healthy Harrold, the Cultural History Excursion and the Police Safety talk.

In English, 2HS have written some excellent persuasive and imaginative writing pieces related to our Literature units 'Into the Forest' and 'Banjo and Ruby Red.' It's wonderful to see many of our students achieving their personal learning goals in their writing.

In Maths, we recently engaged in many hands-on learning experiences related to multiplication and division. We were looking at how we can see and apply our knowledge of these math concepts into the world around us.

Students have thoroughly enjoyed SISA. They have been participating in gymnastics lessons where they perform circuits with various gymnastics skills such as, walking on a beam, tumbling on a mat and two-foot jump off a trampoline.

We look forward to all the exciting learning experiences and activities yet to come for the remainder of the year.

Mrs Hillmann and Mrs Schofield



*ABOVE: Students were searching around the school to see where they could find arrays in our environment. They surprised themselves with how many they could find throughout their every-day lives.*





# SCHOOL NEWS

## Stage 1 Cultural History Excursion

In our History and Geography units this semester, stage 1 has been learning about our local history and how features of places have changed over time. Last Friday, Year 1 and 2 students had a fabulous day on Country at Somersby Falls with Darkinjung Elder, Uncle Gavi Duncan. He shared with us some of the local Darkinjung language for water, the stars and the rivers.

The students were shown some grooves in the sandstone where Aboriginal peoples used to sharpen their Axes. Uncle Gavi then explained how Aboriginal families would have used the pools above the waterfalls and the land surrounding the area.

Uncle Gavi's knowledge of bush tucker and bush medicines was fascinating. Some of the plants that he spoke about were the Lemon Scented Tea Tree which has many medicinal uses, The Golden Wattle which Uncle Gavi used to make soap, Lomandra that is used in weaving and more plants.

The students got to experience Uncle Gavi collecting some beautiful, yellow Ochre and were able to paint their arms.

This excursion was such a wonderful learning experience for our students. Thank you to the parents who offered to help with and who were able to attend the excursion.

Mrs Hillmann



## Menstrual hygiene program comes to Erina Heights Public School

The NSW Department of Education is introducing a menstrual hygiene program in NSW public schools. As part of the program, schools are installing dispensers that provide free pads and tampons (or just pads) for students to access during school hours.

Our menstrual hygiene program aims to reduce any barriers that may prevent students from participating fully in school life. Menstruation (and its unpredictability) may stop students from attending school or taking part in learning activities. There are also known health risks from using improvised sanitary hygiene products.

The program has been successfully trialed in 31 schools, with positive feedback received from Principals and students alike. It is now time to introduce the program at our school.

# SCHOOL NEWS

## Band Recruitment Assembly

Our Year 2 to Year 5 students had a fantastic time on Thursday attending a Band Recruitment Assembly. We had a visit from our music tutors from the Conservatorium of Music who demonstrated a range of instruments. Our very own Concert Band students played outstandingly well with their tutors. Thank you to the Conservatorium of Music and all our Concert Band Students for such an entertaining morning.

Goodluck to both our Concert Band and Training Band who will have lots of fun participating in Band Fest on Sunday the 20 of November at Narara Valley High School. Training Bands from around the Central Coast will be performing from 11am and Concert Bands from 1:45pm. This will be a great opportunity for our students to perform and hear other local school bands.

Mrs Kerry



## P&C Term 4 Update

**Concert Photo Book-** Have you ordered your P&C Concert Photo book yet for \$30 on Flexischools? Orders close next Friday 25 November at 5pm. A beautiful keepsake of photos that the teachers have taken in rehearsals & on the night!

**Christmas Raffle-** Booklets will be sent home on Monday with the eldest child in each family. The raffle tickets are due in on **Monday 5 December** and the raffle will be drawn on Monday 12<sup>th</sup> December. The amazing prizes that have been donated by our very generous sponsors are: **\*George Brand Terrigal-** \$250 Swells Restaurant voucher **\*Central Coast Aqua Park-** 2 x \$100 vouchers **\*TITAN FINANCIAL PLANNERS-** \$100 VISA voucher **\*Grill'd Erina-** 2 x \$50 vouchers **\*Darrons Seafood-** Voucher **\*Clip n' climb-** 2 x Double passes **\*Hoyts-** 2 x Double passes **\*Erina Ice Arena-** \$70 voucher **\*Thaiger Temple Terrigal-** \$50 voucher **\*Lashes on Lake-** 2 x Brow shape & tint **\*New Heights Cafe-** \$40 voucher **\*LUSH Erina-** Christmas Gift Box **\*Casey's Toys Erina-** Board game pack **\*Jack the Barber-** Men's Grooming Hamper **\*Thanks to Nature-** Hair Care Hamper **\*Wamberal Pharmacist Advice-** Gift pack **\*The Little tuck shop-** Voucher **\*EHPS family donations-** Mega Craft Pack, Picnic Hamper, Gingerbread House & \$100 Toymate voucher. Tickets are **\$2 each or 3 for \$5**, with a total of 20 tickets in each booklet. Please write the full name & phone number on each stub. Extra booklets are available from the school office. There is a prize for the child who returns and sells the most booklets and a class prize for the class who returns all their booklets first! Please return **all unsold, partially sold and sold** booklets. Good luck to all families! Erina Heights Public School P&C

The P&C Team



# SCHOOL NEWS

## Motivated Learner

This week Year 6 have been reminding the school about our focus of:  
“Having resilience and Bouncing Back”

### **How can I build resilience in my child?**

Research has found that there are five areas that offer the best chance for building resilience in children. Beyond Blue outlines some simple ways to build resilience. Click on the links below for more information. As a parent or carer, you can help to develop essential skills, habits, and attitudes for building resilience at home by helping your child to: build good relationships with others including adults and peers build their independence learn to identify, express and manage their emotions build their confidence by taking on personal challenges.

There are some simple things you can do to build your child's resilience in these areas. It's important to remember that the strategies recommended:

- Are suitable for everyday use with children aged 0–12 years
- Have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- Should be prioritised in a way that best meets your child's needs.

If your child is currently experiencing stress, challenges or hardships in life which are affecting their wellbeing, additional professional support may be necessary.

Year 6 have also been reminding the school that:  
“Bullying is NEVER okay”

Bullying is more than just a fight or disliking someone. It's being mean to someone repeatedly. Bullying is an ongoing or repeated misuse of power in relationships, with the intention to cause deliberate (on purpose) psychological harm. Bullying behaviours can be verbal, physical, or social.

Bullying can happen anywhere – at home, online, with friends, in a group, on the bus or at school. We have reminded students of what bullying is, what to do if it happens to them and that they are never alone. There is always support. If you want to learn more. Kids helpline is a great support for this.

## Mrs Stahl





# CULTURAL NEWS

## Gulang Fest

Well done to all the artists who entered the Gulang Fest Art Competition. Students had to draw on their knowledge of Aboriginal and Torres Strait Islander cultures to produce a beautiful piece of art. Schools from our Kuriwa AECG have entered their artworks which range from Pre-school to High school aged students. Some pieces of art are collaborations and others are individual.

I was very impressed to hear the stories behind the artworks and loved watching their pieces come to life over the last 2 weeks. It was very difficult for staff to choose our top 5 finalists. Congratulations to the following top 5 artists from each category:

**K-2** Bella B 2C, Aurora B 1K, Lily G 1T, Phoebe R 1T, Teal W KG

**3-6** Mila P 4J, Elaine S 4J, Bonnie C 5L, Skyla E 5L, Brooklyn T 3A

Mrs Hillmann

