

A MESSAGE FROM THE PRINCIPAL

Our outstanding student success has continued over the past very busy fortnight. I am filled with pride as we celebrate the remarkable achievements of our students. Whether it is the Sports Captains in leading at the athletics carnival or for an initiative to return lost property to its owners organised by Arietta, our debaters who won their argument that children should be able to work on devices at school or our athletes and dancers- our students' talents and potential are nurtured through a range of programs and experiences.

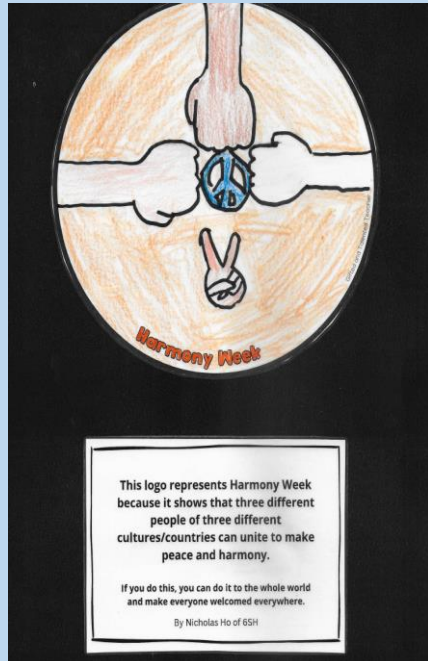


I would like to publicly recognise the hard work of our organising teachers Mrs Rajmal and Mrs Skennerton who organised a successful carnival. Student effort, talent, teamwork, and sportsmanship were on full display, and everyone competed with such passion and determination. Congratulations students. Special thanks to our parent helpers Kylie, Gohar, Gloria and Priscilla for volunteering.



Congratulations to Alice and Jackson who have shown exemplary sports skills and have been selected for the Beecroft Zone soccer teams. Matildas and Socceroos here they come!

In addition to our sporting achievements, I am thrilled to applaud our talented dance troupes for their outstanding performances at the Glen St Theatre. Their grace, creativity, and dedication shone brightly on stage, captivating the audience and showcasing the incredible talent within our school. Special thanks to our dance teacher Miss Cairn and to the teacher organisers Mrs Hepworth, Miss Gravis and Mrs Gomez who gave up their evenings this week to enable our students to perform.



IMPORTANT DATES

Please check our planner on the website which is regularly updated.

[Home - Epping Heights Public School \(nsw.gov.au\)](https://www.nsw.gov.au)

You can also connect it with your google calendar

[Epping Heights Parent planner \(google.com\)](https://www.google.com)

23 June K-6 Mufti day- gold coin donation

24 June – K-2 Athletics Carnival

25 June- K-2 Assembly led by 1A

30 June – NAIDOC Week

2 July – Reports sent home

2 July – 3-6 Assembly led by 4EB

4 July – Last Day of Term 2

22 July – Students return for Term 3



NEWSLETTER

SCHOOL NEWS

Crossing supervisor

Many of you have already met Josh, our dedicated school crossing supervisor! With a warm smile and a commitment to safety, Josh ensures that our students cross the road securely every day. His watchful presence not only helps to manage traffic but also promotes a sense of community and care among our school families. Josh has quickly become a familiar face, building positive relationships with students and parents alike. We appreciate his hard work and dedication to keeping our children safe on their way to and from school. Please ensure you teach your child to follow Josh's instructions and be respectful.



Quiet play

We are proud of our unique Quiet Play Initiative, designed to provide students with a calming space to engage in positive social behaviours while enjoying respite from the bustling larger playground. This initiative offers a serene environment where students are supported by our wonderful SLSOs (Student Learning Support Officers) to participate in creative play and cooperative games that encourage teamwork and communication. A huge thank you to Mrs Lopes, Ms Nagarajan, Ms Taverniti and Ms MacAlister for their dedication to this program. By promoting inclusive interactions, the Quiet Play Initiative supports emotional well-being and helps students develop essential social skills. Please enjoy reading the student thoughts (student voice) on quiet play.

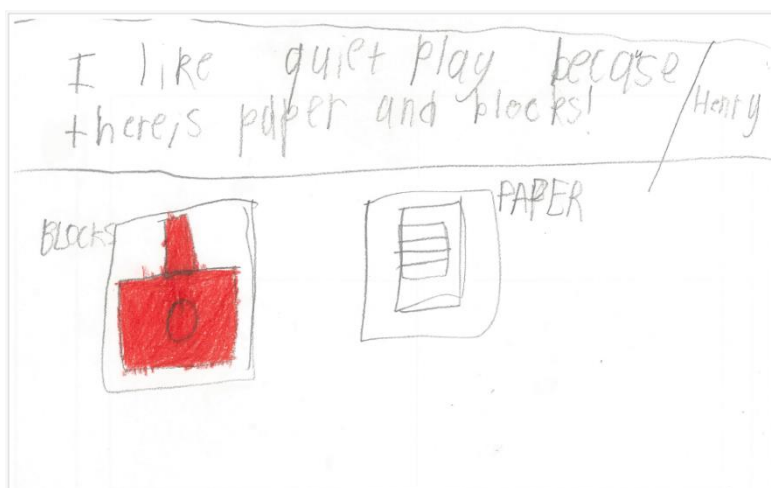
Nathan- 5BP- I like quiet play because it's a quite place for all.

Leo- 4/5L- Quiet play just fits my style.

Nathan 1C- I like the big cars.

D'Angelo- KZ- I like the car, lego and building blocks.

Amy- KM- I like the soft toys and puppets.



Public Education Week 2025

4-8 August
Ignite your potential



Education Week is an opportunity to acknowledge our exceptional staff, celebrate the achievements of our students and recognise why we proudly choose public education, where every child reaches their full potential.

Parents are warmly invited to join us on Open Day

Tuesday 5th August.

8:40-9:30am Parent workshop in the hall- Supporting your child in Mathematics *(More details and enrolment form to come.)*

9:35am-10:15am Open Classrooms

Come and see your child's classroom and spend some time doing an activity with them. Join us for a whole school mindful moment/brain break.

10:15am-10:45am Bring your own picnic recess.

(Tea and coffee will be provided for parents only)

10:45am-12:00 (approx.) K-6 concert *Includes Junior and Senior Choirs, Stage 2 and Stage 3 Dance Troupes, All bands and String Ensemble.*

Please note there will not be individual class or grade items.

We hope you can join us to celebrate Public Education Week.

教育周是一个机会，来表彰我们杰出的员工，庆祝我们学生的成就，并认识到我们骄傲选择公立教育的原因，让每个孩子都能充分发挥他们的潜力。

我们诚邀家长们于8月5日（星期二）参加开放日活动。

8:40-9:30am 家长工作坊（在礼堂）- 支持您的孩子学习数学（更多详情和报名表将会发布。）

9:35am-10:15am 开放课堂

请来看看您孩子的课堂，并与他们一起进行一些活动。加入我们，进行全校的正念时刻/脑力休息。

10:15am-10:45am 自带野餐休息时间。

（仅为家长提供茶和咖啡）

10:45am-12:00（大约）K-6 音乐会 包括初级和高级合唱团，2年级和3年级的舞蹈团，所有乐队和弦乐合奏

请注意，将不会有单独的班级或年级节目。

我们希望您能加入我们，共同庆祝公立教育周。

교육 주간은 우리 뛰어난 직원들을 인정하고, 학생들의 성취를 축하하며, 모든 아이들이 자신의 잠재력을 최대한 발휘할 수 있도록 공립 교육을 자랑스럽게 선택하는 이유를 알려주는 기회입니다.

부모님들을 8월 5일 화요일에 열리는 개방일 행사에 따뜻하게 초대합니다.

8:40-9:30am 부모 워크숍 (강당에서) - 자녀의 수학 학습 지원하기 (자세한 내용과 등록 양식은 추후 제공될 예정입니다.)

9:35am-10:15am 개방 교실

자녀의 교실을 살펴보고 그들과 함께 활동을 하며 시간을 보내세요. 전교생과 함께하는 마음챙김 순간/두뇌 휴식에 참여하세요.

10:15am-10:45am 각자 도시락을 가져오는 휴식 시간.

(부모님을 위한 차와 커피가 제공됩니다)

10:45am-12:00 (약) K-6 음악회 초급 및 고급 합창단, 2학년 및 3학년 댄스팀, 모든 밴드 및 현악 앙상블이 포함됩니다.

개별 학급 또는 학년 프로그램은 없음을 알려드립니다.

공립 교육 주간을 함께 축하하기를 바랍니다.

शिक्षा सप्ताह हमारे असाधारण कर्मचारियों को मान्यता देने, हमारे छात्रों की उपलब्धियों का जश्न मनाने और यह पहचानने का एक अवसर है कि हम सार्वजनिक शिक्षा को गर्व से क्यों चुनते हैं, जहां हर बच्चा अपनी पूरी क्षमता तक पहुँचता है।

माता-पिता को 5 अगस्त, मंगलवार को ओपन डे पर हमारे साथ जुड़ने के लिए गर्मजोशी से आमंत्रित किया जाता है।

8:40-9:30 बजे माता-पिता के लिए कार्यशाला (हॉल में) - अपने बच्चे को गणित में समर्थन करना (अधिक जानकारी और पंजीकरण फॉर्म जल्द ही आएगा।)

9:35-10:15 बजे ओपन क्लासरूम

आएं और अपने बच्चे की कक्षा देखें और उनके साथ एक गतिविधि में कुछ समय बिताएं। पूरे स्कूल के लिए एक माइंडफुल मोमेंट/ब्रेन ब्रेक के लिए हमारे साथ जुड़ें।

10:15-10:45 बजे अपना पिकनिक ब्रेक लाएं।

(माता-पिता के लिए केवल चाय और कॉफी प्रदान की जाएगी)

10:45-12:00 (लगभग) K-6 संगीत कार्यक्रम जिसमें जूनियर और सीनियर गायन मंडलियाँ, स्टेज 2 और स्टेज 3 नृत्य समूह, सभी बैंड और स्ट्रिंग एंसेंबल शामिल हैं।












कृपया ध्यान दें कि व्यक्तिगत कक्षा या ग्रेड आइटम नहीं होंगे।

हम आशा करते हैं कि आप सार्वजनिक शिक्षा सप्ताह का जश्न मनाने के लिए हमारे साथ जुड़ेंगे।

Too sick for school?

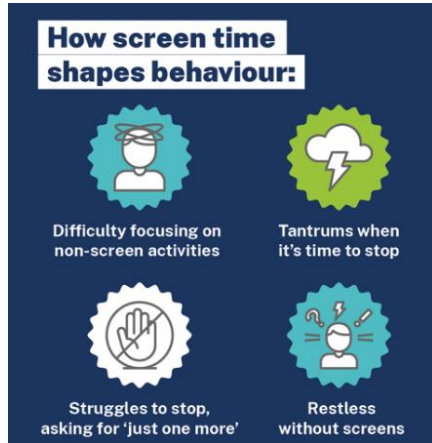


Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Digital Health for our students – Screen Savvy Families

Screens can play a part in learning and communication, however too much screen time for children can be unhealthy.



Please see below some resources that may support your family at home.

A Screen Use Agreement template will be coming home with each student for you to fill out and keep on your family fridge. This resource is designed for families to work together to identify what is best for your child's safety and wellbeing when using screens.



Please click on the links to access these online resources –

[More Green Less Screen](#) - a fun activity to challenge children to get more active (ideally outdoors) and balance their screen use.

[Online Safety: guide for parents and carers](#) - A downloadable online safety book from the eSafety Commissioner that offers practical skills and advice about how to tackle the big online issues.

[Screen Tips for Kids](#) - A guide for parents on the types of screen use, problems spending too much time on screens, and tips to making screen use as healthy as possible.



Northern Sydney
Local Health District

Go4Fun – Free NSW Health Program

Go4Fun is a free NSW Health program for children aged 7-13 years and their families.

The program aims to help families learn about eating well and staying active. It's a fun way to make long-lasting healthy lifestyle changes.

How it works:

- Sessions run once a week for 10 weeks during the school term
- Facilitated by qualified health professionals
- Each session includes group learning and game-based activities
- It's a family focused program, so a parent or carer must come to every session

There is **no cost** to be involved. The program is free to NSW children and their families.

There are two versions of the program available in our area:

1. Standard Go4Fun
2. Go4Fun Online

For more information visit: www.Go4Fun.com.au 

How do I register?

To register see the QR code on the flyer below, visit www.go4fun.com.au/register  or call 1800 780 900.

Go4Fun

Healthy, Active, Happy Kids

TERM 3 PROGRAM

Chatswood 4-6pm | Dee Why 4-6pm



Register for the FREE 10-week Go4Fun Program!

Go4Fun is for kids aged 7-13 and their families looking for support with healthy eating, physical activity and overall wellbeing.



Make new friends



Build confidence



Learn about healthy habits



Get active



Spend quality time together

REGISTER NOW!



Use the QR code to register for the upcoming face-to-face program or call us on 1800 780 900

For more information visit: Go4Fun.com.au







NEWSLETTER

AWARD RECIPIENTS

Principals Awards

Pavika 1C	Jayden 2/3T	Lucas 4/5L
Pavika 1C	Abdul 2/3T	Ella 6D
Mivaan (2) 2/3T	Oliver 3/4K	Norah 6SH

Read With Me

James 1C	Tania 4/5L	Daon KM
Haniel 1C	Leanne 4/5L	Akith KM
Liam 1C	Rouning 4/5L	Yujin KZ
Oliver 3/4K	Martha K/1S	Alex KZ
Erika 3/4K	Isabella K/1S	Connor KZ
Daisy 3/4K	Reyna K/1S	Naomi KZ
Lachlan 3S	Han K/1S	Oscar KZ
Lleyton 3S	Emma K/1S	Kiara KZ
Ayoung 3S	Kamila KM	
Kiran 4/5L	Javen KM	

Merit Awards

Jonathan 1A	Colin 3/4K	Winn 5BP
Danissa 1A	Janny 3/4K	Emily 5BP
Lennard 1A	Winston 4/5L	David 5BP
Zac 1A	Noelle 4/5L	Lucy 5G
Samrit 1C	Zoe 4/5L	Malachi 5G
Pavika 1C	Shrieniqa 4/5L	Scarlett 5G
Jamie 1C	Lucas Yufan 4EB	Yik Ki 5G
Andrew 1C	Ibrahim 4EB	Chloe 5G
Liam 1C	Eleanor 4EB	Alice 6D
Jackson 3/4K	Mia 4EB	Remy 6D
Erika 3/4K	Sean 5BP	Ian 6D

Chloe 6D

Viraa K/1S

Raymond KM

Lucas 6SH

Sebastian K/1S

Ditiksha KZ

Sam 6SH

Emma K/1S

Eveline KZ

Edwin 6SH

Kangyao KM

Gladys KZ

Enkh-Ujin 6SH

Mayon KM

Kushal KZ

Liam K/1S

Hugh KM

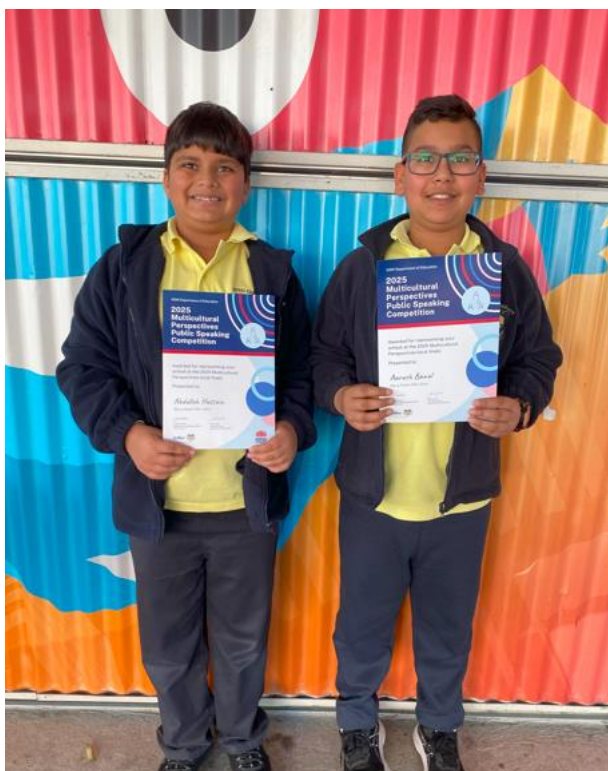
Taraneh KZ

Multicultural Perspectives Public Speaking Competition

Congratulations to Tj O 3S, Jeremy T 4EB, Abdullah H 5BP and Aarush B 6SH who participated in the Multicultural Perspectives Public Speaking Competition local final at Eastwood Heights Public School. The competition showcased high level speaking skills, with all participants delivering a prepared and an impromptu speech. The adjudicator (judge) considers both speeches equally. For the impromptu speeches, students are given a topic and five minutes to prepare. The Stage 2 topic was "Calm down" and Stage 3 was "Punishment".

The Epping Heights students delivered thought-provoking multicultural speeches that reflected their diverse backgrounds and perspectives. Tj spoke about the welcoming Korean phrase 환영합니다 which she described as "like a hug... made out of letters". Jeremy discussed the importance of using respectful language and shared stories of his family's experience of racism. Abdullah explained how learning together with diversity and equity helps build a strong society. Aarush described how multicultural stories shape our streets, schools and future. The adjudicator said this final included some of the best prepared speeches he's seen for a long time which made his job very hard. Special mention to Tj and Jeremy who were awarded Highly Commended. Well done to all participants for their outstanding performances and commitment to understanding and celebrating multiculturalism.

Mrs Elliott and Ms Burke - MPPS Coordinators



PIJAMA DAY

2025

Worth \$2
GOLD
COIN



MONEY
DONATED
TO
KIDS HELPLINE



WEEK
9



NORMAL
Shoes and
a hat.
NO Slippers
or Ugg
boots

Week 9
Monday -
23rd June

WEAR YOUR PJS
TO SCHOOL



NO
SLIPPERS

Stage 2 History Excursion to Chinatown and Chinese Garden of Friendship

We went on a double decker bus, and I got to sit on the top. It felt like being on a plane (Darsha). We drove to the city, and we also went over the Harbour Bridge (Dev). When we arrived at the garden, everything was lovely, even the smell was lovely (Darsha). We had a walk of Chinatown. We saw some dragon statues and a lion one too. One of them gives us good luck and keeps the bad spirits away (Evan). After we got back from our walk to Chinatown, we made cardboard dragons. Then we had a dragon parade (Aisha). It was so much fun, but the worst part was that it was very messy, and we had to clean up (Evan). Then we had our lunch with the annoying bin birds (Jasmine). After lunch, we walked to the Chinese Garden of Friendship. There were 12 animals to find. We saw koi fish, a golden one and orange and black ones too. We also saw a water dragon (Evan). We looked at a statue of 2 dragons fighting for a pearl (Mivaan) and we learned about 'chi' which is a good spirit. We learned that the paths are zig zig so the 'chi' will get confused and stay for longer in the garden. We also learned that red is a special colour in China because it symbolises good fortune (Jasmine). We were all very tired after coming back to school (Aisha).



Athletics Carnival





Winter Holiday Fun at School! ❄️

Looking for ways to keep active and entertained these school holidays? Embrace the winter magic right here at school! Our gates will be open on **weekends only** from **8:00 am to 5:00pm**, inviting our school community and neighbours to enjoy the outdoor play and recreation facilities.

Come along and play—because winter adventures start here! 🐾

To view all participating schools, including ours, please visit the [Share Our Space website](#).



PROGRAMS



**LOWER
PRIMARY**
(5-7 years)



**UPPER
PRIMARY**
(8-11 years)



SECONDARY
(12-15 years)



Sydney Adoption and Education Centre
201 Rookwood Road, Yagoona NSW 2199

Sessions include:

- 🌿 Walk through the shelter and see our work in action
- 🌿 Fun and interactive activities focused on animals
- 🌿 Creating animal enrichment toys
- 🌿 Animal Welfare focused encounters
- 🌿 Learn how to be an animal advocate in your community!



RSPCA NSW Education Team

📞 02 9782 4478 ✉️ education@rspcansw.org.au
🌐 <https://events.humanitix.com/host/rspca-nsw>

Free* English Classes

@ TAFE NSW St Leonards

Our next Info day **10am - 4pm, 25/06/2025**

Come in & have a free English test



We offer:

- ▶ Beginner to Advanced level for adults
- ▶ F2F and Online classes
- ▶ English to live, work, and study in Australia
- ▶ Day and Evening classes
- ▶ Classes for a variety of visa holders
- ▶ TAFE services, facilities & resources

**Can't come on the info day?
Just contact us or walk in!**

☎ 7920 6475 ✉ esolstleonards@tafensw.edu.au

📍 Building P, Level 4, P4.02, 213 Pacific Hwy, St Leonards, 2065

Cost *This training is subsidized by the NSW Government for permanent residents, Australian citizens and certain temporary visa holders - eligibility criteria applies



SCAN ME

免费*英语课程

@ TAFE NSW St Leonards

我们的下一个信息日 **6月25日 上午10点 - 下午4点**

免费的英语测试及课程咨询



我们提供:

- 成人初级至高级课程
- 白天和晚上课程
- 面对面和在线课程
- 多种签证持有者可读课程
- 生活, 工作和再深造所需英语
- TAFE服务、设施和资源

信息日无法参加?
联系我们

☎ 7920 6475 ✉ esolstleonards@tafensw.edu.au

📍 Building P, Level 4, P4.02, 213 Pacific Hwy, St Leonards, 2065

费用 *此培训由新南威尔士州政府为永久居民、澳大利亚公民和某些临时签证持有者提供补助 - 适用资格标准



SCAN ME

SYDNEY'S BIGGEST BOOK FAIR



Experience
a Lifeline Book Fair

With an incredible selection of over
110,000 books at fantastic prices!

THU 17 to SUN 20 JULY

Thurs–Fri: 9am–9pm & Sat–Sun: 9am–5pm

The Great Hall, Knox Grammar School
Woodville Avenue, Wahroonga

The Great Hall, Knox Grammar School

Woodville Avenue, Wahroonga



Please note: All external gates to Knox Grammar will remain locked until 7:00am each morning. Access to the venue will not be available before this time.

**Unfortunately, we can't accept book donations at the Book Fair.
Please visit our website to see donation locations.**

Love Books?

Discover the world of books with Lifeline! From our highly anticipated Book Fairs and cherished Book Shops to our eBay page full of titles available to purchase, Lifeline is your go-to for all things books. Scan the QR code to learn more!



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