PRINCIPAL’S MESSAGE

Congratulations

Well done to our seven competitors who represented the Warringah Zone at the Sydney North Area swimming carnival at Homebush yesterday.

From all reports, our school team swam brilliantly. Congratulations to Tyler K who came 3rd in the finals in freestyle, breaststroke and backstroke; the Junior Boys relay team (Lachlan C, James L, Oliver C and Tyler K) who came 2nd in the relay final and the Senior Girls relay team (Jasi C, Claudia N, Zoe L and Emma B) who came 8th in a closely contested relay final.

Our school community is proud of all the individual and team efforts of all swimmers.

We wish Tyler K and the Junior Boys relay team all the best for the state carnival on the 2 and 3 April.

School communication

Our newsletter, The Grapevine, is emailed out to all families each Tuesday afternoon. Attached to The Grapevine email are any notes for the week. Notes requiring a return slip for permission or volunteer requests are also sent home in hard copy. Notes containing information only are distributed via the Tuesday email. The Department of Education and Communities often encounters issues when emailing Hotmail and Yahoo accounts. If the main email contact we have for you is Hotmail or Yahoo, please notify the school office if you have a different email address we can use for this correspondence.

If parents need to contact their child’s class teacher at any time, please contact the school office via phone or the school’s email address. This information will be distributed to the class teacher and the class teacher will return contact when they are available. Our priority is the teaching and learning programs being implemented in all classrooms. Return contact by the teacher can take several days as staff attend meetings before and after school most days. Please do not contact the teacher directly via their Department email account. Face to face or phone contact is the best way for staff to liaise with parents. Thank you for your co-operation and support of this protocol.

Sunscreen

As students react to certain brands of sunscreen, the school cannot supply sunscreen for the students to access during the day. To support sun safety, I ask all parents to ensure their child applies sunscreen in the morning before coming to school and to have sunscreen in their bag to access for reapplication during the day.

Head lice

Issues with head lice arise throughout the year in all primary schools. For those of us who have experienced the trouble they bring, we understand the issue parents face when children continually have to have their hair treated and the hours spent sterilising linen. I ask all parents to please check their child’s hair every week. More information is available at http://kidshealth.org/parent/infections/common/head_lice.html

Parent/Teacher Interviews

Thank you to all families who have already signed up for Parent/Teacher Interviews using the online booking tool. The site can be accessed at http://www.schoolinterviews.com.au/ and the school’s event code is 4Z4JM. Once a booking is made you will receive an email confirmation. All interviews will be conducted in your child’s classroom. If you do not have access to the internet, please contact the school and our office staff will schedule interviews for you.

Angela Helsloot, Principal
CALENDAR

Week 8  Thursday 21 March  Triple P Parenting Program - 7.00pm - 9.00pm
Week 9  Tuesday 26 March  K-6 Easter Hat Parade
       Wednesday 27 March  School Tour 9:30am for Kindergarten 2014 parents
       Friday 29 March  Good Friday
Week 10 Monday 1 April  Easter Monday
       Friday 5 April  Honour Assembly
Week 11 Monday 8 April  K-6 Dance-a-thon
       Tuesday 9 April  Stage 2 Botany Bay excursion
       Thursday 11 April  Kindergarten & year 6 Sound Day
       Friday 12 April  Cross Country Carnival
       Thursday 11 April  ANZAC Day Service
       Friday 12 April  Last day of term 1
Term 2  Wednesday 1 May  Students return to school

School Banking Day Reminder

Don’t forget that Wednesday is School Banking day and students should bring in their weekly deposit.

A representative from the Commonwealth Bank will be at school to assist parents with opening accounts on Monday 25 March from 8:40am to 9:10am and Wednesday 27 March from 2:30pm to 3:10pm.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

Thank you for supporting the School Banking program at Allambie Heights Public School.

CRUNCH & SIP

Why is it so important that children drink water?

Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather.

Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability.

Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch&Sip provides an opportunity to drink water and helps to prevent dehydration.
SCHOOL WEBSITE
Our school has a fantastic website which is updated regularly. Have a look at www.allambieht-p.schools.nsw.edu.au.
This week the following has been uploaded:
- Photos of our Funky Hair Day — located in the Photo Gallery on the front page of the website
- Photos of our AFL Paul Kelly Cup — located in the Photo Gallery on the front page of the website
- Band Camp information for parents — located under Curriculum and Activities / Arts / Band / Band Notes

PARENT CONTACT INFORMATION
Please return your parent contact information details to the office. It is very important that we have up to date contact information for you if we need to contact you in an emergency.

WINTER UNIFORM
Students should return to school in term 2 wearing their school winter uniform. Should we have unusually hot weather, students may wear their school summer uniform.

LEADERSHIP CAMP
On Monday 4 and Tuesday 5 March the year 6 leadership team went to the Collaroy Centre for Leadership Camp. While we were at camp we learnt all about leadership skills, leadership styles and team work.

We learnt how to write interesting speeches and how to say tongue twisters. Most of the games included a lot of team work.

For one of the games we had three pieces of cardboard and we had to get all of our team members to the other side of the room without touching the floor. We also learnt what makes a good leader and a bad leader.

To be a good leader you need qualities like being enthusiastic, persistent, resilient and many more. We all had a really good time at leadership camp and we have all learnt a lot.


What's been happening at school

Funky Hair Day was held last week at school. The SRC raised money for the Leukaemia Foundation.
Kindergarten students enjoyed making their Easter hats with their year 6 buddies.
PRESIDENT’S REPORT
Last Friday night was meant to be the first Skate’n’Scoot night for K-2 for 2013, however the weather foiled us again. Safety concerns resulted in the cancellation of the event which was disappointing. Thank you to the organisers and fingers crossed for some better weather next time.

The rain couldn't halt the first disco for the year and 180 kids attended and had a great night. There were some complaints regarding one of the songs that was played. The original song has explicit lyrics, however the 'clean' version was played at the disco with a reminder from the DJ for the children to not use inappropriate language. This did not occur, and following parental feedback from the disco committee to the DJ it has been determined to not play this song in the future. As a further response to parental concerns regarding the material played at the disco, the 'song list' will be made available upon request to parents prior to future discos and feedback is welcome. If anyone would like to discuss the matter further, please feel free to contact Helen Eavis (disco committee) or myself.

Organising school events that add to the community spirit of the school and for the purposes of fundraising are an important part of the wider school experience. I would like to thank the organising committees and volunteers for both these events for their efforts.

A reminder to all parents that a "Working with Children" declaration needs to be completed and returned to the school with proof of identification in order to volunteer in any capacity. Thanks for your co-operation.

We have a P&C meeting tonight at 7.30pm in the school hall. The agenda is outlined below and all are welcome.

Matt Cameron, P&C President

Agenda
1. Unfilled roles for 2013
2. Movie Night
3. Girls sports uniform
4. General School Contribution – Building & Library Funds
5. P&C Structure & Mission
6. Reports

EASTER HAT PARADE
The Allambie Heights Easter Hat Parade will be held on Tuesday 26 March at 12:20pm in the playground.

All parents and family members are welcome and can join the students for a picnic lunch at their child’s eating area from 12:50pm. Kindergarten, year 1, year 2, year 3 and year 4 will be making their hats in class and any craft contributions would be greatly appreciated (please speak to individual class teachers).

Years 5 and 6 will be making their Easter hats at home and will need to bring their creations to school on the day.

Tania King and Jess Pudney
SNACK SHACK NEWS

A belated “thank you” to two of our wonderful volunteers. Thanks very much to Jill L who in addition to volunteering her time in the Snack Shack kindly donated lamingtons to be sold in the Snack Shack which went down a treat. A big thank you to Jidapa D who volunteers twice a term and replenished our stock of the very popular homemade curry puffs.

Watch for notes being sent home for reimbursement for “emergency” lunches. These are for children appearing at the Snack Shack with no lunch. Sometimes it is because lunch was also eaten at recess or because an online order was incomplete.

As well as asking for reimbursement the notes serve as an indicator for perhaps more lunch to be packed or to check for confirmation of on-line orders.

**K-2 recess – No large frozen items**

Some of the younger children are not getting through their frozen items during the 20 minute recess break.

We have decided therefore to no longer serve the larger frozen items over recess for the K-2 children. K-2 will be able to buy juice, frozen fruit cups, lemonade ice blocks and ice cream cups at lunch only. At recess the children can purchase frozen orange quarters or frozen watermelon pieces on a stick for 0.20c. They can also buy wholemeal smiley face cookies (0.20c), rice cups (0.50c), breadsticks and popcorn (0.10c each).

Lisa on 0409 994 809 / ahpscanteen@gmail.com

**Snack Shack Roster**

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<tr>
<th>Week 8</th>
<th>Wednesday 20/3</th>
<th>Jen McK</th>
<th>Hassia</th>
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<td>Thursday 21/3</td>
<td>Josephine G</td>
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<td>Friday 22/3</td>
<td>Sarah McK</td>
<td>Beth McG</td>
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<td>Week 9</td>
<td>Monday 25/3</td>
<td>Lynn M</td>
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<td>Tuesday 26/3</td>
<td>Louise SS</td>
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<td>Wednesday 27/3</td>
<td>Kate F</td>
<td>One more volunteer needed please</td>
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<td>Thursday 28/3</td>
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<td>Two volunteers please</td>
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<td>Friday 29/3</td>
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<td>Good Friday</td>
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**Dates for which we are looking for volunteers**

- Wednesdays 3 April & 1 May
- Thursday 21 & 28 March, 4 & 11 April, 2 May
- Friday 28 June (1 more needed this day)
BAND NEWS

Band Camp
The 2013 Band camp is on this coming weekend. We hope all the children are getting excited - it will be a great weekend of music and fun. By now everyone should have returned their child's medical note and volunteers should have completed their Prohibited Declaration form and working with children identity check. All notes regarding the camp can be found on the School website [http://www.allambieht-ps.schools.nsw.edu.au/curriculum-activities/arts/band/band-notes](http://www.allambieht-ps.schools.nsw.edu.au/curriculum-activities/arts/band/band-notes) or you can collect copies from the office. Registration for training band will commence at 7.00am and concert band at 7.15am in the auditorium. Please refer to the "what to bring checklist" for all that is required. In particular, we need as many portable stands as possible, so we would be grateful if you could bring one along if you own one. The Band Camp culminates in a concert for parents and family commencing at 2:00pm. We hope to see you there.

Information for training band parents
Could training members please bring a black folder (with plastic inserts) to band camp to place their music in.

Concert Band Rehearsal cancelled Monday morning 25 March
Rehearsals will not be on Monday morning next week - 25 March.

Parent Roster and Working with Children
Band parent volunteers are required to complete the "Prohibited Declaration Form" and "Working with Children Identity check". This includes those parents volunteering at band camp.

Band Fees
Band invoices will be emailed next week. The band fees can be paid in one or two payments, with the first payment due at the end of April.

Dates for your Diary
Allambie Bands in Concert
Friday 15 November from 7:00pm
Both bands perform at this concert so please put this date in you diary.

Community Notices

MANLY WARRINGAH GYMNASTIC CLUB HOLIDAY FUN
Have fun these school holidays at our fully equipped gymnastics facility. Monday 15/4/13 to Friday 19/4/13 and Monday 22/4/13 to Friday 26/4/13. Short Day 9:00am—3:00pm $47.00 and long day 8:30am—4:00pm $63.00. The gym will be closed on Anzac Day. For more information collect a brochure from the school office or visit www.mwgymclub.com

SCHOOL HOLIDAY TENNIS AND ACTIVITY CAMP
Allambie Heights Community Tennis Centre 5 day camp from Monday 15 April to Friday 19 April. For information and bookings contact Suzy Ellis on 0417 381 138, or fax 9999 4475 or email: suzyellis@bigpond.com

WARRINGAH COUNCIL SCHOOL HOLIDAY PROGRAM
Brochures are available from the school office for you to collect.

GO4FUN PROGRAM
Northern Sydney Local Health District and the Pittwater Sports Centre are offering a FREE 9 week program for children to become fitter, happier and healthier. Go4Fun is a healthy lifestyle program provided free to children aged 7 - 13 years above a healthy weight and their parents/carers. Sessions are held after school and include informative games, fun and active exercise activities, tips on healthy food, label reading, portion size, healthy shopping on a budget plus much more. Places on the Go4Fun program are strictly limited and available now on a first-come, first-served basis. To register or find out more information about other program locations, you can place a free call to 1800 780 900; SMS 0409 745 645 for a call back; or visit www.mendcentral.org

SYDNEY FUTSAL ACADEMY
Free sessions being held at the Sydney Academy of Sport, Wakehurst Parkway, Narrabeen on Tuesday 19 and 26 March and 2 and 9 April. Email info@soccerdebrazil.com to register for a free session.

WHO WANTS TO MEET THE SWANS
Forest Lions exclusive Swans night is being held on Wednesday 20 March at 5:00pm at Lionel Watts Oval on Blackbutts Road, Belrose. Bring a mate and have some fun. There will be drills and training activities done in conjunction with Swans players. When the drills finish at 6:30pm each child will receive a sausage sandwich and drink for free.