The Grapevine

Allambie Heights Public School
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Your Community School of Excellence

PRINCIPAL’S MESSAGE
It was lovely to see refreshed and recharged faces this morning following the four day Easter long weekend. Term 1 is a long term and these four days of rest were just at the right time. I trust you all enjoyed quality time with your family and devoured lots of Easter eggs over the weekend.

Thank you to all families who came along to our Easter Hat Parade last Tuesday. Although it was very warm, it was lovely to share this special time with our school community. Congratulations to all boys and girls for their creative, colourful and decorative Easter hats. We look forward to this day becoming a part of our annual school calendar. Our thanks to Tania King and Jess Pudney for organising the Easter Hat Parade for this year. It was thoroughly enjoyed by students, staff and parents.

Honour Assembly
On Friday we will celebrate citizenship in our school community during our Honour Assembly. This special assembly will commence at 2.00pm in the school hall. All parents are welcome to join us for this very special occasion.

Dance-a-thon
Our dance-a-thon will be held next Monday from 9.15am – 12.15pm. During this time, all students will dance for 1 hour. Sponsor forms were sent home with all students in week 7 and we ask all families to support their child/ren in safely collecting sponsors for this exciting fundraising event.

The schedule for dancing is:
9.15am – 10.15am – Stage 3 students
10.15am – 11.15am – K-2 students
11.15am – 12.15pm – Stage 2 students (these students will have an early recess before their dance session in the hall).

Following the dance-a-thon, students are asked to return their sponsor form and money to the office by Friday 12 April 2013. There will be lots of prizes on the day and prizes for fundraising efforts once all money has been collected. To help with dancing, students can wear mufti clothes on this day. Please ensure your child wears closed in shoes and protective clothing for the sun.

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 your child’s class teacher to make a booking. It is important that all families meet with their child’s teacher as these open lines of communication benefit students, staff and families.

Angela Helsloot
Principal

CALENDAR

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Friday 5 April</th>
<th>Honour Assembly</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>No PSSA competition</td>
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<tr>
<td>Week 11</td>
<td>Monday 8 April</td>
<td>K-6 Dance-a-thon</td>
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<td></td>
<td>Tuesday 9 April</td>
<td>Stage 2 Botany Bay excursion</td>
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<td>Thursday 11 April</td>
<td>Kindergarten &amp; year 6 Sound Day</td>
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<td></td>
<td>Friday 12 April</td>
<td>Cross Country Carnival</td>
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<td>ANZAC Day Service</td>
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<td></td>
<td></td>
<td>Last day of term 1</td>
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<td>Term 2</td>
<td>Wednesday 1 May</td>
<td>Students return to school</td>
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<td></td>
<td></td>
<td>Term 2</td>
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<tr>
<td></td>
<td></td>
<td>Wednesday 1 May</td>
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<td></td>
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<td>Students return to school</td>
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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:


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 as we need to be able 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 shouldn’t students eat snacks like muesli bars or fruit leathers during Crunch & Sip?
Foods such as fruit-topped muesli bars and fruit leathers are often high in sugar and energy, and low in other nutrients such as vitamins and minerals. Fruit and vegetables are lower in energy and high in nutrients, making them the ideal snack option.
Fruit leathers, roll-ups and sticky muesli bars also have the tendency to cling to teeth, which increases the risk of tooth decay.

WOOLWORTHS EARN AND LEARN
Once again our school is participating in the Woolworths Earn and Learn Program. From Monday 8 April to Sunday 9 June when you shop at Woolworths you can collect Woolworths Earn and Learn Points from the checkout operator and place them on a Woolworths Earn and Learn Points Sheet. One point is earned for every $10.00 spent. Once completed, simply place the sheet in the collection box located in the foyer of the office.

Last year our school participated in the program and below is a photo of the education resources we earned through the program.
Earlier this term, selected students from across the school participated in an hour long enrichment session that focused on enhancing and assessing student skills in literacy. Students worked in teams to produce a comic strip to communicate our new school values in an exciting way. All of the students who attended displayed a high level of enthusiasm for the task and worked hard to complete their comic strips as a team with varied levels of assistance. Well done!

Comics that clearly demonstrate our school values and display a high level of literary talent and/or creativity have been selected to be published in The Grapevine this week and on our school website. Click on this link to view www.allambiehhp.schools.nsw.edu.au/gallery/enrichment-program

I invite you to have a read and discuss our new school values with your children.

Emma McVey
ANZAC COMMEMORATIVE SERVICE
Friday 12 April at 2.00pm

Family and friends are invited to join our ANZAC Commemorative Service which will be held in the school hall. Children are requested to wear school uniform or special uniforms – cubs, scouts, brownies, guides, brigade etc.

Contributions of flowers, ivy or green cuttings would be appreciated. Children may bring these to the art room on Friday morning. Parent helpers are needed on the morning to make wreaths. If available please meet teachers at the art room next to the hall at 8:30am.

CHICKENPOX
There has been a case of chickenpox reported in kindergarten. Chickenpox is a virus which usually causes a mild illness in children but can be severe for adults. Infection in pregnancy can cause foetal malformations, skin scarring and other problems in the baby. A vaccine is recommended for all infants and non-immune adults.

Symptoms: These don’t appear until approximately two weeks after exposure to the virus and range from sudden onset of a slight fever, runny nose, feeling generally unwell and a skin rash which appears over a three or four day period beginning as small lumps that turn into blisters and then scabs.

The virus is spread early in the illness by coughing and then later by direct contact with the fluid in the blisters. Chickenpox infection triggers an immune response and people rarely get chickenpox twice. It can reappear later in life as Shingles.

Absence from School: The virus is contagious for 5 days or more after the rash appears ie when the blisters have formed into crusts or scabs and children should not attend school or socialise during this time.

Further information can be obtained on-line at www0.health.nsw.gov.au/factsheets/infectious/chickenpox.html

LOST PROPERTY
Please ensure that all items of clothing are labelled clearly so if found at school we can return them to the correct child. Items of clothing which are lost are initially brought to the office. If they are named the item is then returned to the classroom. Items of clothing which have no name are held in the office. In all cases we do our best to return lost items to their owner.
Under glorious sunshine our Easter Hat Parade was held at school last week. Students proudly paraded the hats they had made. More pictures can be seen on our school website.

Click on this link
Manly Freezers no longer stock Strawberry OKF.

**Messages to discuss with your child**
Please remember that we have different volunteers each day giving their time and doing their best. If your child discovers they have inadvertently been given an incorrect item with their lunch order, please remind them to come and see Lisa or one of the volunteers who will happily exchange.

**Snack Shack Roster**
The term 2 roster will be emailed by week 2, term 2. If your name appears on the term 1 roster you will be carried over for the following term. Please keep an eye out for emails and continue to refer to the weekly roster in The Grapevine. Many thanks.

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<thead>
<tr>
<th>Week 10</th>
<th>Wednesday</th>
<th>3/4</th>
<th>MJ S</th>
<th>Sarah M</th>
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<tbody>
<tr>
<td></td>
<td>Thursday</td>
<td>4/4</td>
<td>Sarah V</td>
<td>1 volunteer needed</td>
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<tr>
<td></td>
<td>Friday</td>
<td>5/4</td>
<td>Yuko H</td>
<td>Kazu M</td>
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<td>Mika T</td>
<td>Sachi W</td>
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<td>Week 11</td>
<td>Monday</td>
<td>8/4</td>
<td>Andrea R</td>
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<td></td>
<td>Tuesday</td>
<td>9/4</td>
<td>1 volunteer needed 11:00 am – 2:00 pm or to serve over lunch and or recess</td>
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<td></td>
<td>Wednesday</td>
<td>10/4</td>
<td>Kate H</td>
<td>Charlene F</td>
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<td></td>
<td>Thursday</td>
<td>11/4</td>
<td>Danielle R</td>
<td>Lynn M</td>
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<td>11:00am – 1:30pm</td>
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<td></td>
<td>Friday</td>
<td>12/4</td>
<td>Justine W</td>
<td>Rachel J</td>
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**SPRING FUN FAIR - SUNDAY 8 SEPTEMBER**
It's Out Of This World!

It is time to get excited - planning is underway for the Allambie Heights Public School Spring Fun Fair! The theme this year is SPACE. We are calling on all students from K-6 to take part in the 2013 Spring Fun Fair Logo Competition. Think aliens, spaceships, shooting stars and solar systems... anything 'space-tacular'!

What you need to do is paint, draw or colour your best A4 creation using the 'Space' theme. You can either use a canvas (which you can get from any of the $2.00 shops at Warriannah Mall) or an A4 piece of paper. Bring them into the office in the first week of term 2, with your name and class clearly marked on the back.

Remember, all artwork must be back by Friday 3 May. There will be great prizes up for grab, and the winning artwork will appear on all the posters and flyers for the 2013 Spring Fun Fair! For further information you can email Jody at aj.green@bigpond.net.au

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

**Band Committee Meeting**
The next band committee meeting will be held tomorrow night at 7.30 in the meeting room at the School hall. New members are more than welcome. Bring along a friend and be involved in your child's musical opportunities.

**Star Search—Warringah Mall**
Star Search will be held at Warringah Mall during the second week of the school holidays. First prize will win $2,000 in Westfield Gift Cards.

Where: Westfield Warringah Mall, main stage  
When: Monday 22 April to Saturday 27 April  
Auditions: Monday 22 April from 9.30am in the Community Room  

**Next Band Event**
The Yamaha Festival is the next band event. More information will follow in the next few weeks.

**Band Camp**
Band Camp lost property can be found in the office. Thank you very much to those parents that have provided much valued feedback on the Band Camp. If you are interested in providing feedback or assisting with next year’s camp we invite you to the committee meeting tomorrow night (see above).


**Rehearsals**
Due to a year 3 excursion there will be no training band rehearsal on Tuesday 9 April.

**Invoices**
Invoices will be emailed before the end of the term.

**UNIFORM SHOP NEWS**
Size 4 zip jackets are now back in stock but we are still waiting on delivery of legionnaires hats, size 6, 8, 10 and 12 short sleeve polo shirts and size 6 zip jackets. We will advise in The Grapevine when these items are received.

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 2.30pm to 3.30pm.

**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. **I still need this information from KL, KC, 2P, 3P, 3/4J, 4P and 6A.** Could you please forward this information 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*
ALLAMBIE NETBALL CLUB
We would like to invite 7 year olds (born 2006) to attend our NetSetGo junior netball program. NetSetGo has been developed to provide children with the best possible learning and playing experience, and to develop a positive introduction to netball, ensuring enjoyment and continued participation. This year we will be holding two 5 week programs with the same content at different locations.

Session 1: Manly Vale Public School
Where: Sunshine St Manly Vale, on netball court and back oval
When: 3.45pm—5.00pm – every Friday from 3 May to 31 May (5 weeks)
Contact: Natalie Harrison 0438 689 140

Session 2: Allambie Heights Public School
Where: 165 Allambie Road, Allambie Heights on netball court inside school grounds
When: 3.45pm—5.00pm – every Thursday from 30 May to 27 June (5 weeks)
Contact: Cathy Priebenow 0434 261 161

The cost of one session is $65.00 or both sessions $75.00, which includes a backpack, ball, T-shirt, Netball NSW Swifts pencil case, certificate & insurance. For more information and registration visit our website www.allambie.netball.asn.au

The Northern Beaches Expo will be held at the Northern Beaches Indoor Sports Centre, Jacksons Road, Warriewood, NSW. The Event comprises four expos in one – all located in the same area. It offers lots of entertainment for adults and kids; and there are more than 200 exhibits expected, which will appeal to the whole family. You'll get the chance to win prizes galore and pick up lots of special expo deals. It's a great day out and entry and parking are free.

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/careers. 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.