



The Crest

Wednesday 19th March 2014
Term 1 Week 8

Phone 9456 1319

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

Anaphylaxis

Anaphylaxis is a severe and sometimes sudden allergic reaction. It occurs when a person is exposed to an allergen. Anaphylaxis is potentially life threatening and always requires an emergency response. There are some children at BPS who have been diagnosed as being at risk of a severe allergic reaction to a variety of nuts.

Teachers explain to their students how we must be 'mindful' of these children. If your child brings nuts or peanut butter sandwiches, etc to school, they should not sit with any child who is 'anaphylactic' when they are eating. Please also ensure they know that they must wash their hands and mouth after eating nuts so as to ensure they are 'nut free' and not a risk to any child who has severe allergic reactions to nuts.

Please do not send nuts for 'Crunch and Sip'. The children usually eat inside the classroom and this could be a 'little too close' for effective prevention.

Staff car park

You may have noticed the chain across the staff car park. This has been installed as a 'duty of care' to our students. Please remind your children not to enter or leave the school grounds using the road for the car park as this is extremely dangerous.

The chain needs to be across the entrance road at all times.

Parents we ask, strongly, that you do not drive into the staff car park, especially parents dropping off or picking up children from BOOSH. One car has been seen very often driving into the car park and parking on the rise near the bollards. Very often children are playing ball and the ball will roll onto the road.

For the safety of our children I urge you not to drive into the car park, please.

NAPLAN 2014

In May 2014 the National Assessment Program- Literacy and Numeracy (NAPLAN) will be completed by students in Years 3 and 5. The results of the test provide important information about what each student can do and is used to support teaching and learning programs. Parents will receive a report indicating your child's level of achievement, reported against the national minimum standard.

NAPLAN testing is on Tuesday, 13th May, Wednesday, 14th May and Thursday, 15th May, 2014.

Additional information for parents can be found at www.nap.edu.au

Mathletics

As you know our students are encouraged to use Mathletics and Spellodrome. These programmes will be accessed again this year during class time, and we encourage our students to use these programmes at home. All our students have usernames and passwords. If your child is unsure of theirs then please see their class teacher.

Many of our students receive Mathletics awards each week, reaching a Bronze, Silver or Gold level. From time to time our students are recorded in the Mathletics Hall of Fame.

I do enjoy seeing children with their Mathletics and Spellodrome certificates each week. To see so many children enjoy learning and education is always a highlight of my day.

Please remember – five Mathletic and/or Spellodrome certificates or a Gold Mathletics or a Golden Bike, equals a 'lucky dip' from my office. Children need to come outside classroom time ie before or after school, morning tea or lunch time.

The Hall of Fame appears on the Mathletics home page at www.mathletics.com.au. This is updated by the minute with only current and previous day's students appearing.

Congratulations

- Congratulations to all of our Hornsby Zone swimmers who participated at the Hornsby Zone Carnival on Tuesday, 11th March at Macquarie University Aquatic Centre. They all competed to the best of their ability and were all so supportive of each other. Many swimmers swam personal bests. I was very proud to see our children cheering on their team mates and congratulating each other's achievements.

- Isabella G (6B) 1st in Under 13 50m freestyle at the school and Zone Carnivals, competing at the Area Carnival on Tuesday 25th March.
- Many thanks to Sam P (6B) and Daniel M (5/6J) who gave up their time to hand out the wonderful lunches and morning teas to the officials.
- Many thanks also to Theresa and her volunteers for making the lunches and morning teas for the Zone officials and also to Philly (Parry) for delivering these goodies – only after touring the Mac Uni campus for about 30mins!
- Many thanks also to Charmian Steel for her wonderful ‘management’ of our zone team during the day. Our children were always on time for their events and their behaviour was exceptional.

Mathletics

- Liam C (2P)- 1st in the World and Australia March 4th; 2nd in the World and Australia March 5th; 9th in Australia March 17th.
- Maximus V (2P) – 4th in Australia March 16th.
- Riley B (4G) – 3rd in Australia and 4th in the World March 17th.
- Alexander McG (1S) – 58th in Australia March 5th.

An amazing effort from all these boys!

High School 2015

A reminder to parents of Year 6 students that the Expressions of Interest forms for high schools are due back to us, the primary school, on or before Friday, 21st March. Thanks to the parents who have already returned them. If you have any concerns or would like some assistance with the forms, please don't hesitate to contact the school.

Invoices

At BPS the provision of quality education relies, not only on the quality of the teaching staff, but also on the quality of the resources, which we use to educate the children. We are keen to use the best resources available but we understand the current economic climate and the hardships many families are experiencing.

We try to keep the purchase of textbooks to a bare minimum and instead use duplicated copy-right-free material, stencils, interactive whiteboard lessons and overheads prepared by the teachers. This, of course, takes far more time and preparation, but also increases the amount of paper usage. Whilst we are always careful with the amount of paper used, we do not limit the amount requested by each teacher, as is often the case in some schools. Added to the expense of the paper are the resources we use in technology such as subscriptions, necessary inks and toners used in printers and software licences. In Literacy and Numeracy we are constantly updating resources to provide the very best in quality teaching. Unfortunately we have to pass these costs on in order to provide the best in learning for your children.

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.

From our Crossing Supervisors

Our Crossing Supervisors would like to ask parents when stopping at a school crossing, to stop behind the solid white line, wait for the children to cross and then for the crossing supervisor to leave the crossing before proceeding.



'Snapshots'

Snapshot reports for term one will be sent home on Friday, 28th March. These reports are designed to inform students, parents and caregivers of the progress and demonstrated work habits of the students as noted by the teachers in the early stages of the year. It is important to identify areas for improvement early and we can do this by working with parents and students so that the best possible outcomes are achieved. Teachers are available for interview and parents are asked to organise an appropriate time so that concerns can be addressed in a professional and supportive manner. Most importantly, we want to do the best we can for every child. Notes for these interviews will be sent home soon.

Holidays during school terms

Parents are reminded of the correct protocols regarding absences from school during the school term. The law states that children are required to attend school on every day of the school year. If they are ill or if there are exceptional family circumstances, students are permitted to take leave. I am sure many parents are aware of the recent statements from the Government advising school communities that future leave will not be granted unless the circumstances are exceptional. Family holidays are not regarded as exceptional circumstances.

For absences of five days or more, an application for a **Certificate of Exemption from Attendance at School** must be made.

The first step in this process is a letter to the Principal stating the reason for the request. On many occasions, parents write a note which reads a little like this ... "Please be advised that my child will be absent for 10 days as the family will be holidaying in the Greek Islands".

This advice will no longer be accepted. Parents need to write to the Principal and ask for permission to take their child/children out of school for a stated period. Once the request is made, the correct form will be sent home for completion. If the correct procedures are not followed, students have to be marked **Absent** without sufficient reason.

Harmony /Grandparents Day

Many thanks to all the grandparents and parents who came to school yesterday. The day was a 'buzz' with activity and the students enjoyed entertaining their grandparents. Thank you to all the families who donated morning tea – it was great to see the array of food, from cakes to fruit.

Thanks to all the teachers for all their organisation and efforts, led by Mrs Till and Mrs Pickering.

Thanks also to Mrs Smith who organised 5W to perform a 'belonging' play and 4G to entertain us with a story about multicultural belonging.

A great time was had by all.

Di Bower

Principal

Spring Flower Bulb Fundraiser



\$5 Spring Basics Packs

\$8 Exquisite Bulb Packs

\$12 Bulk Bargain Packs

\$25 Spring Bulb Collections



- * A lovely way to have a garden full of spring colour!
- * 41 varieties that will entice any gardener or novice alike.
- * A way to share time with the children and family learning how things grow.
- * Great value for money.
- * Makes a practical present for adults and children alike.
- * Garden Express guarantee – you can purchase with confidence.

This is a P&C fundraiser that you can share with your friends, family and work colleagues.

Funds raised will be directed to the new vegetable garden, which will have multiple garden beds and grow produce to be shared with the canteen, students and their families.

Return your order form and full payment to the class teacher no later than Thursday 28th March 2013.

Please make cheques payable to Berowra Public School P and C.

If you have any queries, please contact Renee Stoner 0433 462 251 or leave a message at the office.

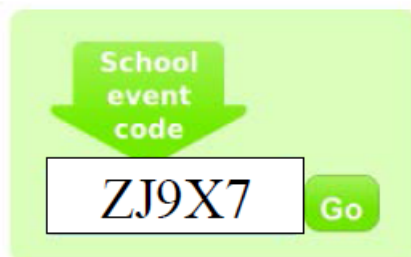
Thank you

Dear Parents

Parent/Teacher interviews will be held in the week commencing 31st March, 2014

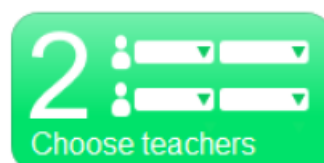
- Stage 3 (Yrs 5 and 6) Monday, 31st March – 12:30 to 5:00pm
- Stage 2 (Yrs 3 and 4) Tuesday, 1st April – 12:30 to 5:00pm
- Years 1 Wednesday, 2nd April – 12:30 to 5:00pm
- Years 2 Thursday, 3rd April – 12:30 to 5:00pm
- Kindergarten on Friday, 4th April – 12:30 to 5:00pm
- All teachers will also be available on Wednesday, 2nd April from 3:45pm to 6:30pm for late night interviews.

You can now book interviews at times that suit **YOUR FAMILY BEST**.
Go to www.schoolinterviews.com.au and follow these simple instructions.



Go to
www.schoolinterviews.com.au

Enter the school event code.
Then follow the 3 simple steps.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don't have access to the internet at home, at work, at a friend's house or on their phones, parents may send a note to school with the approximate times they require, or phone the school on 9456 1319. Interviews are strictly 10mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 9456 1319

LIBRARY NEWS - At Berowra we encourage all our children to read as much as they can for enjoyment and knowledge. Our school supports the Premiers Reading Challenge, but our main reading challenge is The Berowra Book Busters with each class participating in an exciting challenge to move their avatars around their class maps by reading widely. If children also wish to participate in the Premiers Reading Challenge they need to log on through their portal (as they would do at school), type in Premiers Reading Challenge, and scroll down to enter their books. Once completed they should notify the school librarian. They will then receive their certificates at the end of the year.

Jennie Smith
Librarian

PERFORMING ARTS NEWS - Band -

Great to see musicians arriving promptly at band rehearsals, well done parents.

Concert band has new music this week. Please practice these new pieces but don't neglect the older pieces! We will be playing at the Hat Parade so our pieces must be ready.

Training band are working hard. Practice needs to be regular, everyday if possible.

The ensemble has some challenging pieces which are beginning to sound fantastic.

Please return registration forms AS SOON AS POSSIBLE to the office. Well done everyone, keep up the good work.

Any questions or queries? Contact Amanda Gillard 9456 2908 bpsband@hotmail.com or through the school office.

Dance

It has been a busy term for dance with both the boys and girls groups preparing new dances for the Sydney North Dance Festival. This year I have a fabulous group of dedicated children who are working exceptionally hard each week to learn their new routines.

This term we have a number of children from Years 3-6 attending dance workshops with selected students from the Sydney North area at Sydney Dance Company Studios.

Congratulations to Orla P, Amy S, Jasmine M, Aleisha C, Grace B, Imogen L, India H, Lucy B and Abbie C who have all been selected to attend these dance workshops. I hope you have a wonderful time experiencing a variety of styles of dance including hip hop, musical theatre, contemporary and jazz. Fingers crossed for Annabelle M, Renee B and Josie E who have applied for the State Dance Workshops to be held in April.

Dance Teacher
Kelly Lukic

Diary Dates

March

Fri 21	BPS Disco
Tues 25	Area Swimming Carnival SSG AGM 9:30 in staffroom

April

Wed 9	Easter church service Hat Parade
Fri 11	Last day for Term 1
Sun 13	Berowra ANZAC service
Fri 18	Good Friday
Mon 21	Easter Monday
Fri 25	ANZAC Day
Mon 28	Staff Development Day
Tues 29	Students return for term 2

May

Tues 6	School photo day
Thurs 8	BPS Cross Country Carnival
Mon 12	Kindy 2015 Information Session 7pm
Tues 13	Canteen Sushi Day
13-15	NAPLAN testing days
Tues 20	UNSW Computer competition
Thurs 22	Kindy 2015 Information Session 10am
Mon 26	Zone Cross Country

June

Wed 4	UNSW Science competition
Mon 9	Queen's birthday public holiday
Mon 16	UNSW Writing competition
Tues 17	UNSW Spelling competition
Thurs 26	Opera House concert- recorders & string
Fri 27	Last day for term 2

July

Mon 14	Staff Development Day
Tues 15	Students return for Term 3
Wed 23	OC testing for interested year 4
28/7-1/8	Education Week
Tues 29	BPS Open Day UNSW English competition
Wed 30	Combined church service

August

Tues 12	UNSW Maths competition Opera House Choir rehearsal
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Student Applications for the 2014 State Music Camps are now open.

Students from NSW Government schools have been attending State Music Camps for more than 60 years. Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

The dates for State Music Camp this year : Sunday 13 July – Friday 18 July 2014 (Junior Music Camp, Year 5 & 6) The camp will be held at Sydney Academy of Sport, Wakehurst Parkway, Narrabeen.

Follow the link below to apply - applications close on Friday 2nd May 2014.

Student applications: <https://www.artsunit.nsw.edu.au/music/music-camp-student-applications>

If you have any questions or concerns, please contact Scott Ryan at The Arts Unit on 8512 1188 or via email scott.ryan15@det.nsw.edu.au

SPORT - PSSA Reports - Round 4

Junior Cricket – lost 91-87 to Waitara. Zac B and Luka J nearly helped the team to an incredible win, scoring 36 runs in the final 2 overs.

Senior Cricket – beat Waitara 66-21. This week the boys ran with more purpose between the wickets. Corey T bowled particularly well taking three wickets. He and Tim D batted superbly scoring 20 runs.

T-ball – Waitara beat Berowra this week 7-4. Hopefully next week the girls can play with a little more luck.

Softball – Waitara beat Berowra 14-2.

Round 5

Junior Cricket – lost another game narrowly, this time to Asquith, 88-74. The boys are showing great fight and spirit despite not playing with much luck.

Senior Cricket – beat Asquith 54-14. The entire team is commended for their accurate bowling and quick running between the wickets.

T-ball – Asquith beat Berowra 14-11. Congratulations girls on scoring so many runs.

Softball – Berowra beat Asquith 5-0. It was an excellent all round performance and places the girls in a strong position when the competition resumes towards the end of Term 3.

CANTEEN - Canteen Roster

Wed 19/3	R Walton, C Cooke	26/3	S Vaughan, H Tyler
Thurs 20/3	C Chu, F Minto	27/3	M Triebel
Fri 21/3	M Charlton, T Pearce, R Stevens	14/3	E Bedwin, K Wallis

UNIFORM SHOP - Opening times

Monday	9-9:45am	Thursday	3-3:45pm
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SCHOOL SUPPORT GROUP - Don't forget the Dance Party is on this Friday. K-2 5:30-7:00pm and Yrs 3-6 7:15-9:00pm. DJ Mark will be playing all the favourites and there will be lots of fun and dancing.

The School Support Group AGM is Tuesday 25th March at 9:30 in the staffroom. This is a great way to get involved in your school. Preschoolers are welcome and morning tea is provided.

SCHOOL BANKING - The school earns commission from every deposit with school banking.

- * Every Tuesday morning at the canteen from 8:50-9:20am
- * There is no minimum deposit required
- * New rewards and certificates for consistent banking
- * Promotes good saving habits
- * Just open an account with the Commonwealth Bank
- * See the coordinators on Tuesday mornings with your detail

COMMUNITY NEWS -

Berowra Community Day - Please come and join in for a free BBQ and meet other people in your neighbourhood and learn more about the wonderful local services in Berowra.

When: Saturday 22nd March 10am—2pm

Where: IGA Supermarket car park, 19 Turner Rd, Berowra Heights

Cost: Free. For more information please call Fiona on 9476 9715 or Jian on 9847 6994

Go4Fun Family Fun day - Free holiday activities for primary school aged children which includes a range of sports and fun activities for kids.

When: Sunday 13th April 1:30-4pm

Where: Ruddock Park, Coral Heath Ave, Westleigh

Cost: Free

Bookings: Essential. Please call Margaret on 9847 6611, Fiona (Marndarin) on 9476 9715, Jaesook (Korean) on 9869 7138 or book online at Hornsby.nsw.gov.au/go4fun

Alcohol fuelled violence in our community - An invitation to a free event, a special forum on alcohol fuelled violence in our community featuring Paul Dillon, bestselling author and drug education specialist and hosted by David Citer, Manager of KYDS Youth Development Service.

When: Tuesday 25th March 6:45pm-9pm

Where: Hornsby RSL (main showroom) 4 high Street, Hornsby

RSVP: Please call Paul Stuart on 9477 8729 or email pstuart@nsmi.com.au

Hornsby Shire Libraries holiday fun activities - Holiday Storytime at Berowra and Hornsby Libraries, evening Storytime at Pennant Hills. Galston library Eco Garden at Fagan Park, Taronga Zoomobile at Berowra, Hornsby, Epping and Pennant Hills Libraries. Earthbeats children's music at Pennant Hills and Hornsby. Visit the councils website for details. Bookings essential.

School Banking

Don't forget that Tuesday is School Banking day and students should bring in their weekly deposit to the canteen from 8.50am to 9.20am.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting our school and helping teach your child the benefits of saving regularly.



Youthsaver Account Opening Session

You can get involved in the School Banking program by opening a Commonwealth Bank Youthsaver account. Our Commonwealth Bank representative Simone Dimech will be hosting an account opening session at Berowra Public on Tuesday 25th March 2014 between 9.00 and 10.00am in the canteen area.

When your child makes their first deposit at school they will earn their first Dollarmites token and our school will also receive \$5 commission.

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response
5/2	Term 1 gymnastics	K - 2	18/2
10/2	Term 1 sport	Yrs 3 - 6	27/2
26/2	Spring bulb fundraiser	K - 6	3/4
28/2	Year 7 High School EOI	Year 6	19/3
5/3	2014 Voluntary Contribution	K - 6	-
5/3	Maths Support Class	Yrs 5 & 6	ASAP
5/3	Before School Fitness	Yrs 4 - 6	ASAP
5/3	Australian Schools Competition	Yrs 3 - 6	1/4
5/3	BPS Dance Party	K - 6	20/3



Harmony and Grandparents Day



Some of our Junior PSSA softball team

Sporting Fun



Zone Junior Boys Relay Team



Zone Senior Boys Relay Team



Sister and brother Zarli and Lincoln at the Zone Carnival.

Class Awards

KR	Chloe L, Archie R, Zahlee O, Skye T
1C	Jackson C, Eric H, Dylan D, Ava A
2C	Jensen G, Morgan C, Lara T, Daniel V
2P	Lincoln V, Luke M, Grace H, Zoe A, Jake D, Ellora M, Jaylah B, Rachel D, Kian S, Daniel V, Marcus G, Maximus V
2R	Samuel S, Nathan G, Genevieve C, Sophie W
3P	Abbie C, Neve R, Kaitlyn K, Fiona T
4P	Giuliano C, Luka J, Polly V
5K	Alexander H, Lachlan B, Ella B
5W	Tamara W, Liam D, Abbey T

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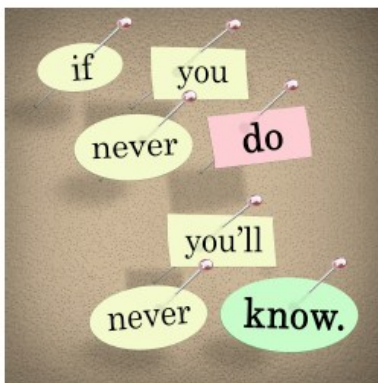
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First Care First Aid and Goodstart Berowra Staff & Parents
Presents:

First aid practice for kids



Would your kids know what to do if you became ill or had an accident and needed HELP? This practical information session shows them what to do in an emergency. Taught by a very experienced trainer with a childcare and paramedical background it's a must to learn: "it could mean the difference".



Courses are run monthly on weekends at Goodstart Berowra. On request and by demand.

Age group 8-14yrs (must be accompanied by a responsible adult). Maximum kids in the session 10.

Cost \$40 for a 3 hour session.

To organise a course please see Karen at Goodstart Berowra 94 56 54 93 or contact Kylie 0407 843 551




**First Care
First Aid**

Please note: This is a non-certificate information and practical session only. If you are over 14yrs of age and would like to attend a certified course, please go to our website www.fcfa.com.au and put a request to us on our contact page.



**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 14 April / Tuesday 15 April / Wednesday 16 April 2014

Week 2 Tuesday 22 April / Wednesday 23 April / Thursday 24 April 2014

9:00am – 3:00pm

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

For information and enrolment forms please visit,
Moving Bodies Centre: www.movingbodiescentre.com.au
Ph: 99405240 or 9457 7732

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PRESENT**



NORMANHURST BOYS HIGH SCHOOL HALL

TUESDAY 29TH APRIL

WEDNESDAY 30TH APRIL

FRIDAY 2ND MAY

SATURDAY 3RD MAY

7.30PM

\$20 ADULTS \$15 CONCESSION

TICKETS AVAILABLE FROM <http://www.trybooking.com/EMIA>

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MUSIC BY FRANK WILDHORN

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ORCHESTRATIONS BY KIM SCHARNBERG





Waratah Pre School

12 Waratah Road Berowra NSW 2081
Phone: 02 9456 3434
waratahpreschool@gmail.com
www.waratahpreschool.com.au

Long Day 7:30am ~ 5:30pm

Short Day 8:30am ~ 3:30pm

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Berowra - Pennant Hills

DANCE TRAINING WITHOUT PRESSURE

Meet your neighbours Berowra Community Day

you're invited...

Please come and join us for a free BBQ and meet other people in your neighbourhood and learn more about the wonderful local services in Berowra.

There will be information from the Police and Neighbourhood Watch and games and face painting for the kids.

When Saturday 22 March 10am-2pm

Where The car park of IGA Supermarket, 19 Turner Road, Berowra Heights

Cost Free. For more information, please call Fiona on 9476 9715, or Jian on 9847 6994.



Organisations that will have a stall

1. NHW
2. Hornsby Council
3. CMRC
4. Lions
5. NSW Police
6. Hornsby SES
7. Berowra RFS
8. Berowra RSL
9. Berowra Toy Library
10. Berowra Rotary
11. Berowra Uniting Church
12. Acacia
13. Berowra Wallabies
14. RSL Youth band
15. Scouts & Guides



For more information visit
hornsby.nsw.gov.au





Health
Northern Sydney
Local Health District

Health Promoting Schools Newsletter Autumn 2014

Hornsby Ku-ring-gai Child and Family and School Health Service

Welcome to a new school year full of fun, excitement and challenges! Following are some tips for student mental health, particularly at the beginning of the year and as it comes to exam time.

Supporting Children's Mental Health: Tips for Parents and Educators

Create a sense of belonging. Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trust in others and themselves. Building strong, positive relationships among students, school staff, and parents is important to promoting mental wellness.

Promote resilience. Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others, and successfully facing difficult situations can foster resilience.

Develop competencies. Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Ensure a positive, safe school environment. Feeling safe is critical to students' learning and mental health. Promote positive behaviours such as respect, responsibility, and kindness. Prevent negative behaviours such as bullying and harassment. Provide easily understood rules of conduct and fair discipline practices and ensure an adult presence in common areas, such as hallways, cafeterias, locker rooms, and playgrounds. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness, and reinforce the availability of adult support.

Teach and reinforce positive behaviours and decision making. Provide consistent expectations and support. To teach the children social skills, problem solving, and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviours or accomplishments that are valued by others.

Encourage helping others. Children need to know that they can make a difference. Pro-social behaviours build self-esteem, foster connectedness; reinforce personal responsibility, and present opportunities for positive recognition. Helping others and getting involved in reinforces being part of the community.

Encourage good physical health. Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.

Educate staff, parents and students on symptoms of and help for mental health problems.

Information helps break down the stigma surrounding mental health and enables adults and students recognize when to seek help. School mental health professionals can provide useful information on symptoms of problems like depression or suicide risk. These can include a change in habits, withdrawal, decreased social and academic functioning, erratic or changed behaviour, and increased physical complaints.

Ensure access to school-based mental health supports. School psychologists, counsellors, and social workers can provide a continuum of mental health services for students ranging from universal mental wellness promotion and behaviour supports to staff and parent training, identification and assessment, early interventions, individual and group counselling, crisis intervention, and referral for community services.

Provide a continuum of mental health services. School mental health services are part of a continuum of mental health care for children and youth. Build relationships with community mental health resources. Be able to provide names and numbers to parents.

Establish a crisis response team. Being prepared to respond to a crisis is important to safeguarding students' physical and mental well-being. School crisis teams should include relevant administrators, security personnel and mental health professionals who collaborate with community resources. In addition to safety, the team provides mental health prevention, intervention, and post-vention services.



is a free healthy living program for children above a healthy weight. It is a fun & interactive program that helps children aged between 7 & 13 and their families adopt a long-lasting healthy lifestyle.

The program focusses on improving

- Eating habits
- Fitness
- Teamwork
- Overall health



programs are led by qualified health professionals & take place after school running parallel with school terms. Children & their families become fitter, healthier & happier as they have fun, meet new friends & learn new skills



: 1800 780 900 or SMS back 0409 745645

LEAVING YOUR CHILDREN AT HOME ALONE

SHOULD YOU LEAVE OLDER CHILDREN IN CHARGE?

When a child or young person under the age of 18 years (for example, an older brother, sister or teenage friend) cares for children, the question of negligence or liability could arise. A parent may be held responsible for the carer as well as their own children if something goes wrong. For these reasons it is better if carers are adults. A person who is still legally a child would not be judged against the standards of responsibility expected of adults. If you do leave your children in the care of an older brother or sister or other young person, you must be sure that they are reliable and mature. Ask yourself: "Could this child cope with an emergency? If your children are left alone without a carer they must be old enough to take action in an emergency, know what to do and where to get help.

HOW SAFE IS YOUR HOME?

Accidents can happen very quickly, so parents always need to be on the alert, especially with young children. There is an even greater need to check that dangerous things are out of reach if you're not going to be home.

ARE THE GROUND RULES CLEAR?

Every family has its own ground rules. It is important to be clear about what children can and cannot do. These rules may be different when you are not there or when someone else is minding your children. For example, making a hot drink, turning on the heater, running the bath or using the toaster may seem simple tasks when you are there but may not be allowed when you're away.

HOW LONG WILL YOU BE AWAY?

Will it be for a few minutes, an hour, a morning or a full day? How long you are going to be away will make a difference to what you decide to do. You need to think about the age of your children, how they feel about being left alone and most importantly, how capable they are. Babies and toddlers have a different sense of time from adults. An hour is not long for an adult but to your toddler it is endless and even this short absence could cause distress. **Babies or toddlers should not be left at home alone under any circumstances.**

Autumn Holiday Activities



Go ride a bike
Go for a walk with the family
Play in the local park
Visit your library for holiday activities
Visit family and friends
Have a screen-free day (or two)
Visit a museum or art gallery
Go to the beach or local pool
Visit a national park or state forest



<http://www.forestrycorporation.com.au/visiting/forests>

<http://www.nationalparks.nsw.gov.au/>

<https://go4fun.com.au/>

<http://www.nasponline.org/resources/mentalhealth/mhtips.aspx>

www.community.nsw.gov.au

Hornsby Ku-ring-gai Child & Family Health Service thanks these organisations for their contribution to this fact sheet and invites you to visit their websites for more information.

Hornsby Ku-ring-gai School Health Service

***Berowra/Brooklyn: 9456 2877 *Carlingford: 9871 8691 *Lindfield: 9416 2111
*Galston: 9483 7955 *Pennant Hills: 9483 7955 *St Ives: 9988 4999**