Dear Parents and Students,

**Parent Teacher interviews**
Normanhurst West Public School is committed to effectively communicating student progress to parents. To facilitate this, reporting to parents will take the following format this year:

- **Term 1**: parent teacher interviews in weeks 10 and 11
- **Term 2**: written report and interview by request (from either parent or teacher)
- **Term 3**: interview by request from parent or teacher (if required)
- **Term 4**: written report (and interview if required)

All parents are strongly encouraged to attend a parent teacher interview to discuss their child’s progress and any issues you may have. If you have yet to make an appointment, please contact your child’s teacher. The interviews will run for 15 minutes. Whilst every effort was made to accommodate parent requests, it was not possible to provide some parents with their first selection.

**Parent Forum**
Ms Lauren Reinhardt, a well-known speech pathologist and director of North Shore Speech Therapy will be presenting a workshop at the school 6pm, Thursday, 16 May.

The workshop aims are:

1) Help parents understand what is typical communication development.
2) How to spot a child is having difficulties with speech, language and learning.
3) Focus is on language rich ideas and games for the home to build comprehension and vocabulary.
NORMANHURST WEST PUBLIC SCHOOL

4) Discussion of ‘Screen Time’ in detail, including: how much is too much, how parents can limit it and what to do instead of screen time.

All material is based on current research and is clinically and evidence based. The workshop runs for 1.5 hours with parent question time at the end. This proposal received overwhelming support at a recent P&C meeting. I am grateful to the P&C for deciding to cover the cost of this forum. It will be free to all parents of Normanhurst West PS. Further information about the parent forum is found later in this newsletter. I recommend that you set aside this date and commit to attending.

New School Website

Earlier this term we were informed that the server that operates our school website was to be decommissioned. However, this has provided us with an opportunity to develop a new website and it is nearly up and ready for everyone to visit. Our weekly newsletters will continue to be uploaded each week and access to other links, such as general school information, P&C contacts, galleries and interactive learning will be available.

Parent Helpers

We are very appreciative of the many parent helpers who assist in our school – in a multitude of capacities, whether as canteen helpers, in the classroom with reading groups, maths groups, sport, the arts, in the gardens or in the library.

To protect our students, we ask all helpers in the school to complete a “prohibited employment declaration”. Helpers only need to sign this form once then it is stored securely in the office. (Helpers are not required to sign a new form each year).

If you are a parent helper in our school and you have not yet signed one of these forms, could you please complete the form on your next visit to the school? The forms are available next to the parent /visitor sign-in book in the office, and can be handed in to the school administration staff for filing. My sincere thanks for your assistance with this legislative requirement.

What is Anaphylaxis?

Anaphylaxis is a severe and sometimes sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen, such as a food or insect sting. Although death is rare, an anaphylactic reaction always requires an emergency response. Prompt treatment with adrenaline is required to halt progression and can be lifesaving. Fortunately anaphylactic reactions are usually preventable by implementing strategies for avoiding allergens. Normanhurst West PS has a number of students who have severe allergic reactions to some substances.

Common allergens that can trigger anaphylaxis are:

- 🍗 foods (e.g. peanuts & other nuts, shellfish & fish; milk & egg, wheat, sesame & soy)
- ✈️ insect stings (e.g. bee, wasp, jack jumper ants)
- 🌱 medications (e.g. antibiotics, aspirin)
- ⋆ latex (e.g. rubber gloves, balloons, swimming caps).

Recent sharing of chocolate Easter eggs between good willed students may be putting others at risk. Normanhurst West minimises the risk of exposure to a high risk allergen, peanuts, by asking that all students, staff and visitors “Be safe, be a mate, leave peanut products at home.” The community cares for all of our students and we do work together to make sure that all students are safe. Please continue to not bring peanut products to school. All staff have recently updated their anaphylaxis, CPR and Emergency Care training as per our Department guidelines. We want to keep all students safe!

Lollies at School

We have noticed that a number of students are bringing lollies and chocolates to school and are eating them at recess and lunchtimes. We do not encourage these at school as children are choosing to eat these rather than more healthy foods, which are needed to maintain concentration throughout the school day. Lollies on sticks, such as lollipops, are particularly dangerous at school as children walk around the playground with them in their mouth. Please ensure your child has healthy options for recess and lunch.

New Community Member

It is with great pleasure that I inform you that Sophie (2G) has a brand new baby brother William Thomas. Little William and Mrs Greer are reportedly quite healthy. Congratulations to the Greer family on this exciting occasion.
Easter Long Weekend
I wish everyone a safe and enjoyable (reflective for Christians) Easter weekend. May you deservedly indulge in fish, hot cross buns and chocolate eggs or other without undesirable consequence.

Thought of the Week
"Happy Easter! Some bunny loves you". Anonymous

Greg McLaren
Principal

For your information

Parenting Ideas by Michael Grose
Attached to this newsletter is an article titled “Parenting the Family Underdog”.

Raising Student Awareness
Having supportive friends and class mates are important for students at risk of anaphylaxis. Staff is aware of anaphylaxis in school and share this information with students.
Key messages include:
① always take allergies seriously – severe allergies are no joke
② don’t share your food with friends who have food allergies
③ wash your hands after eating or touching food
④ know what your friends are allergic to
⑤ if a friend/student becomes sick or unwell, get help from an adult immediately
⑥ don’t pressure your friends to eat food that they are allergic to.

School Zone Safety
A reminder to parents about the operation of school speed zones around the Easter holidays. School zones exist for the safety of children and families; they will operate on Thursday 28 March, then resume on Tuesday 2 April. Forty-kilometres-an-hour school speed zones operate across New South Wales at all school sites on gazetted school days, which are all days the school is open, even pupil-free days. Find out more: http://www.rta.nsw.gov.au/roadsafety/children/schoolroadsafety/schoolzoneprogram.html

Practise to be a Journalist
This website could definitely make practising writing and spelling more interesting for all of us. Make a newspaper clipping with your own headline and story. Your child may even start imagining themselves as a publisher or journalist. http://www.fodey.com/generators/newspaper/snippet.asp

Safety Locks
Between 2011 and the end of 2012, 39 children aged nine or younger were hospitalised in NSW as a result of window falls. New lock laws in apartment buildings will soon help to keep our children safe. Child safety locks are now required to be installed on apartment windows.

Back by Popular Demand
Mention head lice and most of us instantly develop an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your child’s of head lice and nits:

PREMIER’S READING CHALLENGE UPDATE
Congratulations NWPS! We have over 100 children registered for this year. We also have 3 children who have already completed their reading list. (Well done Maximus, Sophie and Adelaide!) When you have completed your reading challenge you do not need to notify me as I will automatically validate you on the website. It's not too late to register to be a part of the challenge. You can do this any time up to the end of August.
SCHOOL CAPTAINS VISIT PARLIAMENT HOUSE

On Wednesday 13 March the four of us (Justine Wallis, Kata Curtin, the Vice Captains and Chloe Molten and Hayden Teeth, the school Captains) went to Parliament House, Sydney for morning tea with the local MP Mr Matt Kean. While we were there we met the Premier Mr Barry ‘O’ Farrell and the Minister for Education Mr Piccolo.

First we got taken into the Jubilee room and had a cookie and an orange juice for morning tea. After that we got taken on a tour around Parliament House. First we went to the Upper House which is the red house. We saw a chair that only a member of the royal family can sit and the Queen sat on that same chair to open that Parliament House because it was the first Parliament House in Australia. Next we saw the Lower House, the green house and we got to watch a Member of Parliament speak to the Speaker. Then they took us to the fountain in the middle of Parliament House which was surrounded by a glass wall. The fountain was shaped like a ball with thin tubes that shot out water.

Then we went back into the Jubilee room where we did Q & A with Matt Kean, Mr Piccolo and Barry ‘O’ Farrell. A boy asked if there are any new plans for the future around our area and apparently Hornsby pool will be opening again in December with a glass wall behind the podium looking across the bush and maybe some waterslides! And Pennant Hills Road is getting a tunnel under it (Wooo Hooo!). Once it had finished Mr Pendleton took us on a little tour to the control room because he works there. We were the first students in NSW to EVER go there! The control room is where they put their footage on the internet and sell it too different news channels. We were allowed to control a camera in the green room which was a lot of fun! We left after that and went home.

A special thankyou to Mrs Liston, Parents and a massive thankyou to Mr Pendleton
We had a great day because of all these wonderful people.

Justine Wallis, Kata Curtin, Chloe Moltzen and Hayden Tumeth

Harmony Day 2013

On Thursday the 21st of March we celebrated Harmony Day. It is a day to recognise Australia as a peaceful and multicultural country.

The message of Harmony Day is Everyone Belongs.

I can learn about other languages and I can make more friends. I can plan to have my favourite food which is Indian.
Jasper A

It is good to have friends from other countries in 2R. I like to try different food. We welcome them to Australia.
Ryan

Harmony Day is important to celebrate. If they didn’t let people in our country we couldn’t make more interesting friends.
Grace

People can make new friends with people that came from different cultures.
Lucy

If my family wasn’t allowed to live here, I wouldn’t see my Aunty Jenny, Uncle Ian and my cousins Stephanie and Julian.
Poppy D
Everyone belongs in Australia, it is a safe place to live. My Mum and Dad are from South Africa. 
Jeremy

If no one from another country was allowed in to Australia, people in our class would not be here. I am glad that people from other countries can live in this place and are nice. 
Charlotte

Harmony Day is about kindness and friendship. 
Ashkan

My family comes from Russia. If they couldn’t get to Australia I wouldn’t be in 2R. 
Nick J

Everyone belongs in Australia. It is peaceful and lovely to live in Australia. 
Jasper K

We learn new people and we learn new languages from people in a different country. 
Yoon

Everybody has different languages. Everybody has their own culture. 
Finley

I think it’s great that people are allowed to come to Australia because otherwise not all the people in 2R would be here. We can learn different culture and languages. It is wonderful that we can eat international foods like tacos and spaghetti. 
Leo

I think it’s great to learn what they do in different countries. It is also great to wear orange clothes. 
Jacob

I think it is wonderful that Australia has lots of other cultures because we have lots of languages to learn. And if some people need a place to live we can welcome them to Australia. 
Sophie

Harmony Day is for all the people from different cultures. I like people from different cultures because you can learn new things and the people are nice. 
Nick M

I think that it is great to have other cultures because you will learn about other languages and eat different types of food. I am so glad that I am part of England and Australia. 
Olivia

We celebrate with orange that people who are born in different countries who moved to live in Australia. I would like to learn a different language because I would have fun. 
Jaime

My Mum and Dad came from Serbia and I am glad to live in Australia. In Australia people are safe. 
Sara

On Harmony Day you wear orange. It is about accepting people from other countries and letting them play with you. 
Andrew

I think that it is wonderful that Australia has lots of other cultures. We always let people join. If we said no then we couldn’t make new friends and languages. 
Poppy W
**UNIFORM POOL - CLOSING - Friday 12th April**

We have not been able to find a new convenor for the Uniform Pool and so **Friday 12th April** will be the **last day for Uniform Pool**. If you do feel you could step in to this role before our closing date, please contact Amanda at uniformpool.nwps@gmail.com. The role of convenor is a very worthwhile one and not difficult at all. The position could be shared by two people. Amanda has streamlined our system over the last two years, resulting in an operation that runs very smoothly. We have a bank of experienced volunteers who are rostered on to help the Convenor each Friday. The Uniform Pool on a Friday morning is a friendly place and a great way to meet and get to know other Uniform Shop volunteers. If you are wanting to take a more active role in your child's school, this role is a good one!

**Winter Uniforms**

Winter Uniforms must be worn from Week 1 of Term 2. There is still time to order items via the Uniform Pool order form or FlexiSchool online. Ordering is our preferred method of selling, as it saves you waiting in line at the shop window on a Friday morning. Orders are sent home via your child or can be picked up from the shop window on a Friday morning.

**Returns Policy**

Items can be returned for exchange due to wrong size within 3 weeks of purchase. Such items must be in condition sold, with labels and packaging, and receipt as proof of sale. Items sold from the second hand rack cannot be returned. Please check items carefully and check sizing before purchasing.

**Second Hand Clothing SALE**

We have a large quantity of 2nd hand uniforms on our racks. If you have a child in Year 5 and 6, we have a large number of very good quality clothes you might be interested in. Below is a list of what we currently have on our racks. Please come and have a look on a Friday morning (opening hours are 8.45 - 9.45am).

**Boys uniform items**
- Winter trousers: sizes 12, 14
- Long sleeved shirts: sizes 4, 10, 14, 20
- Shorts: sizes 4 - 12
- Short sleeve shirts: sizes 10-22
- Tracksuit pants: size 14

**Girls uniform items**
- Sports skorts: sizes 12, 14
- Summer tunics: sizes 8, 10, 14
- Culottes: size 10
- Culotte tops: size 10
- Winter shirts: sizes 4, 12
- Winter tunic: size 14
- Winter trousers: size 12

**Other**
- Hats: sizes M, L
- Band shirts: sizes 8, 14, 12
- Sloppy Joes: sizes 6, 8, 12, 8, 14, 16 (some still with tags on)
- Sports shirts: sizes 6-10
- Polar fleece jacket: size 12
- School bag

**Jo Gee**

**Uniform Pool secretary**
Ahoy there, and a big welcome back to Lesley - it's great to see you back on deck! A HUGE thank you to the motley crew, aka the Canteen Committee, for keeping the ship on course in your absence. They are, indeed, a great team.

All volunteers were recently emailed a copy of the Canteen Contact List. A couple of emails bounced back, so if you didn't receive a copy, please send Jules an email at tcabling57@optusnet.com.au and she'll resend a copy to you.

If for any reason you are unable to make your shift, please try and organise a replacement/swap with someone also rostered on the same day as yourself. As a last resort, please contact Jules on 0433 879 006.

Just a couple of reminders, for OH&S reasons: covered shoes must be worn - thongs anywhere but feet; and

NO children in the Canteen

Signed: The Golden Duck

It is fast approaching that time of the year again and the ladies from the P&C Craft Group have been very busy buying gifts for the Mother’s Day stall. So many gifts, in fact, that we are desperately seeking volunteers to help get a head start on wrapping gifts before the school holidays.

If you can spare some time to help out on Wednesday 3 April from 9.15am, your help would be greatly appreciated. Wrapping tables will be set up outside the P&C Craft room (near the school entrance in Dartford Rd). Everyone is welcome (including babies and toddlers) and morning tea will be provided. If you have any questions please contact Sue Murdoch on 0437038236 or Ann-maree Grech on 0434141707.

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BEECROFT CHERRYBROOK JUNIOR RUGBY UNION CLUB
We are still looking for players for the winter season for U9s, U10s, U11s, U13s and U15s. Competition for the U10s to the U15s is played on a Sunday, while the U9s play on a Saturday. The current U9s and U10s will be touring NZ in 2014.

If you are interested in giving rugby union a try please contact the Registrar, Nicola Fynes-Clinton on 0439 904 457.