Greetings East Hills community,

What an amazing Education and NAIDOC week we shared together. Our students were so fortunate to be involved in such a diverse range of activities.

Many thanks to those of you who were able to organise the time to celebrate Education week with us. Friday’s assembly was very impressive. The quality of the class items and the substantive engagement of students was something to be proud of. Education week is a time to celebrate our achievements across all public schools. The commitment and dedication of our assistant principals (Jenny Loneran, Gina Longo and Kim Manganaro), teachers, office staff, school learning support officers, general assistant and volunteers, ensure the high quality of education delivered here at East Hills Public School. This year we celebrate:

• the intense delivery of explicit and systematic teaching of reading across K-6. It is an honour to witness each individual student’s growth and success in achieving their personal reading targets;
  • the introduction of morning routines right across the school. We are working toward our 100 days of learning and will celebrate being 100 days smarter;
  • 2 new playgrounds to play in – our organised playground activities as well as the library being open for student access and board games;
  • the opening of our before and after school care program “Cubbyhouse”. We are fortunate to have such as an engaging and valuable resource for our local and wider community to share in;
  • the start of our exciting intensive fitness program. We have seen our students actively engage in athletics, dance and skipping. Our skipping exhibition will be Monday of week 10. We look forward to our gymnastics program next term; and

Mastering spelling

Are you checking your child’s weekly spelling homework? Try talking to your child about how you spell, and what you do when you don’t know how to spell a word. Here’s some advice about how to help your child master spelling.

• our continued relationship and learning opportunities with our local high schools, East Hills Boys and East Hills Girls. Our students are fortunate to be able to share in the sport, dance, science and cultural resources that these schools have to offer.

Please remember to encourage your children to use the pedestrian crossing when crossing Lucas Road. It is worrying to watch the number of students who jaywalk across this busy road, or those who are waved down by their parents to cross. Please be aware that on the spot fines apply for not using the crossing. Also, be reminded that we cannot park in the disabled spaces unless you hold a permit. Let’s work together in keeping our community safe.

I have had a large number of requests from parents this year, seeking approval for extended leave, in the way of overseas holidays. I ask that you please try to organise your family holidays and experiences during scheduled holiday times. The impact on your child’s academic and social growth can be difficult for them to ever catch up on. Whilst we try to send as much as we can away with you, nothing beats quality, explicit and systematic teaching!

Thank you again for your ongoing support of your children’s education. We achieve amazing results when we all work together as a learning community.

Kind regards,

Donna Casey
Principal

JEANS FOR GENES DAY
On Friday the 7 August the SRC is having a Denim mufti day for the Jeans for Genes organisation. Students are allowed to wear denim mufti clothes for a cold coin donation. Students participating in PSSA can come to school in denim mufti and change into their sports uniform before leaving for their PSSA matches.

When: Friday, 7 August 2015
Cost: Gold coin donation
Mufti: As much denim as possible, best dressed student in each class will win a prize.

HEAD LICE
A note has recently gone out to all parents and care givers about the treatment of Head Lice as we have had a number of cases reported.

Students are encouraged to keep long hair up at school and things like leave in conditioner or hair spray are a good deterrent.

NED SHOW
On Wednesday 5 August 2015, the students and staff of East Hills Public School where afforded the opportunity to see the NED show. This was a show designed to empower students to Never give up, Encourage others and Do their best (NED) to become a champion in learning and life. The show was highly entertaining with the presenter using a yo-yo and various other tricks to convey the message that everyone can be a champion.
EDUCATION WEEK
Last week East Hills Public School celebrated Education Week. There were lots of highlights, in particular our Open Day on Friday 31 July 2015. Our community were invited to see all the classes demonstrating their morning routines and join us for our fabulous assembly where students shows us their many talents as they presented their class items. The students then enjoyed having a picnic recess with their families and purchasing books from the book fair.

NAIDOC WEEK CELEBRATION & SNAKE TAILS PERFORMANCE
As part of our Naidoc Week celebration and environmental studies East Hills Public School participated in activities run by Georges River Environmental Education Centre and a performance from Bob Withey’s Snake Tails. Bob explained why we need snakes and other reptiles in the environment. Children were able to get up close and personal with snakes, lizards, turtles and other reptiles.
MAKE ONLINE PAYMENTS
Have you used the new system yet?

As of 24 July parents can now make **online payments** to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school’s website by selecting $ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.
When you access the $ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

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**SCHOOL ASSEMBLY**

Our next whole school formal assembly will be held on **Friday 7 August** in our School Hall at 11.20am.

Your attendance at our assemblies is always welcome! Thank you for your continued support.

The following children will receive Principals Awards at Fridays Assembly:

<table>
<thead>
<tr>
<th>Jarryd Belbin</th>
<th>Favour Joseph</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shin-Shae Bowelyon</td>
<td>Rayan Osman</td>
</tr>
<tr>
<td>Jack Brown</td>
<td>Ella Shakespeare</td>
</tr>
<tr>
<td>James Brown</td>
<td>Jakeb Wilson</td>
</tr>
</tbody>
</table>

The following children will receive a Gold Dollarmite Certificate:

Blake Ogden

The following children will receive a Bronze Dollarmite Certificate:

Jarryd Belbin
Praise Joseph

The following children will receive a Bronze Dollarmite Certificate:

Chen Chen Lei

**CLASS OF THE WEEK**

The following class was selected for their excellent behaviour during our last whole school assembly held in Week 3 Term 3.

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**P&C NEWS**

Our next P&C meeting will be held on Monday 17 August at 5.30pm

We hope to see you there.

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**SAPPHIRES/OPALS/EMERALDS**
LIVE LIFE WELL

KEEPING LUNCHBOXES SAFE

- Before preparing your child’s lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.
- Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.
- Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

CORDIALS, SOFT DRINKS AND SPORTS DRINKS

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions.

Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

Physical activity can be:

- sport and organized games
- playing with the dog
- backyard cricket
- climbing trees
- housework
- dancing to music
- wriggling and moving is normal for children and can be regarded as activity so avoid asking them to stop!
Crystals Class News

Students in the Crystals are learning how to become confident and independent writers. Each week students are given one writing goal to achieve. Students paste the specific writing goal into their writing books to help them achieve the set goal. We have been focusing on the book titled *Possum Magic* and have integrated literacy into our art lessons. Students have creatively made some of the characters from *Possum Magic* using a variety of art mediums.
St Christopher’s Cricket Club

THIS SUMMER – IT HAS TO BE CRICKET!

Playing with St Christopher’s Cricket Club is a fantastic opportunity for your child to enjoy the fun and camaraderie of playing a great sport with one of the most successful clubs in the Bankstown district - Under 9 & Under 10 Boys’ Bi-Centenary U9s & U10s 2014-15.

We have to have as much fun off the field as we do on the field! The club has three registration days for the 2015/16 season, and we welcome new, and returning players.

Registration days are –
Saturday 1 August Woolworths Revesby 9 am – 12 pm
Saturday 8 August Panania shopping centre 9 am – 12 pm
Saturday 15 August Woolworths Revesby 9 am – 12 pm

MINI CRICKET

- Did you know that matches only take 1.5 hrs – finish by 10.30am!
- Boys and girls welcome
- Ages Under 5s to Under 8s
- All players get a bat and ball
- No weekly match fees

Players have the opportunity to participate in a MINI CRICKET trial (cost: $10)

We are also keen to take new registrations for our other junior teams from U 9s to U 15s, as well as for our Senior teams.

A copy of birth certificates is required for new junior players.

If you need more information, contact -
Andrew Dixon 0400 211 362
Peter Goodrick 0418 699 164
or visit our website
stchristopherssw.cricket.com.au

Woolworths
earn & learn

We're thrilled to invite you to participate in this year's Woolworths Earn & Learn program. Find out how to earn educational resources for your school or Early Learning Centre in this handy flyer.

PLAY TOUCH FOOTBALL

ANYONE, ANYWHERE, ANYTIME!

Bankstown Jets Touch Association

COMP STARTS MONDAY 7TH SEPTEMBER, 2015

Boys, Girls and Mixed Teams. Ages 5 - 10

ONLY $45 PER PLAYER
No uniform or other fees

REGISTER ONLINE at
www.bankstownjets.com.au
or at our playing fields, Vale of Aths, Add Ave, Milperra
Sunday, 30th August 2015 – 8am to 11am
Monday, 31st August 2015 – 4pm to 6pm

Touch Football is a minimal contact sport played by all ages and skill levels. It provides a great social environment for all its participants regardless of gender or ability.

FOR MORE DETAILS CONTACT:
Email: bankstownjetsouch@gmail.com
Phone: 0414 658 475 Mimi. 0418 680 886
www.bankstownjetsouch.com.au

FairfieldCity
Guiding Your Child’s Behaviour

Free seminar

Thursday 20 August 2015
6.45pm – 8.45pm
The Uniting Church
251 Flora Road, Tempe

It is normal for children to behave in ways that are challenging for their parents. Children learn what constitutes appropriate behaviour and how to control inappropriate behaviour as they grow. This session aims to provide positive parenting through behaviour guidance and reduce the stress associated with raising children.

Topics include:
Understanding some of the causes of challenging behavior,
Skills to help you manage your child’s behavior including rules and basic behavior management strategies,
Understanding the behavior management cycle,
Understanding what may be influencing challenging behavior.

NO COST
Child minding is not available for this session. Children are not permitted to attend.
Bookings are essential, phone 4569 708 or places are limited.

Families Together is for grandparents, parents, young people, carers and families living in the Fairfield, Liverpool and Bankstown areas.

Families Together is funded by the Department of Education and supported by Fairfield City Council.