



Berowra

Public School

The Crest

Wednesday 17th September 2014
Term 3 Week 10

Phone 9456 1319

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

School Planning 2015-2017

The process for planning collaboratively for our next three years has commenced and we are looking to gather valuable input from staff, students and parents.

Shortly students from Years 4-6 will be completing individual surveys to give their feedback as to where they would like our school to be in 3-5 years' time. Their questions include: *What are the five best things about our school? If you could change one thing about our school, what would it be and why?*

We would really value feedback from our community too. The method we are using to gather parent input is an online survey, *Google Docs*. Some of the questions for parents include: *What do you believe should be the top 5 priorities for Berowra Public School? What would you want to be telling your friends and family in 3 years?*

I would greatly appreciate you taking the time to complete the survey to provide us with valuable information that will assist us with the development of our next school plan. The link below will take you to the online survey. The survey will remain open until Friday 10th October at which point the survey will close and all responses will be collated and reviewed by the school leadership team and reported at the Term 4 P & C Meeting in November. Thank you in advance for your participation.

https://docs.google.com/forms/d/1VPIJxHBVSD2Hfyc5U2ExAaF2NUW2rJV2EsrJl3i-WMY/viewform?usp=send_form

Fathers' Day BBQ Breakfast and Stall

I am positive there were many happy fathers on Father's Day. The array of gifts that the Support Group had for sale was amazing. It is always fun to watch the children selecting that 'special' gift for their fathers. Many thanks to Jodi Ludlow and Carolyn Harriss who organise this stall each year. They spend many hours shopping and purchasing the gifts and setting up the stalls. Thanks also to the parents who came and helped on the day.

Carolyn and Jodi also organise the discos during the year for our children.

What a great turnout we had for our Fathers' Day breakfast! It was wonderful to see so many Berowra children with their dad/grandad/etc, enjoying a bacon and egg or sausage and egg sandwich then playing games together before school. Thankfully the sun shone through that morning so that everyone could enjoy time with their dads.

Cooking for and serving to so many in such a short amount of time was a big challenge. All went well thanks to the help of José Auditore, Graeme Gates and all our BPS staff. Many thanks to Teresa from the canteen for ordering all our supplies and the P&C for sponsoring the event.

Colour Run

Many thanks to Mr Jones and year 6 for the fantastic Colour Run on Friday, 5th September. This was such great fun. I have never heard so many children laughing, shouting and enjoying themselves in a school, ever! I am sure the children will remember this event for ever.

Mr Jones spent over a week processing the colour powder; he was even at school at 2am cooking and grinding the powder. We are fortunate to have Mr Jones at BPS and on behalf of the children (and staff), who had such a great time throwing sponges or being covered by coloured powder; I would like to say a huge 'THANK YOU, Mr Jones'.

Concert Band Performances

Congratulations to our bands which have been performing during the last two weeks. Our band performed with:

- Asquith Boys High School on Saturday, 6th September, for the John Morrison Swing City performance.
- Wideview, Brooklyn and the Berowra Christian schools last Friday night, 12th September, for the Berowra Musica. The performance was of a very high standard and I was fortunate to be invited to enjoy this entertainment. Congratulations to all of our musicians and to the children who were brave enough to perform a solo or in a trio. Isabella G (6B) and Rachel W (5/6J) were outstanding in their solo performance and Katrina T (6B), Eden S (3/4B) and Zoe V (3P) entertained the audience with their trio performance.

Congratulations to all band members, Mrs Thomson and Dr Thorvaldson; and a big thank you to the band members' parents who helped with setting and packing up.

Congratulations to:

- Liam N (2R), who represented Berowra Public in the All Schools Taekwondo competition; in his age, belt and weight division, he received a silver medal.
- Corey T (6B) selected in the U12B Hornsby Kuring-gai District Rep Cricket Team.
- Blake D (5W) selected in the U11B Hornsby Kuring-gai District Rep Cricket Team.
- Ryan J (3/4B) – 1st in Australia and the world in Athletics on 9th September.
- Ryan J (3/4B) – 14th in Australia and 76th in the world in Athletics on 15th September.
- Riley B (4G) – 13th in Australia and 65th in the world in Athletics on 15th September.
- Katie W (6B), Eileen L (5/6J) and Jordan S (5/6J) for being great ambassadors and leaders of BPS at the Berowra Musica. They were excellent comperes on the night.

Uniform

Last week of term is here along with some warmer weather. It's been good to see children wearing their summer uniform. Always remember to dress to the weather – either hot or cold. Full summer uniform should be worn next term.

It's also been pleasing to see our students being conscientious with their uniform and ensuring they have a hat on their head each day. Please check to make sure labels are up to date and clearly written, as there are often hats lost and found. Clearly labelled hats are easy to return to their owners.

Friday begins our eagerly awaited holidays. I hope you have a restful and enjoyable holiday and see you all back at BPS refreshed and reinvigorated on Tuesday, 7th October.

Di Bower

Principal

Reduce, reuse, recycle

Australians throw away 3.3 million tonnes of food every year – up to a quarter of the country's food supplies - mainly because we purchase too much. Consider planning your meals and only buy what you need. Reduce packaging in your child's lunchbox and use re-usable containers rather than plastic wrap where possible. It also leaves our school grounds much cleaner!

Mobile Maths Games

Channel your child's interest in playing mobile apps into a chance to improve their maths skills and recall. The free School A to Z app has a Maths Monkey game to help test times tables and the follow-up app, Maths Monkey's Quest (\$1.99), challenges kids from Yr 2 to Yr 8 with addition, subtraction, ratios and percentages. Both apps are created by the NSW Department of Education and are available for Apple iPhones and iPads, and Android phones and tablets. You'll find links to both here: <http://bit.ly/oSREYV>

Selective schools

Are you already thinking about your child's Year 7 placement in a selective school in 2016? Selective high schools are government high schools that cater for highly-achieving, academically talented students by offering an educationally enriched environment. Application for entry to a selective high school in Year 7 in 2016 will be online only, from 14 October, 2014.

You'll find more information about selective schools and dates for examinations here: <http://bit.ly/selectiveHS>

CANTEEN - The sausage sizzle today was a huge success. Thank you everyone, for supporting these special lunch days and getting your order in on time so we had enough sausages and bread without any wastage.

Roster	Wed 17/9	R Walton, C Cooke, N Lewandoski	Wed 8/10	L Plumridge, R Barker
	Thurs 18/9	C Chu, F Minto	Thurs 9/10	K Carter, C Stone
	Fri 17/9	T Pearce	Fri 10/10	C Jones

SCHOOL BANKING - There will be NO BANKING on Tuesday 7th October (first day back next term). Term 4 banking will resume on Tuesday 14th October (week 2).

UNIFORM SHOP NEWS - Can you believe this is the end of Term 3? The year is flying by! Next term will see our new Kindy starters for 2015, begin their program in preparation for next year. With this in mind, we hope to see many new parents make their way to the Uniform Shop, manned with a list of items. To simplify the process, we will be offering "Kindy Starter Packs". We had so much success with these last year, we decided to offer this service again. This will take all the stress out of purchasing uniforms for newbies. We've all been there, and we all know how difficult it can be to decipher the uniforms. Don't forget, as an addition, we will be introducing a "Sibling Starter Pack". These will contain ONE full uniform (for either boys or girls) and will be particularly useful for those families who have elder children at school and will be handing down some uniforms to the kindy kids. Prices will be advised as soon as possible.

Summer Uniform

The sun is coming...it is....it's almost here! Summer uniform starts at the beginning of Term 4. If you need any new items, we are fully stocked. Come and see us for anything you need. Socks are always popular when the new season uniform comes in.

Hats

A reminder about hats. Hats are now to be worn in the playground. Children are to adhere to the "no hat, no play" policy and it's timely to remind everyone of the hats we have available. Formal hats are \$25 each, or casual hats can be purchased for \$15 each or a SPECIAL: \$25 FOR 2!! These are perfect for putting in the bottom of the bags in case one gets lost.

2nd Hand Items

We have a heap of 2nd hand boys pants and shorts. We have so many that we have them in a plastic tub for \$1 and \$2. If, like most boys, your little guy is a bit hard on his long pants, why not pick up a couple of pairs, cut them into patches, and sew them onto the knees. This will breathe new life into a pair of long pants.

Whilst we appreciate all donations, please remember that we CAN NOT accept hats, underpants, socks or shoes.

Roster -

Mon 15/9 V Eliasson, D Allen Thurs 19/9 K Krishnaratna
Mon 6/10 closed Thurs 9/10 K Krishnaratna, J West
Have a great holiday and see you all next term!

Community News

St Ives Medieval Faire - a step back in time to a realm of mighty quests, brave deeds, chivalrous knights and fair maidens. Visit the historic village and learn about medieval life. Participants from the dark ages, 13th Century to 16th Century will enlighten you with their interactive arts, crafts, skills and encampments.

When: First weekend of the holidays—20-21 September

Where: St Ives Showground, 450 Mona Vale Rd, St Ives

Diary Dates

September

Thurs 18	Choir Opera House performance Dance performance for 2P & Yr 1 at 12:30
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Fri 19	Last day for term 3
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October

Mon 6	Public Holiday
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Tues 7	Staff and students return for Term 4
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Mon 13	Beginners Group starts for Kindy 2015
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Thurs 16	Flashmob perform at Hornsby Westfield
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Mon 20	Band Concert for Year 2
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Wed 22	Band try-outs for year 2
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November

Sat 8	BPS Fair
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10-12	Year 3 Gibberagong camp
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Thurs 13	Kindy 2015 Orientation Day
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17-18	Year 4 Gibberagong camp
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17-21	Stage 3 Broken Bay camp
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Tues 25	Science Show
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Thurs 27	Twilight Concert & sausage sizzle
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December

Wed 3	Christmas church service Y7 2015 High School Orientation Day
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Thurs 11	BPS Presentation Day
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Mon 15	Celebration of Learning Assembly Year 6 Farewell
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Wed 17	Last day of term
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18-19	Staff Development Days
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Jan 28	Students return for 2015
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Band 2015 - Year 2 Concert

On Monday 20th October, Year 2 will be attending a band concert at 2:30 in the hall.



This is a special concert for year 2 students to see and hear the band play. They will be introduced to the different instruments as next year they are eligible to join the band.

Year 2 parents are warmly invited to attend. Instrument try-outs will be held at the conclusion of the concert until 3:45pm.

There will be no try-outs at this stage for percussion or keyboard – these can be done by arrangement with the Band Director Mrs Liz Thomson who can be contacted via email: bpsband@hotmail.com.



There will also be instrument try-outs on Wednesday 22nd October and Wednesday 29th October in the Hall from 9:00 – 9:30am.

Spring Holiday Activities - Hornsby and Kuring-gai councils offer school holiday activities for children, some listed below. See council websites for further details.

<http://www.hornsby.nsw.gov.au/my-lifestyle/events/all-events>

Friends of Fagan Park Open Day 28th Sept 9am-4pm. Eco Garden kids Activities 30th Sept 11am-1pm

Project Rags to Runway Workshop 1st Oct 4pm

http://www/kmc.nsw.gov.au/things_to_do/for/children/school_holiday_activities

Junior Golf. Art program. National Parks at our Doorstep.

Colour Run 2014

On Friday 5th September, BPS students and teachers got involved in our very own colour run for juvenile diabetes. After lots of effort from Mrs Jones, Miss Kean and Year 6 the result was a great and colourful day. There were many activities ranging from obstacle courses to wet sponge throwing (at teachers ☺) stations.



At the first station, ball games, teachers threw blue powder. Not even the teachers escaped 'unbluified', though. Students ran around playing soccer and football, covered in blue, like the smurfs.



At the relay station, students got into four teams. While students were running, Mrs Bower threw yellow and green powder. Kids got powder on their arms, clothes and even in through their hair!

Children then proceeded to the obstacle course where they weaved through poles, crawled under tunnels and jumped through hoops whilst getting covered in pink powder.

There was no powder being thrown at the next station, but the kids had just as much fun. After all, you can't get bored throwing rubber chickens at pictures of your teachers!

The final station was probably the most enjoyed station....for the students, at least! However the teachers had to endure an hour of wet sponges in their faces.



After all the stations were completed, all the students assembled together on the oval. Year 6 were given a cup of powder each and they threw it up as one when the school finished their countdown.

By the end of the day all the students were laughing, happy and very, very colourful!

By Rachel W and Eileen L 5/6J

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
27/8	Kids Art Works (Calendar Fundraiser)	K—Yr 6	16/9
3/9	Summer Sport	Yr 3—Yr 6	9/10
10/9	Stage 1 Field of Mars incursion	Y1 & Y2	18/9
10/9	PSSA sport	PSSA reps	9/10
17/9	Notes from School	K—Yr 6	-
17/9	Stage 2 Gibberagong EEC camp	Yr3 & Yr 4	23/10

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

Class Awards 25 Aug - 12 Sept

KB	Marcus Z, Cooper L, Amelia N, Edward G, Taj G, Caleb F, Luke E, Lucy H, Hannah H, Brayden J, Taye C, Reuban S, Isabella R, Lily P, James F, Daniel F
KP	Gabe H, Taylor W, Dominic H, Eloise S, Preston B, Otis H, Luca D, Oliver M
KR	Cameron P, Sam F, Keirali H, Molly N, Skye T
1A	Jacob B, Nate M
1S	Jack J, Mia S, Gabriel F, Savannah L, Finn L, Chantelle C, Araliya K, Kaiya H, Jayden B, Harry M, Emily C, Zeke J, Kiara B, Avari D, Ben O, Jasmine B, Noah L, Zach C
2P	Rachel D, Brinlee S, Jaylah B, Grace H, Jessica Y
2R	Evie P, Immy B, Emalee P, Mackenzie F, Samuel S, Ella M, Charlie L, Drew S
3P	Pearl M, Jack P, Zara G, Imogen L, Jasper M, Mischa M
4G	Naomi P, Stella M, Kyle B, Georgia A, Hayleigh S, Chloe G,
4P	Grace B, Anna J, Cody L, Tara M, Kayla P
5W	Stephanie M, Benjamin W, Tamara W

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.



ENROL NOW FOR KINDERGARTEN 2015

Enrolments for Kindergarten are well underway.

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

Our orientation programs began this term with the Kindy Fun Day.

Berowra Beginners Program commences Week 2 Term 4 and Orientation Day 13th November.

For more information contact the school office on 9456 1319.



BEROWRA PUBLIC SCHOOL 2014 FAIR

Saturday 8th November



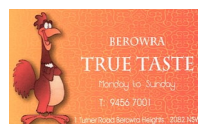
Berowra RSL Club Ltd



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Berowra Pet Minding



ANAHATA NATURAL THERAPY



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Hornsby Aquatic and Leisure Centre


Movement4Life Fitness



Berowra & District Community Bank Branch Bendigo Bank



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SEPTEMBER 2014



HOLIDAY CLINICS

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LOCATION	CLINIC	DATES	TIMES	COSTS
North Ryde, Magdala Oval	7-14 years Advanced Div 1 - Representative Players	Tue 30/9/14 to Fri 3/10/14	9:30am - 1pm	\$249 (4 Days) \$75 (Single)
West Pennant Hills, Thomas Thompson Oval	4-12 years Level 2-3 Beginner - Intermediate	Wed 24/9/14 to Fri 26/9/14	9:30am - 1 pm	\$149 (3 Days) \$65 (Single)
Cheltenham, Cheltenham Oval	4-12 years Level 2-3 Beginner - Intermediate	Wed 1/10/14 to Fri 3/10/14	9:30am - 1 pm	\$149 (3 Days) \$65 (Single)
Ryde, Ryde Aquatic Centre	4-12 years Level 2-3 Beginner - Intermediate	Mon 29/9/14 to Wed 1/10/14	9:30am - 1 pm	\$149 (3 Days) \$65 (Single)
Turrumulla, Kent Oval	4-12 years Level 2-3 Beginner - Intermediate	Mon 22/9/14 to Wed 24/9/14	9:30am - 1 pm	\$149 (3 Days) \$65 (Single)

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MindQuest 2014

Saturday 8th & Sunday 9th November
9.30am-3.30pm

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

For Gifted & Talented Primary
Students Years 1-6

Brochure and entry form available at BPS
school office

Closing date is Tuesday 14th October

The 74th MindQuest program will be held for gifted and talented primary students from Years 1-6 at Glenwood HS. These include gifted and talented students, gifted underachievers and students with well above average ability with a special interest.

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

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

The cost of the weekend is \$175 (including GST).

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Voluntary organisation established over 40 years
71 Burns Road, Wahroonga 2076

Have your children taught to swim by our qualified and experienced instructors

- **Age Group:** 4 years to 12 years (School Year 6, 2014)
- **When:** Saturdays from 1st November 2014 to 21st March 2015, 30 min lesson
- **Water Temperature:** constant 27°C
- **Season Cost:** \$100 for 1 child, \$155 for 2 children, \$180 for 3 or more children (plus \$17.50 insurance per child payable to Swimming NSW)
- **Enrolments:** Saturday 25th October 2014 at 1:00 pm – 2:30 pm (or on later Saturdays from November) at the Bush School pools. New enrolments should wear a swimsuit for grading.
- **Enquiries:** Frances Simpson-Lee 9489 1579
Carolyn Cross 9489 2415
Liz Wright bushschoolts@gmail.com
- **Website:** www.bushschoolts.org

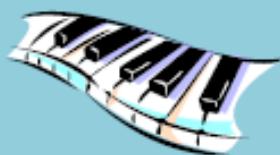
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Cricket School Holiday Clinics

Multisport clinic also available for children looking for a variety of sport experiences (cricket, soccer, softball, Aussie rules & netball)

St. Ives – Hassell Park 22 – 24 SEPT *

North Sydney Oval No. 2 23 – 25 SEPT *

Lindfield - Tryon Oval 29 SEP – 1 OCT *

Moore Park – Cleveland St 30 SEPT – 2 OCT (3 days)* **9am – 2pm**

Includes SCG Tour, SCG & SBHS net sessions

Baulkham Hills - Ted Horwood Reserve 2 – 3 OCT – 9am – 2pm (2 days)


CRICKET
(5 - 16 yrs girls & boys)

MULTI-SPORT (boys & girls)
(5 - 13 years)

Contact Geoff

0401 382409 geoff@cricketcoachingclinics.com.au

Book Online cricketcoachingclinics.com.au



Attention YR 6 Parents!

We're inviting all YR 6 Kids to attend Wildcats Youth Group in Term 4.


We understand that moving from Primary School into High School can be a big transition for kids; so we look to offer a small step in between.

Wildcats is for all High School aged Young People in YR's 7 – 12.


WHERE Unit 4/ 67 – 71 Jersey St, Hornsby

WHEN 730pm–930pm
Every Friday of the School Term

For more details visit www.cch.net.au/youth/

Wildcats Youth is a Ministry of  **COMMUNITY CHURCH HORNSBY**

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WHEN Mondays 4.30pm-6.30pm Starts 13th October	WHERE Hornsby PCYC Performing Arts Centre 22 Waitara Ave, Waitara
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REGISTER NOW
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Health
 Northern Sydney
 Local Health District



Spring Spring



Health
Northern Sydney
Local Health District

Health Promoting Schools Newsletter Spring 2014

Hornsby Ku-ring-gai Child and Family Health Service

Welcome to a new term full of fun, excitement and challenges! Following are some tips for general health and plans for the Spring holidays.

Allergy and hayfever

Spring is the season when hayfever and allergies are around.

What is allergy?

Allergy is when the body has a reaction to a protein (e.g. foods, insect stings, pollens) or other substance (e.g. antibiotic). These substances are called allergens. For most people most allergens are harmless, except for example bee stings, which can be harmful even if you are not allergic but get stung many times.

What types of things can cause allergic reactions?

Common things that people are allergic to include foods (e.g. peanuts, nuts, shellfish, milk, eggs, wheat and fish), pollens, grasses, house dust mites, animals or insect stings.



Are there different types of allergy?

Basically allergic reactions can be divided into those that occur within 2 hours of a person coming into contact with whatever they are allergic to (immediate) and those that only occur after a longer period, often over 24 hours later (delayed).

Most immediate type reactions are caused by a reaction between a protein in the blood called Immunoglobulin E (IgE) and the substance you are allergic to. Only the immediate type can be identified using skin tests or blood tests and can cause anaphylaxis (immediate life threatening reactions).

What types of allergic reactions can you get?

Allergy to pollens, house dust mite and pet fluff usually causes symptoms of allergic rhinitis (runny nose, blocked nose, itchy eyes). When caused by seasonal pollens, it is called hayfever. They may also cause symptoms (wheeze and cough) in people with asthma.



Allergy to foods may cause skin problems such as hives and itch or bowel problems such as tummy pain, vomiting or diarrhoea. Occasionally, people may develop problems with their breathing passages or lungs e.g. swelling of the tongue, cough, hoarse voice or wheeze.

In some people with eczema, their eczema may get worse if they eat a food they are allergic to.

What is anaphylaxis?

Anaphylaxis is a severe allergic reaction.

It involves breathing problems and sometimes a low blood pressure or even collapse and unconsciousness which can be life threatening.

What is an Anaphylaxis action plan?

An ASCIA Action plan for anaphylaxis describes what to do if your child has an allergic reaction and when to give the Anapen® or EpiPen®.

Australian allergists have designed an action plan for use throughout Australia. A copy of this Action plan can be found at www.allergy.org.au.

If you have an Anapen® or EpiPen® you must also have an ASCIA Action plan for Anaphylaxis, signed by your doctor. This plan should be kept up to date. A copy should be kept with each of your child's injectable device, so that if your child has an allergic reaction, you can follow the recommended action. Give the original to the school and keep a copy for your own use.

Key points to remember around schools

4 Hold your child's hand

As pedestrians, children can be easily distracted and are often too small to be seen by drivers. They may be unable to predict or identify dangers and tend to act impulsively.

Talk with your child about safe behaviour on the footpath – it is not a safe place to play. Include discussion on the dangers of vehicles that may be entering or exiting driveways.

Until your child is at least eight years old, hold their hand:

- on the footpath.
- in the car park.
- when crossing the road.

Up until at least 10 years old, supervise your child very closely, holding their hand when crossing the road.

If you cannot be with your child, organise for another trusted adult to accompany them.

After school, meet your child at the school gate. At the end of the school day children may be excited, distracted and tired and may not concentrate on road safety.



5 Helmet and safety on wheels

Your child must wear a helmet when riding a bike in any public place – it's the law.

Your child's helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.

Check that your child wears a bicycle helmet whenever playing or riding on wheels – bikes, foot scooters, rollerskates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the sides. It must protect the forehead.

Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.

Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the 'STOP! LOOK! LISTEN! THINK!' procedure.



For more information visit
roadsafety.transport.nsw.gov.au



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