



# Berowra

## Public School

# The Crest

Wednesday 4th September 2013  
Term 3 Week 8

Phone 9456 1319

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

As always, BPS is a very busy and productive 'place to be'. This is **Mrs Skye Fenton's** last week with Kindergarten Yellow. On Friday, Mrs Fenton will begin a new phase of her life as she prepares for the birth of her baby. We will all miss her and her wonderful cheery outlook and love of life and everything Kindergarten Yellow. I know you join with me in wishing her very best wishes for her new baby and I know she will be back to visit us after the birth. KYellow will enjoy the rest of the year with Mrs Sue Stacey.

### Hornsby Zone Athletics Carnival

Congratulations to all our students who, two weeks ago, represented at the Zone Athletics Carnival. Thanks to Mr Jones, Miss Smith (5/6T student teacher) and Mrs Clayton for their coaching, support and organisation of the team prior to and on the day. Many thanks to Mr Wayne Bingham for his coaching of our relay teams.

Our zone results are impressive... Berowra came overall **5<sup>th</sup> place** ... woo! hoo!

**Sam P** (5/6G) – 1<sup>st</sup> in 100m, 200m, 800m, 2<sup>nd</sup> in Jnr high jump, 2<sup>nd</sup> in Jnr long jump and 3<sup>rd</sup> in jnr discus;

**Mackenzie W** (4K) – 1<sup>st</sup> in jnr high jump and 3<sup>rd</sup> in jnr shot put; **Benjamin C** (5/6G) – 3<sup>rd</sup> snr boys shot put

**Jeremy J** (4P) – 2<sup>nd</sup> in 100m; **Jarrold H** (5/6T) – 3<sup>rd</sup> in 800m; **Carla S** (5/6G) – 3<sup>rd</sup> in 800m;

Junior Boys Relay Team – (**Will K** 3C, **Jeremy J** 4P, **Jett J** 4P and **Sam P** 5/6G) – 2<sup>nd</sup>.

Good luck to all our Sydney North Area Competitors next Monday.

### Congratulations to:

- **Tamara B** (5/6T) ... finalist in the 'Fastrack' singing contest to be held at the Brewhouse on 13<sup>th</sup> October.
- **Katrina T** (5/6J) ... recorder soloist in the Sydney North Festival of Instrumental Music.
- **Sam P** (5/6G) ... 22<sup>nd</sup> in the National Cross Country Carnival in Tasmania on Friday... 3<sup>rd</sup> overall in the team event and 2<sup>nd</sup> in the relay event (each child runs **1 km**!)

### Book Week

What a sensational effort by all last week. The book parade was definitely the best I have ever witnessed. Many thanks to Mrs Jennie Smith for your vision, inspiration and leadership of this day.

The celebration of reading and books was evident in all that seemed to happen all week. It was inspiring to see how the characters came to life in our parade. I think every child joined in the festivities and enjoyed dressing up! The manner in which each child participated was truly wonderful and shows their love of learning and being a part of BPS. The fact that every teacher also became a book character for the day was just the 'icing on the cake'! Many thanks to all parents who supported this event – either by attending or organising the costumes!

The day finished with the traditional trivia quiz and I am sure your children came home 'buzzing' with excitement.

Thank you once again to all children and teachers who dressed up to make this event such a memorable one.

### Father's Day

I hope all fathers enjoyed their day on Sunday. I am sure they enjoyed the many wonderful gifts that their children purchased from our Father's Day Stall. Thank you to the School Support Group for running this for the children. I love watching the children work out what is the best gift to get for their father – it is such a fantastic opportunity and learning experience.

## MONEY COLLECTION DAYS

Please note that money collection days at Berowra Public School are **Tuesdays** and **Thursdays only**.



For security of payments it would be appreciated if money only be sent to school on these days in a signed payment envelope.

We have only two days a week allocated to receipt money so please remind your child to give it to their teacher in the morning as receipting and banking are completed during the day. Correct money is appreciated as the office is unable to hold change.

**Please do not hand payments in after school.** Handing money into the office may result in confusion and your child's name not being marked off as paid for sport, excursions and activities.

Any payments for the choir, drama, interschool sport or extra curricular activities as well as P&C or Support Group fundraisers can also be handed to the class teacher.

Thank you for your cooperation.

Many thanks to all the teachers who 'fed' the fathers last Friday morning. Most of the teachers were at school on Friday and working by 7am. They love seeing the fathers and I know the children and their fathers appreciate all that the teachers do for them. Many thanks to Teresa for organising all the food, Chris Chu for helping us in the morning and José Auditore for doing the mad rush to the shops when we ran out of food. Many thanks to Glenn Pritchard who worked tirelessly setting up the barbeques and cooking all morning before heading off to Swim School.

### Sydney Opera House

On Thursday, 29<sup>th</sup> August our recorder group performed at the Sydney Opera House as part of the combined recorder group for the Sydney North Festival of Instrumental Music. This group was led by Dr Sue Thorvaldson. Drs Sue and Erik give up so much of their time for the school recorder groups and we are indeed fortunate to have their expertise. Congratulations to Grace B(3B), Isobel N(5/6G), Katrina T(5/6J), Kyle L-W(5/6J), Sara N(5/6J), Caitlyn R(4P), Amy S(4K), Miranda A(3C) and Bradley A(3C).

On Tuesday, 3<sup>rd</sup> September our senior choir, expertly led by Mrs Elizabeth Sheldon, performed as part of the mass choir. These children were a 'joy' to be with. Their behaviour was exceptional and they sang sweetly!

To perform at the Opera House is a wonderful opportunity. There are not too many of us who can say they have performed on the stage at the Sydney Opera House. Congratulations to all children who performed at the Opera House over the last two weeks.

### Kindergarten 2014

If you expect to be enrolling your son or daughter in kindergarten next year and have not contacted the school, please do so as soon as possible. If we know that your child is coming in 2014 we can ensure that they are invited to the Kindy Fun Day, Orientation Day and our Ready, Steady, Go Program. If you are aware of neighbours or friends who will be enrolling their children please feel free to remind them to contact the school on 9456 1319.

### School Speed Zone reminder

Speed zones around schools are there to protect your children. Please stay at or below 40kph between 8am and 9:30am and 2:30 and 4pm. Please remember to park safely near your school.

### School Kiss and Drop Zone reminder

Kiss and Drop Zones are for all parents/caregivers to use. Please stay with your car for the **TWO MINUTES** that you are stopped in the zone. This area is only for dropping off and picking up school children. If everyone sticks to the time limit and the conditions, it should make it easier for all parents.

*Di Bower*

Principal



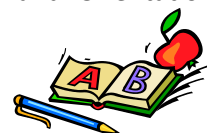
### ENROL NOW FOR KINDERGARTEN 2014

Enrolments for Kindergarten are well underway.

If your child or you know of a child ready to start school next year make sure they are enrolled.

Our orientation programs begin this term and we would hate you to miss out. Kindy Fun Day 18th September, Ready-Steady-Go Program commencing Week 2 Term 4 and Orientation Day 13th November.

For more information contact the school office on 9456 1319.



**Everyone enjoyed  
themselves at the  
Fathers Day  
Breakfast**



**LIBRARY NEWS** - THANK YOU parents, teachers and children for your wonderful support and participation in our Book Week events. It was such a busy week with author visits, book character parade, trivia and library displays of short-listed books. Thank you everyone for getting into the spirit of all things 'literary'.

Greg Hudson's "Hocus Pocus" kept the children enthralled with wonder and laughter at his magic tricks.

Tina Matthews showed how her amazing wood-block illustrations were done in her best selling books, which we will soon have in the Library. She also played her 'coconut' ukulele and the children enjoyed singing along.

The Book Character Parade showed just how creative and inspirational Berowra parents and students are, with the whole staff also getting into the act!

Congratulations to Group 5 who won the whole school Trivia Quiz outside the Library on such a beautiful day. It was great to see all the children, K-6, involved in answering questions of a literary nature. They all were involved in various activities and their behaviour was exemplary.

The colouring competition has been judged and prizes will be awarded at the K-6 Assembly next week.

Donated books from Open Day Book Fair started going home last week. Thanks again for your generosity. 100 new books for the Library!! Wow!!

Thank you also to BOOSH Cottage for donating a much desired "Lego Play Book" to the Library as well as "Harry and the Poisonous Centipede".

Jennie Smith  
Librarian



**The whole school had fun during Book Week**

**DRAMA NEWS** - The children are now working on two new plays for the MaDD Concert (Music, Drama and Dance) on the evening of Monday 21<sup>st</sup> October.

Junior Drama - "Rainbows"

Senior Drama - "Excuses"

The children work so hard to learn their lines and get these plays to performance level. They are such an enthusiastic and talented bunch!

Jennie Smith

**P&C NEWS** - At our last meeting on Monday 19<sup>th</sup> August, the P&C approved the donation of \$3,000 to fund the enrichment program, taught by Mrs Clayton, for one day per week for Term 4 2013. This is in addition to the \$10,000 donated for the same program earlier this year. Full minutes will be uploaded to the school's website.

The Fun-a-thon is this Friday 6<sup>th</sup> September and sponsorship money is due back tomorrow, Thursday 5<sup>th</sup> September. If you are able to help with the running or supporting of the event please just come along on Friday afternoon from 1:30pm.

The next P&C meeting is Monday 16<sup>th</sup> September, 7:30 pm in the Staff Room and in the coming months we will start to look into fundraisers for next year, in addition to the Fair. If you have any suggestions about current or new fundraising events please let us know.

**SCHOOL SUPPORT GROUP** - Look out for the Family Portrait flyer being sent home soon. The date is Saturday 19<sup>th</sup> October and costs \$20 per family for a portrait with the option to purchase packages. Enquiries to Sarah Williams 0412 999 101 or Tammy Da Silva 0402 464 743.

**UNIFORM SHOP** - Uniform Shop AGM is at 11am on Thursday 19th September. All positions vacant.

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 5/9	S Horner, K Labuschagne, J Clayton
Monday 9/9	V Eliasson, J McKendrick, S Prosser
Thursday 12/9	G Staniland, G Smith, T Allen
Monday 16/9	C Cooke, J West, S Drake

## School Garden Maintenance Day

If you are coming to the school to vote on Saturday, could you spare a half an hour (or more) to give the P&C a hand to get our new school garden ready for Spring?

We are at a stage where we need hands and helpers to remove the grass from the new garden and are ready to put weed matting down.

The P&C will supply the tools but we just need the hands. We will be at the new garden between 9am and 2pm on Election Day and would love to see you.

The new garden space is located at the bottom end of the school behind the stage COLA.

Berowra Public School P&C



### CANTEEN LUNCHTIME SPECIAL DAYS

Tues 17th September	Hot Dog Day	Hot dog with a choice of cheese, mustard and sauce	\$3.00 each
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\*\*\*\* As the canteen has to order for special days, no late orders can be accepted \*\*\*\*  
after the closing date on order forms



**MUSIC NEWS** - thank you to everyone for the great effort with the combined rehearsals over the last two weeks. Our Musica pieces are sounding fantastic! The performance at the Community Centre on Friday 13<sup>th</sup> September is a really great evening showcasing many of the local school bands. Good luck to students taking their exams and I hope years 5 and 6 enjoy their excursion to Canberra. Keep up the good work.

Amanda Gillard 9456 2908 bpsband@hotmail.com

#### 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
7/8	Fun-a-thon sponsorship	K-6	5/9
21/8	Canteen Special Days - Hot Dog	K-2	13/9
21/8	Mougamarra	Year 1	10/9
21/8	Calendar Fundraiser	K-6	17/9
4/9	Family Portraits	K-6	15/10

#### CLASS MERIT AWARDS

KB	Omar D, Amelie O, Harrison B, Taliah S, Ben O, Jasmine W
KP	Pranay G, Kaiya H, Liam J, Scott T
1C	Liam C, Anthony D, Genevieve C, Jessica Y
1P	Emily L, Millie T, Dakota J, Eveline C, Nathan G, Monique C
2B	Imogen L, Pearl M, Kael S
2P	Zara G, Lucy T, Eden S
3C	Blake C, Aleisha C
4K	Andrew S, Ashleigh H, Chelsea C
4P	Lachlan B, Abbey T, Anisha K
5/6G	Jamie C, Tim D, Orla P
5/6T	Chloe P, Sienna O, Hewitt F

## ELECTION DAY Sausage Sizzle & Cake Stall Saturday 7<sup>th</sup> September 2013

Hi everyone

**Berowra Public School Support Group and BOOSH Cottage** are once again teaming up to hold a Fundraiser Sausage Sizzle & Cake Stall on Election Day. The amazing Berowra APEX guys will again, give their support and provide their BBQ and fun hard working selves and cook sausages for us. We are so lucky to have them on board.

We would appreciate the help of parents in providing cakes to sell at the cake stall. Plus, and equally as important, we will need lots of help on the day. If you are able to spare an hour or two when you come up to vote and help out please complete the timetable below and return to the school office or BOOSH Cottage ASAP.

Cakes will be accepted from Friday 6<sup>th</sup> September and can be delivered to the Canteen or BOOSH Cottage and/or onsite throughout Saturday.

**BOOSH Cottage will be open from 6.30am and the canteen will be open between 9am and 3pm on Friday 6<sup>th</sup> September.**

Your help and support is very much appreciated.

Thank you

BPS Election Day Sausage Sizzle & Cake Stall Saturday 7<sup>th</sup> September 2013

NAME: \_\_\_\_\_ CHILDS NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

CONTACT No \_\_\_\_\_

I am able to help on the day and would like to request the following shift. (Please tick as many boxes as you wish)

6am – 8am (Set-up)	8am – 10am	10am – 12 noon	12pm – 2pm	2pm – 4pm (Pack-Up)	Other Specify longer or shorter than 2 hrs

## Choir to the Opera House - Tuesday 3<sup>rd</sup> September



Opera House Choir

On Tuesday 3<sup>rd</sup> September, our Opera House Choir joined the 700 voice combined choir of the Northern Sydney Region to perform a stunning repertoire as part of the Primary Choral Festival at the Sydney Opera House.

It was a very long day for the children, who rehearsed all day then returned to perform late into the night, but they were amazing!! From a moving rendition of Enya's "May it Be", complete with Elvish lyrics, to Toy Story's "When She Loved Me" and a musical arrangement of Dorothea Mackellar's "I Love a Sunburnt Country", the show was certainly varied - but always entertaining.

The sound produced by the choir was beautiful and they represented our school admirably with perfect, professional behaviour. Thankyou too to all the parents and friends who came to support us. I hope you enjoyed the concert. Next stop .... has to be Broadway surely?!

-Liz Sheldon







## Asquith Boys High School Community Fun Day September 8, 2013

### RAFFLE

#### Major Prizes:

- \* 2 return flights to the Gold Coast with thanks to Premium Holidays
- \* a ride in a Porsche
- \* Handcrafted Car themed Quilt

### STALLS

Plants, Candles, Lollies, Jewels, Book Stall, Old Boys Stall, Mini Melts, Jewellery, Merchandising stall which includes "Minecraft products", Fairy Floss, ABHS kitchens foods, Dog Apparel, Showbags, Coffee, Face painting and a Jumping Castle - Fun for ALL the family.



### MUSIC

ABHS Stage Band, AGHS Vocal Ensemble, Hornsby Heights and Hornsby North School Bands, Jarrad Jones Marimba, Usual Suspects, Waitara Concert and Jazz Bands, ABHS Jazz Ensemble, Serenade of Silence and Vinyl Edge

### ENTERTAINMENT

Soccer games with the Blackwood Shield and Moscos Cup, Musical Entertainment, Stalls, Muscle Car Display, ABHS : Art Works Display, Personal Interest Projects "PIP" Display, Science Projects Display



Dianne Stoddart Publicity Officer  
Asquith Boys Highschool P&C  
abhs.communityfunday@gmail.com

## Diary Dates

### September

- Fri 6 BPS Fun-a-thon
- Sat 7 Federal Election - sausage sizzle & stalls & garden working bee
- 9 - 11 Stage 3 Canberra/ski excursion
- Fri 13 Berowra Musica at Community Centre
- Mon 16 Years 1 & 2 Muogamarra excursion
- Tues 17 Canteen Hot Dog Day
- Wed 18 Kindy 2014 Fun Day
- Thurs 19 Years 1 & 2 Muogamarra excursion
- Fri 20 Last day of Term 3

### October

- Tues 8 First day back for Term 4 students/staff
- 14 - 24 Kindy 2014 'Ready-Steady-Go' program
- Sat 19 Family Portraits
- Mon 21 M.A.D.D. Night

### November

- Wed 13 Kindy 2104 Orientation Day
- Thurs 28 Twilight Concert

### December

- Tues 10 Stage 1 Christmas Concert
- Thurs 12 Presentation Day at Community Centre
- Mon 16 Celebration of Learning Assembly
- Mon 16 Year 6 Farewell
- Tues 17 K-6 Picnic Day
- Wed 18 Last day for students
- Thurs 19 Staff Development Day
- Fri 20 Staff Development Day

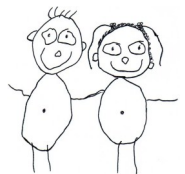
## Waratah Pre School

12 Waratah Road Berowra NSW 2081

Phone: 02 9456 3434

[Waratahpre\\_school@bigpond.com](mailto:Waratahpre_school@bigpond.com)

[www.waratahpreschool.com.au](http://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,



**On sale before school  
from 8:50 to 9:20**

Legacy badges, wrist bands and pens will be on sale before school in the playground on Thursday and Friday this week and Monday, Tuesday and Wednesday next week.

<b>Badges</b>	\$1, \$2, \$5, \$10, \$20 & \$50
<b>Wrist bands</b>	\$3
<b>Pens</b>	\$5

## ASQUITH BOYS HIGH SCHOOL



Sponsorship opportunities are being offered to acknowledge and extend students showing academic distinction or demonstrated excellence in creative & performing arts



### 2014 Scholarships

#### Junior Scholarships

Year 7 Stage Band  
Year 9/10 Visual Arts  
Year 9/10 Music

#### Senior Scholarships

Year 11/12 Academic:  
Mervyn Brown  
Year 11/12 Visual Arts  
Year 11/12 Stage Band  
Year 11/12 Music

## APPLY NOW

Enquiries to:

Scholarship Co-ordinator  
Catherine Holder

9477 3508

catherine.holder2@det.nsw.edu.au OR  
www.asquithboy-h.schools.nsw.edu.au

Applications close 9 September

## 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

**9986 1311**

improving your lifestyle

2203695 25/4

[www.lifestylehomedesigns.com.au](http://www.lifestylehomedesigns.com.au)

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



## TAEKWONDO KUKKI



**FREE**  
TRIAL LESSON

**FREE**  
UNIFORM  
\*CONDITIONS APPLY

Call:  
**9477 6204**  
or  
**0412 369 874**





## SCHOOL HOLIDAY FUN NOW AT MT KURING GAI

Fun fitness activities for  
Infant and Primary school aged children

### ★ Moving Bodies Centre Mt Kuring gai ★

**Week 1** Monday 23 Sept / Wednesday 25 Sept / Friday 27 Sept

**Week 2** Monday 30 Sept / Wednesday 2 Oct / Friday 4 Oct

9:00am – 3:00pm

★Bars ★ Beam ★ Floor ★ Springing ★ Tramp ★Foam Pit  
★Soft Play ★Fun games and activities plus much more!

**For information and enrolment forms please visit,**  
Moving Bodies Centre: [www.movingbodiescentre.com.au](http://www.movingbodiescentre.com.au)  
**Ph: 99405240 / 9457 7732**

# MindQuest 2013

**Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> November**  
**9.30am-3.30pm**

Glenwood High School  
Cnr Forman Ave & Glenwood Park Dr  
Glenwood 2768

For Gifted & Talented Primary  
Students Years 1-6

Brochure and entry form available at BPS  
school office

Closing date is Friday 11<sup>th</sup> October

The 70th MindQuest program will be held for gifted and talented primary students from Years 1-6 at Glenwood HS. These include gifted and talented students, gifted underachievers and students with well above average ability with a special interest.

Students will have an opportunity to participate in over 36 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, lego robotics, chemistry and much more.

Most of these highly successful courses have been run in the past and students' evaluations suggest that they have been challenged and enriched by the experience.

The cost of the weekend is \$170 (including GST).



## Improve your Cricket Skills!

- Specialised Coaching Programs
- Batting, Bowling & Fielding Skills
- 1 to 1 Coaching Available



**performance coaching academy**

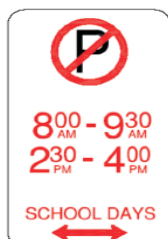
Action Indoor Sports, Mt Kuring-gai

Stuart Newman (Head Coach)

m: 0467 897 607

e: [performancecoachingacademy@gmail.com](mailto:performancecoachingacademy@gmail.com)

w: [www.performancecoachingacademy.com.au](http://www.performancecoachingacademy.com.au)



### NO PARKING ZONE

Drivers may drop off or pick up children during the times shown on these signs, but note:

- the maximum stopping time is 2 minutes
- the vehicle must not be left unattended, and
- the driver must remain within 3 metres of the vehicle.

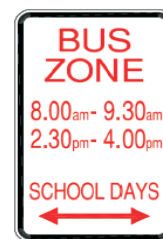
**Penalty at least \$132  
+ 2 demerit points**



### NO STOPPING

Stopping is not permitted.

**Penalty at least \$238  
+ 2 demerit points**



### BUS ZONE

Stopping is not permitted during the times shown on the sign.

**Penalty at least \$238  
+ 2 demerit points**

# LEARN TO SWIM!



## INDOOR HEATED POOL

### LESSONS FOR PRIMARY AGED CHILDREN, PRESCHOOLERS AND BABIES

**SCHOOL HOLIDAY COURSES  
COMMENCE 23 SEPT 2013  
TERM 4 CLASSES START: TUES 8 OCT**

**DENIS PONTIN'S SWIM SCHOOL  
PHONE 9489 4771  
48 TENNYSON AVE, TURRAMURRA  
[www.pontinsswimschool.com.au](http://www.pontinsswimschool.com.au)**

**BOOK NOW FOR SEPT/OCT HOLIDAYS**

## creative BEROWRA PRESENTS 'I AM ELEVEN'

Award winning documentary by Australian filmmaker Genevieve Bailey.

Do you remember when you were 11? Australian filmmaker Genevieve Bailey travelled the world for six years talking with 11-year-olds to compose this insightful, funny and moving documentary portrait of childhood. [www.iameleven.com](http://www.iameleven.com) This will be an outstanding night for anyone who has an 11 year old or who remembers being 11! Limited seats so please book early. Popcorn, Chips, lollies, coffee & tea and other refreshments are available for sale. Please BYOG.

**WHEN:** Friday 20th September. Doors open at 7pm for a 7.30pm screening (running time 94mins)  
**WHERE:** Berowra District Hall  
**TICKET PRICES:**  
Family of 4: \$30 pre-sale / \$35 at the door  
Adults: \$10 pre-sale / \$15 at the door  
Children 6-12 years: \$7.50 pre-sale / \$10 at the door (not recommended for under 5's)

**PAYMENT OPTIONS:**  
In Person: Pick up tickets at the next Creative Berowra Market - Sept 8  
On-line: Deposit funds, use family SURNAME as description and send a copy of receipt to [info@creativeberowra.com.au](mailto:info@creativeberowra.com.au)  
Account Name: Creative Berowra  
Account Number: 144246246  
BSB: 633000

[www.creativeberowra.com.au](http://www.creativeberowra.com.au) [CreativeBerowra](#) [CreativeBerowra](#) [shonacreative](#)  
CREATIVITY & FUN FOR ALL AGES [www.shonacreative.com.au](http://www.shonacreative.com.au)

### HAVE YOU CHANGED YOUR CONTACT 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.

Phone the school office on 9456 1319

## BEROWRA RSL Youth Swimming Club

**Registration for 2013/14 Season**  
Now open online at [www.berowrarlsclub.org](http://www.berowrarlsclub.org)  
Or come visit us

**When:** Saturday 14<sup>th</sup> September from 10.00am – 2.00pm  
**Where:** Outside IGA, Berowra Heights

**Registration fees are \$70 for an individual or \$120 for a family plus weekly pool entry**

We are a club for swimmers of all ages who want friendly competition, to go beyond swimming lessons, prepare for school races or learn more about swimming as a sport.

Competitors enjoy swimming in handicapped races against other swimmers with similar abilities and times. There are also opportunities throughout the season for competing at Zone and State levels. The Club's aim is not to turn out potential Olympians but to give swimmers the confidence in themselves and their abilities.

Come and give it a try with the first two weeks free for new members.







**The season starts on Sunday 13<sup>th</sup> October, 9:00am – 11:30am  
Abbotsleigh Aquatic Centre**

If you have any queries please contact  
Michael McAlister (Club President) on 0403 750 900

## ART CLASSES FOR KIDS

STARTING IN BEROWRA  
Term 4 bookings now open  
(Term 4 classes commence week commencing 24th Sept)

With a fully qualified teacher with over 20 years experience with children's art.

Kids parties, art classes, School holiday workshops, FUNdraising, Pre-School Classes & Home Schoolers...

**BOOK NOW at:** [www.creativefunfundraising.com.au](http://www.creativefunfundraising.com.au)  
For all enquiries contact: Nico • Crouch on [nicoc@creativefunfundraising.com.au](mailto:nicoc@creativefunfundraising.com.au) or phone: 0411 546607



## **Time to get in the Swim!**

If you're looking for a swim club, why not join Hornsby?

Yes, we're swimming at the indoor Knox Grammar Aquatic Centre!

Hornsby meets every Friday night from 7.00pm and finishes no later than 9.00pm, leaving your weekends free!

We cater for all ages and abilities with 25m, 50m, 100m, 200m and relay race events.

If you're interested, come along on Friday 27<sup>th</sup> September to register or "test the waters" before joining (pool entry applies).

Contact the HASC Committee for more info at [hornsbyswimteam@yahoo.com.au](mailto:hornsbyswimteam@yahoo.com.au) or visit our website at [www.hornsbyswimclub.com](http://www.hornsbyswimclub.com) and "Like" [Hornsby Swim Club](#) on Facebook!



HORNSBY RSL YOUTH CLUB GYMNASTICS



## **HOLIDAY GYMNASTICS**



Do you want to do something really fun these school holidays? Then come along to our recreational gymnastics days where you get to swing on the ropes, bounce high on the trampolines, roll down the sprung floor, balance on the beams and hang around on the bars! There is always so much to do, and no previous experience is necessary. Run by fully qualified and accredited gymnastics coaches.

Dates: Monday 23<sup>rd</sup> Sep, Wednesday 25<sup>th</sup> Sep, Friday 27<sup>th</sup> Sep,  
Monday 30<sup>th</sup> Sep, Wednesday 2<sup>nd</sup> Oct and Friday 5<sup>th</sup> Oct!

Time: 9am – 3pm

Ages: 5 – 12 years girls and boys

Cost: \$37 per day (members) or \$42 per day (non members)

Bring: Morning tea, lunch and plenty to drink!

Where: Hornsby RSL Youth Club Gymnastics, 1 Ashley Lane Hornsby 2077



Bookings essential. For more information, or to make a booking phone the gym on 9476 6689 or email [hornsbysrl@gymnastics.org.au](mailto:hornsbysrl@gymnastics.org.au)



## **Calendar Fund Raiser**

**Art/Photo Calenders \$11.00 each**

**Mouse Mats \$13.00 each**

**iPhone covers \$15.00 each**

**Greeting Cards \$13.00**

**Diary \$15.00**

- Every child has completed an artwork in class (no obligation to buy)
- A single or family photo can be used if preferred, or in addition to the artwork (landscape only)
- Collages of photos are also acceptable
- Makes a practical, yet very personal Christmas present for family and friends
- Cheap to post overseas for Christmas presents
- Great present for grandparents
- More than one calendar/card pack can be ordered
- All original artwork and photos will be returned with finished

**Return order form, full payment and photos no later than  
Tuesday 17th September 2013**

Please make cheques payable to BPS School Support Group

Sample calendars and greeting cards can be viewed in the school noticeboard and sample calendars in most class rooms.

Your child's artwork can be viewed at school Wednesday 11<sup>th</sup> & Friday 13<sup>th</sup> September at benches/tables by BOOSH in the afternoon 3.10pm – 3.40pm

Calendars will be sent home during term 4.

If you have any queries, please contact Sarah Williams (School Support Group)  
0412999101



Asquith Leagues  
11-17 Alexandra Parade, Waitara  
Ph. 9487 1066

# SCHOOL HOLIDAYS

**Wednesday 25 September**

11am Free Kids Bingo (Dobbers \$2)  
12noon \$5 Kids Meals  
1pm FREE Kids Movie – *Life of Pie*

**Wednesday 2 October**

11am Craft Day  
\$4 per child 3 years and over bookings essential  
12noon \$5 Kids Meals  
1pm FREE Kids Movie – *Tad the Lost Explorer*

**Disclaimer:** Advertisements placed in THE CREST do not reflect an endorsement or otherwise by Berowra Public School of that product or service. Information in the advertisement is entirely the responsibility of the advertiser.

**HORNSBY HU-RING-GAI BASKETBALL ASSOCIATION SPIDERS**

## SUPERCAMPS

For boys and girls 9 to 15 years of age

## AUSSIE HOOPS BASKETBALL CLINICS

For boys and girls 6 to 8 years of age

[www.hornsbyspiders.com.au](http://www.hornsbyspiders.com.au)  
for more information and camp application forms

**HORNSBY HU-RING-GAI BASKETBALL ASSOCIATION SPIDERS**

## SPIDERS REP TRIALS

Trials start in October for all boys and girls born years 2005 - 1997 (Under 12 to Under 18 age groups)

Trials will be held at **Knox Grammar** - entry via Woodville Ave

[www.hornsbyspiders.com.au](http://www.hornsbyspiders.com.au)  
for more information and camp application forms



# What is self esteem?

Self esteem is about feeling good and feeling worthwhile as a person. Self esteem is important for everyone. For all children self esteem develops as they manage school learning tasks, how they look, how they make friends and how they achieve in extracurricular activities. **Positive self esteem** enables children to try different things without too much fear of failing, to make new friends and to deal with problems they may encounter. If children receive encouragement and help to achieve, and they succeed, their self esteem will grow.

Children with high self esteem tend to have the following characteristics:

- They have the ability to be creative.
- They are more likely to be active in social groups.
- They are less likely to have fears, self-doubts and ambivalence.
- They are more likely to set and achieve realistic personal goals.
- They are more likely to accept differences between themselves and other people and still feel positive about themselves.

Stress at home such as parents fighting, problems at school including being bullied, not having friends or having trouble with school work, can all affect a child's self esteem.

## Building your child's self esteem

Here are a few things that you as a parent can do to help foster and nurture your child's self esteem:

- Start by being a good role model.
- Self esteem is contagious. The more positive parents and carers, the more positive the child's self esteem will be, so remember to look after your own self esteem.
- Be careful not to base your expectations of your child on your own unfulfilled desires.

## Show your child how much you care about them.

Show that you care with actions and words. Tell your child every day that you love them and give them lots of smiles, hugs, winks, etc.

Spend time together and share your child's favourite activities.

Don't compare your child with other children.

Don't ignore your child when they talk to you or try to show you something.

Use words that help to build self esteem e.g. "that was an excellent idea", "thank you for your help", etc.

Don't use criticising messages that damage self esteem e.g. you are ... lazy, untidy, a nuisance, annoying, stupid, etc.

Attend your child's school and extra curricular activities e.g. sport, Parent's Day, award ceremonies, concerts, picnics.

Praise your child for the specific behaviour that you like e.g. "You have done a great job picking up all your toys", "Thanks for setting the table when I asked".

Recognise efforts and improvements as they happen rather than waiting for the completed task.

Promote positive self talk and ask your child to talk about their accomplishments e.g. "How did you do that?", "What did you do that was different?", "How did you make that great colour?"

## Help your child set goals that are realistic.

Listen to your child's point of view and help them to identify their strengths and desires.

Help your child find hobbies they are interested in and enjoy e.g. sport, collecting rocks, catching bugs.

Celebrate your child's successes and achievements.

**Give your child freedom to make choices and to make mistakes.**

Allow your child to make age appropriate choices and provide the opportunity for them to experiment and learn in non threatening situations.

Discuss problems without placing blame and help your child develop problem solving skills. These skills will help them learn to manage for themselves, try again and allow them to develop further.

**Support your child with their schoolwork, it is their work.**

A good relationship between home and school is important, so talk to your child's teacher if you have concerns with your child's progress.

Break down homework tasks into smaller and easier steps if your child seeks your help.

**Encourage responsibility and cooperation.**

Provide your child with the opportunity to help with age appropriate chores around the house e.g. feeding the pet; keeping their belongings tidy, setting the table for meals.

Don't do for your child what they can do for themselves.

**Involve your child in their wider family, culture and community.**

Help your child get to know their family and their family history.

Help your child develop tolerance and acceptance towards those with different values and backgrounds.

Consider family involvement in special interest groups, church activities, sporting clubs and volunteer work.

Keep your sense of humour. Encourage your child to see the funny side of things. Laugh with them not at them.

Encourage your child to make friends. Take time to get to know your child's friends and make them feel welcome in your home.

**National Child Protection Week 1-7 September**

Protecting children is everyone's business. Play your part by reporting the abuse, neglect or exploitation of a child to Crime Stoppers on 1800 333 000.

Find out more: <http://napcan.org.au/>

**Helping your child choose right from wrong**

How do you raise ethically aware children? In this audio discussion, Dr Simon Longstaff from the St James Ethics Centre explains some ideas to James O'Loughlin.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>

**Preparing for Year 7**

The transition from primary school to high school maths can be difficult for both you and your child. However, by working in partnership with your child and using some careful forward planning, the transition can be smooth and successful.

Find out more: <http://educationequals.com/what-you-need-to-know-about-learning-maths-in-high-school/>

**Numbers fun**

Learning to count forwards and backwards from a given number helps children with solving addition and subtraction problems. Use these great worksheets to help your child learn about number ordering.

Find out more: [http://www.schoolatoz.nsw.edu.au/detresources/numbers\\_beetles\\_butterflies\\_tLzmljWfc.pdf](http://www.schoolatoz.nsw.edu.au/detresources/numbers_beetles_butterflies_tLzmljWfc.pdf)