Dear Parents and Caregivers,

Narrabeen Lakes really is living up to the banner statement of ‘Opportunity, Excellence, Community’ this term. I think you’ll see it clearly reflected in the paragraphs below about happenings within our school and beyond.

While attending a principals’ conference this week, I was fortunate to have the opportunity to share with my colleagues some of the great work that our Narrabeen Lakes’ teachers are doing with tablet technology in the classrooms to improve learning outcomes for our students. The positive response from the other principals, and the requests to come and visit our school to see this work, reaffirmed to me that we have a fantastic teaching team here who are working at the cutting edge of education in so many respects. I’m sure you’ll join me in thanking our teachers for the great work that they do.

Musicale
On Wednesday evening, the hall was full to overflowing with families and community members who came to view our first ever Musicale. Featuring members of our three bands in both solo, ensemble and full band mode, the audience were treated to a vast array of musical items that showcased the skills and talents of our many musicians, under the baton of Miss Rachel Rule. In fact, we have so many students playing music in our school that one parent remarked to me, “There wouldn’t be a student in this school who is not involved in music, would there.” Whilst the observation is not strictly accurate, it is a great testament to the growth of music within Narrabeen Lakes in a very short time frame. Indeed, the bands were joined by two additions to the music scene at our school: the recorder group and the guitar group, both led by teachers who are also lifelong musicians – Ms Garden, Mr McMahon and Mr Chapman.

Thank you and congratulations to all our wonderful students who performed so well. Special thanks to Miss Rachel, also to the band committee led by Tanya Leishman, and our teachers who performed on the night or came along to assist: Mr Chapman, Mrs Mayo, Mr McMahon, Ms Garden and Mrs Kirkland.

A final HUGE thank you to Tracy Grainger who has had to withdraw from leading the band committee, after overseeing the successful transition from one band to three bands since the beginning of 2014.
Canteen update
The new canteen is open for business and has had a terrific start with the new lunch order system. More than 60 families placed orders on Monday (and teachers too!) and there were many satisfied customers at the end of lunchtime. If you are not sure how to place a lunch order, please see the canteen information in this newsletter.

The school is committed to promoting healthy eating habits for our students, particularly in an age when Australia’s obesity rate is the second fastest growing in the world. Therefore, following discussion at Wednesday night’s P&C meeting, the canteen will move to align with the Healthy Kids Association and NSW Department of Health guidelines by Term Three this year. This will mean an almost total reduction in the number of ‘red’ products from the canteen. These are foods that contain vast amounts of sugar – they will become limited to two days per term, in keeping with the guidelines. For further details, please visit: http://healthy-kids.com.au/school-canteens/the-menu/green-amber-red-food-system/

You may also like to read a short article on the role schools need to play in promoting healthy eating at: http://bit.ly/1PV7QCg

Entertainment Book Fundraiser
Thank you to all those who have already purchased a 2015/16 Entertainment Book through the P & C. I am very pleased to report we have already raised $655 towards our goal of $1,000 to upgrade the representative uniforms worn by some of our sport teams to ensure that they will look great when representing our school. Sample books are displayed in the front office foyer as well as in the canteen on Slushie Fridays! Please feel free to review all the great discount benefits available to you through your membership over the next 12 months.

Alternatively, you may wish to go to our link and order your membership online: www.entbook.com.au/206d192 Thank you for your support!

Newsletter: BIG changes ahead
Narrabeen Lakes will have a newly designed Pelican Post newsletter coming to you in mid-June and what a treat we have for you. In consultation with the P&C, we have partnered up with a web-based company called Schoolzine who will design and produce a fortnightly newsletter for us. The newsletter will still be emailed to you, it will also appear on our website, on your smart phone or tablet, and anywhere that you can connect to the internet. A paper version will also be available for those without internet connectivity. Further information can be found by visiting http://www.schoolzine.com.au/

Zone Cross Country
Good luck to all our students participating in the Zone X-Country this Thursday. Let’s hope that rain stays away so the runners can have a great day out on the course. Thank you to Mr Casey and Mrs Mayo who will be accompanying the team, and to all those parents assisting with transport to and from the event.

House Points
Sharks 7
Stingrays 4
Dolphins 6

Merit Achievements
Maltida J (4M) - 40 Red
Jasmine F (4P) - 20 Red
Brandon A (4M), Maisy J (3A) and William P (1K) - 10 Red
Tahyne O (1JH) - 10 Blue

Have a great rest of the week,
Andy Rankin

PITTWATER PSSA
WINTER DRAW
2015

Junior and Senior Girls’ Football (Soccer)
Junior and Senior Boys’ Football (Soccer)
Junior and Senior Boys’ League
Junior and Senior Girls’ Netball

• Netball is ALWAYS at Boondah
• Narrabeen Reserve is next to Rat Park

22nd May—Vs Narrabeen North
• Soccer, Narra North Field/League Lake Park

29th May    BYE

5th June—Vs Wheeler Heights
• Soccer, Boondah/League Lake Park

19th June—Vs Collaroy Plateau
• Soccer, Boondah/League Lake Park

17th July –Vs Elanora Heights
• Soccer, Narra North Field/League Lake Park

24th July Vs Newport
• Soccer, Kitchener/League Lake Park

31st July Vs Bilgola Plateau
• Soccer, Narra North Field/League Narrabeen Reserve

7th, 14th and 21st August set aside for wet weather

PLEASE PASS THIS INFORMATION on to any relatives that may wish to see your child play.

BOOKCLUB
ORDERS ARE DUE IN TO MRS CHANT BY FRIDAY 29 MAY
(Any cheques should be made out to “Scholastic Australia”)
This term Year Two have been studying local places. We have been looking at the history of the Northern Beaches from the ship wreck of the SS Collaroy (see picture) to the beginning of the first surf clubs! We asked some Year Two students what their speeches are about and received some diverse responses…

Lana 2Z– My speech is on Narrabeen tram shed
Cooper 2AG- My speech is about the local clan of the Garing-gai people
Yasmin 2/3C – I’m talking about the history of West Head
Lucy 2Z – My speech is about Bungan Castle
Sahara 2AG- I’m talking about my grandpa’s school Manly West (I wonder if she knows Mr Alderton and Mr Phillips who went there too?)
Billy 2/3C – I’m going to tell you how Narrabeen was named
Riley 2AG – My speech is on the history of Warriewood Valley
Lucas 2Z- I’m giving a speech about the blacksmiths who worked in the area
Angelique 2/3C – I’m talking about Mrs Wilcox who was a student at our school 75 years ago
Owen 2Z – How the Wakehurst Parkway was built in WW2
Daniel 2AG – My speech is about Manly Swimming Baths
Cody 2Z – I’m talking about the indigenous weapon called the nallu nallu
Lily 2AG- The history of Narrabeen fire station
Beau 2AG – My speech is about the old Long Reef Copper Mine
Florence 2/3C – Aboriginal rock carvings
Benjamin 2AG – My speech is about Manly Quarantine Station
Lydia 2Z – I’m talking about Barrenjoey Lighthouse
Charlie 2AG – My speech is on Narrabeen tram shed
Patrick 2Z – The seaplanes of Pittwater
Brandon 2AG – My speech is all about Dee Why

And there are many many more …… So if you have any local history questions, just ask someone in Year Two!
Dear Parents and Carers,

20 May, 2015

All students have been focussing on developing and strengthening skills in public speaking throughout the year. This term, Narrabeen Lakes will be holding a Public Speaking Competition within the school. Students have a choice of three topics. They are:

My favourite place is…..

If you could have one superpower, what would it be?

I bet you didn’t know that!

All students will choose one of the topics for their speech. During class time, teachers will assist students with strategies for preparing and presenting their speeches. Students will then write their speech at home. It would be appreciated if students could practise their speeches at home to build confidence in speaking in front of an audience.

In Week 8, each class will run a ‘speak off’. Two winners from each class will progress to the grade ‘speak off’.

In Week 9 the grade ‘speak off’ will be held. One student from each grade will become grade champion and will receive a Public Speaking Certificate and an award on Presentation Day.

Our grade champions will present their speeches during a full school assembly in Week 10 on Friday 26 June. The following is some important information about the speeches:

The time given to students for their speech is as follows:

- **Kindergarten** - a maximum of 1 minute
- **Years 1-3** - 1 to 2 minutes
- **Years 4-6** - 2 to 3 minutes

- All students must use palm cards that fit comfortably in the hand. Students should refer to them for cues but should try not to read from them.
- No props will be used.
- Teachers will judge the speeches on the following criteria:
  - posture/eye contact
  - speaking clearly and with expression
  - structure of the speech
  - how engaging the speech is for the audience
  - preparation and organisation
  - adherence to time limit
  - use of palm cards

We hope that all students enjoy the public speaking experience. The teachers look forward to hearing some great speeches in class in Week 8. If you have any question, please contact Mrs Jeffrey (Public Speaking Coordinator).

Thank you.

Kind regards,
Katrina Jeffrey
Some Useful Hints for Public Speaking

The speech should have an introduction, a main body and a conclusion.
An interesting beginning or “sizzling start” to the speech will grab the attention of the audience and set the tone for
the rest of the speech.
The speaker should not introduce him/herself at the beginning of the speech, do not say ‘good morning’ etc. The
opening statement should be the actual beginning of the speech.
You should have a strong conclusion to the speech that states your personal opinion and leaves a lasting
impression.
Interesting ideas and appropriate language for the age and maturity of the child should be in the main body of the
speech. Some facts, examples, quotes and opinions should be included here.
A natural delivery without an excess of hand gestures or dramatic movements.
A clear, confident voice that is easy for the audience to hear.
A smile and real interest in the topic being delivered.
The use of a mind map may help you start brainstorming to get the ideas flowing. (See the attached mind map).
Ideas can then be expanded upon to start building the speech.
The speaker should not finish the speech with words such as “the end” or even “Thank you”. Make sure that the
final statement is strong and obvious.
A website that you may find helpful in assisting with preparing a great speech is:

Canteen Newsletter

The first day of our canteen was exciting and ran without a hitch! It has been well received by
the school community. Thank you for your support towards YOUR SCHOOL CANTEEN.

From next Monday 25 May 2015, after supervised lunch, the school canteen will be offering
‘over the counter’ ice blocks and hot chocolates. Items will cost between $0.40 to $2.00. If
your child(ren) would like to purchase from the canteen, please do not spend more than $2.00.
Large amounts of money can be tricky to manage for little hands and can also cause anxiety
for ‘extra’ spending on their friends.

For the duration of the State of Origin series, the canteen is running a ‘State of Origin’
Competition. If your child purchases a blue or pink ‘Moosie’ (frozen milk freeze), their name
will be entered into a competition to win a State of Origin football. There is a football for a K-2
winner and a Y3-6 winner. Winner’s names will be drawn at assembly after the series ends.

Roster from 25 May – 5 June 2015

<table>
<thead>
<tr>
<th>Monday 25 May</th>
<th>Wednesday 27 May</th>
<th>Friday 29 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leeanne Yuniardi &amp; Julie Kimberley</td>
<td>Kirsty Pears &amp; Rebecca Moses</td>
<td>Julie Snow &amp; Kelly Walfers</td>
</tr>
<tr>
<td>Monday 1 June</td>
<td>Wednesday 3 June</td>
<td>Friday 5 June</td>
</tr>
<tr>
<td>Maggie Laffin &amp; Kim Long</td>
<td>Maryanne Emery &amp; Anna Risbon</td>
<td>Alison Russell &amp; Marina Cork &amp; Justine Spence</td>
</tr>
</tbody>
</table>

Tip of the day from

If an order needs to be cancelled (often due to illness at this time of the year), remember to
cancel before 8am to receive a full refund into your pre-paid account.

Regards, Robyn,

NIPS canteen supervisor nips.canteen@gmail.com
NLPS Canteens opened on 18 May!

- Our canteen menu is now available online at www.flexischools.com
- Freshly made lunch orders include Butter and Chicken this Friday 22 May
- Over counter snack items go on sale from 25 May
- Orders can be placed using a smart phone or a computer. Parents can also use the canteen laptop to place orders if they do not have access to the internet.

It's so easy!

1) Go to www.flexischools.com.au
2) Click “Register Now” to create account
3) Top-up your balance
4) Start ordering immediately

To view a demonstration:
Go to the www.flexischools.com.au website and in the “Find Your School” box, enter a few letters from our school name and click the name when it appears below.

What Does it Cost?
There is a 25c fee per canteen order to pay for the thermal labels and the website system. Each top-up of your Flexischools account costs 29c.
6 Reasons to attend
Narrabeen Sports High School

1. WE GET THE WELFARE RIGHT
Our students' personal maturation and development go hand in hand with their academic preparation. We have dedicated Year Advisers who are always on hand to guide and support our students. The school follows the code of Positive Behaviour for Engaging Learners with our school's three core expectations of Respect, Responsibility and Success. This positive culture for learning as well as a celebration of success creates harmony and a safe and caring learning environment.

2. STRONG ACADEMIC FOCUS
Our school has successfully embedded ALARM, BYOD and Project Based Learning into our curriculum to create exceptional educational opportunities. Outside of the curriculum, we offer regular Senior Study sessions, the Homework Club, High Achievers Club and gifted and talented events such as the Gr8 Gatsby.

A school with everything

3. HIGHLY QUALIFIED AND DEDICATED TEACHERS
Our staff are extremely committed to ensuring our students achieve their highest potential. They continually develop innovative and challenging programs to inspire engaging and inclusive learning experiences.

4. SUPERB FACILITIES
Narrabeen Sports High School boasts some of the best facilities in Sydney from its large grounds, Art rooms, weights room, dance room, and multi-purpose synthetic oval to the newly built trade skills centre including our light commercial kitchens.

5. EXTRA-CURRICULAR ACTIVITIES FOR ALL STUDENTS
Extra-curricular activities are a major part of Narrabeen Sports High School's culture of success aimed to extend and enrich our students. Our extra-curricular opportunities include:

- The Concert Band
- The Student leadership
- Representative Council
- Duke of Edinburgh
- Science Club
- Art workshops
- Drama Club
- Public Speaking
- Knockout Sporting Teams
- Peer Support
- Career Mentoring

6. THE NORTHERN SYDNEY SCHOLASTIC AND SPORTS ACADEMY
The sports academy now proudly offers 10 sports, from Surfing to Dance. The focus of the Academy is to afford elite and emerging elite athletes an environment for academic and social development. The students are supported by Academy mentors who help them manage their academic studies, individual training and competition demands in their chosen sport.
It is essential for the school to have your up to date contact information. Please return your updated information sheets which were sent home in Term 1, as soon as possible.

Alternatively, you can update your information at the school office or send any new contact details by email or in writing via the Red Box in the foyer.

THANKYOU
Week 4 Term 2 2015

Dear NLPS Parents and Carers,

Thank you to those people who have shown interest in becoming an ethics teacher at NLPS. Primary Ethics has released the next round of training Saturday 30 & Sunday 31 May 2015 at MLC Centre, Sydney. 9:00am - 5:00pm.

If this date suits you, please contact me so I can assist you to book in.

Cheers
Tanya Leishman - NLPS Ethics Coordinator
0425226247 tlangsims@bigpond.net.au

Ethics is a branch of Philosophy that examines ethical concepts and issues. Our curriculum comprises age-appropriate lessons on a wide range of topics that primary-aged children find interesting. To look at the curriculum go to: http://www.primaryethics.com.au/K-6curriculum.html