



November 25, 2015    Term 4 Week 8



# The Crest

*Respect*

*Responsibility*

*Personal Best*



Phone 9456 1319  
Website [www.berowra-p.schools.nsw.edu.au](http://www.berowra-p.schools.nsw.edu.au)  
Email [berowra-p.school@det.nsw.edu.au](mailto:berowra-p.school@det.nsw.edu.au)

# Berowra

## Public School





## NSW Police Band

We were certainly lucky to have the NSW Police Band at our school last week. They were outstanding and it was great to see the children joining in and clapping to the beat. The children even danced to one of the songs. If anyone is interested, I do have a video of a couple of the teachers joining in too! Many thanks to Mr Iain Howick, our band conductor, for organising this wonderful event.

Next Friday, 27<sup>th</sup> November, the Turrumurra PS Band will be entertaining us.

## A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about **allergies, medical conditions such as asthma and diabetes and other health care related issues** (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

I have included information about health care plans at the end of the Crest. Please read and email me if you need a health care plan for your child. Otherwise, I will be emailing them out to all parents of students on our 'medical' list.

Please note all students with allergies, anaphylaxis, asthma or medical condition also need an ASCIA plan from their doctor.

Health Care Plans and ASCIA Plans need to be kept in the school office with their medication.

If we do not have a Health Care Plan or ASCIA Plan we are unable to administer Ventolin or any other asthma puffer; or any medication. Also, without these plans your child is not allowed off the school premises for excursions etc.

## Outstanding Payments

As we work towards the end of the school term for 2015, unfortunately we have a significant number of outstanding invoices still to be paid. These are primarily for goods and services provided to students over the year – dance participation, payment for resource books, magazines, and elective sports.

We have sent home many reminders to families over the last couple of months but have not had a significant response. At present, the school has covered these costs from our global budget which is affecting our ability to organise other activities. We urgently need to be reimbursed for these amounts. Our budget is designed to be shared equally throughout the entire school population. If this has been an oversight on your part, could you please attend to payment of these invoices as soon as possible? Many thanks.

## Congratulations

- Cooper G (4W) - U11 Hornsby Kuring-gai and Hills District Cricket Association Creak Shield Squad
- Blake D (6B) – U12 Hornsby Kuring-gai and Hills District Cricket Association Presidents Cup

*Di Bower*

Principal



# RESPONSIBILITY

Term 4 - Weeks 5-8



## CO-OPERATE

*How did you co-operate to make the colour trek a fun day?*

## OWN YOUR ACTIONS

*Have you done a kind deed for someone else?*

## BE PREPARED

*What are your goals for this term?*

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### SCHOOL BANKING

Volunteers (Mums or Dads) required for 2016 to assist with the Commonwealth Bank school banking program. This is done from the canteen on Tuesday mornings from 8.50am and requires approximately 1 hour of time from two people per week. Ideally if there are more volunteers then you will only be required every second week. Training will be provided. Please contact the office for further details.

Unfortunately, if we don't have enough volunteers the banking program may be unavailable through the school which would be disappointing for all the children currently saving their money. **Please note:** - last week for banking for 2015 is Tuesday 8th December, thankyou.

### COMMUNITY NEWS

Hornsby Council—Free event **Christmas Spectacular**—Saturday 5th December 5pm-9pm 203 Peats Ferry Rd, Hornsby. Come down to Hornsby Park and check out a breathtaking, energetic Christmas show like you've never seen before. There will be acrobats, spiced up Christmas carols and a fire show finale. To keep you going through the evening there will be all your favourite food stalls and a licensed bar. So kick back on your picnic blanket and enjoy the show.

**Ride a Day in my Wheels**—Saturday 5th December 10am-3pm in Hornsby Mall. Studio ARTES celebrates its 5th annual Ride a Day in My Wheels and is enlisting local community members to take the challenge and ride a wheelchair to raise funds and awareness of the challenges faced on a daily basis by people living with disability. Ride a Day in My Wheels will showcase the Studio ARTES Performing Arts team with live performances throughout the day as well as market stalls.

Bush School Learn To Swim Club - Have your children taught to swim by our qualified and experienced instructors. 4yrs to 12 yrs on Saturdays from 7th November till 19th March 2016. 30min lessons in 27° pool.

Season cost \$100 for 1 child, \$170 for 2 children \$220 for 3 or more plus insurance.

Enrolments are Saturday 31st October 1.30-3.00pm. Enquiries 9489 1579, 9489 2415 or bushschoolts@gmail.com

Website: [www.bushschoolts.org](http://www.bushschoolts.org)

## **LIBRARY NEWS**

The school **library is now closed** for borrowing books due to annual stocktake beginning next week. PLEASE HELP YOUR CHILDREN TO RETURN ALL LIBRARY BOOKS BY THIS FRIDAY—27TH November.

Thank you  
Jennie Smith

# Invitation to **Rock Around The Christmas Tree**

K-2 Christmas Concert Extravaganza

The K-2 staff and children would like to invite you to join us for our 2015 Christmas concert. All K-2 children will be participating in the concert and all are welcome to come along and watch. Tea, coffee, cakes and fruit mince pies will be available to purchase.

**When:** Tuesday 8<sup>th</sup> December

**Times:** 10:00am and 12:00pm (two performances)

**Where:** Berowra Public School hall

Please be mindful of sharing photos and video footage of other children other than your own children on social media and other public domains.

Thank you

K-2 staff and children

## **K-2 Assembly**



*Our Merit Certificate recipients*



## Class Awards 12 Nov—25 Nov

<b>KB</b>	William W, Teagan S, Callum L, Peter W, Asad I, Ruby S
<b>KR</b>	Grace M, Tahnee W, Maddi H, Gabriel H
<b>1C</b>	Eloise S, Amelia N, Cooper L, Hannah C
<b>1F</b>	Caleb F, Dorian T
<b>1T</b>	Daniel F, Cameron P
<b>2C</b>	Emily C, Evie M, Anna P, Robert W
<b>2P</b>	Harry M, Jessica C, Julian C
<b>2R</b>	Gabriel F, Zoe D
<b>3A</b>	Rowan S, Madeleine B, Leela S, Zoe A, Samuel S, Bradley P, Millie T, Danel V, Ella M
<b>3P</b>	Liam C, Drew S, Evie P, Nathaniel T, Liam B
<b>3/4P</b>	Saxon W, Haylee S, Orlando J, Eden S, Emalee P
<b>5B</b>	Lindley R, Will P, Zarli V, William P
<b>5K</b>	Cody D, Hayleigh S, Georgia A
<b>6K</b>	Caitlyn R, Taffy M, Dylan W, Ben W, Ewan B, Amy S

### NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
18/3	Voluntary Contributions	K-6	<b>ASAP</b>
13/5	Classroom resources	K-6	<b>overdue</b>
16/9	Kindy Gymnastics	Kindy	<b>15/10</b>
13/10	Gibberagong excursion	Yrs 3 & 4	<b>17/11</b>
14/10	After school aerobics	Yrs 4-6	<b>ASAP</b>
11/11	Opal Card Information	K-6	—
11/11	Year 6 Signature Bear	6	<b>13/12</b>
11/11	Canteen Summer Menu	K-6	—
18/11	Gibberagong—what to take and medical	Yrs 3-4	—
18/11	Disco	K-6	<b>3/12</b>
25/11	Surf Awareness	Yrs 5-6	<b>8/12</b>
25/11	Year 6 Farewell	Yrs 5-6	<b>8/12</b>
25/11	Christmas Concert	K-2	<b>ASAP</b>
25/11	Helpers morning tea	K-6	—

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

## AN INVITATION TO BEROWRA PUBLIC SCHOOL KINDERGARTEN ORIENTATION DAY 2015

The students and teachers would like to invite you and your family to visit our school and meet your new Kindergarten playmates for next year from 10:00am to 11:15am on Thursday 26<sup>th</sup> November 2015. Please meet at the Hall.

We will have some games and stories for you and you can bring your morning tea in a labelled bag and have it with the teachers and your new friends. While you are having fun in the Kindy rooms, Mummy and Daddy will visit the hall to meet me and members of our parent groups. I hope you can come.

Kind regards

Di Bower  
Principal

Jan Layson  
Early Stage 1 Coordinator



## Diary Dates

NOVEMBER	
25 & 26	some Year 4 at Gibberagong overnight
Thurs 26	Kindy 2016 Orientation Day
Fri 27	Turramurra P.S Band Performance
Sat 28	P & C Trivia Night
30 & 1	some Year 4 at Gibberagong overnight
DECEMBER	
Wed 2	Christmas Scripture Service
Thurs 3	High School Orientation Day Twilight Concert 7pm
Fri 4	BPS Disco
7-9	Year 3 at Gibberagong overnight
Tues 8	Stage 1 Christmas Concert
Thurs 10	Presentation Day
Fri 11	Stage 3 Surf Education
Mon 14	Celebration of Learning assembly Year 6 Farewell
Wed 16	Party Day Last day of term
17 & 18	Staff Development Days

## PBEL Awards 12 Nov - 25 Nov

<b>KB</b>	Jack W
<b>2P</b>	Kaiya H
<b>3A</b>	Jessica Y, Freyja C
<b>3P</b>	Nathaniel T, Drew S
<b>3/4P</b>	Josephine O, Liam N
<b>5B</b>	Emily D, Zarli V, Chloe G, William P, Naomi D, Aleisha C
<b>6K</b>	Peter M, Stephanie M, Dylan W, Michael C, Thomas H, Amy S

## Thank you Morning Tea

*The staff at Berowra Public School cordially invite the many parent and community helpers who have assisted at the school throughout 2015 to a "Thank You" morning tea.*

**Where:** BOOSH Cottage

**When:** Wednesday 2<sup>nd</sup> December 2015  
from 11:00am

*This is our opportunity to acknowledge the valuable contribution you have made to our school.*

*If you have helped in any way -  
e.g. reading, parent committees, school events, transport,  
Scripture, fundraising, maintenance, classroom activities  
- we would love to see you there.*

*The Principal  
& Staff of B.P.S.*



## Student Parliament Environment

Everywhere around the world, every year, there are schools celebrating World Environment Day, where they celebrate nature and raise awareness that our planet is fragile and needs to be looked after. They do this in lots of different ways. This year I decided that we should too.

On Friday 13<sup>th</sup> November, together with the help of Tahnee B, Jeremy J and Amy S I planted a tree at the front of the school along with a plaque which says:

**"2015. Seven Billion Dreams. One Planet. Consume with care."**

Every time you walk past this tree I hope you think of a way you can care for our environment. This might be just making sure you throw your rubbish in the bin, or helping an injured animal, or making sure you recycle at home.

My mum and dad gave this tree and plaque to the school as a gift this year. But earlier this year we held a mufti day which raised enough money for next year. It will be the responsibility of next years Environmental Minister to plant another tree, with another plaque, with another message to share. I really hope this becomes a tradition at Berowra Public School for many, many years to come.

I would like to thank Mrs Bower, Mrs Krull and the school for supporting this initiative. I would also like to thank my mum and dad and my nan for helping me make this happen. Thanks also to Tahnee, Jeremy and Amy.  
World Environment Day is held on 5<sup>th</sup> June each year.

-Dylan W  
Student Parliament Environment Minister



## Film Festival

This year, year 6 made a short film called 'The Anzacs' our film was accepted into the Sydney North Film Festival at the Dendy theatre. The festival was held on 5<sup>th</sup> November all of year 6 were invited to come.

We caught a train to Circular Quay and then walked to the Dendy Theatre. We had our photo taken at the theatre and also on the red carpet.

We all sat down in the back two rows. The show started 10 minutes late to begin with and there were a few technical difficulties along the way so we only just got to see our film.

In the festival there were films from high school students and primary students, some of the films had been filmed in stop-motion-animation which is where you take photos and every time you move your figure a little and then you string the photos together and you have a film.

My favourite film was 'Meow Meow to the Sky' which was about a cat that went through different seasons on a train. This was filmed by using stop-motion-animation.

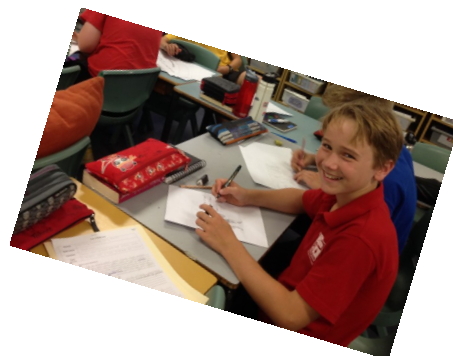
Over all it was a really cool experience.

Taffany M 6K





## Year 6 Mini Fete 2015



On Friday 4<sup>th</sup> December, Year 6 students will hold their annual Mini Fete. Each year, Year 6 students host a Mini Fete to raise money for their gift to the school.

Kindergarten and Year 1 children will be taken around the fete by their teachers at 11:45, with the rest of the school joining in from 12:15.

Students are invited to bring a limited amount of money and purchase tokens to spend on the different activities arranged by our Year 6 students. Tokens will be handed out on the day.

Rather than allow children to convert all their spending money to tokens and have some tokens left over at the end of the day, K-1 will be limited to an initial purchase of \$5 worth of tokens and Years 2-6 to \$10. Additional tokens may be purchased at any time during the Fete. Tokens are worth 50c each.



This year, year 6 have been working very hard and will be running an extensive range of activities, some of which are: Guessing competitions, wet sponge throwing, T-ball water batting, indoor soccer, relay races, cup races. These are just some of many fun stalls!



### Arts Alive Film Festival

When year 6 found out that our film "The Anzacs" had made it into the Arts Alive Film Festival we were so excited! We were even more excited when we realised that on the 5th November at 9 o'clock we would be leaving school and going to the Dendy Theatre to watch our film and other school's films. After a lot of train rides and a bit of walking we posed in front of the Opera House for a picture, then we made our way to the Dendy Theatre. We found our seats and grabbed our imaginary popcorn and settled down to watch our film. The films were very interesting. Some of year 6's personal favourites were the Ring Assassins, Bat Cat, Goal and of course our film "The Anzacs". It was a brilliant day and we were amazed that we won "Best Music Video". Year 6 would like to thank Mrs Smith, Mrs Krull, Mrs Beckedahl and Mrs Bower for giving us permission to make the film and go and see it on the big screen.

Sophia H

### Arts Alive Film Festival

On Thursday 5th November at 9am year 6 set off for a day of train rides to the Dendy Theatre to see our film "The Anzacs". We were so excited when we found out our film was chosen. After an hour on the trains we hoped off and raced over to the Opera House for pictures then took our seats and watched some entertaining films including Ring Assassins about an unbreakable phone, "Bad Cat 3" a funny film about a bad cat over taking some kids lives, "Goal" about a couch potato girl turning into a soccer star and of course our film "The Anzacs" about going to war. It was amazing! So good that it won best music video! There were so many more films but we had to leave early to be able to get back in time for the bell. So we had another hour on the train home and reflected on our amazing day. We couldn't wait to see what we had won at our school assembly.

Josie E



## Music News – Suzuki Graduation Concert

Many musicians dream of having a chance to perform on the stage of the iconic Sydney Opera House. For six Berowra Public School music students, this dream came true on Sunday 8<sup>th</sup> of November, at the 2015 Suzuki Graduation Concert. This concert is a celebration of the achievements of Suzuki students and showcases their skills as they play beautiful music entirely from memory.

All the BPS students involved are to be commended for their excellent behaviour and polished performances at the concert as well as for their hard work and commitment shown in preparation. These students have worked towards and achieved internationally recognised graduation levels. BPS recorder students have the opportunity to work towards graduation through the school recorder program. Students playing other instruments work with private tutors.

Congratulations to the following students:

Chloe C – level 1 violin

Matt S – level 1 cello

Eden S – levels 3, 4 & 5 violin

Evie M – level 1 recorder

Tiana P – level 1 recorder

Fiona T – level 1 flute, level 2 recorder, Suzuki choir member



If you are interested in Suzuki music or the BPS Recorder or String Ensembles please feel free to contact me. Sue Thorvaldson (BPS Recorder and String Ensemble director and Suzuki Flute/Recorder teacher – sue.thorv@gmail.com).

## **SCHOOL SUPPORT GROUP FUNDRAISING NAME LABELS**

Please help Berowra Public School raise money when you are buying name labels for clothes, school items and lunch boxes etc.

By using a fundraising code (BPSS) that links to Berowra Public School, the school will receive a percentage of the money spent!

The websites we are registered with are :-

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

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

### **OUR SCHOOL FUNDRAISING CODE IS BPSS**

To place an order, create a personal account online and then enter the fundraising code BPSS at the checkout/payment section. The code is the same for both organisations.

Money raised will go towards school resources and projects.

Thank you

Mrs Bower playing with the band at Wednesday assembly



## BPS String Ensemble 2016

The BPS String Ensemble is looking for new members for 2016. Students who are learning violin, viola, cello or double bass are encouraged to join us. The string ensemble welcomes players from beginners (who have been learning for at least 3 months) to more advanced students from all school years (K-6). A highlight for 2016 will be the chance for experienced students to play on the stage of the Sydney Opera House in The Festival of Instrumental Music. For more details or to register please contact me at [sue.thorv@gmail.com](mailto:sue.thorv@gmail.com). Please register by 1<sup>st</sup> December, 2015 if you wish your child to be involved in the Festival of Instrumental Music.

Sue Thorvaldson (BPS string ensemble director).



## Beginner Recorder Ensemble 2016

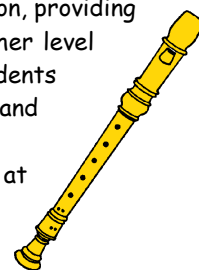
The recorder ensembles at Berowra Public School offer students a wonderful opportunity for quality music education at the low cost of \$45 per term.

Students from year 1 - 6 are welcome to join the beginner recorder program. Beginner lessons are taught in classes. Students have the chance to perform together at school and community events during the year. Lessons are taught by an accredited recorder teacher and include technique building games, music reading, and group playing. Different learning styles are catered for. Lessons will be held on Tuesday mornings before school in the school library.

Joining the beginner recorder program at BPS gives students a head start in music education, providing a solid basis for learning other instruments and for taking part in the many exciting higher level recorder activities available to students at BPS. Highlights for advanced BPS recorder students in 2015 include Opera House Concerts, Sydney Schools Recorder Camp, Suzuki Graduation, and a student selected as a solo performer at the Arts Unit "Festival of Instrumental Music".

To register your child, or if you have any questions or queries, please contact me at [sue.thorv@gmail.com](mailto:sue.thorv@gmail.com). Please register by 1<sup>st</sup> December.

Sue Thorvaldson (BPS recorder ensemble director).



## ***INTERSCHOOL SPORT GRAND FINAL***

**Friday 27th Nov**

**PSSA League Tag always at Foxglove Oval**

**Junior 1  
vs Cowan**

**Junior 2  
vs Asquith 2**

**Senior 1  
vs Warrawee 1**

**Senior 2  
vs Asquith 2**







# Berowra Public School

presents the

## 2015 Twilight Concert

**Thursday 3rd December**  
in the hall

Come and enjoy the Concert Bands, Training Band, Recorder Groups  
and String Ensemble.

Sausage sizzle and bottled water for sale from 6pm  
Cakes, slices and biscuits also available

Music Performance at 7pm.

All welcome





## ONLINE PAYMENTS

### From Friday 4<sup>th</sup> December 2015

It will be possible for parents to make online school payments, from **Friday 4<sup>th</sup> December 2015** to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting \$ Make a payment. Please do not click on this option until the go live date on the 4<sup>th</sup> December.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called 'Other' which covers items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number, these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office by emailing [berowra-p.school@det.nsw.edu.au](mailto:berowra-p.school@det.nsw.edu.au) or on 9456 1319.



BPS P & C



# Sporting Trivia Night

## Saturday 28<sup>th</sup> November 7pm



**GREAT PRIZES FOR TRIVIA, BEST DRESSED AND OTHER FUN GAMES!!!**  
**BRING PLENTY OF GOLD COINS!**

Venue: Berowra RSL

Price: \$25.00 per person – Adults only, includes Finger Food

BYO – Decorations for Table, Gold Coins for games

Dress/Theme: Sporting

Tables: Please organise Teams of 8-10 people



**TABLES WILL SELL FAST SO BOOK IN EARLY!!**

**PLEASE RETURN TO SCHOOL OFFICE OR BOOSH BY 13<sup>th</sup> November 2015**

Name: \_\_\_\_\_

Child's Class: \_\_\_\_\_

Table Name: \_\_\_\_\_

No of People: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Payments can be made to school front office or to Boosh by 13<sup>th</sup> November by cash or cheque made payable to Berowra Public School P & C In an envelope marked "Trivia Night" or by EFPOS at Boosh (Nov) or Uniform Shop (Monday morning, Thursday afternoon)

Enquiries by email to Lisa Jewkes : [bpsfaircoordinator@gmail.com](mailto:bpsfaircoordinator@gmail.com) or phone 0413367580, or Tara Andis 0411 882 861

**Donations of prizes for the event are also welcome – Please contact Lisa or Tara**



## MOBILE PHONES AT SCHOOL



Parents and students are reminded that mobile phones are not to be brought to school except in exceptional circumstances.

Then the mobile phone must be left at the school office before school and collected at the end of the school day.

# TAEKWONDO

## KUKKI

**FREE**  
TRIAL LESSON

**FREE**  
UNIFORM  
\*CONDITIONS APPLY

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

**Disclaimer:** Advertisements placed in THE CREST do not reflect an endorsement or otherwise by Berowra Public School of that product or service. Information in the advertisement is entirely the responsibility of the advertiser.

## "Amped Up" AUDITIONS

Berowra Public School's rock band "AMPED UP" will be holding auditions for 2016.

Where - At the school Hall

When - Monday Mornings

After week 3 during term 4

For more details call Mike on  
0413034080



## EXTENSIONS & NEW HOMES



### HOME DESIGNS & PLANS FROM CONCEPT TO COMPLETION!

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- Increase the value of your home & improve your lifestyle



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*improving your lifestyle*

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

2203695 25/4

## Part Time or Full Time

### Work from Home

Flexible and financially exciting with an expanding, fun, local team.

If you are thinking about going back to work or have been looking for that elusive business that can be worked around the day-to-day running of a busy family home, please call for a friendly chat to find out more.

CC: 0408 906 227



**Ann Leslie's Music Studio**  
Piano Lessons

Berowra Location, Musicianship  
and Piano Lessons available.

Phone: 0425 821 290  
Email: aeleslie@hotmail.com  
[www.annlesliesmusicstudio.com](http://www.annlesliesmusicstudio.com)



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**Vanessa Lynn**  
Contemporary Vocal Coach

\*Breathing \*Ear training \*Phrasing  
\*Articulation \*Dynamics \*Mic Technique  
\*Rhythm \*Intonation \*Performance

0416-016400  
[trunotesvocal@gmail.com](mailto:trunotesvocal@gmail.com)



Berowra location

BPS Rockband Vocal Coach 🎤

WWC Certified

### PIANO / KEYBOARD LESSONS!

Beginners to Advanced  
(including HSC and Tertiary)

**Sue Norrington BA (Mus), Grad. Dip Ed**

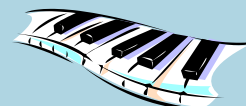
Over 30 years' experience of excellence in teaching

Book Now for 2016

Learn to play piano in a relaxed and caring environment!

Phone: 9456 3752

[www.musicteacher.com.au/sue-norrington/berowraheights/](http://www.musicteacher.com.au/sue-norrington/berowraheights/)



### GUITAR and BASS Lessons

School Rock Band "Amped Up" Music Director  
**MIKE GORDON**

is available for tuition at the school in 2015

& also at his home on Saturdays

Kids (ages 8 and up) and adults welcome.

For more info call 0413034080 or

email [ampedupband@musician.org](mailto:ampedupband@musician.org)



Lessons are also available at Mike's School

**The Learning Lounge** at Turrumurra

9488-9970

All instruments and styles taught!



## Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for *best release techniques*.

**COST is \$40 PER CHILD**, and includes \* rod and reel combination \* shirt \* hat \* tackle box \* show bag—all to take home!

**BOOKINGS ARE ESSENTIAL.**  
Maximum 25 participants.

If you have any further queries about the program please contact the Get Hooked team by email at [gethooked.fisheries@dpi.nsw.gov.au](mailto:gethooked.fisheries@dpi.nsw.gov.au) or on 02 9741 4849.

13627 SW JUL2015

## LEARN TO SWIM

IN THE CHRISTMAS HOLIDAYS!



**INDOOR HEATED POOL**  
LESSONS FOR PRIMARY AGED  
CHILDREN, PRESCHOOLERS AND BABIES

**4 & 5 DAY COURSES START**  
**MON 21 DEC & 4, 11, 18 JAN**  
Also Saturday classes in January  
**TERM 1 STARTS WED 27 JANUARY 2016**

**DENIS PONTIN'S SWIM SCHOOL**  
**PHONE 9489 4771**  
**48 TENNYSON AVE, TURRAMURRA**  
**[www.pontinsswimschool.com.au](http://www.pontinsswimschool.com.au)**

**BOOK NOW FOR HOLIDAYS and TERM 1**

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# The simplest way

...to add veg to a barbecue.

The weather is warming up and so are the backyard barbecues. But it need not be an entirely meat affair. Here are some ideas for adding healthy veg to the barbie:

**Kebabs** - capsicum, zucchini, eggplant and mushrooms work well. Add to pork, chicken or lamb.

**Chips** - slice potato or sweet potato, and grill on the hotplate.

**Salad** - grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy!

**Veggie sticks and dip** - chop up carrot, cucumber, and celery sticks to dip in yummy hummus, or an eggplant or beetroot dip.



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
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Eat It To Beat It

# The simplest way

...to provide cancer support at school.

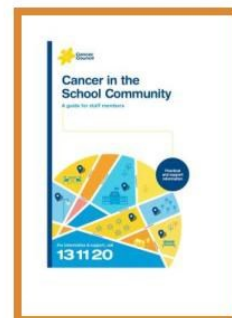
Have you seen Cancer Council's national resource for school staff yet?

**Cancer in the School Community** - a free resource to support schools through a cancer diagnosis.

Every cancer diagnosis has a ripple effect. This book explores how school staff can support a student, parent or colleague through all stages of cancer.

A copy has been mailed to every NSW school principal.

For additional copies for your school:  
Phone 13 11 20, or go to [cancercouncil.com.au/cancer-in-schools](http://cancercouncil.com.au/cancer-in-schools)



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Eat It To Beat It

# The simplest way

...to disguise vegetables.

Can't get the kids to go near the greens? Disguise is a great way to get them eating veg, without the protests!

Here's how:



**Grate veggies into meat dishes:** carrot, zucchini, capsicum and celery work well in bolognese sauce, meat patties, meatballs, shepherd's pie and tacos.

**Add chopped veggies:** to quiches or omelettes - try mushroom, tomato, capsicum or zucchini.

**Blend veggies in to sauces:** puree sweet potato, pumpkin or cauliflower.

**Add extra veggies:** mushrooms, capsicum and pineapple are great on pizzas.

**Add in other root veg to mashed potato:** pumpkin and sweet potato are favourites.

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Eat It To Beat It

# The simplest way

...to make fruit & veg festive!

Who says the festive season can't be fun and healthy?

With these super-cute strawberry Santas, you'll be wowing the Christmas crowds and feeding them nutritious fare too.

To make: hull and chop the top third off each strawberry; mix 100g cream cheese and 4 tps of icing sugar, and pipe mix on for face filling and hat pompom; add raisins or mini choc bits for eyes. Easy!

Or try these eye-catching Christmas creations:



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Eat It To Beat It



# The simplest way

...to make tasty summer rolls.

Go for something different in the lunch box and swap a sandwich for a summer roll. These little morsels also make great after school snacks.



## Ingredients

The options are endless! A combination containing a few veg (grated carrot, finely sliced cucumber, avocado, snow peas) + noodles (vermicelli, rice stick) + meat (prawns, chicken, pork) + herbs (coriander, mint) works well, wrapped up in rice paper.

## Method

Prepare filling.  
Soak the rice paper in warm water until just softened.  
Remove from the bowl and place on a plate.  
Divide filling and add each portion of rice paper.  
Fold over rice paper and roll up, pressing edge to seal.  
Repeat with remaining ingredients.  
Cut rolls in half and serve with sweet chilli sauce.

For more information visit  
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# The simplest way

...to get your vitamin D!

## Did you know:

- Our bodies make vitamin D when skin is exposed to sunlight?
- We need vitamin D as well as calcium to maintain good health, in particular to keep our bones and muscles fit and strong?
- Sun protection is required when UV levels are 3 and above?

## Does sunscreen stop vitamin D?

- Sunscreen filters out most, but not all UV radiation.
- People who use sunscreen regularly (when UV levels are 3 and above) don't have lower vitamin D levels than people who do not use sunscreen.



To help keep your kids safe in the sun, check your school's SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



## Stepping Stones Triple P



### Does your child have a disability?

Is this you? Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

As part of the Stepping Stones Triple P Project, **Normanhurst West Public School** invites all parents of children with a disability aged 2 to 12 to attend the following **FREE** parenting seminar series:

Seminar 1: Positive Parenting for Children with a Disability  
Tuesday, November 24<sup>th</sup> from 9:30am to 11:00am

Seminar 2: Helping your Child reach their Potential  
Tuesday, December 1<sup>st</sup> from 9:30am to 11:00am

Seminar 3: Changing Problem Behaviour into Positive Behaviour  
Tuesday, December 8<sup>th</sup> from 9:30am to 11:00am

Where: Normanhurst West Public School, Dartford Rd, THORNLEIGH, NSW 2120

Presented by Elizabeth McDonald  
School Counsellor and Senior Psychologist, Education

RSVP: As these programs are being funded as part of a research project please contact the research team to register your interest.  
Phone: (02) 9114 4060  
Email: [fhs.steppingstones@sydney.edu.au](mailto:fhs.steppingstones@sydney.edu.au)



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Funded by the National Health and Medical Research Council, Australia

# Developing and implementing individual health care plans for students with more complex needs



**An individual health care plan formalises the plan of support for students with complex health care needs.**

The principal will initiate the development of such a plan in the following circumstances or when the situation is complex or where a plan would be of assistance in managing support for the student.

**Individual health care plans should be developed for:**

- **severe asthma, type 1 diabetes, epilepsy and anaphylaxis**
- **any student who is diagnosed as being at risk of an emergency**
- **any student who requires the administration of specific health care procedures**

Information from the student's medical practitioner, provided by parents, will inform the planning process.

The plan will describe the student's needs and how the school plans to meet these needs during the school day, on excursions and in other variations in school routine, such as sport.

The plan must also detail procedures to be followed if an emergency arises. Procedures need to be agreed between the parent and the school, following consultation with the relevant medical practitioner.

Plans should be reviewed annually or when the parent notifies the school that the student's health needs have changed. A review of a student's health care plan can also be instigated by the principal at other times.

The individual health care plan will:

- specify the student's specific health care needs
- describe agreed actions to meet these needs
- include emergency phone numbers for ambulance, the parent and an emergency contact
- include the phone number of the student's medical practitioner(s)
- includes attachments as relevant such as:
  - an emergency care/response plan
  - a statement of the agreed responsibilities of different people involved in support
  - a schedule for the administration of prescribed medication
  - a schedule for the administration of health care procedures
  - an authorisation to contact the medical practitioner

**A template for the individual health care plan cover sheet is available from the school office.**

The individual health care plan must address circumstances that may impact on the student's health care needs, such as variation in school routine, absence of staff, special transport arrangements, physical activity and environmental conditions.

The possible effects of emergencies arising at the same time with a number of students need to be considered and addressed in individual health care plans.

The principal develops and documents local procedures, which may include utilising the leadership of the deputy principal, other delegated executive staff and/or learning and support teams, to put processes in place to support students and the development of individual health care plans.

The principal is responsible for assessing, in consultation with appropriate school staff, the parent and the medical practitioner, how the school will meet the health care needs of the student. Health care planning needs to take account of the student's full range of learning and support needs.

The development of the individual health care plan may incorporate a risk management process to manage risk to the student or other students or staff.

The principal will arrange a meeting with the parent and appropriate school staff to discuss the management of the student's health care needs.

The meeting with the parent may be supported by input from the school counsellor, learning and engagement officer, members of the school's learning and support team, as appropriate.

A copy of the individual health care plan should be provided to the parent and for students with special transport needs, to relevant staff in the Special Transport Scheme.

In the event that a student changes schools, the parent should be encouraged to provide a copy of the individual health care plan to the new principal. This can assist the process of health care planning in the new school and can also assist the student's transition to that school.

If a health care plan is not in place for a student with medication the student will not be able to take part in off school site activities/excursions.