Friday 15 February 2013
Term 1, Week 3
Dear Parents, Staff & Students

Another very busy week has again flown by. All students are very settled and have adjusted back to school life well. Most of our programs are now up and running supporting student learning and staff. Parent commitment is always a very valued asset at Alfords Point Public School and I would like to thank all the parents who have already volunteered their time to help support our students and the programs that we have established in our classrooms. Your help is very much appreciated.

Anaphylaxis
As we do have students in our school who are anaphylactic to nuts we are trying to make our school a safe and happy place for all those who share it.

THINGS WE CAN DO:
1. Wash hands after eating and rinse your mouth
2. Always try to bring in ‘safe’ food from home
3. Don’t share food
SAFE FOODS
- Fruit, fruit sticks, fruit roll ups
- Cheese sticks and triangles
- Cheese and biscuits
- Plain biscuits
- Potato chips
- Sandwich fillings such as: vegemite, honey, jam, cheese, cold meats, salad, salmon, tuna
- Cakes and muffins/slices/biscuits that are nut free
- Muesli bars that contain no nuts
UNSAFE FOODS
- Peanut butter, Nutella, Milky Way spread
- Hazelnut dips with biscuits eg. Dunkeroos, Dippity Bics
- Muesli bars that contain nuts
- Chocolate that contains nuts

Again thank you for your support on this issue as students who come into contact with foods that contain nuts can have a very severe or potentially life threatening reaction.

The Induction of School Leaders
It was wonderful to see so many excited, enthusiastic and proud school leaders being presented with their leadership badges on Wednesday 13 February. Student leadership is a valued part of the culture of Alfords Point Public School and encouraged in every facet of school life. I am very proud of our wonderful student leaders and I congratulate them on being the voice of all students at our school. I would also like to congratulate every student in the school for their excellent cooperation at our special assembly especially our new kinders who sat beautifully participating well. I’d also like to thank Mrs Panourgias for her outstanding dedication in running the SRC and promoting student leadership in our school.

Alfords Point Public School P&C
Our first P&C meeting evening was held on Monday evening of this week. This meeting was not the AGM but a meeting to welcome new members and everyone back. It was great to see parent representation from Kindergarten to Year 6. Thank you to all parents who came along on Monday evening. The P&C plays a very important part in our school community. The partnership between the school and the community is invaluable. It is essential that parents and citizens be part of the connection and team that support and work with our school. The P&C works with the school to provide the best learning for all students. The P&C raises extremely valuable funds that support school improvement. Last year our P&C and a team of parents worked hard together on lots of initiatives to raise money for the school. We would love you to come along to the next meeting and be part of our 2013 P&C.
School Photos
On Monday 18 February, Pixie School Photographers will be at our school taking class photos, family photos, individual photos and some group photos. Full school summer uniform with the correct black shoes are the order of the day along with great manners and co-operative behaviour.

Parent Information Evenings
As always the beginning of each school year is a new adventure for all involved. It is also time where new information is being distributed and new procedures put in place. To help parents understand school and classroom expectations we will be holding our usual Parent Information Evenings. A note has come home with dates and times. It is important that you attend these sessions to gain knowledge about learning for your child.

Information Evenings
ES1 - Monday 25 February 2013 at 5.30pm
S1 - Tuesday 19 February 2013 at 5.30pm
S2 - Tuesday 19 February 2013 at 6.30pm
S3 - Monday 18 February 2013 at 5.30pm

Also at these evenings teachers will be explaining how reading is taught and how you can help at home.

Back to School Barbecue
On Wednesday evening we welcomed everyone back to school for 2013 with our “Back to School Barbecue” organised by our P&C. It was a wonderful evening with so many new and old families turning up to enjoy a sausage sizzle tea and relax while listening to live music. Our “Bop till you Drop” Disco was again a great success being enjoyed by students as well as parents. Thank you so much to everyone who attended and a very big thank you to our P&C and the many volunteers who organised and made the night such a success.

Our School Playground
At the moment our school playground has been invaded by mosquitoes. We have had the school sprayed but the mosquitos are still persisting. It would be a good idea to send with your child a roll on aeroguard and to apply aeroguard before they come to school. The mosquitos are at their worst early in the morning and in the afternoon. We have placed insect zappers/repellent in each classroom as well. Our grass playground is out of action at the moment due to the mosquitos. Thank you for your cooperation.

Robyn Dowse
Principal

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<th>STUDENTS OF THE WEEK - T1, Week 2</th>
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SPORTS NEWS
The 2013 Swimming Carnival results are attached for your information.

Debbie Burke

THE POINT CAFE
Thank you to Beck Jones for working on Monday. A big welcome to our new volunteers Natasha Petkoski & Cindy Fry. Volunteers are always needed and very much appreciated.

We have a new flavour Paddle Pop this term, the Gooey Toffee Apple.

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<th>Volunteers for Week 4</th>
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<tr>
<td>Monday, 18/2</td>
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<tr>
<td>Nicci Jones &amp; Dianne Johnson</td>
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<td>Wednesday, 20/2</td>
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<td>Ha Thanh Brard, Vicky Tsomis &amp; Sue Wilkes</td>
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<td>Friday, 22/2</td>
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<tr>
<td>Megan Brice, Alana Witting &amp; Kelly Mcquhae</td>
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Thank you
Jodie Followes & Megan Brice (Canteen Coordinators)
Canteen Mobile: 0458 806 875
Honesty & Integrity, Friendliness & Acceptance, Excellence

Tuning in to Teens
Emotionally Intelligent Parenting

A six-session parenting program for parents of adolescents aged 11 years and over

Would you like to learn how to:
- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence.
Adolescents with higher emotional intelligence:
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Community Health Caringbah, The Sutherland Hospital

When: Thursdays 6.30-8.30pm
6 sessions starting 21/2/13

Contact: Intake Officer,
Phone (02) 9522 1000

Enrol for 2013 TODAY!!!

Classes in Jazz/hip-hop, and Ballet on Monday afternoons
Acrobatics (similar to Gymnastic) on Tuesday afternoons! 5yrs +
Private lessons also available in DANCE & SINGING
Lessons provided @ Illawong School Hall
Fowler Rd, Illawong

Mention this add to receive your first class FREE once enrolled!
Friendly atmosphere, lots of fun!
Affordable prices!

OVER 15 YEARS OF TEACHING EXPERIENCE IN THE LOCAL AREA AND ACROSS SYDNEY!

Call or email Melissa Pronti for more info

TODAY

0402 872 760 / idanceillawong@gmail.com
www.idancelugarno.com.au

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OFFICIAL MLC HOT SHOTS CENTRE

CALL 9576 6538 FOR A FREE TRIAL LESSON

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Honesty & Integrity, Friendliness & Acceptance, Excellence
**MindQuest 2013**

St George Girls HS Victoria St Kogarah  
**Saturday & Sunday 6 & 7 April 2013**

On Saturday 6 & Sunday 7 April 2013 the 68th NSW Talent Enrichment Weekend MindQuest will be held for primary students from Years 1-6 at St George Girls HS. These include gifted and talented students, gifted underachievers and students with above average ability with a special interest. Students will have an opportunity to participate in over 38 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, lego robotics, art and much, much more. Many of these highly successful courses have been run in the past and students’ evaluations suggest that they have been challenged and enriched by the experience. The cost of the weekend is $170 (including GST).

Contact your school for a brochure or Shelagh Poray 02 4232 2494.  
Closing Date: Friday 8 March 2013