Dear Parents,

What a fantastic day last Friday was! Our Fathers’ Day Breakfast, linked with our Obstacle-a-thon, was sensational for all involved. So many people, and such a positive event. We debated about whether the structure should be outside or under the COLA and, in hindsight, it was a good call by Scott Bartholomew to have it under cover as it did rain throughout the day – which would have been a disaster. Speaking of Scott, many thanks to him for his organisation of the day. I’m sure he slept well Friday night, as did a number of students I’m sure! Thanks to all our great families who donated.

Another special event, our Family Fair, is coming up this Sunday from 10:30am to 3:30pm. There has been a mountain of work that has gone on behind the scenes, and if I try to single out people no doubt I will miss someone. Having said that, Lisa Christy has been the driver behind the Fair, and Leigh Hudson has been practically living at school for the last couple of weeks! They, and many, many community members have worked together to make this happen, and our heartfelt thanks goes out to them for their tireless efforts.

Our athletes finally got to compete at the Zone Athletics Carnival last Wednesday at Greenway Park, Cherrybrook. All students gave it their best on and off the track, of which we are immensely proud. Congratulations to Brad M, who came second (only by 2cm!) in the long jump, William W who came second in the high jump and 8th in the 100m final, Phoenix A who came 3rd in the 800m and Tabitha T who came 5th in the 100m final. As usual, the mighty Normanhurst is more
than competitive against much bigger schools. Thanks to Mr Norman for taking the students and to Mrs Binet who acted as Team Manager.

I mentioned Eddy W last week and his extensive achievements. Well, he’s done it again! Eddy went to State Parliament House last Thursday to take part in the Barry O’Farrell Public Speaking competition and was victorious! Congratulations Eddy on another accolade.

Cody F, Cate F, Phoenix A and Eddy W are off to Cherrybrook Public School on Monday to compete in the 2014 Premier’s Spelling Bee. We wish them all the best! Spelling bees can be tricky – there might be perfectly simple words leading up to your turn and all of a sudden you get one that really makes you think. Of course, that can work the other way too!

Apologies to some PSSA soccer parents for the group photos last week. The soccer photo was taken but one class was mistakenly not called, so the photo ended up with a few less players. We were unable to take the photo again as we ran out of time. Mrs Grimmond has offered to take a photo of the whole team at a later date and we are happy to pass copies on to parents.

I mentioned a few weeks back I am happy to use the next week and a half as a transition to summer uniform (I have seen a few brave souls already – my jacket is staying on for the time being thank you very much). I want the students to be comfortable in their uniform so they are ready to give it their best every day.

David Beggs

No Striver Badges awarded last week as there was no assembly.

**PEER SUPPORT**

This week in Peer Support the children will practice developing their strengths. This will help your child to become more resilient and optimistic. Ask your child to share the strengths they identified during this week’s session.

**ADDITIONAL SCHOOL PHOTOS**

The additional school photos that were taken on Thursday 4th September will go on display in the school office once they have been received back from the photographer. You will be advised when this occurs and a form will be available for you to order.

**BAND NEWS**

**Parent Band Roster**

<table>
<thead>
<tr>
<th>Date</th>
<th>Band</th>
<th>Time</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday 11th September</strong></td>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Natasha Haeussler</td>
</tr>
<tr>
<td></td>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Alexandra Mancera</td>
</tr>
<tr>
<td><strong>Monday 15th September</strong></td>
<td>Training</td>
<td>7.25-8.30am</td>
<td>Nicola Cameron</td>
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<tr>
<td></td>
<td>Concert</td>
<td>12.55-1.55pm</td>
<td>Murray Oakley</td>
</tr>
<tr>
<td><strong>Thursday 18th September</strong></td>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Andrew Grattan</td>
</tr>
<tr>
<td></td>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Graham Hanlon</td>
</tr>
</tbody>
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**GREEN TEAM**

Our winter crops are almost ready to harvest! Kale, spinach, beetroot, potato and radishes. Stay tuned for our upcoming celebration harvest and the amazing food we prepare. Our team has been busy spreading our compost to make a new garden bed ready for a summer crop which we will plant next week and the first few weeks of next term. It’s great that we can turn our food scraps into organic soil for our garden instead of harming our earth as landfill. Keep composting everyone!

**CANTEEN NEWS**

**About Wednesdays:** It is the end of the term and next week is the last day of the lasagne for this year, so if you want to enjoy a homemade beef lasagne next Wednesday 17th September is your last opportunity. Homemade fried rice with chicken and vegies will continue to be available as usual each Wednesday.

**A few things you may not know about helping in the canteen:**

- There is more to working in the canteen – you can collect the money, write drink
labels, serve at morning tea and lunch, make sandwiches, pack the orders into class groups and more.

- The kids love seeing a familiar face at the canteen window!

- On Friday the canteen often has 100 lunch orders!

- Dads, Grandparents, Aunties or Uncles or even a friend is very welcome to help. Lunch is provided for volunteers.

- Anytime you can come and help is invaluable – perhaps you could help for just a few hours at peak times or for a specific role, processing orders first thing, pack lunches at lunchtime or help serving at either recess or lunch.

- It is a real pleasure to be volunteering in the canteen, helping our families and staff in a practical way, and seeing those happy faces.

- Volunteers help at the canteen once a month, or once a term, or even once a year – we have vacancies so perhaps you could come and give it a go!

My name is Alexandra, I am the Canteen Manager. I am so pleased to have the privilege of working with this wonderful school, and am always happy to see not only the familiar faces but the new ones as well. Please feel free to come to the canteen anytime, have a cup of tea/coffee with us. Come in, have a look at the roster and take a spot to help and share the same wonderful experience that I have every day. You are welcome anytime.

Any help will be greatly appreciated.

Have a lovely week
Alexandra

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**Bakers Needed For the SPRING FAIR**

Only four sleeps until our fabulous Spring Fair this Sunday and we need you all to fire up your stoves and ovens to help make our cake stall a big success.

Cake boxes are available from the school office to hold your yummy cakes, cookies, slices and cupcakes. There are also cellophane bags to make up packs of fudge, coconut ice or truffles if that’s more your thing. Please label your creations with a list of the ingredients.

We will be ready to start displaying your goodies from 9.30am on Sunday, so thank you for your help, and see you there!

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**NOOSH NEWS**

The vacation care program for the school holidays period is available on our website www.normanhurstoshc.com.au

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**FOREVER THRIVE**

**Getting Ready For School Camp**

School camp is one of the highlights of childhood – chances are you can still remember some of the campfire songs, the smell of damper cooking and the names of the kids you bunked with. However, it’s also true that for some children (and their parents) the thought of staying overnight can create a little anxiety.

It’s not uncommon for kids to worry about who they’ll room with, ‘being left out’ of things, whether something might go wrong, feeling homesick and other understandable concerns.
Even the most outgoing and confident child may have a few moments of separation anxiety as the time to leave gets closer.

According to NSW Sport and Recreation’s Christine Duff, who manages the Hawkesbury River Centre at Milson Island, helping your child feel positive about going to camp is important, as it provides a new opportunity for them to stretch their wings.

“Children enjoy the challenges that camps provide – sharing a room, embracing challenging activities, sharing responsibility for things like washing up and getting to know their teachers outside the classroom.”

It’s worth remembering that every challenge your child overcomes contributes to their resilience and self-confidence when facing more unfamiliar situations later on. School camps are such a good was to build confidence and jump-start friendships.

**Tips for School Camp Confidence**

**Talk to your child.** When the opportunity to attend school camp arises, ask your kids how they feel about it. Are they excited by the idea? Do they have any fears? During this conversation you may be able to discern any anxieties or unnecessary mental obstacles, and reassure them with your own positive school camp experiences from your own childhood. Be positive by saying things like “this will be fun, you’ll enjoy the challenges”.

**Reduce the sense of unknown.** Ask the teacher if you can have a rough breakdown of the daily schedule at camp. This way you can help your child envisage all the fun activities and realise that there is a beginning, middle and end to their stay. Often kids can make rooming requests to be with their friends – ask the teacher if this is possible and explain you are helping your child manage a little anxiety.

**Practise ‘Independence” skills at home.** Does your child do their hair, remember to clean their teeth, know how to apply sunscreen and turn the shower taps on and off in the right order? There are lots of simple skills they can practise to feel more confident about being away from home.

**Prepare, make lists, and pack together.** When your child brings home the list of clothes and toiletries they need for camp, get them to help you find (or shop for), then label their things. It’s exciting for them to help prepare and pack, but it will also help them be aware of all the things that need to come back home again!

**Keep communication with school staff.** Your child’s teacher has probably taken hundreds of kids to camp over the years. They understand that children and parents are stepping outside their comfort zones for the first school camp. Don’t be afraid to send a note to the teachers who will be supervising your child to raise any concerns you have. They’ll appreciate the extra information as this makes their time at camp easier too.

**Keep positive.** Telling your child you believe they’re ready for school camp and they’ll have a great time helps your child believe it too.

School camp is a great opportunity for your child to push their boundaries, discover new friends and experience outdoor adventures first hand.

*NSW Department of Education and Communities – School A to Z*