



# Edgeworth Public School



Term 2 Week 5 2018

## Upcoming Events

**Thursday 31 May**  
S2 Myuna Bay

**Friday 1 June**  
Hunter PSSA Cross Country  
2019 Preschool Applications Close

**Tuesday 5 June**  
ES1 Oakvale Farm

**Wednesday 6 June**  
Yr 5 Big Day Out at Glendale HS

**Thursday 7 June**  
Yr 5 Hunter Valley Zoo

**Friday 8 June**  
S1 Reptile Park

**Monday 11 June**  
Public Holiday - School Closed

**Wednesday 13 June**  
Starstruck Dance Rehearsal  
ICAS Spelling Test

**Thursday 14 June**  
ICAS Writing Test  
Starstruck

**Friday 15 June**  
Starstruck

**Wednesday 20 June**  
Disco

**Friday 29 June**  
Whole School Assembly

**Wednesday 4 July**  
Ronowldo Rewards Day

## Principal Report

Welcome everyone to Week 5. Edgeworth Public School has seen another busy Term with a lot of learning, sporting and extra-curricular activities taking place that supports student growth and development.

Well done to all our students who have represented our school across our community. It fills me with a great deal of pride to hear the positive comments about our school. Please keep up the great effort.

### MOTHER'S DAY

Thank you to ALL our families that supported and were a part of our Mother's Day breakfast and stall. It is great to see our community connecting with those special people in their world.

Thank you for the support on this special day. Special acknowledgments to our P&C representatives and special volunteers who gave up their time to strengthen a wonderful community event. We hope all our mums and special carers had a fantastic weekend.

### UNIFORMS

We are extremely impressed by everyone's efforts regarding our uniform. Our students always look outstanding. As we move into the colder months, we would like to remind parents that students try to wear black jumpers & our black school hats.

Students can wear their polo shirt, school jumpers or jackets, black pants (long pants or tracksuit pants) or black stockings if students wear a tunic. We still ask students to wear predominately-black shoes. We are always looking to showcase our school to our community. Thank you for your ongoing support.

### SCHOOL PHOTOS

We were extremely impressed with our school photos this year for MSP photography. All students got an image taken for both the school's benefit and the options to purchase. It was pleasing to see the efforts of all students. We will provide ongoing feedback on when our photos return.

### SCHOOL PBL

We continue to work hard to achieve our goals related to the overall Wellbeing goals for our students. We continue to strive in the way we connect with our students, parents and the community we are a part of. If you have any concerns related to your child's wellbeing let us know.

We believe and stand by our vision that states:

*Edgeworth Public School is committed to fostering citizens of the future in a supportive and stimulating learning environment ensuring all students are able to connect, succeed and thrive across all aspects of their educational journey.*

**At EPS we CONNECT, SUCCEED & THRIVE with a Desire to Do Well in all that we do.**

### DO YOU NEED TO UPDATE YOUR DETAILS or CONTACT INFORMATION?

It is very important that the school has current contact details for your child. If there are any changes to your contact details, **phone numbers, address, emergency contacts or medical information**, it is **extremely important** that we are advised so we can update their details. **Thank you for your support in this important matter.**



## INFORMATION for PARENTS

### Screen guidelines for students

Current guidelines state students aged five to 18 shouldn't be spending more than **two** hours per day engaged in electronic media for entertainment (such as television, computer use and seated games). Yet the recommendations are commonly being exceeded.

There are now many more aspects of electronic device use [including laptops, smart phones, televisions, tablets, gaming devices and family computers](#) that need to be considered beyond a set time or type of screen-based task.

In addition to physical inactivity and obesity risks, other possible health consequences can include [sleep](#), [eyes](#), [posture](#) and a [range](#) of other wellbeing issues. Despite the knowledge we have as parents, the warning, concerns and obvious detrimental impact that screen time has on children, parents seem to be powerless to control this aspect of their children's lives. All courage and fortitude to parents so they can do something about this in their own homes.

### Additional physical risks

It's well known electronic device use prior to going to sleep can negatively influence a student's sleep. A [review](#) of 20 studies over five years consisting of almost 126,000 school-aged students found associations between electronic device use before bedtime and reduced sleep quantity, quality, and excessive daytime sleepiness. The use of electronic devices just before [bedtime](#) can cause students to stay up later and can reduce their melatonin levels (from the light from screens being used). This can throw out students' circadian rhythms. Loss of sleep for school-aged students is likely to impact their [learning](#) and behaviour.

Parents can adopt the following eight recommendations and introduce guidelines in the home for their child's use of electronic devices.

Turn electronic devices off at least one hour before bedtime to improve a student's ability to fall asleep, and help them [sleep longer](#). This can help improve students' daily health and, subsequently, their learning. Administer a [20-20-20 rule](#) to break up unavoidable and prolonged periods of screen engagement. Advising students to look away from screens a maximum of every 20 minutes and looking 3 metres away for at least 20 seconds. This can allow a shift in focus and allow the muscles around the eyes to be exercised. Placement of mobile devices should be around eye level when reading/viewing to avoid [low gaze angles](#) which can impact on neck and head posture.

Ensure that children get a proper balance between screen time and play/recreation; that they involve themselves in games that promote physical activity and fitness. Technology is important, but so is student health, so we need to be aware.

Reference: <https://theconversation.com/eight-things-that-should-be-included-in-screen-guidelines-for->

### Excursion

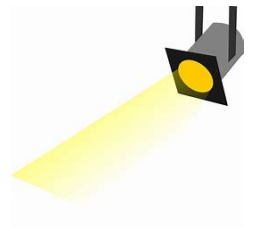
Due to circumstances beyond our control, the Oakvale Farm Excursion for Kindergarten has had to be moved to **Tuesday 5 June**.

Claire Callinan

## Stage 1



# Stage 1



Stage 1 have been having an amazing semester learning all about Mini-Beasts! We have released Stingerless Australian Bees into our garden, have been visited by a stick insect and have had an afternoon examining preserved arachnids!

We are looking forward to our excursion to the Reptile Park.

Parents, please make sure your child has returned their note and money for this special trip!

We have also been working really hard on our speeches this week and are looking forward to the final speak-off later this term.



## 3/4D

Welcome to 3/4D. Our class consists of 28 amazing students and 2 teachers – Mrs Chapman (Monday-Thursday) and Mrs Maxted (Friday). Even though we are only in Week 5, we have already had a lot of events happening, with many more still to come.

Year 3 have now completed their NAPLAN On-line. There have been lots of smiles during this time and we are so proud of their attitude whilst completing these tests. We have also enjoyed our visit to Life Education last week and learning about Cyber Safety.

Students are really enjoying our unit of work on 'Tashi' and creating imaginative stories. We are also looking forward to starting our rehearsals for our EPS School Musical coming up in Term 3 where we will be teaming up with 3/4C. We can't wait to show you our performance.





## Stage 3 in the Spotlight

# 6C in the Spotlight

6C have been very busy this term, already exceeding the expectations in our classroom. Our class have been learning about the Solar System and created some planets in Creative Arts using the paper Mache methods. We had to work in groups and research size and colours to make them accurate as possible. They look fantastic and we are happy to show them off to anyone that would like to have a peek.

## Shout out

A big shout out to Nate Cox who, last term, competed in the ACT State Championship for BMX and came away with third place. Nate is ranked 10th in Australia out of over 1000 riders aged 11-12 years. The fastest four riders travelled to Perth to compete in the UCI Oceania Continental championships. Nate came 8th in this championship. He is now ranked 1st in his home club, Lake Macquarie BMX Junior Elite. He is one of the youngest in his group, which includes riders up to 17 years old. Nate has recently been signed to Crisp Bros Racing factory Team. Everyone at Edgeworth Public School is very proud of all your achievements. Keep it up Nate!

## Shining Bright

Well done to those students' who have already achieved their bronze award, it will not be long and there will be more stars added to our wonderful window wall.



*Jasmine Croad*  
Class Teacher

# Sport

## AFL

On Thursday, May 10, Edgeworth participated in the Paul Kelly Cup AFL at Teralba Oval.

The students had a fantastic day, participating in three games against multiple teams. Although down in numbers, the girls played with great determination, many of whom came away with newly found skills.

The boys had a mixed day but finished well with a strong win. Congratulations to Abbie, Riley L, Callum, Nathaniel, Wade, Cooper, Will and Brock on their goals. Thanks to the parents for their support during the day.



Brendan Pankhurst





On the 15th March Taj representing Edgeworth Public School at the 2018 PSSA NSW Australian Football (AFL) State Championships last week at Batemans Bay held between the 22nd and 25th of May.

There were 67 students from around the region who qualified from the zone trials, who trialled in 30+ degree temperature with the squad being cut down to 24 players.

At the Carnival there were 13 Regions from all over NSW participating.

The Hunter Team won 2 games and lost 3 to finish 9th overall. Taj held his own in the tournament making his presence felt on the field with plenty of possessions, laying a number of crucial tackles and kicking a few goals.

Taj has been playing competitive football for 6 years, playing his 100 game last weekend for the Cardiff Hawks in Under 9, 11 and Under 13's. Taj is a member of the Hunter Academy of Sport (for AFL) and the QBE Sydney Swans Academy.





### **Premier's Reading - Challenge 2018 Years K-6**

It is wonderful to see so many students participating in the Premier Reading Challenge. Students may still join the challenge by coming to the library to join or online at home. To earn a certificate, students in Years K-2 need to read or 'experience' 30 books and students in Years 3-6 need to read 20 books. The titles are divided into lists for Years K-2, Years 3-4, Years 5-6 and Years 7-9. These lists are available from the library or you can find the lists and more information on the Internet at:

<https://products.schools.nsw.edu.au/prc/home.html>

Students in Years 3-6 will need to complete their reading at home. Student Reading Records can be returned to the school library by Friday August 31, 2018 and entered by library staff or submitted online so that entries can be checked and validated by the closing date.

Cena Alcevski

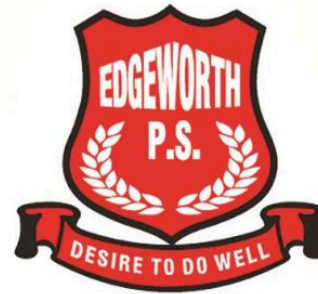
Teacher/Librarian



# Canteen Roster 2018

<b>Week 5</b>				
<b>Monday 28 May</b>	<b>Tuesday 29 May</b>	<b>Wednesday 30 May</b>	<b>Thursday 31 May</b>	<b>Friday 1 June</b>
			D. Everson	K. Martin M. Whyte
<b>Week 6</b>				
<b>Monday 4 June</b>	<b>Tuesday 5 June</b>	<b>Wednesday 6 June</b>	<b>Thursday 7 June</b>	<b>Friday 8 June</b>
R. Goodwin	S. Milford K. Wood	A. West K. Case	K. McCafferty K. Coulin	A. Kidston A. Hodges
<b>Week 7</b>				
<b>Monday 11 June</b>	<b>Tuesday 12 June</b>	<b>Wednesday 13 June</b>	<b>Thursday 14 June</b>	<b>Friday 15 June</b>
Public Holiday	D. Everson	R. Goodwin T. Laws	K. Austin	A. Youlten K. Hodgins
<b>Week 8</b>				
<b>Monday 18 June</b>	<b>Tuesday 19 June</b>	<b>Wednesday 20 June</b>	<b>Thursday 21 June</b>	<b>Friday 22 June</b>
K. McCafferty K. Coulin	W. Morgan T. Mackey	C. O'Meley L. Brzozowski	K. Schwetz J. Spicer	M. Elliott J. Hicks C. McFadyen
<b>Week 9</b>				
<b>Monday 25 June</b>	<b>Tuesday 26 June</b>	<b>Wednesday 27 June</b>	<b>Thursday 28 June</b>	<b>Friday 29 June</b>
L. Grierson	J. Young	M. Thouroughgood S. Barlow	D. Everson	K. Martin M. Whyte J. Strang
<b>Week 10</b>				
<b>Monday 2 July</b>	<b>Tuesday 3 July</b>	<b>Wednesday 4 July</b>	<b>Thursday 5 July</b>	<b>Friday 6 July</b>
R. Goodwin	S. Milford K. Wood	A. West B. K. Case	K. McCafferty K. Coulin	A. Kidston A. Hodges

If you can spare a **few hours or a day**, our canteen is always needing helpers. Pop in and see Jenny or call the school.



Edgeworth Public School

# Preschool Applications for 2019

open from 1 May 2018 - 1 June 2018

Application forms available at the school  
office.

Edgeworth Public School Minmi Road  
Edgeworth

Principal: Mr Todd Osland

## Enquiries

T: (02) 49581831

E: [edgeworth-p.school@det.nsw.edu.au](mailto:edgeworth-p.school@det.nsw.edu.au)

W: [www.edgeworth-p.schools.nsw.edu.au](http://www.edgeworth-p.schools.nsw.edu.au)



Education



***Wednesday 20 June***

Early Stage 1 & Stage 1  
5.30 – 6.45pm

Stage 2 & 3  
7.00 – 8.30pm

