



Welcome back to Term 4 students, parents and caregivers!

I trust that you had a relaxing break and that you are all ready to refocus your learning throughout the term.

Throughout the year we have focused on developing mindfulness and a growth mindset within the students. These concepts are important for student wellbeing, for they include social and emotional components that together, at home and at school, provide the environment that support your child/ren with the opportunities to thrive. We have looked at what we could call focused attention practices throughout the year - quieting the mind in order for it to be quiet and focused. When the mind is in this state, we are able to be present with specific sight, sounds or tastes. Thinking also improves, which allows us to manage our emotions in any given situation. Here are some of the mindfulness strategies that the students have practiced throughout the year.

1. Breathing

Use the breath as a focus point. Have students place one hand close to their nose (not touching) and one hand on their belly. As they breathe in, have them feel their bellies expand. As they exhale, they can feel the warm air hit their hand. Students will focus on this breath for only one minute. Let them know that it's OK when thoughts sometimes come into the mind uninvited. Tell them to exhale that thought away.

2. Colours

Visualise colours while focusing on the breath. Inhale a deep green, and exhale a smoky grey. Have the students imagine the colours as swirling and alive with each inhale. If a student is de-escalating from an angry moment, the colour red is a great colour to exhale.

3. Movement

For younger children, direct students to stand and, as they inhale, lift an arm or leg and wiggle it, exhaling it back to its original position. Beginning these focused-attention practices, it's good to include an inhale and exhale with any type of movement.

4. The Deep-Dive Breath

We inhale for four counts, hold for four, and exhale slowly for four counts. You can increase the holding of breath by a few seconds once the students find the rhythm of the exercise.

5. Energising Breath

We pant like a dog with our mouths open and our tongues out for 30 seconds, continuing for another 30 seconds with our mouths closed as we take short belly breaths with one hand on the belly. We typically take three energising pant breaths per second. After a full minute, return to four regular deep inhales and exhales.

6. Sound

The use of calming music is very powerful for engaging a calm response.

7. Rise and Fall

As the children breathe in and out through their noses, they can lie on the floor and place an object on their stomachs, enhancing their focus by watching the rising and falling of their stomachs.

When we are focused and paying attention to our thoughts, feelings and choices, we have a much greater opportunity to change those thoughts and feelings that are not serving us well in life and in school. When we grasp this awareness, we see and feel the difference!

I would like to also add, that together with developing mindfulness and a growth mindset, that we teach our children about resilience and grit. By nurturing our children with resilience and fostering grit, we are empowering them with the ability to bounce back from adversity and giving them the understanding on the importance of perseverance.

We have looked at the benefits of mindfulness and research is pointing to the fact that mindfulness breeds resilience. By being mindful, we are upskilling children to be better able to cope with difficult thoughts and emotions without becoming overwhelmed or shutting down emotionally.

How can we nurture resilience and grit in our children?

It is great to know that we are already doing this everyday, at home and at school. How, you may ask? We do this by caring, encouraging positive relationships and by being positive role models for them. We can model grit for children by showing perseverance and passion for long-term goals. For example, grit can be identified, and nurtured, when children:

- Finish whatever s/he began;
- Stick with a project or activity for more than a few weeks;
- Try very hard even after experiencing failure;
- Stay committed to goals;
- Keep working hard even when s/he felt like quitting.

Here is a link with 6 videos offer strategies to build kindness and resilience in children:

[6 Steps to Build Kindness & Resilience at Home](#)

New Office Financial System

Once again, thank you for your patience during our transition into the new financial system (LMBR). The ladies in the office have been working extremely hard to put all new systems into place, to help our school run smoothly.

Just a reminder, due to new routines and procedures, there will be some major changes occurring in the office, we know that you will understand how important these changes are.

The office will cease to collect money at 2 pm every afternoon.

We do understand this may be an inconvenience to some parents, however, there are procedures that need to be followed every day and the ladies need time to complete them.

You can purchase uniforms, pay for excursions and other extra-curricular events, such as, the mini-fete from 8:30am till 2:00pm. If that is not possible due to work or personal commitments then you can send the money to the office, with your child in the regular school envelopes.

Also, for your information, PSSA refunds will be processed this week and returned to the students

Good luck

All of us at Edensor Park Public School wish Louis all the best when he competes at the State Carnival in the 100m event. We know that you will do yourself proud, Louis.

Congratulations

Congratulations to all the students who took part in the Public Speaking competitions. You all did a super job. Well done to Chloe (5/6H), Sabreen (5/6C), Marilyn (4N), Tristan (23W) Isabella (2T), Lorelei (1W), Lara (KN) and Bianca (KN) who advanced to the school's Public Speaking final. It was great to see the level of your speeches. You all should be congratulated for your efforts. A big congratulations to the winners, Chloe, Tristan, Isabella and Lara. They now progress to the Fairfield Community of Schools Public Speaking Final. We wish them all the very best of luck!

Intention to apply for Year 7 entry to a selective high school in 2017

Applications are now open. If you would like to have your child considered for Year 7 selective high school entry in 2017, you need to apply online at:

www.schools.nsw.edu.au/shsplacement

The application website is now open and closes on the 14th November. No late applications will be accepted. If you any queries or concerns, please see Mr Ramirez.

Return to school notes

Last week, your child/ren were given a 2017 enrolment note. As we are in the process of organising staffing and classes for 2017. To assist in this process we are asking you to return the not and indicating whether or not your child/children will be returning to Edensor Park Public School next year. We appreciate your attention to this matter by returning the note promptly.

Reminder

We have noticed, over the last couple of weeks, several students being dropped off at school **before 8:30am**. Playground supervision begins at 8:30am, so to ensure that you child/ren is safe, please make sure that they do not arrive before this time. If you need to drop your child/ren of before 8:30am, please ensure to use the OOSH Before and After School facility that is running in the school hall. They can be contacted on: 9822 9523

Have a great week, and once again, welcome back to Term 4!



EDENSOR PARK PUBLIC SCHOOL

Cnr. Swan and Gwandalan Rds.,
EDENSOR PARK, N.S.W. 2176.

TELEPHONE: (02) 9823 5111
FACSIMILE: (02) 9823 7828

Dear Parents,

2017 Enrolments

We are in the process of organising staffing and classes for 2017. To assist in this process we are asking you to indicate whether or not your child/children will be returning to Edensor Park Public School next year.

We realise that family situations and commitments may change over the next couple of months, but due to an increase in enrolments for 2017, we recommend that you reserve a position for your child and inform us of any changes if and when they occur. If you know that future family plans may require a change of school in 2017, we would appreciate having some idea as soon as possible.

Please complete the following form and return it to your child's teacher by Friday 28th October 2016. Please note that current Year 6 students **do not** need to be included on this form, but **new Kindergarten students for 2017 should be.**

Thank you.

G. Moisisdis
Asst Principal

Distribution: K-5

Edensor Park Public School 2017 Enrolments

Please complete and return to your child's teacher by Friday, 28th October 2016

Please tick the appropriate box and any additional information as required.

My child/ren: Class:
..... Class:
..... Class:

Kindergarten 2017:

will be attending Edensor Park PS in 2017 commencing on Monday 30th January 2017.

will be attending Edensor Park PS but will not return until (Date)

Reason:

will not be returning and will be enrolling at
New School

Our new address will be

Parent Signature Date

EDENSOR PARK PUBLIC SCHOOL



Mini Fete

WEDNESDAY, 9TH NOVEMBER 2016

11AM - 1PM



On Wednesday, 9th November, we will be holding a mini fete for all children at Edensor Park Public School. The aim of the fete is to raise money for the Year Six Farewell. We are inviting all parents, grandparents and extended families to join us for this fun day.

All classes and support staff will be running small stalls during the middle session (11 a.m.—1 p.m.) Children and parents will have the opportunity to purchase various items, food and play a variety of carnival games.

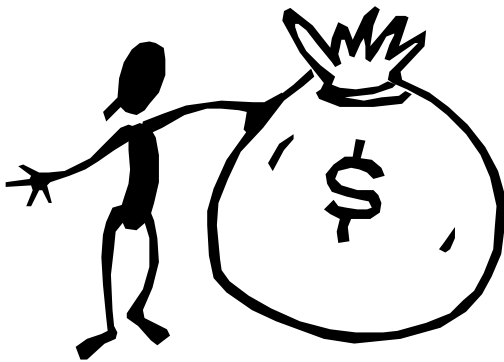
SHOW BAGS MUST BE PRE-ORDERED

This year SHOWBAGS must be ordered on a PRE PAID BASIS so that you will all get exactly what you want, and won't have to queue for ages in the hope that the one you want is still available when you get to the front of the line.

The SHOW BAG CATALOGUE & ORDER FORM must be return to the office by **Thursday, 20th October**. Please indicate in the column against the bags you wish to order, fill the form in with your name and class, and send it back to the office in the envelope.



PAYMENT TOKENS AVAILABLE NOW!



This year we are continuing the token system of payment. From tomorrow, your child will have the opportunity to bring in spending money for the mini fete. The money will be banked and recorded and on the day of the mini fete your child will receive tokens to the value of the total amount they have saved. The tokens will then be used to purchase items and to play games. Each token is worth 50c.

Money should be brought to the office, in an envelope marked "School Fete", with the child's name, class and the amount enclosed written clearly on the front.

There will be no money exchanged on stalls on the day of the mini fete.

On the day, a banker's table will be set up for parents who wish to purchase additional tokens.

If you would like to help on the day with your child's stall, please see your child's teacher or myself. Likewise, if you have any questions, please do not hesitate to come and talk with me.

We would love your help in the organisation of our fundraiser. If you are able to provide any of the items listed below, please send them to school. Any help you can give would be greatly appreciated.

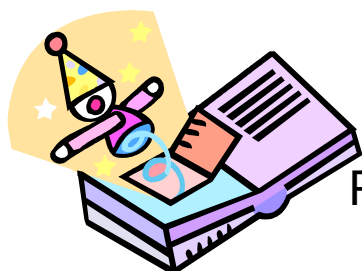
Please have your child bring donations to Miss Moisisdis by Monday, 7th November 2016.

We look forward to your support for another great Mini Fete!

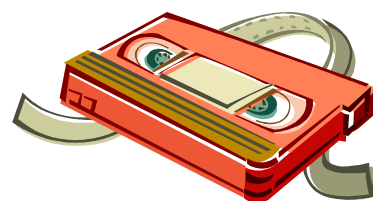
G. Moisisdis
Asst Principal

M. Santucci
Principal

We Need....



Face Paint
Pre-loved Books/Videos



Pre-loved Toys

Lollies/Lollipops

Coloured Hair Spray

Cans of Soft Drink

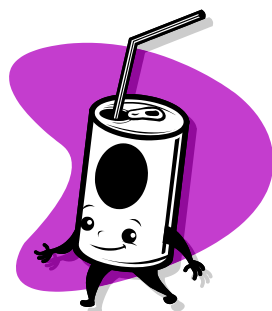
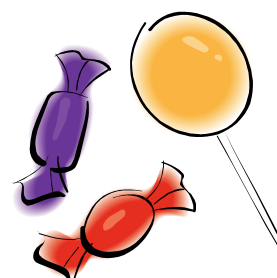
Serviettes

Tomato/BBQ Sauce

Tattoos

Plastic Cups, Tea Spoons

Prizes for Games





MR SHOWBAGS

CATALOGUE & ORDER FORM

- Complete the following pages to order the type and number of bags you require.
- Fill in the quantity and price in right-hand column.
- Total each page and put the amount at the bottom.
- Complete the TOTAL ORDER table on the back page.
- Return this catalogue, including money, to the office by **20/10/16**

**ORDERS MUST BE IN BY
THURSDAY, 20TH OCTOBER 2016**

NO LATE ORDERS CAN BE ACCEPTED

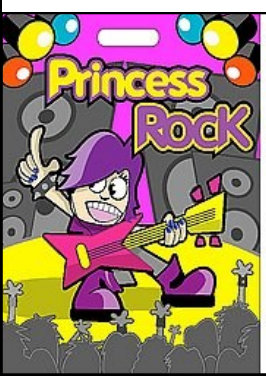
Showbags are pre ordered and will be distributed on Mini Fete day.
Avoid disappointment and get your orders in, in plenty of time.

**PLEASE WRITE YOUR NAME AND CLASS
ON EVERY PAGE OF THIS ORDER FORM**

Name:

Class:

SHOW BAG ORDER FORM		QTY	Total
 <p>Extreme Outdoor Explorer \$7.50</p>	<p>Magnifying Glass Compass/Torch Tweezers Bug Catcher Plastic Bug</p>		
 <p>Science Bag \$7.50</p>	<p>Whoopee Cushion Magnifying Glass Blow up Alien Invisible Ink Glow in Dark Slime Glow in Dark Snot</p>		
 <p>Girls Craft \$7.50</p>	<p>Mosaic Art Purse to Sew Make Your Own Bracelet & Necklace Pencil Case to Colour</p>		
 <p>Fairy Princess \$7.50</p>	<p>Glitter fairy wing set Sparkling jewels necklace Magical fairy butterfly wand Fairy butterfly head bopper Love heart ring 2 pairs clip on earrings Fairy note pad Fairy pen</p>		
 <p>LOTSA LOLLIES \$5.50</p>	<p>Rainbow Pop TNT bar Crazy Crackle Packet Zappo 4 neon laser straws (sherbet) 2 x Fruca Sticks 50g packet mixed lollies Astro Pop</p>		
<p>Name: Class:</p>	<p>Page 1 Total</p>	<p>\$</p>	

SHOW BAG ORDER FORM			QTY	Total
	<p>MR TRICKS</p> <p>\$7.50</p>	<p>Rubber whoopee cushion Hilarious fake gum trick 6th little finger joke Rattle snake eggs gag Snappy gum gag Fun squirt ring gag</p>		
	<p>GREAT INFLATE</p> <p>\$7.50</p>	<p>Huge 50cm ET green alien Massive 106cm Super Bat Humongous 61cm Crayon 28cm Fun beach ball</p>		
	<p>GLOW BAG</p> <p>\$7.50</p>	<p>Scary vampire Teeth Spooky Witch Finger Freaky bloodshot eyes Ghoulish blood capsules Creepy spider Ring Terror horror tattoos Kids Magazine</p>		
	<p>PRINCESS ROCK</p> <p>\$7.50</p>	<p>Inflatable microphone Rock out tinsel head boppers Rock on rubber bracelet Uber cool princess tattoo Skull printed shoelaces Black nail polish</p>		
	<p>STINKY & GROSS</p> <p>\$7.50</p>	<p>Yucky ear wax cotton bud Doggie doo Gross glow in dark fake snot Creepy Cockroach Funny fart straw gag Dirty hand soap</p>		
<p>Name: Class:</p>	<p>Page 2 Total</p>	<p>\$</p>	<p>\$</p>	

PLEASE COMPLETE THIS PAGE BEFORE RETURNING YOUR ORDER TO THE OFFICE

SHOW BAG ORDER FORM	QTY	Total
	Page 2 Total	\$
	Page 1 Total	\$
	TOTAL ORDER	

Name:

Class:

**ORDERS MUST BE IN BY
THURSDAY, 20TH OCTOBER 2016**



MR SHOWBAGS

LIBRARY NEWS



Book Club

Orders for Issue 7 are due by **Friday 21st October**.
Due to changes to our school's financial system, orders for
can only be made online through LOOP or by using the
Scholastic app. (The instructions are on the back of the
catalogue - please ask if you are unsure.)

BONUS BOOK BONANZA

If you order and pay via the LOOP, you could qualify for up to
four bonus books!

Happy reading!
Mrs Bendit

Don't forget!
Book Club
orders
are due:

Friday 21 October

ORDER FROM
SCHOLASTIC BOOK CLUB LOOP
ON ISSUE 7

AND YOU COULD GET UP TO FOUR BONUS BOOKS!



When you buy books from
Scholastic Book Club,
they help build our classroom resources.



 **SCHOLASTIC**

The *Tell Them From Me* Parent Feedback Survey

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.



Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.


The survey is conducted entirely anonymously. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 22 August and will close this Friday, 21 October.

Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

More information about the survey is available at:

<http://surveys.cese.nsw.gov.au/information-for-parents>



 **Don't FORGET!** 

Dates to Remember

Week 2

19th Oct: Kindergarten Orientation - 9am till 11am

19th Oct: Assembly - 1:40pm

Week 3

25th Oct: SRC Crunch & Sip (Tomato Sampling)
8:30am

25th Oct: Kindergarten Transition - 1:50 till 2:40

26th Oct: Peer Support

27th Oct: Kindergarten Transition - 1:50 till 2:40

Edensor Park Public School
Cnr Swan & Gwandalan Roads, Edensor Park, NSW 2176
Ph: 9823 5111 * Fax: 9823 7828
Website: www.edensorpk-p.schools.nsw.edu.au
Email: edensorpk-p.school@det.nsw.edu.au

PLEASE PHONE

1300 880 021

TO REPORT ANY SECURITY INCIDENTS IN OUR SCHOOL



New Newsletter Distribution

Edensor Park Public School is going paperless!

We would like to start with the newsletter.
The transition period will be until the end of Term 3,
when we will move to the new system in Term 4.

Please indicate below in what format you would like to receive the Edensor Park Public School Newsletter and return the slip to the classroom teacher.

Parent/Caregiver Name:

Child's Name: Class:

- Edensor Park Public School App
- Edensor Park Public School Website
- Email Distribution List (Please provide email below)

Email address: _____