



Berowra

Public School

The Crest

Wednesday 18th June 2014
Term 2 Week 8

Phone 9456 1319

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

Term 3 Staff Development Day

Monday 14th July is a pupil free day so please remember that students return to school on **Tuesday, 15th July**.

Term 3

Our best wishes go to Mrs Carroll and Mrs Tonkes. At the end of this term they will be eagerly awaiting the birth of their babies. We know they will cherish every moment of this time and we will miss them.

- Mrs Louisa Cabral will be teaching Kindergarten Purple for the rest of 2014.
- Mrs Skye Fenton (Monday and Tuesday) and Miss Belinda Frewin (Wednesday, Thursday and Friday) will be teaching Year 1C for the remainder of the year.
- Mrs Amanda Wilkinson will be teaching various classes on Tuesdays and Wednesdays.

Semester One Reports

Half yearly reports will be sent home next week. These reports have been reformatted to comply with the Australian Curriculum and are consistent across our Community of Schools. Reports have specific outcomes that have been taught this semester. Instead of a comment for English and Mathematics there are learning goals. These are goals for students to achieve to enhance their learning and results.

If you have any concerns please contact your child's teacher for an appointment.

Performing Arts

- Congratulations and good luck to both dance groups. The dance groups will be performing over the next two weeks at Glen St Theatre.
- Congratulations to Katrina T (6B) who has also been selected to attend the State Music Camp at the beginning of next term.
- Congratulations also to Katrina who has recently received an A for her viola grade 4 exam and has also been selected as soloists with the NSW Public Schools State recorder ensemble and will be playing (with Brittany O'R – an ex-BPS student) on Wednesday 25th June at the Festival of Instrumental Music at the Sydney Opera House.
- Congratulations to Mrs Till, who was recognised for her outstanding teaching (by Kirstyn S – Yr 6 2013) in a special assembly at Turrumurra High School last week.

Term Fees

Unpaid fees for Term 2 are now due. These fees include excursions which are organised to enrich the School Learning Programs. Accounts for unpaid fees have been sent to parents and caregivers. Please contact the principal if you are experiencing financial difficulty in meeting these accounts. Arrangements can be made but it is difficult to help if communication regarding payment is not made.

Please also be aware that if you choose for your child to be part of an elective sport team or group, payment needs to be made otherwise children will have to be omitted from the team.

School Uniform

I am very impressed to see nearly every child, nearly every day, in complete school uniform. Unfortunately, it is not the same on Fridays with the sports uniform. Please remember – **leggings are not part of the school uniform or sports uniform**. Also short shorts are not part of the sports uniform for either boys or girls. Please also ensure that if, for some reason, you feel your child needs to wear skins under their shorts that they are black and not another colour!

Resilience and our children

"Life is not about what happens to us but what we do about it"

As much as we would like to defend our kids from the difficulties in life, from experiencing crisis, change or loss, we cannot! However, we can give our kids the tools to recover from difficult times when those hit.

For kids, changing seats in the classroom, a friend saying, "I'm not your friend anymore", or not being invited to play during a break can be "the end of the world". Still, the way kids (and adults) deal with these difficulties is what sets kids apart.

Resilience is part of our emotional intelligence. When faced with a problem, resilient people focus on finding a solution rather than getting depressed and feeling like victims. Resilience is another name to emotional strength.

As parents (and teachers), our role is to help our kids respond positively and with strength.

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings us, but by the attitude to what we bring to life.

A positive attitude causes a chain reaction of positive thoughts, events and outcomes.

Social Networking

A student has been the victim of cyberbullying on Facebook. The student is under 13 years of age and the parent went straight to the police and notified the school.

This is a major concern of social network sites. I have included information about social networking at the end of the Crest.

Parents, I implore you to be vigilant with your child's internet usage. Be aware of what sites they are on and what they are doing. We need to protect our children from predators, unhealthy content and of course cyberbullying.

Di Bower

Principal

VISUAL ARTS - Our Junior Art Enrichment students have been exploring painting, drawing and design skills and techniques focused around "The Dot". Here is the wonderful result of a collaborative work that the children painted, based on the groups discussions and decision making. Congratulations children on a striking piece of work. A special THANK YOU to Michael at Berowra Homebiz, who donated the three large canvases for the children's artworks. Your support is appreciated by the Berowra Public School community. These paintings will be displayed in the hall.



Judi Wade - Art Teacher

PERFORMING ARTS - Band - After 13 years as Band Director at BPS, we say farewell to Mrs Amanda Gillard at the end of this term. The baton will be passed on to two new directors: Mrs Liz Thomson will be taking Concert Band 2 and Ensemble; Dr Erik Thorvaldson will direct Concert Band 1.

Amanda has introduced the joy of music to many children during her time at BPS, and has had the pleasure of seeing many students continue their love of music at high school and beyond. We would like to thank Amanda for her hard work and dedication to music at BPS and wish her all the best in future ventures.

We would like to extend a warm welcome to our new directors. We look forward to working with them and hope that they enjoy their new roles as part of the BPS band program.

BPS Band Committee

Congratulations to all band this term—a great effort! Band recommences on TUESDAY 15th JULY (1st day back) for Concert Band 1 and WEDNESDAY 16th JULY for Concert Band 2, with the new band directors, Mrs Thomson and Dr Thorvaldson. The band needs your continued support for your child's musical education and enjoyment.

Wishing everyone a very happy and relaxing holiday.

Amanda Gillard

Dance - This week the dance groups have been performing at Glen St Theatre for the Sydney North Dance Festival. They have amazed the audience with their energetic performances. I am so proud of both groups not only for their fabulous dancing but also for the way they have conducted themselves while they have been at the festival. One of the organisers commended the boys group for the way they left the stage silently and said they were the best-behaved group of the night! She also mentioned that she will be recommending both groups for the State Dance Festival. Fingers crossed! You can see both the dance groups perform at school on Wednesday 25th June at 1pm in the school hall. The Senior Drama Group will also be performing.

Boys Dance Group



On Thursday 26th June 2R, 3P and 5/6J will be performing some of the dances they have learnt throughout the term during their weekly dance lessons. This will be during our K-6 Assembly starting at 12:30. You are welcome to come and watch.

Kelly Lukic



Girls Dance Group

STUDENT PARLIAMENT - This Parliament we had three motions brought up and two passed.

They were: *We should have two lines at the canteen. One for K-2 and one for Y3-6.* This motion went to the Minister for Health and Safety.

We should have a poster competition to clean up the school and the teachers would vote on the best poster. This motion went to the Minister for the environment. We will hear from these ministers at the next Parliament.

CANTEEN - Sushi Day was a huge success! A big thankyou to all my volunteers. Because our sushi is made fresh on the day we have to pre-order beforehand. Unfortunately there were still students wanting to place orders after the closing date. No child will go without lunch but we may only have vegemite sandwiches to offer them.

LOL drinks are available at the canteen while stocks last.

Don't forget the special cooking demonstration on Tuesday 24th June run by Healthy Kids Association. See the notice further in The Crest.

The canteen is open on Wednesday, Thursday and Friday. Order lunch at the canteen before school or online via flexischools. The new menu is attached.

Roster

Wed 18/6 R Walton, C Cooke Thurs 19/6 C Chu, F Minto
Fri 20/6 M Charlton, T Pearce, R Stevens
Wed 25/6 S Vaughan, H Tyler Thurs 26/6 M Triebel
Fri 27/6 E Bedwin, K Wallis

Diary Dates

June

| | |
|----------|---|
| Wed 18 | P & C meeting 7:30pm in staffroom |
| Tues 24 | Healthy Kids cooking demonstration 9:30am |
| Wed 25 | Dance Festival matinee performance Year 2 Big Mob experience |
| Thurs 26 | Opera House concert- recorders & string Winning sport house sausage sizzle |
| 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 students Berowra Musica rehearsal 7:45am |
| 28/7-1/8 | Education Week |
| Mon 28 | NAIDOC Day |
| Tues 29 | BPS Open Day with the book fair UNSW English competition |
| Wed 30 | Combined church service |

August

| | |
|---------|---|
| Tues 12 | UNSW Maths competition Choir Opera House rehearsal |
| Wed 20 | Berowra Musica rehearsal 7:45am Book character parade Book trivia competition |

September

| | |
|----------|--|
| Wed 10 | Interrelate evening session |
| Thurs 11 | Kindy 2015 Fun Day |
| Fri 12 | Stage 1 Gruffalo performance excursion Berowra Musica at Community Centre 7pm |
| Thurs 18 | Choir Opera House performance |
| Fri 19 | Last day for term 3 |

COMMUNITY NEWS - Hornsby Council Libraries have a number of children's activities over the July holidays. These include: the exciting and fun performances "Captain Flash and the Fantastic Flying Machine" and the "Wombat's Wild Adventure", also the engaging circus show "You can do it, Circus Show" and the exciting and educational presentation on dinosaurs "My Pet Dinosaur". Check out the council's website for details.

Dementia Carers Support Group - If you care for a relative, neighbour or friend with memory loss or care for an elderly person and need support or information, join us on Thursday 12th June at 2:30pm at Berowra Community Health Centre. Cost is free with afternoon tea provided. RSVP Marie Brooks 9456 3344.

OUR EXCURSION TO THE AQUARIUM

On Tuesday 3rd June, Year 1 went on an excursion to the Aquarium. I saw starfish, seahorses, a giant stingray, sharks, clownfish, eels, jellyfish, turtles, octopus, a funny looking fish, a puffer fish, a swordfish, lots and lots of fish, a crab, shells, clams, swordfish, penguins and a lobster. I sat next to India on the bus. When we got back to school, we played on the equipment. I had a fantastic day.

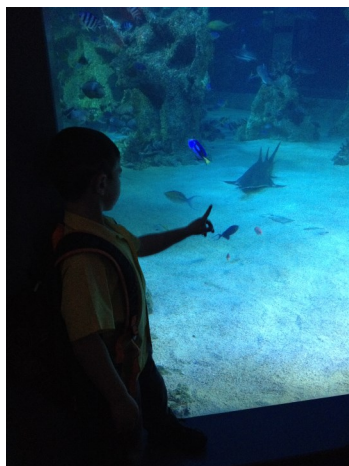
By Taliah S

On Tuesday 3rd June, Year 1 went on an excursion to the Aquarium. We went by bus. On the way I sat next to India. I sat on the window side. On the way back I sat next to Annabelle. I saw lots of cool animals. My favourite was the huge stingray and the moon jellies. They were cool. I loved it!

By Jasmine W

On Tuesday 3rd June, Year 1 went on an excursion to the Aquarium. I saw a massive manta-ray, an octopus, seahorses and moon jellies. The shark was swimming around like crazy!

By Leo D



Class Awards

| | |
|-------------|--|
| KB | Taye C, Caleb F, Indigo J, Edward G, |
| KP | Oliver M, Leon J, Harvey B, Nancy P |
| 1A | Annabelle H, Ayden M, Natasha W |
| 1C | Aimee H, Omar D, Scott T, Finn F |
| 2R | Samuel S, Nathan G, Caitlin J, Maya W |
| 3P | Zara G, Danny C, Elise O |
| 4G | Will F, Will P, Naomi P |
| 5W | Nia D, Liam D, Joshua A |
| 5/6J | Elly C, Jane R, Marcus R |
| 6B | Alexandra W, Isabella G, Samuel P, Leah O, David T |

Stewart House Clothing Appeal



Stewart House are again asking for donations of clean clothing. It's time for a clean out this weekend or over the school holidays.

Please return your Stewart House bag to the staffroom foyer by Friday 25th July (week 2 term 3).

The truck is coming early the next week so no more bags after the weekend please.

NOTES YOU MAY HAVE MISSED

| Sent Out | Subject | Distribution | Response |
|----------|---------------------------------|--------------|----------|
| 2/4 | SPECTRA (in The Crest) | Yrs 3 - 6 | 19/6 |
| 29/4 | Term 2 sport | Yrs 3 - 6 | 8/5 |
| 7/5 | Term 2 & 3 PSSA Sport | Reps | 22/5 |
| 28/5 | Staff Development Day Childcare | K - 6 | ASAP |
| 11/6 | Year 2 Big Mob experience | Year 2 | 19/6 |
| 18/6 | Broken Bay excursion | Yrs 5 & 6 | 17/7 |

Australian Red Cross Blood Service

is coming to
Berowra Community Centre
on

Tuesday 29th July

Wednesday 30th July

Thursday 31st July

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



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 and the canteen special lunch days can also be handed to the class teacher, but please include these in separate envelopes and with separate payment.

Thank you for your cooperation.

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SPECTRA CHALLENGE 2014

SPECTRA (Science Program Exciting Children Through Research Activities) are science based projects that focus on individual interests and skills. Students can select from a variety of activity projects which offer many different and creative opportunities to express their interests in science.

SPECTRA is divided into two age groups: Years 1 – 4 (Junior) and Years 4 – 6 (Senior). Year 4 students can decide which level topics they would like to study. Students complete activities related to their chosen topic at home and return their project to school to be marked. They work to complete enough activities to be awarded a nationally recognised badge or certificate.

The cost of entering the SPECTRA CHALLENGE is **\$9.00**.

The following topics are being offered this year:

Junior SPECTRA

Animals
Clean and Green
Fun with Chemistry
Inventing and Designing
Moving through Air
Pets and Gardens
Rocks, Soil and Sand
The Sound of Science
What is it made of?

By the Sea
Finding out about ourselves
Indigenous Science
Looking at Liquids
Outdoor Science
Plants
Science on the Move
Water Science
What will the weather be like?

Senior SPECTRA

Aeronautics
Animals
Biodiversity
Electricity
Entomology
Horticulture and Agriculture
Oceans
Polar Science
Sight, Light and Colour
Space Science
The Human Body
Water

Active Earth
Astronomy
Chemistry
Energy
Home Chemistry
Indigenous Science
Plants
Science and the Environment
Sound Science
Technology, Designing and Engineering
Tools, Toys and Machines
Weather and Air

Samples of the topic cards can be viewed at the school office. They can also be viewed at <http://www.asta.edu.au/resources/spectra>

To be involved in this exciting challenge, students need to hand in the signed permission slip on the attached, to their class teacher, together with payment of **\$9.00**, no later than Thursday 19th June 2014

Di Bower
Principal



SPECTRA CHALLENGE 2014

I give permission for my child _____ class _____
to be involved in the 2014 SPECTRA Challenge.

Level*: Junior / Senior (please circle)

Topic Chosen*: _____

I have enclosed **\$9.00** for the cost of the program.

* Please note that projects cannot be ordered without this section of the permission slip completed.

Parent/Guardians Name _____

Signature _____

Date _____

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JUNE/JULY HOLIDAY COURSE:

Mon 30 June – Fri 4 July

TERM 3 CLASSES START MON 14 JULY

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48 TENNYSON AVE, TURRAMURRA

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BOOK NOW FOR HOLIDAYS and TERM 3

Berowra Public School Canteen

Open Wednesday, Thursday and Friday

You can now order at www.flexischools.com.au or at the canteen

Winter menu Terms 2 and 3

| New Breakfast Menu 8.50am-9.10am | |
|---|--|
| Option 1: Weetbix x 2 and Milk | \$2.00 |
| Option 2: Raisin Toast x2 | \$2.00 |
| NEW Toasted Jaffles Wholemeal bread Cheese \$2.50 Cheese and Pineapple \$3.00 Ham, Cheese and Pineapple \$3.50 Ham, Cheese and Tomato \$3.50 Baked Beans and Cheese \$3.50 Spaghetti and Cheese \$3.50 Banana, Honey and Light Cream Cheese \$3.50 | |
| Sandwiches Wholemeal bread Gluten free add \$1.00 Add 50c to toast sandwich Vegemite \$2.00 Cheese \$2.00 Ham \$3.00 Chicken \$3.00 Egg \$3.00 Salad - lettuce, tomato, cucumber and beetroot \$3.00 Extras lettuce, cheese or tomato \$0.50 | |
| Wraps Salad - lettuce, tomato, cucumber and beetroot \$3.50 Ham and Salad \$4.00 Chicken and Salad \$4.00 Chicken, lettuce and mayo \$4.00 | |
| Hot Food Chicken Burger - chicken pattie, lettuce and mayo \$3.50 The lot - with tomato and beetroot \$4.50 Nuggets (4) \$2.50 Snack Pie 85gm \$2.00 Travellers Pie 160gm \$3.50 Homemade Spaghetti Bolognaise \$3.50 Beef Lasagna \$3.50 Pizza slab - Margarita or Ham & Pineapple \$3.50 Garlic bread \$0.70 Tomato sauce / BBQ sauce \$0.30 | |
| NEW Special DAYS Wednesday ONLY Wedges \$2.00 Homemade wedges with light sour cream Thursday ONLY Beef Burger \$3.50 Beef pattie, cheese and sauce BBQ/Tom The Lot – with lettuce, tomato, cucumber and beetroot \$1.00 extra Friday ONLY Pumpkin Soup \$4.00 Pumpkin soup, garlic bread and juice or milk | |
| | Morning Tea Bread stick \$0.10 Frozen fruit - portioned frozen seasonal fruit \$0.30 Garlic bread \$0.70 Anzac biscuit \$0.50 Muffin - Blueberry or Banana \$0.50 Small jelly cup (max 3) \$0.20 Sausage roll \$1.00 Meatball (1) \$0.30 Pizza muffin \$0.70 |
| | Drinks FOCUS water – Raspberry, Lemonade or Fruit Tingle \$2.00 Popper - Apple or Apple Blackcurrant \$1.00 Plain milk 300ml \$1.50 Flavoured milk - low fat Chocolate or Strawberry 300ml \$1.50 Water \$1.00 Warm Milo \$1.00 Slushie (varieties) \$1.50 |
| | Chips Red Rock - Honey Soy or Plain \$1.20 Jumpies - BBQ or Chicken \$1.00 |
| | Ice Creams Icy Pole - Lemonade \$1.00 Ice Monies \$0.80 Zingers \$0.50 Juice Tubes \$1.00 |

If you have any questions or comments or are able to volunteer, please call Teresa 9456 1483

SOCIAL NETWORKING

Social networking describes a variety of services like Facebook, YouTube, Instagram, World of Warcraft, Moshi Monsters, Twitter, Skype, Snapchat, Minecraft and many others.

All of these services enable direct interaction between individuals. Users can post information about themselves, display photos, tell people what they've been up to, chat and play games. Social networking forms a part of the social identity of many teenagers.

Grooming

Online grooming is the illegal act of adults making contact with a child online for the purpose of establishing a sexual relationship. Often this will be via a social networking site, but it may also be through other online services.

What can I do?

As a parent, you can help your child have positive experiences on social networking sites.

- ✓ Stay involved in your child's use of new technology. Set up your own account and learn about privacy settings so you can understand how you can best protect your child. It can be fun for you too!
- ✓ Check the age restrictions for the social networking service or game. Some social networking sites (such as Club Penguin) are created especially for children under the age of 13, but most mainstream sites like Facebook, Instagram and others require the user to be 13 or older.
- ✓ Advise children to set their accounts to private so that only people they want to see it can view their information.
- ✓ Encourage children to think before they put anything online. Information posted online can be difficult or impossible to remove.
- ✓ An inappropriate image posted today can have a long term impact on their digital reputation.
- ✓ Show them how to set up location services on their phone so they are not inadvertently broadcasting their location.
- ✓ Remind children to be careful when making new friends online; people may not be who they say they are. Never arrange to meet an online friend unless a trusted adult is with them.
- ✓ Report any abuse or inappropriate content to the social networking site and show children how to do this too.
- ✓ Learn how to keep a copy of online conversations and how to block people prior to an issue occurring.
- ✓ For more information on managing your children's access to particular social networking sites, visit cyber-smart.gov.au/parents.aspx
- ✓ **Ensure that they comply with the age restrictions (DO NOT let them on Facebook under 13 years of age)**
- ✓ Ensure that they can change their passwords and they know how to report a problem
- ✓ Ensure that they understand the house 'rules' about where they can go, who they talk to and what they post
- ✓ Set up an account yourself and be your child's friend (this is not going to ensure safety but is part of what is expected of you as a parent)
- ✓ Know your child's password
- ✓ Have house rules about what your child can post and when they can add new 'friends' (must ask you first).

Social networking is certainly not all bad, although the media can focus on negative aspects. Embrace social technology with your child and ensure that you have an account on all sites your child does.

The legal age limit for Facebook, Kik, Instagram and Twitter is 13 years and above; for Snapchat it is 18 years and older.

SCHOOL HOLIDAY FUN AT MT KURING GAI Moving Bodies Centre



Gymnastics Holiday Program A day packed full of fun using all of our gymnastics equipment including foam pit, trampoline, fun climbing wall, sprung floor, bars, beams, rebounders, floor work, softplay playground and more!

Teenage Gymnastics A gymnastics session catering for older children aged 10 years +, using all of our gymnastics equipment in working towards achieving more challenging gymnastics skills and activities.

Boot Camp Combining fun with fitness for kids! The session will include fun fitness activities concentrating on aerobic, anaerobic and isometric fitness.

Soccer Clinic An energising session run by our motivating soccer coach that will include ball skills and soccer game play.

Dance Clinic Enjoy developing dance skills while creating a choreographed dance routine to present to parents at the end of the session. Also included will be some fun in our softplay playground!

Softplay Playground Please check our website for opening times.

Book into just 1 session or as many as you want!!

For information, dates and enrolment forms please visit,

Moving Bodies Centre: www.movingbodiescentre.com.au
Ph: 9457 7732

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HORNSBY GANG SHOW 2014

Presented by Sydney North Region Scouts & Guides at Asquith Boys' High School Theatre

Game On!

| PERFORMANCES | | TICKETS | |
|--------------|---------------------|------------|-----------------------------|
| Friday | June 27 - 8pm | Adult | \$21.00 |
| Saturday | June 28 - 2pm & 8pm | Child | \$11.00 (under 16 yrs) |
| Sunday | June 29 - 3pm | Concession | \$16.00 |
| Wednesday | July 2 - 8pm | Family | \$55.00 (2 adult + 2 child) |
| Friday | July 4 - 8pm | | |
| Saturday | July 5 - 2pm & 8pm | | |

BOOKINGS

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JULY School Holiday Clinics

Moore Park, Cleveland St, Surry Hills

CRICKET & MULTI-SPORT

9-11 JULY 2014 - 9am to 2pm - (3 days) \$240

Includes: Training at SCG and SFS Indoor Complexes & Tour of Sydney Cricket Ground & Sydney Football Stadium

St. Ives, Hassell Park*

CRICKET, RUGBY & MULTI-SPORT

7-9 JULY 2014 - 9am to 2pm - \$210

Discounts: \$15 off for each sibling or groups of 2-3 players • \$30 off for groups 4 or more players

Daily casual rate \$80 or \$90 SCG clinics

Sports Birthday Parties

CRICKET (5 - 16 years girls & boys)

RUGBY (5 - 13 years girls & boys)

MULTI-SPORT (boys & girls)

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

CRICKET Private Technique Coaching

Coach to player ratio 1:2 or 1:1

Contact Geoff on 0401 382 409
geoff@cricketcoachingclinics.com.au

cricketcoachingclinics.com.au

Cooking Class

Come along to a fun and informative cooking class run by the Healthy Kids Association focusing on quick and healthy lunchbox fillers your kids will love.



Where: Berowra Public School Canteen COLA
When: 9:30—10:30am Tuesday 24th June

Sponsored by
Berowra Public School Canteen

Cooking Class

Yes I would like to attend the Cooking Class at the canteen on Tuesday 24th June.

_____ - your name

Please return this slip to your child's class teacher or the canteen.

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Mondays

4.30pm-6.30pm. Starts 14th July

Wednesdays & Thursdays (2x per week)

4.30pm-6.30pm. Starts 16th July

Wednesdays

4.30pm-6.30pm. Starts 16th July

Tuesdays & Thursdays (2x per week)

4.00pm-6.00pm. Starts 15th July

► **Hornsby PCYC – Performing Arts Centre**
22 Waitara Ave, Waitara

► **Fix Australia**
319 Penshurst St, Chatswood

► **North Ryde RSL Youth Club**
Magdala Rd, North Ryde

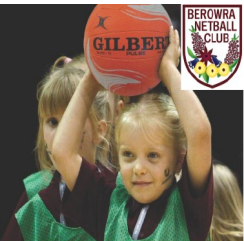
► **Pittwater Sports Centre**
1525 Pittwater Rd, Nth Narrabeen

REGISTER NOW FREECALL 1800 780 900 OR GO4FUN.COM.AU



5-7 years

net



Learn netball related fundamental motor skills with fun music, dance and games.

8-10 years

set



Be a part of modified netball games with a focus on fun and teamwork.



Berowra Netball Club: <http://berowranc.nsw.netball.com.au> - Please click the link for registration forms. Email: berowrasecretary@gmail.com for further information.

Centre: Berowra Netball Club

Phone: 0414 283 407

Email: berowrasecretary@gmail.com



Location: Warrina Street
Courts – Berowra Hts

When: Tuesday 15th of July
from 4.00pm to 4.45pm

Cost: \$55.00

Reg. Date: 15.7.14



Come and Try - program runs for 10 sessions during Term 3 2014. All players will receive a NetSetGo bag of goodies at the end of their 10 sessions.

ART CLASSES IN BEROWRA

ART FOR KIDZ

www.artforkidz.com.au
 Mobile: 0411 340 637 Email: artforkidz@iinet.net.au
 All enquires: Nicole Crouch
 Classes held at Yallambee Road

INTRODUCING
(TUE, FRI)
10.30 - 11.30

**ART/CRAFT CLASSES
FOR PRE-SCHOOLERS**
AGES 4 - 5 YEARS

CLASSES START 3RD JUNE
5 WEEKS \$75.00
(ALL MATERIALS INCLUDED)

TERM 3: 29TH JULY - 17TH SEPT (6 WEEKS) \$90
 TERM 4: 14TH OCT - 3RD DEC (8 WEEKS) \$120
 NO REFUNDS FOR MISSED CLASSES

Term Dates

**AFTER SCHOOL
CLASSES**

AGES 5 - 12
(MON, TUE, WED)
4.00 - 5.15PM

**ALL MATERIALS
INCLUDED**

TERM 2 - 2014
Monday, 5th May to
Friday 27th June
(8 Week Course)
\$150.00

TERM 3 - 2014
Monday, 28th July to
Friday 19th Sept
(8 Week Course)
\$150.00

TERM 4 - 2014
Monday, 13th Oct to
Friday 5th Dec
(8 Week Course)
\$150.00

**Fully qualified art teacher with over
20 years
of Art experience**

**Bachelor of Visual Arts
Diploma of Education**

*Approved working with children check,
Current first aid certificate.*


Nutrition Snippet

The simplest way

...to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask you for more.

Did you know it may take more than 10 times before your child accepts a new food?

Give your kids two options that you're happy with. Rather than saying "Would you like any vegetables?" offer a limited choice, for example "Would you like peas or beans?"

Stay calm + persistent in your approach! Perseverance pays off.



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




Nutrition Snippet

The simplest way

to improve the health of your family and save money.

Want to know how to get your family to eat all the fruit & veg they need to stay healthy?

Think fruit & veg cost too much?

Over the coming weeks we'll give you tips and ideas that will help you:

- Make healthy meals the whole family will love
- Pack healthy lunch boxes that will get eaten
- Save money by eating more fruit and veg
- Encourage fussy eaters with fun food ideas
- Grow your own fruit & veg without fuss

Got an idea to help us? Get in touch!



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



JULY Asquith Leagues *School Holidays*

Wednesday 2 July
 10.30am - Kids Movie **TURBO**
 12noon - \$5 Kids Meals
 1pm - **KIDS BINGO** (Dobbers \$2)

Wednesday 9 July
 10.30am - Kids Movie **FROZEN**
 12noon - \$5 Kids Meals
 1pm - **Craft Day**
\$5 per child (3 yrs and over)
 Bookings essential



11-37 Alexandria Pde, Waitara Ph. 9487 1066