PRINCIPAL’S MESSAGE

Band Camp

Congratulations to all students who attended Band Camp at The Collaroy Centre over the weekend. I was privileged enough to stay the night with the bands on Saturday evening and was impressed by their enthusiasm and commitment to being valued members of our school bands.

On behalf of our school community, I thank the staff – Ellen Christie, Michelle McMerrick, Monika Johnston, Marilyn Callintzis, Mari Elliott, Pam Sacks and Kerrie Latter – for giving up part of their weekend to attend and support our 2013 Band Camp. Without this support our Band Camp could not happen.

A special thanks to our music teacher and band mistress, Miss Kristin Wells, for her commitment to bringing out the best in both bands. From all reports, the Sunday afternoon concert was highly entertaining and enjoyed by all in attendance.

I would also like to thank all parents who volunteered over the weekend to provide supervision and guidance to our students. A special thanks to Jane Chubb and Angela Lyons for their amazing organisation of our Band Camp – this highly successful weekend was the result of months of hard work. Our school values the home-school link and the Band Camp weekend is a perfect example of this most valued partnership.

Congratulations

In addition to the winning swimmers mentioned in last week’s newsletter, our school congratulates all fourteen students from our school community who represented the Warringah Zone at the Sydney North Swimming Carnival at Homebush last Monday. Our school representatives were: Mischa M, Ollie C, Tyler K, Lachlan C, Claudia N, Isaac M, Lara N, Sophie D, Freya G, Ella S, James L, Jas C, Zoe L and Emma B. To have so many of our students reach this level of competition is outstanding.

As we approach the State Swimming Carnival on 2 and 3 April, we wish our school competitors – Tyler K and the Junior Boys Relay team (Tyler K, Lachlan C, Ollie C and James L) - the best of luck. No matter what the result boys, our school community is beaming with pride in your achievements!

Parent/Teacher Interviews

Thank you to all families who signed up for Parent/Teacher Interview using the online booking tool. Access to the website has now closed. If you missed the opportunity to make your online booking over the past two weeks, please contact the school office or your child’s class teacher and a booking can be made for you.

School Development Days

School development days are used by schools to improve the skills of our teachers, school leaders and the school administrative support staff. School development days improve learning outcomes of students by enabling whole school planning and enhancing teacher quality, school leadership and management practices, as well as allowing staff the opportunity to implement legislative and policy requirements.

During 2013, we have six school development days – Tuesday 29 January, Monday 29 April, Tuesday 30 April, Monday 15 July, Thursday 19 December and Friday 20 December. Our two days at the beginning of term 2 will focus on the implementation of the NSW syllabus of the Australia Curriculum – English; completing an online learning module focusing on how student learning will be impacted by the new curriculum and updating CPR skills for all staff.

As a staff, we have discussed moving the school development day on Friday 20 December to Saturday 16 November. After an exhausting term and end of year, the feeling of staff is that moving the day to earlier in the term will be much more productive. If the change is made, staff will spend the day focussing on consistent teacher judgement in assessment and reporting. Should you have any question or queries in regards to this proposed change, please let me know as soon as possible.

As we approach the Easter long weekend, I wish our families all the very best for a relaxing, peaceful and safe weekend with family and friends.

Angela Helsloot, Principal
## CALENDAR

**Week 9**
- 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
- No PSSA competition

**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
- ANZAC Day Service
- Last day of term 1

**Term 2**
- Wednesday 1 May: Students return to school

### BRONZE AWARDS

<table>
<thead>
<tr>
<th>KL</th>
<th>Joel B, Elysio O, Paddy S, Sienna S</th>
<th>1/2R</th>
<th>Demi L, Willow M, Remy M, Joshua R</th>
<th>4D</th>
<th>Niki H, Indiana S, Oscar V, Ingrid F</th>
</tr>
</thead>
<tbody>
<tr>
<td>KC</td>
<td>Kate G, Angus G, Tudor B</td>
<td>3P</td>
<td>Eliza C, Daniel R, Max M, Emilia M</td>
<td>5S</td>
<td>Peter Z, Renee W, Riley J, Daren R</td>
</tr>
<tr>
<td>1M</td>
<td>Emily D, Charlotte B, Oscar P, Charlie S</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SILVER AWARDS

- Jaslyn B x 2
- Tamsyn C
- Georgia H
- Archie H x 2
- Stuart S x 3
- Nicki C
- Lara H
- Rory H
- Lucy S
- Mitchell B
- Bishoy I
- Jess T x 3
- Philippa Y
- Lindsay M
- Maya P
- Emma A
- Mason L
- Kayne E
- James L
- Lucas B
- Oliver P
- Lucas S

### GOLD AWARDS

- Mischa M
- Bonnie H
- Jaslyn B
- Patrick N
- Tamsyn C x 2
- Georgia H
- Stuart S
- Nicki C
- Rory W
- Jaxon M
- Isabel B
- Henry B
- Andrew D
- Sam C
- Mitchell B
- Luky J
- Nathan T
- Oscar V
- Zoe L
- Charlie N
- Angus B
- Lily B
- Michal B
- Thomas M
- James L
- Chloie W
- Ashley B
- Oliver P
- Lucas B
- Isabel P
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 students attending the National Young Leaders Conference — look at the Photo Gallery on the front page
- Photos of Band Camp — look at the Photo Gallery on the front page

PARENT CONTACT INFORMATION
Please return your parent contact information details to the office if you have not already done so. 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.

CRUNCH & SIP

Why should children eat more fruit and vegetables?

We all know fruit and vegetables are good for us, and they taste great! They are packed full of vitamins and minerals that are important for growth and development and are a source of dietary fibre, which prevents constipation. Regularly eating diets high in fruit and vegetables also protects us against a number of diseases.

More than 87% of primary school age children in NSW do not consume the recommended amount of vegetables. This places them at risk of developing disease, such as diabetes, later in life.

Crunch & Sip ensures students are consuming at least one serve of fruit or vegetables each day, and can help increase the total number of serves they are eating each day. So encourage your child to eat fruit and veg at home and at school. And don’t forget to send some fruit or vegetables to school each day for your child to enjoy during Crunch & Sip break!

PSSA SPORT

There is no PSSA competition on Friday 5 April.

Softball A
We played a fun game of softball against Killarney Heights. We won 6-3. Cheyene was the player of the match because she showed great sportsmanship. By Claudia N

Softball B
We had a fantastic game of softball but unfortunately we lost with a score of 7-13 against Killarney Heights. Halle was the player of the match because of her performance on first base. By Ellie

T-Ball A
The girls played very well as we won the first innings. Each girl played their best from my point of view and the game was close but we lost 11-12. By Isabella

T-Ball B
The opposing team was difficult to play against and we lost by 6 runs. The score was 14-20. By Maddy

CLASS PARENTS
As class parent co-ordinator I am currently collecting names and email addresses for the class parent or parents of each class. If there is more than one class parent please send through each of your details. Can you please forward this as soon as possible to juliette.ross@hotmail.com. Remember to let me know which class you are from.

Julie Morris, Class Parent Co-ordinator
 Yesterday year 6 went to the National Young Leaders Conference at the Sydney Entertainment Centre. Over 6000 students from across the country attended. Students listened to inspirational stories from guest speakers such as Olympian Jessica Fox, former Eels captain Nathan Hindmarsh and entrepreneur Creel Price.

Each speaker’s story was different but their valuable message was similar—set your goals, never give up, listen, learn and do your best. It was an enjoyable day and all the students represented our school with pride. Thank you to Petra Morrell and Karen Brouwer for joining us on the excursion. Thank you also to the P&C for subsidising this excursion and making it possible for us to attend.

Louisa Brown, Stage 3, Assistant Principal
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 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.
Band Camp was held over the weekend at The Collaroy Conference Centre. Students worked hard on their musical skills and also enjoyed some outside physical activities.
BOOST (Beautifying our Outdoor Spaces Together) Report

Stages 1 and 2 of the Discovery Trail in the southern playground were completed in January. We are very grateful to Nick of All Arbor Services for his donation of some of the mulch needed and also to Australian Native Landscapes for providing discounted soil. The goodwill of both of these companies meant that we were able to get the soil works done in January, which was terrific.

The next stage of the Discovery Trail will involve planting and installing four large platform seats on the eastern boundary. The seats will be used for small class work, seating and imaginative play during lunch. The first two stages of the Discovery Trail comprised major works and needed to be managed and completed by one landscape company. The installation of the platform seats could potentially be managed by a parent from our school community. If anyone would like to submit a quote for building and installing the seats, please contact us on AHPSBoost@hotmail.com.

Bunnings has agreed to donate many of the plants needed, and will also provide staff to help us with the planting. A planting day will be held on Monday 20 May and volunteers will be warmly welcomed. We will be able to provide more details closer to the date.

We will be seeking to put the Dance-a-thon money towards the planting costs and the large platform seats. We are also in the process of sourcing spot prizes for the Dance-a-thon. If you know of anyone who would be willing to donate prizes, please contact us on AHPSBoost@hotmail.com. Thank you.

Beth McGregor, BOOST Committee

UNIFORM SHOP

At the recent P&C meeting it was agreed to make a change to the girls’ sport uniform. The new sports uniform will be the choice of either a new more functional style of skort or a sport short with the polo shirt. The current stock of netball skirts and skorts has been removed from sale. While these items can still be worn as the sport uniform we will no longer sell them and they will phase out over time. There will be a delay in obtaining the new skorts but the girls will be in the winter sport uniform for the next 2 terms (dance pants and white polo). We have sport shorts in stock.

We are still waiting on delivery of legionnaires hats, size 6, 8,10 and12 short sleeve polo shirts and size 4 and 6 zip jackets. We will put a note in The Grapevine when these items are available.

The Uniform Shop will be open on the first day back of term 2 - Wednesday 1 May from 9.30am to 10.30am and then as normal every Thursday from 2.30pm to 3.30pm.
SNACK SHACK NEWS

Thank you to the following
Kate F who donated a supply of dishwasher detergent to the Snack Shack and Hassia D for the French cooking lesson. Our school will be benefitting soon when a beautiful quiche Lorraine appears on our menu!

Roster

Dates for which we are looking for Volunteers:

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Wednesday 27/3</th>
<th>Kate F</th>
<th>Gwen P</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Thursday 28/3</td>
<td>Cleo R</td>
<td>Louisa C</td>
<td>10:00am – 11:30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00pm – 2:00pm</td>
</tr>
<tr>
<td></td>
<td>Friday 29/3</td>
<td></td>
<td></td>
<td>Good Friday</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Monday 1/4</th>
<th>Karen Nixon</th>
<th>Sarah M</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 2/4</td>
<td>11:00am – 1:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday 3/4</td>
<td>MJ S</td>
<td>Sarah M</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday 4/4</td>
<td>Sarah V</td>
<td>1 volunteer needed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday 5/4</td>
<td>Yuko H</td>
<td>Kazu M</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mika T</td>
<td>Sachi W</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 11</th>
<th>Monday 8/4</th>
<th>Andrea R</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 9/4</td>
<td>1 Volunteer needed</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00am – 2:00pm</td>
<td>or to serve over lunch and or recess</td>
</tr>
<tr>
<td></td>
<td>Wednesday 10/4</td>
<td>Kate H</td>
<td>Charlene F</td>
</tr>
<tr>
<td></td>
<td>Thursday 11/4</td>
<td>Danielle R</td>
<td>1 volunteer needed</td>
</tr>
<tr>
<td></td>
<td>Friday 12/4</td>
<td>Justine W</td>
<td>Rachel J</td>
</tr>
</tbody>
</table>

Please contact Lisa on 0409 994 809 / ahpscanteen@gmail.com
BAND NEWS

Band Camp
The band camp held over the weekend was a tremendous success. The weather was sensational and the children all had a great experience. They worked extremely hard during their rehearsals and tutor groups and improved considerably over the course of the weekend, culminating in a great concert on Sunday afternoon. But it wasn't all hard work, the children also enjoyed activities such as the flying fox, giant swing and rock climbing.

The band committee would like to extend their appreciation to the following for their help to make the weekend such a success:

Teacher volunteers. Thank you to the following teachers who gave up their time to supervise the camp over the weekend, it is very much appreciated: Ms Christie, Miss McMerrick, Mrs Johnston, Mrs Callintzis, Mrs Elliot, Mrs Sacks and Mrs Latter. A very big thank you to Mrs Helsoot for doing the overnight shift. Thank you also to Mrs Follett for her assistance with the tutor personnel.

Parent volunteers. Thank you to all the parents who gave up their time over the weekend. A particular thank you to the overnight parents: Mark Young, Vanessa Iles and Pebble Johns. These parents took on a big responsibility and did a great job. Also thank you to Heather Allan and Kim Kelly for organising the entertainment on Saturday night. Thank you to Jody Green and Larissa Laughton for their work on the band certificates.

Main organisers. The event was superbly organised by Jane Chubb and Angela Lyons. A huge thank you to you both for the many, many hours dedicated to ensuring this event was so enjoyable for the children.

Conductor. Last but not least, thank you to our wonderful band conductor Ms Kristin Wells who spent all weekend teaching the children and did so with such a cheerful disposition. Thank you!!!

Lost property will be taken to band rehearsals on Tuesday and Wednesday morning and thereafter can be found in the office.

Rehearsals
No concert band rehearsal on Easter Monday.

Invoices
Invoices will be emailed later this week.
MANLY WARRINGAH GYMNASSTIC 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@soccerdebrasil.com to register for a free session.