PRINCIPAL'S MESSAGE

Quality teachers making a difference

Swimming Carnival
Congratulations to all students in year 2 – year 6 who competed in our school swimming carnival on Thursday 27 February at Lane Cove Aquatic Centre. Although it wasn’t the most pleasant weather, it was wonderful to see so many of our parents and friends join us for this very exciting event on our term 1 calendar. My thanks to all staff, especially our carnival co-ordinator Boyd Aikin, and all parents who helped out to make the day such a huge success. Congratulations and best wishes to all students who now go onto represent our school at the Warringah Zone swimming carnival being held at Warringah Aquatic Centre on Tuesday 11 March 2014.

Parent/Teacher Interviews
Parent/Teacher Interviews will be held for all classes during week 9 and/or week 10 of this term. These *10 minute interviews* provide an opportunity for teachers to sit and share information with parents about their child. Attached to our Grapevine email is a sheet detailing how to make a booking for your child’s Parent/Teacher Interviews using the online booking system we trialled in 2013. A hard copy of this note was also sent home to all families today. All interviews will be conducted in your child’s classroom and we ask all parents to please stick to their chosen time so that the interview sessions can run smoothly and to time. Should you require longer than the 10 minutes allocated per interview, you will need to organise another interview time with your child’s class teacher. If you do not have access to the internet, please contact your child’s class teacher directly to make a mutually convenient interview time.

The Department of Education and Communities requires all teachers to conduct one formal parent/teacher interview per year and issue detailed student reports at the end of Semester 1 and Semester 2. Should interviews be required at other times during the year, these can be requested by the class teacher or the parent. To contact your child’s class teacher should you wish to arrange an interview at any time, please phone or email the school.

Evacuation and lockdown procedures
To ensure all students in the school are aware of the emergency procedures we have in place, we are required to conduct drills for our evacuation and lockdown procedures throughout the year. On Tuesday 18 March 2014, we will be holding a whole school lockdown drill. During this drill, classrooms will be locked, windows and blinds closed and the number of people in classrooms reported to the office. As a part of this process, should parents be onsite during these drills, parents must follow the instructions given by the staff warden for each block of classrooms. This may include being asked to come into a classroom until the drill is complete. These drills don’t take very long, but is important all students and staff are prepared should the need ever arise for a school lockdown. A drill for our evacuation procedures will be held on Friday 23 May 2014. During this drill, students will leave their classroom with their teacher and follow the quickest route to the courts on playground north. In the event that we need to leave the school premises in an emergency, our offsite evacuation point is Allambie Hall (approximately a 1km walk down Allambie Road from the school). In the event of an emergency, it is important that all parent volunteers are signed in at the office so that they can be accounted for when completing a check of who is present.

Achieving academic excellence

Selective high testing
19 students from year 6 will be sitting the Selective High School Test at the Northern Beaches Secondary College – Cromer Campus, Cromer on Thursday 13 March 2014. We wish them every success in completing this challenging exam.

Your community school

Welcome BBQ
Thank you to the many families who attended our P and C Welcome BBQ on Friday 21 February 2014. It was lovely to see so many Allambie Heights community members come along and enjoy this social gathering with ‘new’ and ‘old’ families. My thanks to Kelly Barr-Jones and Lyndall Pamp for co-ordinating the evening and spending their time cooking and serving the sausages to those who attended – your efforts are greatly appreciated!
**School Uniform**
As lovely as they are, I remind students and parents that ‘rainbow bands’ are not a part of our school uniform. These bands can cause issues amongst children in the playground and are proving a distraction in the classroom. I ask parents to remind their child/ren that these bands are not to be worn to school.

**Before school supervision**
Two staff members are on duty each morning from 8.40am in playground north. For the safety of all in our school before school, I remind all parents that all students are expected to place their bags at their classroom and then make their way to playground north as soon as they have dropped off their bag. This is irrespective of whether or not they are with an adult. This can prove difficult outside the Kindergarten/year 1 classrooms, but students remaining in playground south during the before school time are considered out of bounds and will be recorded so in our PBEL tracking sheet. Your co-operation is greatly appreciated in ensuring all students are in the teacher supervised area of playground north during this time.

**Providing opportunities for all**

**Absence from school**
In the event that a child is absent from school, parents/carers must notify the class teacher in writing on the day the child returns to school. Due to legal reasons it is not sufficient to state that a child was ‘absent’ – a reason for the absence must be supplied. Although appreciated, notification to the office via a phone call does not meet our legal obligations. The office staff will notify the class teacher that your child is away, however, the class teacher requires written notification on the day your child returns to school.

If you are planning on taking leave of 5 days or more during the school term, an exemption from school application form must be completed and an exemption from school certificate will be issued for the length of the absence from school. To receive this relevant paper work, please notify the office in writing of the anticipated leave. All forms must be completed before the leave is expected to commence.

**Term accounts**
Term accounts were mailed to all families on Tuesday 11 February 2014. Appearing on the term 1 account are expenses incurred by parents in relation to educational programs such as excursions, incursions and sports costs. Parents are billed at the beginning of each school term, rather than being asked to send small amounts to school throughout the term. Thank you to all families who have already made payment for the term 1 account. Prompt payment of these accounts is vital as the school is required to pay for such costs. Failure to settle term accounts is a great financial drain on the school budget, ultimately resulting in reduced resources for all students. If you have any questions in regards to your term account, please contact the school office.

Angela Helsloot
Principal
CALENDAR

Tuesday 11 March  Zone Swimming Carnival
Wednesday 19 March  P&C Meeting 7:30pm
Thursday 20 March  Year 6 It's Academic
Monday 24 March  CSIRO Science Show
Tuesday 25 March  CSIRO Science Show
Area Swimming Carnival
Friday 28 March  Extra K-6 assembly
Band Camp
Saturday 29 March  Band Camp
Sunday 30 March  Band Camp
Monday 31 March to Life Education
Tuesday 8 April
Monday 7 April  School cross country carnival—9.10am—11.10am
Thursday 10 April  Easter Hat Parade—10.00am—11.00am
ANZAC Day Service—2.00pm—3.00pm
Friday 11 April  School development day—staff only

Click on this link for more calendar days on our website:  http://www.allambieht-p.schools.nsw.edu.au/calendar

PSSA SPORT REPORTS

**T-Ball A Team**
The player of the match was Lara because she batted and fielded well. The final score was 13/17. By Erin N

**T-Ball B Team**
Player of the match was Nicki C because she is such a good player and hit two home runs and was very good at being our catcher. By Charlie

**SCRIPTURE PROGRAM**
The Scripture program for 2014 has commenced. All children have been placed in their groups. Children will only be able to change groups at the commencement of the term through a written request from their parent or guardian.

_Fiona Greenland, Scripture Co-ordinator_

**COMMUNITY BUSINESS DIRECTORY**
The Allambie Heights Public School Community Business Directory is located on our school website. Please use the links in the directory to view the businesses listed. For more information on how to advertise in the Community Business Directory please email allambieht-p.school@det.nsw.edu.au.

Please use the following link to view the Community Business Directory: 

- Crazy Glasses Day photos have been uploaded to the website. Click on the following link: 

**SCHOOL WEBSITE**

**LOST PROPERTY FROM THE SWIMMING CARNIVAL**
If you lost any items at the Swimming Carnival please check at the office to see if they have been handed in.

**STUDENT MEDICAL DETAILS & HEALTH CONDITIONS**
Our records show that not all students have completed the Student Medical Details and Health Conditions form. If your child brings this form home please complete it and return to the office by Friday 14 March.

**INTERNET CODE OF BEHAVIOUR AGREEMENT**
Our records show that not all students have completed the Internet Code of Behaviour Agreement form. If your child brings this form home please complete it and return to the office by Friday 14 March.
School Banking Day Reminder

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

For every deposit made at school, no matter how big or small, students will receive a cool Doolmite 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.

Stay Cool at School This Summer!

Complete three deposits into your Youthsaver account through School Banking between 28/01/2014 and 11/04/2014 to help your school have the chance to win a 3m x 3m Marquee. You will also go into the draw for a chance to win 1 of 2 $50.00 deposits into your School Banking account.

Great things happen when you save!
**SNACK SHACK NEWS**

- If your child suffers from **allergies** please be sure to complete the required paperwork at the school office.
- Please also ensure when you order your child’s lunch via Flexischools that you check the appropriate allergy category.
- The Snack Shack is a “Nut Free Zone” however if your family is affected by allergies, please make a time to meet with Lisa to look at existing packaged products which “may contain traces of nuts”.
- Please take the time to look over the menu with your child and discuss what they may or may not purchase over the counter.

**Please note that Friday 4 April 2014 will be a sausage sizzle meal deal with on-line ordering only. Orders will close on Wednesday 2 April 2014. More details to come.**

**Roster, Term 1**

We are looking for volunteers for the following dates:

- **Monday:** one volunteer on each of 17 March & 31 March; two volunteers needed for 24 March & 7 April
- **Tuesday:** one volunteer 10:30am to 1:30pm or 11:00am – 2:00pm on 11 March, 18 March, 25 March; two volunteers for 8 April
- **Thursday:** one volunteer on 10 April
- **Friday:** one volunteer on 28 March from 12:00pm – 2:00pm

Please note the change of mobile number for roster point of contact: **0450 014 355 / ahpscanteen@gmail.com**

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Wednesday</th>
<th>Hassia D</th>
<th>Melissa R</th>
<th>Orla M</th>
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<tbody>
<tr>
<td></td>
<td>5/3</td>
<td></td>
<td></td>
<td>9:00am– 11:30am</td>
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<tr>
<td>Thursday</td>
<td>6/3</td>
<td>Deanne H</td>
<td></td>
<td>Jo K</td>
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<tr>
<td>Friday</td>
<td>7/3</td>
<td>Ingrid B</td>
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<td>Beck F</td>
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<thead>
<tr>
<th>Week 7</th>
<th>Monday</th>
<th>Justine HS</th>
<th>Jidapa D</th>
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<tbody>
<tr>
<td></td>
<td>10/3</td>
<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
<td>11/3</td>
<td>Jo S</td>
<td>1 volunteer needed 10:30am – 1:30pm</td>
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<tr>
<th>Week 8</th>
<th>Monday</th>
<th>Cathy A</th>
<th>1 volunteer needed</th>
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<tbody>
<tr>
<td></td>
<td>17/3</td>
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<td></td>
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<tr>
<td>Tuesday</td>
<td>18/3</td>
<td>Paula C</td>
<td>1 volunteer needed 11:00am – 2:00pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>19/3</td>
<td>Jen McK</td>
<td>Kirsty Peters</td>
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<tr>
<td>Thursday</td>
<td>20/3</td>
<td>Rebecca C</td>
<td>Lisbet – to confirm timing</td>
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<td></td>
<td></td>
<td></td>
<td>Louisa C – timings once Lisbet to confirm</td>
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</tbody>
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<table>
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<tr>
<th>Friday</th>
<th>21/3</th>
<th>Josephine G</th>
<th>Anna M</th>
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<td></td>
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<td>9:00am– 11:30am</td>
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**UNIFORM SHOP**

Short sleeve polo shirts in all sizes and medium wide brim hats are back in stock. We are filling all orders this week and they will be ready for collection by Friday morning from the school office. We are still waiting on size 8 summer dresses.
Rehearsals
Training band will now rehearse every Tuesday and Thursday am unless otherwise advised.

Band Camp - Friday 28 March 2014 to Sunday 30 March 2014
Thank you very much to all the parents that have returned their permission notes and made payment. There are still a few forms outstanding. The due date for the return of these notes was Friday 28 February.

For those families that have paid the deposit, full payment is due by Wednesday 12 March 2014. The preferred method of payment is direct deposit (bank details were on the permission note - please let us know if you need these details again). The parent roster will be emailed once complete. More information, including a site map and medical form, will be sent to parents closer to the event.

Music stands. We ask that each child supply a collapsible music stand for use at the band camp. These stands are needed for the tutorial sessions (the school stands are transported to the camp but are used in the auditorium for the rehearsal sessions). It is recommended that all band students have a music stand at home for their practice sessions.

Invoices
Band fee/instrument hire invoices will be emailed in April 2014.

Band Handbook
The 2014 band handbook can be found on the school website on the P&C page under “band”. This handbook is a valuable source of information and should be referred to if you have any general queries in relation to the band program.

Hired Instruments
Please email ahpsband@gmail.com if your hired instrument has any problems. For term 1 we may be able to arrange for the service provider to collect and repair the instrument. From term 2, it will be the parents responsibility to arrange any repairs.

Important dates for the year
Yamaha festival: 13 to 17 June 2014 and 20 to 22 June 2014 at the Chatswood Concourse Theatre. (This is the only competition that the School participates in so please put this time period in your diary. There will only be one performance per band but we don't know these dates yet. We will let you know as soon as we find out).

My name is Clint Bowen, dad of Darcy & Stella (4D) and Tessa (3B). On 28 March I will be setting off as part of the Tour de Cure Signature peloton, cycling from Sydney to Hobart. In essence it's a 9 day bike ride covering some gruelling hilly terrain for 1600kms, averaging 160-220kms per day (yes we get the ferry across Bass Strait. No I don't have to ride round and round the ferry).

We leave from Martin Place Plaza on Thursday 28 March arriving in Hobart on Sunday 6 April. You can follow our progress on Channel 7's Sunrise with Berrets, who takes part in the ride each year.

If you would like to support me and Tour de Cure, visit http://www.tourdecure.com.au/pages/tours/signature-tour-2014/profile/c89568

ALLAMBIE RUGBY CLUB
We are still taking late registrations for the Under 6 and Under 7 age groups. Registration is $70.00 and includes everything except boots. Please visit www.allambierugby.com or call Wayne Reeve on 0438 777 544 for further information. Training starts Friday 7 March at 4:00pm.

WORLDS GREATEST SHAVE
My name is Erin Hayes and I am an ex-Allambie Heights student who graduated in 2005. My 5 siblings also attended Allambie Heights over the past 23 consecutive years. I am participating in the Leukaemia Foundation, World’s Greatest Shave on 15 March 2014 and I will be shaving all my hair off. If you would like to support me I would be most grateful. Click on this link for further information: http://my.leukaemiafoundation.org.au/erinhayes
# Parenting Programs

## Child & Adolescent Parenting

### What's on in Term 1 - Courses/Workshops for Parents/Caregivers

#### Tuning in to Kids Course (3–10 yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood: 5 wks/2.5 hrs (25/2 – 25/3, 7.00-9.30pm)

#### Triple P (Positive Parenting Program) Course (3–8 yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood: 7 sessions over 8 wks – 5 group & 2 telephone (17/2 – 31/3)

#### NEW Communicating with Kids Workshop (based on PET) (4–12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood: (1/4, 7.00-9.30pm)

#### Tuning in to Teens Course
Emotional intelligence & communication skills to understand your adolescents’ needs & behaviour.
Chatswood: (5/3 – 2/4, 7.00-9.30pm)

#### Toddlers Workshops (1–3 yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood: 27/2, 6/3 & 13/3 (3 wks/2.5 hrs each (7.00-9.30pm)

#### Resilient Kids Workshop
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood: (20/2, 7.00-9.30pm)

#### Dealing with Teen’s Backchat Workshop
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood: (26/2, 7.00-9.30pm)

### Workshops on Request - Phone 9887 5830 (2–2.5 hours)

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Phone</th>
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<tbody>
<tr>
<td>★ Understanding Your Toddler/Discipline &amp; Tantrums</td>
<td>9887 5830</td>
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<tr>
<td>★ Tucker without Tantrums/Toilet Training</td>
<td>Transition to School</td>
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<tr>
<td>★ Speech &amp; Language Development/Sleep</td>
<td>Transition to High School</td>
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<tr>
<td>★ Older Sibling - New Baby</td>
<td>★ Triple P (PPP) Seminar Series</td>
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<tr>
<td>★ Bully Busting</td>
<td>1–12 years &amp; Teens</td>
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<tr>
<td>★ Resilient Kids</td>
<td>★ Dealing with Teen’s Back Chat</td>
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<tr>
<td>★ NEW ★ Grand Parenting</td>
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</tbody>
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**Enquiries:** Child & Adolescent Parenting 9887 5830
The Forest High School will be running their GATS Test on Saturday 15 March from 9:00am to 11:30am in the school hall. Students wishing to be placed in our Gifted and Talented class for Year 7 2015 must first sit for this test. The Year 7 G&T class for Year 7 2015 will be determined after close examination of the test results and the students’ NAPLAN results from Year 5.

The cost of the test is $20.00, payable on the day. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:
- Part 1 – Mathematics - 40 multiple-choice questions.
- Part 2 – Reading and language – 40 multiple-choice questions
- Part 3 – One writing task

Students are requested to arrive at The Forest High School by 8:45am for a 9:00am start. They are also requested to bring a copy of their NAPLAN results on the day of the test.

If you would like your child to sit for this test please ring The Forest High School on 9451 5111 and register your name, your child’s name, address and phone number. Please register before Friday 7 March.