From the Principal

Thank you to those students and their families who have already brought their Walkathon sponsorship money to the Magpie Box. Keep your eyes on the “Year Thermometers” to gauge how your year group is going, remembering that the year group (per capita) who raises the most money will receive a sausage sizzle, ice block and extended play on Monday, 17th November. We are asking for all money to be collected and given to the school by next Friday, 31st October. We will announce the winning grade on Monday, 3rd November at the whole school assembly.

Congratulations to Mrs Macpherson, the Drama Club and the students of Year 6. The Drama Club and Year 6 have been involved in film making this semester. Mrs Macpherson entered their films into the Arts North Film Festival and we are very proud to announce that several films have been chosen as Grand Finalists to be previewed on Thursday, 6th November in the city. This is a red carpet affair and we will keep you posted as to who the winners are. Congratulations to the Drama Club for their Live Action sound film and Year 6 for their silent movies.

The DEC has developed a new direction for schools’ strategic plans. This plan has been informed by international research into what makes a high performing educational system. CPPS will need to develop a new strategic plan to define our directions and vision over the next three years 2015-2017. This plan needs to be a shared vision for the education of our students. We are seeking your input into this planning process and we will also be seeking input from students and staff. Our focus will be upon continuous educational improvement and delivering consistently high standard programs that are driven by research, data analysis and assessment data.

Your opinions are an extremely important part of this new School Plan and we are asking if you could take some time out to complete the online survey to inform us of what you see as important directions for our school. We are also asking Year 2-6 students to reflect on their learning and answer a short survey along with the staff. This is an exciting direction we are embarking in and we thank you for your time in completing the survey and look forward to sharing the results with our school community. Please hold ctrl and click on link https://www.surveymonkey.com/s/LFQ23WD

Our annual P&C AGM and General Meeting is this Wednesday evening, 22nd October in the staffroom at 7.00pm. This is an important evening as our P&C is an integral part of our school, working with staff, parents and students to ensure we are meeting the needs of our students, staff and community. All positions will be declared vacant and we are looking for new parents to support the amazing and dedicated band of parents we have in the P&C. In particular we are looking for a Secretary and Treasurer. If you would like to know more about the AGM or the particular roles please contact either myself 9971 5214 or email Suzanne.trisic@det.nsw.edu.au or our President Kim Blacker kim.blacker@gmail.com. A huge thank you to Mr Blacker who stepped up to the role of P&C President last year. I will be formally thanking each committee member and introducing new members in next week’s newsletter.
Congratulations to our Year 4 students Jamie Williams, Ryder Burton, Jorawar Singh and Oscar Humphries who have been selected to attend the Youth Eco Science Summit at Olympic Park where they will enjoy an exciting day of environmental and scientific discoveries. We are looking forward to their report next week.

Congratulations to those students who have accepted the Chess Challenge with 3 CPPS Chess teams competing at Macquarie University this weekend.

Suzanne Trisic
Principal

From the Deputy Principal

Jane Williams will be on Long Service Leave up to and including 29th October 2014

Diary Dates

<table>
<thead>
<tr>
<th>Monday 27th October</th>
<th>Tuesday 28th October</th>
<th>Wednesday 29th October</th>
<th>Wednesday 30th October</th>
<th>Thursday 30th October</th>
<th>Friday 31st October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Education</td>
<td>Life Education</td>
<td>Life Education Year 5 Bathurst</td>
<td>Life Education Year 5 Bathurst</td>
<td>Life Education Year 3 Excursion to Rocks</td>
<td>Life Education Year 3 Excursion to Rocks</td>
</tr>
<tr>
<td>4B &amp; 4V Gibberagong Excursion.</td>
<td>Tuesday 21st October</td>
<td>P &amp; C AGM. Young Writers Assembly</td>
<td>Thursday 23rd October</td>
<td>PCS Youth Eco Summit</td>
<td>Friday 24th October</td>
</tr>
<tr>
<td>4J &amp; 4D Gibberagong Excursion. PCS Youth Eco Summit</td>
<td>Tuesday 28th October</td>
<td>Wednesday 29th October</td>
<td>Thursday 30th October</td>
<td>Friday 31st October</td>
<td>Life Education Year 3 Excursion to Rocks</td>
</tr>
<tr>
<td>PSSA</td>
<td>Friday 24th October</td>
<td>PSSA</td>
<td>Friday 31st October</td>
<td>Life Education Year 3 Excursion to Rocks</td>
<td>Life Education Year 3 Excursion to Rocks</td>
</tr>
</tbody>
</table>

Funtime Friday

3:10pm-3:30pm
We are trying to have six helpers on hand each week, if you can help for 20 minutes one Friday a term please contact Justine McKee mobile: 0400 246 062 or email justinemckee@bigpond.com.

<table>
<thead>
<tr>
<th>WK 3 24/10/14</th>
<th>Anthea Breglec</th>
<th>Trudi Hurt</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Karen Frost</td>
<td>Simone Hitchings</td>
</tr>
<tr>
<td></td>
<td>HELP PLEASE</td>
<td>HELP PLEASE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WK 4 31/10/14</th>
<th>Justine McKee</th>
<th>Pat Lambert</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ricky Singh</td>
<td>Julie Watson</td>
</tr>
<tr>
<td></td>
<td>HELP PLEASE</td>
<td>HELP PLEASE</td>
</tr>
</tbody>
</table>
SHIFT TIMES: AM help: 9.30 – 11.30     PM help: 11.30-1.45
Please contact Kirsten if you have any questions or the date/time does not suit.
Mob: 0431 905 094    Email: kirstenwoll@hotmail.com

WK 3

<table>
<thead>
<tr>
<th>Mon</th>
<th>20/10</th>
<th>Ben Crabbe</th>
<th>HELP PLEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>21/10</td>
<td>Robyn De Beer</td>
<td>Kim Moss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HELP PLEASE</td>
<td>Caroline Tezjan</td>
</tr>
<tr>
<td>Wed</td>
<td>22/10</td>
<td>HELP PLEASE</td>
<td>Jacquie Evers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trudy Hurt</td>
</tr>
<tr>
<td>Thurs</td>
<td>23/10</td>
<td>Tash Howell</td>
<td>Leanne Elsworth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HELP PLEASE</td>
<td>Sue Grant</td>
</tr>
<tr>
<td>Frid</td>
<td>24/10</td>
<td>Shelley Gabrielle</td>
<td>Amber Potter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cherie Crodukes</td>
<td>Lindy Cassell</td>
</tr>
</tbody>
</table>

WK 4

<table>
<thead>
<tr>
<th>Mon</th>
<th>27/10</th>
<th>Michele Ravid</th>
<th>Bec Coy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>28/10</td>
<td>HELP PLEASE</td>
<td>Lina Chappel</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sharon Sundborg</td>
<td>HELP PLEASE</td>
</tr>
<tr>
<td>Wed</td>
<td>29/10</td>
<td>Louise Gooley</td>
<td>Stephanie Hicks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gina</td>
<td>Stacey</td>
</tr>
<tr>
<td>Thurs</td>
<td>30/10</td>
<td>Denise Rees</td>
<td>Tash Howell</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sarah Sandilands</td>
<td>Meaghan Townhill</td>
</tr>
<tr>
<td>Frid</td>
<td>31/10</td>
<td>Justene Gordon</td>
<td>Robyn De Beer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jude Bonnington</td>
<td>Pat Lambert</td>
</tr>
</tbody>
</table>

**Live Life Well @ School**

Be healthy – be active

Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight as well as boost confidence and reduce stress. Physical activity can also reduce the risk of heart disease and type 2 diabetes.

Ideas to get your family moving:

- Go outside and play chasing, ride bikes or throw a ball or a frisbee.
- Encourage children to make their own obstacle course at home. You could use garden hoses as tight-ropes, chairs to crawl under, and the clothes line to run around. Include a skipping rope and some jumping. For variety ask them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
- Encourage your child to play outside whenever possible. Play along whenever you can.
- Be a good role model – be active when you’re with children. What gets children moving is what parents do, not what they say. Children learn by example!
- Include games and walks in family outings.
- Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
- Walking together is a good time to talk to children about their lives and yours.
- Be prepared, think about activities your family can do in and around your home. Have some plans for wet days.
PSSA Results Round 3 v Newport

Cricket
Senior A team lost 73-90
Senior B team lost 51-52

Pittwater Tag
Junior A team lost 73-90
Junior B team won 6-4

Softball (Girls)
Senior A team lost 1-10
Senior B team lost 1-11

Softball (Boys)
Junior A team lost 3-8
Junior B team lost 4-7

Year 4 AFL played two outstanding games against Elanora Heights. Their skills were so impressive that they may as well have been playing for the Swans at the SCG. It is a pleasure to take away such an enthusiastic group of boys and girls each week who display excellent sportsmanship and ability on the field.

24/10 v Bilgola Plateau
Softball –Rat Park 6/7
Pittwater Tag – Narrabeen Reserve (Walsh Road)
AFL v Mona Vale – Narrabeen Sports High
Cricket – Plateau Park

Please note that the A game for each sport commences at 1:00pm and the B game at approximately 1:40pm.

Training is on for all teams this week.
Junior B Pittwater Tag (Girls) will now be training with Mrs Morris on Thursday morning at 8am on the K-2 oval at school.

Miss Bouveng

Unit Lunch – Term 4 Fundraiser – Wednesday 12th November - Cost $5.00

Choice BBQ Sausage or Vegetarian Burger, Lolly Bag and Quelch Stick

Please order online https://www.flexischools.com.au - Online orders due: 7/11/14

One (1) order for each child please. NB: there is no “service fee” as special order.

Don’t have internet access? Collect form from office – Paper orders due: 31/10/14
Come on a Great Family Adventure in Nepal
Easter School Holidays: 2nd April – 18th April 2015

- Trek in stunning mountain scenery
- Enjoy as a family the simplicity of life in the Himalayas
- Experience our education projects first hand
- Have fun in the beautiful lakeside town of Pokhara
- Join the amazing activities on offer at an adventure resort close to the Tibetan border
- Relax in luxury hotels mixed with the authentic experience of off the beaten track Nepali villages

Join this incredible 15 day tour co-ordinated by the directors of the charity First Steps Himalaya
www.greatadventures-nepal.com
Email: greatadventures@firststepsinhimalaya.org
Ph: (03) 5451903

Parenting children with AD/HD
A 5 session parenting program for parents of primary school aged children with AD/HD

Would you like to learn how to:
- Understand ADHD behaviours and how it impacts on family dynamics?
- Develop a more positive relationship with your child?
- Use new strategies in managing ADHD type of behaviours?
- Build your child’s self esteem?
- Develop better support networks for your child?

This group program has a practical approach with lots of room for discussions, practice and reflection, with a focus on self-care. The course is suited for parents who have a child who has recently been diagnosed with AD/HD, or those who are in the process of being diagnosed.

Where: Warrnambool Surf Life Saving Club, Narrabeen Park Parade, Warrnambool
When: Tuesdays 10am – 12pm
Start date: 4 November 2014

Presenters: Godalene Hoffman-Venkayl – Good Family Life
Sue Johnson – Community Builders Pittwater, Relationships Australia

Cost: $160* Places are limited to 10 participants

*Relationships Australia will be offering discounted places for parents suffering financial hardship - contact Sue Johansson on (03) 835 985 to check eligibility

Contact: For more information and to book: Godalene on (0425) 259 989 or info@goodfamilylife.com.au

Community Builders Pittwater

For more details call 5451903

www.greatadventures-nepal.com
Email: greatadventures@firststepsinhimalaya.org
Ph: (03) 5451903
ALL DAY RIDE TICKETS!

ALL DAY RIDE TICKETS ARE NOW AVAILABLE ON FLEXISCHOOLS.

Prepaid options are: $30 for an all day ride pass plus sausage sandwich and drink or; $25 for all day ride pass only. Rides start at 10am and wristbands can be picked up from the Rides booth. Tickets can be purchased on the day for $5/ride or $30 for an all day pass (does not include sausage sandwich or drink). Rides include: • Giant Slide • Cup & Saucer • Taxi Jet • The Storm • Mini Pirate Ship • Animal Jungle • Inflatable Rides.

FLYERS!

We still need volunteers to help distribute flyers around our local area. Flyers can be picked up at the school office.

VOLUNTEERS

There has been a great response for class volunteers on the day to run the stalls.

If you haven’t volunteered yet please pop your name on the roster for an hour or two so we can get all places filled.

Go to www.docs.google.com/spreadsheets/d/1zMrXvH1L5EPJADJDoK8f0cV3qG475XFViyjX5nk3uw_s/edit#gid=1641705363

CHOCOLATE WHEEL!

3F are looking for donations for prizes at the Chocolate Wheel stall and would appreciate it if our school families could help out with some small items.

We are asking for each year to bring in the following (items can be left at the office):
• Kindy & Year 1 - Biscuits
• Years 2 & 3 – Condiments (jams, pickles etc)
• Years 4 & 5 - Tea / Coffee
• Years 6 - Chocolates

TOMBOLA

We need your spare nick nacks for 2G and 2M’s Tombola stall.

We would love donations of jar-fillers - e.g. stationery (erasers, coloured paper clips etc), marbles, wrapped lollies or anything else you can think of. Please leave any donations in the boxes inside 2G and 2M or email Catherine at catherinemkearney@hotmail.com to arrange pick up/drop off.

BOOKS & TOYS!

We have had some great 2nd hand toys and books donated so far - please keep them coming! Items can be dropped off to the CAPPA Hall.

READY TO BAKE?

Homemade cakes, cookies, slices and jams - We need you to get baking!!!! Mums, Dads, Aunties, Uncles and Grandparents...

Get your cookbooks out and bake us one of your favourite recipes! Cake boxes will be available from the school office prior to the carnival. If you have a cake stand we can borrow on the day please email Karen on marcandkaren@optusnet.com.au to confirm.

FLYERS!

We still need volunteers to help distribute flyers around our local area. Flyers can be picked up at the school office.

Artwork by Jaffle Creative julie@jafflecreative.com.au