Term 3  Week 6   20th August 2014

AUGUST

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>20</td>
<td>ZoosnooZ – year 4</td>
</tr>
<tr>
<td>Thursday</td>
<td>21</td>
<td>No Assembly Peer Support</td>
</tr>
<tr>
<td>Friday</td>
<td>22</td>
<td>Concert Dress Rehearsal</td>
</tr>
<tr>
<td>Tuesday</td>
<td>26</td>
<td>Matinee Concert</td>
</tr>
<tr>
<td>Wednesday</td>
<td>27</td>
<td>Evening Concert Zone Athletics Field Events</td>
</tr>
</tbody>
</table>

SEPTEMBER

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>2</td>
<td>2.3N,3B,4N,4/5D to Museum</td>
</tr>
<tr>
<td>Wednesday</td>
<td>3</td>
<td>Zone Athletics Track Events</td>
</tr>
<tr>
<td>Friday</td>
<td>5</td>
<td>Swimming Scheme commences Yrs 2-6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Father’s Day Breakfast Obstacle-a-thon</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9</td>
<td>Kindy to Calmsley City Farm</td>
</tr>
<tr>
<td>Friday</td>
<td>12</td>
<td>Swimming</td>
</tr>
<tr>
<td>Sunday</td>
<td>14</td>
<td>Spring Fair</td>
</tr>
<tr>
<td>Friday</td>
<td>19</td>
<td>Swimming Last Day Term 3</td>
</tr>
</tbody>
</table>

Notes sent home this week

Zone Athletics Track Events Permission Note
Australian Museum Excursion – 2/3N,3D,4N,4/5D,2/5C
Concert Dress Rehearsal – whole school
Milson Island Camp – Years 5 and 6

PRINCIPAL’S REPORT

Dear Parents,

As I mentioned previously, last year was the first year that we were up at the high school for the night concert. We, of course, were not sure of the logistics going in and we have refined some procedures this year. You will receive a note soon outlining all times and information to help make the concert run as smoothly as possible. Of particular note is leaving the hall at the end of the concert. Last year the children still had to go and collect items from the holding rooms, some were with their parents and there was mass of people going back and forth through small doors in the foyer area. The teachers had difficulty working out who went with whom and it was a real safety concern. This year, we will be getting the children to leave at the rear of the hall after the finale and asking the audience to leave through the exits at the front of the hall. Then students can be picked up safely under the covered area outside the rear of the hall.

We had a number of students do extremely well in the ICAS Science competition held earlier this year. Congratulations to Bronte L, Nicholas S, Hannah P, Jamie O, Emily T and William W for achieving Credits. As well as this, awesome work from Karen M, Malinsa R, Timothy S, Eric G, Joshua S and Erika M for gaining Distinctions. As I have said before, these tests are not easy and I am delighted we had so many students do so well!

One of the many wonderful things about Normanhurst is the great support from the community regarding the wearing of school uniform. A couple of different hats and tops have emerged of late. While I understand hats get lost and jumpers need to be washed, please try to ensure your child comes to school with appropriate uniform. And while we are on uniform, I am happy for the last two weeks of this term after Fathers’ Day to be considered the transitional period towards summer uniform. But only a week to go for our School Concert (less for the matinee!) and we are all excited. I had a sneak peak at some rehearsals last week and, not meaning to build them up too much, but they were terrific (no pressure staff!). There are only a couple more tickets left for the night concert at Normanhurst Boys but still a number for the matinee.
if the weather continues like it has been, there won’t be shorts and summer dresses appearing any time soon! Thanks also to Mrs Hudson and Mrs Leslie who do such an amazing job in the uniform shop. We don’t tell you enough how much we appreciate all you do.

Thanks to all families who have paid up for swimming which commences on Friday, 5th September. Some schools opt for a two week daily intensive program (which turns the whole school upside down for two weeks!) and many schools sadly do not offer swimming at all. We feel it is important for students to improve their skills in the water, and we are lucky to have access to a pool within walking distance avoiding the additional cost of a bus. Thanks to Mrs Khoo who has been coordinating this activity.

Due to the Zoosnooz excursion, there will be no Assembly this Thursday.

David Beggs

The following students were proud recipients of Striver badges at our last assembly.

Cassidy M. – Red
Bethany H. Ryan B.
Alyssa J. Cameron S.

Congratulations to the following students who received a Merit Certificate at our last assembly.

Milly L-M KIJ Mia P 2/3N
Adie H KIJ Caitlin B 2/3N
Benjamin C KS Ryan B 3B
Grace Mc KS Aydan K 3B
Mimi X 1H Oliver W 4N
Isaac S 1H Tayla N 4N
Lachlan D 1S Nicholas W 4/5D
Taj W 1S Luke L 4/5D
Zoe H 1/2M Cameron S 5/6B
Luke R 1/2M Daniel T 5/6B
Olivia U 2P Josh W 5/6G
Bridget L 2P Annalise W 5/6G

The following students competed:

Junior Division: Hamish T & Hugo B 2/3N
Bronte L & Nicholas S 3D
Cate F & Lucy H 4N
Cody F 4/5D

Senior Division: Lauren W 4/5D
Phoenix A & Ethan F 5/6B
Kaitlyn P & Edward W 5/6G

The following students will represent the school at the regional finals in a few weeks’ time:

Junior Division: Winner – Cody F
Runner-up - Cate F

Senior Division: Winner – Edward W
Runner-up – Phoenix A

Linda Grimmond

NSW PREMIER’S READING CHALLENGE

LAST WEEK!.....LAST WEEK!.....LAST WEEK!

The NSW Premier’s Reading Challenge is finishing. For those students completing the challenge and entering their books directly onto the computer, they will need to have their reading record completed by Friday 22nd August. If you have a paper reading log and would like Mrs Spender to complete your reading record online then you will need to return it to Mrs Spender no later than Thursday 21st August.

Thank you to all the students who have entered their records already.

Carolyn Spender

ZONE ATHLETICS CARNIVAL

The Zone Athletics Carnival scheduled for today has been postponed due to ground closure.

The new dates are field events on Wednesday 27th August and the track events on Wednesday 3rd September 2014.

Vern Barling

SPELLING BEE

Yesterday we held the final of the Spelling Bee in the school hall. Congratulations to all the competitors. They were amazing and demonstrated fantastic spelling skills. There were some really tricky words, and they held their nerve in front of the audience of students from Year 3 to 6.

The following students competed:

Junior Division: Hamish T & Hugo B 2/3N
Bronte L & Nicholas S 3D
Cate F & Lucy H 4N
Cody F 4/5D

Senior Division: Lauren W 4/5D
Phoenix A & Ethan F 5/6B
Kaitlyn P & Edward W 5/6G

The following students will represent the school at the regional finals in a few weeks’ time:

Junior Division: Winner – Cody F
Runner-up - Cate F

Senior Division: Winner – Edward W
Runner-up – Phoenix A

Linda Grimmond
RISE FOR ALEX WRISTBANDS

We still have a few wristbands available for purchase from the school office. Your purchase at $2.00 will go to a worthy cause.

PSSA SPORT

NETBALL

What a beautiful sunny afternoon for our final round of PSSA netball. The teams went down to Normanhurst Oval to play Pennant Hills Public School, and although there were no wins both teams had a great final match with lots of smiles. The A team had a particularly strong third quarter and the B team scored plenty of goals in the second half. Both teams played the best of their abilities and didn't give up until the end.

I wanted to thank the girls for a wonderful afternoon. It was a pleasure to accompany such beautiful girls to their final match – they represented their school amazingly.

Also a special mentions to our players of the match; Abby M and Jessie D, great job girls!

Hope you all had a great season.

Stephanie De Palo

SOCCER

A great final round against Pennant Hills Public School saw both teams play with gusto but unfortunately we came away with no wins.

The Red Team went down, 4-0, and the Blue team went down, 7-0.

A final report will be in the next newsletter.

Jason Cull

Calling all Artists

As the date for our school concert is looming we would like students to design an artwork that can be used as the front cover for the program.

Artworks should be A4 and be drawn with black pen or artline pen or computer generated and be based on our theme for this year “Wild at Heart”. You should include your name and class on the front of the artwork in small print in the bottom right hand corner.

Six artworks will be selected for the front cover of the program and all artworks will be on display at the Matinee Concert.

Please hand your entries in at the school office. They are due by Friday 22nd August 2014.

FOREVER

THRIVE

Smart Foods to Boost Learning (Andrew Fuller, University of Melbourne).

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk. “Having a higher protein, lower carbohydrate breakfast enhances concentration and memory,” says Andrew Fuller, a fellow at the University of Melbourne’s departments of Psychiatry and Learning and Educational Development.

Andrew says eggs in particular "literally lay down learning" because of the nutrient choline found in them, which helps to improve thinking and memory. Mother Nature is full of foods that aid smarter thinking and help kids and adults alike live longer – richly coloured berries to improve your child’s mood, avocado on toast to calm them. It all comes down to regularly eating foods that supply nutrients which support specific brain and body functions".
“What you’re trying to avoid is white squishy things, so basically chips, bread, cakes – these aren’t the things that really love us long term. If you want your kids to be on top of the game, they need to have an optimal brain and you only get an optimal brain if you sleep well, eat well, live well”.

In the Mood for Food

Learning, concentration and memory: eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

Happiness and sleep: almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkins seeds; and turkey.

Pleasure, motivation and concentration: chicken; dairy such as milk, yoghurt and cheese; fish such as salmon; oats; and chicken.

Energy and memory: chicken; dairy such as milk and yoghurt; peanuts; and sesame seeds.

Calmness: avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

Longevity: think Mediterranean diet such as olive oil and tomatoes.

Oat Crackers and Cheese Dip

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups rolled oats</td>
<td></td>
</tr>
<tr>
<td>1 cup plain flour</td>
<td></td>
</tr>
<tr>
<td>1 tsp bicarbonate soda</td>
<td></td>
</tr>
<tr>
<td>1 tsp fine salt</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground nutmeg</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>75 g cold unsalted butter</td>
<td></td>
</tr>
<tr>
<td>80mL milk</td>
<td></td>
</tr>
<tr>
<td>125g light cream cheese</td>
<td></td>
</tr>
<tr>
<td>1 tbsp barbecue sauce</td>
<td></td>
</tr>
<tr>
<td>2 tbsp hummus</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat oven to 180°C
2. Combine the rolled oats, flour, bicarb soda, salt and spices in a food processor and pulse until smooth.
3. Add the butter and pulse until coarse crumbs form.
4. Pour in the milk and pulse until a dough forms.
5. Roll out the dough to 3mm thick, then cut into 4cm squares.
6. Arrange on lined oven trays and bake for 15 minutes until lightly golden, then cool on a wire rack.
7. Combine the cream cheese, hummus and barbecue sauce in a bowl and beat until smooth.

PEER SUPPORT

This week in Peer Support the children will identify their strengths. Children will explore the following important strengths – curiosity, kindness and teamwork. Through the activities, children will be able to recognise which strengths they possess. They will realise how important it is to use their strengths in different situations. During the week talk to your child about your strengths and encourage them to share their strengths with you.

Linda Grimmond

ATTENTION SPRING FAIR ENTERTAINERS

Concert Band, Senior Choir, Ensemble and Dance Group

Parents and kids I am just getting you all prepped and primed for your performance schedule at the Spring Fair on Sunday 14th September. The performance schedule is as follows.

12.00pm Dance Group
12.15pm Band Ensemble
12.25pm Choirs
12.40pm Concert Band
1.00pm Dance/Band/Choir combined
Finale

The performance will take place in the lower quad.

Please let your Band/Choir/Dance Director know if you are unable to attend and ask them for specific details regarding your performance, costume and arrival time.

Becky Dyer
Agent to the Stars and
Spring Fair Entertainment Coordinator
BAND NEWS

Parent Band Roster

<table>
<thead>
<tr>
<th>Thursday 21st August</th>
<th>Band</th>
<th>Time</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Lisa Balian</td>
<td></td>
</tr>
<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Motoko Takagi</td>
<td></td>
</tr>
<tr>
<td>Monday 25th August</td>
<td>Training</td>
<td>7.25-8.30am</td>
<td>No rehearsal</td>
</tr>
<tr>
<td>Concert</td>
<td>12.55-1.55pm</td>
<td>Tram Nhan</td>
<td></td>
</tr>
<tr>
<td>Thursday 28th August</td>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>No rehearsal</td>
</tr>
<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Michelle Fitzpatrick</td>
<td></td>
</tr>
</tbody>
</table>

P&C NEWS

www.npspandc.com
http://www.facebook.com/NormanhurstPublicPC

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Class/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th Sept</td>
<td>Obstacle-a-thon</td>
<td>Calling all Dads (and Mums and Grandparents)</td>
</tr>
<tr>
<td></td>
<td>Father's Day Breakfast</td>
<td></td>
</tr>
<tr>
<td>14th Sept</td>
<td>Spring Fair</td>
<td>Volunteers needed</td>
</tr>
</tbody>
</table>

Obstacle-a-thon Mk VII

Our obstacle-a-thon is back bigger and better than ever this year with a course set to challenge kids and parents alike! As last year we are combining the event with our Fathers’ Day Breakfast and we will be offering coffee, tea and light snacks for purchase on the day……there won’t be a full breakfast offered though, so make sure your kiddos are all fuelled up before they hit the course. Dads will get the chance to challenge their kids over the course from 8.00am until the bell rings…and Mums/Grandparents, if you are the sole carer you are more than welcome to join in as well. Please ensure your child has returned the Obstacle-a-thon form prior to the day. Only accompanied children will be allowed on the course during this period.

NPS Spring Fair…..25 Days to go

We’re inside the last four weeks and I am starting to get very excited. I think this will be a fantastic event for our school. The organising committee are doing a tremendous job but they need the support of all of you to ensure the day’s success. So please stick up your hand when asked and come and join in the fun.

Scott Veale

EX STUDENTS SHINE

Turramurra High School recently held their Student Leadership investiture for 2014/2015. Some of our ex-students were elected to serve as officer bearers. For such a small school we were well represented.

Emma B – Year 7 Student Representative Council
Bethany R – Year 11 Girl Vice Captain
Angus M – Year 11 Boy School Captain
Josh M – Year 11 Prefect
Chloe Y – Year 11 Prefect
Aleisha M – Year 10 House Captain

NPS Kindy 2015

Playdate

If your child is starting Kindergarten in 2015 please come along a get to know some other families and children

Saturday 30th August at 2.00pm
Ruddock Park
BYO Afternoon Tea, Bikes, Balls, Scooters, Blanket etc