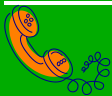


John Purchase Public School

Advance Together: Strive for Excellence



9875 3100



9875 3762



johnpurch-p.school@det.nsw.edu.au
www.johnpurch-p.schools.nsw.gov.au



THE CALENDAR

<u>MON 8 APR</u> Parent /Teacher Interviews commence In hall 7pm P&C meeting	<u>TUES 9 APR</u> Bronze award morning tea in annexe	<u>THURS 11 APR</u> Easter Hat Parade	<u>FRI 12 APR</u> Last day Term 1	<u>MON 29 APR</u> School Dev Day Only STAFF attend school
<u>TUES 30 APR</u> Students K – 6 return to school after vacation				

For future dates please refer to the “calendar” tab located on the school website
www.johnpurch-p.schools.nsw.gov.au

FROM THE PRINCIPAL

Principal's Morning Tea Tomorrow

I'm looking forward to hosting a special morning tea, for this term's recipients of a Bronze Level Award. Parents have been invited to attend and are reminded to report to the front office before collecting their child directly from classrooms at 10:50am tomorrow.

Easter Hat Parade

Our students are looking forward to parading their beautiful creations for you this Thursday. We will be having an early recess, ready for the assembly parade to commence at 10:45am under the COLA. The anticipated finish time is 12:15pm. Families are invited to remain at school for a picnic lunch. Thank you to Miss Ishac, who has coordinated the event and to the members of our wonderful P&C, who have coordinated the raffles, colouring competitions and parent refreshments.

P & C Disco



Thank you to the parent volunteers, who coordinated two 'magical' discos for our students on Friday evening!

Scoliosis in Year 5 School Girls

Scoliosis (spinal curvature) is an important health problem for adolescent girls. Statistically, twenty five girls per thousand, are at risk of developing a significant spinal curve. Therefore, screening in the age range of 10 to 12 years, is a sound preventative measure. The Scoliosis Australia website contains comprehensive credible information about the symptoms and treatment of scoliosis. I have included the Fact Sheet in this newsletter, which provides information on self-assessment. Please refer to this link: www.scoliosis-australia.org

CTHS Toilet Facilities Are 'Out of Bounds'

Due to child protection issues, JPPS parents are reminded that the new toilets in the Cherrybrook Technology High School building adjacent to our school, are strictly out of bounds. Please **do not** use these facilities.

Happy Holidays!

I would like to wish all school families a restful autumn break. Please travel safely, especially if driving over the Easter period. Parents are reminded that Monday, 29 April, is a designated school development day. Our staff will be engaged in professional learning off-site on this day. Term 2 commences for all students on Tuesday 30 April. Parents are advised that our students will be recognising ANZAC Day, at a special service on Thursday 2 May, at 2:05pm.

Mrs Adela King
Relieving Principal

NB: THE NEXT NEWSLETTER WILL BE PUBLISHED ON MONDAY 6 MAY



ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM
RECOMMENDED BY THE SPINE SOCIETY
OF AUSTRALIA. THE PROGRAM IS
ENDORSED BY THE PAEDIATRICS AND
CHILD HEALTH DIVISION OF THE ROYAL
AUSTRALASIAN COLLEGE OF PHYSICIANS.

How to detect Scoliosis.

*Helpful information for
schoolgirls in years 5 and 7
and their parents.*

What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

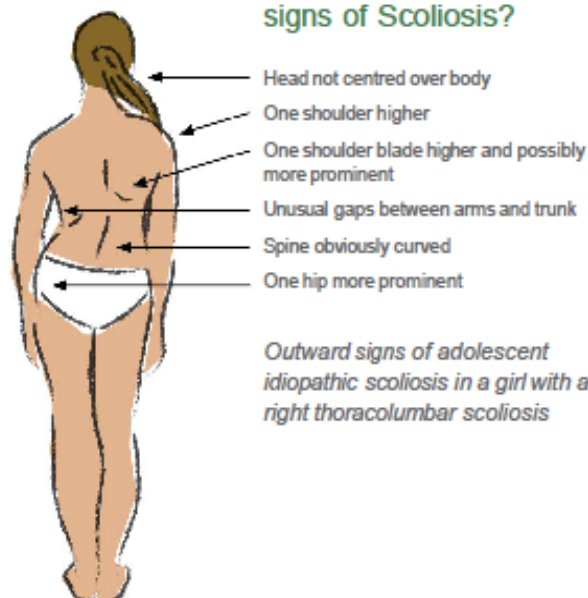
The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis.

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the Self-Detection Fact Sheet from www.scoliosis-australia.org and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

What are the outward signs of Scoliosis?



Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis



How Scoliosis is detected.

Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.

What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis Australia is a project of the Spine Society of Australia



The Scoliosis Australia website is supported by a donation from Evolution Surgical



Visit our website www.scoliosis-australia.org

FROM THE DEPUTY PRINCIPAL

This week's expectation to focus on is **RESPECT**:- Share the space with others.



COLA AT RECESS AND LUNCH



RESPECT	RESPONSIBILITY	ASPIRE
<ul style="list-style-type: none"> Place all rubbish in the bin Follow the rules of the game Play fairly Keep your hands and feet to yourself Share the space with others Care for school property and the environment 	<ul style="list-style-type: none"> Stay in supervised areas Wear your hat Remain seated while eating Finish eating and drinking before you play Be safe and walk on hard surfaces Only play with small balls under the COLA Go straight to class when the bell rings 	<ul style="list-style-type: none"> Be a good friend, include others and be kind Play cooperatively Demonstrate good sportsmanship Accept winning and losing graciously Bounce back when things don't go your way Be proud of our school and keep it clean

We welcome you all to come and share our space at the different events planned for this week at JPPS.

Parent/Teacher interviews

The teachers are all looking forward to meeting with parents in our hall to continue to work together to ensure the students access the curriculum to the best of their ability.

The Easter Hat Parade

Our wonderful Easter Hat Parade on Thursday 11th April begins at 10:45am in the COLA.

At the end of the parade there will be tea/coffee & hot cross buns for the parents in the annexe. This will be followed by a picnic lunch at 12:35pm with the students.

Please note the picnic locations below. If you are all sitting together as a family, please set up your picnic in the area of your youngest child stated below:

Grade

Kindergarten
Stage 1
Stage 2
Stage 3

Area

K-2 Grass
K-2 Grass
Canteen area
3-6 COLA



Talking with your children if they are bullying others

All children are capable of bullying and it is important for you to respond in a calm and helpful manner if your child is displaying bullying behaviours. These strategies also apply if you believe your child may be bullying others online.

Encouraging your children not to bully others

You can:

- Talk with your children about what is acceptable behaviour and what is not, e.g. "we should not send nasty messages to people to make them feel bad".
- Work together with your family to establish simple rules and expectations about how your family treat each other.

- Work with your family to establish clear guidelines about internet use at home.
- Encourage and provide opportunities for your children to openly discuss bullying issues, including cyberbullying with the family.
- Discuss friendship and help your children to make friends by encouraging them to play with other children at school, at home or in the neighbourhood.
- Discuss with your children how to be a friend online.
- Invite other children to your home for visits and teach your children how to make their guests feel welcome.
- Encourage your children to share and be aware of the feelings of others.

Congratulations to the students who have demonstrated our school expectations of **RESPECT**, **RESPONSIBILITY** or who have tried to **ASPIRE**. The latest awardees are published below:

Purchase Pride Badges

Please note that these badges will be presented at the Term 2 Week 2 Monday morning assembly. Congratulations to:

Nadia 3M, Min-Chan 4M, Thomas 3/4W, Charithu 3B, Ronan 2C, Chloe 4N, Hanley 4N, Aditya 6G, Aarav 4N, Thomas 2D

Bronze Awards

Please note that these awards are presented once per term. Bronze Awardees and their parents, have received an invitation to the Principal's Morning Tea, to be held tomorrow, on Tuesday 9th April. Congratulations to the following students:

Kavan K (4LT), Hritika K (3L), Cass C (3M), Atticus D (4LT), Samuel H (2C), Florence L (2D), Stanley L (2N), Calvin L (2N), Jack C (5M), Austin Y (3B), David G (3M), Andy H (2N), Sienna L (2B), Joshua C (5K), Chloe M (4N), Henry L (5M), Ursula C (3M), Rachel B (1S), Harry C (4LT), Min-Chan (4M), Olivia C (3M), Aarav B (4N), Myesha K (4N)

Silver Awards

Please note that these awards will be presented this week, at the Easter Hat Parade assembly on **Thursday 11 April**. Congratulations to:

Te John 5K, Riley 3B, Aditya 6L

Gold Awards

Please note that these awards will be presented this week, at the Easter Hat Parade assembly on **Thursday 11 April**. Congratulations to:

Celeste 3/4W, Misha 4/5B

Bronze Medallion

Please note that these awards will be presented this week, at the Easter Hat Parade assembly on **Thursday 11 April**. Congratulations to:

Audrey 6W and Mia 5J

I hope you all enjoy a safe and happy holiday break.

Leonie Cole

Deputy Principal (rel)

FROM THE TEACHERS

Home Reading Tips...

WITH MISS FEENEY

Holiday Reading

Reading over the holidays is hugely important for students to practise those skills learnt during the term. It assists in improving fluency and building confidence.

Some ways to engage in holiday reading:

- Visit the local library
- Allow children to choose books they are interested in
- Ensure children read both fiction and non-fiction books
- Model a love of reading yourself by allowing children to see you engage in reading
- Encourage your child to engage in incidental reading by reading signs, posters, children's magazine and shop fronts

JPPS 2019 Cross Country

We couldn't have asked for a better day. Well done to all of our students who put in their best efforts. This is the second year in a row we have had record numbers of Year 2 eight year olds. 32 students out of 80 is a tremendous number of participants as this is optional for Year 2.

The following list of students placed in the top ten and contributed to the competition points for their Houses. The top 5 students from each age group (highlighted in yellow) will be receiving notes next term for the Beecroft Zone Cross Country held at Fagan Park on [Wednesday 22nd May 2019](#).

If you are aware that your child is unable to attend the carnival please email the school or inform Miss Mu in writing as soon as possible.

CROSS COUNTRY		
	Boys	Girls
	8/9 Yrs	8/9 Yrs
1.	Aarav B	Elaine Y
2.	Charithu	Ziqi W
3.	Lewis S	Julia L

4.	Nicholas A	Grace B
5.	Hayden G	Iksha T
6.	Ronan N	Pippa B
7.	Kabir S	Lilianna D
8.	Liam D	Florence L
9.	Jesse B	Aiesha P
10.	Oscar E	Vishmi S
10 YRS		10 YRS
1.	David T	Taylor C
2.	Sam S	Taylor S
3.	Henry L	Amanda X
4.	Malinda D	Elyse L
5.	Max G	Felicity M
6.	Ryan Z	Sanaya D
7.	Adisesh P	Isabelle D
8.	Yu-Jiun L	Saliha A
9.	Matthew H	Lily S
10.	Dinesh M	Myesha K
11 YRS		11 YRS
1.	Harley G	Lilly B
2.	Baron H	Nicole Y
3.	Aditya B	Melissa W
4.	Vincent S	Tara C
5.	Jeevan T	Milenna G
6.	Jack C	Maria G
7.	Georgy P	Sarah D
8.	Sathsara J	Michelle B
9.	Kowsik K	Saira P
10.	Hamish B	Charvi P
12/13 YRS		12/13 YRS
1.	Harry Y	Sarah-Anne K
2.	Wasim S	Audrey W
3.	Oliver S	Rachael H
4.	Akith E	Claire W
5.	Lachlan H	Trinity C
6.	Jeffery M	Brooke L
7.	Samuel C	Emily C
8.	Aarya S	Bronte C
9.	Ashton T	Senoli M
10.	Aaron X	Xinyun X

2019 CROSS COUNTRY CARNIVAL HOUSE POINTS TALLY

HOUSE	Arinya	Bukari	Deribong	Meriki
COMPETITION	227	196	203	180
PARTICIPATION	91	94	96	91

Miss Mu and Mrs Rodrigues
Cross Country Co-ordinators

FROM THE CANTEEN

Easter Treat Day – Thursday 11 April: The canteen will be selling Easter treats at recess starting from 50 cents.

Students with no lunches: We have noticed a significant increase in the number of students coming to the canteen at lunchtime with no lunch. In a lot of cases, the students think that mum or dad may have forgotten to do an online order, or they have simply forgotten to pack lunch. Can we please ask parents that if you are completing an online order, to ensure it goes through. and if your son or daughter does come home with a note saying they had no lunch and lunch was provided by the canteen, that you pay this amount promptly.

New meal options – Term 2: Starting in Term 2, the canteen will be offering two new winter meal options - Chicken Fried Rice and Beef Stir Fry Noodles.

FROM THE UNIFORM SHOP

NEW WINTER HAIR ACCESSORIES

Here's the lovely Lila with the luscious locks from Year 4 looking smart in her winter uniform showing the different styles:



Flower Clip \$6 → Large Flower Band \$8 → Bow Clips \$6 ea → Large Scrunchie \$7 → Small Flower Band \$7 ea

NEW SOCKS \$11 – for a 2 pair pack

Thanks to all the parents and carers who have kindly given feedback about the school socks. We have a different, new style available now. These easy-fit socks are a mid-length ankle with reinforced heel and toe. They are a better quality and easier to put on. Please pop round to the uniform shop and we'll be happy to show you.

NOTE: We will be open extra hours at the start of Term 2 on Monday 29th and Tuesday 30th April from 9am to 11am for any winter uniform purchases.

Have a great holiday!

S.A.R.A.H. | 0412-987-027
Uniform Shop Manager



Mother's Day Stall

Thursday 9th May

(Term 2, Week 2)

New and lovely gifts for your special Mum!!!

*Something for every unique Mum, including
fashion bracelets and keyrings, lovely mugs and
photo frames, candles, water bottles and plenty
more!!*



Gifts ranging from \$1 to \$10.



*So..... don't forget your money and a plastic bag
to hide away your gift!!!*

*Any Mums or Dads that would like to help sell on
the day please write your name down at the
canteen – all welcome!!!*





John Purchase Public School Parents' & Citizens' Association

"Participate and Communicate"

AGM Roles - an appeal to JPPS community

We need to identify 3 positions that were not filled at the AGM on 11th

March These roles are:

- An Auditor;
- A Treasurer; and
- Working With Children Officer

The Auditor

The JPPS P&C wishes to identify an "Auditor" to meet our governance obligations to the ACNC and P&C Federation. An audit is not required but we are required to submit an Annual Information Statement to the ACNC and P&C Federation.

The Annual Information Statement is a special purpose financial statement that is reviewed or audited and includes financial questions. The person that the JPPS P&C appoints to the position of Auditor should be a Certified Practicing Accountant (CPA) or Chartered Accountant. While the auditor does not need to act until 2019 new year, though we do have to identify them now.

Please email: johnpurchasepublicschool-pres@pandcaffiliate.org.au

The Treasurer

The Treasurer should encourage members to understand the state of the P&C Association finances.

The Treasurers Role and Responsibilities may be found on the JPPS website under the P&C Tab.

The Treasurer receives and deposits monies, maintains records and presents accounts. The Treasurer also ensures that all funds held and handled by P&C are properly and openly accounted for as the Treasurer is responsible for all funds held in the name of the P&C Association. This includes all P&C Association committees. The Treasurer must ensure that the various sub-committee financial records have been kept to the Treasurer's satisfaction. The Treasurer is a signatory on the P&C accounts and should not delegate this responsibility. All bank accounts are with Commonwealth Bank.

The JPPS P&C employs a bookkeeper to undertake the actual bookkeeping using xero where all financial transactions of the P&C Association are recorded. Please ask at the office for a nomination form

The Working With Children Officer

The JPPS P&C is committed to providing a safe environment and to promoting and protecting the health, safety, and wellbeing of our children. The role of the JPPS Working With Children Officer is to verify that all employees and volunteers who have face-to-face contact with children possess a valid WWCC clearance. In addition, your role is to report any reliable and reasonable concern that a child might be mistreated to the Department of Family and Community Services.

There are two positions, one male, one female. A volunteer has been nominated and voted in for the Male role, so we are seeking one of the JPPS mums to volunteer. Please ask at the office for a nomination form

FROM THE COMMUNITY

Piano Term 2

*Small Group piano lesson at
John Purchase Public School*



*Use our special Piano Book with
Digital Piano, learn piano easily and fast*

Cost \$25 per 45 min.

Pay by Term from start lesson to end of the Term.

New Piano Book (\$14)

Tutor by Miss San Rodrigues

Wednesday 2:50-3:40 and

Join our Easter Family Night

FREE

Bunnings Dural

Thursday 11th April 2019, 6pm - 8pm

for bookings please call 02 9653 7500

- Hop to it Disco! Live Singing, Games including Egg and Spoon Relay, Bunny Statues, Bunny Says with prizes to be won and so much more.
- Petting Zoo - Egg Hunt - Face Painting
- Jumping Castle - Kids Craft - Pizza, Fairy floss and Drinks

For more information or to book, ask one of our team in-store or visit www.bunnings.com.au

BUNNINGS



Please note our school publishes events for the convenience of families but does not endorse any activity, person, product

APRIL SCHOOL HOLIDAY EVENTS



UNDER THE SEA WITH RANGERS ON THE RUN

An introduction to the marine world. Children will have the opportunity to see and touch many different sea animals.

Hornsby Library

Tuesday 23 April
10.30am-11.30am
Ages 3-5.

Berowra Community Centre

Tuesday 23 April
2.30pm-3.30pm
Ages 3-5.

Pennant Hills Community Centre

Wednesday 24 April
10.30am-11.30am
Ages 3-5.

Hornsby Library - Primary school session!

Wednesday 24 April
2.30pm-3.30pm
Ages: 5-12

The primary school session show is designed to meet the learning outcomes for HSE and Science & Technology in the NSW Curriculum.

Limit: 40. Duration: 1hr. Cost: \$10.00 per child.

Bookings essential. Book online at hornsby.nsw.gov.au. Children 7 and under must be accompanied by an adult.

HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Hornsby Library

Thursday 18 April
10am-11am

Berowra Library - Balcony Room

Friday 26 April
10.30am-11.30am

All ages welcome. Cost: \$2.00 per child for children 18 months and over. Free for adults. Payment at door. No bookings required.

POP LOCK AND BOP STREET DANCING

Pop, Lock and Bop focuses on learning the most popular street dancing movements, techniques and choreography, with a focus on putting together and performing short and simple routines.

Hornsby Library

Monday 15 April
10.30am-11.30am

Pennant Hills Community Centre

Monday 15 April
2.30pm-3.30pm

Limit: 100. Duration: 1 hr

Cost: \$10.00 per child. Ages 8-12.

Bookings essential.

Book online at hornsby.nsw.gov.au

Children 7 and under must be accompanied by an adult.

EVENING HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Pennant Hills Library

Thursday 18 April
6.30pm-7.30pm

All ages welcome.

Cost: \$2.00 per child for children 18 months and over. Free for adults.

Payment at door.

No bookings required.

Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase
outdoor green
time!



'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'

Search 'Outdoor Play' at
www.mindmatters.edu.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY LUNCH BOXES

Pack the five food groups!

Include all five food groups into your child's lunchbox and water as the best drink!

Breads & Cereals:

Wholegrain bread, pasta, noodles, wrap or crisp bread.

Vegetables: Carrot, capsicum or celery sticks, salad on a sandwich.

Meat & Alternatives: These provide protein. Try cooked lean beef or lamb, skinless chicken or turkey, egg, legumes or hummus.

Dairy: These provide protein and calcium. Try a slice of cheese, yoghurt or milk.

Fruit: Serve in a fun and creative way. Try fruit skewers or fresh cut up fruit in a container ready to eat.



Provided by Cancer Council NSW

More tips and recipes:
healthylunchbox.com.au



Health
Northern Sydney
Local Health District