



Berowra

Public School

The Crest

Wednesday 30th May, 2012
Term 2 Week 6

Phone 9456 1319

website - <http://www.berowra-p.schools.nsw.edu.au>

BEROWRA PS COMES 4TH AT HORNSBY ZONE CROSS COUNTRY CARNIVAL!!

NAPLAN TESTING

I congratulate the students and teachers on their participation in the NAPLAN Testing. We could not have asked more of our children. They were focused, diligent and gave of their best during the entire testing program. Well done everyone!

ATTENDANCE

Parents and students are reminded that attendance at school five days a week is compulsory. This is a legal requirement and students who do not attend school and do not have a legitimate reason, may receive a visit from the Home School Liaison Officer. If students require leave of five days or more for family or personal reasons, an Exemption Form, which is available at the front office, must be completed by parents. Some parents mistakenly think that they must **advise** the school of their intention to take their child/children out of school. This is not the correct procedure. Parents must **request** leave. If leave is applied for and granted the days do not appear as absences for the student and will not appear on the student's attendance record.

Diary Dates

Choir singing at Voices for Reconciliation	Friday	1/6
UNSW Science Competition 8am	Wed	6/6
Queens Birthday Public Holiday	Mon	11/6
Jump Rope for Heart Day	Wed	13/6
Choir rehearsal at Hornsby North	Thurs	14/6
UNSW Writing Competition 8am	Mon	18/6
P&C meeting 7:30pm	Mon	18/6
UNSW Spelling Competition 8am	Tues	19/6
Concert band preschool tour	Tues	19/6
Dance rehearsal at Glenn St Theatre	Tues	19/6
Dance performance 5pm at Glenn St Theatre	Wed	20/6
BPS Disco	Friday	22/6
Dance performance 7:30pm at Glenn St Theatre	Friday	22/6
K-6 Athletics Carnival at Foxglove Oval	Tues	26/6
Dance performance 11:30am at Glenn St Theatre	Wed	27/6
Last day of Term 2	Friday	29/6
Staff Development Day	Mon	16/7
Students return for Term 3	Tues	17/7
Combined choir rehearsal at Hornsby North	Thurs	19/7
Drama Festival week	Mon-Fri	23-26/7
Education Week	Mon-Fri	30/7-3/8
UNSW English Competition at 8am	Tues	31/7
BPS Open Day and Book Fair	Tues	31/7
NAIDOC Day	Thurs	2/8
Combined choir rehearsal in BPS hall	Tues	7/8
Combined schools Musica rehearsal at 7:45am	Wed	8/8
Music Festival Matinee performance	Mon	13/8
UNSW Maths Competition 8am	Tues	14/8
Opera House Choir rehearsal at Chatswood	Tues	14/8
Music Festival Evening performance	Wed	15/8
Book Week	Mon-Fri	20-24/8
Book Week performers	Tues	21/8
Fathers Day stall	Tues & Wed	28-29/8
Recorder group Opera House performance	Wed	29/8
Zone Athletics Carnival	Wed	29/8
Kindergarten Teddy Bears Picnic	Thurs	30/8
Fathers Day Breakfast	Friday	31/8
Opera House choir performance	Monday	3/9
Kindy 2013 Fun Day	Thurs	13/9
BPS shopping Tour	Sat	15/9
Last day of Term 3	Friday	21/9

EVERY STUDENT, EVERY SCHOOL

Every Student, Every School is a State Government initiative to provide better learning and support for the 90,000 students with disabilities, learning difficulties or behaviour support needs in our public schools throughout 2012/2013. Extra funding will help teachers and support staff to gain more skills to help these students reach their potential.

For more information, including a booklet to download, questions and answers, and a timeline, please go to: www.det.nsw.edu.au/every-student-every-school

SCHOOL UNIFORM

As the weather is now starting to exhibit true wintery signs all students should now start to wear their winter uniform. We want all students to be in their full school winter uniform by Monday 4th June. Please remember dance tights, leggings or ¾ leggings are not considered part of the school or sports uniform. Please wear correct tights with your uniform.

SPORTS NEWS

Congratulations to Jordan S, who was at the AFL State Carnival last week (not the Australian Football Carnival – he will be at that one later)

Congratulations to Caitlin R (6W) who has been chosen in the Hornsby/Kuring-gai Zone Touch Football team to play at the Area Gala Day on 13th June.

Congratulations also to our well behaved competitors at the Zone Cross Country on Monday. Our team/school came 4th in the zone...a huge achievement for a school our size. A special mention to Sam P (1st in 8-9yrs), Lachlan M (2nd in 10yrs), Edward B (3rd in 11 yrs) and to Jordan S (2nd in 12yrs) who are now off to the Area Cross Country on 13th June. Good luck boys!

DANCE NEWS

Congratulations to Caitlin R, Katherine T, Isabella E and Zoe P who have been selected to attend the State Junior Dance Camp on 6th and 8th June. Have a fantastic time girls.

Congratulations also to both dance groups for their selection into the Sydney North Dance Festival to be held later this term at Glenn St Theatre. This group of children have also been asked to be part of in the Education Week 'Simulaunch'. This is a 'flashmob', where people in one area all begin dancing the same dance at the same time. The Simulaunch will be held at Manly Corso on Monday 30th July at 12:30.

BOUNCE BACK

Bounce Back - a wellbeing and resilience program, providing strategies to help children cope with the complexity of their everyday lives and learn how to 'bounce back' when they experience sadness, difficulties, frustrations and challenging times. This program has begun in all classes from Kindergarten through to Year 6. I have included in The Crest, 'parent information' from this program as well as a copy of the posters that will be displayed in each classroom.

Thank You

Thank you to the **Stoner family** for their generous donation of grounds equipment.
It is very much appreciated by the school.

PRINCIPAL POSITION AT BEROWRA PS

Jason Miezi, Hornsby School Education Director, has convened a selection panel for this position. Over the next few weeks the panel will organise a specific selection criteria for the position, advertise it, 'cull' to select applicants to be interviewed and finally select the 'best fit' for the position. So, hopefully Berowra could have their permanent principal by the holidays – all going well.

Dianne Bower

Library News

- What a wonderful time in the Berowra Library last week

We had so many furry friends sharing in National Simultaneous Story Time and listening to "The Very Cranky Bear" By Nick Bland. Thank you to all the children who remembered their bears and their books.

Many of the classes discussed the themes of friendship and the acceptance of differences and then participated in 'bear' inspired craft activities complete with tiny teddy treats.

Class 2/3 have finished studying the poignant story "This Morning I Met a Whale" by Michael Morpurgo. This beautiful story with a strong environmental message was based on an actual event when a whale swam up the Thames River in London a few years ago. The stunning illustrations by Christian Birmingham were the inspiration for the talented children in 2/3B to create their own amazing chalk pastel drawings. Please take the time to visit the Library to view these.

Please encourage your children to borrow from our extensive Library collection and return any overdue books.

Thank you

Mrs Lynne Scanes (Relieving Librarian)

Sport - Junior Netball - On Friday 25th May the junior netball team played Hornsby Heights Public School. We won 21-0. The junior team was very happy. We all played together and we worked really hard to win and we did! We all played really hard as well and that was our first win.

By Tahnee B

Performing Arts News - Dance - Congratulations to both of the dance groups for successfully auditioning for the Sydney North Dance Festival. The boys and girls dance groups will be performing at Glen St Theatre, Frenchs Forest on Wednesday 20th June at 5pm, Friday 22nd June at 7:30pm and Wednesday 27th June at 11:30am. Please come along and support our fabulous dancers. Tickets go on sale on Monday 4th June from Glen St Theatre Ph: 9975 1455. Notes with all of the information will be sent home this week with the dancers.

Music - "Amped Up" - one of the schools rock bands would like to have a keyboard/piano player join the group to help fill out their sound. Please contact Mike on 0413 034 080 for more information

Jump Rope For Heart - 6A have been checking our online fund-raising on the Jump Rope For Heart website. We are happy to announce that so far Berowra PS has raised over \$2200!! What an amazing effort so far!

A special mention to the following students: Mary G in 2/3B, Samantha T in 4/5C, Chloe T in 4E, Beau J in 6A, Jessica Y in KB, Mackenzie F in KR and Emilie S in KY. Well done to these students who have raised the most money so far.

Our 'Jump Off' date is fast approaching on Wednesday the 13th of June. Classes have been out every day, working on their skills and tricks. Good luck to Year 6 who are working on Double Dutch!

P & C News - The P & C meeting, last Monday 21/5/12, was attended by invited guest Matt Kean MP, member for Hornsby. The purpose for Matt's invitation was to raise the issue of traffic management and pedestrian safety on Balaclava Rd. Matt has undertaken to have a site meeting with a traffic engineer and representatives of the P & C to further investigate the matter. The P & C will also be running a petition to be presented to Roads and Maritime Services seeking action. Matt also provided the meeting with an overview of the Federal Governments Gonski report and the proposed changes to school management by the state government.

Also discussed at the meeting was the future of the School Council and can functions of the council be more effectively achieved if they were integrated into the functions of the P & C. More to come on both the petition and School Council in the coming weeks.

The P & C meets monthly during school term. The next meeting is Monday 18th June in the Teachers Resource room at 7:30pm, all parents are invited and welcome to attend.

Regards,
Simon Stebbins, BPS P & C President

School Support Group - Please bring in your GOOD quality 2nd hand children's clothes and 2nd hand books to be sold at the school fete. Donations can be left at the canteen or in the foyer near the staffroom.

Canteen News - New products at the canteen include-
Icebombs 60c fruit flavoured icy cups in lychee, pineapple, grape, apple, mango and strawberry
Frozen milk 50c chocolate, banana, strawberry
Gluten free potato crinkles \$1.00 sour cream & chive, BBQ and chicken

Canteen Roster

Thursday	31/5	J Anderson, C Bourke
Friday	1/6	L Peltonen, V Eliasson, T White
Monday	4/6	S Parker, P Smith
Thursday	7/6	G Smith, P Smith
Friday	8/6	G Gates, K Last
Monday	11/6	Closed—Public Holiday

Canteen Mad Monday Meal Deals

4th June	Chicken and Corn Soup
11th June	Public Holiday
18th June	BFC Burger (Berowra Fried Chicken)
25th June	surprise week

includes meal, water, zinger for \$4.00

Stage 2 Maintenance Day

Sunday 3rd June 8am-11am



Maintenance days are organised by the P&C to assist the School's General Assistant with some of the 'extra things' which help the school look and function better eg gardens, mulching, minor painting, establishing and maintenance of vegetable gardens.

This year, maintenance days will be organised in line with the school stages but of course you are always welcome to come along to any maintenance day.

Each maintenance day will focus on an area within the school that relates to that Stage so it's a great way to help the school, meet other parents and the children can either help or play.

This terms maintenance day is **Sunday 3rd June 8am-11am** and is for Stage 2 (Years 3 & 4) parents. We'd love to see you for any amount of time on the day.

For more information please contact Graeme Gates 0418 485 322.



Australian Mobile Recycling

Do you have an old mobile phone lying around in drawers at home? Are friends, family and work colleagues the same?

Just place your old mobile phones in the box in the office foyer and help raise funds for the school.

Last month 97 phones were recycled and we received \$291.00



BOOSH Chocolate Drive

Dear Parents

Recently we delivered chocolate boxes to some families of the school. It has been brought to my attention that some of the boxes have been priced/labelled incorrectly, via the wrong notes attached to the boxes, resulting in some confusion. Please see below"



Before and After School Care
Provider No: 555014637C

Cadbury Block Bars & Lollies = \$2.50 each
24 items per box **Value = \$60.00 per box**

Variety Pack & Fun Pack = \$1.00 each
50 items per box **Value = \$50.00 per box**

Caramel Koala
Summer Rolls
Boost
Honey Logs
ETC = \$1.00 each
48 items per box **Value = \$48.00 per box**

However, some of the \$1.00 chocolate boxes may have more or less items than is specified on the box, as I was unaware that there were different amount in the boxes. If the number of items in your box is incorrect please just return amount according to the number of items sold and let us know on return.

I hope all of this makes sense and apologise for the mix up and any confusion this may have caused you.

We very much appreciate your support. If you have any queries please do not hesitate to call me, send an e-mail or call into the centre.

With thanks
Michelle Forster
Centre Co-ordinator

Tel: 9456 5552

Fax 9456 5552

Booshcottage@bigpond.com.au

Uniform Shop - Donate uniforms that are no longer needed

We would appreciate receiving donations of school uniforms that are no longer needed so that we can sell them as second-hand items.

General information

- Opening times—MONDAYS 9–10am and THURS 3–3.45pm.
- Cash refunds unavailable—a cheque will be forwarded.
- All returns need to have a returns form attached.

Uniform Shop Roster

Thursday	31/5	J Chalmers, S Parker
Monday	4/6	Renei, G Blackwood, K Ross
Thursday	7/6	S Horner, H Anstice, J Clayton
Monday	11/6	Closed—Public Holiday

Community News

Hornsby Shire Libraries Holiday Activities - Sail the seas with Pirate Pete with music, stories & games. 'Fun with Recycling', 'When Vegies Attack' is learning how to respond to all kinds of emergencies. And don't miss holiday & evening storytimes. For further info, phone 9847 6738 or visit one of the libraries.

Free Parent Information Sessions - Living with Teenagers
Sessions include surviving stress, successful transition to high school, bodythink for parents & understanding social networking. To book contact CAFS (Mission Australia) on (02) 9482 1366.

Add fruits and vegetables to favourite foods

This is an easy way to get a child to eat more fruits and vegetables. Slice peaches on top of cereal. Add slices of green/red pepper or mushrooms and pineapple to pizza. Make milk shakes with banana, low fat frozen yogurt and reduced fat milk. Grate carrot into bolognaise sauce.

Nutrition News Snippet provided by the
Health Promotion Unit & Nutrition Dept
Northern Sydney Central Coast Health 2006





School Banking Token Redemption Day

Due to the success of School Banking, there should be a lot of children able and ready to redeem their tokens for a cool reward item. If you have 10 tokens and would like to swap them over, you can do so at Berowra Public School - Token Redemption Day is on Wednesday 13 June 2012.

What do you need to do? As the children continue to bank at school, the School Banking Co-ordinator will start sending home Redemption Cards (see below) with the bank books. These picture cards outline the reward items that the children can choose from.

If your child has 10 tokens, they can come along on 13/6/12 – from 8.50am until the bell with their tokens and exchange them for a reward item of their choice. (We will be set up outside the canteen). If your child does not have enough tokens to redeem at this time, do not fear, we will accept individual requests after this date.

What can be claimed? Dollarmites Money Boxes, watches, lunch boxes, drink bottles, hand balls and book lights. A wallet appears on the redemption card, however they are now permanently out of stock.

We look forward in celebrating your child's savings success!

PS. There's an awesome School Banking Competition currently running – hopefully you have seen the Flyer.

It only requires the children to make 5 deposits (at school) before 30/6/12 along with a brief online submission for the chance to win some **unbelievable prizes for them and the school**.

There are hundreds of iPad's, funding for excursions, movie tickets and heaps of other cool prizes to be won – so start your School Banking.

Money Box 10 Tokens Now available	Wallet 10 Tokens Now available	Drink Bottle 10 Tokens Now available
Lunch Box 10 Tokens Now available	Watch 10 Tokens Now available	Handball 10 Tokens Available: February 2012
Booklight 10 Tokens Available: May 2012	Pen Pod 10 Tokens Available: July 2012	USB 10 Tokens Available: October 2012

LEARN TO SWIM!



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Netball, Softball, Cricket, Soccer, Touch football, Aussie Rules (5 - 13 years)

Centennial Parklands

2-5 JULY - 9am-1pm (4 days, \$200)

Lindfield, Tyron Oval

3-6 JULY- 9am-1pm (4 days,\$200)

Northholm Grammar

4-6 JULY- 9am-1pm (3 days, \$150)

St. Ives, Hassell Park

9-12 JULY - 9am-1pm (4 days,\$200)

North Sydney, N S Oval No. 2

10-13 JULY- 9am-1pm (4 days, \$200)

Baulkham Hills, Ted Horwood Res

11-13 JULY - 9am-1pm (3 days, \$150)

Casual Daily Rates: \$60 per day (9am-1pm clinic)
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Snippets from the Vegie Patch

This year Stage 2 students have taken over the school garden and are enjoying learning about gardening as part of the Hornsby Council initiative "Ready Steady Grow". Under the guidance of Stage 2 teachers and with guidance from the program consultants we are aiming to set up and maintain a "Crunch and Sip" garden which at harvest time will enable the students to sample a variety of vegetables and fruits.

An important component of the program is composting. Composting will not only provide nutrients for the garden but will also reduce the amount of waste in our garbage tins and subsequently the amount of waste going to landfill. To get our composting program underway each Stage 2 class nominated members to be part of a "Green Team". Hornsby Council consultants, Kerry Euers and Narelle Bowley ran a practical information session and helped the "Green Team" set up our first composting bins. We decided to start small and are at the moment collecting the fruit and veggie scraps from Stage 2 "Crunch and Sip" to compost. Kindergarten classes have recently joined in and it is intended to involve the whole school as we progress.

As well as composting Stage 2 classes have been spending time in the garden setting up class "no dig" gardens in boxes and maintaining the garden by watering and weeding.

The exciting news is that our garden beds are now being readied for our winter crops and our first batch of compost is almost ready to be dug in.

Thank you to Hornsby Council for their support and for providing a turner for the compost and a voucher to buy the ingredients for our "no dig" boxes.

Marilyn Bolger

How to set up a compost bin

By 3M

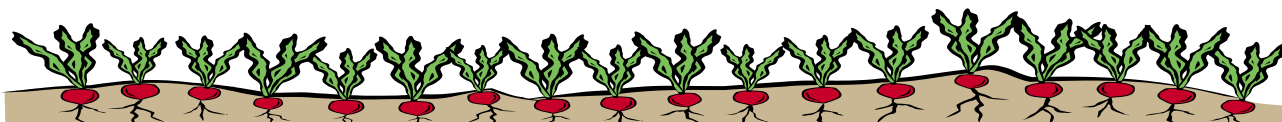
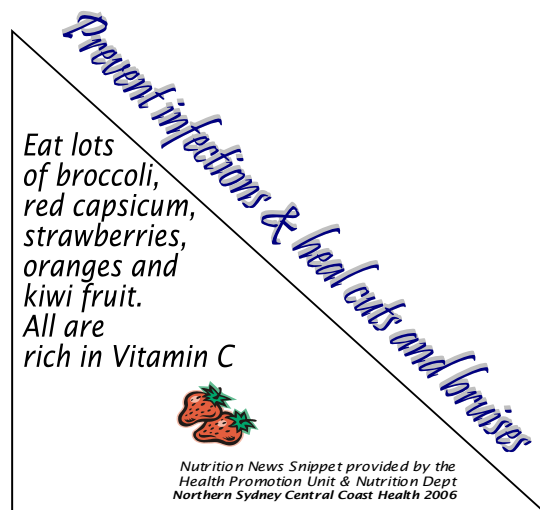
What is needed

- Compost bin
- Sticks
- Torn paper
- Food scraps
- Dry leaves, grass clippings, mulch
- Water
- Hessian
- Compost turner
- Some already made compost

Method

1. Choose a sunny well drained space for the bin.
2. Put the sticks on the bottom.
3. Add some torn up paper.
4. Add some already made compost.
5. Add some food scraps.
6. Add some leaves, grass clippings and mulch.
7. Add water.
8. Turn the ingredients with the compost turner to add air.
9. Cover with hessian to keep it warm and moist and to keep out the flies.

Keep adding food scraps and vegetation in layers until the bin is full (one bucket of food scraps to two buckets of vegetation). Don't forget to turn it each day and keep it moist.





Bounce!



Parent Information: People bouncing back

If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then 'bounce back'. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People Bouncing Back is the curriculum unit that teaches children the ten BOUNCE BACK! statements.

BOUNCE BACK! stands for:

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect—not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keeep things in perspective. It's only part of your life.

Key messages to communicate to your child about 'bouncing back'

- ③ Life is mainly good but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and expect things to get better.
- ③ You will feel better and have more ideas about what to do if you talk to someone you trust about what's worrying or upsetting you.
- ③ Unhelpful thinking isn't necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.

Unhelpful thinking	Helpful thinking
I made a mistake, I'm really dumb.	I made a mistake but everyone makes mistakes sometimes.
Jake doesn't like me. I must be a jerk.	Jake doesn't like me but other kids like me.

- ③ No one is perfect. We all make mistakes and find out there are some things we can't do well.
- ③ If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.



Bounce!



- ④ We all need to take fair responsibility for the things we did or didn't do that contribute to a difficult or unhappy situation. However we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.
- ④ If a situation can't be changed you just have to accept it and live with it.
- ④ Don't make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.
- ④ When something goes wrong it usually only affects one part of your life. Concentrate on the things in your life that are still going well.

What can you do to help your child?

- ④ Use the appropriate BOUNCE BACK! statement whenever you see the opportunity.
- ④ Consider displaying the statements on the fridge or somewhere prominent so they serve as a useful prompt for your child (and the rest of the family!).
- ④ Don't over-protect your child from the normal challenges that all children have at different ages (e.g. walking to school, looking after their own things, packing their own lunch). Start by giving your child small age-appropriate challenges that require small responsibilities. Using small steps moves them towards becoming more independent and competent. Don't do things for them without checking that they are capable of doing it for themselves.
- ④ Encourage your child to talk about what's troubling them and help them to find solutions. Encourage them to talk about how they are feeling and what they are thinking about the problem. Then help them to think about different solutions.
- ④ Gently challenge self-defeating talk (e.g. I can't do this, I'm hopeless, dumb, useless) and helpless behaviour (giving up easily, expecting others to do things for them). Suggest they use helpful thinking instead (e.g. I made a mistake but everyone makes mistakes).
- ④ Don't fight all your child's battles. Children need to experience some difficult times so they learn how to bounce back.
- ④ Model effective solving of problems that are age appropriate for your child by talking 'out loud'. Review different solutions to a problem and the possible good or bad consequences of the different solutions.
- ④ Avoid offering 'quick fixes' or 'feel good' options when things get tough. Rather than distracting them with a movie or treats, let them sit with the bad feelings, knowing that you care that they are hurting, but that it is something they have to deal with, not escape from.
- ④ Help your child to take responsibility for what happens. When something doesn't work out for them, draw up a pie chart with them of:
 - How much was due to me?
 - How much was due to others?
 - How much was bad luck and circumstances (i.e. being in the wrong place at the wrong time)? Also encourage them to consider the situation from the other person's viewpoint.
- ④ When something bad happens for your child, help them to keep things in perspective by asking them:
 - Does this really matter? Are you getting upset over very little?
 - On a scale from 1 to 10, how important is this to you?
 - What's the worst thing that can happen? Do you think you can handle that?

Encourage them to think about the parts of your life that are still exactly the same and still really good (e.g. they lost a friend but they still have other friends in their team, in the street to play with, their school work is going well, nothing has changed at home).

These questions help your child to stop catastrophising and stop getting too upset over things that will get better or improve in time.



Bounce!



When things go wrong for you, or you get 'knocked down' by what happens in your life, remember that you can decide to **BOUNCE BACK!** and be yourself again!

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt and setbacks, sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, others or just bad luck?

Accept what can't be changed (but try to change what you can first)

Catastrophising exaggerates your worries. Don't believe the worst!

Keep things in perspective. It's only part of your life.

YEARS 3-6



Bounce!



When you feel unhappy, you can **BOUNCE** back again and feel better

Bad feelings always go away again.

Other people can help you feel better if you talk to them.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect. Mistakes help you learn.

Concentrate on the good things and have a laugh.

Everybody feels sad and worried sometimes, not just you.