Dear Parents and Caregivers,

We are now more than half way through the first term of 2015 and the school is humming along. I was reminded again last weekend how lucky we are to have such a positive community environment here at Narrabeen Lakes. More than forty families volunteered at the Working Bee last Sunday – the largest turn out of parent and student volunteers in recent times. It was particularly wonderful to see the increase in dads giving up their time to help the school.

Thank you to everyone who came along to dig, rake, mulch, carry, plant and snip. Extra special thanks to Andrew O’Sullivan for his leadership at the event; to Mr Tim Giffin for his generosity and work with the Dingo; to the P&C for excellent support, and to Mrs Mayo, Mrs Clarke and Tanya Leishman who co-organised the day with me.

Concert Band performance
Come along to the COLA outside the hall next Wednesday 11 March to see the Concert Band give their first performance of the year. The band will be playing from 8.50am until 9.10am. Hope to see you there.

Tell Them From Me Survey
I am delighted that this term, students from Years 4-6 in our school, like many others in the state, will participate in a Department of Education and Communities’ initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

See the flyer in this newsletter for more details. A letter will go home with full information next Monday.

Parent Teacher Interviews
Next week you will be invited to book an interview with your child’s classroom teacher to discuss your child’s progress to date. Interviews are organised online through schoolinterviews.com.au and you will have a range of dates and times to choose from. All interviews will be held in Week 9 (the week beginning Mon 23 March). Full details in next week’s Pelican Post.

We have moved parent teacher interviews forward from Term Two to Term One in order to provide more timely feedback to parents and carers about students’ progress.
Road Safety
A number of community members and school parents have called me about unsafe road safety behaviours by our students. I have spoken to the individual students concerned, and I also reminded students at assembly on Tuesday about the need to remain vigilant and move safely whenever they are close to the busy roads around our school.

Enrichment classes
This term we are trialling extension and enrichment classes in the areas of Writing and Problem Solving. These classes operate 1-2 times per week and are for students who have been identified with strengths in these areas by their classroom teachers, based on a variety of assessment data and previous school reports.

As we fine-tune the program, students may move in and out of the classes based on numbers, performance and need.

Classes are taught by Ms Rachel Stewart who is a wonderful asset to our already amazing teaching staff.

Enrolments 2016
We have already received our first enrolments for 2016. If your child is of school age for 2016, please drop into the office to collect an enrolment form and return it to the office with the required accompanying documentation.

If you have any questions about the enrolment process, Mrs Mackenzie and Mrs Cowper in the office will be only too happy to answer your enquiries.

Canteen purchases on Fridays
The canteen will be open from 3.10pm to sell ice blocks and slushies. Students may not purchase from the canteen until after the bell has gone and their teachers have dismissed them.

Swimming Carnival thanks
Last Thursday we held our first ever carnival at Manly Swimming Centre. A great day was had by all in the perfect swimming conditions. The children seemed to revel in the pool environment and were such great ambassadors for our school.

Thank you to all parents who volunteered to help with different duties at the carnival; it certainly helped the day flow even more smoothly. Extra special thanks to Mr Phillips for organising such a wonderful first time experience for our school.

Student Achievement:

Madison C-Mc (3A), Lily H (2AG) 40 Red Merits
Hanako G (1K) 10 Red Merits
Reuben W (1JH), Laci H (2AG) 10 Blue Merits

Wishing you a happy week and lots more warm autumnal weather.

Andy Rankin
Principal
OUR MAJOR SCHOOL FUNDRAISER - 2015

P&C Raffle Update

Thank you to all students who have promptly returned their sold raffle booklet in our major fundraiser for 2015! A house point will be awarded to each of these students and any other student who returns their sold raffle booklet to the P & C black box in the front office by no later than Tuesday 10 March 2015.

We are also pleased to advise that at this stage, classes KS and 3A are the front runners to be awarded with a class pizza party with the highest amount of raffle tickets sold to date. Which classes will challenge KS and 3A for the pizza party???

Remember that students can sell tickets to family, friends, teachers, workplaces, sporting venues and extra curricula activity venues. Please ensure your child is accompanied by an adult at all times when selling tickets in public places.

Funds raised from the raffle will support major projects and purchases for the school such as subsidising cultural excursions, purchasing technology and equipment items and classroom learning materials.

Thank you for your support and good selling!

Crunch&Sip healthy snack ideas
Try a variety pack!

Students at NLS have a Crunch&Sip break in class every day to refuel on fruit or vegetables and rehydrate on water. You can help your child participate in the following ways:

To keep your Crunch&Sip snack interesting, try packing it in little recyclable boxes or bags. This is a great way to increase the range of fruit and veg they eat, plus it’s quick and simple.

The key is being organised. If you like, you can chop and pre-pack the snacks on a Sunday night for the week ahead. Or, when you’re making dinner the night before, just chop a few extra veggies and put them aside. Keep in mind, that some vegetables and fruit will dry out and become unappealing if you chop them too far in advance. Variety packs are a good idea for the following reasons. They:

- Help your child to eat a rainbow of fruit and vegetables
- Enable you to introduce new fruit or vegetables alongside familiar or more accepted ones
- Are visually appealing

Remember to also provide your child with a clean, clear plastic water bottle (with their name clearly marked). This can be any clear bottle, such as an empty water, sports or juice bottle filled with water. No other food or drinks are permitted for Crunch&Sip.

Did you know?

Dried fruit contains a high concentration of natural sugar, and this tends to stick to teeth. This increases the risk of tooth decay. Although dried fruit is permitted, fresh fruit or vegetables are the best choice.

Thank you for your support of Crunch&Sip at NLPS!
**Tell Them From Me student feedback survey**

Dear Year 4, 5 and 6 Parents and Caregivers,

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities’ initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between the 16th March and 20th March. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by **Friday 13 March**. Copies of the form and FAQs are available from the website above.

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**BAND MATTERS**

We have a great fundraising opportunity on Sat 28 March. It is Election Day so we will be having a sausage sizzle and hope to sell some cakes/slices. We are calling on our band parents to volunteer some time (just 1 hour is fine) and to donate some cakes/muffins etc.

Band Fees for Semester 1 are due by the end of this week. This payment is for Term 1 and Term 2 along with the annual instrumental hire cost. Payment needs to be made by this Friday 6 March, to ensure on-going participation in the band program.
Vote: 1
BAND FUNDRAISER

Saturday March 28th
NSW State Election Day Outside NLPS Hall

Help us turn cakes and bacon and egg rolls into musical instruments!

Dear NLPS community,
Please bring cupcakes, slices, biscuits or whole cakes into school on Friday March 27th or bring them to the cake stall on election day.

Vote 1: bring cakes in Friday March 27th
Vote 2: bring cakes in on the day March 28th
Vote 3: help out on stall
Vote 4: come and buy a bacon and egg roll
email Tanya tangsims@bigpond.net.au to be on the roster

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Last week, Year 2 did swimming scheme. I liked doing free style and floating on my back. The pool was as cold as an ice cube. We went with Mr Alderton, Mr Zappia and Mr Chapman. Then we went back to school and we were all tired. It was fun.

Jacey

Last week Year 2 did swim scheme. I liked treading water. Then I did free-style with my group. On the first day the water was as cold as Antarctica. On the second day it was wavy and cold. I thought I was going to turn to ice! For the whole week the water was cold. On the last day we had a picnic at the beach. It was fun!

Beau

Last week Year 2 did swim scheme. I learnt floating on my back and free style. On the first day it was as cold as ice. On the last day we had fun. We did back sculling and backstroke. I really enjoyed backstroke. Then we went back to school.

Sahara

Last week Year 2 did swim scheme. I liked doing free style and floating on my back. The pool was as cold as an ice cube. On the walk back my legs were sore. I was hungry and tired. On the second day it was cold. I thought it was an ice cube. Then we went back to school and we were all tired. Then we went home. On the third day it was windy and cloudy.

Lily
LIBRARY NEWS

Once again this year many students have indicated that they wish to participate in the
Premier’s Reading Challenge.

Very briefly, the rules are as follows:
• Kindergarten - Year 2 students read 30 books (25 from set list + 5 free choice)
• Years 3 - 4 read 20 books (15 from set list + 5 free choice)
• Years 5 - 6 read 20 books (15 from set list + 5 free choice)
• All student reading records are submitted online

Reading must be completed by the end of August.

If you wish your child to participate in this challenge, please fill in the tear-off portion at the end of this newsletter and send back to Miss Garden, in the Library. Upon receipt of the tear-off portion below, further details will then be sent home.

Miss Jenny Garden
Teacher/Librarian

PREMIER’S READING CHALLENGE

I wish my child ................................................................. in class ................. to participate in the ‘Premier’s Reading Challenge’ in 2015.

I understand that I will need to keep a record of the books read to, and by, my child and to submit his/her Reading Log online.

Signed: ................................................................. (parent/caregiver)

National Ride2School Day

‘Wacky Wednesday’ 18th March
Ride, scoot, skate or walk to school!
Narrabeen Lakes active travel day is just around the corner!

A few reminders for your enjoyment of the day:
• Students who participate will receive a healthy breakfast courtesy of our wonderful parent club. Remember to bring your own bowl and spoon.
• Join the ‘Wacky Wednesday’ decorated bike/scooter/skateboard competition.
• Dress in ‘Wacky Wednesday’ mufti – come dressed in your wackiest bike-riding outfit and bring a gold coin donation.
• There will be a special assembly presentation for the wackiest bike decorations.

Safety
All students on wheels are required to wear helmets (this includes skaters and scooters). Bikes, scooters and skateboards must be walked into the school grounds on arrival.
To guard the security of the bikes, a roped off area will be provided at the rear of the science room.

Did you know?
If you normally drive the distance to school, consider a part way journey. Drive part of the way, park the car, then walk, ride, scoot or skate the remaining distance to school.

Mrs Clark, Science Teacher
Facts about students, health and active travel

Today the levels of physical activity are significantly lower when compared with statistics 40 years ago. The Ride2School Team are working to reverse this trend. This infographic is designed to show the benefits of increased physical activity with students and the school community.

In the 1970s
8 out of 10 students rode or walked to school.
Now there are only 2 out of 10

Activity trend
Over the past 40 years the number of children who are physically active everyday has significantly dropped.

60 minutes
is the minimum daily requirement for physical activity for children under 18

Students who actively travel arrive awake and alert, improving their concentration in class and ability to understand the curriculum

Active Transport
can reduce congestion and parking problems, leading to healthier local environments and communities.

50% of schools that participate in the Ride2School program achieve an average of 5 in 10 students who actively travel to school.

Getting children out of cars and into active transport is believed to be the most effective way to improve levels of physical activity.

Physically active students are healthier, happier and more socially connected.

About the Ride2School Program
The Ride2School Program is a behaviour change initiative that works to make active travel normal for students, while improving schools education outcomes.

Join thousands of schools across Australia and register today at ride2school.com.au

References:
- Australian Bureau of Statistics
- American Society of Osteopathic Physicians, 2016 Health - issue with on-line
- British Medical Association, 1992. Cycling towards Health and Safety
- Eriksen N. et al., 2006, The effect of physical activity on heart disease risk: A cross-sectional study of 25,426 and Health
- Australian Transportation Institute, Transportcost, 2014 Analysis - Comparison Costs, Data, 1994. The National Forum for Common Heart Disease Prevention
- Brownbill, A., & Hesketh, J., 2009, Cycling and Health: an opportunity for positive change
Peninsula Community of Schools
Year 7 2016
Extension Class Test

All enquiries for the Year 7 2016 Extension Class test should be directed to Alison Waddy
Narrabeen Sports High School
Enquiries: 99137020

A package with all of the details will be available in Primary Schools for Year 5 (2014) / Year 6 (2015) students interested in sitting for the Extension Class Test from Monday the 3rd of November

Test date: Tuesday the 10th of March 2015 (Zone Swimming Carnival date)

Back up date: Wednesday the 18th of March

An Award Winning Partnership

Moonlight Cinema at Pittwater High
Friday 20th March

2014-2015 Family Energy Rebate
Apply before Midnight!
19 June 2015

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:
- Up to $120 credit on electricity bills for eligible applicants who have an account with an electricity retailer
- Up to $485 direct payment to nominated bank accounts for eligible applicants who live in a residential community (carravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:
- Be a NSW resident, and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long term resident of a residential community (carravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:
- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY
- ONLINE – It takes just a few minutes to submit an application. Processing starts immediately.
- PAPER – Download a form from the website, complete and submit by email, fax or post. Use the form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 81
EMAIL hrs.programs@trade.nsw.gov.au
WEB www.service.nsw.gov.au/energy rebate

$10 each or $30 for 4

Alcohol-free event
Popcorn
Suckers
Lollies
Candy floss

Get your friends & picnic rug for a night under the stars!

For tickets: www.trybooking.com/GZMG
or - www.trybooking.com and search for Pittwater

All pre-purchased tickets will go in the draw for a $100 Eftpos gift card
in support of PHS Band Tour to China