Dear Parents and Students,

**Meet the Teacher Evening -Reminder**

This year we have planned our ‘Meet the Teacher’ night for the evening of **Tuesday, 21 February**. The objective is for parents to meet with their child’s teacher to hear about plans for the year ahead. Parents of children in Kindergarten-Year 2 classes’ timeslot will be 5.45-6.30pm, and Year 3-6 classes’ timeslot will be 6.45-7.30pm. The venue is your child’s classroom.

These sessions are not for individual parent teacher meetings, but for a more general information session about expectations, requirements and events for the year. However, you are most welcome to make an appointment to see your class teacher if you have any concerns.

Your child does not attend this meeting. **For the parents who cannot make the session, please request an information handout to be sent home.**

**Home & School Communication Options**

We are all extremely fortunate to be part of Normanhurst West Public School community. Our primary goal is not only to present ourselves as an effective and cohesive school community but ‘Aim High’ to make it even better. Home and school communication is essential in assisting our school’s children with the best possible
academic and social development. Parents are always encouraged to support their child’s school life through making regular contact with the school.

It is also very important to communicate with the best person to help solve your questions. Teachers need to be informed of relevant information about the academic, social and developmental aspects of your child. This has to work the other way too for teachers to inform parents. Often our teachers will not be available for a lengthy meeting without it being scheduled. When delivering your child to school in the morning is not always the best time to approach a teacher for an interview, unless it is a welfare issue. All parents are encouraged to negotiate an appointment time with your child’s teacher or through our administration office. Alternatively, you may use the school’s email address normanhurw-p.school@det.nsw.edu.au.

The following is our current school practice and will give you some direction.

① **Classroom Teacher:** is always the first and best professional person with whom to speak regarding academic progress, social or behavioural concerns, class policy and procedures.

① **Assistant Principal:** If the question relates to a specific issue that is outside of the classroom, any questions regarding specific grade programs, issues relating to discipline / bullying, concerns that have not been resolved by speaking with the classroom teacher or queries relating to teaching and learning within the classroom.
- Assistant Principal K-6, especially Kindergarten Mrs Marcovitch
- Assistant Principal K-6, especially Years 1-2: Mrs Georgiou
- Assistant Principal K-6, especially Years 3-4: Mrs Boustany
- Assistant Principal K-6, especially Years 5-6: Miss Sharpe
- Deputy Principal K-6, especially Support Prog: Mrs Pearce

① **Administration and Finance:** Mrs Shears

① **Principal & Deputy Principal:** Any issues that relate to the whole school, child protection and student welfare, governance and management, financial and budgeting, community, concerns relating to teachers, issues that have not been resolved first through discussions with the classroom teacher and /or the Assistant Principal.

**Learning and Support Team Information**

At our school we have a very strong and professional Learning and Support Team (L&ST). The purpose of this team is to ensure all students are receiving the help and support they need to achieve their maximum learning outcomes. This includes those students needing extension programs. A key feature of the learning support team is the facilitation of collaborative planning between teachers, support staff, parents and students. The L&ST committee is chaired by myself, as Principal and includes another executive staff member, Learning and Support Teacher (LaST) - Mrs Rekha Rajvanshi and Mrs Michelle Anthonisz and School Counsellor – Denise Hardingham.

The L&ST team meets fortnightly during each term to review the learning programs of students who have been referred. These children are those identified as gifted and talented, needing further numeracy and literacy support as well as others in need of additional learning support. The L&ST also reviews students who are being funded
through various State or Commonwealth programs. Both teachers and parents can refer a student to the L&ST. Referrals to the L&ST may be for reasons related to gifted and talented opportunities or support for learning difficulties. If a teacher refers a child, the parent is informed. Conversely, if parents would like to refer their child, I would hope that the parent would have met with the class teacher to discuss the reasons for the referral and then jointly complete the referral forms. In some circumstances, the parent does not want the teacher informed. If that is the case, referral forms can be obtained from the school office, completed and returned to me to take to the L&ST meeting.

**Learning and Support Teacher (LaST)**

With the implementation of Every Student, Every School, the Department of Education (DoE) has made changes to the way students can receive additional support with their learning. As part of the framework the position of a Learning and Support Teacher (LaST) exists.

The role of the LaST is to improve outcomes for students with additional learning and support needs. Students require different levels of support which can be given to them in a variety of ways to suit their needs. Working collaboratively with the classroom teacher, planning teaching programs, modelling best classroom practice, providing specialist advice and assisting teachers with Professional Learning are a few strategies the LaST teacher can apply when assisting our students and staff.

**School App**

We continue to use the school app to maintain an up-to-date calendar and the ability to send notifications out when activities like excursions or carnivals are cancelled due to wet weather. Please let us know if you have any feedback or suggestions for the app. There are a number of other positive initiatives, including the ability to report absences electronically. If you are interested in obtaining a copy of the school app, it is available free of charge for Apple and Android devices at their respective app stores. If you search for Normanhurst West Public School in either store, you should find the app. Once downloaded you will need to use the username: **community** and password: **normanhurstwps**

**Thought of the Week**

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

_Aristotle_

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**Greg McLaren**
Principal
Your Child's Resilience
Next time your child is furrowing their brow and staring off into space, ask them whether they're thinking dolphin or shark thoughts. That's the advice from resilience specialist Andrew Fuller on helping your child to recognise the positive or negative approaches they may be taking on life issues.
"Dolphin thinking can help you out and shark thinking can eat you up. It doesn't matter how old your kids are, they can still understand it," Andrew says.
"The things that are most important are teaching children what a good life is, how to live life well, how to extract pleasure out of things and how to turn things around when they're tough," he states.
Top tips on building resilience:
- Teach your child to experience success by supporting them in something they like doing whether it's a sporting, academic or artistic endeavour.
- Help them develop skills to be successful at school, such as good concentration and memory by playing card games and puzzles.
- Play games with your child by predicting what sort of day a person walking down the street may have had. Being able to read people's emotions is powerfully predictive of how well children can get on with people at school.
- Be aware of the 'yuk and yum' factor - some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they've had a bad day.
- Keep things in perspective - explain to a grumpy child their circumstances are not the worst possible and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.
Skills in resilience are promoted at Normanhurst West PS because through them children fare well in life. Research shows children with good resilience perform better at school and are less susceptible to risky behaviour, particularly as they enter the teenage years.
A former education department principal psychologist, Ron Balderston, describes resilience as a shock absorber for the potholes of life.
"Resilient children know how to cope and have developed skills that enable them to flex so they can manage life's blows when they happen without them getting too down, stuck on ways that aren't helping or giving up," Ron asserts.

Helping Your Child with Homework

Jargon Buster
Avoiding Injuries
Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain? Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/health/ways-to-keep-your-childs-back-and-posture-healthy

NWPS TERM 1 SPORT
Years 3 to 6
This term there will be a change to routine for sport, Years 3 to 6. Due to the Gymnastics and Athletics programs, students in Years 3 to 6 do not need to wear their sport uniform on Fridays during Term 1. All students in Years 3 to 6 need to wear their sport uniform on Mondays for Athletics. The timetable below will assist you in knowing whether your child is required to wear their sport uniform on a Tuesday or Wednesday for Term 1.

NWPS 3-6 Gymnastics Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
<td>4G</td>
<td>3/4VP</td>
</tr>
<tr>
<td>9:40am</td>
<td>6M</td>
<td>3H</td>
</tr>
<tr>
<td>10:20am</td>
<td>5M</td>
<td>3SP</td>
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<tr>
<td>Recess</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:20am</td>
<td>5/6B</td>
<td>3DS</td>
</tr>
<tr>
<td>12:00pm</td>
<td>6S</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
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<tr>
<td>1:30pm</td>
<td>5P</td>
<td></td>
</tr>
<tr>
<td>2:10pm</td>
<td>4D</td>
<td></td>
</tr>
</tbody>
</table>

Kindergarten to Year 2
This term, students in Kindergarten, Years 1 and 2 will wear their sport uniform on Wednesdays for grade sport. The children will also need to wear their sport uniform on the day their class has Fundamental Movement Skills with Mrs Warland. Your child’s class teacher will inform you of this day at the Meet the Teacher Evening on Tuesday 21 February, 2017.

Mrs Janelle Pearce
Deputy Principal

2017 PREMIER’S READING CHALLENGE

As in previous years, your child can enter the Premier’s Reading Challenge through the school.

“The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier’s Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9, in government, independent, Catholic and home schools.” (Excerpt taken from PRC Website 2017.)
If you would like your child to participate in this year’s Challenge, please return the note below to me via your classroom teacher. A summary of the rules and a reading log sheet will then be sent home. The 2017 Challenge kicks off on Monday 6th March and closes on Friday 25th August.

To log on to the website and fill in your child’s online reading log, Google ‘NSW Premier’s Reading Challenge’. The children will need to enter the DET username and password they use on the school computers. Please note only K-2 students’ usernames and passwords will be included on the information note. (If your child isn’t sure about their username and/or password, please ask me or Mrs Sharpe for assistance.)

Please be aware that although our school library has an extensive range of books which are on the various lists, it does not have multiple copies. It may be advantageous to source particular books from the local library as well. Some titles in the library are identified as Premier’s Reading Challenge books.

Participation in the Challenge has the support of the Principal.

Miss N Jones
Premier’s Reading Challenge Co-ordinator

2017 PREMIER’S READING CHALLENGE

Return to class teacher who will pass it on to Miss Jones.
The PRC rules and paper reading log will then be sent home.

I would like my child/ren ____________________________ of class/es _____________ to participate in the 2017 Premier’s Reading Challenge. I agree to assist them in filling out their online reading log at home.

Signed ___________________________ (Parent/Guardian)  Date _____________

FROM THE OFFICE
Welcome back to the familiar faces and our new families. Below are some handy tips and reminders of school routine just in case you’ve forgotten over the holidays!

BUS PASSES
The following link contains all the information you need for applying for a school travel pass or renewing a travel pass:-
http://www.transportnsw.info/school-students

HANDY TIPS when making payments using the Parent Online Payment (POP) facility:-
• Ensure you access the POP facility through the Normanhurst West Public School website (www.normanhurstwest.ps.education.nsw.gov.au). Unfortunately there have been instances where parents have made payments accidently to Normanhurst Public School.
- If paying the full invoice amount you can do this as one transaction regardless of the number of students on the invoice. Just enter one student’s name and date of birth. Then click the payment option ‘Other’ and enter the description “Total Invoice” and the total amount.
- If not paying the full invoice amount then you need to detail which items you wish to pay for each student. This assists the office to ensure that your payment is allocated to the right items on the invoice.

SCHOOL APP
Normanhurst West uses a great app for communicating with our community. It is very easy to use and we encourage all families to download it. It is available for both iOS and Android phones. Just search Normanhurst West, download the App and enter the username and password (on the top of this newsletter). All newsletters, diary dates, excursion notes etc are uploaded to the App. Group notifications are sent to let you know up to date information on canteen, excursions, uniform pool etc. You have the ability to send absentee notes straight to the office email from your phone. There is also a P&C page to keep you informed of P&C organised events. Have an explore and please don’t hesitate to call the office if you need assistance.

CONTACT INFORMATION
Have you changed your mobile number, disconnected your home phone or changed address during the holidays? Please update your information with the school office as soon as possible.

MESSAGES TO STUDENTS DURING THE DAY
If you need the office to get a message to your child during the day, please telephone the office. Do not send an email with information regarding change of routine or going home plans as the office only checks the email accounts periodically during the day. This important information needs to be conveyed to one of the office staff to ensure your child is contacted with the information.

Sue Shears
Administration Manager

SCHOOL BANKING
School banking starts again this Friday (10th). We will also be holding registration/information sessions from 2:30pm on Friday 10th and 8:30am on Friday 17th February.

School banking is a great way for students to engage in financial literacy, become savvy savers and have a chance to receive great rewards.

You can go to www.commonwealthbank.com.au for further information.

Happy banking

Mel & Holly
Banking Coordinators
Scholastic BookClub @ N.W.P.S

Welcome back ☺ and Welcome to all our new families ☺. Term 1/Issue 1 2017 brochures went out this week and the deadline is 9am 17th February 2017.
This year we are changing the way we do our ordering for the BookClub orders. We are changing to Scholastic’s Online Ordering & Payment system.
Please have your order in the system by the DUE Date - February 17th.

BookClub LOOP Ordering:
LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform. It is available online or through the app store. There is no need to put the order into the school anymore as you will do the order and pay for it online. LOOP will send you an email confirmation once the orders are processed.
Simple instructions are: Head to scholastic.com.au/LOOP
1. Simply grab your child’s Book Club catalogue and either SIGN-IN or REGISTER your account.
2. Add your child’s first name and last initial (so the school knows who the book is for), then select your SCHOOL and your CHILD’S CLASS. Note: You can order for multiple children at once if they attend the same school.
3. Click on ORDER and enter the item number from the Book Club catalogue.
4. All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child’s classroom if you order by the close date. It’s easy to order and pay online for your child’s Book Club order using your credit card.

That’s it! There’s no need to return paper order forms or payment receipt details to your school. Remember NO CASH. Remember Online Orders in 2017 ☺

Thank you for your support of BookClub at Normanhurst West Public school. Last year over $1000 worth of NEW BOOKS were supplied to our School Library due to the Credits our school received based on our student orders ☺
LANGUAGES
Did you know the P&C run language classes after school? We have some spaces in French and Spanish for this year. Spanish will be starting in Week 4 (next week) and French will also be on Wednesdays starting week 5. Students meet in the COLA for afternoon tea and then classes run from 3-4pm. Classes are $6.00 per lesson with a $5.00 admin fee each term. Please email nwpslote@gmail.com to put your name on the list.

Merci,
Mel tutty
LOTIE Coordinator

We sincerely thank our advertisers for their support of our school. The NSW Department of Education and Training and Normanhurst West Public School do not endorse these companies or their services and products.
Support to Pay Electricity and Gas Bills*

Help is available to pay your energy bills.

For information on rebates and emergency assistance go to:

or phone Service NSW on 137 788

* eligibility criteria apply

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

**Family Energy Rebate** – $150 or $15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part A or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

**NSW Gas Rebate** – $90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

**Medical Energy Rebate** – $235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson’s disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

**Low Income Household Rebate** – $235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

**Life Support Rebate** – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

**EAPA** – Energy Accounts Payment Assistance Scheme – helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPA is not means tested and you do not need to hold any DHS or DVA concessions cards to access this scheme.

**HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?**

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebates or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post you application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

If you have a DHS (Centrelink) Health Care Card you could qualify for the Low Income Household Rebate and/or NSW Gas Rebate.
THORNLEIGH NETBALL - COME HAVE A GO!

Thornleigh Netball Club is looking for new players for 2017! We are looking for players of all ages, junior and senior.

This year our fees will be:
- Juniors $198 (6-15)
- Seniors $259 (15+)

For further details on registration contact Ingrid Mitchell. Email: thornleighnetball@gmail.com

For further information regarding the 2017 Netball season contact our President, Clare Ashpole. Email: clare.ashpole9@gmail.com

Register online at www.thornleighsports.org.au/netball

Asquith Girls High School OPEN NIGHT

Tuesday 7 March 2017
5pm - 8pm
Academic, Sports, Technology, Creative Arts Enrichment Program

Come along and see why Asquith girls can achieve anything!

For further details see our website: www.asquithhighhschools.nsw.edu.au
Vocal Improvement & Effective Communication Skills

Our Vocal Improvement & Effective Communication Skills program is designed to enhance the speech, language, vocal and presentation skills of participating students.

Research has shown that it is important that students engage in this form of training to improve their verbal communication skills to further develop academic and social processes.

Private and group lesson tuition, for all ages, is available in your local area.

If you would like to participate please contact Angela Tesoriero or Paul Taylor
Phone: 0402439250
Email: info@speechanddramaspecialists.com
Web: www.speechanddramaspecialists.com

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PARRAMATTA  4/105 Church Street (level 2)
KILLARA  Suite J, 600 Pacific Highway (level 1)

BURWOOD  Shop 4, 181 Burwood Rd (G/F)
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CHATSWOOD  Shop 75, Oscar St (level 1)
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