Good afternoon parents, carers and community,

Another term complete, with exciting learning, fun times, personal targets being achieved and the excitement of the holidays to come.

Congratulations to all our students on their entertaining exhibition of their skipping skills. It was wonderful to view the enjoyment that our students get when they are able to showcase their learning. Thank you to the great sportsmanship of our parents who volunteered their skipping skills to entertain our students. Next term our students will be developing their gymnastics skills during the Monday morning time slot. Please ensure that all your fitness fees are up to date. Many thanks to those who have already attended to this.

We were very proud of our junior and senior dance group who performed exceptionally well at the East Hills Girls Technology High School. They entertained our wider community with their well-choreographed item. We look forward to their next performance at the Bankstown Festival. Our teachers go above and beyond their teaching roles to provide our student with extra opportunities. The dedication and commitment of Mrs Ruppas and Miss Miller has provided our students with not only performance experience but life long memories.
Kindergarten transition is well underway. Please ensure that your neighbours, family and friends are well informed about these sessions. Send new enrolments to the office for information packs. We look forward to next seeing our new kindy’s on Wednesday 7 October from 2-3pm.

I wish our students and teachers a well-deserved relaxing holiday. Start preparing your 100 days of learning outfit ready for Friday 9 October. We’ll see you all on Tuesday 6 October for the start of term 4.

Best wishes,

Donna Casey
Principal

SCHOOL PHOTOS
Envelopes for school photos are being sent home this week, please keep an eye out for them. Each child has their own individual envelope which is barcoded. Could you please check that the spelling of your child’s name is correct, if not make the necessary changes to the envelope.

Family envelopes are available from the front office if you would like your children that attend this school taken as a family on the day.

Please remember that an envelope must be filled out for each child, money for more than one child can be included in one of the children’s envelope. Payment can be made by cheque, cash, money order or online. Please note payment cannot be made on the parents online payment (POP) system on the school’s website as the payment goes directly to MSP.

Please return completed envelopes with payment to the office before photo day. Payments can not be made via the school POP system on our website

Please ensure your child wears full summer school uniform.

If your child is part of a school sports team to be photographed, please ensure that they bring with them their sports uniform on the day.

Special group photos will be available for order on the internet. These photos can be viewed and ordered at www.msp.com.au

CANTEEN NEWS
The Canteen will be closed on Wednesday and Friday this week due to no stock. Lunch orders can be made via the office for the EHGTHS as per Tuesday and Thursday procedures.

As it stands at the moment it looks like the Canteen will be closed next term as we do not have enough volunteers to run it.
If you can volunteer as little as once a month please contact Cassie Cook 0412 760 149.

All money that comes into the canteen goes back into our children’s classrooms. It is also a great for the kids as they learn the value of money, so please come down to help keep the canteen open.

Also just a reminder when ordering lunches from the East Hills Girls Technology High School – orders must be made up at the office BEFORE the school bell. Please try and prepare your order on a lunch bag at home before coming to school.

MUSIC THERAPY
The Autism Advisory Support Service will be providing some of our students from the support unit an opportunity to participate in Music therapy during term 4 at East Hills Public School. We look forward to this wonderful opportunity for our students.

GRANDPARENTS DAY
Our Grandparents day will be held on 26 October 2015. Grandparents are invited to visit East Hills Public School from 1.30pm for an afternoon tea and a visit to their grandchildren’s classroom.

PUBLIC SPEAKING
On Wednesday 16 September, our whole school took part in a public speaking assembly held in the school hall. Class finalists presented their speeches in front of their peers. Winners will be announced at Friday’s assembly.

SPECIAL OLYMPICS STATE CHAMPIONSHIPS REPRESENTATIVES
On the weekend Kyle Kennedy and Maya Tokutake participated in the Special Olympics State Championships gymnastics competition. It was a successful day for both students with Kyle winning a silver medal and Maya winning a silver and 3 gold medals. Congratulations to Kyle and Maya on their results.

SUPPORT UNIT SOFTBALL GALA DAY
On Tuesday 15 September 2015, the students from the support unit participated in a softball gala day at Camden as part of a special education sports program. The students had the opportunity to practice and learn about the game of softball over four weeks and the gala day was the culmination of the program.

It was a great experience for the students of East Hills Public School as they got to meet students from other schools. A big thank you to all the staff from Softball NSW for a successful program and for the amazing fresh fruit and sausage sizzle lunch on the day.
EHGTHS GARDEN FAIR
On Saturday the 12 September, the junior and senior dance troupes performed at the EHGTHS Spring Fair. We would like to congratulate the girls and boys involved on a fantastic performance. They represented our school proudly and with great enthusiasm. Many thanks to the parents and carers for getting the students there on the day. Thanks also to the students for their efforts and hours of practice in order to make the performance a success. Acknowledgment and gratitude goes to Mrs Angelique Clarkson for her part in ensuring that the juniors’ costumes were completed for the performance.
INSPIRE PROJECT DANCE GROUP
The first performance of the Inspire Dance Ensemble was on Friday 11 September at the Primary Deputy Principals Conference, Novotel Brighton. The students were confident and well prepared for their first public performance although a little nervous.

Elly Wedgwood, Year 9 from East Hills Girls Technology High School, undertook a leadership project through the Inspire Program which resulted in the formation of the Inspire Dance Ensemble. Elly confidently led the workshops and choreographed the dance routine.

It was amazing to see that Indigenous students, ranging from Kindergarten through to Year 9, were able to demonstrate their team work and creativity thanks to the inspirational leadership from Elly.

Congratulations to Rhys, Chanel, Kiera-Leigh, Skye & Karliah who represented East Hills Public School with so much enthusiasm.

The group has now been offered another opportunity to perform, at the Principals’ Celebration 2015 at Mounties on Thursday 29 October at 2pm.

SCHOOL BANKING
There is some exciting news for next school term (4), so start saving and helping your parents or carers around the house to get extra money.

We will be running a school banking competition and there will be really cool prices to win.

Every assembly there will be a prize to win but you must deposit every week to be in the competition!!

Thank you again for all your support.

P&C NEWS
Our rescheduled P&C meeting will be held on Wednesday 16 September at 5.30pm in the staffroom.

We hope to see you there.

SCHOOL ASSEMBLY
Our next whole school formal assembly will be held on Friday 18 September 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:

Amber Alameddine  Danika Hristova  James Loukaitis  Blake McKeon  Liana Mansour
Lauren Bolivar  James Loukaitis  Jake McKenna  Heba Mourad  Kim Nguyen
Ciaran-Cian Boweslyon  Blake McKeon  Emily Collins  Heba Mourad
Jack Brown  James Loukaitis  Ahmed Dafalla  Lisa Nguy
Ella Byrom  James Loukaitis  Jemma Earl  Kim Nguyen
Emily Collins  James Loukaitis  Husayn Etri  Michelle Nguyen
Ahmed Collins  James Loukaitis  Moneba Etri  Issra Nouraddine
Lauren Bolivar  James Loukaitis  Skye Ferrer  Georgio Skalkos

The following children will receive Certificates for participating in the Special Education Sports Program Softball Gala Day:

Kassem Abouelsel  Kai McGrath  Joshua Baran  Blake Ogden  Jack Brown  Romel Quant
James Brown  Amish Salibindla  Mya Cabello  Paulyn San Gabriel  Husayn Etri  Mithuran Shivakumaarun
Brayden Hunt  Georgio Skalkos  Kyle Kennedy  Harrison Threadgold
Alessandro Lembo  Ethan Tinkler  James Loukaitis  Maya Tokutake

The following children will receive Certificates for participating in the UNSW English competition:

Ciaran-Cian Boweslyon  Credit
Deean Zakaria  Credit
Benjamin Luong  Participation
Bettina Nguyen  Participation
Steven Nguyen  Participation
Jessica Owen  Participation
Sarah Owen  Participation
Declan Pearson  Participation
Dannis Tran  Participation

CLASS OF THE WEEK
The following class was selected for their excellent behaviour during our last whole school assembly held in Week 8 Term 3.

EMERALDS
**LIVE LIFE WELL**

**Did you know…?**

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients**
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

**Method**
1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

**Why reduce television time?**

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.
Pearls News

This term, The Pearls have been studying ‘British Colonisation of Australia’. We had the opportunity to participate in a video conference with other schools around Australia. Students were able to wear clothing appropriate for that period of time. We made paper telescopes and went exploring the school grounds for plant and animal life. The students also completed a project on Captain Cook which they presented to the class this week.
Our 100 Days of Learning

It’s time to start designing your 100 days of learning outfit. Wear it on the day to showcase at the parade.

When: Friday 9th of October (term 4, week 1)
9am-11am: 100 days of learning activities in class
11:20-12:30: East Hills Public School community assembly and celebration (all welcome)
12:30-1:20: Students return to class for normal school routine

Donation: Gold coin donation will be used to purchase mathematics resources

There will be plenty of cake for everyone!

Note: If your child has any food allergies, please pack a treat for them on the day to enjoy whilst cake is being served.

Ms Casey looks forward to seeing you all there.

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SCHOOL HOLIDAY ROAD SAFETY REMINDER
FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments. So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, then every time you cross the road.**
  - If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.

- **It’s the law that everyone wears a helmet when riding a bike in a public place.**
  - It makes sense to wear a helmet when riding scooters and skateboards too!

- **Click check them in back every person for every trip.**
  - Everyone in the car must be securely buckled up in the right seatbelt or child restraint.

- **Talk to your child about being a safe road user.**
  - Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.

- **Point out road safety differences and dangers in new environments.**
  - This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.

The best way to keep your child safe is to actively supervise them. Talk and teach your child about road safety every time you are out and about. Remind other adults who care for your children to do this too.

You can find out more at:
- Safety Town
- Department of Education
- Transport for NSW

Have a safe holiday break!