



# Berowra

## Public School

# The Crest

Wednesday 23rd July 2014  
Term 3 Week 2

Phone 9456 1319

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

Welcome back to all our Berowra PS families. To our new families joining our community this term, a very warm welcome is extended to you all.

Congratulations to all on a wonderful start to Term 3. The children look smart in their uniforms with most wearing the correct footwear. The correct wearing of uniforms show respect and pride in the school and the individual and I commend the school community for their commitment to these values.

We are now taking enrolments for Kindergarten 2015. If you know of any families within our area wishing to enrol their child next term please ask them to contact the office for enrolment forms.

Berowra Public School is definitely 'the place to be' – there are so many opportunities for our students.

Congratulations to:

- *Our dance groups* – amazing performances at the Sydney North Dance Festival
- *Our recorder group and Katrina T (6B)* – who were part of the mass recorder group at the Festival of Instrumental Music at the Opera House on 26<sup>th</sup> June and Katrina T who performed a solo with an ex BPS student at this concert.
- *Our drama groups* – who entertained and enthralled the audience last night at the Arts North Festival of Drama at NIDA
- **Mrs Sheldon** who was invited to assist writing educational units of work with the Sydney Symphony Orchestra.

## Library Reminders

### **BOOK FAIR**

**Open Day, Tuesday 29th July from 1:00pm**

Come along and enjoy the wonderful Book Fair on Open Day outside the school library. There will be lots of exciting book titles that children and parents can choose to buy. Every purchase benefits the school and we will also have a Library donation table of books that the school would LOVE to have!

### **BOOK WEEK VISIT**

**Yrs 3 - 6 Wednesday 13th August**

**Electric Music with Andy Jones**

Electric Music presented by Andy Jones is a musical smorgasbord of sounds, styles and cultures. Students will be totally involved from start to finish in the creation and performance of music. Andy, with the help of the students and modern gadgetry, will be creating and recording music on the spot. Cost is \$5.00 per student.

**K - Yr 2 Thursday 21st August**

**Untitled by Ms Kandinsky**

Students will be immersed in the performance which includes music, theatrics, a brief history of abstract art and an opportunity for everyone to create their own individual masterpiece. Cost is \$5.00 per student.

### **BOOK CHARACTER PARADE**

**Wednesday 20th August**

All students can come dressed up as their favourite book character. This is not a competition and is only for fun. Parents are welcome to attend the parade which will be held after recess at 11:45

## NAIDOC Day

With NAIDOC Day quickly approaching I would like to thank our enthusiastic team for their initiative and thorough planning. It is going to be a fantastic experience for all involved.

Last Sunday there was a working bee at school to prepare our new "NAIDOC Garden". Many thanks to all the families who supported this day. Many thanks also to BOOSH Cottage who donated \$100 towards this garden and also the Tutton family for their generous donation.

Anyone wishing for more 'greenery' for their gardens, there are heaps of plants in the playground for you to take home.

## Band

As many of you are aware, we have new band conductors for our BPS bands—Mrs Liz Thomson and Dr Erik Thorvaldson. After thirteen years we say a fond 'farewell' to Mrs Amanda Gillard who has injected a love of music into many Berowra children. I am sure we will still see Mrs Gillard around many of the performances this year and we wish her all the best in her retirement from BPS.

Thank you Mrs Gillard, from all of us at BPS.

## Zone Athletics Carnival

Zone permission notes will be going home shortly. To finalise our team we need competitors for the Discus events. If you are a 'discus competitor', please bring in a copy of your Little A's book with your discus results by **Monday, 28<sup>th</sup> July**. Please hand this in at the office.

## 2014 Schools Writing Competition

Entry is NOW OPEN in the 2014 Schools Writing Competition! Students all over Australia are invited to enter their short stories OR poems, and battle it out for the great cash prizes on offer.

There is no theme!! Entrants are encouraged to let their imaginations run wild and get their creative juices flowing to write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter - Kindergarten to Grade 12.

**Entry is FREE and all entries must be in by Sunday 31st August 2014.**

[www.write4fun.net/competitions/](http://www.write4fun.net/competitions/)

*Di Bower*

Principal

**PREMIERS SPELLING BEE** - Berowra Public School are pleased to announce a stage 2 and stage 3 spelling team will be entered into the Premier's Spelling Bee Competition to be held between 8th September and 19th September. Stage 2 and 3 classes will select two students to enter an inter-class competition held on the 19th August. The two winners from each stage will then be selected to represent the school in the regional finals. So get practising kids!!

**PERFORMING ARTS Dance** - Congratulations to Renee B (5/6J) who was selected to attend the State Dance Workshops at Sydney Dance Company on 23-25<sup>th</sup> July. I'm sure she will have a fabulous time.

Dance Groups will continue rehearsing this term with the girls on Thursday mornings at 8:30am and the boys on Thursdays at lunchtime.

At the end of last term 2R, 3P and 5/6J performed dances to 'Everything is Awesome', 'Witch Doctor' and 'Footloose'. This term the Year 1 classes and 3/4B will be taking weekly dance lessons with Mrs Lukic.

Kelly Lukic

*Last term's  
dance group  
performers*





**Drama** - How exciting it was to have more than 60 children performing at NIDA last night and didn't they do us proud! They gave 100% and were wonderful. Drama helps build self esteem, gives confidence, have clear enunciation and gives children a chance to "walk in another's shoes" through role play. Also, most importantly they have fun. Thank you Mrs Bower and Mrs Sheldon for all your help on our big night and parents for all your encouragement and support. Thank you children for your amazing performances.

Dramatically yours  
Jennie Smith

*Our thespians*



**Music** - On Thursday 26<sup>th</sup> June, the Festival Recorder Ensemble and String Ensemble performed at the iconic Sydney Opera House representing Berowra Public School in The Festival of Instrumental Music. These students were outstanding ambassadors for the school. Their preparation, behaviour on the day and the focus they brought to the daytime rehearsal and the evening performance were exemplary. Congratulations to all the students involved. We were fortunate to have the support of many of the parents of ensemble members on the day. Thank you to everyone who helped with the students. We would particularly like to thank Kate Auditore, who joined the recorder ensemble, helping with the supervision and also assisted us (and performed with us) during the rehearsal and concert and Chris Chu who assisted the string ensemble backstage.

Sue and Erik Thorvaldson

*The Festival Recorder Ensemble and String Ensemble ready to perform.*



## Diary Dates

### July

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

Thurs 7	Stage 3 IMAX excursion
Mon 11	Music Festival matinee performance
Tues 12	UNSW Maths competition Choir Opera House rehearsal
Wed 13	Book Week visitor for Yrs 3-6 Music Festival evening performance
18/8-22/8	Book Week
Wed 20	Berowra Musica rehearsal 7:45am Book character parade Book trivia competition
Thurs 21	Book Week visitor for K-2 Zone Athletics Carnival
Tues 26	KP & KB Teddy Bears Picnic
Wed 27	KR Teddy Bears Picnic

### September

8/9-19/9	Swimming & Water Safety Program
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

**SPORT - Soccer** - All three soccer teams representing Berowra Public School at PSSA enjoyed wins last Friday. The boys' senior team beat Asquith 4-0 whilst the junior team won 3-1. The girls' team beat Mt Colah 1-0. All teams remain in the hunt for a semi final birth and are congratulated for their fine sportsmanship.

**CANTEEN** - Tuesday's Pizza Day was a great success. Thank you to the helpers, Heather Tyler, Tracey White, Jodi Ludlow and Renee Stoner.

Volunteers urgently needed. If you would like to volunteer in the canteen for a day or can only help for a morning or an afternoon, please see Teresa Mackenzie at the canteen, call the school or Teresa on 0402 855 941. Friday help is especially needed. Your children loving see parents or even grandparents in the canteen!

**Roster**

Wed 23/7 S Vaughan, H Tyler

Thurs 24/7 M Triebel

Fri 25/7 K Wallis, B Barton

Wed 30/7 D Allen, P Smith, T Carlson

Thurs 31/7 K Carter, C Stone

Fri 1/8 T White, V Eliasson

**COMMUNITY NEWS** - Friendship volunteers needed. Do you have an hour a week to be a mate? Compeer friendship volunteers provide social support to people in their local community who are isolated because of difficulties with their mental health. Go for a walk, visit a local museum or catch up for a cuppa. Your friendship can make a big difference to your new friend's self-esteem and quality of life, and help reduce the stigma and isolation associated with mental illness. Training and ongoing support is provided.

Volunteers aged from 25 to 75 are currently needed. For more information contact Amy on 9413 3091 or Compeer.NorthernSydney@vinnies.org.au or visit the website [www.compeer.org.au](http://www.compeer.org.au).

## 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.



## Stewart House Clothing Appeal



It's time for a clean out this weekend as Stewart House are again asking for donations of clean clothing.

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.

## 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



## Class Awards

<b>KP</b>	Eloise S, Taylor W
<b>KR</b>	Sam F, Zahlee O
<b>1A</b>	Pranay G, Jasmine W
<b>1C</b>	Isabel A, Cayleigh H
<b>2P</b>	Ellora M, Maximus V, Anthony D
<b>3P</b>	Patrick H, Tyler B
<b>4G</b>	Zac B, Layla W, Harry D
<b>5W</b>	Jeremy J, Ewan B, Kieren R

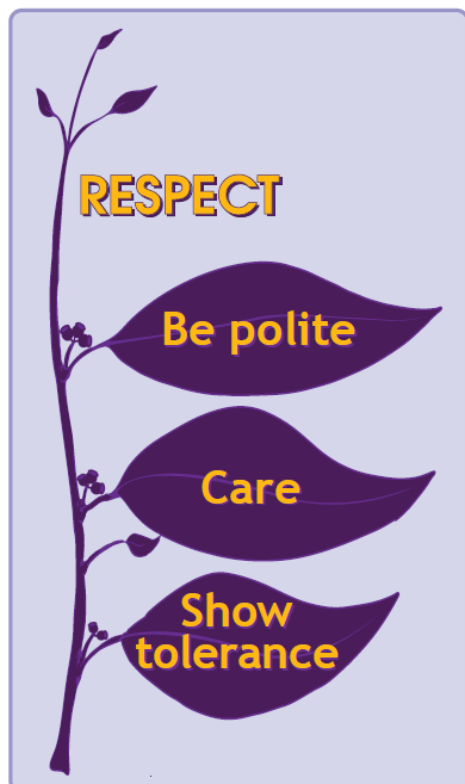
## NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
18/6	Stage 3 Broken Bay excursion	Yrs 5 & 6	17/7
20/6	Arts North Choral Festival	Opera House Choir	ASAP
16/7	Stage 3 IMAX Theatre excursion	Yrs 5 & 6	29/7
16/7	Term 3 Years 3-6 Winter Sport	Yrs 3-6	31/7
16/7	Swimming & Water Safety Program	Yr 2 & selected others	7/8
16/7	Education Week / NAIDOC Day & Open Day	K-6	-
23/7	Term 3 milk order form	K-6	1/8
23/7	Book Week visitors	K-2 Yrs 3-6	14/8 7/8
23/7	Hornsby Music Festival	Festival Reps	5/8

**Most notes are on the BPS website under 'Our School' tab—'Missed a Note?'**



**Growing and learning together for life**



For more information see the school's website

## **2014 ATHLETICS CARNIVAL RESULTS**

<b>100m</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>
<b>5 yrs Boys</b>	Noah V	Max M	Brayden J	Taj G
<b>5 yrs Girls</b>	Timeka C	Jaida K	Tara T	Keirali H
<b>6 yrs Boys</b>	1 <sup>st</sup> - Alex J	1 <sup>st</sup> - Zane D	Daniel F	
<b>6 yrs Girls</b>	Jessica C	Anna P	Jade W	Indigo J
<b>7 yrs Boys</b>	Julian C	Daniel V	Benjamin O'C	Joshua W
<b>7 yrs Girls</b>	Emilie S	Grace H	Annaliese S	Morgan C
<b>8 yrs Boys</b>	Jake Da S	Kamden H	Mitchell G	Anthony D
<b>8 yrs Girls</b>	Haylee S	Kiana L	India H	Laura R
<b>9 yrs Boys</b>	Bodie D	Eden S	Kai V	William P
<b>9 yrs Girls</b>	Cody D	Imogen L-W	Aleisha C	Zara G
<b>10 yrs Boys</b>	Zac B	Marco de P	Bradley A	Kyle B
<b>10 yrs Girls</b>	Georgia A	Caitlyn R	Nia D	Zarli V
<b>11 yrs Boys</b>	Jeremy J	Samuel P	Jett J	Cameron R-E
<b>11 yrs Girls</b>	Mackenzie W	Hayley S	Jasmine M	Stephanie M
<b>12 yrs Boys</b>	Lachlan M	Timothy D	Aaron M	Daniel M
<b>12 yrs Girls</b>	Carla S	Rianna S	Elly C	Leah O
<b>200m</b>				
<b>Junior Boys</b>	Zac B	Eden S	Bodie D	Marco de P
<b>Junior Girls</b>	Caitlyn R	Caitlin C	Nia D	Cody D
<b>11 yrs Boys</b>	Sam P	Jeremy J	Tom Mck	Jett J
<b>11 yrs Girls</b>	Mackenzie W	Hayley S	Jasmine M	Stephanie M
<b>12 yrs Boys</b>	Lachlan M	Daniel M	Mitchell B	Aaron M
<b>12 yrs Girls</b>	Carla S	Leah O	Elly C	Rianna S
<b>800m</b>				
<b>Junior Boys</b>	Kyle B	Marco de P	Zac B	Ryan J
<b>Junior Girls</b>	Caitlyn R	Caitlin C	Miranda A	Amy S
<b>11 yrs Boys</b>	Sam P	Jett J	Alex G	Peter M
<b>11 yrs Girls</b>	Mackenzie W	Jasmine M	Stephanie M	Eliza R
<b>12 yrs Boys</b>	Lachlan M	Mitchell B	Daniel M	Jordan S
<b>12 yrs Girls</b>	Carla S	Leah O	Elly C	Rachel W

The first **three** placegetters (**8years and over**) in the 100m events and the first **two** placegetters in the 200m and 800m event will represent our school at the Zone Athletics Carnival to be held at **The Sydney Academy of Sport on Thursday, 21<sup>st</sup> August, 2014.**

## 2014 ATHLETICS CARNIVAL RESULTS

<b>SHOT PUT</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>
<b>Junior Boys</b>	Marco de P	Bodie D	Patrick W	Will F
<b>Junior Girls</b>	Nia D	Taffany M-H	Caitlin C	Hayley T
<b>11 yrs Boys</b>	Jett J	Cameron R-E	Miles V R	Brody M
<b>11 yrs Girls</b>	Mackenzie W	Jasmine M	Hayley S	Charlotte B
<b>12 yrs Boys</b>	1 <sup>st</sup> Lachlan M	1 <sup>st</sup> Mitchell B	Daniel M	Timothy D
<b>12 yrs Girls</b>	Sienna O	Sarah W	Carla S	Eileen L
<b>HIGH JUMP</b>				
<b>Junior Boys</b>	Marco de P	Daniel W	Zac B	Michael C
<b>Junior Girls</b>	Hayley T	Haidee W		
<b>11 yrs Boys</b>	Samuel P	Jett J	Benjamin W	Cameron R-E
<b>11 yrs Girls</b>	Mackenzie W <b>New Record</b>	Jasmine M	Hayley S	Abbey T
<b>12 yrs Boys</b>	Aaron M	Jordan S	Daniel M	Lachlan M
<b>12 yrs Girls</b>	Carla S	Elly C	Sienna O	Katie W
<b>LONG JUMP</b>				
<b>Junior Boys</b>	Marco de P	Jake Da S	Kamden H	Bradley A
<b>Junior Girls</b>	1 <sup>st</sup> Dayna B	1 <sup>st</sup> Brooke F	Laura S	Grace B
<b>11 yrs Boys</b>	Sam P <b>New Record</b>	Jett J	Jeremy J	Cameron R-E
<b>11 yrs Girls</b>	Mackenzie W	Jasmine M	Stephanie M	Charlotte B
<b>12 yrs Boys</b>	Daniel M	Lachlan M	Timothy D	Mitchell B
<b>12 yrs Girls</b>	Carla S	Leah O	Elly C	Rianna S

The first **two** placegetters in each of the field events will represent the school at the Zone Athletics Carnival to be held at **The Sydney Academy of Sport on Thursday, 21<sup>st</sup> August, 2014.** The first two placegetters only go to Zone if their jump/shot distance qualifies.

### ZONE RELAY TEAMS FOR 2013

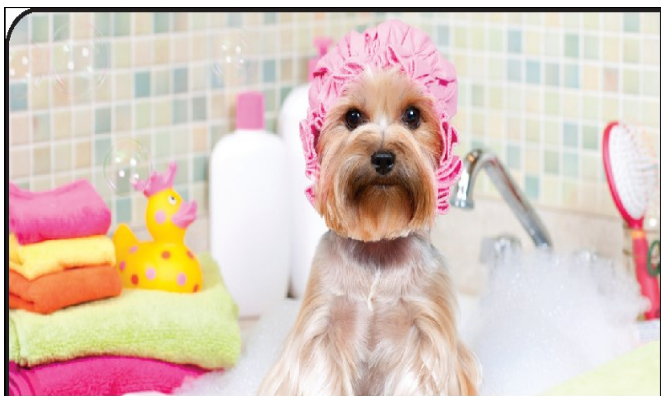
<b>Junior Boys</b>	<b>Junior Girls</b>	<b>Senior Boys</b>	<b>Senior Girls</b>
Bodie D	Georgia A	Jeremy J	Mackenzie W
Eden S	Caitlyn R	Sam P	Carla S
Zac B	Imogen L-W	Lachlan M	Hayley S
Marco de P	Cody D	Timothy D	Jasmine M

**TOTAL POINTS :**

<b>EMU</b>	<b>407 1ST</b>
KANGAROO	421
KOALA	388
WOMBAT	257

**CONGRATULATIONS TO SAM P WHO BROKE THE 11 YRS BOY'S HIGH JUMP RECORD**





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#### ART CLASSES IN BEROWRA

### ART FOR KIDZ

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

Mobile: 0411 340 637 Email: [artforkidz@iinet.net.au](mailto: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

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

#### 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

## TAEKWONDO KUKKI

**FREE**  
TRIAL LESSON



**FREE**  
UNIFORM  
\*CONDITIONS APPLY

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

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# Berowra Public School Canteen

Open Wednesday, Thursday and Friday

You can now order at [www.flexischools.com.au](http://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
<b>NEW</b> <b>Toasted Jaffles</b> 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	
<b>Sandwiches Wholemeal bread</b> 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	
<b>Wraps</b> Salad - lettuce, tomato, cucumber and beetroot \$3.50 Ham and Salad \$4.00 Chicken and Salad \$4.00 Chicken, lettuce and mayo \$4.00	
<b>Hot Food</b> 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	
	<b>NEW Special DAYS</b> <b>Wednesday ONLY</b> Wedges \$2.00 Homemade wedges with light sour cream <b>Thursday ONLY</b> Beef Burger \$3.50 Beef pattie, cheese and sauce BBQ/Tom The Lot – with lettuce, tomato, cucumber and beetroot \$1.00 extra <b>Friday ONLY</b> Pumpkin Soup \$4.00 Pumpkin soup, garlic bread and juice or milk
	<b>Morning Tea</b> 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
	<b>Drinks</b> 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
	<b>Chips</b> Red Rock - Honey Soy or Plain \$1.20 Jumpies - BBQ or Chicken \$1.00
	<b>Ice Creams</b> 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

**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.

**go**

Berowra Netball Club: <http://berowranetballclub.com.au> - Please click the link for registration forms. Email: [berowrasecretary@gmail.com](mailto:berowrasecretary@gmail.com) for further information.

Centre: Berowra Netball Club  
Phone: 0414 283 407  
Email: [berowrasecretary@gmail.com](mailto:berowrasecretary@gmail.com)

Location: Warrina Street Courts - Berowra Hts  
When: Tuesday 15<sup>th</sup> 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.

**HILLS HAWKS SOFTBALL CLUB**

**2014/15 Season Starts September**

**Batter Up/Teeball/Modball/Softball**

- Register as an individual or register as a school team!
- Play at the same time and location each week
- Ages 5 to Adult - great team sport, something for everyone
- Register online before Sunday, 27 July for early bird rate

**HILLS HAWKS SOFTBALL CLUB**

**When:** Sunday - 27 July 2013  
**Time:** 9am to 12 noon  
**Where:** The Galston Club, Galston or online @ [www.hillshawks softball.org.au](http://www.hillshawks softball.org.au)  
**Enquiries:** Belinda - 0412 111 058 or email [hillshawks softball@gmail.com](mailto:hillshawks softball@gmail.com)

**HILLS SELF STORAGE**

## KU Berowra 's 40th Anniversary & Fun Day

Come and celebrate with us at our community event.

**Saturday 30 August, 10am -3pm**  
KU Berowra, 39 Hillcrest Rd, Berowra

Be entertained with demonstrations by Action Dance and Marrs Tae Kwon Do.

Join in with an interactive Zumba session and Moving Bodies activities or chill out to acoustic music by Marcelo d'Avila.

Children will be entertained with a jumping castle, face painting, fire engine display, lucky dip and helium balloons.

There will be an Apex BBQ along with a cake stall and coffee from Witham's Coffee plus plant and book stalls.

Save the date and look out for our drawing competition that will be distributed to schools soon.

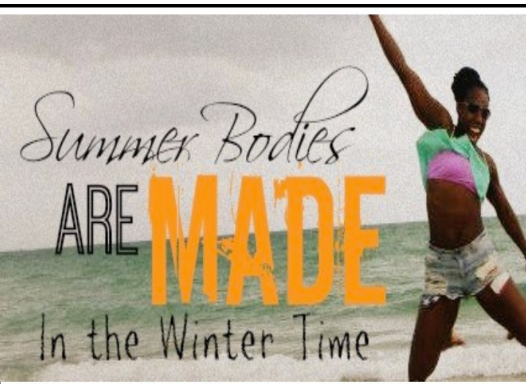
Our community event is sponsored by Berowra & District Community Bank (r) Branch of Bendigo Bank and supported by Berowra Care Care, Berowra Apex, Hornsby Shire Council and Witham's Coffee.

We hope to see you there!





STEELWORX FITNESS STUDIO



Summer Bodies  
ARE MADE  
In the Winter Time

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PILATES, YOGA  
BOXING, CIRCUIT, ZUMBA**

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E: admin@steelworxfitness  
W: www.steelworxfitness.com

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MT KURING-GAI

## YOUNGSTARS



### THE BEST BOYS' WEEKEND IS THE ONE WITH YOUR SON

Our YoungStars camp is the perfect father-son\* weekend for primary school boys aged seven and up. This adventure-filled camp gives dads the space to connect and bond with their sons while taking part in lots of fun activities away from the demands of modern life and technology.

The weekend will help build confidence and resilience in young boys while giving dads the chance to share their experience of raising sons with other dads.

#### Time together to

- Pitch a tent and set up camp
- Roast marshmallows around the campfire
- Play games and do craft activities
- Share sing-a-longs and stories
- Camp out under the stars

**Numbers are  
limited so book  
now to secure  
your place!**

#### Details

**Dates & Locations:** 6-7 September  
Milton Island Sport and Recreation Centre  
18-19 October & 15-16 November  
Berry Sport and Recreation Centre

**Price:** \$400 per family, includes all meals and activities

**Additional:** BYO tent and sleeping bags

To secure your place or for more information:

W: <http://www.dsr.nsw.gov.au/youngstars>

P: 13 13 02

Be sure to check out the video on our website.

\*The weekend is also open to boys and close family members such as an uncle, grandfather or step-dad.



Office of  
Communities  
Sport & Recreation

## AFL family fun day



Activity for children 4 to 13 years old.

Come and join us and learn AFL skills by playing fun games with other families. Meet AFL accredited coaches and have an exciting and enjoyable family fun day!

Activities include:

- Basic AFL skills and games
- Show bags with a football and information of local services
- Morning tea and picnic

#### Details

**When:** Sunday 24 August from 10.30am to 12.30pm

**Where:** James Park, Corner of Low and Palmerston Roads, Hornsby

**Cost:** Free

**Bookings:** Book online at [hornsby.nsw.gov.au/childrenandfamilies](http://hornsby.nsw.gov.au/childrenandfamilies)

What to bring:

- Drinks, hats and sun protection.
- Chairs or picnic blankets
- Wear suitable sports footwear

**Children must be supervised by an adult for the whole duration of the event.**  
This event will be cancelled if raining.



For more information visit  
[hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)



## COMPLETELY FREE!

**Go4Fun**  
Healthy • Active • Happy • Kids



**“It's so wonderful  
to have my active,  
happy, motivated  
and confident  
10 year old boy back.”**

**Cate Latham, Go4Fun parent**

**A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS  
AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER  
AND IMPROVE THEIR SELF-ESTEEM.**

#### 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](http://GO4FUN.COM.AU)**



Health  
Northern Sydney  
Local Health District

# The simplest way

...to bust hunger after school

Try these great fruity recipes that will keep your child satisfied until dinner time.

## Raisin Toast Rippers

2 slices raisin toast topped with banana and a drizzle of honey.



## Krazy Kebabs

Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

## Fruity Smoothie

250mls reduced-fat milk  
1 handful of berries  
1 banana chopped  
Place into blender and mix

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## LOST BURMESE CAT "THUNDER"

REWARD  
CALL KIRSTEN  
0423148239  
LAST SEEN  
JARANDA ST  
BEROWRA  
MICROCHIPPED



*missing since MONDAY  
21st JULY.*



HORNSBY KUR-ING-GAI SAILING CLUB (PCYC)



## LEARN TO SAIL COURSE

Have you ever wanted to learn to sail? Here's your chance! Hornsby Kuring-gai Sailing Club (PCYC) has been teaching young people to sail for over 45 years, on the beautiful Hawkesbury River.

- Open to children (generally 8-13 years) who love being on the water.
- **Saturday mornings Sept to Mar**
- **Skills taught**
  - Water safety
  - Capsizing
  - Knot tying
  - Rigging
  - Boat handling
  - Sailing dinghys
- Supervision and activities provided by qualified club members.
- **Learn about sailing safely.**
- **Numbers limited.**



## Interested?

For more information:

- Enquire by emailing the club: [hornsby sailing@gmail.com](mailto:hornsby sailing@gmail.com)
- Visit our website: <http://www.hpcyc.vachting.org.au/>
- Call - 0418251751



Hornsby Child and Family Mental Health Service (CAMHS)

## SEMINAR FOR PARENTS - TERM 3, 2014

### Parenting Anxious Children

**A seminar for parents of children aged 4-10 yrs discussing:**

The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

**Thursday  
21<sup>st</sup> August**

**Time:  
1130am-  
130pm**

- The seminar will be facilitated by CAMHS staff (which includes Psychologists, Social Workers & family therapists).
- The seminar will be run at **Hillview Community Health Centre 1334 Pacific Highway Turrumurra. Entry via Boyd Ave.** Please allow enough time for parking and arrive 10 minutes before the registered start time. Unfortunately, we cannot provide child-care facilities and are unable to have infants attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-ring-gai local government area.
- The cost of the seminar is \$10 but there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- **To confirm your place please call CAMHS on 9485 6155.**
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.