

James Erskine Public School
53 Peppertree Drive
Erskine Park 2759
Ph 9834 3009
www.jameserskip.schools.nsw.edu.au/

I am safe

I am respectful

I am a learner

Inside this issue:

From the Principal's Desk	2
News from the Deputy	3
School Photos & School Leaders	4
Easter Hat Parade &	5
Bronze, Silver & Gold & P&C News	6
Healthy Lunchboxes	7 & 8
Counsellor News	9 & 10
Library News	11



James Erskine Public School

Herald Newsletter

ISSUE 1 FRIDAY 10TH FEBRUARY 2017

Important Dates

Term 1

15th February– P&C Meeting– 7:00pm
20th Feb Swimming Carnival
22nd Feb K-2- AFL Clinic
23rd Feb Induction Ceremony EPHS-TBC
27th Feb AFL Visit & Graffiti Education– Yr 6
28th Feb- Graffiti Education– Yr 5
2nd March– School Photos
3rd March– Zone Swimming Carnival & National Young Leaders Day
6th March– Yr 6 Shirt & Jacket order closes
7th March– Stage 3– Environment Workshops
9th March– Selective High School Testing

9th March– Selective High School Testing
10th March– AFL Clinic– 3:00pm
15th March– K-2 Responsible Pets Show, P&C Meeting & Book Club due
16th March Assembly of Excellence– COLA
17th March- AFL Clinic– 3:00pm
21st March– Harmony Day/ PS Anti Bullying Performance
22nd March– STEPS Leadership Day– Banks PS
24th March- AFL Clinic– 3:00pm
31st March- AFL Clinic– 3:00pm
6th April-Easter Hat Parade

From the Principal's Desk

Welcome back to the 2017 school year. We have moved into our 'temporary' classes however, our numbers are still changing on a daily basis. We hope to make a final decision by the end of next week and will keep you informed as to any changes as soon as we are able to make that decision. I apologise again for the inconvenience and envisage that if there are changes to be made, it will only impact a small number of students.

Our current class plan is as follows:

Our current class plan is as follows:

KC	Kinder Crocs (Mrs McColgan)
KK	Kinder Koalas (Ms King)
KB	Kinder Bilbies (Miss Borg)
KL	Kinder Lizards (Mrs Lewis)
1C	Miss Couper
1P	Mrs Williams
1A	Miss Chester
2J	Miss John
2L	Ms Davies
2C	Mrs Clark
2/3D	Ms D'Angelis/Mrs Powell
3H	Mrs Hatton
3/4W	Mrs Weibye
4C	Mr Cook
4R	Mr Rolls
4/5H	Mrs Halfpenny
5/6F	Miss Farrugia
5M	Mr Mercer
5R	Mrs Roe
6P	Miss Pearce
6B	Mr Banzon

Supervisors

Kindergarten	Mrs McColgan
Year 1/Year 2	Ms D'Angelis
Year 3/Year 4	Mrs Houben & Mrs Hatton
Year 5/Year 6	Mrs Halicek

School Uniforms

JEPS has a proud history and this is clearly evident in the standard of dress of students. The school uniform is worn by each and every student and I thank you for your commitment. As a reminder, bucket hats and black shoes are part of our uniform and our school uniform remains a focus for students wishing to attain their Bronze/Silver and Gold levels. More information will be sent home early next week regarding the exciting changes to this award system.

Phone Calls to the Office

Whilst we recognise that at times there can be some unexpected changes in after school arrangements for students, can you please try and minimise calls by pre-organising where possible, with students. At times, the office is inundated with calls and messages need to be given to students often with only a few minutes notice. The wellbeing and safety of students is our paramount concern and we do not want to risk messages not being received or unavoidable confusion.

Notes

It is an extremely busy time for notes going home to parents/caregivers. Please take the time to read them carefully to ensure you do not miss out on vital information regarding your child/children. **ONLINE payments** are not available until further notice and we apologise for this inconvenience. Payments/permission notes are to be placed in a money envelope with the child's name and class and placed in the money collection box in the foyer. Multiples can be placed in one envelope for students or events.

Mobile Phones

All mobile phones are to be left in the office for safe keeping. Students who need to bring a mobile phone to school need to sign it in/out at the office when they arrive at school and again at the end of the school day.

Newsletters Update

Newsletters will be published in Weeks 3 and 8 every term. We have decided to make a small change in distribution weeks to ensure parents' and community are kept up to date as best as possible and we believe a newsletter in Week 10 is too late in the term. Newsletters will be available on the website and a reminder and link to the newsletter will also be put on the school 'Facebook' page.

Staff Carpark

An urgent reminder that parents/carers **ARE NOT** permitted to be in the staff car park without prior permission. **This is for the safety of all children.**

Kiss and Drop Zone

Just a reminder that there is a time limit for vehicles stopping on the 'kiss and drop' area on Peppertree Drive. Please do not park in this area and walk in to collect your child/children. If you park in this area, you do so at the risk of receiving a fine.



Early Leavers/ Late Arrivals

If your child is late to school or you need to take them early from school for an appointment etc, please come to the office prior heading up to your child's classroom. Students will not be allowed to leave without the correct 'early leavers' slip and require a 'late slip' when arriving after the bell.

**Warm Regards,
Corinna Robertson**

News from the Deputy

2017

It has been very pleasing to see our students come back to school very eager, settled and ready for 2017.

We have had 84 Kinder students start and they are quickly adapting to their new class, teacher and friends.

We have also had 15 new students start at JEPS this year and we welcome them and their families to our school.

School Induction Ceremony

Our school Induction

Ceremony for captains, councilors, house captains and vice captains along with SRC leaders is planned for Thursday 23rd February at Erskine Park High School—more details will be sent home soon.

School Requirements

Last year each grade sent home stationary requirements for the year instead of parents purchasing book packs through the school. Thank you to those parents and students who have already brought in their stationary. We hope to see everyone bring in their own stationary before the end of next week. There are grades who requested white board markers and there was some confusion as to who these were for. In classes we have mini white boards that the students use at times for activities such as spelling, handwriting, maths and quizzes and the markers were requested for the students to use throughout the year on these boards.

Absences

Over the year students may be away for various reasons including sickness, medical appointments and family commitments including travel. Students who are planning on going on a family holiday for ten days must seek approval for leave by downloading the leave application from the notes section of our website. Applications are then submitted to the office for processing and students will be issued with a Certificate of Extended Leave. This is especially important when travelling overseas as it can be presented to authorities who may ask for clarification as to why your child/ is not in school.

If your child is sick we encourage students to miss school so as to hopefully speed up recovery and to avoid germs and illnesses being spread. When your child is away however, it is a legal requirement that a note be provided to explain their absence. You may also like to phone the office and give a verbal explanation particularly if the absence is three days or more. Teachers and myself monitor student attendance and we will follow up with either a phone call or letter.

Clearly going to school regularly matters!

We don't want your child to fall behind in school and get discouraged. Please ensure that your child attends school every day and arrives on time. Here are a few practical tips to help support regular attendance:

- Make sure your children keep a regular bedtime and establish a morning routine.
 - Lay out clothes and pack backpacks the night before.
 - Ensure your children go to school every day unless they are truly sick.
 - Avoid scheduling vacations or doctor's appointments when school is in session.
 - Talk to teachers and counsellors for advice if your children feel anxious about going to school.
- Develop back up plans for getting to school if something comes up. Call on a family member, neighbour, or another parent to take your child to school.

Let us know how we can best support you and your children so that they can show up for school on time every day. We want your child to be successful in school! If you have any questions or need more information please contact your child's teacher.

Kim Dunscombe
Relieving Deputy Principal

School Photos

School photos will be held on **Thursday 2nd March**. Details have been sent home already. Payments can be made online to advancelife using the following online code: **NFN D5L XR3**

Envelopes will be sent home on Monday 27th February for cash payments to be made on photo day.

Year 6 students will have a combined photo which will be part of the graduation certificate handed to them at the end of the year. Student leaders will have group photos that can be viewed and ordered at a later date. These include; sport house leaders, library monitors, SRC and school captains and councillors. These photos will also be put into the year book during Term 4.

I am safe

I am respectful

I am a learner

Student Leadership

Congratulations to all of our new student leaders for 2017. Receiving a badge at assembly is a proud moment for teachers, students, parents and relatives. We hope you enjoy your new responsibilities throughout the year. Class student representatives and library monitors will be decided soon

School Leaders

Adam (C)
Sophie (C)
Jackson (VC)
Georgia (VC)
Andrew
Jessica
Korbyn
Shirley
Liam
Brooke

House Leaders

Evan	Jordan (C) Olivia (C) Haylie (VC) Tamia (VC)
Macquarie	Alana (C) Jett (C) Reem (VC) Justin (VC)
Bennett	Bronte (C) Luke (C) Kirby (VC) Zack (VC)
Marsden	Bella (C) Tanisha (C) Latrell (VC) Brodie (VC)

Links to learning with Erskine Park High School

Year 5 students will be participating in a science program at Erskine Park High School this year.

Year 6 students will be participating in a PD/H/PE and English programs at Erskine Park High School as well as other transition opportunities this year.

Primary Camps

Year 6 Camp: Notes will be distributed to students next week. Please ensure that deposits and permission notes are sent back to school by the due date (24th March).

Year 5 Camp; Bookings are being finalised and notes will be sent home soon

Year 4 Camp; Bookings are being finalised and notes will be sent home soon

K-2 Easter Hat Parade



Just to let parents know well in advance that On Thursday the 6th April, James Erskine Public School will be holding an Easter Hat Parade for all students in K-2, along with younger brothers and sisters. Parents are welcome to come along and be part of this fun event. Students are allowed to wear school-appropriate muffi clothing on the day. Students will be asked to either make or purchase a hat to wear on the day. More details will be sent home closer to this date.

Class Enquiries

Teachers are more than happy to talk to parents about student progress or concerns, however please don't approach them first thing in the morning at lines when they are bringing the class inside. Please make an appointment time for the teacher to meet with you or leave a phone number and a phone call will be returned.

Primary Co-curricular Activities

Teachers enjoy providing opportunities for children to take part in extra curricula activities. Unfortunately due to time constraints with playground duties and training times, places are limited in these teams. We do appreciate and acknowledge the effort of all students who try out for these sports, academic and dance groups. This year, there will be a dance performance group. With dance, we look for rhythm, coordination and the ability to keep up with choreography. It is a performance group. Each student needs to be committed to attend school rehearsals and out of school performances. If your child is disappointed in not making the school dance group you may wish to seek external dance lessons after school at a local dance school to further their interest. Ballroom dancing will be later on in the year. Students are encouraged to join the choir and debating groups. Students will be offered to trial for various sports teams both here at school and as part of the district and regional teams.



Harmony Day

Harmony Day will be celebrated on **March 21st**. On the day we have organised a show that touches on harmony issues along with an anti-bullying message. The performance by Brainstorm Productions is an excellent show about resilience. The show is called The Human Race and is about a boy called Dunc who has been bullied. No one wants to be his partner in the race. Deedee has been alienated by the girls in her group. She is horrified when she is forced to enter the race with Dunc, 'the daggiest kid in the whole school.'

Can they use their skills in conflict resolution and problem solving to complete the challenges? They need to be respectful, compassionate, play by the rules and do their best to take their place as 'citizens of the world'

All students K-6 will have the opportunity to see the show for a small cost. A note will go home soon with more details. Harmony Day is also a muffi day and the children are asked to wear something orange.

Homework

By now you would have received the new JEPS Homework Policy. We hope you have had a chance to go through the new policy with your child and that you're ready to adopt some of the suggested activities for homework. We thank you for your support in trialling this new policy and look forward to hearing your feedback at the end of the school year.

Bronze, Silver and Gold

Last week we sent home a note outlining changes to our Bronze, Silver and Gold Rewards System. These changes have been made by the staff on the Student Wellbeing Team. The positive of the changes is that there is always next week. Feedback to students is weekly and they know straight away if they are on the right track. Students also know what they need to do to receive a stamp if they have missed out. More information can be downloaded from our notes section of the website if you missed this note.

P&C

P&C Meeting

Our first P&C meeting will be next **Wednesday 15th February at 7pm**. We would like to invite all parents, carers and community members to come and join us. It is a great opportunity to hear first hand from Mrs Robertson and our staff members what will be happening throughout the year. It also gives you an opportunity to ask any questions or voice concerns you may have.

Hope to see you there.

Uniform shop

Thank you for your patience as we wait for our stock of White polos to arrive from our supplier. We believe it will arrive next week and we will post on our facebook page when they do arrive. Sorry for any inconvenience

Healthy Lunchboxes

We have attached to the newsletter information on a "Healthy lunchbox" with some inspiring ideas for a nutritious lunch. We hope you find these ideas useful. Over the year we hope to share lots of other ideas that may be helpful.



I am safe

I am respectful

I am a learner

Banking

Banking for JEPS students is on Wednesdays. Students need to bank ten times before they are entitled to collect a prize from Commonwealth Bank via us. The

Commonwealth bank actually contact us with a list of students names that are entitled to redeem a prize therefore students will not be receiving weekly tokens this year.

Disco notes

We will be sending our disco note out in week 5 for our term 1 disco. This year we are also giving you the opportunity to pay for the three discos in one payment if that is an easier way for parents to pay. Please look at the new note and see the two different options available.

If you have any questions at all please feel free to ask any of the P&C.

Healthy Lunchboxes



When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:

PACK THE CORE 4 (plus 1 for active and fast growing kids).

What are the CORE 4?

- 1 Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
- 2 Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hummus, or yoghurt.
- 3 Piece of fresh fruit** – whatever is in season.
- 4 Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

PLUS 1 additional snack

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

Occasionally...

For variety and enjoyment it's OK to include an occasional "extra" item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.



Healthy Lunchboxes



Need some inspiration?

Try these ideas for a nutritious lunch:



MAIN LUNCH	+	NUTRITIOUS SNACK	+	FRUIT	+	DRINK (In addition to water)	+	PLUS 1
Chicken, hommus and cucumber sandwich		Reduced fat cheese slices with wholegrain crackers		Apple		Chocolate flavoured reduced fat milk		Air popped popcorn
Ham, reduced fat cream cheese and salad wrap		Sultana snack pack		Fruit salad		Water		Dry breakfast cereal
Pesto pasta salad with chicken and capsicum		Reduced fat yoghurt		Orange		99% fruit juice (200ml or less)		Vegetable sticks with dip
Egg, celery and reduced fat mayonnaise sandwich		Homemade pita chips with hummus		Frozen grapes		Reduced fat plain milk		Tinned fruit in juice
Tuna, corn, lettuce and reduced fat mayonnaise wrap		Reduced fat cheese with crackers		Fruit kebab		Water		Muesli bar (weekly extra)
Ham and sweet corn frittata		Reduced fat custard		Banana		Water		Rice crackers or cakes with dip
Chicken salad with chick peas, baby spinach and pumpkin		Vegetable sticks with dip		Fruit salad		Strawberry flavoured reduced fat milk		Reduced fat yoghurt
Tuna and sweet potato patties		Reduced fat cheese stick		Frozen melon balls		Water		Fruit spice English muffin
Turkey, tomato, spinach and reduced fat cheese sandwich		Avocado, carrot and lettuce rice paper rolls		Apple		Reduced fat plain milk		Reduced fat custard
Sweet chilli chicken and lettuce wrap		Muesli and reduced fat yoghurt		Kiwi fruit and strawberries		99% fruit juice (200ml or less)		Small packet potato chips (weekly extra)



REMEMBER!

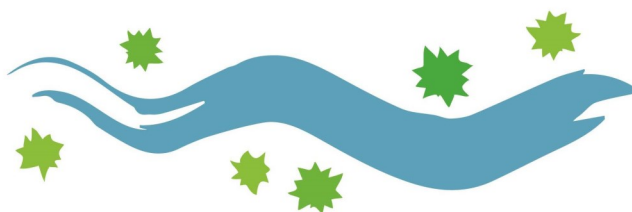
Always pack an ice-pack or frozen water bottle with your child's lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

Healthy Kids Association

www.healthy-kids.com.au | **p:** 02 9876 1300 | **e:** info@healthy-kids.com.au

Counsellor News

NCNS



Nepean Community & Neighbourhood Services

Parenting Courses and Workshops - Term 1, 2017

Having one of those days? Tired of yelling at the kids? Or just want to know more?
FREE Practical tips for everyday parenting



What's available this term?

Positive Parenting Program (Triple P) - 2 to 12 years

Parenting after Separation/Divorce (Family Transitions Triple P)

Keeping Children Safe

Dealing with Disobedience - 2 to 12 years

Getting Teens to Cooperate - 11 to 16 years

Parenting a Child with a Disability (Stepping Stones Triple P)

Triple P - additional support (Pathways & Enhanced)

Resilience workshop

Anxiety seminar

AD/HD seminar

AD/HD Support Group

Bookings are essential for all courses, seminars, or workshops.

All courses, seminars, and workshops are free.

Child minding (where indicated) is provided by Care Pair and/or Nepean Community & Neighbourhood Services.

Phone: 47218520

Email: Parenting@nepeancommunity.org.au

Nepean Community & Neighbourhood Services
NCNS  RESPECT. RESILIENCE. RECONCILIATION.
www.nepeancommunity.org.au

For dates, times, and venues, please see the reverse of this page.

Counsellor News

Activity	Day, Date & Time	Location
Positive Parenting Program (Triple P) course for parents of children aged 2 to 12 years Need some more tools for your parenting toolbox? How to build a strong foundation of positive parenting based on relationship, encouraging desirable behaviour and skills, and setting boundaries and limits. <i>You must come to the first session.</i>	Mondays 5 sessions 6th Mar to 3rd Apr 10am to 12:30pm	South Penrith Neighbourhood Centre South Penrith
Positive Parenting Program (Triple P) course for parents of children aged 2 to 12 years Need some more tools for your parenting toolbox? How to build a strong foundation of positive parenting based on relationship, encouraging desirable behaviour and skills, and setting boundaries and limits. <i>You must come to the first session.</i> Limited child minding available.	Wednesdays 5 sessions 15 Feb to 15 Mar 10am to 12:30pm	South Penrith Neighbourhood Centre South Penrith
Parenting after Separation/Divorce (Family Transitions Triple P) for parents experiencing parenting challenges after separation or divorce. How to cope with the emotions, conflict, and struggles associated with separation/divorce. <i>You must come to the first session.</i>	Thursdays 4 sessions 9 Mar to 30 Mar 10am to 12:15pm	South Penrith Neighbourhood Centre South Penrith
Keeping Children Safe A course for parents and carers discussing ways to help protect children and young people and create a safe environment. <i>You must come to the first session.</i> Limited child minding available. Facilitated by Zoe Harris	Thursdays 6 sessions 23 Feb to 30 Mar 9:30am to 12pm	Cranebrook Neighbourhood Centre
Dealing with Disobedience (Triple P workshop) for parents of children aged 2 to 12 years.	Wednesday 29th March 10am to 12:15pm	South Penrith Neighbourhood Centre
Getting Teens to Cooperate (Triple P workshop) for parents of young people aged 11 to 16 years.	Monday 27th Feb 10am to 12:15pm	South Penrith Neighbourhood Centre
Triple P - additional support (Pathways & Enhanced) for parents who need additional support after completing a Triple P course. <ul style="list-style-type: none"> Avoiding Parent Traps Managing your own anger Coping Skills Partner Support 	By appointment (daytime only)	South Penrith Neighbourhood Centre
Parenting a Child with a Disability (Stepping Stones Triple P Primary Care) for parents who have a child with a disability 2 to 12 years Brief one-to-one parenting intervention to discuss specific difficulties.	By appointment (daytime only)	South Penrith Neighbourhood Centre
Resilience What is resilience? Why is it important? And how do kids get it?	Wednesday 22nd March 10am to 12:15pm	South Penrith Neighbourhood Centre
Anxiety seminar for parents who want to know more about anxiety for children and teens	Thursday 23rd Feb 10am to 12pm	South Penrith Neighbourhood Centre
AD/HD seminar for parents who have children with a primary diagnosis of AD/HD What is AD/HD and what is the best treatment?	Thursday 16th Feb 10am to 12pm	South Penrith Neighbourhood Centre South Penrith
AD/HD Parent Support Group for parents who have children with a primary diagnosis of AD/HD 3rd Monday of the month. NO meeting in January or April.	Monday 20th Feb Monday 20th Mar 7:30pm to 9:30pm	South Penrith Neighbourhood Centre South Penrith

Contact Details

Narelle Smith

Family Worker

Centre Phone: 4721 8520

Email: Parenting@nepeancommunity.org.au



Parenting In Penrith (Facebook)



Hands, Hearts and Minds (Wordpress)



Hands, Hearts & Minds (Pinterest)

News from our teacher librarian



Book Club

Book Club allows parents and students to purchase books and activity packs suitable for students from Kinder to Year 6. There are ideas of suitable books for each stage level. The first issue of Book Club has been distributed to students and is **due** to Mrs Cattermole our teacher-librarian by **Wednesday 15th February**. Payments can be made online & over the phone. Cash and cheque payments can be sent to school to Mrs Cattermole in an envelope along with the order form. Cheques need to be made out to scholastic. Book deliveries then usually occur within 2 weeks .



Summer Reading Club

Last year we launched our Summer reading Club with our Super hero theme day. On the day students who are now in Year 1 to 6 were given a reading log for recording the books they read over summer. Logs can be returned to Mrs Cattermole now until 16th March. Happy reading!

Library Borrowing

Library borrowing unfortunately will not begin until permanent classes are formed. All students require a library bag (not a disposable plastic bag) to borrow. Books should be returned weekly . There are a few students who still have outstanding books from last year and these will need to be returned before students can borrow this year. Students will be informed when library borrowing begins.

