Good afternoon Parents, Carers and Friends,

It’s been an exciting term already and yet there are still so many great events and engaging learning to be had.

**Book Week and Parade**
All of our students are fortunate to have Tina Matthews (author and illustrator) visiting us on Tuesday 25 August, at 9.30am – 10.30am, to share her experiences with our students. They will have the opportunity to ask her questions about publishing books.

Our book parade is also being held on Tuesday, at 2.30pm. Come along to enjoy our students as they showcase their favourite book characters. There will be prizes awarded to the most creative.

Many thanks to you parent and carers who take the time to support your child by assisting in the creation or putting together of their costumes.

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**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.

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**2016 Kindergarten transition program**
Please contact the office if you have a child enrolling for Kindergarten next year. Early information helps us organise a much smoother transition. If you have friends or relatives enrolling a Kindergarten child for 2016, we would appreciate your assistance by reminding them to enrol.

When returning your completed enrolment form please ensure you have the following documents:
- Original Birth Certificate or Passport
- Original Proof of student’s Residential Address (rates, gas, electricity bill, rental agreement etc.)
- Immunisation History Statement (not blue book)
- Copies of any Family Law or other relevant Court Orders
Our Kinder transition program begins next week Wednesday 26 August. All children starting in the 2016 kinder class are invited to attend all sessions from 2-3pm. We have also incorporated parent workshops later in the program. It is important that you stay and engage with your child during the first few sessions, to support them and get to know the teacher and school environment. Your child will make a connection to the school community more easily knowing you are also connecting and supporting them.

The purpose of our program is to:

- build an authentic relationship between your child and their class teacher;
- develop lasting friendships;
- engage in meaningful, fun activities; and
- develop confidence in feeling safe and secure in their new environment.

If you have not yet received your flyer, feel free to pick one up from the office or refer to it on the school website.

Thank you to all families for helping us distribute the flyers to our neighbours. It is really important that our local community know about the best quality transition program in area.

I look forward to meeting each family at our kindergarten interviews.

Earn and Learn
Many thanks to our community, for supporting the Earn and Learn program. Not only is there an East Hills Public School box outside our local Woolworths, but we also have a box in the front foyer for sticker collection. We appreciate your support in collecting these stickers. The more we get the more student resources, like sport equipment, we can claim.

Our school car park is closing
The current teacher car park will be closing at the end of this term. There will be only emergency vehicle access via this current gate. The bin pick up will be via Lehn Rd. The existing car park will be restored to the playground. We are working with the council to create a kiss and drop zone for parents and taxi service. We are also looking at the possibility of another pedestrian crossing on Lehn Road.

Staff will be able to park their vehicles in specified allocated spots at both the Girls and Boys high school or utilise street parking. We thank our local high schools for sharing their resources and supporting us with this safety issue.

East Hills Boys High school fundraiser
East Hills Boys High School are selling Krispy Kremes as a fundraiser. It would be wonderful if you could support them. Attached is the information and order form. Please return to our school office before 4 September if you would like for us to take your orders across the road with ours. They will then be ready for you to collect on the due day at our primary school office.

Have a wonderful weekend,

Donna Casey
Principal
FRUIT & VEG MONTH 2015 – LET'S GO GREEN!
Our school is participating in the fun of Fruit & Veg Month, which runs for the last 4 weeks of this term - Monday 24th August to Friday 18th September.

As part of Fruit & Veg Month, students will be involved in various classroom and school based activities that aim to encourage them to eat more fruit and vegetables.

Watch this space for updates. Or, better yet, ask your child what activities they have been involved in. It is a great way to bring the healthy eating message home!

Meg Borkowski, Fruit & Veg Month School Coordinator

SPELLING BEE
Today students across 3-6 participated in the school finals for the Premier’s Spelling Bee. Students had to spell out many tricky words to win the finals. They tried their very best and it was great to see such enthusiastic spellers. Congratulations to all finalists for their amazing achievements. The two students who won their stage finals will go on to represent East Hills Public School at the regional finals at Georges Hall Public School on Tuesday 8 September 2015.

Stage 2 Winners: Steven Nguy and Ciaran-Cian Boweslyon

Stage 3 Winners: Jessica Wiraatmadja and Rebecca Ton

INSPIRE DANCE
Our indigenous students are participating in the INSPIRE dance group. Some of the students started rehearsals on Wednesday 29 July and the next rehearsal will be next Wednesday 26 August 2015 from 9:30am to 2:30pm at East Hills Girls Technology High School. Students are reminded that they will need to bring a plain black tshirt and black leggings for girls and black tracksuit pants for boys for the rehearsal next week so they can be painted in preparation for the performance on Friday 11 September 2015 at the Brighton Novotel for the NSW DEC Deputy Principal's conference.
JEANS FOR GENES DAY
Thank you all for your generous support on our Jeans for Genes mufti day. It was great to see so many of our students in mufti to support this great cause. The money raised will now support research into childhood diseases. Thank you East Hills Community.

DISTRICT ATHLETICS CARNIVAL
Our representatives at this year’s District Carnival performed extremely well against some tough competition.

We had one stand out student from East Hills and we are very proud to announce that Lauren Bolivar placed 1st in the 11yr Girls 100m and Long Jump and 2nd in the 200m.

Well done to everyone who participated.
**FAIRY TALE FIASCO**  
On Friday 7\(^{th}\) August, the Rubies and Crystals participated in an incursion called “Fairy Tale Fiasco”. During our one hour workshop students had the opportunity to dress up in a variety of traditional fairy tale character costumes. With our costumes on, we dramatised a muddled up fairy tale storyline. Students really enjoyed the experience and have since been referring to their new found knowledge of characterisation in class.

**P&C NEWS**  
Our next P&C meeting will be held on Monday 14 September at 5.30pm  

We hope to see you there.

**SCHOOL ASSEMBLY**  
Our next whole school formal assembly will be held on **Friday 20 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 The Award of Excellence Medal at Fridays Assembly:**  
Chevonne Brown

**The following children will receive Principals Awards at Fridays Assembly:**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Amber Alameddine</td>
<td>Brayden Hunt</td>
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<td>Joshua Baran</td>
<td>Kyle Kennedy</td>
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<tr>
<td>Analise Bolivar</td>
<td>Steven Nguy</td>
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<tr>
<td>Ciaran-Cian Bowelyn(2)</td>
<td>Adam Noureddine</td>
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<tr>
<td>Jack Brown</td>
<td>Mithuran Shivakumaarun</td>
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<tr>
<td>Sam Ha</td>
<td>Rebecca Ton</td>
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<tr>
<td>Mohamed Hadid</td>
<td>Jessica Wiraatmadja</td>
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**The following children will receive a Gold Mathletics Student Award at Fridays Assembly:**
Jemma Earl  
Sam Ha  
Chen Chen Lei
The following children will receive a Bronze Dollarmite Certificate:
Jemma Earl
Favour Joseph

The following children will receive a Dollarmite Redemption Gift:
Cooper Belbin
Mageda Mourad
Tayseer Mourad
Matthew Philips

CLASS OF THE WEEK
The following class was selected for their excellent behaviour during our last whole school assembly held in Week 4 Term 3.

DIAMONDS

LIVE LIFE WELL

HOW MUCH WATER DO CHILDREN NEED?
The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.

SELECTING DELICIOUS FRESH PRODUCE
Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:

- select fruit and vegetables that feel firm, smell nice and look fresh
- small or medium size fruit make good choices for children
- choose vegetables that snap rather than bend
- avoid any fruit or vegetables that are limp, split or feel spongy.

Chickpea + Veggie curry
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes — Add the rest of the ingredients and simmer with the lid off for 15-20 minutes — Serve with rice Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

Nutrition Snippet
...to make a healthy curry

FOR MORE INFORMATION VISIT
www.eatittobeatit.com.au
OR JOIN US AT FACEBOOK.COM/EATITTOBEATIT

Eat It To Beat It
Sapphires Newsletter

We have been looking at Captain James Cooks’ adventures. Here are our drawings of Captain Cook and his ship with some facts that we have learnt.

“Captain Cook sailed the ship Endeavour from England to Australia in 1770.” Husayn

“Captain Cook looked through the telescope” Pauly

“He named Botany Bay Stingray Harbour” Romei

“Joseph Banks sailed with Captain Cook. He named the Banksia”. Mya

“He ate turtles” Kai

“He saw strange animals called kangaroos” Amish

“Captain Cook sailed on the ship called The Endeavour” James
PLAY TOUCH FOOTBALL
ANYONE, ANYWHERE, ANYTIME!

Bankstown Jets Touch Association
Comp starts Monday 7th September, 2015
Boys, Girls and Mixed Teams: ages 5 - 18

ONLY $45 PER PLAYER
No uniform or other fees

REGISTER ONLINE at
www.bankstownjets.com.au
or at our playing fields, Yale Of Ah, Auld Ave, Milperra
Sunday, 30th August 2015 – 9am to 11am
Monday, 31st August 2015 – 4pm to 6pm

Under 7s - 9's PLAY FOR FREE

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

BANKSTOWN
Jets
TOUCH

FOR MORE DETAILS CONTACT: Email: bankstownjets.touch@gmail.com
Phonse: Kyle 0414 658 479 more 0418 880 880
www.bankstownjets.com.au

Let’s raise some dough!

During Term 3 at East Hills Boys High School we will be selling Krispy Kreme doughnuts to
help raise funds to purchase a new piano for our school hall. Families will be able to pre-
purchase boxes of Krispy Kreme doughnuts from the school to take home and enjoy, there
is no limit on how many boxes you can purchase.

Prices are as follows:

Original glazed dozen $3.50
Includes:
12 Original glazed

Classic assorted dozen $2.00
Includes:
6 Original Glazed
2 Chocolate Iced
2 Chocolate Iced Sprinkles
2 Strawberry Iced

Your contribution to our school would be greatly appreciated!

To order, please print out the order form on the last page of this
Newsletter and send it to school with you son, with FULL payment for
your order. The order form and payment must be taken to the SCHOOL
OFFICE.

Orders must be placed by Friday 4th September 2015 and will be ready for collection on
Friday 18th September 2015.

REVESBY CRAFT FAIR

* Beautiful Craft * Home Grown Goods
* Great Music * Jewellery/Candles * Plants
* Delicious Food * Gifts/Clothes * Homemade

Saturday 29th August 2015
9am – 2:30pm
Last Saturday of the Month.

Where: Abel Reserve Revesby
Alongside Revesby Rail Station
Contact: Sandra McDonald
6408 833 131 Enquiries@bigpond.com
www.craftsrevesby.nsw.gov.au
Krispy Kreme Order Form

Dear Parent/Caregiver

A fundraiser has been organised to raise funds to purchase a new piano for our school hall. Families are able to pre-purchase boxes of Krispy Kreme doughnuts from the school to take home. Your contribution to our school would be greatly appreciated. Orders will be ready for collection on Friday 18th September 2015.

T Dixon-Hughes  
Fundraiser Coordinator

Kevin Elgood  
Principal

Please fill in the order form below and return the note with full payment to the office by 9:00am on Friday 4th September 2015. Money will not be taken without the permission note and late payment will not be accepted.

---X-------------------X-------------------X-------------------X-------------------X-------------------X-------------------X-------------------X---

Krispy Kreme Order Form

<table>
<thead>
<tr>
<th>Date:</th>
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<tbody>
<tr>
<td>Student Name:</td>
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<tr>
<td>Student Roll Class:</td>
<td></td>
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<tr>
<td>Parent Name:</td>
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<tr>
<td>Parent Phone Number:</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Krispy Kreme Doughnuts</th>
<th>Price</th>
<th>Number of Boxes</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Original Glazed Dozens</td>
<td>$17 / dozen</td>
<td></td>
<td>$</td>
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<tr>
<td>Classic Assorted Dozens</td>
<td>$23 / dozen</td>
<td></td>
<td>$</td>
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</tbody>
</table>

TOTAL COST: $  

Parent's or caregiver's signature: ............................................................