



Welcome back to the 2017 school year. I trust that you all had a wonderful holiday break, and are ready for a productive year. It is wonderful to see you all back ready to learn more. I'd especially like to welcome all the new families to our Edensor Park community, as well as all the new Kindergarten students starting big school today. It was great to see all the new parents this week, as well as all the bright, eager faces of your children. You should all be very proud of them.

Last year we focused on the importance of 'Mindfulness' and having a 'Growth Mindset' and how, by incorporating these aspects daily, they can help shape the lives that we lead. Mindfulness encompasses exercises that help students develop concentration and self-awareness.

"Evidence shows that primary-aged children who practise meditation are more focused and resilient. As little as 5 minutes of meditation first thing in the morning, or after lunch, helps settle them down and improves concentration."

As parents, we also are able to practice mindfulness with our children by:  
Giving them your full attention when speaking with them.  
Giving them a mindful hug.  
Taking them outside, getting them to close their eyes, and to listen carefully.

Along with our 'Mindfulness Education', we are also instilling the values of what a 21st Century learner is all about.

As part of these values we reinforce that at Edensor Park Public School our students are **CHAMPIONS** because they are:

- Critical thinkers
- Hardworking
- Adaptable
- Motivated
- Problem solvers
- Innovative
- Organised
- Nurturing
- Self-regulated



It's been wonderful to see the students incorporating these points into their lives and together with our mindfulness and Growth Mindset initiatives, we have seen a big improvement in, not only our students, but the Edensor Park Public School community as well. I'd like to incorporate three more statements this year. Three more statements that the students can hold to, and make their lives extraordinary.

1. **Dream big** - Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
2. **Work hard** - There is no elevator to success. You have to take the stairs; and
3. **Stay humble** - Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

### Congratulations

It is with great pleasure that I announce that Mrs Dumbrell was successful in attaining the position of School Administrative Manager of Edensor Park. After the retirement of Mrs Boyce, Mrs Dumbrell was relieving in the position. The position was advertised late last year, and Mrs Dumbrell was successful at the interview process. I would like to, on behalf of the Edensor Park Public School community, congratulate, and welcome, Mrs Dumbrell officially to Edensor Park Public School as the School Administrative Manager.

### New Classes for 2016

Thank you for your patience while we work out class structures for 2017. The students will be placed into classes next Monday 6th Feb.

### Office News

#### School Contributions

This year, we will be asking our families to contribute towards the educational programs in our school. We ask that you pay according to the following schedule.

<b>One Child</b>	<b>\$40</b>
<b>Family</b>	<b>\$60</b>

Your cooperation with the prompt payment of this amount will be very much appreciated.

#### Front Office Hours

Due to new routines and procedures *the front 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 between the hours of 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.

Thanking you in advance for your understanding on this matter.

#### School Photo Day

On Thursday, 2nd March Edensor Park Public School will be having their School Photo Day.

A note will be going home next week with further details.

## School Road Safety



Continuing on from last year, I would like to reinforce to each and every one of you the importance of being safe on Swan and Gwandalan Roads. The safety of students comes first, and as adults we must show the appropriate behaviour by abiding by the road rules. Please be mindful that **you do not double park or park in the pick up zone.** This is dangerous and we would not want anything to happen to any student here at Edensor Park Public School. I received a call at the beginning of the term from the local police regarding this very matter. Please do the right thing around our school roads, this way we can avoid any unnecessary heartbreak.

The 'Kiss and Drop' zones on Gwandalan Road (in front of the office) and Swan Road (behind the school hall) are *not* areas that parents can park in for an extended period of time. If you wish to come into the school to pick your child/ren up after school, you will need to park on the road away from these zones.

## Allergies and Anaphylaxis

As we begin the new school year, I would like to bring to your attention to the fact that Edensor Park Public School has a number of students who are anaphylactic. This is the most severe form of allergic reaction and is potentially life threatening. Anaphylaxis is always treated as a medical emergency and requires immediate treatment with adrenaline. Adrenaline autoinjectors (e.g. EpiPen) are designed to be given by non-medical people. All the staff at Edensor Park Public School are trained in the use of an EpiPen, with the recognition and treatment of allergic reactions (including anaphylaxis).

Training addressed:

What is allergy and anaphylaxis?

- Common causes of allergic reactions including anaphylaxis.
- Signs and symptoms of mild to moderate and severe allergic reactions.

### *What we can do as a school?*

Allergic reactions are common. They happen when the immune system reacts. They can be triggered by an allergen coming into contact with the skin, eyes, nose, lungs, stomach or bowel. Many allergic reactions are mild, but some can be severe and even life threatening.

The most common causes of allergy in children are eggs, peanuts, tree nuts, cow's milk, soy, wheat, fish and shellfish. Other causes are bee or other insect bites (e.g. wasp, jumper jack ant) and some medications such as antibiotics or anaesthetics.

## Food Allergy Alert



## THIS SCHOOL IS A



We ask you to support children at risk of anaphylaxis by:

- **not sending food which has nuts in the main ingredients list, such as peanut butter, nutella and some muesli bars and baked goods,**
- teaching your child not to share food with friends that have food allergy,
- encouraging your child to wash their hands after eating.

# LIBRARY NEWS

## Book Club

Students will receive Book Club catalogues next week. Orders for Issue 1 are due by **Tuesday 14th February**.

Orders can be made

- online through LOOP
- using the Scholastic app.
- by personal cheque made payable to **Scholastic Australia** (The instructions are on the back of the catalogue - please ask if you are unsure.)

## Borrowing

Borrowing will begin in the week beginning 13th February. Please make sure that your library bag is clean and ready to carry lots of wonderful books home to read and enjoy.

## New books

There are lots of new books ready to be borrowed on the stand closest to the door - come and check them out.

Happy reading!

Mrs Bendit



**Don't forget!  
Book Club  
orders  
are due:**

**Tuesday 14th Feb**

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# Edensor Park Public School App

As most of you are aware, our School now has an app for the iPhone and Android phones.

The Edensor Park Public School App will continue to help us communicate more effectively with you, our community, and we ask all parents to install it.

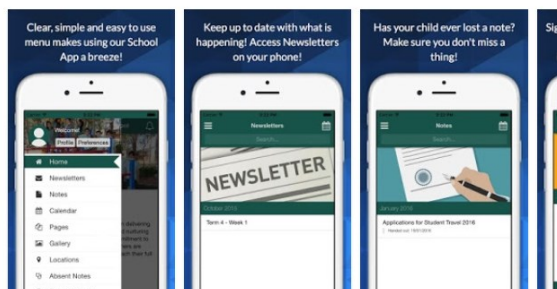
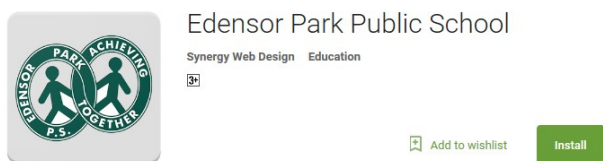
To install:

- Search for our school name "Edensor Park Public School" in either the Apple App Store, or Google Play Store.
- In the Apple App store the app will be under **Matthew Becker**.
- In the Google Play Store, the app will be under **Synergy Web Design**.

Newsletters, notes, upcoming events and updates will be placed onto the app. This is an essential app to ensure you know what is happening in the school, particularly if notes go missing from school bags!

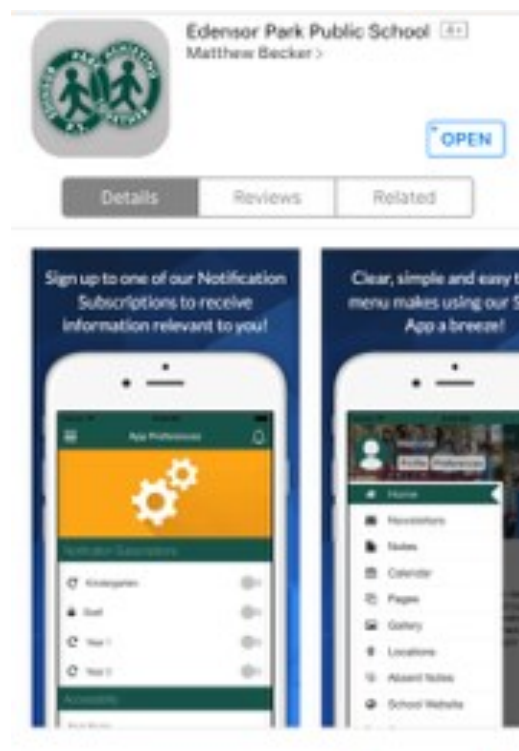
Screenshots of the app are below.

**Google Play Store**  
*Synergy Web Design*



Edensor Park Public School App is an app for the parents, students and teachers of Edensor Park Public School. It is designed to keep parents up to date with what is happening in the school, and provide important notices to parents.

**Apple Store**  
*Matthew Becker*



## Lines of Communication

Schools are very busy places and along with 'Learning' being our priority, we also value being able to build a relationship with our parents and community. Throughout the year we arrange opportunities for parents to meet with the teachers, and have an opportunity to formally discuss the learning progress of the students. We also encourage parents to discuss any issues of concern, **by first making an appointment to see your child's class teacher.** Please remember that the role of our class teachers is to provide direct supervision and learning opportunities to the students, so they cannot be interrupted during class time, nor can they be held up in the mornings, when they need to be moving into class for the day. Making an appointment allows the teacher to give you the time and attention you deserve as the parent/carer of our students. Appointments should be made directly with the teacher. If you have on-going concerns that you wish to have further support with, **please contact the front office to arrange a time to speak with the Principal, Mr Santucci.**

## Supervision

Supervision commences at 8:30am each morning and concludes at 3:15pm. Please do not drop your children to school before 8:30am unless they are going to Before School Care. If you are running late in the afternoon, or if someone else is picking up your children from school, please ring the office and let the ladies know so the message can be passed onto the children and executive staff who supervise the children after school. **After 3:15pm, please be advised that you will need to come into the front office to sign out your child/ren.**

## Bell Times

Our school bell rings at 8.55am and all children are required to be at school before this time.

The Home School Liaison Officer identifies families with continual issues of lateness to school, The families identified are closely monitored, and contacted if this continues to be of concern.



School finishes at 2:55pm and we expect parents to be punctual when collecting their children at the end of the day. If you are delayed for any reason, a phone call to the office to advise your expected time is very much appreciated.



Please keep **Wednesday 1<sup>st</sup> March** free for our **Meet the Teacher BBQ** between **5:30–7:30pm.**, to informally meet your child's teacher, hear some of the plans, expectations and routines for 2017, while enjoying the free BBQ..

**We hope to see you all there.**



# SCHOOL CANTINE MENU

Basic SANDWICHES (Wholemeal)	PRICE
Vegomito / Jam / Cheese / Ham / Egg / Tuna	\$ 2.00
Cheese & Tomato	\$ 2.50
Egg (Curried)	\$ 2.50

Gourmet SANDWICHES (Wholemeal)	PRICE
Ham, Lettuce & Tomato	\$ 3.00
Ham, Cheese, & Tomato	\$ 3.00
Mashed Egg-mayo & Lettuce	\$ 3.00
Salad (lettuce, tomato, carrot, cucumber)	\$ 3.50
Roast fresh Chicken & Mayo	\$ 3.00
Roast fresh Chicken, Lettuce & Mayo	\$ 3.50
Tuna & Tomato	\$ 2.50
Also available (extra):	
Pineapple/Avocado/Beetroot/Asparagus	\$ 1.00
Grilled Vegetables / Salmon	\$ 1.00
Rolls / Wrap	\$ 0.50

### PLEASE ADVISE IF WHOLEMEAL BREAD IS REQUIRED

Salads (Wrap or Roll)	PRICE
Salad Cheese	\$ 4.50
Salad Ham	\$ 4.50
Salad Roast Chicken	\$ 4.50
Salad Tuna	\$ 4.50
Salad Grilled Vegetables	\$ 4.50

INCLUDES a Bottle of Organic Water with any of these wraps

SALADS & FRUITS	PRICE
Fruit Salad Large	\$ 4.50
Fruit Salad Small	\$ 3.50
3 to Go (Watermelon cups)	\$ 1.50
Garden Salad (Mixed Lettuce, Tom, Cucumber, Carrots)	\$ 4.50
Chicken Caesar Salad	\$ 4.50
Greek Salad	\$ 4.50
Super Salad	\$ 6.00
Mixed Lettuce, tom, cucumber, carrot, egg, tuna, beetroot avocado, pineapple. (Choose three or make your own)	



HOT FOODS	PRICE
Fried Rice / Lasagna / Spagetti / Ravioli	\$ 3.50
Beef Meat Pie / Sausage Roll (Free Sauce)	\$ 3.50
Potato Pie (Spoon included)	\$ 3.50
Party Pies x 3 pack (Free sauce)	\$ 2.50
Sweet Chili Tenders Wrap (lettuce, tomato, sauce)	\$ 3.50
Chicken Fillet Breast Burger / Wrap (lettuce, tomato, mayo)	\$ 3.50
Flamed Grill Beef Burger (Lettuce / tomato)	\$ 3.50
Flamed Grill Cheese Burger	\$ 3.00
Chicken Nuggets x 6 pack (free sauce)	\$ 3.50
Chicken Nugglets x 3 pack (free sauce)	\$ 2.50
Chicken Chippies x 7 (free Sauce)	\$ 3.50
Pork Rib Roll with Cheese	\$ 4.00
Wedges (Free Sauce)	\$ 3.50
Fish Burger (fillet / lettuce / tartare sauce)	\$ 3.00
Fish Fingers x 4 pack (free sauce)	\$ 2.50
Hot Dog 97% Fat free (free sauce)	\$ 3.00
Spinach and Ricotta Rolls	\$ 3.00
Garlic Bread	\$ 1.50
Corn in a cup	\$ 1.50
Warm Cup Noodles (Chicken or Beef)	\$ 2.50
Hash Brown (Oven Baked)	\$ 1.00

### PIZZA SLABS

Garlic and Cheese	\$ 3.50
Cheese	\$ 3.50
BBQ Chicken	\$ 3.50
Extra Sauce	\$ 0.30
(Tomato, BBQ, Sweet & Sour, Sweet Chili)	

SNACKS	PRICE
Red Rock variety	\$ 1.00
JJ's	\$ 1.00
Jumpies variety	\$ 1.00

### ICE COLD TREATS (NSWSCA Approved)

PRICE	
Zooter Dooper	\$ 0.70
Juicy Tubes	\$ 1.00
Frozen Fruit Yogurt Cup	\$ 2.00
MOOSIES (Milk Freeze)	\$ 2.00
Paddle Pops	\$ 1.50
Icy Pops Lemonade / Raspberry	\$ 1.00
Shushie 200ml	\$ 2.00

A Variety of different foods, fruits and drinks will be available for recess. These will vary daily and seasonal.

### COMBO DEALS

<b>MONDAY</b> Rice / Lasagna / Spagetti Including water and Noodle Chips \$5.00
<b>TUESDAY</b> Any Gourmet Sandwich or Wrap Shushie and Corn Tub \$5.50
<b>WEDNESDAY</b> Any Burger or Warm Wrap Juice Popper and Juicy Tube \$5.50
<b>THURSDAY</b> Hot Dog Flavoured Milk \$4.50

DRINKS (All NSWSCA Approved)	PRICE
Water	\$ 1.80
Quench Flavoured Fruit Mineral Water	\$ 2.00
Big M Milk	\$ 2.00
Juices Bottle	\$ 2.00
Juices Popper	\$ 1.50
Focus Water	\$ 2.50
Vaalia Yogurt	\$ 2.00



BREAKFAST	PRICE
Rocket Cheese	\$ 2.00
Rocket Ham & Cheese	\$ 2.50
Hash Brown	\$ 1.00
Toast	\$ 0.50

**Join now!**

**P & C**

Our next P & C Meeting will be held  
next Thursday, 9th February  
at 9:00 a.m. in the Library

**Make a  
difference!**



Here at Edensor Park Public School, we have a fundraising/P&C Committee that meets twice a term. It is a very informal and open forum for us as parents, grandparents and care givers to voice any concerns, ideas, etc that we may have. It is also where we get information and updates about what is happening in our school.

Each year we have activities such as Mothers' Day stall, Easter Hat Parade and raffle, Fathers' Day stall, Disco and Christmas raffle. The children enjoy these special days and look forward to them. These activities are made possible by us, as parents, helping out when we can.

Next Thursday, 9th February, we will be having our first meeting at 9.00am. Please come along and support our children and school so that these events can continue. Nobody will be made to take on any role they don't want to.

**Hope to see you at 9:00am in the Library,  
on Thursday, 9th February!**



# P&C NEWS

## First meeting and Coffee Club

Next Thursday, 9th February, the P&C will be hosting their first meeting for 2017.

We would like to see as many new faces there as possible. If you are free, please come and join the fun!

The meeting will be held in the library.

We will also be hosting our first Coffee Club for the year. If you want to come and enjoy some coffee/tea, biscuits and cake, please join us NEXT Thursday, 9th February at 9am in front of the library.



### From The EPPS P&C

Welcome back for 2017! We hope you had a fantastic Summer Holiday! We have started a P&C Facebook Group called "Edensor Park PS Parents Group". You can join the group and we can keep you in touch with P&C and other School events as they are happening throughout the terms.

Search "Edensor Park PS Parents Group" on Facebook and request to join. Below is a small note that you can complete and return to the office so we can approve your request to join this group. The group is a closed group and not open to members of the public to join. We only want parents/carers of students to be in the group.

Please return this section to the office.

Facebook Name \_\_\_\_\_

Child's Name \_\_\_\_\_

(This is so we can accept you on the Facebook group)

Name \_\_\_\_\_

Contact number \_\_\_\_\_

Email \_\_\_\_\_



# Dates to Remember

*MARK YOUR  
CALENDAR!*

- 9th Feb: Coffee Club / P&C Meeting (In front of the School Library) - 9am
- 28th Feb: Swimming Carnival
- 15th Feb: Best Start Parent Meeting - (6pm - 7pm )
- 1st Mar: Meet The Teacher BBQ - (5:30pm - 7:30pm)
- 2nd Mar: School Photos
- 3rd to 6th Apr: Parent/Teacher Interviews

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](http://www.edensorpk-p.schools.nsw.edu.au)  
Email: [edensorpk-p.school@det.nsw.edu.au](mailto:edensorpk-p.school@det.nsw.edu.au)

**PLEASE PHONE**

**1300 880 021**

**TO REPORT ANY SECURITY INCIDENTS IN OUR SCHOOL**

# Newsletter Distribution

Edensor Park Public School is going paperless!

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: \_\_\_\_\_