



August 5, 2015 Term 3 Week 4



The Crest

Respect

Responsibility

Personal Best



Berowra

Public School

Phone 9456 1319

Website www.berowra-p.schools.nsw.edu.au

Email berowra-p.school@det.nsw.edu.au



Education Week

There are many views about what education is and is not, what it should be and should not be.

American educator Robert Hutchins said, that the purpose of education is not to fill the minds of students with facts... it is to teach them to think." Education needs to prepare children for the real world – children need to learn to problem solve and show initiative, to be able to work as a team and to develop great communication skills.

The role of the teacher has changed dramatically and although now not the fountain of all knowledge, the role is as important as ever in teaching children how to process the massive amount of information now available to us.

Developing these skills is a critical part of education.

Teachers are now very aware of the need to engage their students through ensuring children understand very clearly the purpose and real life application of the skills being taught.

Teachers need to have the time to develop knowledge, skills and character, whilst also teaching students how to learn.

Children need to develop character, including behaviours, attitudes and values, to face an increasingly challenging world. For this reason programs which develop traits such as adaptability, persistence, resilience, integrity, justice, empathy and ethics are increasingly important.

Teaching children how to learn, how to connect their learning in one discipline to another, developing curiosity and providing time for students to follow their own passions and interests are similarly important.

At Berowra together with the teaching staff and the school community, we need to continually evaluate what we do and how we do it, to ensure that we are providing the best possible educational opportunities for all children. This is our goal and commitment.

Thank you teachers for your professionalism and dedication to the task of teaching the children.

Thank you children for your efforts, enthusiasm and persistence with your learning.

Thank you parents for your ongoing support of your children's education.

Berowra is an amazing school and I am proud to lead it. Thank you.

Drama Festival

Congratulations to both our Drama Groups – they were spectacular at NIDA on Tuesday evening, 28th July. Their performance on stage, their behaviour and their 'serenading on the bus' were outstanding. Once more Mrs Smith out did herself and the children were a credit to themselves and Mrs Smith. Once again I was very proud to be part of Berowra Public School.

Open Day

Education Week is a time to not only acknowledge the outstanding work that occurs in each classroom each day but is also a time to reflect on our school's growth and achievements in the past year. I continue to be extremely proud of the work staff and students do to create quality learning opportunities that make our school an outstanding educational environment.

The extra effort and commitment from all at Berowra resulted in the wonderful events on Wednesday, 29th July.

Thank you to teachers, parents and students for making Education Open Day a true celebration of success and enrichment.

The concert was amazing; so much creativity and richness in all the performances. Thank you to our dedicated staff, all of whom worked tirelessly, during the first two weeks of term, ensuring all children shone. Thank you to Mrs Withford for leading and organising this amazing event!

Many thanks to all the parents who cooked for the cake stall and worked tirelessly all day making coffee and teas and selling the cakes.

Thanks also to Mrs Jennie Smith (our inspiring librarian) who managed the spectacular Book Fair in the Library Cola all Wednesday. I saw many happy children 'dancing' away with books they had bought from the fair.

Thank you to all parents who supported this fair by either buying or donating books.

ENROL NOW FOR KINDERGARTEN 2016

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 begin this term with the Kindy Fun Day on Thursday 3rd September.

Berowra Beginners Program commenced Week 2 Term 4 and Orientation Day in November.

For more information contact the school office on 9456 1319.



BPS P&C Music Program

I had *goose bumps* listening to our amazing music groups on Open Day. I have never heard them sound so professional.

We are extremely fortunate to have such talented and dedicated band conductors – Mike and Vanessa Gordon, Iain Howick, Dr Erik and Dr Sue Thorvaldson and Naomi Giselle for her piano accompaniment.

Big Writing

During the last two weeks I have been lucky to have children from most classes come and visit me to talk about their Big Writing. I have loved listening to the children 'rave' about their successes and improvements.

"I love what I write and it just turns out amazing." Avari D (2R)

"With writing we used to get a sticker and a comment, now with Big Writing we get told what we did right and what our next 'goal' is to make our writing more interesting." Ava A (2R)



ICAS Results

Congratulations to our Award winners in the recent International Competitions and Assessments for Schools (ICAS). Berowra Public School students were awarded 3 High Distinction awards, 2 Distinction awards, 5 Credit awards and 3 Merit awards in the Science Assessment and 5 Distinction awards and 6 Credit awards in the Digital Technology Assessment.

Congratulations:

Zac G (6K) has been awarded the Asquith Boys High School Music Scholarship.



Eden S (3/4P), Ryan J (3/4P) and Matthew C (4W) awarded High Distinctions in the ICAS Science Competition



Fiona T (4W) performing a recorder solo, *Sopranino Recorder*, in the Festival of Instrumental Music at the Opera House on Wednesday and Thursday evening.

Zac B (5B) has been asked to play in the DANOME Cup (soccer), which will be held in Morocco in Africa. He is an under 11 but will be playing U12 for Australia against other countries.



Di Bower

Principal

LIBRARY NEWS - Great excitement as our new lounges arrived today! The children will now enjoy comfortable seats to listen to stories and relax with books. We are gradually updating the library with new seating, a rug, work stations and chairs.

Book Fair - What a great day we had at the Book Fair. Parents, friends and family were so generous donating over 60 books to the library. In a couple of weeks they will be ready for your children to borrow. Thank you everyone. We sold \$4,000 worth of books, 20% of which will go to the Library and help with our upgrade. Your generosity is amazing, thank you one and all.

Jennie Smith

PERFORMING ARTS - Drama - What a wonderful time we had at the arts North Drama Festival last Tuesday night! The children did their very best performances on stage to a packed crowd at NIDA and were well applauded. I'm sure parents were so proud of them as was I. They created their characters to life with expressive voices and movement and brought the stories to life with confidence and self belief.

Every child had a chance to shine, and worked as a team to create a truly memorable performance. Well done children! You were amazing!

Thank you parents for all your support and encouragement and for battling the traffic to see your children shine.

Thank you also to Di Bower, Liz Sheldon and Charmian Steel for your invaluable help on the night..



PERSONAL BEST

Have a go



Term 3
Weeks 1-4

- ✓ **What is courage?**
Courage means feeling frightened about doing something scary or difficult, but being brave and having a go anyway. Being brave doesn't mean you have no fear, it's about facing the fear and not letting it beat you.
- ✓ **Everyday Courage**
When you show 'everyday courage' you are being brave (when you have to do something ordinary but it makes you feel a bit scared or anxious. This might be trying to do something new at school when you are not sure whether you can do it. It might also be saying, 'No, I don't want to', when someone else wants you to do something that is silly or mean. Each time you overcome a fear you get braver and become more confident.
- ✓ **Help yourself to be brave**
Some 'tough talk', such as saying to yourself, 'Just do it' or 'This is important, you have to do it' is needed when you want to feel brave.



Dramatically yours
Jennie Smith

Senior and Junior Drama Groups



Dance - This Sunday 9th August the BPS Boys Dance Group will be performing MC Hammer Gets Ridiculous at the Woodchop Festival at 12:30pm. Come along and see how amazing they are and show them your support.

Music - Towards the end of Term 2, the Concert Band performed at the Wahroonga Festival. For a small band they put on a fantastic performance. While they didn't receive a place, they did receive encouraging comments from the adjudicator, which is helping us prepare for our next performance.

Both Training and Concert Bands are now preparing for the annual Berowra Musica, held on Friday 11th September at the Berowra Community Hall.

Upcoming Events:

23/8 Concert Band at NSW School Band Festival, UNSW Kensington

11/9 Training and Concert Band at Berowra Musica, Berowra Community Hall

13/9 Concert Band at ABHS Community Day

Did you know that learning a musical instrument helps to improve academic skills?

Music and maths are highly intertwined. By understanding beat, rhythm and scales, children are learning how to divide, create fractions and recognise patterns. It seems that music wires a child's brain to help him better understand other areas of maths. As kids get older, they will start reciting songs, calling on their short term memory and eventually their long term memory. Musical instrument classes also introduce young children to basic physics. For instance, plucking the strings on a guitar or violin teaches children about harmonic and sympathetic vibrations. Even non-string instruments, such as drums and the vibraphone, give big kids the opportunity to explore these scientific principles.

With the annual Year 2 tryout organised for late November it's time to start thinking about learning a musical instrument. More information will come out shortly regarding the Band Program for 2016.

Iain Howick

Band Director

COMPETITION RESULTS - Congratulations to our recent International Competitions and Assessments for Schools (ICAS) award winners in Digital Technologies and Science.

Digital Technologies

Distinction	Freyja C, Matthew C, Ryan J, Polly V, Jai C
Credit	Sam S, Eden S, Josh C, Layla W, Laura S, Jane R

Science

High Distinction	Matthew C, Ryan J, Eden S
Distinction	Jai C, Ewan B,
Credit	Freyja C, Danny C, Polly V, Edward R, Liam D
Merit	Kaitlyn K, Cameron R, Jane R

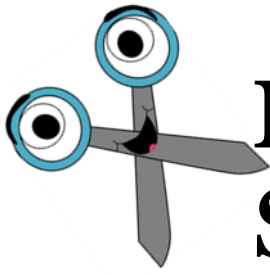
SCHOOL SUPPORT GROUP - Join us for the next School Support Group meeting held in the staffroom at 9.30am on Tuesday 25th August. Come and hear about our up and coming fundraisers and how you can help. Morning tea is supplied and your toddlers are more than welcome to come along with you.

COMMUNITY NEWS - Asquith Girls High School Music Department is holding their annual school Musicale evening on Wednesday 26th August at 7pm. This evening will feature performances from the Music 1 and Music 2 HSC students. In addition to this, the school ensembles will also be performing (Junior Choir, Vocal Ensemble, Concert band, Wind Ensemble and Stage band). Tickets will be available at the door for \$5 per ticket.

Updates on Dementia and other Illnesses at Berowra Community Health Centre, Berowra Waters Rd, Berowra Heights at 2.30pm Thursday 13th August. Cost is free with afternoon tea provided.
RSVP Marie Brooks 9456 3344.

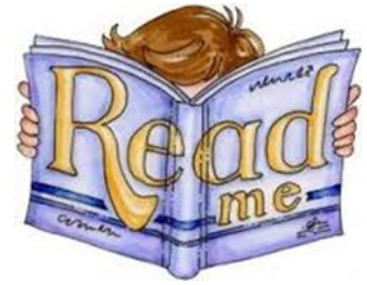
Open Day 2015





K-2

Snippets ———



What a wonderful and dramatic week we've had! Our student excellence has shone through, with the drama performance at NIDA. The spectacular Open Day finishing with the flair of the Book Fair. Our school has displayed their amazing skills during Education Week. Please enjoy a tasty snippet of these events in K-2:

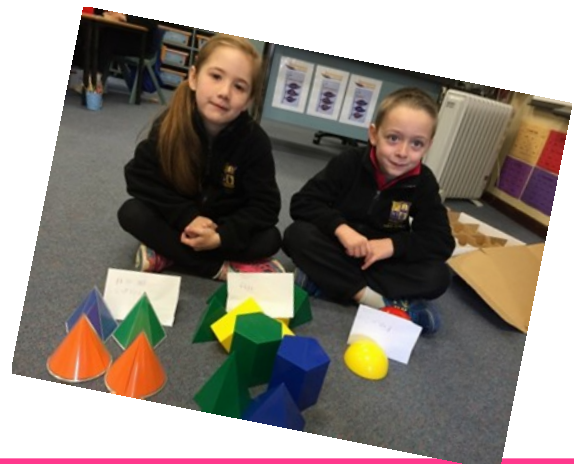
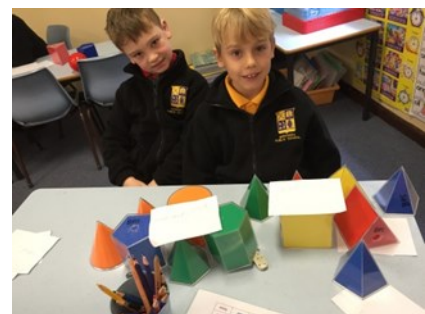
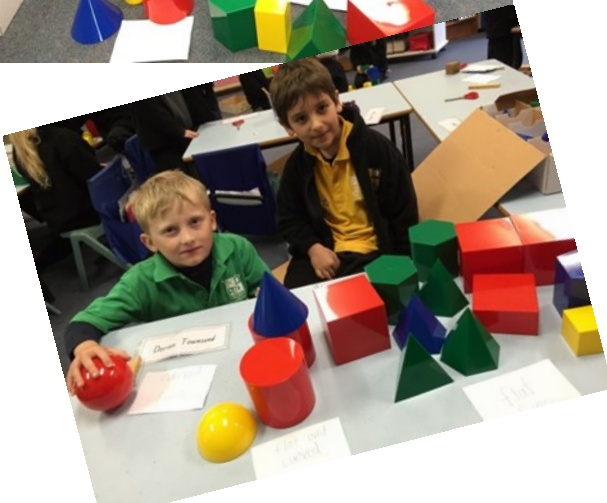
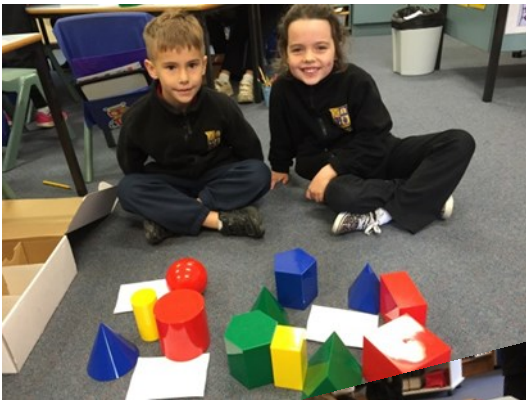
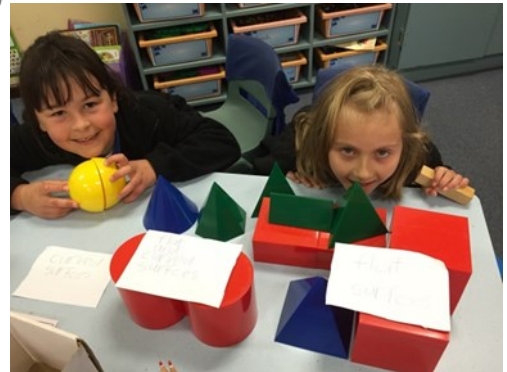
Kindergarten - The Happening Year!

Kindergarten has been talking about what we need to stay alive- **The Bare Necessities**. We had lots of fun rehearsing and then performing our dance on **Open Day**.



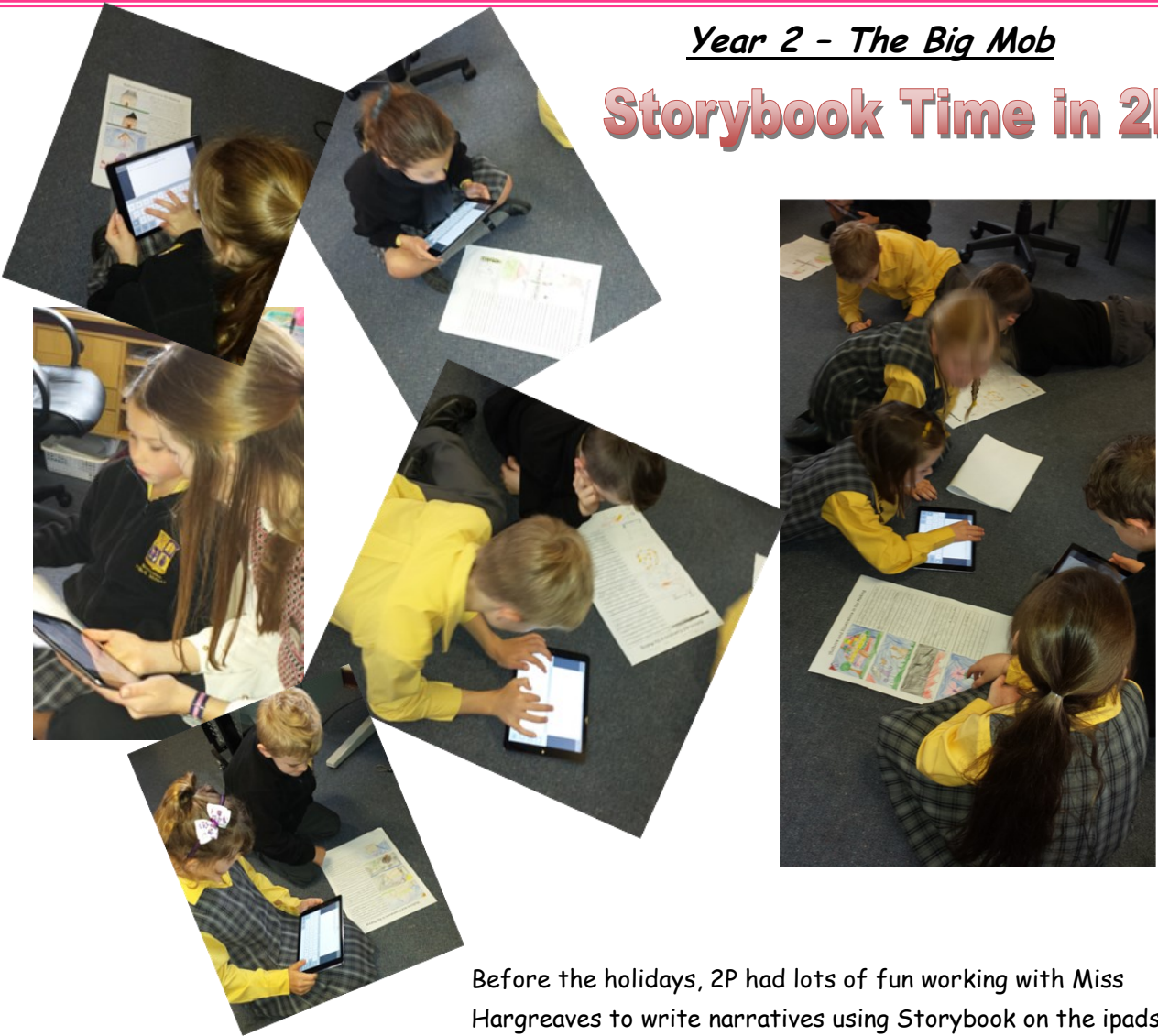
Year 1 - The Movers
and Shakers

Spelling



Year 2 - The Big Mob

Storybook Time in 2P



Before the holidays, 2P had lots of fun working with Miss Hargreaves to write narratives using Storybook on the ipads. Then they shared their stories on the smartboard and printed them to make storybooks.

*Snippetly Yours,
Sally Till and the K-2 Staff*

Zahlee's NIDA Rehearsal Recount

This morning I got to school early because I had to go on the bus. When I got on the bus it was VERY LOUD I sat next to a girl her name was Hayley. She was very quiet we played word search in this book every page was find a word after find a word. We played yellow car. Yellow car is a game where you find yellow cars, at the end I won. Then we got off the bus and followed Mrs Smith to NIDA we went into a strange room. Mrs Smith chatted with another man they were chatting about if the drama group was going to wear Bear feet. He said you could wear Bear feet if you want. I wore bear feet, I was very cold I was excited. When it was finished Mrs Smith said it was the best I had ever done. She was so amazed, I went back on the bus. Mrs Till said everyone had to sit next to the same people I sat next to Haley again.

K~6 Assembly



HAVE YOU CHANGED YOUR
ADDRESS or CONTACT DETAILS??
ARE THERE NEW MEDICAL DETAILS?

Please make sure you advise the school of any changes to your details—particularly your phone numbers which are used in the case of an emergency, as well as changes to your address.

If your child has any medical conditions that you feel we should be aware of, please advise us immediately.

Phone the school office on 9456 1319



Stage 2

Bring your own devices are a huge success at Berowra PS

The Stage 2 students are learning about the Local Government and having much enjoyment in using both the schools ipads and 'bring your own devices' to build their own interactive cities. The bringing of devices from home will enhance the learning outcomes as we have access to more devices.

The students are developing their entrepreneurial and leadership skills, as they become the mayor and councillors to develop their own cyber community. The concepts of managing funds, caring for the environment, sustainability, development, providing goods and services and keeping their community happy are part of the learning. There is a discovery component to the learning, as the students realise that whatever changes they make to their city, has a roll on affect across the game. The larger the city gets the more needs the citizens have and it's up to the mayor and councillors to keep them happy. Students solve real life challenges like traffic, fires and pollution. Provide services like power plants, police departments, parks and education. Traffic control with grand avenues and street cars to help make their city come to life.

3/4P students reviews

"We all think that SimCity is educational because you take control of your city and design it to your liking... it is awesome."

"It helps you learn about being in charge of a city and managing the government."

"A government based game that is very educational... it's so much fun, I could play it for hours."

"You have to make sure that your citizens are happy by providing parks, fire stations, police, power, water and sewerage systems."

"It's fun, you get to collect taxes and build a city hall."

"I like playing with my mates and laughing together."



INTERSCHOOL SPORT

PSSA Football and Netball

Friday 7th August

vs Waitara PS

at

James Park

and Hornsby Girls HS

Friday 14th August

vs Wideview PS

at

Berowra Oval

and Berowra PS

PSSA AFL at Foxglove Oval

BCoS Football and Netball at Warrina St Oval

P.S.S.A Netball

On Friday 24th July the Junior and Senior PSSA netball team played against Mt Kuring-gai PS.

The senior team won 15-12 and unfortunately the junior team lost 13-1.

Although the juniors lost they played a strong game with fantastic defence and passing!
Well done to all the juniors.

The senior team also played a great game! Thank you to all the friends and family who came to watch.

By Chelsea C and Taffany M-H



Stage 3

What a wonderful start to the term! Open Day performances were a great way to showcase the exceptional talents of Year 6 students, with their choreography, team work and not to forget their rhythm! The students organised the performance and groups as well as the songs that were being played, from Michael Jackson's extensive music portfolio. A great job!

How can we watch a cricket match without a giggle from now on, after that fabulous rendition of 'How McDougal Topped the Score'. A great effort by all of Year 5 students! It was good to see so many parents and grandparents visit the Stage 3 classrooms and take an active role in their children's/grandchildren's learning. I know the children were very proud to share their work.

Coming up in weeks 8 and 10, Year 6 will be visited by Scientist in Schools. This looks like another interesting activity for our seniors.

Canberra is coming up quickly, so pink and yellow/orange notes need to be in now as the cut-off date was the end of last term. There will be more information on this exciting excursion coming in the next few weeks.

Stage 3 Teachers.

Class Awards 22 July - 4 August

KB	Isobel F, Ruby S, Holly R, Peter W, Sam Y, Asad I, Jack W, Callum L, Freya C, Zane C, Nathan W
1C	Alana A, Archie R, Sam F, Finn M, Taylor W
1F	Tanya P, Nancy P, Farrah P
2R	Liam J, Alexander M
3A	Samuel S, Jessica Y, Freyja C, Daniel L, Aedan K, Ella M
3P	Ollie G, Alicia S, Declan R
4W	Abbie C, Kaitlyn K, Imogen L, Neve R, Patrick H, Zara G
6K	Michael C, Andrew S, Abbey T

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
18/3	Voluntary Contributions	K-6	ASAP
13/5	Classroom resources	K-6	overdue
15/7	Swimming Scheme	Year 2	6/8
21/7	Teddy Bears Picnic	Kindy	11/8
23/7	Zone Athletics	Zone Reps	13/8
28/7	Term 3 Gymnastics	Year 1	11/8
5/8	Term 3 Tennis	3-6	18/8

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

Diary Dates

AUGUST

Wed 5/8	Festival of Instrumental Music rehearsal and performance at The Opera House
Tues 11/8	Maths competition Choir concert at Sydney Town Hall
Tues 18/8	Teddy Bears Picnic for Kindergarten
Wed 19/8	P&C meeting in staffroom at 7.30pm
Thurs 20/8	Zone Athletics at Narrabeen Sports
24/8-28/8	Book Week
Tues 25/8	School Support Group 9.30 in staffroom Book Character Parade and Trivia
Thurs 27/8	Living Safely with Dogs for K-2

SEPTEMBER

2-8/9	Life Education for K-4 Scientist in School for Stage 3
Fri 4/9	Fathers Day Breakfast BPS Disco
7-9/9	Stage 3 Canberra excursion
7-18/9	Year 2 Special Swimming Scheme
Fri 11/9	Berowra Musica
Wed 16/9	Scientist in School for Stage 3
Fri 18/9	Last day of Term 3

OCTOBER

Tues 6/10	Students and staff return for Term 4
Mon 12	Music Festival matinee performance
Wed 14	Music Festival evening performance
Sat 24	Family Portraits
Tues 27	School Support Group 9.30 in staffroom

NOVEMBER

Wed 18	P&C meeting 7.30pm in staffroom
25 & 26	some Year 4 at Gibberagong overnight
Sat 28	P & C Trivia Night
30 & 1	some Year 4 at Gibberagong overnight

DECEMBER

Thurs 3	High School Orientation Day
Fri 4	BPS Disco
7-9	Year 3 at Gibberagong overnight
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



Berowra Uniting Church
4 - 6 Alan Rd, Berowra Heights

**LEGO
EXHIBITION**

9am - 2pm, Saturday September 5th

Exhibition is for all ages.
Competition is open to all preschool and primary school aged kids - entries due Friday night.
www.berowra.unitingchurch.org.au/lego



Interview with a Teacher by Chelsea and Josie

Mrs Sally Till, Assistant Principal



Q1 *How long have you been working at Berowra Public School?*

I have had the honour of teaching at Berowra for seven (7) years.

Q2 *What grades have you taught?*

My career has enabled me to teach every grade, from Pre-schools to Year 6, including many composite classes. I have also had the opportunity of teaching many varied subjects, including science, drama, specialised classes to mention a few of my skills.

Q3 *Why did you choose to be a teacher?*

Teaching has always been my chosen vocation. As a child I would love to pretend to be a teacher with "School of the Air", recording lessons for imaginary students.

Q4 *How many other schools have you worked at?*

There have been too many schools to count, as in my early career, I was a casual teacher and would take "blocks" of classes, over dozens of schools. These schools certainly varied and enriched my skills.

Q5 *What's the best thing about teaching at Berowra Public School?*

Berowra Public School, of course!!! The students, staff, parents/community, are all an incredibly caring and wonderful community (family) to be a member of. Everyone cares about each other and I am very proud to belong to this school.

Q6 *What is your favourite memory so far of BPS*

Apart from the school camps, perhaps, walking through the school grounds and so many students simply saying, "Good morning Mrs Till..." It makes me feel welcome and valued.

Q7 *Who is in your family?*

My family consists of my cat, Shakespeare; my dog, Sparrow; and of course my beautiful daughters Vanessa and Eliza. If I go further, I will have to draw you a family tree.

Q8 *What do you like doing in your spare time?*

My spare time, that's funny, I am a teacher! Well, if I had spare time, my hobbies are walking "Sparrow"; I've just started doing some adventure walking. Of course, I love SCUBA diving; water and snow skiing; and spending time with my friends and family.

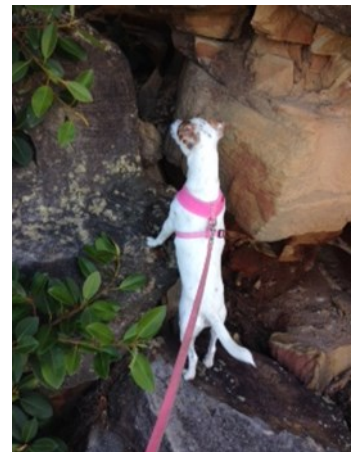
Q9 *What was your first ever job?*

Babysitting, of course!!!



Q10 *What would you do with your last \$5?*

Buy food/water and give it to someone who is needier than me, as there will always be someone in greater need.



Interview with a Teacher by Chelsea and Josie

Mr Taran Jones

- Q1 *How long have you been working at Berowra Public School?*
3 years.
- Q2 *What grades have you taught?*
Predominantly years 5 and 6 although this year I have been teaching all grades.
- Q3 *Why did you choose to be a teacher?*
To work with a deep sense of purpose.
- Q4 *How many other schools have you worked at?*
six
- Q5 *What's the best thing about teaching at Berowra Public School?*
Teaching Kindy
- Q6 *What is your favourite memory so far of BPS*
Throwing a certain twin into the Hawkesbury River whilst on camp last year.
- Q7 *Who is in your family?*
Wife Jackie and two boys, Owen and Marcus.
- Q8 *What do you like doing in your spare time?*
What is this spare time you speak of?
- Q9 *What was your first ever job?*
Admin officer at a legal firm
- Q10 *What would you do with your last \$5?*
A tub of Nutella



Day For Daniel - Coloured Fun Trek

Berowra Public School, Wideview Public School, Berowra Christian Community School, St Bernards Catholic Primary School and Cowan Public School will be holding a fundraising event on the Day For Daniel, Friday 30th October.

This event will raise money for The Daniel Morcombe Foundation which continues to deliver a number of unique resources and life skills that empower children and adults to stay safe. It also provides financial support to child victims of crime and their families with direct and often, urgently needed assistance to help get their lives back on track.

The event will be a 'Coloured Fun Trek' starting at Berowra Oval and concluding at Warrina Street Oval. Participants will be showered in coloured powder as they move through the course whilst also participating in fun activities.

The school will be raising money from both the local communities as well as the wider communities. If you could forward the below link to as many people as you can it would be appreciated.

<http://makingadifference.gofundraise.com.au/page/berowraschools>.

What's more, when you open the above link you can share this page on social media.

Whilst schools are still in the initial phase of planning, we are encouraging students to buy a plain white t-shirt for the occasion. We also ask that parents keep this date free if possible as it will be a large event and we will be looking for as many parent helpers as possible.

Regards

Mr Taran Jones



AN INVITATION

BEROWRA PUBLIC SCHOOL

KINDERGARTEN 2016 FUN DAY

THURSDAY 3RD SEPTEMBER 2015

The students and staff of Berowra Public School would like to invite you and your family to visit our school and meet your new Kindergarten playmates.

Our Kindergarten Fun Day commences at 10.00am until 11.15am on Thursday 3rd September 2015. Please meet at the Hall.

- | | |
|----------------|------------------------------------|
| 10.00am | Welcome in the Hall |
| 10.15am | Activities |
| 10.45am | Visit Kindy classrooms for singing |
| 11.15am | Finish |

Come along and visit our school. Tea and coffee for parents is provided by the School Support Group.

Kind regards

Di Bower
Principal





BPS P & C

Racing Trivia Night

Saturday 28th November 7pm



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

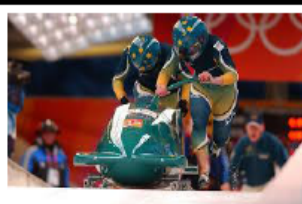
Venue: Berowra RSL

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

BYO – Decorations for Table, Gold Coins for games

Dress/Theme: Racing

Tables: Please organise teams of 8-10 people



TABLES WILL SELL FAST SO BOOK IN EARLY!!

PLEASE RETURN TO SCHOOL OFFICE OR BOOSH COTTAGE BY Friday 13th November 2015

Name: _____

Child's Class: _____

Table Name: _____

No of People: _____ Amount enclosed: _____

Payments can be brought to the school office or to BOOSH COTTAGE by 30th October by cash or cheque made payable to *Berowra Public School P & C* in an envelope marked "Trivia Night" or by EFPOS at BOOSH or Uniform Shop (Monday morning, Thursday afternoon)

Enquiries by email to Lisa Jewkes : 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



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Nutrition Snippet

The simplest way

...to put healthy treats in your kid's lunch.

This delicious **Blueberry + Banana bread recipe** is fruit-filled and tasty!

Ingredients
olive or canola oil spray
3 ripe bananas, peeled
¼ cup raw sugar (60g)
½ cup reduced-fat milk
2 eggs
2 cups self-raising flour
1 tsp ground cinnamon
1 cup frozen blueberries



Method
Preheat oven to 220°C and spray a 20 x 10cm loaf tin with oil - line base and sides with non-stick baking paper. Mash bananas in a large bowl. Add sugar, milk and eggs and mix with a fork until well combined. Sift flours and cinnamon on top of mixture. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf tin and smooth the surface. Bake for 35-40 minutes, or until a skewer comes out clean from the middle.

Hint
When cool, slice and freeze individual pieces in snap lock bags and keep for up to 3 months. Send to school as a healthy treat!

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

Eat It To Beat It

EXTENSIONS & NEW HOMES



HOME DESIGNS & PLANS FROM CONCEPT TO COMPLETION!

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Hornsby Girls' High School



Saturday 22nd August
11am - 4pm
Hornsby Girls' High School,
Edgeworth David Ave
 Opposite Westfield Shopping Centre

- Huge international food fair
- Cake stall - New rides
- Cultural performances in music and dance
- Henna, origami and face painting
- Hornsby Rotary Book Fair for Lifeline
- Robotics display - Trash and Treasure



FREE PARENT WORKSHOP:
SUPPORTING YOUR CHILD
MAKING A SMOOTH TRANSITION
TO HIGH SCHOOL



CHOOSE ONE OF THE BELOW DATES AND VENUES:

Thursday 13th August
 7pm – 9:30pm
 Denistone East Public School
 Lovell Rd, Eastwood

Tuesday 18th August
 7pm – 9:30pm
 Ryde Public School
 Pope St, Ryde

Thursday 27th August
 7pm – 9:30pm
 Ryde Public School
 Pope St, Ryde

Tuesday 1st September
 7pm – 9:30pm
 Epping Boys High School
 213 Vimiera Rd, Marsfield

Who Should Attend: All parents of Year 5, 6 & 7 students. (Students not recommended to attend.)

What will be discussed:

- High School & Primary School: the differences
- How your child is changing into a teenager
- Communication & positive self esteem tips
- Looking after yourself during this transition
- Meet other services who provide support to families and young people

Supper provided.

About the presenters:

Vivienne Hughes is a Psychologist and Parenting Coordinator at the Child and Youth Mental Health Service in Northern Sydney.

Peter Traynor is a Learning & Support Teacher and Leader in the Child and Adolescent Parenting Program for NSW Health.



LIMITED SPACES
 PLEASE REGISTER BY
 31st July 2015

Email:
events@rydefss.ngo.org.au

Phone:
 (02) 9334 0111

This initiative is made possible with the support of the City of Ryde.



BLUE LIGHT DISCO
Saturday, 8th August 2015
6:30pm–8:30pm
 Age U/13 years
 Tickets: \$5

Canteen available—including chicken nuggets and hot dogs

PCYC Performing Arts Centre
 22 Waitara Ave, Waitara

Tel: 9477 2310 Email: dallars@pcycnsw.org.au



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Hip Hip Hooray!
 Raising Awareness for Hip Dysplasia

What is Developmental Dysplasia of the Hip?

Hip Dysplasia also known as 'Developmental Dysplasia of the hip (DDH)' is a condition that affects the hip joints in babies, young children and some adults.

Common Risk Factors of DDH

The exact cause is unknown however these risk factors are known to contribute to the risk of developing Hip Dysplasia

- A family history
- First born girls
- Breech babies
- Tightly swaddled babies
- The hormone relaxin being passed from mother to baby during pregnancy / birth

Common Signs and Symptoms of DDH

The following are common signs and symptoms that may be present in a baby/child who has Hip Dysplasia

- Click or clunk during hip examination
- Uneven leg creases
- Limited range of movement or stiff hip joint
- Difference in leg lengths
- Exaggerated limp

Ensure your baby's hips are in a healthy position when using a swaddle / baby carriers.

For more information, please talk to a medical professional and make sure you visit our website www.hiphphoorayddh.org and find us on Facebook!

DISCLAIMER: We do not claim to be medical professionals. The information contained on this flyer is for informative purposes and to support families on a DDH journey. If you have any concerns you should consult the help and advice of a medical professional.