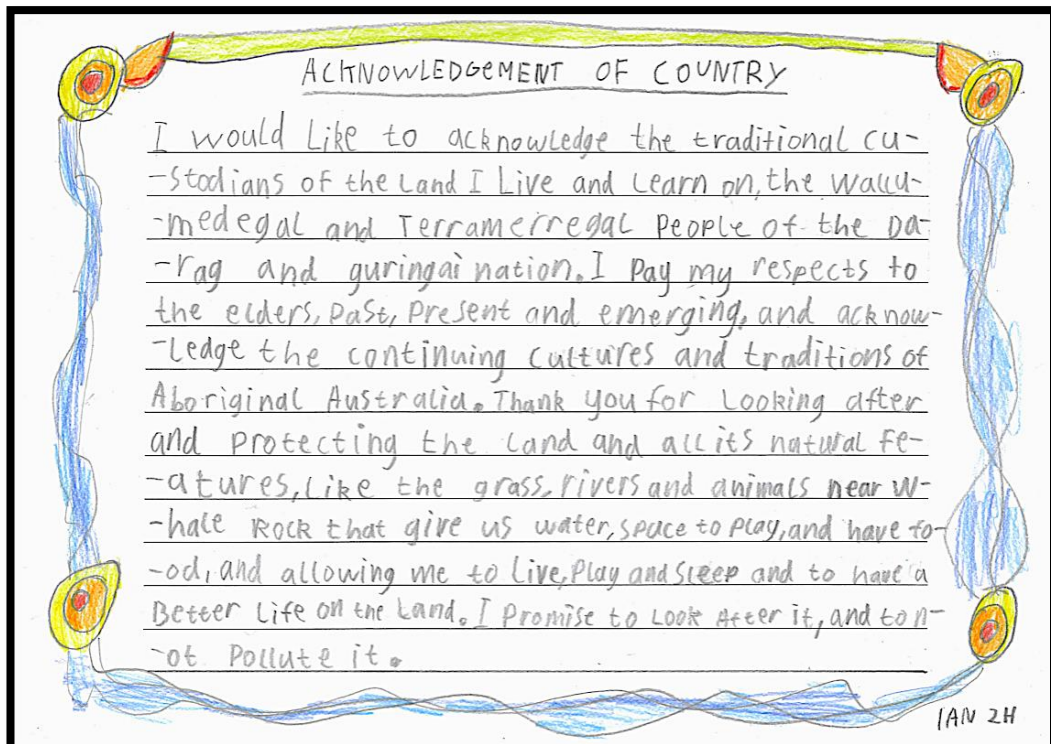




Coming Events and Dates for your Diary – TERM 1 2024

Week 11	
Friday 12 April	Last Day of Term 1
Term 2 Week 1	
Monday 29 April	School Development Day – Pupil free
Tuesday 30 April	Students return for Term 2
Wednesday 1 May	3-6 including some year 2's - Cross Country
Term 2 Week 2	
Wednesday 8 May	K - 2 Cross Country
	Stage 2 Excursion to West Head

Acknowledgement of Country



PRINCIPAL'S MESSAGE

It doesn't seem all that long ago that I wrote the last newsletter for 2023. As they say, "time flies when you are having fun."

A packed term with a swimming carnival, NAPLAN, PIL Interviews, Easter/Earth Day Celebration, Harmony Day, some Meet The teacher afternoons and the introduction of a new English and Maths curriculums for Years 3-6. As usual I am very proud of the teaching staff and their commitment to the children under their care, each other and public education in general.

Year 6 Present – Defibrillator Awareness

We were very lucky last year to have a Defib machine purchased for the school. Mr Gallagher has installed it on the wall outside the school office and we have uploaded the information on the Service NSW app for everyone in the community to find. I had mentioned at a P & C Meeting that I would organise some training so that people would feel more comfortable using the machine in an emergency. I have contacted the Royal Life Saving Society (RLSS) and they are happy to conduct some training for the community. They don't refer to it as training, they call it a Defib awareness session and have asked me to gauge the level of interest in the community before we arrange dates. I am thinking it will be on a weeknight and there will be no cost for attendance.

So, please let the school know if you are interested in a brief e-mail. Please use the school's e-mail shown on the front cover of this newsletter.

Uniform

A reminder that as of next term the uniform is back to winter as shown below

Boys

Winter (Terms 2 & 3)

- Grey trousers or shorts
- White polo shirt with school crest (short or long sleeved)
- Grey socks (with red and white stripe)
- Black school shoes
- Red zip school jacket with school crest
- Red school hat with crest, legionnaire or broad-brimmed (surf/slouch) style
- Red zip sleeveless vest with school crest (optional)

Sport

- House sports polo with school crest
- Black shorts with crest
- White socks
- Sports shoes
- Red school hat with crest, legionnaire or broad-brimmed (surf/slouch) style

Girls

Winter (Terms 2 & 3)

- Tartan skirt & Grey tights or white short socks that cover the ankle (not low-cut sports socks)
- OR Grey trousers or shorts & white short socks that cover the ankle (not low-cut sports socks)
- White polo shirt with school crest (short or long sleeved)
- Black school shoes
- Red school hat with crest, legionnaire or broad-brimmed (surf/slouch) style
- Red zip school jacket with school crest
- Red zip sleeveless vest with school crest (optional)
- School coloured ribbons/ clips (optional)
- NO black tights or leggings

Sport

- House sport polo shirt with school crest
- Black shorts with crest
- White socks
- Sports shoes
- Red school hat with crest, legionnaire or broad-brimmed (surf/slouch) style
- Red zip school jacket
- Black track pants sports pants
- NO black tights or leggings

This, plus a whole lot of other information can be found on our website. If you are interested please go to: <https://eppingnth-p.schools.nsw.gov.au/> and then click on "About Our School" then "Information Booklet."

Michael Taylor
Relieving Principal



SCHOOL NEWS

Cross Country Carnival – Term 2, Week 1

The annual Cross Country Carnival will be held on Wednesday 1st May (back up Wednesday 8th May from 10am-1:30pm for Years 3-6. This is Week 1 of Term 2.

Students in year 2 who have turned or are turning 8 yrs in 2024, are allowed to compete in the 8-9 year races if they are competitive and wish to. Otherwise, the K-2 X-Country day is on a later day.

The first 5 finishers from each race will represent the school at the Beecroft Zone Cross Country Carnival, which is on Thursday May 23rd at Fagan Park, Galston.

Age Races (in order of events) from about 10am:

- 10 years boys & girls – 2km
- 11 years boys & girls – 3km
- RECESS Break (11:10-11:35)
- 8 & 9 years boys & girls – 2km
- 12 & 13 years boys & girls – 3km

Top 5 Training Tips:

-Find a running pace and rhythm you can hold for about 20-25mins

-Include at least one steady hill climb. Try and hold a slow jog without walking.

-Do not run on a full stomach. Try not to overeat 90mins before. Always better to feel a bit hungry and thirsty than to feel 'full'. This helps to avoid a stitch.

-Competitive runners should be running at least 2-3 times per week in the lead up.

-Back off training in the week before the race. You will not become fitter within 4 days of your race. Best to feel fresh and ready.

Good luck to all runners.

Mr Stone
Coordinator

School Class Photo Day – Term 2, Week 5

-Tuesday May 28th is the photo day for: classes, portraits and sibling photos.

- Photos are available for purchase from: <https://www.advancedlife.com.au/>

A school order code will be supplied closer to the date.

-All group photos are later in the year – Term 3, Week 8 (Wednesday 11th September).

- Groups include: Sports / Band/ Dance/ Extra Curricular etc

Mr Stone
Coordinator

Mindfulness and Wellbeing

In Term 1 classes from Kindergarten to Year 6 had weekly lessons to develop personal mindfulness and wellbeing.

We practise mindfulness- learning how to be fully present and engaged in whatever we are doing at that moment- and reinforce the school values of respect, responsibility and resilience using real situations encountered at school, at home and in the community.

The Personal Development outcomes from the Personal Development Health and Physical Education (PDHPE) syllabus are explicitly taught in each grade and stage and included in each student's twice yearly reports.

Early in the term we focused on diversity and embracing family, peers and community members who are living with disabilities. While younger students focused on recognising and expressing feelings and emotions, our senior students experienced empathy in our research and activities about refugees.

Enjoying and appreciating our natural school environment (including the outdoor classroom, ovals and community gardens) and our leafy bush surrounded suburb, is an important part of wellbeing at ENPS.

Growth and change are common themes in our lessons. Gratitude for what we each appreciate in our lives is another theme. In each stage we create opportunities to enrich our friendships and other relationships by modelling and discussing kindness and effective, respectful communication.

Rather than being a school of bystanders, we continue to build our upstander culture, where we effectively promote the shared expectation and responsibility of treating each other with consideration and courtesy. Starting at the earliest stage, we teach "No! Go! Tell!" as a series of responses to unwelcome and inappropriate behaviour. The options we have as Upstanders include being a buddy or friend to someone who's being targeted, interrupting the behaviour to stop it, calling out the person who's behaving poorly and telling someone (who is able to help) what we have witnessed and felt.

Apart from expanding on the benefits of being mindful, next term we will be defining wellbeing and understanding different aspects of wellbeing, including social, emotional, physical, cognitive and spiritual wellbeing.

There is lots of research to indicate that mindfulness assists our wellbeing and helps us to grow, flourish and live compassionate and fulfilled lives. This is what we want for all our children.

Gail Diver

Quality Teaching Successful Students Initiative

BOOKCLUB

Bookclub orders for Issue 2 are closed. Orders should arrive before the holidays. Any queries please feel free to email me at larellegraham@gmail.com

Larelle Ekers
Book Club Co-ordinator

MODERN JAZZ AND BOYS' DANCE GROUP

Dear Dance Families

This week is the last week of dance for Term 1. The children have enjoyed dance classes this term with our dedicated dance teachers. Dance classes resume first week in Term 2 (Tuesday, April 30).

PARENT SUPERVISION

Your Group Coordinators will send out or have already sent out supervision rosters for Term 2. Please not your supervision date and arrange to swap with another parent if you can't make your date.

FEES (TERM 1&2)

Term 1 & 2 fees will be up on Qkr by the end of the week, please keep an eye out for this.

If you have any questions, please reach out to dance@enpspc.org

Have a wonderful holiday!!

Nojor Mode & Jen Hayden
2024 ENPS P&C Dance Convenors

UNIFORM SHOP

Riddle: Why did the gentleman only purchase the left pant leg? (Answer at the end of the message)

A huge thank you to our parent volunteers who gave up their Sunday morning to open the uniform shop and hold a 2nd hand stall. Without you none of this would have been possible!

The uniform shop is open every Thursday between 8:45 - 9:30am during the school term so please come in to purchase your uniforms and check out 2nd hand stock. You can drop off pre loved uniforms during shop open hours, alternatively they can be left at the front of 81 Devon St at anytime.

Qkr orders for classroom delivery will be delivered the 1st week of term 2. Please ensure you are selecting "CLASSROOM DELIVERY" in Qkr.

Please be advised that there is a 30-day refund policy on new items. If items are returned after this timeframe, exchanges can be done anytime as long as the item is in its original packaging with tags attached. There are no exchanges/refunds on second hand items.

If you have any queries, please email uniformshop@enpspc.org

Answer: Because they were on sale for 50% off!

Jenny Choi
Uniform Shop Coordinator

COMMUNITY ANNOUNCEMENTS

Disclaimer: Epping North Public School will, as a service to parents, advertise community news, events and services which may be of interest. ENPS does not necessarily endorse the events and services and accepts no responsibility for their management, organisation or quality.



Epping North OSHCP Vacation Care Program

Our Autumn Vacation Care Program for 2024 is open and available for booking for Epping North families!

Come with us as we host our own Athletics Carnival at Sydney Olympic Park, art classes with The Brightspace, Laser Tag at Code Red and the latest Arcade games and Karaoke at B Lucky and Sons!

Epping North OSHCP Ph: 9868 5690

Autumn is here with a bang!

'Fall' back in love with the holidays again because Vacation Care is here! Check out our latest program below and don't forget to book in fast as spots will quickly fill up!

OOSH Athletics Carnival

We're super excited for our Athletics carnival day this holidays at the Warm Up Arena of Sydney Olympic Park! We're looking forward to replicating our Olympic heroes feats by hosting our own carnival with official OOSH records to set and ribbons to hand out for participants.



Tips for our Autumn 2024 Program

- A reminder that no refunded cancellations can be made after the Early Bird cut off date of Friday 5th April without a medical certificate.
- Please pay close attention to the excursion times on excursion days and ensure you arrive before these times. Unfortunately due to time constraints we cannot wait for late families when we are scheduled to board our buses.
- For our outdoor excursions, please ensure you pack appropriate wet weather gear, enclosed shoes and a yellow hat.
- Packing spare clothes is always a good idea especially for our younger children who may be prone to accidents!
- For our split excursion on 16th April to The Brightspace and Code Red, please ensure you select between the two excursion options that you would like your child to attend. We expect both excursions to be close to filling out so there will likely not be a chance to swap between the two on the day.
- SMASH activities are for children in Year 4/5/6 only.

Choose your excursion is back!

Due to popular demand we've brought back choose your own excursion! Choose between, The Brightspace, an art studio located in Botany for an artistic workshop where you can refine your creative talents. Not your thing? Instead choose Code Red Laser Tag in Rosehill for one of Sydney's best and biggest Laser Tag centres. Tag your friends and strategise with your team to become the victor! **Due to the darkened environment and nature of the activity we recommend Code Red to be for children aged 6+**

Families: Please make sure you select your chosen excursion for your child when making the booking on the portal.



Check out some of our Activity Providers and Excursion Venues here!

- [Handball Australia - Programs for Australia's most famous school yard game!](#)
- [The Brightspace - A creative workshop in Sydney's Eastern Suburbs.](#)
- [Code Red Laser Tag - In our opinion, Sydney's best Laser Tag venue!](#)
- [Sydney Olympic Park Athletics Centre - carnivals, training spaces and more!](#)
- [B Lucky and Sons - Arcades, Karaoke and much more at the Entertainment Quarter](#)
- [Party Higher - noiseless Silent Disco events and Birthday Parties](#)
- [Bubble Soccer Hire - Great for parties and special events](#)



Ideas for future programs? Have your say!

We'd love to hear from you and your children! Each program we make is based off suggestions from our children and families. A bunch of our activities this program are suggested by you, including Bubble Soccer, Bubble Tea, Laser Tag and a Children vs Educators theme day.

Let us know on our most recent program's survey here - <https://forms.gle/4gPR3gZgs1YHLG58>



Monday

15th April

Inclusion

Handball Hotshots

Heads up! Bring on the start of the holidays with an incursion from Handball Australia! Learn all the trick shots and slogs to end up in Ace, plus get to take home your own ball to practice your skills at home or school!

SMASH will be walking to Steamroller Park for free play!

WHAT TO BRING:



LUNCH



DRINK BOTTLE



HAT



Early Bird \$71

Normal Price \$81

Tuesday

16th April

Excursion

Brightspace OR Code Red

Choose between two engaging excursions today! The Brightspace where you can refine your artistic skills to make an artwork to take home; or Code Red, where we will enjoy one of Sydney's finest Laser Tag venues! Families: Make sure you book into your preferred excursion on the portal.

Excursion time: 9:15am - 4:00pm

WHAT TO BRING:



LUNCH



RECESS



DRINK BOTTLE



HAT



Early Bird \$81

Normal Price \$91

Wednesday

17th April

Inclusion

Fossil Frenzy

Who said the dinosaurs were extinct? Join us for a prehistoric themed day today with a range of activities including modelling your own dinosaur or fossil footprint out of air-dry clay, uncover frozen fossils and test your dinosaur trivia! We'll also be enjoying dino pasta for lunch today.

Lunch provided

WHAT TO BRING:



DRINK BOTTLE



HAT



Early Bird \$71

Normal Price \$81

Thursday

18th April

Excursion

OOSH Athletics Carnival

Ever wanted to train like the professionals? Today we're traveling to Sydney Olympic Park to run our own mega athletics carnival at the warm up arena! Perform just like the athletes from the 2000 Sydney Olympics in all your favourite athletics events including track, high jump, long jump and more!

Excursion time: 8:45am - 2:45pm

WHAT TO BRING:



LUNCH



RECESS



DRINK BOTTLE



HAT



Early Bird \$81

Normal Price \$91

Friday

19th April

In-Centre theme

Children vs Educators

Battle today in a series of games and activities where you can beat the educators! Do you think you can juggle a ball more times than Oly, skip longer than Abigail, solve a rubix cube faster than Jake or beat Megan in chess? Test your skills in these games and many more today and see who can come out on top!

WHAT TO BRING:



LUNCH



DRINK BOTTLE



HAT



Early Bird \$81

Normal Price \$71

Bookings are open from:

Bookings open on **Monday 11th March (Week 7)** for Epping North Families
Bookings open on **Monday 18th March (Week 8)** for all other families.

Closing Date for Bookings

All bookings must be made through our portal by **Friday 5th April (Week 10)** to receive the **Early Bird Special** prices.

No cancellations can be made after **Friday 5th April (Week 10)**.

Monday

22nd April

Excursion

Kung Fu Panda 4

Check out the latest adventure of Po in the 4th installment of Kung Fu Panda! We'll travel to Top Ryde Event Cinema today with a popcorn and juice popper combo to enjoy during the movie.

Excursion time: 9:15am - 2:00pm

WHAT TO BRING:



LUNCH RECESS DRINK BOTTLE HAT



Early Bird \$81

Normal Price \$91

Tuesday

23rd April

In-Centre theme

T Day

This Tuesday show off your talents in Table Tennis, Trivia, Table Top Board Games, a Talent Show and more! Enjoy an entirely T themed menu today including Tacos for lunch as well as Tapioca Bubble Tea and the most thrilling of all Tim Tam Slam!

Lunch Provided

SMASH will be catching a bus to Epping Station for Sharetea!

WHAT TO BRING:



DRINK BOTTLE HAT



Early Bird \$61

Normal Price \$71

Wednesday

24th April

Excursion

B Lucky and Sons

Attend the latest neon themed arcade in the Entertainment Quarter, Moore Park! Split your time between your favourite arcade games as well as private karaoke rooms to sing your heart out to your favourite songs! This is one mega excursion you won't want to miss!

Excursion time: 9:15am - 2:30pm

WHAT TO BRING:



LUNCH RECESS DRINK BOTTLE HAT



Early Bird \$81

Normal Price \$91

Thursday

25th April

Public Holiday - ANZAC Day



Friday

26th April

Excursion

Silent Disco

Experience music like never before with a Silent Disco at the centre! Get ready to dance, groove and sing along in this unique party atmosphere. With their own headphones, each child will be immersed in a world of beats and rhythms, funky playlists and interactive games.

WHAT TO BRING:



LUNCH DRINK BOTTLE HAT



Early Bird \$71

Normal Price \$81

Monday

29th April

Excursion

Bubble Soccer

Bounce, bash and bump around in the most thrilling inflatable bubbles you've seen! Step into a bubble and play some of our favourite sports games including Bullrush, Pacman and of course Soccer, all whilst in the comfort of your bubble!

WHAT TO BRING:

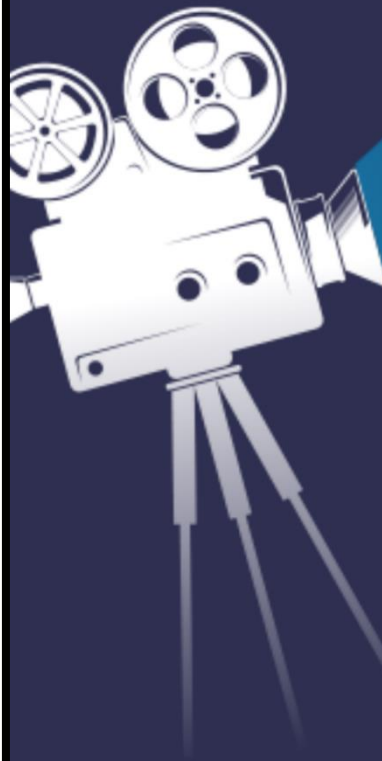


LUNCH DRINK BOTTLE HAT



Early Bird \$71

Normal Price \$81



CINEMA IN THE VILLAGE



Celebrate the start of
the school holidays with
a free family movie under the stars
on the lawn at All Saints Church

Saturday 13 April

295 Malton Road, North Epping

Movie starts 6.30pm

Food and drinks on sale from 6pm

Visit our website for details including movie title!
allsaintsepping.org/cinema



SCHOOL HOLIDAY WORKSHOPS!

BRICKS
4 kidz



An **EXTRAORDINARY** experience for kids!

- * Galaxy Far Away (inspired by Star Wars™!)
- * Superheroes & Ninjas
- * Learn to Code with LEGO® Robotics
- * Mining & Crafting (inspired by MineCraft™!)
- * Remote Control Mania
- * Pocket Brick Monsters (inspired by Pokémon™!)
- * And MORE!



BOOK NOW!

0426 264 688

Northern-Sydney@Bricks4Kidz.com

Hornsby | Pymble | Ryde |

Epping | Carlingford



LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorise or endorse these programs.



PAUL TOOHEY'S TENNIS COACHING



SCHOOL HOLIDAY TENNIS CLINICS

VENUE:

Midson Road Tennis Courts
(Cnr Midson Road & Wyralla Avenue, Epping)

DATES:

Camp 1: Monday to Friday, 15 - 19 April 2024
Camp 2: Monday to Wednesday, 22 - 24 April 2024

TIME:

Morning session: 8.30am to 11.30am
Afternoon session: 12.00pm to 3.00pm

COST:

Camp 1: \$215 per student
Camp 2: \$130 per student



COACHING FOR TERM 2 2024

Enrolments are being accepted for lessons before and after school and on Saturday and Sunday. Private, semi-private and group coaching is available for beginners, intermediate and advanced players.

For Bookings, contact Lyn Toohey on
0408223708 or email
lyntoohey3@gmail.com



CRICKET NSW



REGISTER
NOW!

FREE SCHOOL HOLIDAY CRICKET PROGRAM

- ✓ Perfect for kids aged 5-10
- ✓ Great introduction to cricket for kids with no or minimal experience
- ✓ In partnership with School Infrastructure NSW

CRICKET BLAST AT ARCADIA PUBLIC SCHOOL

Friday 19th April - One Day Event! 9:30-3:30pm

Scan the QR code and register your details to attend >>>>>

Contact: Jaydon Eades | jaydon.eades@cricketnsw.com.au





PRIMARY WRITERS

Does your child dream about writing with famous writers?

Check out our Holiday Workshops, Term 2 Timetable, and the brand new **Saturday MASTERCLASS!**

NEW SATURDAY MASTERCLASSES

12:00-1:30pm
Years 2-3

1:45-3:15pm
Year 4

3:15-4:45pm
Year 5

5:30-7:00pm
Years 6-7

Term 2 SATURDAY MASTERCLASS Writing/Public Speaking

Weeks 1-4 Philip Wilcox - Australian Slam Poetry Champion (poetry and speaking)

Weeks 5-7 Tim Harris - Bestselling author and popular presenter (over 500 schools in Australia) (visual presentations and persuasive)

Weeks 8-10 Allison Tait - Bestselling author and podcast host (2 Million downloads!) (creative writing and speaking)

Students will perform 3 x SPEECHES, all recorded and sent to parents

Please contact us at

<https://www.primarywriters.com.au/book>

