



# Gordon East Public School

Built on the land of the Guringai people

Safe, respectful learners

Term 1 – Issue 5  
5 April 2019

## School Newsletter

### Upcoming Events

- **Tuesday 9 April**
  - **12.00pm** Oz Opera – K-2
  - **2.00pm** Oz Opera – 3-6
  - **1.30pm** Ukulele Club
  - **No Assembly**
- **Wednesday 10 April**  
**9.30am** Easter Hat Parade
- **Thursday 11 April**
  - Mufti Day
  - Drama Class Performances in Ampitheatre – See Drama News
- **Friday 12 April**
  - Last day of Term 1
  - **9am** Winter PSSA commences
  - **2pm** ANZAC Assembly – No Merits
- **Tuesday 30 April**
  - Students return to school for Term 2
  - Student Leadership Camp @ Collaroy
  - **2pm** Assembly
- **Wednesday 1 May**  
Student Leadership Camp @ Collaroy
- **Thursday 2 May**  
Cross Country

### From the Principal – Mrs Ruth White

#### Term 1

We are almost at the end of a busy term 1. Everyone has been working hard and are ready for a well-deserved rest. We have one more week to go that is full of some lovely opportunities for children and parents to participate in.

- On Tuesday, the children will be enjoying an operatic performance with Opera Australia visiting the school.
- On Wednesday, we look forward to seeing everyone at the Easter Hat Parade. Please keep an eye out for more details.
- On Thursday, we also look forward to seeing you watching our Shakespeare performances to showcase the children's work in Drama this term.
- On Friday, we will hold our annual ANZAC day assembly performance in the hall at 2:00pm.

I would like to take this opportunity to thank everyone for their hard work this term - children, teachers and parents alike, and wish you all a happy and safe Easter break.



### School Vision

Gordon East Public School is a welcoming and collaborative school community that supports high quality learning. Quality teachers inspire students to be creative and critical thinkers enabling them to become active and informed global citizens.

**Band Camp**

Last weekend the children had a fabulous time at Band Camp. I would like to thank Mrs Robertson and her team of parent helpers for all their hard work and making it happen. I would also like to thank the teachers who gave up time over the weekend to support the event. The children performed beautifully at the concert and showed great growth in their musical ability following a weekend of intensive tuition. Well done to all.

**CARES**

This week, Stage 3 participated in a bike safety excursion. This annual excursion is an opportunity where the Police work with students to be bike safe. The children had a fun time being reminded of bike riding rules and how to be safe when riding. It was wonderful to hear that nearly everyone was 100% safe and kept all of their demerit points.



## From Administration

**Term 2 Invoices will be issued in Week 11, Term 1. They will be emailed to all families. It would be appreciated if Invoices can be settled by Friday 17 May, Week 3.**

### Winter Uniform

**A reminder that students are expected to wear their Winter Uniform in Term 2. The uniform shop is open on Tuesday mornings from 8.30am.**

## Library News

Library News Term 1 Week 10

Premier's Reading Challenge

We are off to a great start at Gordon East, 23 students have already completed the PRC.

Congratulations to:

Year 2: Archie M, Ingrid Y, Bernard Y

Year 3: Amy A, Leona A, Teddy B, Elke C, Leon L, Lydia R, Thomas R, Harrison S

Year 4: Angus F, William G-J, Amelia R

Year 5: Matthew A, Jeremy C, Nellie C, Martin C, Lucinda M, Emily V

Year 6: Amy D, Lily R, Jasmine S

To record books on the PRC website, students need to log in with the username and password they use to access computers at school. Your child's class teacher can provide you with their username and password.

Please don't hesitate to contact me if you have any questions about the PRC.

*Bronwen Campbell*

*Teacher Librarian*

## Drama News

### Shakespeare Drama Performances – Thursday 11 April

'Fairies, Sweethearts and Murder Most Foul'

Performance Times:

10am: 1L, 2A, 4/3L, 6/5W

12pm: KS, KC, 4/3S, 4/3F, 6/5L

2pm: 1R, 2R, 4/3W, 6/5H

Performances will be held outside in the School Ampitheatre (in the hall if it's raining). Parents and family are welcome to attend. Students will sit in the audience until their turn.

**Students are expected to wear their performance costume as mufti.**

*Karyn Johnson*

*Drama Teacher*



## Peer Reading

Kindergarten were thrilled when Stage 2 visited them for Buddy Reading in Term 1. Buddy Reading benefits both younger and older students, promoting fluency and enjoyment of reading. We look forward to more Buddy Reading sessions in Term 2.





## Stage 2 Science Incursion

On Tuesday, all of Stage 2 had a visit from Ranger Jamie and his team of scientists. We explored heat in practical ways. Students learnt about how to conduct a 'fair test', wear Personal Protective Equipment (PPE) and engage with a variety of experiments to test our predictions of heat and how heat can move. Students made rockets to test air pressure and slime to discover how materials can change.

We discovered how to enjoy the feel of the Sun's warmth on our skin on a spring day or the satisfying warmth of holding a cup of hot chocolate on a cold winter's night. Students also explored the dangers of heat when we touch a hot stove or walk barefooted on hot sand. What a fantastic day!

Stage 2 Students and Teachers



## Assembly Awards

26 March 2019

|             |                           |                     |                |
|-------------|---------------------------|---------------------|----------------|
| <b>KC</b>   | William E                 | <b>Mini Merits:</b> | Ruby L, Asha P |
| <b>KS</b>   | Kishan P                  |                     |                |
| <b>1L</b>   | Daniel J, Kate L          |                     |                |
| <b>1R</b>   | John S-F, Matilda P       | <b>Banners:</b>     | Lily S         |
| <b>2A</b>   | Phoebe M, Cesc C          |                     |                |
| <b>2R</b>   | Aleisha L, Nalini G       |                     |                |
| <b>4/3F</b> | Sophia B, Sahana J        |                     |                |
| <b>4/3L</b> | Sophie H, Dylan R         |                     |                |
| <b>4/3S</b> | Lucas B, Eren A           |                     |                |
| <b>4/3W</b> | William E, Elise W-S      |                     |                |
| <b>6/5H</b> | No merits due to CARES    |                     |                |
| <b>6/5L</b> | Dennis M, April K, Minh C |                     |                |
| <b>6/5W</b> | N merits due to CARES     |                     |                |





**2 April 2019**

|             |                            |  |
|-------------|----------------------------|--|
| <b>KC</b>   | Ava C                      | <b>Mini Merits:</b> Oliver G, April K<br><br><b>Aussies for March:</b> Madeline B, Natasha M |
| <b>KS</b>   | Caleb K                    |  |
| <b>1L</b>   | Lili G, Madison C          |  |
| <b>1R</b>   | Alexander P, Hayley B      |  |
| <b>2A</b>   | Tomas C, Alex K            |  |
| <b>2R</b>   | Joe Y, Woojin J            |  |
| <b>4/3F</b> | Annabel W, Jihoo C         |  |
| <b>4/3L</b> | Anna P, Harrison S         |  |
| <b>4/3S</b> | Yuusuke T, Isabel B        |  |
| <b>4/3W</b> | Ryan D, Amelia T           |  |
| <b>6/5H</b> | Luka V, Chloe S, Peppa C   |  |
| <b>6/5L</b> | Astrid C, Nathan D, Lucy M |  |
| <b>6/5W</b> | Ava G, Amelia R, Annika N  |  |



## Aussies of the Month



### AUSSIE OF THE MONTH

Congratulations Aussie of the Month  
March 2019

#### Natasha Motahari

Natasha is a polite and responsible student who willingly helps in and out of the classroom.

She demonstrates outstanding manners and behaviour in class and is an excellent role model for her peers.

Natasha is an enthusiastic learner who contributes thoughtful ideas to discussions and completes tasks to the best of her ability.

She always strives to achieve success and perseveres with challenging tasks.

Natasha is a kind and respectful friend who consistently shows care and concern for the feelings of others.

Natasha upholds the values of Gordon East Public School by always being a safe, respectful learner.

She is a delight to teach and a very worthy recipient of The Aussie of the Month Award.

Congratulations Natasha!

*Proudly sponsored by*

Michelle Placks  
Office: 9498 2388

Savills Cordeau Marshall  
Gordon

### AUSSIE OF THE MONTH

Congratulations Aussie of the Month  
March 2019

#### Madeline Bown

Madeline, a responsible student, demonstrates outstanding manners and is an excellent role model for her peers. She is an enthusiastic learner who contributes thoughtful ideas to discussions and completes tasks to the best of her ability.

Madeline is a kind and respectful friend who consistently shows care and concern for the feelings of others. She embodies the values of Gordon East Public School by always being a safe, respectful learner. Congratulations Madeline, you are a deserving recipient of the Aussie of the Month Award.

March 2019

*Proudly sponsored by*

Michelle Placks  
Office: 9498 2388

Savills Cordeau Marshall  
Gordon



becoming a  
**catechist**

# Primary

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## ETHICS

Rosedale Road, Gordon NSW 2072    t: 9498 2011    e: [gordoneast-p.school@det.nsw.edu.au](mailto:gordoneast-p.school@det.nsw.edu.au)

## From the P&C

Dear Families,

It has been a great couple of weeks – the community spirit is alive and well in the GEPS community! Thank you so much to everyone for their help and support with the State Election BBQ. A great day – such great baking and volunteering from so many. Thanks especially to the events committee. We have just also had the band camp weekend – another wonderful event showcasing our kids and the community support to run the camp. Thank you particularly to Georgie and all the organisers, but also to the volunteers and parents for supporting the camp and making it a really fun and musically rewarding weekend.

### Playground

Over the weekend Kiah and I submitted the next round of paperwork for the playground grant application. We are both working closely with Mrs White, who in turn is working closely with the Asset Management Unit (AMU) at the Department of Education. Due to the size of the project, the AMU will manage this project, which they will submit as a formal tender. All going to plan, we hope to be able to get the works done for T3 or T4.

### Volunteers

**Canteen** – if you haven't yet had a chance to volunteer, please help us out and take a few hours out of your Tuesday or Friday. If volunteer numbers continue to dwindle, we may need to close some days. [www.volunteersignup.org/ACKK8](http://www.volunteersignup.org/ACKK8)

### Wishlist

We will soon send out requests for the P&C contribution. We greatly appreciate everyone helps to support the P&C with the contribution, as we support the school and the learning environment that all our kids use.

The P&C are working really hard to ensure that the items we support on the Wishlist consider the whole community and support the teaching from the GEPS staff.

Any questions on the process or on the Wishlist, please contact Nils [president@gordoneastpandc.org.au](mailto:president@gordoneastpandc.org.au)

### P&C Contacts

Do you have the **School Stream app**? Download to get timely information from the school office and use the app to inform the school of student absences.

Play store: <https://play.google.com/store/apps/details?id=au.com.unlimitedfx.schoolstream&hl=en>

App store: <https://itunes.apple.com/au/app/school-stream/id680416544>

Have you joined our **Facebook** page? Join to get timely information and some nice photos of events and happenings at the school. If you join the page, please fill out the questions as this helps us verify members from the community to keep the group secure. <https://www.facebook.com/groups/179457299209916/>

If you are not getting emails from the P&C or class parent, then we don't have your email address. Please get a yellow form from the office or request an electronic version via [geps@gordoneastpandc.org.au](mailto:geps@gordoneastpandc.org.au)



**P&C Meeting & Wishlist**

Meeting Dates for 2019 (7:30pm in school library)

|               |                                 |
|---------------|---------------------------------|
| <b>Term 2</b> | Tuesday 14th May                |
| <b>Term 3</b> | Tuesday 6th August              |
| <b>Term 4</b> | Tuesday 29th October            |
|               | Tuesday 3rd December (2019 AGM) |

Nils Bown

GEPS P&amp;C President

[president@gordoneastpandc.org.au](mailto:president@gordoneastpandc.org.au)**Uniform Shop**

An important notice from the Uniform Shop:

The Uniform Shop is now open **Tuesday mornings (8:30am to 9:45am)**.Remember you can buy uniforms online on Flexischools (<https://www.flexischools.com.au/>).Katie McAvoy [Uniformshop@gordoneastpandc.org.au](mailto:Uniformshop@gordoneastpandc.org.au)**Canteen*****Hot Cross Buns for morning tea Friday 12<sup>th</sup> April***

As a very special treat we will be having Hot Cross Buns for morning tea on the last day of term, Friday 12th April. You will need to pre-order them through Flexischools so that we can ensure we have the right quantity and the cut off for orders will be Tuesday 9th April at midnight. Don't go to the usual Lunch section though, they have their own category called Hot Cross Bun Day & it will look like the picture below. We will be offering either regular size or mini size, with or without butter and with or without fruit. The kids will need to come and pick them up at morning tea time from the blue tubs, the same way they collect their lunch orders. We aren't planning to have any extras available for morning tea so this is the only way they will be able to have them.

***Hot Cross Bun FUNDRAISER***

As we were thinking about Hot Cross Buns we thought that it might be nice to end the term & start the holidays with a lovely bag of fresh hot cross buns, so to that end, we will also be running a hot cross bun fundraiser the same day, Friday 12th April. They will come as a bag of 6 buns from Bakers Delight in the following flavours: traditional, choc chip, apple cinnamon, mocha and fruitless for \$7.50.

You will also need to order these through Flexischools in the same way as you order the buns for morning tea.

**Hot Cross Bun Day 12th of April**

**Order Hot Cross Buns** Please order by 9th April

Thanks so much to all the volunteers that have signed up so far, we still need more! Please go to the signup sheet and put your name down when you can. [www.volunteersignup.org/ACKK8](http://www.volunteersignup.org/ACKK8)

Alex Terry &amp; the GEPS Canteen Committee

## Events Committee

Thanks to everyone for your contribution to our Election Day BBQ & Cake Stall. Thanks to the talented bakers, the hard-working volunteers and the families who contributed a financial donation.

You helped us raise \$5,236.80!! We are so happy with that result, and we look forward to spending the money on resources that will directly benefit all of our kids!

Well done everyone! Special thanks to my fellow Events committee team: Jayne Cree, Lisa McGregor, Sarah Holmes, Danielle Stone & Lucy Long xx  
Sally Pearman & GEPS Events Committee

## Band

Wow what a weekend that was! Band Camp was once again an extraordinary experience for all involved. The children grew musically in the space of 48 hours which is always a pleasure to see.

Once again I would like to thank the following people for all their hard work in making sure Band Camp was an amazing success - Georgie Robertson, Anita McLean, Gillian McLean, Kathryn Bown, Nicole Devilliers, Nicole Rigele, Alison Wykes, Tanya Griffiths, The Allabushes, The Martels.

Looking to Term 2 there are a couple of performances very early on...

**Junior Concert band** will be performing at Festival on the Green on Sunday May 5th around 11am. More details to follow....

**Senior Concert Band** will be performing at the Mother's Day Breakfast on Friday May 10th at 8am.

Any child wanting to join our Band Programme - we have a few vacancies. If your child is interested, please email me at [gepsband@gmail.com](mailto:gepsband@gmail.com)

Have a musical week!

Kellye Bettman

GEPS Band Director

## Strings

Strings ensemble rehearse Tuesday mornings. The group are sounding fantastic and practising hard!

Any student keen to join please contact Lynley Wagner on [lynley@wagnermusic.com.au](mailto:lynley@wagnermusic.com.au)

Ukulele club has been enjoyed by many and the kids are already strumming those tunes!

Looking forward to Term 2!

Any queries regarding Strings ensemble or Ukulele club please contact Mrs Wagner -

[lynley@wagnermusic.com.au](mailto:lynley@wagnermusic.com.au) or one of our Strings coordinators - Lauren Ainscough

([laurenainscough9@gmail.com](mailto:laurenainscough9@gmail.com)) or Michelle Howland ([mthowland@yahoo.com](mailto:mthowland@yahoo.com))

## Book Club

We have now had two successful Book Club orders in 2019. Thank you to everyone who has placed orders and hope your child has enjoyed their books. A special thanks to Lisa McGregor who helped distribute the Issue 2 order.

Thanks to Scholastic Rewards, where we earn 20% in Scholastic Rewards on all Book Club orders, Mrs Campbell has been able to spend over \$650 on additional books for the school library already in 2019.

The new catalogue will go home before the school holidays and I'll advise on the P&C Facebook page when orders need to be in. If you have any questions or issues please contact me on [bookclub@gordoneastpandc.org.au](mailto:bookclub@gordoneastpandc.org.au).

Melinda



### Working with Children Checks

It's been a busy few weeks for Working With Children Checks in readiness for this year's band camp! A big thank you to all of the volunteers who provided their information for verification.

I would like to specifically thank Georgie Robertson, who worked so hard to ensure that all volunteers had the appropriate checks in place. Thank you Georgie and I hope everyone had a wonderful time.

In other news, the school and the P&C have been working closely together and have drafted a joint information sheet, setting out who needs which check, depending on their circumstances and the activities they are undertaking. That should be available shortly, so please have a look when you receive it.

Kiah Wolton-Phillips

[WWCC@gepsandc.org.au](mailto:WWCC@gepsandc.org.au)



## KSP - Killara Schools Partnership

### SAVE THE DATE: WEDNESDAY 29 MAY

One of Australia's best known adolescent psychologists, **Michael Carr-Gregg**, will be speaking to the parents of the *Killara School Partnership* on the following topic:

***Real Wired Child: What Kids are Doing Online  
and How to Keep Them Safe***

**When: Wednesday 29 May**

**Where: Killara High School Hall**

**Time: 6:30pm – 8:00pm**

**No cost/No RSVP required**

**Please share this invitation with family and friends.  
All welcome.**

***Real Wired Child: What kids are doing online and how to keep them safe:***

A summary of what the latest research says kids are doing online and how to keep them safe. Includes everything parents need to know about social networking sites, cyberbullying, internet addiction, filtering software and online games.



To learn more about Michael Carr-Gregg please visit: <http://michaelcarrgregg.com/about>



**Killara Schools Partnership**  
PROUD TRADITIONS, OUTSTANDING ACHIEVEMENT  
AND COMMUNITY CONNECTIONS



## Gordon East Out School Hours Care

# Gordon East Centre News

## April

### Community Planner

April - Go Blue for Autism Month

April – Nature Play Week

11th – 22nd April / World Creativity and Innovation Week

15th – 21st April

19th of April - Good Friday – Public Holiday

18th – 27th of April - Passover

22nd of April Easter Monday – Public Holiday

25th of April - Anzac Day – Public Holiday

### Health and Wellbeing Program updates

This term our Health and Wellbeing included Hula Hooping/Circus Skills and Dance. To prepare for next terms Health and Wellbeing program we held a conversation with the children and have sent out a survey to our enrolled families.

**Goals** Our 2019 term 1 and 2 Centre Goals are largely centre around concepts and ideas embodied in the National Quality Framework in particular, sustainability/environmental issues.

**Community meeting dates** We are looking forward to our Term 2 community meeting. Stay tuned for the date that will be released early in Term 2.



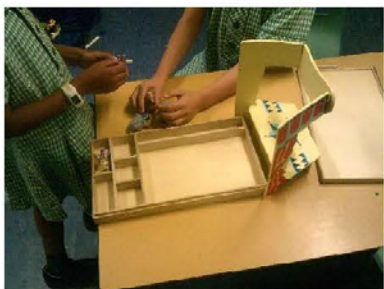
**Assessment and Rating update** We last underwent assessment and rating in January 2017. During this process we received an overall rating of meeting the National Quality Framework and Exceeding the National Quality Framework in 3 areas.



**Statement of Principles review** Educators at the Centre will be reviewing our Statement of Principles next term and reflecting on how this is embedded in our daily program. By extension, educators will be able to explore new ways of ensuring our Core Values are readily reflected in every interaction, every experience and every day.

**Health and Safety survey results** Thank you to those families who completed a Health and Safety Survey.

**Easter Vacation Care program information** Have you seen our upcoming vacation care program? Our next vacation care will be in the April School Holidays. The program for the up and coming vacation care period is available in the OSHC room now.



Families can contact Centre staff on 0430 366 917 or by emailing

[GEOSHC@primaryoshcare.com.au](mailto:GEOSHC@primaryoshcare.com.au)

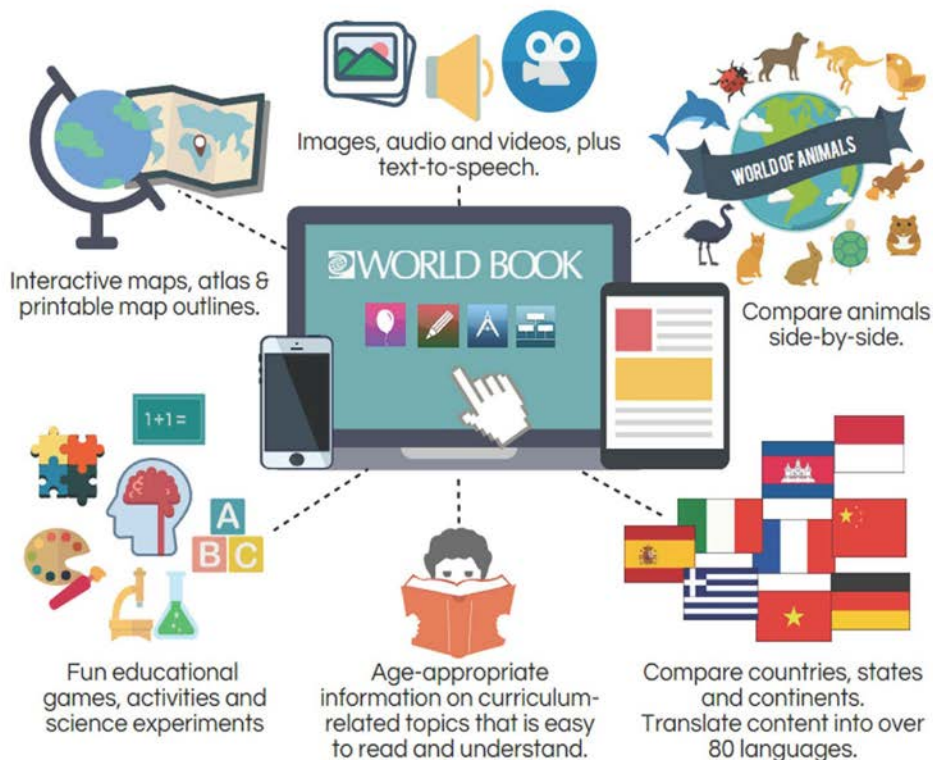
**Kind Regards, Kirsty, Jen, Chris, Liam, Regan, Kayley, Naomi, Tim and Jackson**

## School Announcements



# WORLD BOOK WEB

We subscribe to World Book Online!  
You have access to all these great features and more!



Log-on today! [www.worldbookonline.com](http://www.worldbookonline.com)

ID: gordone

Password: gordon

## Community News

**Marian Street**  
Theatre for young people

### Drama Classes

**ENROLLING NOW**

Drama Holiday Workshops  
Weekly Classes

5 - 18 years  
Gordon, Killara &  
Chatswood

Drama Experts  
since 1969

Taught by Industry Professionals

Confidence and Creativity

Want to be in the shows? Join the Drama School!

[www.mstyp.org.au](http://www.mstyp.org.au) [info@mstyp.org.au](mailto:info@mstyp.org.au) 9411 1800

## Junior Golf

**Term 2 2019** 8 week program

**CHOICE OF:**  
Tuesdays: 7 May - 25 June  
Wednesdays: 8 May - 26 June

- For girls and boys 6 - 12 years
- All skill levels welcome
- Learn driving, pitching and putting from our golf pros

**GORDON GOLF COURSE**  
2 LYNN RIDGE AVE

**TUESDAYS OR WEDNESDAYS**  
**4 PM - 5 PM**

\$20 per day, per child or \$120 for 8 weeks  
Bring: Sunscreen, drink and a hat  
Wet weather: Golf will be cancelled and refunded

**HOW TO BOOK**

- [kmc.nsw.gov.au/juniorgolf](http://kmc.nsw.gov.au/juniorgolf)
- Ku-ring-gai Council, 818 Pacific Hwy, Gordon  
Gordon Golf Course
- 9424 0802

**LIMITED AVAILABILITY BOOK NOW!**

**Active Ku-ring-gai**  
[kmc.nsw.gov.au/juniorgolf](http://kmc.nsw.gov.au/juniorgolf)

## Junior Golf

**April School Holiday Program**

- For girls and boys 6 - 12 years
- All skill levels welcome
- Learn driving, pitching and putting from our golf pros

**GORDON GOLF COURSE**  
2 LYNN RIDGE AVE

**WEEK 1**  
**TUESDAY 16 & WEDNESDAY 17 APRIL 2019**

**WEEK 2**  
**TUESDAY 23 & WEDNESDAY 24 APRIL 2019**

9am - 11am \$40 per day, per child  
Bring: Sunscreen, drink and a hat  
Wet weather: Golf will be cancelled and refunded

**HOW TO BOOK**

- [kmc.nsw.gov.au/juniorgolf](http://kmc.nsw.gov.au/juniorgolf)
- Ku-ring-gai Council, 818 Pacific Hwy, Gordon  
Gordon Golf Course
- 9424 0802

**LIMITED AVAILABILITY BOOK NOW!**

**Active Ku-ring-gai**  
[kmc.nsw.gov.au/juniorgolf](http://kmc.nsw.gov.au/juniorgolf)





**eden**  
GARDENS  
INDOOR & OUTDOOR

**APRIL AT EDEN GARDENS**

All month - Indoor Plant Month - 10% off + Talks  
Chocolate specials in the Dragonfly Café

**SPRING IN THIS AD AND GET A FREE FERTILISER SAMPLE**

**6 & 20 APRIL TALKS ON INDOOR PLANT CARE**  
**5 MAY INDOOR PLANT PARTY SAVE THE DATE**

**15 - 18 APRIL SCHOOL HOLIDAY ACTIVITIES AT 11AM**  
**17 APRIL MUDDIE WORKSHOP LET'S GET DIRTY**

**21 APRIL BASKET WEAVING FROM NATURAL MATERIALS**  
**28 APRIL FRIENDS OF ADAM & EVE THANK YOU DAY**  
(FRIENDS OF ADAM & EVE RECEIVE 25% OFF RETAIL STOREWIDE)

**CELEBRATE YOUR MOTHER'S DAY AT EDEN, WE'VE GOT EVERYTHING YOU NEED!**

- Book your Mother's Day Brunch or Lunch at the Dragonfly Café
- Arrange your bouquet with Flowers by Eden
- Get the perfect gift - plants & pots, orchids, terrariums, Kokedamas or lifestyle & homeware products!

**CHECK WEBSITE FOR ALL DETAILS AND TO BOOK.**  
307 Lane Cove Rd (Cnr Fontenoy Rd) Macquarie Park, NSW, 2113.  
[www.edengardens.com.au](http://www.edengardens.com.au)



### WIN A VEGEPOD FOR YOUR SCHOOL!!!!

*Eden's fabulous friends at VEGEPOD have donated 1 medium Vegepod with trolley to offer up as a fantastic prize for a local school!*

A Vegepod is a raised garden bed kit that is self-watering, elevated and portable! Vegepod prides itself on providing the average person with a simple and easy way to grow vegetables at home – no matter what space they have! We are big fans here at Eden!

Growing your own vegetables is a great way to encourage children to eat them as well. Vegepods are also raised, making them easier to access and protecting them from eager kid's feet as they get their hands dirty.

Imagine having one of these at your school! Everyone can be a part of growing his or her own food. What a life skill!

#### Details:

Two ways to enter:

1. Come in store and fill out an entry from telling us why your school should win the Vegepod; or
2. Go to our EDEN GARDENS Facebook page - like our page and then tell us why your school should win the Vegepod (also tagging Vegepod)

The school with the most entries wins! Too easy!

Prize includes:

- 1 medium Vegepod with trolley (Value \$450!)
- Eden Gardens soil
- 5 seeds of your choice
- Fertiliser
- Free access to Vegepod's community program "Kindygarden" or "Sprouters"

[Edengardens.com.au](http://Edengardens.com.au) : @eden\_macquariepark | [Vegepod.com.au](http://Vegepod.com.au) : @vegepod



### What is a Vegepod?

Vegepod Raised Garden Bed Kits give you the best of both worlds and more. You get the size of a raised garden bed with all the benefits of container gardening. Not only that, you also get the benefit of a Raised Garden Bed Cover that extends growing seasons and accelerates plant growth.

Garden maintenance is minimal and watering is only required during the early stages of plant growth. Vegepod Raised Garden Bed Kits are simply the easiest way to grow your own vegetables.



## Advertisements

Enrolments  
now open  
Students 5-18 Years



**Helen O'Grady  
DRAMA 2019**  
Drama Develops Kids  
Classes at St Ives North Public School

At Helen O'Grady Drama Academy, students learn new skills in acting, speech and creativity as well as gaining confidence. Our unique drama program helps them reach their full potential.

0438 788 080  
www.helenogradey.com.au  
sydneyshore\_admin@helenogradey.com.au



**Koolkidzz**  
Activity Day Camp  
(5-12 Years old)

Child Care Subsidy Provider

Make your child's school holidays  
**a blast!**

Variety of activities all in one place



**Get in touch**  
Info@koolkidzz.com.au  
02 9539 6836 Masada College  
9-15 Link Rd, St. Ives NSW 2075

**\$16 p/day**  
subject to max subsidy



Book your child in TODAY!  
koolkidzz.com.au

**Perfect Placement Tennis Coaching**

Start your child's tennis journey with Perfect Placement Tennis Coaching. Holiday camps / before & after school coaching. Gordon location, 5-12 years age and all abilities welcome!



**SPECIAL OFFER NEW CUSTOMERS!**  
20% off – mention 'SCHOOL AD'



play@pptc.com.au | pptc.com.au

Stephen Mitterdorfer:  
0468 455 924





**inspire  
tennis**  
for the lifetime game

KILLARA - ROSEVILLE - TERREY HILLS

## Holiday Programs

### Junior Tennis & Sports Camps

- Camps held rain, hail or shine during all school holiday periods
- Casual bookings
- Before & After care



## Term Programs

FREE TRIALS

- ANZ Tennis Hot Shots Coaching (4-13yrs)
- Ladies & Adult Clinics (Beginner & Intermediate)
- Private Lessons and more...

P: (02) 9498 1902  
[www.inspiretennis.com.au](http://www.inspiretennis.com.au)  
 Register Online Today!

## Live Life Well @ School

### R-E-D-U-C-E RECREATIONAL SCREEN TIME!

**And increase outdoor green time!**



**'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'**

Search 'Outdoor Play' at  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

### LET'S SKIP TO IT!

Skipping is a fun way to improve cardiovascular fitness, balance coordination and muscle tone.

**Get Skipping!**

- **Practice** a walking skip by moving arms over the head before attempting to step or jump over the rope
- **Skip** through a hoola hoop
- **Play** fun music and skip in time to the beat
- **Get involved** in Jump Rope for Heart!



**Skipping rope teaching cues:**

1. Head and shoulders held level and straight
2. Arms held at 90 degrees with elbows close to the body
3. Move wrists in a circular action to turn the rope
4. Slight knee bend

For more ideas:  
Search 'Jump Rope' at  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)



Health  
Northern Sydney  
Local Health District





## LEARN FROM **TWO TEDX** SPEAKERS!!



### **COURAGE** THROUGH PUBLIC SPEAKING YEARS 3 & 4

*You will learn:*

- How to have fun and be courageous.
- How to feel confident when feeling nervous.

**13TH - 14TH APRIL**



### **RESILIENCE** THROUGH PUBLIC SPEAKING YEARS 5 & 6

*You will learn:*

- How to build your resilience for high school.
- To use your voice and posture effectively.

**15TH - 16TH APRIL**



### **CONFIDENCE** THROUGH PUBLIC SPEAKING YEARS 7 - 9

*You will learn:*

- How to influence.
- How to create your own unique voice.

**4TH- 5TH MAY**

 **ACADEMY  
OF SPEAKERS**  
 Normanhurst Boys High School  
[www.academyofspeakers.com](http://www.academyofspeakers.com)

**BOOK FOR TERM 1  
HOLIDAYS!**  
**ON: eventbrite**