Edinburgh Hill North Public School
10th September 2014 No. 29 (Week 9 Term 3)

Respect, Responsibility, Learning, Co-operation and Participation

Congratulations to our Primary Debating team who have made it through to the semi-final of the NSW Debating Competition. This Thursday we argue against Nulkaba Public at Jewell’s to see who progresses through to the State Finals. Good Luck!

As part of our PBL Values program we would like to focus on the wearing of our school uniform. Over the last little while we have seen an increase in the number of students who are turning up to school in clothing that is not part of our school uniform, so we will be working with all students and families to try to rectify this.

Students are expected to wear the full school uniform including a hat.

**BOYS**
**Winter:** White polo shirt with school emblem, navy blue tracksuit pants or tailored pants, navy blue jumper or jacket with school emblem, white socks and black school shoes.

**Summer:** White polo shirt with school emblem, navy blue shorts, white socks and black school shoes.

**GIRLS**
**Winter:** School Tunic with white blouse/skivvy, navy blue stockings or white socks and black school shoes. White polo shirt with school emblem, navy blue tracksuit pants, navy blue jumper or jacket with school emblem, white socks and black school shoes.

**Summer:** Royal blue & white checked summer dress or white polo shirt with school emblem, navy shorts/skorts, white socks and black school shoes.

**HATS:** Hats are a compulsory item in our school uniform. Both boys & girls wear the navy blue school bucket hat.

**SPORTS UNIFORM:** House coloured polo shirt with school emblem, navy blue shorts or navy blue tracksuit pants, white socks & joggers.

When lunch comes home ... again
Almost nine out of 10 Australian parents say children’s resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it’s a battle families can do without and there are some simple steps to help avoid it.


**Lifeskills Market Day**

**Support Unit Movie Excursion**

**Last Day of Term**

**Monday 15th September**
**Tuesday 16th September**
**Wednesday 17th September**
**Thursday 18th September**
**Friday 19th September**

**WEEK 10**

**Term 4**
**WEEK 1**

**Public Holiday**
**Students & Staff return**
**Ronald McDonald Out of Uniform**
### Sick Bay Linen Roster

- **12/9/14** - Bronwyn Guy
- **19/9/14** - Courtney Earsman

### Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/9</td>
<td>Georgia Fletcher, Kim Pearson-Kime</td>
</tr>
<tr>
<td>16/9</td>
<td>Adora McDonald, Fiona Daley</td>
</tr>
<tr>
<td>17/9</td>
<td>Sara Kasteel, Petrina Bulmer</td>
</tr>
<tr>
<td>18/9</td>
<td>Emma Johnson, Judy Drapp, Bev Johnson</td>
</tr>
<tr>
<td>19/9</td>
<td>Michelle Dickson, Karen Dodd, Toni Walsh</td>
</tr>
</tbody>
</table>

Any problems please phone Jacki - School 4933 7524 or Home 4932 7226

### This Week’s EMPS Award Winners

| KG   | Kaylah Wakeman, Coey Gardiner |
| KI   | Lilly Bradley, Daniel Fletcher |
| KN   | Dekota Scott-Drood, Tiarana Taylor |
| KR   | Millie Aherton, Harry Farley |
| LA   | Lacey Spicer, Curtis Moretti, Nic Griffiths |
| LH   | Kyle Eslick, Jorja Priest |
| 2A   | Lachlan Meredith, Talia Waqa |
| 2B   | Sara Lean, Emilee Miles |
| 2N   | Finn Sloan, Sophiea Brace-Thomson, Joel Thompson, Zane Williams |
| 2NJ  | Lilli Farrell, Summer Reid |
| 3S   | Lilly Blakemore, Harry Stephens, Stephen Newberry |
| 3T   | Bella Janson, James Clapham, Jayden Nicholes |
| 3/4P | Kaiser Jansen, Bethany Campbell, Kasey Biffin |
| 4W   | Sam Lightfoot, Apaish Neupane |
| 5B   | Cameron Pike, Clarissa Winter, Paige Ferris |
| 5M   | Brayden Taylor, Brandon Gilford, Hannah Jones |
| 5S   | Charli McNab, Lorcan Atkinson, Callum Stevens |
| 6D   | Brandon Clark, Gindah Griffiths |
| 6T   | Samuel Whiteley, Lachlan Regter, Jayme Smith |
| SCO  | Samuel Madge, Mark Silva |
| SCC  | Samuel Madge, Mark Silva |

### Maitland Mutual Bank

The winners of the Mutual draw is:
- Paige Ferris
- Morgan Stuart

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**Interested in learning the PIANO?**

My name is Pamela Lee, an Accredited Private Piano/Keyboard Teacher (A.Mus.A LTCI) who has recently moved to the area after teaching in Sydney, privately and in schools for over 20 years.

I offer piano lessons to all ages from beginners up. Exams or just learn for pleasure.

Located in Wallalong
Please contact Pamela on 0414 670 150 or email pianopam1@hotmail.com
School News

1H’s Writer of the Week
Choc Chip Biscuits
Ingredients
- 2 eggs
- 1 1/2 cups of caster sugar
- 3 cups of self raising flour
- 1 pinch of salt
- 2 cups of choc chips
- 250g of melted butter
Method
1. Put sugar and eggs in a bowl and whisk
2. Pour self raising flour, salt and choc chips in to the bowl
3. Melt butter and stir
4. Mix the ingredients together
5. Roll in to small balls
6. Put in the oven and cook for 15 minutes.
Mackenzie

Touch Footy
Thank you parents and grandparents!
Last Thursday 60 year 3 and 4 students participated in a Touch Football Gala Day held at Maitland Park. All students represented the school wonderfully, playing with sportsmanship and encouraging each other on and off the field. Students, staff and family members had a wonderful day, with students explaining their intention to join the local touch football competition as they enjoyed it so much. Well done to all students!

Last Friday, the senior Boys Touch Football Team went to Muswellbrook to play in the NSWPSSA Knock Out competition. Playing in the fourth round of the competition, the boys came up against some tough competition in Denman Public School. I can honestly say it was the highest quality junior touch football game I have witnessed, with pace and skill on display from both teams. Unfortunately our boys went down 2-1, however should hold their head high as they represented their school terrifically, displaying all the values that make them quality sportsman and students of EMPS.

Lastly, and most importantly, I would like to thank all parents and grandparents for their help in driving students to and from these sporting events. Without your help these opportunities would not be made available. I would also like to thank the parents that assisted in coaching and managing the teams at the Gala Day. It was very much appreciated.

Mr Eddy and Mrs Trowbridge.

Dear Parents,

In Term 4 your children have the opportunity to participate in:

Sport for Life Gymnastics Program.
Cost: $30 per student

The program will run on Monday and Thursday starting week 2.

Sport for Life is a provider of school PD/H/PE sport programs. Developing your child’s physical abilities is as important as developing their academic abilities. Why not jump on to our web site and have a look at our programs!

We work in addition to your children’s class room teacher to provide your child / children the very best opportunities in learning. Your children will benefit from our staff's expertise, they are nationally accredited for the program they teach and are child protection screened and trained. We supply all the equipment each lesson, the programs are linked to the syllabus and National sporting bodies. Every child receives a certificate of participation at the end of the program.

Our hope is, by participating, your child will develop skills that will lead to a life long enjoyment of sport that will give them good exercise habits "for Life".

Reminders
- Payments for the Graduation Bear or Ball are due by Friday 12th September.
- Term 4 Gymnastic Program money is due by 10th October.
Premier’s Reading Challenge 2014

Well done to the primary students listed below. You have each read twenty books this year and successfully completed the Premier’s Reading Challenge 2014.

Each of these students will go into a draw at Thursday’s assembly to win 1 of 5 $10 Book Club vouchers. Good Luck!

Nathan Boardman
Amelia Burgess
Bethany Campbell
Molly Dowde
Milana Edwards
Sienna Flynn
Sadie Hawke
Ellis Heydon
Chloe Jacka
Arshdeep Kaur
Joshua Lorenz
Chase Morris
Stephen Newberry
Ruby Nunn
Lillian O’Brien
Victoria Pearson
Joseph Proctor
Sebastian Rodet
Emily Slater
Gabriel Valenzuela
Jasper Vile
Rebecca Wilson-Roper

Paige Andonovski
Fraser Atkinson
Phoebe Buck
Libby Carey
Tyle Cott
Kirra Chadbon
Jack Cliff
Kate Dever
William Dyson
Jacinta Fussell
Chloe Graham
Jade Griffin
Jack Gunther
Chelsea Hill
Ellie Hill
Harry Hookway
Edward Harner
Issac Hutchinson
Jasmine Johnson
Lotus-Lea Lockyer
Samuel Mulligan
Caitlin Newall
Marni Redding
Braidy Rolsch
Rahn Sonneveld
Breannah Taylor
Miah Threlfo
Natalie Williams

Scarlett Bender
Jay Boyd
Jack Brown
Imogen Burton
Isabella Dixon
Jasmine Farmer
Georgia Green
Hannah Jones
Charli McNab
Josie Morley
Amity Petersen
Imogen Pickard-Ling
Ashton Proctor
Samantha Taylor
Claire Williams
Kurt Woodward
Jesika Young
Jeremy Boardman
Sarah Curry
Rebecca Davey
Emily Davidson
Jorja Dickson
Caleb Fean
Jye MacPherson
Kobe Van Maastricht
Taneisha Wells

The Book Week colouring in competition winners will also be announced at Thursday’s assembly.
P&C News

East Maitland Public School
Footy Finals Fundraiser

Sunday 5th October
Celebrate the Footy Finals with Pizza from
East Maitland Eagle Boys.
$1.00 from every pizza sold will be
donated to the school

code word “finals footy”
choice of a FREE Garlic Bread or Potato Wedges.

Well done everyone on returning your Walk a Thon Sponsorship. Congratulations to everyone who received prizes last week.
The Walk a thon was a great success raising much needed funds to assist in upgrading the school bell system and drainage for the oval.
Thank you to all teachers and parents who assisted on the day.

We need a plumber or landscaper to quote on drainage options for the oval.
Do you know someone?
Please email eastmaitlandpublicschoolpandc@gmail.com

Next P&C Meeting
to be held
Thursday 11th September at 1:30pm
in the staff room.
If you have anything for the agenda please email eastmaitlandpublicschoolpandc@gmail.com

Uniform Shop
The Uniform Shop needs your help on a Tuesday afternoon or Thursday morning – just an hour of your time once a term would be great. Pop your head into the shop and see Kerry she will answer any of your questions.

Uniform Shop Opening times:
Tuesday 2:30-3pm
Thursday 8:30-9am

EFTPOS is NOT available, cash or cheque only. Leave your order with payment in an envelope at the front office and have your items either delivered to your child's classroom or left at the front office for you to collect.

Tri-Coloured Sports Shorts are in!
We have a new supplier - MR SPORTS in Maitland - $20 ea

Uniform Shop Prices:
Hats $14
Navy Shorts $15
Shirts $20 (2 for $35)
Pre-loved uniform donations are always welcome. Please ensure it is washed and in good condition.

TERM 3 ROSTER
TUESDAY
16/09 Kerry & Jo

THURSDAY
11/09 Kerry & HELP NEEDED
18/09 Kerry & Kable

Skoolbag

Don’t forget to download your FREE Skool Bag app
Don’t forget to register for the skoolbag app.

"The skoolbag app is great it sent me an instant message about the book parade on Sunday so I didn’t forget about the costume"

"This app is great it reminds me when things are on and it even puts them in my calendar"

"I remember to read the newsletter each week because I receive an instant message. The newsletter is important to read as it has all the information in it about what’s happening"

"Hi I just wanted to let you know I am so pleased with the use of the skoolbag app. I can’t wait until we are able to get our notes, permission slips etc accessible this way too. : )"

http://www.skoolbag.com.au

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HELEN O’GRADY
DRAM ACADEMY
2014

“Increase your child’s communication skills, self-confidence and creative talents.”

MAITLAND
DRAM CLASSES
PRODUCTION TERM

PRIMARY : 7 – 12 Years
YOUTH : 12 – 16 Years

Venue:
Maitland Polish Hall (Grant St)

Enrolments now being taken for
PRODUCTION TERM
(Established over 20 years in Polish Hall)

Principal: Shane Sherry
Ph: 02 49 69333 for details - dramacon@bigpond.com

PLAY TOUCH FOOTBALL
A Place on the Field for Everyone

Touch Football in Maitland NSW - Sign up today!

1. Touch includes a fun game playing great social environment for both friendship and competition for all ages and skill levels.
2. Touch Football is great, outdoor exercise sport to get kids active and meet new friends.
3. Mid-week and after school games all have fun weekends free.
4. Re-roster ensures participation for all teams, club or teams exclusive to grades.
5. Catering for girls and boys on steam. If unsure on the date for everyone.

REGISTER ONLINE: www.pointsoftouch.com.au

JUNIORS: Under 9’s, 10’s, 12’s, 14’s, 16’s and 18’s BOYS & GIRLS Comp
Played on Thursday afternoons, All Teams

ADULTS TOUCH COMPETITIONS - Ladies, Men and Mixed Competitions
Competition starts mid-October and ends November

REDBACKS
PLAY NRL.COM
The simplest way

To set a healthy example for our kids.

Did you know that in NSW 9 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommended daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you’ll be a healthy role model for your kids and help protect their health in the future.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The simplest way

To eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

- Canned and frozen fruit count. Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.

- Legumes are vegetables too. Try adding dried peas, beans and lentils to meals.

- Juice only counts once. 125ml of 100% fruit or vegetable juice is 1 serve, but doesn’t contain the fibre of chopped fruit and veg. Water is the ideal drink.

- Dried fruit only counts once. A small box of sultanas or 4 dried apricot halves equals one serve – but don’t go overboard on dried fruit.

- A little and often. Children may eat more if you offer smaller serves more times a day.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
E.M.P.S’s
Green Market Day!

Put in an application to hold a store selling items made from recycled materials or that have a ‘green’ theme e.g. gardening products, green food or garden ornaments.

See Mr Eddy or Miss Sharkey to apply!
Application closing date - 10th of September

Gold coin donation to throw a sponge at a teacher! What teacher do you have in mind? (All proceeds will go to Lifeskills)

NO MUTUALS SOLD ON THE DAY!