



Berowra

Public School

The Crest

Wednesday 16th October 2013
Term 4 Week 2

Phone 9456 1319

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

Welcome back to Term 4.

I hope that you all had a restful and happy break and are ready to move into what is usually the busiest term of the year. Our Year 6 students are now into their final term of primary school which is very exciting and as a school we begin to plan ahead for the end of year festivities and for the beginning of 2014.

Our Kindergarten 'Ready, Steady, Go' program for 2014 Kindergarten students began this week. If you have missed out on this special event please contact the office immediately in order for us to include all students in this exciting program. The program is designed to assist the children to feel more relaxed and comfortable about starting at school next year by introducing them to the teachers and to their new friends in an enjoyable and informal manner.

beyondblue

Last term, the Student Parliament organised a mufti day to raise funds for *beyondblue*. Graeme Gates, one of our parents, was walking the Simpson Desert to raise funds for this charity. *beyondblue* is the national depression and anxiety initiative.

The students raised \$430.55 for this charity and at the last sitting of the Student Parliament last term the children presented the cheque to Mr Gates. Congratulations to all children and we are all very proud of the efforts of Mr Gates in supporting this charity. Thank you to all!



Congratulations:

- Lindley R (3B) – Distinction in 2nd grade tap and 1st grade ballet exams
- Tamara B (5/6T) – Successfully through to the 'Fast Track Singing' semi-finals.
- Charlotte S (5/6G) – highest fundraiser for the Funathon
- Year 3B – highest fundraising class

Washing hands

Please remind your children to always wash their hands after being to the bathroom, etc. We are having quite a number of children being sent home with a gastro type bug and it seems to be spreading rapidly throughout the school.

Classes for 2014

During Term 4 many parents begin to think about classes for the following year. The staff and I are concentrating on providing the best education for children in 2013, consequently plans for next year regarding teachers on certain grades are not in place. Please do not assume that teachers will remain on the same grade next year.

Requests for a particular teacher cannot be accommodated. I also ask parents not to attempt to pick and choose who they would like their child to be or not be with next year. Genuine and special reasons should be directed by phone, letter or interview to the principal. Class teachers or executive will not take requests for class placement next year. Naturally, parents will discuss their child's needs with the class teacher but promises of classes and teachers will not be made by the 2013 class teacher. In short, see me if you have any concerns, but please trust the teachers and me to



To help with our class planning for 2014, please indicate below if your child / children will not be returning to Berowra Public School next year, and return this slip to the office or class teacher as soon as possible.

Alternately, phone the school office on 9456 1319.

Student Name/s

2013 class/es :

Parent's Name :

place your child in a class where they will have friends and learn in an engaging friendly atmosphere. We are carefully monitoring our anticipated enrolments for 2014. Thanks to those who have already returned a kindergarten enrolment form. Please contact the school for an enrolment package if you have a sibling yet to enrol or **you are aware you will not be returning to BPS in 2014** and have not yet notified us.

WIN 16 tablet devices from ABC Splash!

1 for you and 15 for your school.

ABC Splash - FREE Online learning resources mapped to the Australian Curriculum

Here is an opportunity to win tablets for our school.

<http://splash.abc.net.au/competition?WT.ac=Innovation> Innovation-ABC-Splash|AbcSplashTabletCompetition Homepage ABC|abc



School feedback

I would like to share some feedback I received about our school on the day of the Funathon – I am sure the parent won't mind!

'I was helping out on the final dash and we had the year 6's lined up. The ambulance was there attending to the boy who had fallen and hurt himself. The children were watching and as the ambulance started to pull away they all started to wave the adidas 'clappers' and I heard them cheering and saying things like 'take care' and 'we'll miss you'.

This was such a lovely thing to witness. A wonderful example of school spirit and caring for their classmates.'

Balaclava Rd gate

Many thanks for the feedback on the gates at Balaclava Road. At this time I would like to thank the student leaders who are opening and closing the gates for the children.

Road Safety

Please ensure that our children are safe at all times:

- Walk your children across the road at the crossing
- Do not attempt U-turns across Hillcrest Rd
- Wait for the 'Crossing Lady' before crossing
- Do not get out of your car at "Kiss and Drop"

Selective high schools application

On Tuesday, 15th October, 2013 the online applications opened for entry to Government Selective High Schools for Year 7 in 2015.

Application is required by mid November 2013 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2015.

Parents with internet access are requested to apply online. Online applications will be available from 15 October to 18 November 2013.

Application information is available on the Department's internet at: www.schools.nsw.edu.au/shsplacement

For parents without internet access a limited number of paper application forms will be available in government primary schools, selective high schools, network offices and NSW State Office at Bridge Street from 22 October 2013. Paper applications must be submitted to the student's school principal by 18 November 2013.

All students seeking Year 7 entry to a selective high school in 2015 will be required to take the Selective High School Placement Test on the morning of Thursday 13 March 2014.

Di Bower

Principal

LIBRARY NEWS - I hope everyone had a lovely holiday. This term we are promoting our wonderful BOOK BUSTERS READING CHALLENGE in the Library and in the classrooms. The children are very excited and keen to get on their way around their classroom reading maps, earn points, win certificates and go in the draw for a fantastic e-Reader at the end of the year. Please encourage your children as much as you can by hearing them read, talking about their books and signing their Reading Log Book. Thank you. I know we already have many, many Super Readers but with your help we will soon have many more!

Please help your children to locate their holiday reading books and return them to the Library as soon as possible. Overdue notices will go out this week.

Happy Reading
Jennie Smith

DRAMA NEWS - We are busily rehearsing for our Music and Dance and Drama Concert (MaDD), on Monday 28th October. Keep that date free for a night of spectacular entertainment!
Senior Drama are well under way with their play "Excuses". Junior Drama are excited about their play "Rainbows". They are improving all the time in confidence, self esteem, presentation, creativity and just having fun performing! Notes about simple costumes and extra rehearsal times will go out this week.
Hope to see you there.

Jennie Smith
Teacher Librarian and Drama Co-ordinator

DANCE NEWS - On the last day of Term 3 the younger students entertained the school with their fabulous dancing. K Blue, K Red, K Purple and 2P all performed one of the dances they had been learning throughout their Term 3 weekly dance lessons. I was so proud of how much they had learned in such a short amount of time and how confidently they performed on stage in front of the whole school. Thank you to all the parents who came along to watch and also to all the students for being wonderful audience members displaying their beautiful manners throughout the performances.
This term students in 3C, 3B, 4P, 4K and 5/6J will be taking part in the dance program.
Our annual MaDD (Music and Dance and Drama) night will now be held on Monday 28th October.
Please look out for details in the newsletter. A note will be sent home shortly.

The Senior Dance Group will be having a **Dress Rehearsal tomorrow, Thursday 17th October at 8:30am** in the hall. Please come to school in costume (no make-up) and remember to bring your school uniform to change into.
Last term Mrs Carroll started a Junior Dance Group with boys and girls from Year 2 and 3. They have been working extremely hard to create an amazing dance for our MaDD night. We can't wait to see them perform.

On **Thursday 24th October** the girls and boys dance groups will be performing at Hornsby Westfield around the clock fountain as part of a 'flashmob' to promote Public Education. They will be joined by students from many other schools in northern Sydney. Berowra PS students will be wearing the purple PSSA sports uniform. Please come along and watch. It begins at 6pm.

Dance Groups, look out for the note regarding change of date for flashmob rehearsal next week.

Kelly Lukic

MUSIC NEWS - Band Welcome back to an exciting new term, I hope everyone had a great holiday and is ready for more fantastic performances. We start with the MaDD Night Concert when all bands and the ensemble will perform. The Training band will play the NEXT DAY as well for the year 2 children.

Please make sure your instrument is in good working order for band rehearsals and performances – valves oiled, spare reeds if required and have your music with you. Rehearsals start at 8am, please try and arrive promptly.

We will be starting to rehearse shortly for the Twilight Concert – a fantastic family occasion showcasing your talented children. Great work from all musicians.

Any questions or queries please contact Amanda Gillard 9456 2908 or bpsband@hotmail.com



Band 2014 – Instrument Try outs!



There will be instrument try-outs on **Wednesday 30th October, 9.00 – 9.30am** in the hall and on **Tuesday 5th November** in the hall from **9am** for **ALL** interested students from **Year 2 to Year 5**.

Take this fantastic opportunity to give your children the gift of a lifetime – **MUSIC!**

School instruments available for hire are **saxophones, flutes, clarinets, cornets, trumpets, baritone horn, euphonium and trombones**.

Other instruments are accepted into the band when supplied by the student.

Parents are always welcome to attend rehearsals on Tuesday or Wednesday mornings from 8 - 9 am to see the band in action.

There will be an **Information evening** on **Tuesday November 19th** in the school Library at **7.30pm**. Band Information booklet is available on the school website. If anyone is interested in percussion or keyboard or if you have questions please contact the Band Director Mrs Amanda Gillard on 9456 2908 or bpsband@hotmail.com or through the school office.



NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response
20/2	Classroom resources	K-6	9/4
8/5	Voluntary School Contribution	K-2	ASAP
11/9	Sport	3-6	17/10
16.10	Fete meeting	K-6	22/10
16/10	Signature Bears	Year 6	14/11
16/10	Y7 2015 selective high school	Year 5	18/11
16/10	Book Club	K-6	22/10

UNIFORM SHOP - General Information

- Opening — MON 9–10am & THURS 3–3.30pm
- No cash refunds available, cheque only
(Uniform Shop cheques will be cancelled if they are not presented within 12 months of the date of issue)
- All returns need to have a returns form attached

Uniform Shop Roster

Thursday 17/10 C Harriss, M Charlton, S Williams
Monday 21/10 C Cooke, J West, S Drake
Thursday 24/10 P Smith N Steele, J Bliss
Monday 28/10 R Walton, J Ludlow, T Andis

CLASS MERIT AWARDS

KP	Jacob B, Eric H, Talen S
KY	Gabriel F, Julian C, Isabella C, Chloe C
1A	Ellora M, Max D, Jaylah B, Ollie G, Evie P, Mac T
1C	Disha G, Sophie W, Abbie S, Luke M
2P	Danielle P, Zoe V, Tyler B, Abbie C, Ben M, Samantha S, Kaitlyn K, Max A, Haylee S
3C	Diarmuid C, Naomi D, Will F
4K	Marco D, Liam D, Mackenzie W, Niamh D
4P	Sophia H, Alex G, Cameron R, Taffy M
5/6J	Katie W, Alex W, Alani K
5/6T	Jarrold H, Samuel A, Leah O

CANTEEN LUNCHTIME SPECIAL DAYS

Tues 5th November	Pancake Day	With or without Maple Syrup	\$2.00 each
Tues 19th November	Sushi Day	Choice of chicken, cucumber, avocado & tuna	\$3.00 each
Tues 3rd December	Ice Cream Day	Served with sprinkles and/or chocolate topping	\$2.00

**** As the canteen has to order for special days, **no late orders can be accepted** ****
after the closing date on order forms

Band 2014 – Year 2 Special Concert!



Take this chance to give your children a great **social** and **educational** opportunity by joining the band in 2014!

The Training Band will be giving a special concert to see and hear the different instruments as next year, Year 2 are eligible to join the band.

The concert will be after recess, at **11.45** on **Tuesday 29th October** in the **hall**.

Year 2 parents are very welcome to attend. Instrument tryouts will follow the concert.

Further information about the band is available on the school website.

Questions or queries please contact Mrs Amanda Gillard on 9456 2908 or bpsband@hotmail.com or through the school office.

Check this out – why our children need music!
www.smh.com.au/national/education/music-holds-key-to-providing-a-quality-education-system-20130811-



P&C UPDATE - Welcome back to Term 4 – we hope you have all had a great holiday.

The bulk of students received the fun run incentive prizes last Thursday. A subsequent distribution will happen in the coming weeks for forms handed in late, incomplete etc. The final amount raised was over \$6,000 – thank you to everyone who helped with this.

Next meetings and AGM notice

The remaining 2013 P&C meeting dates are listed below. At the AGM, all officer positions are declared vacant and some of the current officers have indicated they will not re-stand. Please consider becoming involved in P&C either at a general or officer level. Membership is a small 50c and can be paid at any meeting. If you would like more information please ask any P&C member.

- Monday 21st October, 7:30pm, Staff Room
- Monday 18th November, 7:30pm, Staff Room (AGM first, followed by general meeting)

At the October meeting we will also discuss the day and time for the general meetings to confirm which is suitable and subsequent possible amendments to the By-Laws.

Berowra PS M.a.D.D. Night

Monday 28th October, 7pm

Everyone is invited!!!

If your child is in a school band, recorder group, drama group, choir, dance group or rock band, they are performing at our Music and Dance and Drama night! We also have some very talented soloists who will be entertaining us.

The concert will begin in the school hall at 7pm, and is expected to go for approximately one hour.

Performers are required to report to the Kindergarten rooms by **6.45pm** so teachers can mark them off and ensure we have everyone ready to go on at the right time.



All children will remain in the Kindergarten rooms, under the supervision of BPS staff until the conclusion of the concert. This will ensure we have a 'full house' for all our performing groups, and will minimise disruptions in the hall. We ask that the children bring only water with them (no food) and maybe a quiet activity (eg book, cards etc) to keep them busy while they are waiting to go on. No valuables please. We will also be playing a DVD to keep them occupied. Parents will then come to the kindergarten rooms at the end of the night to collect their children. Please ensure no other children are sent to the holding rooms.



To help offset the cost of sound and lighting for the night, we'll be raffling off a voucher for a Birthday Party at Action Indoor Sports, Mt Kuring-gai.

This promises to be an exciting and entertaining night and we thank you for your ongoing support!

COMMUNITY NEWS -

Night Festival & Entertainment on Friday 18th October from 6.00pm onwards the Night Festival will be held in the car park of the Berowra Baptist Church, Berowra Waters Road.

As well as the variety of food stalls, there will be live entertainment, a jumping castle for the primary age kids and the Natalie Newling Dancing Studio will be performing.

A cafe will be available along with some stalls.

A community outreach event where the community can come together and enjoy the evening under the stars.

**HAVE YOU CHANGED YOUR
ADDRESS or CONTACT DETAILS??
ARE THERE NEW MEDICAL DETAILS?**



Please make sure you advise the school of any changes to your details—particularly your phone numbers which are used in the case of an emergency, as well as changes to your address.

If your child has any medical conditions that you feel we should be aware of, please advise us immediately.



Phone the school office on 9456 1319

It's time to start planning the BPS Fete 2014

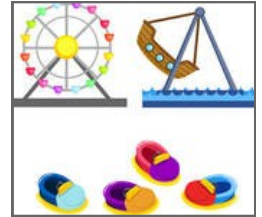
The BPS Fete will be held on Saturday 8th November 2014

Come along to the first Fete planning meeting

First meeting : Tuesday 22nd October

Time: 7.30pm

Place: Berowra Village Tavern



We need all the parent help we can get, even if you cannot make the monthly meeting but would like to offer your help be it in the way of

- having contacts with major organisations, local companies for prizes, stock
- have a great idea you would like to see at the Fete

Please let us know. Any help is greatly appreciated.

Contact:

Lisa Jewkes

email: Lisa.Jewkes@bigpond.com.au

Mobile: 0413 367 580



On October 13th 2013 i performed at the brew house with my family's support and Kirstyn and her mum came to watch. I' m in the Semi Final 'YAY', 'WooHoo'! All my singing school friends got in too! Thank you.

T
A
M
A
R
A

Diary Dates

October

14 - 31	Kindy 2014 'Ready-Steady-Go' program
Wed 16	Junior Choir and Dance Preschool tour Nude Food Day and Canteen Taco Day
Sat 19	Family Portraits
Wed 23	Maths Fun Day Dance rehearsal at Hornsby North PS
Thurs 24	League Tag Gala Day Flash Dance 6pm Hornsby Plaza
Mon 28	M.A.D.D. Night from 7pm
Tues 29	Band playing for year 2 and tryouts

November

Tues 5	Canteen Pancake Day
Wed 6	Cricket Gala Day
Thurs 7	Asquith High Schools Experience Day for year 5
Wed 13	Kindy 2104 Orientation Day
Tues 19	Canteen Sushi Day Band Information Night 7:30 in Library
Thurs 28	Twilight Concert

December

2 - 4	Year 4 Gibberagong overnight excursion
Tues 3	Canteen Ice Cream Day
Wed 4	High School Orientation Day for Year 6
9-11	Year 3 Gibberagong overnight excursion
Tues 10	Stage 1 Christmas Concert
Thurs 12	Presentation Day at Community Centre
Fri 13	Stage 3 Surf Education
Mon 16	Celebration of Learning Assembly
Mon 16	Year 6 Farewell
Tues 17	K-4 Picnic Day
Wed 18	Last day for students
Thurs 19	Staff Development Day
Fri 20	Staff Development Day

January

Mon 27	Australia Day holiday
Tues 28	Staff return to school for 2014
Wed 29	Years 1-6 return to school

February

Mon 3	Kindergarten starts school
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Australian Red Cross Blood Service

is coming to

Berowra Community Centre

on

Monday 28th October

Tuesday 29th October

Wednesday 30th October

1:30pm - 6:30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized meal beforehand

Bring photo ID or your blood donor card with you

Roll up your sleeves and give blood

Please phone **13 14 95**
to make an appointment



Does your child suffer from tired, sore feet, knees or legs?



Visit the caring, professional Podiatrists at the Berowra Family Medical Practice. Gillian and Rebecca are experienced Podiatrists who have worked in the local area for many years.

We offer a high standard of care at reasonable rates.

HICAPS facilities available.

Appointments available Monday – Friday (afternoon and evening appointments offered).

We treat the whole family. Phone 9456 2600 for an appointment

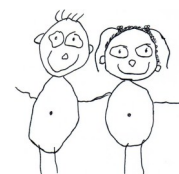
Waratah Pre School

12 Waratah Road Berowra NSW 2081

Phone: 02 9456 3434

Waratahpre_school@bigpond.com

www.waratahpreschool.com.au



Long Day 7:30am ~ 5:30pm

Short Day 8:30am ~ 3:30pm

Children aged 2 ~ 6years, Accredited Centre

Experienced and Qualified Staff

Extra programs: Music, Creative Dancing,
School Readiness & Languages



Hillcrest Road, Berowra 2081
Phone 9456 1319
10th October, 2013

ARRANGEMENTS FOR THE 2013-2014 BUSH FIRE SEASON

Dear parent or carer

I am writing to let you know about arrangements for our school for the current bush fire season.

Our school has been identified as a school at increased risk if a bush fire were to break out on a day when a catastrophic fire danger rating is issued for our area.

To ensure the health, safety and welfare of students and staff, the NSW Department of Education and Communities has determined that on days when a catastrophic fire danger rating is issued for our area, the school will temporarily cease operations for the day(s) the rating is current and alternative learning arrangements will be put in place. This is based on information obtained through a bush fire assessment of our school arranged by the Department.

A catastrophic fire danger rating is likely to occur on a very small number of days during the bush fire season, if at all. To ensure that we continue to support student learning on these days, I have put the following arrangements in place:

The children will be accommodated at another local school – this will be decided when we are aware of the direction of the fire danger. Or the children will need to stay at home.

The school will only receive notification of a catastrophic fire danger rating after school hours the day before the forecast is issued. To assist me in contacting all parents please ensure that you have provided the school with up-to-date home or after hours contact details.

Information for parents and carers provided by the Department about these arrangements is attached. Up to date bush fire information will also be available to you on the Department's bush fire safety website. The link for this site is as follows:

- NSW Public School bush fire safety:
<http://www.schools.nsw.edu.au/student-support/studentwellbeing/bushfire-safety/index.php>

Please contact the school on telephone 9456 1319 if you would like any further information about this matter.

Yours sincerely

Di Bower
Principal



150 Years Science For A Better Life



Science for a Better Life Exhibition

NSW Schools Competition

Giving schools the opportunity to be the first to view the exhibition at the Horden Pavilion in Sydney on Monday 11 November.

At Bayer, our mission is "Science for a Better Life". We work hard to create a better life for people, plants and animals.

This year Bayer is turning 150, and to celebrate we are putting on an exhibition to demonstrate Science for a Better Life.

We want give a NSW school the chance to be the first to see this exhibition, which has been travelling around the world this year, visiting the USA and Europe.

Simply ask your students to show us how they think science creates a better life for people, plants or animals. They can send us a photo, a drawing, or tell us in 25 words or less.

The winning entry will win a trip for their class (or up to 50 students from their school) to see the exhibition at the Horden Pavilion in Sydney on Monday 11th November, 2013.

As well as being the first people in Australia to see the exhibition, you will also get to meet Dr Robert Bell from the TV show Scope, on Network 10.

Entries must be submitted to carbonkids@csiro.au before 5 pm Monday 21 October. Please make sure you include the attached registration sheet.

To learn more about the exhibition go to http://www.bayer.com/en/anniversary_tour.aspx

What the winners will receive:

- Bus transport between their school and the Horden Pavilion on Monday 11th November.
- An opportunity to explore the exhibition, which has an interactive element
- An opportunity to meet Dr Robert Bell
 - Dr Robert Bell is the program host for Network Ten's science television show SCOPE and a science education officer for CSIRO Education, South Queensland.
- Take-away goodie bags

EXTENSIONS & NEW HOMES



HOME DESIGNS & PLANS FROM CONCEPT TO COMPLETION!

- Innovative, functional designs to suit your lifestyle and budget
- Experienced with your local council
- Increase the value of your home & improve your lifestyle



For a free consult call
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improving your lifestyle

2203695 25/4

www.lifestylehomedesigns.com.au

BUSH SCHOOL LEARN TO SWIM

Swimming lessons for children
4 years to 12 years (Year 6, 2013) taught by
our qualified and experienced instructors at
the Bush School pools on Saturdays, November – March

Season Cost: 30 min lesson
\$100 for 1 child,
\$150 for 2 children,
\$175 for 3 or more children (plus \$16.50 insurance per child)

Enrolments: Saturday 26th October 2013 at
1:30 pm – 3:00 pm (or on later Saturdays
from November) at the Bush School pools.
New enrolments should wear a swimsuit for
grading.

Enquiries:
Frances Simpson-Lee 9489 1579
Carolyn Cross 9489 2415
Liz Wright - bushschoolts@gmail.com
Website: www.bushschoolts.org

FRENCH CLASS – ENROL NOW FOR TERM 4!

Summer is just around the corner and this time of year is the perfect opportunity for your child to try our **fun French class** at Berowra Public School! We have lots of exciting activities planned this term to motivate and engage all students. The class is great for beginners and continuers alike, and will provide a **perfect introduction to languages** for younger learners or those going on to High School.

Bookings can now be made for Term 4 2013 so please visit us at www.thelanguagecompany.com.au to reserve a **free** trial lesson for your child.

The French Class at Berowra Public School offered is:

French K to Y6 Tuesday 3.30 – 4.30pm

The high level of re-enrolment in our language courses is testament to just how much the children enjoy their learning experience with us. The activities in our classes include drama, crafts and many fun games and songs. Our friendly groups provide the best environment for children to develop their self-confidence and enjoyment in learning to communicate in another language.

All new enrolments are invited to try a **free trial class**. Simply book online or contact us on **(02) 8005 1237** or email enquiries@thelanguagecompany.com.au to reserve your child's place. Merci.

TAEKWONDO KUKKI



FREE
TRIAL LESSON

FREE
UNIFORM
*CONDITIONS APPLY

Call:
9477 6204
or
0412 369 874

OVER 30'S DISCO IS BACK!!

TICKETS SELLING FAST!!

When: Friday 15 November
Time: 7pm – Midnight
Where: Berowra Community Centre
 (1 Gully road Berowra)
Theme: DISCO DIVAS and DAFT PUNK...S!
www.youtube.com/watch?v=1Bxv37PcAQ
BYO: Alcohol / Nibbles
Tickets: \$10.00
 Chris Jennings - 0413 096 190 or Chris Hindmarsh - 0418 223 587
 Or email: over30sbluelight@gmail.com
 you too, can dance like no-one is watching!

Please present ticket on the night.



Is your child gifted, talented, intelligent, curious, creative and filled with promise?

WE CAN HELP YOU!

An invitation to participate in a series of new and innovative workshops at UTS

WhizzKyd's workshops

Creative Teaching-Dynamic Learning!

Limited spaces are now available for your child to take part in our fun and inspiring enrichment programs at the University of Technology Sydney (UTS). A range of full day workshops are being run across Literacy, Numeracy, Science and HSLIE-based subjects for students who may seek extension in any of these areas.

Key features of the program include:

- The most qualified, experienced and passionate presenters
- Guaranteed student enjoyment
- Individual needs of all students catered for
- All sessions run at UTS campuses in state-of-the-art learning spaces
- Learning will take place in a hands-on, interactive environment

Further Details:
 Year 3/4 and Year 5/6

Program Dates:
 Saturday 15th June
 Sunday 16th June
 Saturday 19th October
 Sunday 20th October

Time:
 9:30am-3:30pm



Inspiration Education



FOR MORE DETAILS

www.inspirationeducation.com.au | 1300 677 336



Nutrition Snippet

The simplest way

... to increase your vegies

90% of adults in your area don't eat enough vegies! We should aim for 5 serves each and every day!

Here's some easy tips to help you out...

Eat vegetables as a snack throughout the day

- Try vegie sticks with low fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

Decrease the meat in your meals + add more vegies

- For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with extra veg. Hint: chickpeas, lentils + beans are great fillers!

Add vegies to all your meals

- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

to set a healthy example for our kids.

Did you know that in NSW 9 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommend daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you'll be a healthy role model for your kids and help protect their health in the future.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

