

# Epping Heights

Public School



## NEWSLETTER

TERM 4 | WEEK 2 | 22 October 2019

### IN THIS EDITION:

- Principal's report - General News, Active Students
- Student Awards and Achievements
- Teacher News - Senior Choir, Invoice Reminders, CGHS Parent Morning Tea
- P&C news - BookClub, Tennis Competition
- Classifieds
- Community User Groups & Contact EHPS

Confidence Resilience Creativity

### IMPORTANT DATES

Wed	23/10	3-6 Assembly (6S) @1.45pm
Wed	23/10	K-2 Assembly (1/2D) @2.25pm
Mon	28/10	Year 5 Interelate talk in classes
Mon	28/10	Changes to usual school routine. Please see note
Tues	29/10	Additional/Sports group photos

It is hard to find the right words at a time like this. I wish to sincerely thank our entire school community for your support over the past week. The outpouring of kindness amongst staff, students and our community has been nothing short of remarkable. Thank you is not a big enough word. It is clear that Mr Johnston will be missed by all.

I would also like to acknowledge the amazing support we have had from our Relieving Executive Director Joanne Marshall, our Director Educational Leadership Mark Anderson, my Principal colleagues such as Tanya Rose (Beecroft PS) and Donna Harris (West Pennant Hills PS) and others, our locals schools and the Human Resources and Health and Safety team from the Department of Education. They have ensured we are fully supported by teams of student and staff counsellors and that the wellbeing of all is a focus.



### Newsletter articles due COB Friday

Values for this term:

Term 4 Integrity & Respect

I visited Mr Johnston's family at the end of last week and conveyed the messages of condolence and support. They were grateful to hear how he touched many lives. Flowers have been sent on behalf of our school community. Information regarding the service is being sent home today.

Many parents have been asking about a school memorial service or gesture in remembrance. At this time I am sure you appreciate that it is too early to know the wishes of the family. Once this information is known, it will be shared as appropriate.

Finally, I would like to acknowledge the professionalism, kindness, dedication and strength of my wonderful staff (teaching and administrative). Through their own grief and sadness, they have managed to focus on the needs of our students and ensure they are well cared for. To see them in action this last week and I'm sure in the coming days, weeks and months, has reinforced to me what a privilege it is to lead our school.



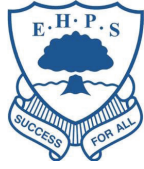
**MS MEGAN BRIDEKIRK**

We look forward to a productive and busy term. Please ensure you check the parent planner on our website for dates. These are subject to change so please also ensure you read our newsletter and enews alerts. Stage information letters were sent via enews last week. They outline the learning programs and any special notices for Term 4.

STRATEGIC  
DIRECTION 3  
Engaged Community

Last term finished with the exciting Strictly Live concert. This highly valued community event show-cased our bands and vocal groups as well as additional talents of many students. Congratulations to all students who performed and especially to Ashley and Chresten (Band Captains) who were highly capable masters of ceremony. The community band was a highlight and demonstrated our school community's passion for music. Thank you to the organising committee led by Ms Zhang and to the P & C Band Committee. Thank you also to the staff (Miss Gerard, Mr Buckman, Mrs Dyer, Mrs Armstrong, Miss Turriff, Mrs Tahir, Miss Quoyale, Mrs Kim) who attend on the night to work back stage, supervise in the green room, livestream the event, organise students and lead performances. Our children are fortunate to have such dedicated parents and teachers who work hard to provide these opportunities for them.





## ACTIVE STUDENTS

We recently spent over \$3200 on new play equipment for class tubs. Students are able to borrow equipment such as balls, ropes, board games and toys to play with at lunch time. The class SRC students are responsible for the borrowing system. Please speak to your child about this new requirement and encourage him/her to be responsible and look after it. If you find any of this marked equipment accidentally comes home, please return it to school.

Thank you to Miss Goh who coordinated the purchase, distribution and organisation of this new equipment.



## WORLD TEACHERS DAY

Thank you to the P & C and parents who generously donated food last Wednesday to celebrate World Teachers Day. This was a lovely acknowledgement of the work that teachers do every day. It was greatly appreciated by staff.

## MS MEGAN BRIDEKIRK PRINCIPAL





## MERIT AWARD

	KM		KM		KM
	KM	Arietta	KP	Cooper	KP
Gianna	KP	Imogen	KP	Abdullah	KS
Henry	KS	Lucas	KS	Sena	KS
Alexander	K/1E	Hannah	K/1E	Taj	K/1E
Zhuo	K/1E	Curtis	1H	Grace	1H
Olivia	1H	Patric	1H		1S
	1S		1S		1S
Shrihitha	1T	Sianne	1T	Umer	1T
Zac	1T		1/2D		1/2D
	1/2D		1/2D		2C
	2C		2C		2C
Jaden	2G	Mikhail	2G	Nirvy	2G
Remington	2G	Anabelle	2/3K	Neefi	2/3K
Robert	2/3K		2/3K	Adelina	3A
Jack	3A	Jeremy	3A	Tanami	3A
Harry	3E	Jayden	3E	James Hugo	3E
	3E	Albert	3/4B	Ethan	3/4B
Melissa	3/4B	Tess	3/4B	Alex	4P
Marcus	4P	Matthew	4P	Nashita	4P
	4S		4S		4S
	4S	Aarini	5B	Selena	5B
Sid	5B	Smera	5B	Emily	5D
Harshith	5D	Noori	5D		5D
Caden	5/6J	Fatima	5/6J	Oviya	5/6J
Riley	5/6J		6E		6E
	6E		6E		6S
	6S		6S		6S

## EAL/D

Daniel	4P	Evelyn	5D	Athirai	1T
Kaixuan	6E				

## READ WITH ME

Ivy	KM	Nicholas	KM	Yean	KS
Rian	KS	Sahaana	KS	Sethuni	KS
Elia	K/1E	Lara	K/1E	Thisath	1H



## READ WITH ME Con't

Ahaan	1S	Nicki	1S	Nikolaus	1/2D
Soha	1/2D	Ethan	2C	Neeti	2/3K
Felix	3A	Turvi	3A	Nihal	3/4B
Janice	4P	Nashita	4P	Dylan	5B

## SENIOR CHOIR – MUSIC FESTIVAL

The Senior Choir will be attending their third and final combined rehearsal at Epping West Public School this Thursday 24 October 2019 (Week 2). We will leave school at approximately 9:20am and return by 2:45pm. Students will be walking to and from the venue.

Students are required to wear full sport uniform including a hat and bring their recess, lunch and a drink bottle. Please **do not** organise a lunch order.

A note with Information regarding tickets for the Music Festival will be sent home in the next few weeks when the link becomes available to all participating schools.

## MRS KIM & MISS QUOYLE SENIOR CHOIR TEACHERS

## INVOICE REMINDERS

Student Invoice reminders are being sent home today. If you have paid your account recently please disregard the notice. If you have yet to pay your account, please use our Parent Online Payment system (POP) via our website <https://eppinghts-p.schools.nsw.gov.au/> or pay in person at the school Office.

NSW Department of Education

Select Language Log in

MAKE A PAYMENT

ENROLMENT

NEWS

NEWSLETTER

EVENTS

GALLERY



## Epping Heights Public School

Success for All

T: 02 9876 2791

E: [eppinghts-p.school@det.nsw.edu.au](mailto:eppinghts-p.school@det.nsw.edu.au)

About our school

Supporting our students

Learning at our school

Contact us

eNews

P & C



## CHELTENHAM GIRL'S HIGH SCHOOL PROSPECTIVE YR 7 2020 PARENT MORNING TEA

Cheltenham Girls' High School and Ms Helena Choi our Community Liaison Officer will be hosting a morning tea for parents and carers in Weeks 5 the 11th of November 2019.

We would like to welcome any parents of prospective Year 7 students to give them an opportunity to familiarise themselves with school community and processes, and meet and socialise with other parents families. This is not a P & C meeting or an enrolment seminar, it is simply morning tea for sharing and building community harmony. Parents with small children are welcome.

Ms Choi can speak Cantonese and some Mandarin so families who feel they need some language support are welcome.

**Where: Cheltenham Girls High School Staff Common room. The Promenade, Cheltenham.**

**When: Monday 11th November 2019**

**When: 9:30am – 11.00 am**



# EPPING HEIGHTS PUBLIC SCHOOL

## PARENTS & CITIZENS ASSOCIATION

128 Kent Street Epping NSW 2121 | ehps.p.n.c@gmail.com

### BOOK CLUB – ISSUE 7 ORDERS DUE WEDNESDAY 30TH OCTOBER

Did you know that every dollar you spend on Book Club items from Scholastic earns 20c for the school in rewards? So far this year our school has been able to redeem over \$3000 in rewards dollars!

The latest catalogue (Issue 7) is being sent home with your child today and it is our second last issue for the year. Orders will close on Wednesday 30th October 2019. Spare copies are available at the Office.

Please use our **preferred** ordering method, Book Club LOOP for parents.

[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)



GET IT ON  
**Google Play**

Search for **Book Clubs LOOP**  
and download the app for  
your mobile device.





Download on the  
**App Store**

LOOP ordering will remain open until **10:00pm** on the due date.

Cash orders will be accepted for those unable to use LOOP.

Correct money **and** correctly completed order form must be submitted (in a sealed envelope) to the Book Club letterbox in the school office by **3:00pm** on the due date.

Late orders cannot be processed.

Please DO NOT give orders to your child's class teacher. Any Book Club enquiries can be sent to [EppingHeights.bookclub@gmail.com](mailto:EppingHeights.bookclub@gmail.com)

**MONICA SETO**  
**BOOK CLUB COORDINATOR**

### TENNIS - TERM 4 - NORTH WEST PRIMARY SCHOOLS CHALLENGE

**Saturday, 9 November – play commencing at 5.30pm**

**(wet weather backup date 16 November)**

**Entries Closing – 29 October**

Dear Parents,

Entries are open for the Term 4 Primary Schools Challenge. This Challenge is on Saturday evening, 9 November, at Pennant Hills Park.

Players can (only) register online at: [etdta.com](http://etdta.com) > Challenges > Register and complete the registration form (or click on the Register button here).

**To participate, children should be able to play a reasonable standard of tennis and be able to consistently get serves in.**

Please let me know once you've registered and who your child will be pairing with (if they have a doubles partner), otherwise we will find one for them.

**THANKS**

**KIM ROSS**

[kim@acabs.com.au](mailto:kim@acabs.com.au)



## CLASSIFIEDS

Please note that as we have no means of checking the bona fides of advertisers, Epping Heights Public School will not accept responsibility for any advertisements.



**Eastwood-Thornleigh District  
Tennis Association Inc.**  
Presents

### Term 4 North West Primary Schools Challenge 2019

**Saturday 9 November 2019**  
**At Pennant Hills Park**  
**Starts 5.30pm – 9.30pm**  
(Alternative wet weather date: 16 Nov)

**Entries Close - Tuesday 29 October**  
(Late entries not accepted after this date)

To enter: [etdta.com](http://etdta.com) > Challenges > Register  
Or Click here: [Register - T4 Primary Schools Challenge](#)

This is a team event played amongst primary schools from the North West of Sydney. Teams consist of 3 doubles pairs with each pair being graded into a round robin division. Ranking points are awarded to each pair of each team culminating in a Finals Challenge in Term 4.

- FORMAT:** GRADED ROUND ROBIN DOUBLES  
Each division will consist of 5 or 6 pairs so that each pair will play 4 or 5 'matches'. Each 'match' will consist of 5 (or 4) games, with sudden death deuce.
- TEAMS:** Each team to consist of 6 players, ranked in pairs from 1 to 3 in order of standard. Schools may enter more than one Team. If a school does not have three pairs then individual players from the same school can still enter as a pair and play in the round robin.
- MEDALLIONS:** Awarded to winners and runners-up in each division.
- COST:** \$21 per player, incl. GST: payable when completing Registration at [etdta.com](http://etdta.com) > Challenges > Register
- DINNER:** A BBQ and canteen facilities will be available on the night.
- WET WEATHER:** If the weather is inclement, notice of cancellation will be posted at [www.etdta.com](http://www.etdta.com) (Home Page "Weather News" by 3pm on the day.
- ENQUIRIES:** For more info, go to [etdta.com](http://etdta.com) > Challenges or contact Sandi [tennis@etdta.com](mailto:tennis@etdta.com) or 0452 525 832

Term 1 Saturday Junior Comp starts 1 February 2020 – go to [etdta.com](http://etdta.com) "Saturday Competitions" for more info.

### Learn Music on Keyboard or Guitar at School



- Convenient at-school venue
- Small group, 45 min weekly lesson
- Competitive rate
- Instrument not required initially
- Creative kids voucher accepted

Enrol to start now or register for 2020  
(02) 9411 3122

[www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)

Great songs! Musical activities!  
Cool music knowledge!



VIP Music est. 1984

**College Tour**  
Thursday 24 October, 11am  
Bookings online  
[www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

Become a Bennies girl

**Mount St Benedict College**

449C Pennant Hills Rd, Pennant Hills [www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

**Cancer Council** Healthy Lunch Box Nutrition Snippet

## The simplest way

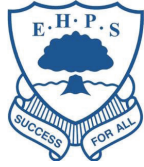
... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	<a href="#">Homemade bliss balls</a>
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	<a href="#">Homemade fruit muffins</a>

For snack ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)



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JOIN US FOR A DAY OF FUN!

**EPPING NORTH PUBLIC SCHOOL P&C**

### Biennial Fair

Saturday 26 October | 10am - 4pm



Join us at Epping North Public School for a great day out!

- Petting Zoo
- Pony & Camel Rides
- Uppercuts Butchery BBQ
- Amusement Alley
- Market Stalls
- Live Performances
- Cakes
- Books
- Plants
- and much more!

Fair proudly supported by



Saturday 26 October | 10am-4pm | Boundary Road, North Epping

WORLD'S LARGEST INFLATABLE OBSTACLE COURSE!!

Have a ball and release your inner Ninja Warrior with 30 adventures packed into 270m of exhilarating fun.

\$35 for unlimited laps all day long!



RELAY FOR LIFE  
Cancer Council

## HORNSBY RELAY FOR LIFE

2 - 3 NOVEMBER, ROFE PARK, HORNSBY HEIGHTS

### Register Your Team Today

[www.cancerCouncil.org.au/hornsbyrelay](http://www.cancerCouncil.org.au/hornsbyrelay)  
[facebook.com/hornsbyrelayforlife](https://facebook.com/hornsbyrelayforlife)  
(02) 9334 1600

FOOD STALLS   LIVE MUSIC   CAMP OUT  
ACTIVITIES & MARKETS   CANDLE CEREMONY

Join the Relay For Life movement!  
Get your team together. Walk or run. Each step takes us closer to beating cancer. Raise funds for Cancer Council NSW's world class research and local prevention and support programs.

# dolce

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Unleash the Musical Talents within

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*Dolce is a professional music school offering:  
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\* conditions apply





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Macquarie  
**ADHD**  
Parent Support Group Inc.

Supporting parents and carers of children and teens with  
ADHD, learning difficulties and co-existing conditions

**Presentation:** ADHD Medications

Thursday 7 November 2019, 6:45-9:00pm

Dr Kam Wong - Child, Adolescent and Family Psychiatrist

Parents and carers are often concerned about ADHD medication and their potential side effects when deciding whether to medicate or not. North Shore psychiatrist Dr Wong, who specialises in ADHD, anxiety and Autism, will aim to demystify ADHD medications: the different classes of medications, how they work, how to find the most effective medication with minimal side effects and the pitfalls to be aware of.

Dr. Kam Wong is a highly respected Child, Adolescent and Adult Psychiatrist in Sydney. His background and practice include Individual Therapy, Family and Group Therapies and Neurolinguistic Programming. He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists and Member of the Faculty of Child and Adolescent Psychiatry. He regularly speaks at mental health conferences and seminars both in Australia and overseas.

**NEW VENUE**

Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde

[www.theranch.org.au](http://www.theranch.org.au)

The bistro is open for dinner until 9:30pm.

**TRANSPORT**

Extensive car parking is available at the hotel.

Public transport options include buses along Epping or Herring Roads, or train to Macquarie University Station.

**RSVP**

<https://www.trybooking.com/BFTLQ>

**COST**

\$10 online (or at door if places are available). Member discount applies to this event.

Become a member: <https://www.macquarieadhd.org.au/membership-form/>

**Details**

Please arrive for 6.45pm with the speaker commencing at 7pm sharp, for approximately one-hour presentation, followed by a short break. A Q&A session will follow with an opportunity to meet other parents. Maximum capacity 120pax. Tea & coffee provided.

ADHD Centre Helpline: 02 9889 5977

Email: [info@macquarieadhd.org.au](mailto:info@macquarieadhd.org.au)

Website: <http://www.macquarieadhd.org.au>

Facebook: <https://www.facebook.com/macqadhd.org.au>



## Welcome to Epping Heights Public School!

**Epping Heights Public School**  
Success for all, confident, resilient and creative students

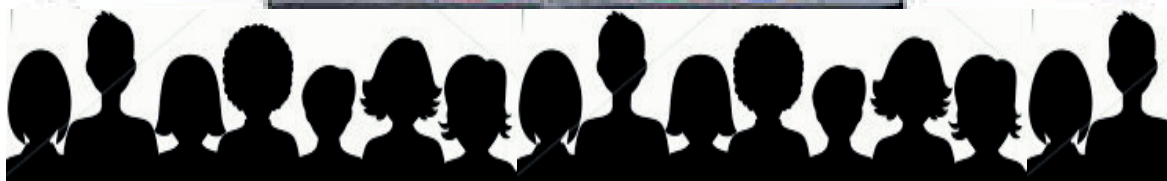
**Visit our website**  
학교 웹사이트 방문 浏览我们网站  
<http://www.eppinghts-p.schools.nsw.edu.au/>

**Sign up to Enews for email alerts and newsletters**  
Enews에 가입하여 이메일 알림 및 뉴스 레터 수신 注册Enews收阅最新资讯及电邮提醒  
<http://www.eppinghts-p.schools.nsw.edu.au/permission-notes>

**Follow us on Facebook**  
Facebook에 가입하여 이메일 알림 및 뉴스 레터 수신 在Facebook上关注我们  
<https://www.facebook.com/EppingHeights/>

**To contact the school, request a meeting with a teacher or other general information, you can:**  
Phone 전화 电话: 02 9876 2791  
Email 이메일 电邮: eppinghts-p.school@det.nsw.edu.au

Have a question?  
We can help!



### Community User Groups at Epping Heights PS

Did you know there are many extracurricular activities offered by private businesses at our school? Please contact the groups direct if you are interested in attending any of these activities.

Activity	Day	Time	Contact person	Phone
Drama Enrichment Class	Monday	3.15pm	Halina Abramowicz	0422 542 166
Chess Class (Syd Academy of Chess)	Monday	3.10pm	Brett Tindall	9745 1170
Guitar Lessons (VIP Music)	Tuesday	Morning	Urszula Koh	9411 3122
Keyboard Lessons (VIP Music)	Tuesday	Morning	Urszula Koh	9411 3122
Mandarin Class (Happy Chinese)	Wednesday Friday	3.15pm 3.15pm	Nancy Zhou	0433 589 696
Art Class (Art Platform)	Friday	3.15pm	Fergus Tam	0412 168 198
Karate Class (Australia's Youth Self Defence)	Saturday	Morning	Matt Klein	9904 5667
Peking Chinese Language Class	Saturday	Afternoon	Min Hua Li	0406 949 894
Punjabi Lessons	Sunday	Morning	Narian Singh	0405 217 446