

"WHAT'S UP AT BPS"



IT'S OUR 10TH EDITION

At the end of last year, my friend Charlie and I started "What's up at BPS". Since then we have put out ten editions, with this one being the 10th. Thanks to help from lots of people, from year four to six, we have successfully managed to start a school newspaper!

In the past two weeks we have put together a team of reporters to help us write articles. Although we now have a team to write for us regularly, we will still welcome contributions from anyone who wants to.

We would like to thank everyone from BPS for being so supportive of us while we started up this newspaper. We hope that the newspaper continues on after Charlie and I leave, so that this is something that future students can enjoy.

Josh and Charlie

Healthy Lunchboxes

When I look around me at lunch time I see a lot of unhealthy lunches. I see a lot of big brand food like Smiths chips, LCMs, Twisties, Mini Oreos, Shapes and Just Juice boxes. All of this big brand stuff always has added sugar and often lots of fat. Other unhealthy lunch boxes may contain things like loose chips, donuts, cake, muffins, popcorn and pizza.

If you have anything like this in your lunchbox you could try to replace it with healthier food so you don't have too many unhealthy foods, but you can still treat yourself sometimes. Instead of a pizza you could have a cheese and tomato sandwich (it has much less fat), an apple instead of a donut, or try swapping your mini Oreos with berries (such as blueberries).

Now we can't be doing it all wrong, so we asked Emi about what's in her lunchbox. Emi usually has strawberry or apple for crunch and sip, a biscuit or cake for recess and for lunch, sushi and carrots or bread and veggies. Altogether, that's a fairly good lunchbox, she's having her veggies and protein, but also isn't forgetting to treat herself!

Amelia R



Riddle

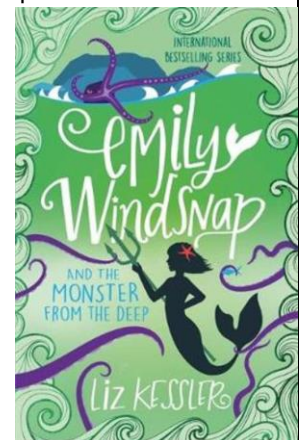
Riddle: You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?

Book Report

Emily Windsnap and the monster from the deep

This brilliant book is by Liz Kessler and the second in a series of nine. I really enjoyed reading this book because it is full of adventure and mystery. In the first book, Emily finds out that she is half mermaid and that her Dad is alive but in jail. But not just any jail, a mermaid jail. She goes to face Neptune, the ruler of the seas, to get her Dad back and succeeds. Now she is going off to live on an island where her Mum and Dad can live together in harmony. That is where this book starts. She is living happily on the new island and discovers a cave. With her best friend Shona, she goes inside, and a slimy monster tries to attack her. As it turns out, she's woken up Neptune's monster, which protects the island. It starts causing havoc across the island and Emily will be in big trouble if Neptune finds out that she was the one to wake it up. I would recommend this book to Year 3 and up.

Megan D



Editor – Joshua R
Assistant editor – Charlie M

Riddle Answer: Everyone was Married



Interview with Mr Cottrell

We have finally got the chance to interview Mr Cottrell. Mr C teaches 5/6C and trains the league-tag team for PSSA. Since he only came last year we would like to know a bit more about him!

What we really wanted to know first was what Mr C does in his free time.

Mr C said: "In my free time I pick up the guitar and do my best to learn to sing and play songs I like. New ones, old ones, all sorts of songs. I secretly had dreams of busking on the London Underground but I'm a bit too far away from London now. I also love getting out into the bush. We live in a beautiful part of the world and the bush is my hiding place. It helps me clear my head when it is full of teaching and life stuff. Lastly, photography. I keep getting better and better at it but there's always more to learn. I love it when I capture a photo that tells a great story."

We all have a favourite subject, so what subject is Mr C's favourite?

"Maths has always been my favourite. From my time at school where I seemed to be quite good at it. I carried on studying it at university and I had to work really hard to understand maths at that level. I love those moments when someone gets something they didn't understand before. I work hard to make that happen."

We also asked him how he found his online teaching experience and how he would compare it with teaching in the classroom.

He said: "I was pleased with how our online teaching went. We found a good set up and with all the effort from the students we found it successful. However, it is nowhere near as good or effective as teaching face to face with my class. In particular being able to react to things that you get or don't get and being able to share ideas together. Online cannot give you that - I'm glad to be back in the classroom!"

Katerina M

#DIY VIVID BEROWRA

Every year people from all around Sydney enjoy seeing the Vivid light show. Vivid is an amazing light show put on in Sydney, where you will see incredible sculptures and interactive light displays. But this year, due to Covid - 19, Vivid has been cancelled. Now, instead, lots of people have been putting up their Christmas lights for DIY Vivid. Not many people in Berowra have done it, but you can be one of the first!

How to Participate:

- Get out some of your Christmas lights and hang them up, inside and outside, to create an awesome light display.
- Make a sculpture worthy of Vivid using upcycled materials.
- Decorate your house to celebrate DIY Vivid!

Although we can't have Vivid in Sydney, we can make our own! So, join DIY Vivid today to make Berowra look like it's having an extra special Vivid!

Joshua R



Asphalt Play

As you may have noticed in the last few days it has been asphalt play.

Most kids in school are starting to dislike it. This is mainly because of the limited amount of play space in the area. But some don't like it because it is too wet and squelchy so you can't run on the ground. It is easy to get lost in the thick crowds of students. Many prefer inside play.

Students believe there is nothing better than just sitting down on the soft carpet, eating a packet of crisps while watching a funny Mr. Bean show and laughing with your friends, or playing Lego.

I remember once in a maths lesson, my class were doing their maths when the speaker suddenly said, "GOOD AFTERNOON, SORRY TO DISTURB YOU, BUT LUNCH WILL BE INSIDE PLAY!" After the speaker said the words: Inside Play, my class yelled out "YAY!" But on dull days, with asphalt play, we groan and think that lunch on the oval, or inside play would be much better than asphalt play.

The only good thing about it is that 3-6 students get 6 handball courts!

Kids either want lots of rain or no rain.

Bethany W