

# Epping Heights

Public School



## NEWSLETTER

TERM 4 | WEEK 6 | 20 November 2018

### IN THIS EDITION:

- Principal's report - General News, Annual School Evaluation, Kindergarten 2019, New Classroom, P&C, Generous Donations Improve ICT, Safety
- Teacher's News - K-6 Assembly Yr 6 Special Awards, Coin Challenge Winners, Prefect Elections, Thank You Morning Tea, Toys & Tucker, Student Achievements, Too Sick For School?
- P&C news - Working Bee, Carols Helpers Needed, Carols night, EHPS Community Band EOI, Gingerbread House Evening Cancelled
- Classifieds
- Community User Groups & Contact EHPS

Confidence Resilience Creativity

### IMPORTANT DATES

|      |       |   |
|------|-------|---|
| Wed  | 21/11 | Kindergarten 2019 Orientation Day 2 @9.05-10.45am |
| Wed  | 21/11 | 2-6 Assembly (Leadership Speeches) @11.30am       |
| Wed  | 21/11 | K-2 Assembly (KP) @2.25pm                         |
| Thur | 22/11 | ICT session for parents @9am in Hall              |
| Wed  | 28/11 | 3-6 Additional Awards Assembly @1.45pm            |
| Wed  | 26/11 | K-2 Additional Awards Assembly @2.25pm            |

### PRINCIPAL'S REPORT

It is hard to believe the term is already half over. Just 5 wonderful and busy weeks of learning to go this year! I am constantly impressed with our students who are developing their growth mindset.

For more information on how a growth mindset can help your child achieve success, please watch this short clip. <https://www.youtube.com/watch?v=M1CHPnZfFmU>

### ANNUAL SCHOOL EVALUATION- FEEDBACK NEEDED!

Thank you to the 49 parents who completed the Tell Them From Me survey. This provided a small, but useful, snapshot of feedback from our school community (see Principal P & C report for results).

In order to help us more broadly review our year and improve our practice for students, we are asking all families to complete a survey against the School Excellence Framework. <https://education.nsw.gov.au/policy-library/related-documents/school-excellence-framework-version-2.pdf>

This survey takes around 3-5 minutes to complete. Please complete the survey sent home with your child today.

年度學校評估 - 需要反饋!

感謝49位完成Tell Them From Me 調查的家長們，給我們提供了對我們學校社區反饋的簡短快照（結果請參閱校長P及C的報告）。

為了幫助我們更廣泛地審查過去一年及改善我們對學生的實踐，我們要求所有家庭完成School Excellence Framework 的調查，此調查只需3-5分鐘便可完成。請瀏覽這裡.....

Newsletter articles due COB Friday

Values for this term:

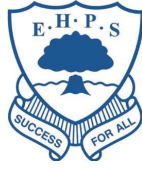
Term 4 Integrity & Respect

연간 학교 평가 - 피드백 요청

Tell Them From Me 설문조사에 참여해주신 49명의 학부모님들께 감사의 말씀을 전합니다. 설문조사를 통해 학교 커뮤니티 관련 피드백에 대한 정보를 짧게나마 얻을 수 있었습니다. (교장 P&C 레포트 참고 해주십시오).

올한해를 좀 더 넓게 재검토하고, 학생들을 위한 학교 규정을 발전시키기 위해서 모든 가정의 학교 우수 프레임워크 (School Excellence Framework) 설문조사 참여를 요청드립니다.

이 설문조사는 3~5분정도 소요될 것입니다. 여기를 방문해 주십시오.



स्कूल के वार्षिक सर्वेक्षण---प्रतिक्रिया हेतु ।

४९ अभिभावक का बहुत बहुत धन्यवाद जिन्होंने 'Tell Them From Me Survey' में भाग लिया ।इस सर्वेक्षण के माध्यम से हमारे स्कूल के बारे में ( परिणाम के लिए प्रधानाचार्य की P&C रिपोर्ट देखे)।

हम अभिभावकों से अनुरोध करते हैं कि बच्चों के सम्पूर्ण विकास में योगदान और गहराई तक परीक्षण करने और स्कूल को स्कूल बेहतरीन ढांचा(School Excellence Framework) को तैयार करने में मदद करे

यह परीक्षण मात्र ३-५ मिनट में पूरा हो जाता है ।

यहां देखे

## Overview of the School Excellence Framework V2- **EHPS 2018**

The School Excellence Framework supports all NSW public schools in their pursuit of excellence by providing a clear description of the key elements of high quality practice across the three domains of learning, teaching and leading. For more information on each element visit <https://education.nsw.gov.au/policy-library/related-documents/school-excellence-framework-version-2.pdf>

Please read the statement then tick or cross in the box that matches your opinion of our school.

✚ Please return to the class teacher or office by 26/11/18.

| Elements  | Statement of School Excellence |   |          |          |        |
|---|--------------------------------|---|----------|----------|--------|
| <b>PLUS **= areas you think we have had the most growth in this year.</b> |                                | Needs focus   | Improved | Achieved | Unsure |
| Learning  | Learning culture               | In schools that excel, the school culture is strongly focused on learning, the building of educational aspiration and ongoing performance improvement throughout the school community.  |          |          |        |
|   | Wellbeing                      | In schools that excel, there is a strategic and planned approach to develop whole school wellbeing processes that support the wellbeing of all students so they can connect, succeed, thrive and learn.   |          |          |        |
|   | Curriculum                     | In schools that excel, an integrated approach to quality teaching, curriculum planning and delivery, and assessment promotes learning excellence and responsiveness in meeting the needs of all students.                                       |          |          |        |
|   | Assessment                     | In schools that excel, consistent school-wide practices for assessment are used to monitor, plan and report on student learning across the curriculum. Formative assessment is integrated into teaching practice in every classroom, confirming |          |          |        |
|   | Reporting                      | In schools that excel, reporting that is clear, timely and accurate provides information that supports further progress and achievement for all student learning across the curriculum.   |          |          |        |
|   | Student performance measures   | In schools that excel, students consistently perform at high levels on external and internal school performance measures and equity gaps are closing.   |          |          |        |
| Teaching  | Effective classroom practice   | In schools that excel, all teachers are committed to identifying, understanding and implementing the most effective explicit teaching methods, with the highest priority given to evidence-based teaching strategies.                           |          |          |        |
|   | Data skills and use            | In schools that excel, student assessment data is regularly used school-wide to identify student achievements and progress, in order to reflect on teaching effectiveness and inform future school directions.                                  |          |          |        |
|   | Professional Standards         | In schools that excel, all staff demonstrate personal responsibility for maintaining and developing their professional standards. Professional Standards are a reference point for whole school reflection and improvement.                     |          |          |        |



## KINDERGARTEN 2019

Last Wednesday's first Kinder orientation session was a big success. Children enjoyed meeting buddies and playing and doing activities in classrooms. Parents thanked us for the information and warm welcome they were given. I enjoyed speaking with families and reassuring them that we love what we do and their children are in great hands at EHPS.



Thank you to Miss Moore who coordinated and led the event. Thank you to Mrs Moran (Kinder Assistant Principal for 2019) who supported and presented. Thank you to our teachers for their flexibility in either hosting the new students or teaching extras (current Kinders) in their class. Special thanks to our community member presenters and to the Cuppa Crew and current Kinder parents for providing a lovely morning tea.



Session 2 of Kindergarten orientation is tomorrow. If you know anyone with students who are starting at our school, please tell them to contact our office as soon as possible so we can apply for staffing and begin drafting classes for next year.



## NEW CLASSROOM

Our new demountable classroom was safely landed last Thursday. It was a great real world example of STEM (Science, Technology, Engineering and Mathematics). It is envisaged this classroom will be a home-base for class 21 in 2019. Given our enrolments numbers are still fluctuating, it is unclear which grade will be in there yet.

## P & C

Thank you to the outgoing P & C Executive and committee coordinators. Your hard work in building relationships across our school community and supporting the school in its endeavours has been appreciated. In 2018, the P & C donated an amazing **\$27,315.64** to pay for new resources for 1N classroom, hall fans, Yr 6 farewell donation, Presentation Day book vouchers and laptop notebooks (see below). This is an outstanding amount and has significantly increased the quality of resources for our students. They also organised the Coles voucher drive which increased sport equipment in the playground.





## P&C CON'T

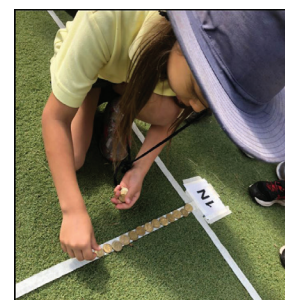
Last Tuesday the new P & C executive and committee leaders were elected at the AGM. Congratulations to the President- Janet Lawrence, Vice President- Monica Seto, Secretary- Narelle King and Treasurer- Vaibhav Rastogi.

Thank you also to the new committee leaders.

We look forward to continuing the strong partnership with our P & C in helping our school become the best possible place for our children.

## GENEROUS DONATIONS IMPROVE ICT

Thank you once again to those families who donated to our inaugural Gold Coin Challenge. The P & C, led by Mr Tsang, raised \$2593 which has been used to purchase 5 x 360 notebooks. This combined with the generous donations of families through voluntary school contributions has enabled us to buy a total of 35 notebooks (laptops) which are currently being configured and should be in classes next week.



## SAFETY

A number of parents have been seen by teachers driving into the school carpark before and after school times. For the safety of children who are involved in OSHC and other community user activities and staff who are still on site- **this is not allowed**. Please do not use staff carparks at any time.

## MS MEGAN BRIDEKIRK

### PRINCIPAL

## K-6 ASSEMBLY YEAR 6 SPECIAL AWARDS

On Wednesday 28th November there will be a special assembly in the school Hall commencing at 1.45pm. A number of our Year 6 students will be receiving a certificate to celebrate their involvement in the following school activities: library, band, choir, VEG, performance dance troupe and Year 6 debating. You are most welcome to attend. The drama group will also be performing their annual item. Parents are welcome to attend.

## MR JOHNSTON

### ASSISTANT PRINCIPAL

## P&C GOLD COIN CHALLENGE WINNERS

Thank you to the families who donated gold coins towards the purchase of new resources for the school.

The winning classes were **2K & 5D**

Congratulations!

Students in the winning classes are allowed to **wear muffi** to school on Thursday 22nd November (Week 6) and will have a **movie afternoon**. The P&C will supply **popcorn and**

**ice-blocks**.

## MISS HEATHER GERARD

### ASSISTANT PRINCIPAL







## STUDENT LEADERSHIP 2019

Last week Year 5 students voted for their peers based on those students who nominated themselves for the 2019 Student Leadership team. We now have a shortlist of 8 girls and 8 boys.

These 16 short listed nominees will be required to give a speech to students from Years 2 to 6. The speeches will be presented on Wednesday 21st November at 11.30am in the hall. Parents are welcome to attend. The students must present their speeches to Mr Johnston on Tuesday 20th November for final approval. Speeches are to be a maximum of 3 minutes and the order of the speeches will be drawn from a hat.

Students from Years 3 to 6 will then vote for the 8 students they would like to be leaders for 2019. Students will vote by preference 1-4 for boy candidates and 1-4 for girl candidates.

The qualities Year 6 student leaders are expected to have are:

- Exemplary behaviour
- Being an excellent role model
- Showing pride in our school
- Being responsible and reliable
- Confident in public
- Showing kindness and thoughtfulness to others
- High level of engagement in class and school

## MR PAUL JOHNSTON ASSISTANT PRINCIPAL



To our parent helpers and volunteers,  
In appreciation for all your help throughout the year

You are cordially invited to a  
**'Thank you' morning tea**  
**to be held on**  
**Thursday 13th December 2018**  
**from 11:00am to 11:30am**  
**under the Hall COLA**

We look forward to seeing you there!  
*From the staff at Epping Heights Public School*

**Please RSVP for catering purposes using the note sent home with your child or by emailing the school Office**



## TOYS 'N' TUCKER 2018

In 2017 Anglicare distributed 4,650 Christmas Food Hampers and 2,917 gifts and toys, helping to share the joy of Christmas and making it a much happier time than it might otherwise have been for many people in the community.

This year we will again be participating in Toys 'n' Tucker, assisting Anglicare to provide gifts and a Christmas meal to children in Sydney and Wollongong who normally go without. By helping in a small way we can provide a little bit of hope this Christmas for many children in need. At the back of this newsletter (in the Classifieds section) there is a list of items that Anglicare are hoping to receive from us. Items include gifts such as toys, board games, sporting equipment or retail gift cards or long-life food items such as Christmas puddings, Christmas cakes, long-life custard or tinned ham.

Anglicare will be picking up the generously donated items from our school on **Monday 10th December 2018** so please start collecting and let's put some smiles on faces this Christmas! Returned items will need to be placed **under the Christmas Tree in the office from 26th November (the beginning of week 7).**

## KIND REGARDS,

**MRS ANNIE MACKENZIE, MRS EMILY TAHIR, MISS SELENA GOH AND MR DOMONIC BUCKMAN**  
**SRC CO-ORDINATORS**

## STUDENT ACHEIVEMENTS

On the evening of Saturday 17 November, a group of Epping Heights boys played in the North West Primary Schools Tennis Challenge at Pennant Hills Park. Despite the threat of rain, play began at 5:30pm. There were a couple of rain delays, and a few games played in the drizzle, but all in all it was a fun night of tennis. The Challenge is organised into graded groups of 4 or 5 doubles pairs and they play in a round robin short-set format. At the end of the night medals are awarded to first and second place in each division.

Congratulations to all the players who competed in good spirit and showed great sportsmanship. Euan & Hamish won the gold medal in their division; Daniel & Hyunho won the silver medal in their division.

The team: Euan, Nick, Isaac, Hamish, Hyunho, Caden, Dilan, Daniel






### 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.

|  |  |   |
|--|--|---|
| <b>Bronchitis</b>  | 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.                                     |
| <b>Chickenpox (Varicella)</b>  | 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.                          |
| <b>Conjunctivitis</b>  | 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. |
| <b>Diarrhoea (no organism identified)</b>  | 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.  |
| <b>Fever</b>   | A temperature of 38.5°C or more in older infants and children.   |  ... until temperature is normal.  |
| <b>Gastroenteritis</b>   | 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.                                |
| <b>German measles (Rubella)</b>  | 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.   |
| <b>Glandular Fever (Mononucleosis, EBV infection)</b>  | Symptoms include fever, headache, sore throat, tiredness, swollen nodes.   |  ... unless they're feeling unwell.  |
| <b>Hand, Foot and Mouth Disease (HFMD)</b>   | 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.  |
| <b>Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke</b> | 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.                 |
| <b>Head lice or nits* (Pediculosis)</b>  | 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.                            |





|  |   |   |
|--|---|---|
| <b>Hepatitis A</b>   | Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.  |  ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.   |
| <b>Hepatitis B</b>   | Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.   |  ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms. |
| <b>Impetigo</b><br>(School sores)  | Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.   |  ... until antibiotic treatment starts. Sores should be covered with watertight dressings.   |
| <b>Influenza</b>   | Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.   |  ... until well.   |
| <b>Measles</b>   | Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.                                    |  ... for at least 4 days after the rash appears.   |
| <b>Meningococcal Disease</b>   | Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.   | <b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.  |
| <b>Molluscum Contagiosum</b>   | Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years. |    |
| <b>Mumps</b>   | Fever, swollen and tender glands around the jaw.  |  ... for 9 days after onset of swelling.   |
| <b>Ringworm*</b><br>(tinea corporis]   | Small scaly patch on the skin surrounded by a pink ring.  |  ... for 24 hours after fungal treatment has begun.  |
| <b>Runny nose or common cold</b>   |   |  ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.   |
| <b>Scabies*</b>  | Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.   |  ... until 24 hours after treatment has begun.   |
| <b>Shigella</b>  | Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.   |  ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.  |
| <b>Slapped Cheek Syndrome</b><br>(Parvovirus B19 infection, fifth disease, erythema infectiosum) | Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.  |  ... as it is most infectious before the rash appears.   |
| <b>Whooping Cough</b><br>(Pertussis)   | Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.   |  ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.   |
| <b>Worms</b><br>(Threadworms, pinworms)  | The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.                              |  ... and tell the school as other parents will need to know to check their kids.   |

\*It is important that the rest of the family is checked for head lice, scabies and ringworm

# EPPING HEIGHTS PUBLIC SCHOOL

## PARENTS & CITIZENS ASSOCIATION

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

### SCHOOL GROUNDS WORKING BEE

The Term 4 Grounds Working Bee will be held on **Sunday, 25 November 2018, between 2pm and 4pm.**

Classes rostered on are: **KP, KM, 1H, 2G, 3P, 4W, 5/6J, 6H**

If your class is not rostered on but you wish to help out, please feel free to join in. The Working Bees are a lot of fun, and a great way to meet other families in the school community.

If you are able to come, please email [samir.d.sawant@gmail.com](mailto:samir.d.sawant@gmail.com) or text 0478 311 163. You are also welcome to just turn up on the day. We meet under the COLA.

Please bring along gardening equipment such as gloves and tools (it's a good idea to ensure any equipment you bring along is clearly marked with your family's name). Drinking water and biscuits are provided.

We look forward to seeing you there, if you can make it!

**Please note, if it is raining, the Working Bee will be cancelled.**

## REQUEST FOR VOLUNTEERS

We are looking for volunteers to help us on the Carols Night (Friday night 7 December 2018). We are looking for:

- A few families to help set up (from 4.00pm).
- A few families to help pack up at the end of the night.
- General helpers on the night.

If you can help or would like more information,  
please email [ehpscarols@gmail.com](mailto:ehpscarols@gmail.com)

EPPING HEIGHTS PUBLIC SCHOOL

PARENTS & CITIZENS  
ASSOCIATION

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

EPPING HEIGHTS  
*carols*  
2018

Carols will be held on Friday 7 December. It is a relaxing night which brings the whole school community together. The school bands play and every EHPS child will sing with their year group.

So pack a picnic dinner and join us at the back oval for a night of festive singing and music. There will be no food for sale on the night.

FRI 7 DEC

Picnic starts from 5.30pm

Music from 6.15pm

CAROLS WILL COMMENCE AT 6.30pm

PROUDLY SPONSORED BY

**DiJONES**

**Heath Dockary**

0411 798 479



# EPPING HEIGHTS PUBLIC SCHOOL

## PARENTS & CITIZENS ASSOCIATION

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

### EHPS COMMUNITY BAND - MEMBERS WANTED!



#### Can you play an instrument? Can you sing?

The EHPS Community Band is looking for new members to join them for EHPS Carols Night 2018.

There will be a few rehearsals leading up to the event but it's really just a group of parents or ex-students playing music and having fun.

Please email Geoff at [grtay1@yahoo.com.au](mailto:grtay1@yahoo.com.au) if you are interested!

### GINGERBREAD HOUSE EVENING CANCELLED

Please note that the Gingerbread House evening that had previously been advertised on the Parent Planner & school noticeboard for this week has had to be cancelled.

## Live Life Well @ School

### MAKE YOUR MOVE - BE ACTIVE FOR LIFE

**Tips to be active:**

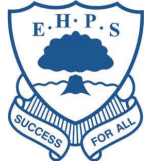
- **Keep a box of balls** or a kite at home and in the car so you will always be ready for action!
- **Walk and talk.** Practice multiplication, spelling or other homework with your child while walking
- **Encourage activities** that strengthen muscle and bones at least 3 days per week e.g. hopscotch, martial arts or dance
- **Incidental activity counts!** Take the stairs, walk the dog, do some housework or spend time gardening.

For more tips visit [www.makehealthynormal.nsw.gov.au](http://www.makehealthynormal.nsw.gov.au)



For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important.

**NSW** GOVERNMENT | **Health** Northern Sydney Local Health District



## 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.

# ENROL NOW FOR 2019



Book in for a tour



- 0 - 5 Years - Long Day Care
- 7:00AM - 6:00PM
- Quality Programs that focus on your child's Learning & Development
- Nutritional Meals
- Qualified Educators
- Childcare Subsidy
- New State of the Art Facility & Resources
- School Readiness Program

Mention this flyer and receive **FREE Enrolment Fee**

Epping Little Sprouts 15 Kandy Ave, Epping 2121

(02) 9876 5960



info@eppinglittlesprouts.com.au | www.eppinglittlesprouts.com.au

# Marian Street Theatre for young people

## Drama Classes

ENROLLING NOW

Holiday Workshops and Weekly Classes

5 - 18 years

Gordon, Killara, Lindfield & Chatswood



Confidence and Creativity



Taught by Industry Professionals

Drama Experts since 1969



Want to be in the shows? Join the drama school!

www.mstyp.org.au info@mstyp.org.au 9411 1800

# Clement Art School

www.clementart.com.au

Drawing

craft

sketching

clay

sketching

Drawing

Painting

Creative Art

craft



Text us if telephone line is not be connected

**SMS/Tel: 0414435388**

email: clementartschool@hotmail.com

**EPPING** Shop 12, 74 Rawson Street (G/F)

**PARRAMATTA** 4/105 Church Street (level 2)

**KILLARA** Suite J, 680 Pacific Highway (level 1)

**WEST PEANNANT HILLS**

Shop 18, 562 Pennant Hills Rd (Thorby Arcade)

**BURWOOD** Shop 4, 181 Burwood Rd (G/F)

**HORNSBY** Suite 4, 169 Pacific Hwy (level 1)

**EASTWOOD** Suite 9, 225 Rowe St (level 1)

**HURSTVILLE** Suite 8, 123 Forest Rd (level 1)

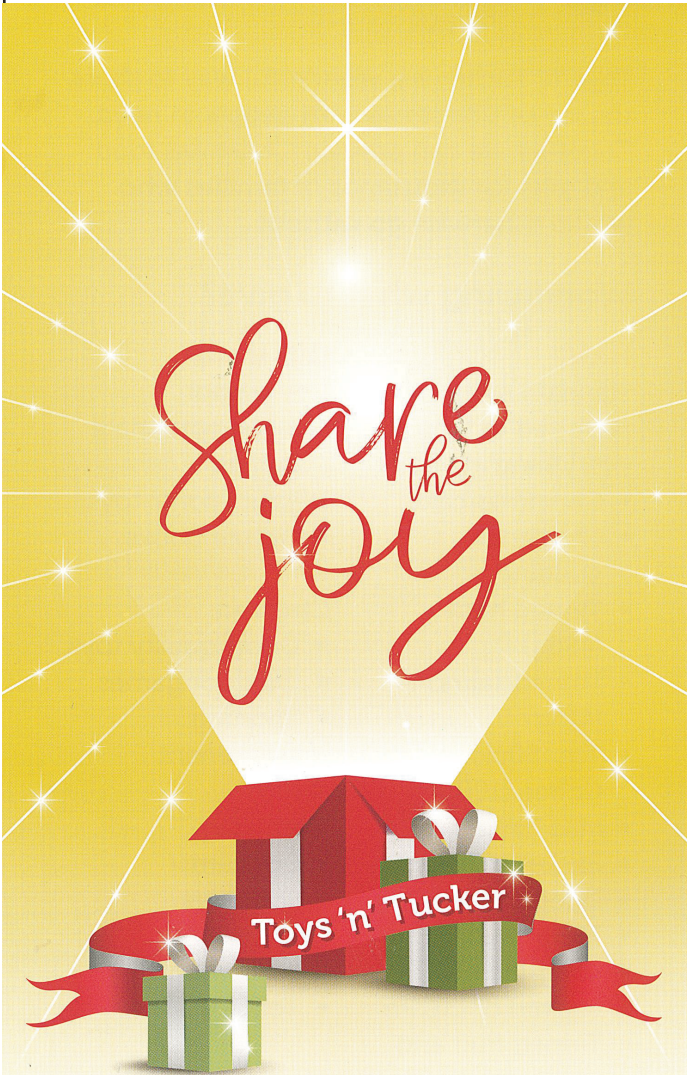
**CHATSWOOD** Shop 75, Oscar St (level 1)





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But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people". Luke 2:10

[toysntucker.org.au](http://toysntucker.org.au)



Anglicare

Toys 'n' Tucker is a wonderful way to share the joy of Christmas with people in need. Together we can provide Christmas food and gifts for thousands of families who would otherwise go without.

### Wondering what to give?

#### Food

Standard sizes are preferred to help fit everything in neatly.

- Christmas cake
- Christmas pudding
- Tinned ham (450g)
- Tinned salmon (415g)
- Tea (50pk) or Coffee (100g)
- Milo (small tin)
- Packet of biscuits
- Dried pasta (500g)
- Pasta sauce
- Long-life milk, custard or cream
- Tinned fruit and vegetables (425g)
- Jam (500g)

#### Gift ideas

##### Pre-school

- Age-appropriate games
- Educational toys
- Picture books



##### Children

- Good-quality toys
- Outdoor games
- Sporting equipment

##### Teenagers

- Gift cards/ vouchers
- Sporting equipment
- Toiletry packs

**Sadly we can't include chocolate as it's likely to melt.**

 Anglicare Sydney  
 [anglicaresydney](https://www.instagram.com/anglicaresydney)  
#toysntucker



Anglicare





# GIVING BLOOD FEELS GOOD

Every donation can save three lives.

**Mobile Blood Service visiting:**

## **Epping Baptist Church**

**Corner of Ray and Carlingford Roads**

**Monday 03 Dec**

**1.30pm – 6.30pm**

**Tuesday 04 Dec**

**8.30am – 1.30pm**

**Drink up!** Have 3 or 4 glasses of water or juice in the hours before you donate

**Eat!** Have a good sized breakfast or lunch

**Please bring photo I.D. with you**

To make an appointment call **13 14 95**  
or visit [donateblood.com.au](http://donateblood.com.au)





## Welcome to Epping Heights Public School!

**Have a question?**

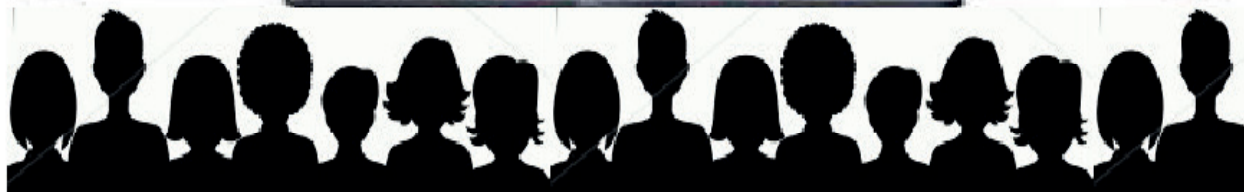
**We can help!**

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



### 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    |
| Zumba Class                                   | Monday    | 7.30pm    | Alicia Speer      | 0414 266 101 |
| 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 | 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 |