



# POSSUM POST

Waterfall Public School

15 McKell Avenue

Waterfall NSW 2233

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Term 3 Week 4 2017

## Principal's Report

Dear Parents and Carers,

**Open day and Jeans for genes** - Thank you for your attendance and support of our *Open Day* and *Jeans for Genes* fundraising last week. It was great to see so many visitors in the school; the students enjoyed sharing their work with you. A big thank you goes to the fabulous helpers who organised morning tea for the visitors. Thanks also to Mrs Cairncross for organising the *Jeans for genes* coin collection activity and sending the money off to help support research for childhood diseases.

**Engadine zone athletics carnival** – Congratulations to all the students who qualified for events at the recent small schools athletics carnival. They will receive notes today with details about the carnival to be held next Wednesday 16 August at Sylvania Waters Athletics track. Attached is a list of the successful competitors who will be representing Waterfall PS. We wish them luck for the day.

**Interrelate sex education talks** – Last week students in Years 3-6 brought home information regarding sex education talks to be held at Engadine West PS in September. Parents from WPS have indicated that they would like these talks organised for the students of our school. Fortunately Engadine West PS have been kind enough to invite our students and their families to attend the talks to be held in the evening. *Interrelate* present two highly recommended and informative sessions on the night, families have the option of attending one or both sessions. Please fill out the permission form and send to school with payment if you will be attending. Attached is another copy of the note and accompanying information for your reference.

**Teacher professional learning** – Teachers have been working on student individual learning plans and making adjustments as required. Where necessary, parents will be contacted to review and sign the adjusted plans in the coming weeks. Teachers have also been working on the school milestones, collating data and evaluating practices in preparation for the writing of the next three year school improvement plan. Over the coming months parents will be given the opportunity to contribute to the writing of the new school improvement plan.

Enjoy your week.

Nicole Gilmore

Relieving Principal

# Library News



## Book Week (21<sup>st</sup> – 25<sup>th</sup> August)

Antoinette Conolly, one of our local authors, will be visiting 3-6 to talk to them about reading and writing on **Tuesday 15<sup>th</sup> August**.

Librarians from Sutherland Shire Public Library will be visiting K-2 to read some of the Children's Book Council of Australia (CBCA) short-listed books on **Monday 21<sup>st</sup> August**. Every year CBCA gives awards for the best books in the following categories: Early Childhood, Younger Readers, Picture Book of the Year, Older Readers, Information Book and New Illustrators.

Our Book Character Parade will be held from 9 – 10am on **Wednesday 23rd August**. Dress as a character in a book and bring your book with you for the parade. Students will first have individual photos taken in the library in their costume at 9am and then we will have our parade under the COLA followed by group photos.

## Premier's Reading Challenge (PRC)

Students in 3-6 doing the PRC must log their books by **Friday 25th August**. I will log books for K-2 unless they are undertaking the challenge at home. The totals are 30 books for K-2 and 20 books for 3-6. Please see me if you need any help and well done those students who have already finished.

## Grandfriend's Day

We will be having a Book Fair in the library on Grandfriend's Day held on **Wednesday 13th September**. The school will receive 20% of all books sold on the day and new books purchased for the library.

Kind regards,  
Karen Lundin

# Waterfall Stars

During the recent school holidays Waterfall Public school had its first ever entrants in the Interschool's snow sports competition. Our school is categorised in the Northern NSW / QLD division which was held at Perisher this Year. Amongst more than 1200 other competitors - Emily competed in the Division 4 Alpine and SkierX competitions and Rachel competed in Division 5 Alpine and SkierX competitions. Both girls did very well in their first time racing and proudly represented their school in some very cold and snowy conditions.



## Engadine Zone Athletics Carnival Competitors 2017

Congratulations to the students below who will be representing WPS at the Engadine Zone Athletics Carnival on Wednesday 16 August at Sylvania Athletics Track. We wish them lots of luck in all their events.

BOYS	Name	Age		Time/ Distance	Girls	Name	Age		Time/ Distance
100m	Beau	8	100	18.44	100m	Jayde	8	100	18.72
	Nicholas	8	100	18.53		Ryley	8	100	19.00
	Kaelen	10	100	16.61		Rachel	8	100	19.16
	Jonathan	11	100	16.75		Hayley	10	100	18.53
200m	Jonathan	11	200	36.63		Emily	10	100	20.03
	Kane	12/13	200	40.09	Isabelle	12	100	16.71	
800m	Beau	Jun	800	03:30.00	200m	Grace	12	100	19.22
	Nicholas	Jun	800	03:40.00		Olivia	11	200	44.64
	Kane	12/13	800	03:23.00	Isabelle	12/13	200	35.62	
					800m	Jayde	Jun	800	03:43.00
						Isabelle	12/13	800	03:40.00

## *Dates for your Diary*

August	September
<p><b>Thursday 10 August</b> K-6 Assembly 2.30pm</p> <p><b>Wednesday 16 August</b> Zone Athletics carnival Sylvania Waters</p> <p><b>Thursday 17 August</b> Interrelate Heathcote PS 6.45pm</p> <p><b>Monday 21 August</b> Book week author and librarian visits for K-6</p> <p><b>Wednesday 23 August</b> Book character parade – students dress up</p> <p><b>Sunday 27 August</b> P&amp;C working bee at WPS 9.00am -12.00pm</p> <p><b>Tuesday 29 August</b> Premier's reading challenge closes</p> <p><b>Thursday 31 August</b> SLIPS – nominated year 5 students to attend at HHS</p>	<p><b>Thursday 7 September</b> K-6 Assembly 2.30pm</p> <p><b>Wednesday 13 September</b> Grandfriends Day, Book Fair</p> <p><b>Thursday 14 September</b> Public Speaking District Final at Engadine West PS – Stage winners to compete</p> <p><b>Wednesday 20 September</b> School photographs K-6</p> <p><b>Friday 22 September</b> Last day of term 3</p>

# P & C News

Message from the P&C and Fundraising Team

A **general meeting** was held last Monday. Minutes from that meeting will be distributed by week's end. Thank you to Allison for taking the minutes. The position of Secretary is still very much vacant. If you think this is something you can do, it is not hard, please see me. There are two meetings a term, 8 throughout the year and if you can attend the majority this will be of great assistance.

**Uniforms** - Please see Belinda for second hand clothing.

**Working Bee** - Sunday 27<sup>th</sup> August from 9am till 12noon. More details to follow, but if you could please keep the date free, even if you can spare half an hour, it would be greatly appreciated. We may require a few green bins, if you don't think you will be using, could you please bring up the Friday before hand or drop off on the day. We would like to use the time to help clean up the school grounds and gardens, mainly around the 3-6 room and in front of the Parkview room. A note will be sent home in the coming week, for families to advise if and what time they will be able to assist on the day.

**Cadbury Choc Fundraiser:** Thanks to all the families who have returned their monies. There are still a few families that have not returned the money or unsold chocolates. It would be appreciated if you could do so no later than this Friday 11th August so final tally can be calculated. There are a couple of boxes left, if you can sell, please see Michelle. A special thanks to Stacey Clifford for this suggestion and assisting me in coordinating this event. Profits from the sale of chocolates will, as previously mentioned go towards purchasing Waterfall School Blazers. These will be kept at the school and used at special events, such as debating, presentation day and other events where students are representing the school.

**Jeans for Genes:** Thank you to Mrs Cairncross for organising this event, which raised \$159.55 for the charity. The length of our coin line was 43.5m. Well done to all for taking part, dressing in your denim.



**Fathers' day stall:** This will be held Friday 1st September. Please put this date in your diary. P&C have agreed to purchase items for this event. Students will be given the opportunity to buy for their loved ones on this day. Stay tuned more details.

**Garage Sale: Saturday 21<sup>st</sup> October** in alignment with Garage Sale Trail. We are again going to have a garage sale this year same format as we have previously done. We would be looking for donations of most items, in sellable conditions only. Donations will be accepted 1 week prior to the event and stored in the Parkview room, for sorting and pricing. If you have big items, like lounges, it may be best to drop off in the morning of the garage sale. So, start cleaning out your cupboards and draws.

Lots of helpers will be required to help sort and price in the week leading up the garage sale. And, also assistance on the day, with setting up, cash register and packing up.

**Thank you** to the Pragnell family who kindly donated some merchandise which can be used for numerous fundraising events. A portion of the items have also been given to the school for possible use in the classroom or birthday box for the students.

Until next time, Sarah

# Healthy Tips Healthy Kids

## Quick Bites

Are your kids bored of always having the same thing for their Crunch & Sip break?

Why not try packing a variety pack? Some ideas could include:

- ❖ Sugar snap peas and tomatoes
- ❖ Grapes and mango
- ❖ Kiwi fruit (don't forget the spoon!)
- ❖ Corn, carrot, and cucumber
- ❖ Green beans and red capsicum
- ❖ A tub of frozen peas, cherry tomatoes and mushrooms
- ❖ Melon balls – using various type of melons
- ❖ Add a little spice with radish, rocket and cucumber



To continue adding a bit of variety why not change the packing too? Instead of whole of fruit, why not pack a combination of fruit and vegetables in little boxes, or sealable bags.

## Quick Bites

Wondering how many servings of grains to put in a lunchbox?

We all want to make sure our children are eating a healthy lunch, but what is the right amount of grain foods to put in their lunchbox?

- ❖ Try to plan your lunchbox to have 1 ½ to 2 serves of grain foods for a younger child and older child respectively

- ❖ Examples of grain food serves are: 1 slice of bread, 2/3 cup of breakfast cereal, ½ cup of cooked rice, ½ cup of cooked pasta, 2 thick rice cakes, 2 pikelets, 10 rice crackers, 1 slice of fruit loaf, 3 corn thins, 1 English muffin



## Community News

A vibrant poster for a school fete. At the top, it says 'ENGADINE PUBLIC SCHOOL PROUDLY PRESENTS Family Fete FUN DAY'. The date and time are 'Sat 26 August 9am-3pm'. A badge on the right says 'OUR 85th ANNIVERSARY'. The poster is sponsored by 'VISION Printing Services' and '2233'. The bottom section lists activities: 'A DAY OF Awesome ENTERTAINMENT' including 'BBQ • CARNIVAL RIDES • CLASS STALLS • FACE PAINTING • DUNK TANK • RAFFLES • TRASH N' TREASURE • PETTING ZOO • HENNA ARTIST • GOZLEME • ICE CREAM • DEVONSHIRE TEA • &amp; MUCH, MUCH MORE!'. The background features a blue sunburst, a red and white striped tent, a carousel with horses, and a food stall.



# Waterfall Public School

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Phone: 9520 9638 Fax: 9548 1238  
Email: waterfall-p.school@det.nsw.edu.au  
Principal: Nicole Gilmore

4 August 2017

## Interrelate Family Evening Program

Dear parents/carers

Our school community are invited to attend an *Interrelate* family evening program for students in Years 3 to 6 at Engadine West PS. Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games. See the program on the next page.

**Date:** Wednesday 6 September 2017

**Times:** **Session 1:** 6:00 – 7:00 pm

*Where Did I Come From (Years 3, 4, 5 & 6)*

**Session 2:** 7:15 – 8:15 pm

*Preparing for Puberty (Years 5 & 6)*

*(Years 3 & 4 at parent's/guardian's discretion)*

**Location:** Engadine West PS School Hall

4 Buckle Avenue Engadine

**Parking:** On street parking is available in Buckle Avenue or Ridge Road Engadine

**Cost:** **\$30 per family** to attend one session

**\$35 per family** to attend both sessions

Please return the attached permission slip and payment to Waterfall PS by **Monday 28 August 2017**.

Regards

A handwritten signature in black ink, appearing to read 'Nicole Gilmore'.

Nicole Gilmore  
Relieving Principal

# Interrelate

## FAMILY EVENING PROGRAM

### overview & Session Outline

#### **Session 1: Where Did I Come From?** (Years 3, 4, 5 & 6)

- One 60 minute session
- \$30 per family (GST inclusive)

#### **Objectives**

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

#### **Session Content**

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours
- Male/female reproductive systems
- VF and sexual intercourse
- Foetal development
- Twin explanation
- Birth
- Conclusion

#### **Session 2: Preparing for Puberty** (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

- One 60 minute session
- \$30 per family to attend one session (GST inclusive)
- \$35 per family to attend both sessions (GST inclusive)

#### **Objectives**

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

#### **Session Content**

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion

## Interrelate Family Evening Program 2017 at Engadine West Public School

The \_\_\_\_\_ family will be attending the Interrelate Family Evening on Wednesday 6 September 2017.

### **Payment due Monday 28 August 2017**

Cash payment enclosed: \$30 (one session only)

OR

Cash payment enclosed: \$35 (both sessions)

We will be attending (tick applicable):

**Session 1: 6:00 – 7:00pm** with \_\_\_\_\_ family members attending

**Session 2: 7:15 – 8:15pm** with \_\_\_\_\_ family members attending

Signed \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Carer)