



Berowra

Public School

The Crest

Wednesday 6th August 2014
Term 3 Week 4

Phone 9456 1319

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

Education Week – 60 years old

Last week marked the 60th year of Education Week for NSW Public Schools, and Berowra celebrated in grand style. Thank you to all students, teachers and parents who made our NAIDOC and Open Days so successful.

NAIDOC Day

Once upon a time there was a principal who had this fantastic idea on how we as teachers could celebrate NAIDOC Day. Luckily, for her, she was surrounded by very supportive and enthusiastic teachers. So the idea grew and grew to include the Principal of Gibberagong Environmental School, David Smith; the Aboriginal Education and Engagement Officer, Dave Lardner; the Aboriginal Community Liaison Officer, Tracey Burraston; and the Aboriginal Community Facilitator at Hornsby Council, Adam Cryer.

With the help of these people and a committee of dedicated teachers the dream started to shape into an exciting experience for all involved. And so NAIDOC Day 2014 evolved.....

I am so proud to be part of such a dynamic and enthusiastic school and community. Last Monday was the most amazing day. I am positive all children enjoyed the entire day commencing with the whole school assembly in the morning and then followed by the nine activities for the rest of the day. Mr Smith involved the students in a recycling audit and talked about how the Aboriginal people recycled; Mr Cryer explained Aboriginal totems, kinship and families; Mrs Burraston joined with teachers and students to use Aboriginal signs to compose stories; Mr Lardner helped with the boomerang throwing and even bought in animal replicas for the children to hunt with their boomerangs; the teachers involved the children in the 'hand painted' mural, painting the rainbow serpent, boomerang painting, Dreamtime Stories and a 'treasure hunt' for native flora and fauna.

I would personally like to acknowledge our wonderful visitors for their dedication to our school and students, our exceptional teachers and enthusiastic students. I would also like to thank our Year 6 students who ensured their groups were at the right spot at the right time and made certain all students in their group were involved and enjoying the day.

Just a few more..... Miss Roberts and Mrs Pickering who coordinated and led the day, organised the working bee beforehand to cultivate our new NAIDOC garden; Mr Wright and Ms Wade for their artistic creations of the 'NAIDOC Wall' and Rainbow Serpent – these teachers also spent the entire weekend before the day preparing the wall. THANK YOU.

Book Week Reminders

BOOK WEEK VISITORS

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 and SAUSAGE SIZZLE and CAKE STALL and BOOK TRIVIA

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. A cake stall and sausage sizzle is also available at lunchtime. Book trivia competition is being held after lunch.

Open Day

Many thanks to all the families and friends who were able to attend our Open Day. A big thank you to the Support Group who supplied tea, coffee and cakes on the day – and of course all our great cooks for the delicious cakes and biscuits.

The children loved showing their parents around and especially taking them to the Book Fair.

Bike Licence

Schools are not permitted to issue bike permits or licences. It is up to parents to decide if their child can ride safely to and from school but helmets are compulsory and no riding in the school grounds.

Congratulations to:

Isabella C (1C) – 6th in Australia and 20th in the World in Mathletics on 28th July

Matthew C (3/4B) – 1st in Australia and 1st in the World in Mathletics on 21st July

Aleisha C (4G) – 7th in Australia in Mathletics on 7th July

Baby News

Congratulations to Mrs Carroll on the birth of her beautiful baby girl, Marlee Rae; born Friday 25th July.

Di Bower

Principal

LIBRARY NEWS - Book Fair - Our Book Fair was a huge success! Thank to all our amazing, supportive parents, grandparents, family and friends who purchased over \$4,500 worth of books. It was wonderful to see the children choosing books with their family, so enthusiastic and happy to have a book to keep. Readers are great learners, so judging by the book fair, we have a whole school of fantastic learners.

Our school now receives about \$900 to spend on library resources for the benefit of all our children. And there's more!! Sixty books were so generously donated to the Library. There was nothing left on the 'wish list table'. Thank you again for your generosity. Your kindness and support is so very much appreciated.

Book Week - we are now gearing up to Book Week, 16th - 22nd August, held annually by the Children's Book Council to support Australian authors and illustrators. This year's theme is "Connect to Reading" and each class has received one of the short-listed books to study in depth and create a display for the Library. In library classes the children will review many of the books and vote for their favourite.

And there is more here too! To help celebrate Book Week our school is involved in many activities—

Book Week Character Parade - Wednesday 20th August 11:45am

Children are encouraged to come dressed as their favourite book character (not TV character) and take part in our Book Parade held in the hall after recess. Every year we are amazed at the creativity of parents and children so thinking hats on for your costumes. Simple, creative costumes are the best with input from your child. Parents are very welcome to attend the parade.

Book Week Trivia - Wednesday 20th August 1:30pm

All things literary create the basis for our whole school Book Week Trivia Quiz. Children from K-6 are organised into twenty groups with questions for all grades. It is held outside the Library with 'Trivia Champs' prizes for the winning group.

Author Visit

We have two visiting performers and authors coming to our school to celebrate Book Week.

Untitled by Ms Kandinsky - K-Yr 2 Thursday 21st August 11:45am

\$5.00 per student. Each student creates their own masterpiece in this exciting exploration of the world of abstract art.

Electric Music - Yrs 3-6 Wednesday 13th August 11:45

\$5.00 per student. Andy is an inspiring musician, involving the children in the creation and performance of music. He has written many books showcasing his creative approach to music.

Colouring in competition

Students in K-6 create a poster or colour in a special Book Week poster. Prizes for effort and originality.

What an exciting celebration of reading we will all have!

Jennie Smith

4P have been exploring the creative process of authors. They each made an origami cardboard box then they chose something to put in it and wrote about their “magical secret box”. Their stories were so original and creativity was evident everywhere.

Jennie Smith

PERFORMING ARTS - We just don't seem to stop with performances at BPS! We have so many talented children and dedicated teachers that it is great to have so many opportunities. Coming up are some very important dates and we'd love to see as many of our school community there to support us as possible.

THIS SUNDAY – 10th August

Our school rock band 'Amped Up' are performing at the Berowra Woodchop. If you're planning on heading up to this important date in Berowra's calendar, around 11am would be the best time – the music will be amazing! Thanks Mike & Vanessa for all your hard work getting the kids ready.

Hornsby District Music Festival

Monday 11th and Wednesday 13th August are our performances at Hornsby RSL. Your child would have already received a note if they are in any of the performance groups. All the best to our Festival Choir, Junior Choir, Dance Groups and Recorder Groups. Tickets are still available through the school office.

Opera House Choral Festival

On Tuesday 12th August our Opera House Choir are going to a combined rehearsal at Chatswood for the Arts North Choral Festival on 18th September. Don't forget to meet Mrs Sheldon at Berowra Station at 8.10am. Children who are involved in both this and the ICAS maths tests have made arrangements to sit the test at another time. See Mrs Sheldon for any questions on this.

Break a leg everyone!

Liz Sheldon

Performing Arts Co-ordinator

CANTEEN - 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 6/8	D Allen, P Smith, T Carlson
Thurs 7/8	J Ludlow, C Harriss
Fri 8/8	C Jones
Wed 13/8	L Plumridge, R Baker
Thurs 14/8	K Carter, C Stone
Fri 15/8	T Pearce

What's in my box?

by Mirabel J 4P

One day I went to Tasmania to visit my Grandma & Papa. Grandma had passed on two buttons, one piece of fluff and a pencil.

Papa said if you put the two buttons on your coat you would be extra warm in the winter. With the fluff, you need to put the fluff under your pillow and you'll get to sleep more comfortably. Your pillow will be very soft. The pencil is my most favourite colour. It can colour anything the right colour and it is very neat. So now I am extra warm, extra comfortable and extra colourful.

My Favourite Pawn

by Cody D 4P

In my box I have a magic chess pawn.

Once upon a time I played a chess game and I brought my magic pawn out. What it did was knock over every other piece on the board. Every game I played I would win.

One day I played another game and someone knocked my magic piece. I got so angry because then my piece didn't work. I ran home and cried with my face on my pillow. I looked under my bed to find something to do and I found my magic piece. It had followed me all the way home. I picked it up and went back to school. I gave it another shot. "It worked" I said.

I was so happy I skipped around the classroom. When I got home I told my mum and dad and my family all about it.

Diary Dates

August

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 Cake stall & sausage sizzle
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
Tues 2/9	Fathers Day stall
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

Driving and parking safely near the school

School opening and closing hours are busy times for pedestrian and vehicular traffic outside the school. Always take extra care in 40km/h school zones, which operate on gazetted school days.

- Park safely even if it means walking further to the school gate.
- Observe all parking signs. They are planned with children's safety in mind.
- NEVER double park as it puts children at risk.
- Model safe and considerate behaviour for your child – they will learn from you.
- Slow down near the school crossing. At a supervised crossing, observe the directions of the school crossing supervisor.
- Always park and turn legally around the school. Avoid dangerous manoeuvres such as U-turns and three-point turns.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Avoid parking across the school driveway or the entrance to the school car park.
- Using your school's drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.
- Avoid parking in or near the school bus bay.

COMMUNITY NEWS - *Amped Up* are playing at Berowra Woodchop this Sunday at 11am. Whoo Hoo!!!

It would be great to have their friends rocking along and cheering them on. Amped Up will be playing for about half an hour. Hope to see you there :)

Berowra Cricket Club Inc - Love the game? Join the club! Milo in2Cricket (5-8yrs), Juniors (U8-U16), Seniors (Sat & Sun), Classics (50+). Registration day Sun 10th August at Berowra Village Woodchop. For further details www.berowracricket.org, 0402 043 524, bcc_enquiries@hotmail.com.

Book Week at Hornsby Library - come and celebrate with the hilarious performance "Wake up and Read". In this comedy act you'll experience music, drama, magic and circus skills all linked with short charming tales about growing up in Australia. Children 7 and under must be accompanied by an adult.

When: Thursday 21 August at 5:30pm

Where: Hornsby Library 28-44 George Street, Hornsby

Cost: Free

Bookings: Essential. Book online at hornsby.nsw.gov.au/library or at any Hornsby Shire Library branch

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.



Visual Arts Camp

Last term I was lucky enough to attend a Visual Arts camp. It was really fun and there were many things to learn and a lot to do.

I arrived at the camp at Wednesday 26th and came back Thursday 27th. It was held at Avalon Recreation Centre and while it was called a camp I didn't stay overnight but travelled there and back each day. I was fortunate that two girls from Cowan Public School were also going and I was able to travel with them on both days. I spent two days there in total and each day was as good as the other.

On the first day, I arrived at 8.00 am and we started our workshops at 8.10 am. My first workshop was printmaking. In printmaking we got a piece of thin foam which we drew a picture on. We then painted the foam and covered it leaving a print.

On the second day I had a sculpture workshop. We learnt how to sculpt with paper. At the end of the workshop my big sculpture was a dolphin.

The camp was a great experience, not only did I learn lots of new techniques in art, I met a lot of new friends, caught up with some friends from my old school and had a great time.



Jesse F 6B

Junior State Music Camp



This year I was selected to take part in the 2014 Junior State Music Camp along with around 250 other talented music students from public schools around NSW. State Music camp was a great opportunity to make new friends, all of whom shared the love of music.

I was chosen for State Music Camp as a viola player and worked with six other violists and our amazing tutor Jenny. As a violist I was immediately placed in the camp orchestra, where we learnt a variety of pieces before finally choosing the 'William Tell Overture' by Rossini to play at the end of camp concert.

This year I was placed in the Camp Item Orchestra which was a great achievement as most people are selected for the Choir. In the Camp Item we played the 1st and 7th movements of 'Gloria' by Vivaldi and an Australian song 'Out There'. I took part in the musical theatre elective where I learnt the song and dance 'I Can Hear the Bells' from the musical 'Hairspray'.

However, State Music Camp was not all about music. We had the opportunity to take part in some recreational activities. I chose to participate in archery and rock climbing which was a great thrill. All in all this was a wonderful experience for me to learn music from professionals.

By Katrina T 6B

NAIDOC Bush Tucker Garden

Working Bee

A very big thank you must be extended to the BPS families who gave up their time to help clear the 'NAIDOC Bush Tucker Garden' bed on Sunday 20th July...

Mr Tutton and Mac

Mr Goodchild

Mr & Mrs Carlson, Freja and Jai

Mr Pinnell

Mr and Mrs Sutton, Leela and Annika

Mrs O'Connor and Ben

Mr Bedwin and Kyle

Mr and Mrs Saywell, Matt and Eden

...and Mr Pickering.



Further thanks also go to our BOOSH Cottage and the Tutton family for your donation of funds that allowed us to purchase garden soil.

The garden is now ready to plant and we are planning a garden area that will include bush tucker plants and a mulched pathway leading around the garden that leads to small meeting areas that children can sit quietly in of a morning.

The next phase of the garden requires the moving of a large amount of mulch from the bottom of the oval up to the garden bed and the sourcing of some low logs to be used as seating. If you are able to help with this, please let me know.

Mrs Pickering



NAIDOC Day—Monday 28th July

BPS NAIDOC celebrations were a huge success, full of fun and excitement! BPS was fortunate enough to have many special visitors on the day to help us celebrate Australia's rich Aboriginal culture.

Our day started with an assembly where Mr Lardner welcomed us to country and each year group presented an item to remind us of the true spirit of NAIDOC.

The rest of the day was action packed with each peer group rotating through nine different activities. There was boomerang throwing, boomerang painting, a bush tucker hunt, appreciating Dreamtimes stories, creating Dreaming stories using symbols, decorating the rainbow serpent, exploring kinship, learning through Aboriginal history how to sustain our environment and adding our painted hands to a beautiful landscape on our library cola wall.

It was a great day had by all, thanks to our enthusiastic students, hardworking staff and supportive parents and visitors.

Miss Roberts



Recount of NAIDOC Day by K Blue



On Monday it was NAIDOC Day. The best part was painting. - Hannah C

On Monday it was NAIDOC Day. I went to do painting. It was fun. - Eddie G

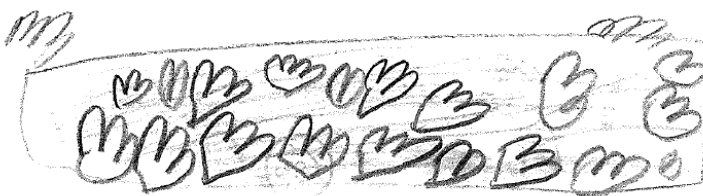
On Monday it was NAIDOC Day. The best part was boomerang throwing. - Caleb F

On Monday it was NAIDOC Day and we made stories and we threw boomerangs and it was fun. - Baylin G

On Monday it was NAIDOC Day and I threw a boomerang and my hand print is on the wall. - Isabel N

On Monday it was NAIDOC Day. I liked the hand print. I was in three groups and I had fun. - Amelia N

On Monday it was NAIDOC Day. I liked the boomerang throwing. It was fun. My favourite was the handprint. - Indigo J



Class Awards

KB	Baylin G, Luke E, Isabel N, Isabella N, Taj G
KR	Charlie M, Hayden F
1A	Nicole J, Jaida K, Indigo R
2P	Leela S, Jake D, Kamden H, Mitchell G
2R	Sophie W, Genevieve C
3P	Abbie C, Neve R, Danielle P
4G	Penny H, Jude M, Aleisha C, Lani B, William P, Isara W
5W	Tahnee B, Lachlan O

Pennant Awards

Molly H 4G, Chloe G 4G	May
Annika E 4G	June

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	Term 3 Years 3-6 Winter Sport	Yrs 3-6	31/7
16/7	Swimming & Water Safety Program	Yr 2 & selected others	7/8
23/7	Book Week visitors	K-2 Yrs 3-6	14/8 7/8
23/7	Hornsby Music Festival	Festival Reps	5/8
30/7	Zone Athletics	Zone reps	12/8
30/7	Teddy Bears Picnic	Kindy	19/8
30/7	Pushcart building interest Group	Year 6	8/8
6/8	Book Week Cake Stall	Year 5	20/8

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

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ART CLASSES IN BEROWRA

ART FOR KIDZ

www.artforkidz.com.au

Mobile: 0411 340 637 Email: artforkidz@inet.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

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!

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://berowranc.netball.com.au> - Please click the link for registration forms. Email: berowrasecretary@gmail.com for further information.

Centre: Berowra Netball Club  Location: Warrina Street Courts - Berowra Hts

Phone: 0414 283 407  When: Tuesday 15th of July from 4.00pm to 4.45pm

Email: berowrasecretary@gmail.com 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.

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

Details

Dates & Locations: 6-7 September
Milsion Island Sport and Recreation Centre
19-19 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.

Numbers are limited so book now to secure your place!

*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

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.






COMPLETELY FREE!



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



Health
Northern Sydney
Local Health District



Berowra Uniting Church

4 - 6 Alan Rd, Berowra Heights

LEGO COMPETITION

First Saturday in September

Click here for Entry Details:

www.berowra.unitingchurch.org.au/lego



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
- 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
21st 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.

Road safety



Road safety around your child's school Your child's safety depends on you

Drop off and pick up by car

Make sure your children are in an appropriate child car seat that is fitted and used correctly.

Stick to the 40km/h speed limit in a school zone as children are about.

Look for buses pulling out – watch for flashing wig wag lights.

Always park and turn legally around schools.

Avoid dangerous manoeuvres such as U-turns and three-point turns.

Always give way to pedestrians particularly when entering and leaving driveways.

Drop your children off and pick them up on the school side of the road in your school's designated drop off and pick up area. Calling out to them from across the road is dangerous – they may run to you without checking for traffic.

It's safest for children to get out of the car on the kerb side of the road to be away from passing traffic.

Walking together to and from school

Plan your trip to school so you use pedestrian crossings where possible.

Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.

Drop off and pick up your child near the school gate and avoid calling them from across the road.

Talk with your children about **Stop, Look, Listen and Think** every time they cross the road.

STOP! one step back from the kerb.

LOOK! for traffic to your right left and right again.

LISTEN! for the sounds of approaching traffic.

THINK! whether it is safe to cross.

Young children can learn these **safe pedestrian habits** from you and continue them later on when they are old enough to travel alone.



Did you know your child is learning about road safety at school?
Join in by visiting safetytown.com.au.



Transport
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