Dear Families,

Congratulations to the students who represented CPPS last Thursday in the Zone Swimming Carnival. Miss Bouveng and Mrs Dubois have written a report including a list of students and their places. By all accounts we are proud of your sportsmanship and efforts that you displayed at the Carnival.

We have a school family who many of you may be aware have been dealing with a health crisis in their family. Hunter Owens in Year 1 contracted Spinal Myelitis approximately 3 weeks ago. Hunter is in hospital in good spirits fighting the paralysing conditions of this disease. Matt and Katie have been overwhelmed with messages and support for their family (Oliver in Year 3 and little brother Lincoln ) have received. CPPS would also like to support the family and through one of our prefects and a group of mums we have organised a Mufti Day to raise funds to support Hunter. It is being held next Monday 11th March, when children can come to school in their favourite sports outfit and donate a gold coin. This theme has been chosen because Hunter is a die hard Manly supporter. We have included some brief information about Spinal Myelitis to help us understand this condition.

What is Spinal Myelitis?
It is caused by inflammation in the spinal cord, which is responsible for sending messages between your brain and your body. The inflammation can damage or destroy myelin, the special protective covering of the nerves. This damage to the myelin means that the communication between the nerves and the body are interrupted, this means that you may not be able to lift your leg, move your foot etc.

Who gets spinal myelitis? It is extremely rare and can affect anyone.

What are the symptoms? Symptoms may be either acute, developing over hours to several days, or subacute, developing over 1 to 2 weeks. Symptoms vary but can include: lower back pain, headache, fever and loss of appetite, abnormal sensations such as burning, tickling, pricking, or tingling in the legs, sensory loss, muscle spasms, partial paralysis of the legs.

What causes it? Doctors are uncertain what causes spinal myelitis. Sometimes the symptoms begin after a viral infection or may be caused by an autoimmune response, where your body thinks it's "fighting" something "foreign".

What happens next? Doctors can't predict the chances of full or partial recovery. About one-third of people affected have a good recovery, one-third have a partial recovery and the rest show no recovery. Only time will be able to tell. If there is recovery it usually begins 2-12 weeks after the onset of symptoms, and can take 2 years.


Thank you for your support with this Mufti Day.

Unit Lunch is tomorrow and we are looking forward to those delicious sausages. Thank you mums and dads for organising and cooking them for us.

Today, all Year 6 students received their High Schools forms to complete and return to their classroom teachers.

Congratulations to all our Gold Award Winners and in particular our Platinum Award winners Tony Lu, Tamsyn Martin and Avalon Grygorcewicz.

Have a great week.

Suzanne Trisic
Principal

email: suzanne.trisic@det.nsw.edu.au
Helping your child to become a good speller

When your child is taught spelling at school, they learn to understand:
- How words sound
- How words look
- How words change form, eg from ‘jump’ to ‘jumped’
- Where words come from.

At school, children usually spend time each day studying words, learn that spelling is a tool that is closely linked to writing and reading and learn that accurate spelling matters and that it’s important to check their writing for mistakes.

What you can do to help your child with spelling

- Explain to your child that some words can be sounded out, but not all English words can be spelt correctly by ‘sounding out’, eg the words ‘you’ and ‘said’.
- Talk to your child about how you spell, and what you do when you don't know how to spell a word.
- Encourage your child to write at home on paper and on the computer, eg filling in forms, writing notes to family members, writing phone messages and reminder notes, making lists, replying to letters and emails, and sending cards.
- Provide a dictionary and use it together. Remember that dictionaries are more useful if your child knows about the alphabet and how a dictionary works.
- Encourage your child to first try spelling unknown words themselves, and then praise the parts of the word that are correct and suggest what else is needed.

Should you let your child use a spellchecker?
Yes. Spell checkers can be useful, but remind your child that they still need to be thinking when they use it. Your child will need your support:
- When the word is spelt correctly but it is not the right word, eg ‘shore’ and ‘sure’
- When the computer gives suggestions but your child still doesn’t know which word is correct
- When the computer uses American spellings.

Jane Williams, Deputy Principal

Band News

Upcoming CPPS Band Dates

All three of our Collaroy bands are already busy preparing for some great performance opportunities over the next few months. Below are some provisional dates for parents to put in their diaries. More information about these events will be sent out nearer the time.

Friday 5th April (evening, time TBC) Concert Band only: performance at NSSWE Festival, Forest High School

Saturday 6th April (afternoon or evening, time TBC) Performance Band only: performance at NSSWE Festival, Forest High School

Sunday 19th May, 12.35 - 1.00pm, all Bands: Pre-Yamaha Band Workshop at school

Early June (dates TBC by Dicksons Music), all Bands: perform at Yamaha Festival, UTS

Friday 13th, 5pm until Sunday 15th September (concert approx 3pm - 3.30 pm), all Bands: Band Camp at Salvation Army Centre, Collaroy
**Term 4, 2013**

**SHIFT TIMES:** AM help: 9.30 – 11.30   PM help: 11.30-1.45

Please contact Teena if you have any questions or the date/time does not suit.
Mob: 0406612301    Email: renteena@hn.ozemail.com.au

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**SUSHI IS NOW AVAILABLE ON TUESDAYS AND FRIDAYS**

Now available from canteen, gluten free min-dips: hommus, tzatziki, guacamole, aussie onion-$2.00 (come with corn chips, celery, cucumber or carrot sticks)
CanTeena.

---

Please Note: New Shop Open Times / Days: Tues: 8:45 – 9:15am & Thurs 8:45 – 9:15am.

The Uniform Shop is manned totally by volunteers…parents we need your help!

NB: Our online service through Flexischools is available via link on the school website & WE DO SELL 2nd hand uniform.

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**WK 7**

<table>
<thead>
<tr>
<th>Date</th>
<th>Shop Helper</th>
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<tr>
<td>11/03</td>
<td>Lyn Covic</td>
<td>Loren Melani</td>
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<td></td>
<td>Rose Grantham</td>
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<tr>
<td>12/03</td>
<td>Lyndell Wacket</td>
<td>Lina Chappel</td>
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<td></td>
<td>Jaki Edwards</td>
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<td>13/03</td>
<td>Gina Wentzel</td>
<td>Sue Douglas</td>
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<td></td>
<td>Jess McCormack</td>
<td>Jo Kintz</td>
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<td>14/03</td>
<td>Denise Rees</td>
<td>Helen Denton</td>
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<td></td>
<td>Anthea Breglec</td>
<td>Kirsten Ward</td>
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<tr>
<td>15/03</td>
<td>Sharon Sundborg</td>
<td>Karen McSorley</td>
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<td>Suzanne White</td>
<td>Betty Luan</td>
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**WK 8**

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<td>Louise Kocass</td>
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<td>Janine Wallis</td>
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<td>19/03</td>
<td>HELP PLEASE</td>
<td>Justine McKee</td>
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<td></td>
<td>HELP PLEASE</td>
<td>Katrina Maestri</td>
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<td>20/03</td>
<td>Monique Tyacke</td>
<td>Yanina Humphreys</td>
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<td>21/03</td>
<td>HELP PLEASE</td>
<td>Tash Howell</td>
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<tr>
<td>22/03</td>
<td>Jenny Hurst</td>
<td>Trudy Taylor</td>
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<td>Suzanne White</td>
<td>Betty Luan</td>
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cppsuniform@gmail.com
PSSA washed-out last week
Out of School Achievements

Congratulations to Chelsea Castle who was chosen to represent the Pittwater/Manly-Warringah Zone in basketball at the Sydney North Competition on the 5th March.

Congratulations to Allysia Whitby who will represent the Pittwater Zone in tennis at the Sydney North Competition this month.

Congratulations to Tamsyn Martin who is competing in the Little Athletics NSW State Championships in March.

Zone Swimming Carnival

Congratulations to all those children who represented Collaroy at the Zone Swimming Carnival last Thursday. Collaroy placed 5th overall and 3rd on handicap. It was an absolute delight to be team manager on the day and be in the grandstand with the children. Not only did they swim to the best of their ability, their sportsmanship and positive attitude throughout the day was excellent. Analiese Melbourn missed out on being awarded the most outstanding swimmer of the meet by 1 point. She will represent our zone in 6 events at the Area Carnival. Following is a list of children who received a place in the finals last Thursday:

Analiese Melbourn
- 1st Junior Girls Medley
- 1st 50m Freestyle/Breaststroke/Backstroke/Butterfly
- 1st Jnr Girls Relay

Lee Melbourn
- 3rd Junior Boys Medley
- 1st 50m Freestyle

Jaime Cummins
- 3rd Junior Girls Medley
- 1st 50m Freestyle
- 3rd 50m Butterfly
- 1st Jnr Girls Relay

Imogen Buchanan
- 2nd 50m Freestyle
- 1st Jnr Girls Relay

Jessica Crosby
- 3rd 50m Freestyle

Chloe Heiniger
- 2nd 50m Freestyle
- 1st 11yrs 50m Backstroke

Hudson Hurt
- 2nd Jnr Breaststroke

Zane Dunford
- 2nd 11yrs Freestyle
- 2nd 11yrs Butterfly

Taylor Heiniger
- 3rd Jnr Backstroke
- 1st Jnr Girls Relay

Area representatives received a note on the day for the Sydney North Carnival. It is being held on Monday 18th March at Sydney Aquatic Centre, Homebush. Please see Mrs Dubois if you need another note.

Thank you to all those parents who assisted on the day with timekeeping. Carnivals need the support and assistance of parent volunteers to go ahead.

Alison Bouveng/ Laura Dubois
The Premier’s Reading Challenge promotes a love of reading. It is not a competition but a challenge to each child to read more and read widely. All students receive the special Premier’s Reading Challenge certificate when they complete the challenge. After completing 4 challenges they receive a special “Gold Certificate”. Students participating continuously from Year 3 to Year 9 will receive a medal.

Generally students from Year 1 upwards are involved in the challenge. Participation may be a class initiative or individual commitment and in both cases supported by teachers and the teacher-librarian. If you wish to have your child in Kindergarten participate please contact the class teacher or myself for a reading log and information sheet. Kindergarten to Year 2 are required to experience (read or be read to) 30 books, 25 on the Premiers Reading Challenge list and 5 free choice books. Years 3 to 6 are required to read 20 books, 15 on the list and 5 free choice books.

All students participating must keep a hard copy Reading Log (available from the class teacher or teacher-librarian). This must be signed by parents when completed as home reading and returned to school. Reading records are also required to be entered online.

Students use their DEC user name and password (used for computer) to access the online record at the PRC site.

If you are not familiar with the reading challenge check out the site:


Reading lists can be accessed at the PRC site. You may find you have many books at home on the list. Books held in Collaroy Plateau Public School Library have PRC stickers on the spine. The PRC identification number has been written in pencil, usually on the title page. The PRC identification number has been written in pencil, usually on the title page, for convenience. Using the PRC identification number is a quick way to enter the details of a book online.

Closing date for the challenge this year is Friday, 23rd August.

Regards,
Marilyn O’Carroll
Teacher-Librarian

---

**CAN YOU HELP?**

**YR5 Dance Group** need help with making a performance prop. If you can spare any large plastic lids(approx.9cm in diameter ) from eg vegemite, peanut butter, or nutella jars, please drop off washed lids to the school foyer.

Thank you for your help.

YR5 Dance
# Gold Certificate Award Winners

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 1</th>
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<tbody>
<tr>
<td>Hana Cherry</td>
<td>Amelie Farquhar</td>
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<tr>
<td>Aiyla Thomas-Smith</td>
<td>Amitoj Kaur</td>
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<tr>
<td>Dylan Garlick</td>
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<tr>
<td>Lachlan Taylor</td>
<td>Oliver Hurt</td>
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<tr>
<td>Nicolas Veldhuis</td>
<td>Claire Sandilands</td>
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<tr>
<td>Benjamin Ward</td>
<td>Joel Whitfield</td>
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<td></td>
<td>Hayley Macgregor</td>
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<tr>
<td>Year 2</td>
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<tr>
<td>Jun Xian Chen</td>
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<tr>
<td>Lachlan Farquhar</td>
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<tr>
<td></td>
<td>Annelize Howard</td>
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<tr>
<td>Year 3</td>
<td></td>
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<tr>
<td>Niamh Barber</td>
<td>Zachery Gardner</td>
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<tr>
<td></td>
<td>Christian Chivers</td>
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<tr>
<td>Year 5</td>
<td></td>
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<tr>
<td>Corey Calvert</td>
<td>Fin Horsnells</td>
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<td>De Can Lin</td>
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<td>Year 5</td>
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<td>Arturo Cox</td>
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<tr>
<td>Brock Dose</td>
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<tr>
<td>Year 6</td>
<td></td>
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<tr>
<td>Sophie Coleman</td>
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<td>Poppy Miles</td>
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## Platinum Award

<table>
<thead>
<tr>
<th>Avalon Grygorcewicz</th>
<th>Tony Lu</th>
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<tr>
<td>Tamsyn Martin</td>
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</table>
Facebook - friend or foe it’s here to stay

Parents as primary caregivers and at home educators have an important role to play in helping kids navigate the social media landscape.

Article contributed by Denis Masseni

There is a nothing more divisive for parents today than a discussion about Facebook. With close on 11 million Australians now using Facebook, it has a participation rate like no other product or service.

With around 75% of 15 to 65 year olds using Facebook there must be some redeeming value. There are more Facebook users than there are taxpayers. Facebook is the most significant communication device since the telephone, so why the hysteria?

We digest our information via the media, which just loves a controversy. You’ll never see an article that reads, “Grandparents stay in touch on Facebook with travelling grandchildren” or “Teacher connects with old U.K colleagues after 20 years – found them on Facebook”.

Instead we see articles such as “Australia The World’s Facebook Bullying Capital” (news.com.au January 18). Yes, there are dangers but like the gun lobby’s catch cry “Guns don’t kill people, people kill people”, in the hands of the naíve or evil it can also be destructive. The interactive form of communication that is Facebook is so new. A culture of use is developing and kids are leading the way.

The single biggest issue stemming from inappropriate use of Facebook is that kids don’t realise they’re now global publishers. And in this space there are rules and laws. However we are in an era where online law is lagging but it is quickly catching up. In the future highly inflammatory and derogatory publishing that some people engage in will be reigned in, but in the meantime, we need to help our kids.

Schools will need to play a big part in creating this new Facebook culture. It can start with schools getting their own Facebook pages. This will go a long way to setting a tone for proper use and allow schools to keep pace with this evolving landscape. Parents as primary caregivers and at home educators also have a role to play in helping kids navigate this new landscape.

Here are a few tips about how to guide kids through social media.

1. Teach appropriate language
   Kids need guidelines regarding the language they use online. Here’s a simple guide for kids of all ages: “Don’t use language online that you wouldn’t use in front of your grandmother”. Language does get bluer as kids get older but Facebook seems to have lowered this threshold dramatically. Talk to kids about the appropriateness of the language they use on Facebook.

2. Limit friend acceptances and limit exposure to strangers
   Young people collect Facebook friends like swap cards, which is not good practice. Being indiscriminate as to whom they befriend leaves kids open to the potential of being targeted by undesirable adults. It is more appropriate that their Facebook friends mirror their ‘real’ life friends.

3. Photos can last forever
   More than 250 million photos are uploaded each day on Facebook, making sharing pictures the most popular activity. Some young people do place risqué pictures of themselves on Facebook. The central issue here involves the protection of the user’s reputation, which can be wrecked by one inappropriate photo spread around cyberspace via Facebook.

4. Time on Facebook – encourage moderate use
   We want our children to have a balanced life with a variety of activities both indoors and outdoors. We also know that they need plenty of face-to-face interactions so they can maintain social connections. The addictive nature of social media means that some kids spend far too much time on Facebook. Late night log-ins on a school night are not in kids’ long term best interest and require parent discussion and negotiation to help kids find a balance.

It’s difficult as parents to work out our role when kids use Facebook. Being their ‘friend’ is not the answer. Neither is letting kids do as they please online. Our kids need our sensibilities and wisdom as parents to help guide them in the social media world, and create a safe culture of use.

Denis Masseni is a Monash University/RMIT social media sessional lecturer. He is on a mission to have every school in Australia on Facebook.

He is the CEO: socialwise.com.au guiding kids in social media
He is also Director: sponsor-ed.com.au websites for schools
CPPS Fund Raising 2013

Our Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>TBC</td>
<td>Bunnings BBQs</td>
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<tr>
<td>February 22</td>
<td>Welcome Back BBQ</td>
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<tr>
<td>May 9</td>
<td>Mothers Day Stall</td>
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<tr>
<td>May 18</td>
<td>Mums Night In</td>
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<tr>
<td>August 3</td>
<td>Parents Night</td>
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<tr>
<td>August 29</td>
<td>Fathers Day Stall</td>
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<tr>
<td>September</td>
<td>Sunscreen Fundraiser</td>
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<td>September 14</td>
<td>Election BBQ</td>
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<tr>
<td>October 24</td>
<td>Walkathon</td>
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<td>October</td>
<td>Kindergarten Teatowels</td>
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<tr>
<td>November 8</td>
<td>Disco</td>
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</tbody>
</table>

Please note: Dates/themes may change.

Purchasing Entertainment books, products from Athletes Foot, Farmers Direct, Kidstuff and Stuck on You Labels will also help CPPS!

Our Goals

STLA (Students Teacher Learning Assistance) $20K
Installation of wireless technology $25K
Astro Turfing Year 3 - 6 playground
Major upgrade (Stage 2)
Kindy – Year 2 playground $35K+

Figure Includes $10000 in School Sponsorship

Many thanks to all of our very generous sponsors and supporters!

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