



December 14th, 2016
Term 4 Week 10



The Crest



Respect

*Merry
Christmas*
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



It's hard to believe that we are in the final week of Term 4. School organisation for the beginning of 2017 is well under way. At this stage we have been allocated 16 classes by the DoE. With this allocation the Year 3 – 6 classrooms would be over 30 children! We have decided again to use our funding from the department to form a 17th class.

The teachers have been working tirelessly in placing each child into the 'perfect fit' class for 2017. We would like to begin the new school year on day one with our students in their new classes. There are many considerations when creating classes. These include student work habits, friendships, class dynamics, teachers' qualities and numbers per class. Much thought and consideration goes into this process to ensure the right combinations of children are placed together.

Our Presentation Day Assemblies and the new format appear to have been a success. Many parents have commented favourably to our new format. I personally loved seeing every child recognised during these two assemblies. I was also so pleased to see the amount of parents who came to cheer on their child – proud to see them presented with their 'merit certificate' for 2016 – not just turning up because their child was receiving a 'major' award. Thank you to all those supportive parents who were able to attend.

I would like to say thank you to our parents who have given us marvellous support this year whether it be at the fair, BBQs, as reading helpers, as P&C members, the list goes on. Where would we be and what could we do without you. Your support is greatly appreciated.

I must take this opportunity to publicly acknowledge the work done by our teachers. They inspire, drive, motivate, correct, and demand the highest standards of their students. Their dedication, expertise and willingness to go the extra mile have provided a sure foundation for our students' successes and I commend them to you.

Our office staff, teacher's aides and general assistant ensure our school runs 'hiccup' free. These people are the 'backbone' of our school and continually guarantee the smooth running of BPS. The office staff is always approachable, supportive and happy to help with any enquiry.

The **Year 6 Graduation Dinner** was on Monday 12th December, at Asquith Golf Club. This is the time for our Year 6 students to celebrate their years together at Berowra Public School. I wish all students will leave BPS with the skills needed to ensure a successful start to high school and the next phase of their life.

Remember school is a two-way thing – you will only get out of it what you put in. You will have new "favourite" teachers, one of whom may inspire you the way I'm sure your Kindergarten teacher did. Sometime you will start to think about what you will do for the rest of your life. So start high school with your best foot forward.

My message to you at this time is simple – "Dream the impossible, then make it possible". Set yourselves goals and work towards them. Don't be put off, strive to get there and you will succeed. Good luck in all you do and live a happy and fulfilling life. Don't forget to visit and share your successes no matter how small. Your teachers at Berowra will always be glad to hear what you are doing and celebrate with you!

Friday, 16th December at 3pm there will be a short final assembly in the hall, followed by the 'farewell arch' to say goodbye to our students who are leaving.

K-2 Christmas Extravaganza

This was entertaining and brought a tear to many eyes...especially mine. Again I was so proud of our children and teachers. This 'professional' performance was an absolute joy to watch. The children loved every moment of their performance as did their parents! Many thanks to all our teachers for their dedication to your children's love of learning and performing.

A special thank you to Farrah P (2C) who is a 'mini me' – you were outstanding in the play and I thank you for agreeing to continue as me and deliver my 'principal speech'



Don't forget The Crest is also available on the school website:

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

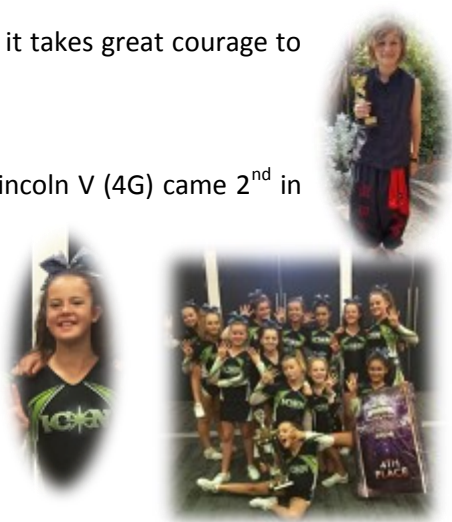
Click on the Newsletter tab.

Parent Online Payments can also be made here using the 'Make a payment' tab.

during the K-2 Presentation Day Assembly. You are so talented and it takes great courage to be put in the spotlight. Thank you Farrah – I loved your speech!

Congratulations:

- At the recent state tournament for NAS (National All styles) Lincoln V (4G) came 2nd in the state for demonstration of traditional weapons. Unfortunately, he was unable to compete at the National competition as they were being held in Melbourne on the same weekend that his sister, Zarli (6B) was competing in her national cheerleading competition at the Gold Coast.
- Zarli's team from Icon Gymsports came fourth in their division out of 25 teams which was a great result.
- Aleisha C (6K) under 12 KNA Reps Netball Team.



I would just like to share with you a section of my Presentation Day speech.....

"Our vision is to be a positive learning community that builds on quality relationships and developing inquiring minds. Learners will feel valued and safe to explore opportunities with confidence, and be passionate about their learning in readiness for the future challenges. Like all teachers though we are continually raising the bar and ensuring that children are motivated and challenged in their learning.

As I watched the children who will commence kindergarten in 2017 come to 'big school' for the Beginner's Program, I began thinking about my grandson who will commence school in 2018.

I started thinking about what I want for him and his future.

Every day parents drop off their most important asset into our care and their future depends on us. So as a grandparent and principal, I thought about what I wish for

- *I wish for every student to be excited to get to school every morning*
- *I wish for every teacher to be excited to get to school too!*
- *I wish for every teacher to get to know all their students – really know them not just academically*
- *I wish for the curriculum to be delivered in a challenging and relevant way.*
- *I wish that every student could have a teacher likeany of our teachers! Teachers who make a difference, love to teach, believe in each of their students, values all their contributions, inspires them to reach their full potential and who celebrates their differences.*
- *I wish that every student leaves BPS with a positive self-image, self-esteem and sense of well-being.*

Everyone who remembers their own education remembers teachers, not strategies, techniques or learning styles. The teacher is the heart of our education system and that is what we remember most – that teacher that reached out, valued and respected us and really took the time to get to know who we are."

I wish you every happiness for Christmas and the New Year and have a safe and happy holiday.

I am looking forward to seeing you all back, refreshed and rejuvenated, after the holidays, which hopefully will be warm and sunny!

Di Bower

Principal



LIBRARY NEWS - Just a final REMINDER to RETURN all library books!!

There are still many books outstanding and the cost to replace these soon mounts up and prevents us from purchasing new books and resources. Year 6, a special request for your books to be returned as you will be leaving our school. We love that children are enjoying their books but we do want to keep them on the shelves for all children to borrow.

A special THANKYOU to Mrs Natasha Steele for over 10 years of running the Book Club for our school. We are so grateful to Natasha for all her expertise in running the club so efficiently and expertly. She has steered us through numerous changes to the Book Club ordering system and given up so much of her time to ensure that the children always get their books each issue. The children and the school thank you so much for your dedication! We wish you all the best at the end of an era with no more "Wheelers" at Berowra school! I would also like to mention Sarah Williams and her years of Book Club service and thank her too for her generous help and support. Without you wonderful ladies the children would not have the access to choosing their own books, which in turn helps to encourage the enjoyment of reading at every age.

WELCOME now to Mrs Tammy Allen who is taking up the reins from Natasha. With Natasha's expert guidance and Tammy's willingness to help, we will have our Book Club up and running again next year. Thank you parents for your support of the Book Club and the Library throughout 2016. Early in 2017 we will be implementing a new library operating system called "Oliver" which is very user friendly and will also help the children to locate books more easily.

We wish you all a Happy Christmas and a relaxing and enjoyable holiday.
Jennie Smith and Kelly Lukic

DRAMA NEWS - Our final drama performance will be on Wednesday 14th December in the hall at 2.50pm. Both senior and junior drama groups will be performing the plays that they have been practising this term. The seniors play is called "The Vegetable Patch" and juniors is called "Pirates Smiling? No Way!" Parents are most welcome to attend.

A big thank you to all the parents who have supported the drama groups this year. The children have all grown in confidence and self esteem. Being able to perform in front of an audience is daunting at any age but your children take it all in their stride! You have encouraged them to learn their lines, come up with some amazing costumes, often at the last minute and have been there to support the children when they perform.

Thank you for the privilege of teaching your children.
All the very best for Christmas and a safe and enjoyable holiday.

Dramatically Yours
Jennie Smith

DANCE NEWS - Congratulations to KBlue, 1S, 1T and 3A for their amazing performances at our end of term dance concert two weeks ago. They had a wonderful time and looked fabulous. Well done to all the student who have been auditioning for a place in the 2017 boys and girls dance groups. It is tough competition this year with 75 girls and 72 boys putting their name down to audition. What a great response!! The final audition will take place in Week 1 or 2 next year. The student will be notified of the audition date through their class teachers and will be collected by Mrs Lukic from their lunch eating areas. All interested students have given me their name so I will ensure they don't miss out.

SCHOOL SUPPORT GROUP - The last disco of the year was again a great success! Thank you to all the students who attended and behave so well and especially a huge thank you to all the volunteer helpers. Without your help the disco could not have gone ahead.

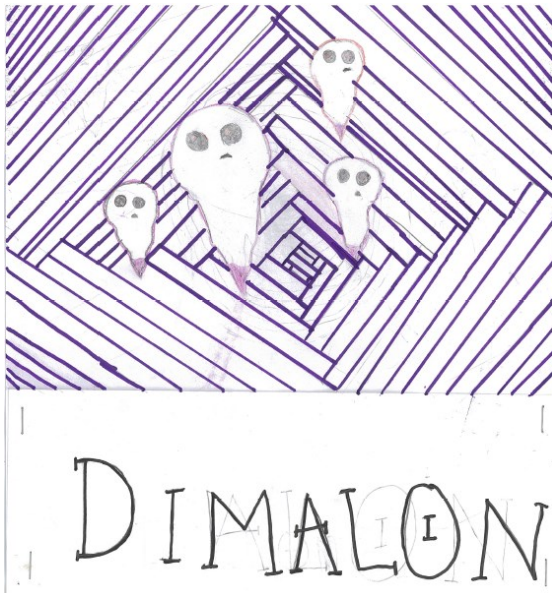
Merry Christmas everyone.

CANTEEN - The canteen IS open this week, Wednesday to Friday. However there will be limited stock so some items may have to be substituted.



The children in years 3 and 4 have enjoyed reading parts of “Fantastic Beasts and Where to Find Them” by J K Rowling.

They have invented their own “fantastic beasts”. What creative and imaginative children! Well done all!



A Dimalon comes from Diamonds. Dimalons are ghosts. They are really rare and every diamond hatches two or three Dimalons, depending on the size of the diamond.

When in contact with a diamond it's powers are twice as strong. When touched by humans it sends them into a nightmare or trance making them believe the Dimalon is their leader. They are only found in tropical diamonds. They can swim and they lurk above you. They can hide or form into the shape of the nearest shadow. Females have a purple ring around their body. The males have red rings. They all have purple tips on the bottom of there body and it eats diamonds. They travel in large groups or clans. The eyes glow white in the dark and they live until defeated.

by Zoe and Mackenzie

Jazapop! Can be found in ice cream shops all around the world. Normally she is cute but when she is mad she is a beast! To fix her being a beast give a brand new ice cream. Her favourite colour is magenta but when she's mad it's red! When she gets an ice cream she will stick it on her head and when the ice cream drips it will always to into her eye. To tell the gender the boy has a bow tie and the girl has a bow in their hair. When she is hurt she always uses ice cream to fix everything. They are the size of an average toddler. She has a toy named Icepop. Icepop is a bear. The boy has a dinosaur toy named Willpop. They hate baths because it washes off their ice cream. They only draw with textas. They originally came from France and their favourite holiday is Hawaii.

Jazapop! has been all around the world and seen every icon in the world. They smell like ice cream because they never have baths but they like it. Her egg is shaped as a fresh ice cream. The boy can also have an egg. They collect postage stamps. They call their money pops instead of dollars.

by Caitlin, Sophia and Evie



The Dodotwank can eat anything like a tank. It can grow up to 17m high and 12m long. The Dodotwank live in sacred places all over the world such as Uluru. It weighs 75 tonnes and if it eats a tank it gets special powers such as speed, flying and digging. It flaps it[s wings to m ake a dust dome around it and pecks really hard. It breaths fire and has a special ability to turn invisible. It lays one egg every five years and it lives up to 20 years. These Dodotwanks are very rare. A Dodotwank is very territorial and will do anything to protect tis nest and baby. It will protect its brothers and sisters, mums and dads, husband and wife. The Dodotwank has five ears so it can hear very well.

by Jake

The Wipilash has five eyes with no eye lashes. It has sharp sword-like spikes on it's tail and has waterproof feathers on it's body to keep the water off when they swim. Their fins can turn into wings up to two meters long. On their head is a wonky spike which has ugly holes through it. It's body is shaped like a snake and has ghostly feet. It will look like a cute furry animal but as you go to pat it, it will spike it's tail out and with an unfriendly smile will lash you to death. It's eggs are colourful and can come in any colour with any pattern. It can lay up to five a month and live forever unless someone kills it. It eats any meat whether it is already dead or not. They live in the desert turning everything in their sight into water trying to flood the world. They make volcanos erupt trying to hurt people. It roams the earth trying to hurt any living thing in sight. THIS IS A MONSTER YOU WOULD NOT WANT TO MEET.

by Abigail and Nicole



BIG WRITING FROM 3/4P

Monster Horror

I woke up at midnight sat frozen in fear listening to the petrifying screeching sound under the bed. Then I saw it. Two ugly disgusting, sickening, monster hands in the dim light creaking across the floorboards. I tried to scream but nothing came out. I tried to text my friend Sally, but alas my phone was dead, so I tried to call 911 on the home phone but they thought I was prank calling. Then I saw the whole monster standing up. It looked horrible. Half its face was covered in blood and ripped off. Its arms were nearly off and it was silver grey. Its belly had a big hole as if it got shot by a gun, I screamed for help but no one heard me.

By Aedan K

"Aag" screamed the young girl. She had woken in the middle of the night to a dim light. In grandma's spare room there was ugly wallpaper, creaky floorboards an old fashioned bed and horrifying monster claws! The dim light flickered. Any moment the light would flick off and she would be left in complete dark with horrifying elongated claws. She couldn't stop thinking "What were they? Were they going to hurt her? As she sat on her bed cuddling her small brown furry teddy near grandma was awake thinking her secret. She was hoping her granddaughter didn't see her pet or notice it. The monster claws did not move. They were just disgusting, charcoal grimy claws. All of a sudden the light flicked off. The monster was gone, the girl was asleep and grandma was too. When the girl awoke she did not remember a thing and just got along fine.

By Abigail C

In the middle of the pitch black night the girl woke to a deafening screech from under the bed. She hopped out of bed to see what was under. She looked down and saw red blood-shot eye. She hopped back on the bed when the monster's claw came from under the bed. Then the monster leaped out. It had mangled skin dirty narly nails and horrible teeth. The monster had an ugly face and warty nose.

By Sam F



Recent Awards



Recent Awards



Beginner Recorder Ensemble 2017

Registrations are now open for the beginner recorder class for 2017.

Beginner recorder lessons are fun, engaging and include technique building games, music reading, and group playing. Classes are run by an experienced, patient teacher and are held on Tuesday mornings in the school library. No prior music knowledge is required.

Sign up now to reserve a place for your child.

For more details please contact me at sue.thorv@gmail.com.

Sue Thorvaldson (Recorder Ensemble Director).



BPS String Ensemble 2017

The BPS String Ensemble is a group of enthusiastic young musicians who love playing and sharing music together. We are looking for new members for 2017. Students who would like to learn violin, viola, cello or double bass are encouraged to join us. Students have their own lessons with a private music tutor and then come together to rehearse on Thursday mornings in the school library.

In 2017 the string ensemble will cater for players from beginners to more advanced students.

For more details or to register please contact me at sue.thorv@gmail.com.

Sue Thorvaldson (BPS string ensemble director).



Class Awards 30 Nov - 13 Dec

KR	Emmett S
1S	Freya C, Josh B, Liliana K, Anouk D
2C	James F, Baylin G
2P	Nancy P, Benjamin B, Jade V, Keirali H, Marcus Z, Jade V, Molly N, Dorian T, Zahlee O, Harvey B, Harrison B, Spencer L
3A	Jasmine W, Elisa D, Harry M
3R	Eric H, Annabelle H, Emily C, Sara H, Chantelle C, Finn F, Dean G, Javaan A, Nicholas G
3/4P	Kian S, Samuel F, Leela S
4P	Rowan S, Lara T, Luke M, Maximus V,
5B	India H, Mischa M, Catherine A
5K	Haylee S, Jordan T, Imogen L
6K	Diarmuid C, Eliza O, Jake E

Upcoming Events

DECEMBER

Fri 16	Students last day of term
19-20	Staff Development Days

JANUARY

Thurs 26	Australia Day holiday
Fri 27	Staff return (Staff Development Day)
Mon 30	Students in years 1-6 return to school

FEBRUARY

Thurs 2	Kindergarten 2017 start school
Wed 15	P&C Meeting 7.30pm in staffroom
Thurs 23	Swimming Carnival at Knox Grammar

MARCH

Sat 4	AGHS/ABHS Enrichment Test
Thurs 9	Selective High School Test



**Thank you Bakers Delight Berowra
for supporting
BPS Breakfast Club 2016**

Not returning to Berowra Public School next year??

If you know your child is not returning to BPS for 2017 (except year 6), please inform the school in writing (or email) as soon as possible.

Likewise, if your child is taking an extended summer holiday and returning after Monday 30th January.

These preparations help with the 2017 planning of classes

Christmas Carols night



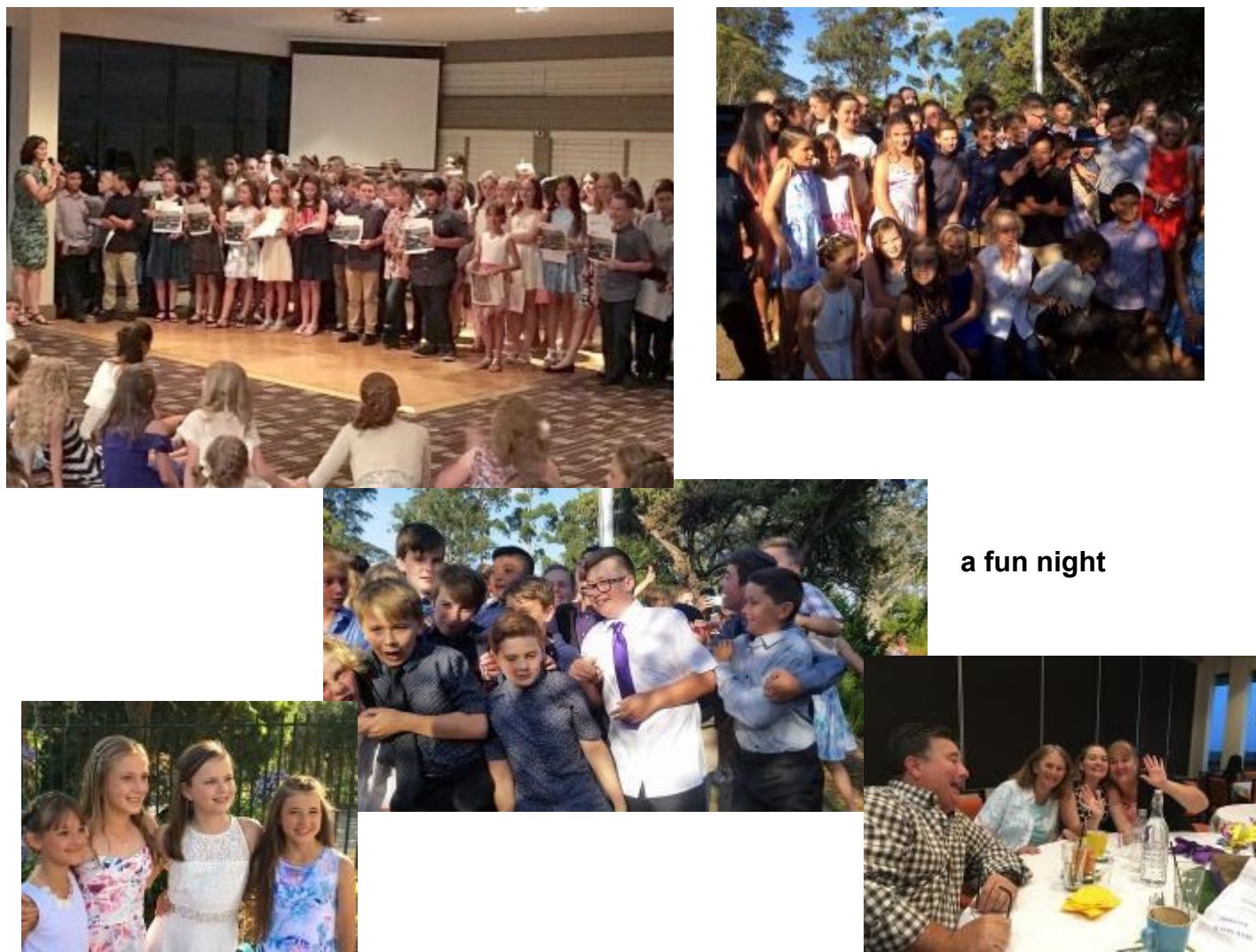
Kuring-gai High School Band visit



Student Parliament 2017



Year 6 Farewell



PIANO / KEYBOARD LESSONS!

Beginners to Advanced
(including HSC and Tertiary)

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Over 30 years' experience of excellence in teaching

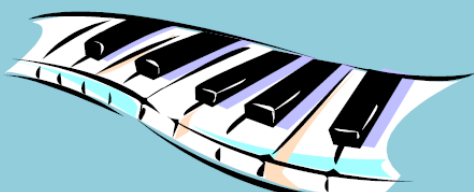
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www.musicteacher.com.au/sue-norrington/berowraheights/



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IN THE CHRISTMAS SCHOOL HOLIDAYS!



INDOOR HEATED POOL

LESSONS FOR PRIMARY AGED CHILDREN, PRESCHOOLERS AND BABIES

Holiday Courses – 4 & 5 day courses start

Mon 19 Dec & 3, 9, 16, 23 Jan

Also Saturday classes in January

TERM 1 STARTS MON 30 JANUARY 2017

TURRAMURRA LEARN TO SWIM

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48 TENNYSON AVE, TURRAMURRA

turramurralearntoswim.com.au

BOOK NOW FOR HOLIDAYS and TERM 1

Motivating & challenging Group Fitness Exercise sessions for females in Berowra and Asquith.

This is a unique opportunity to have a personal training style session with a small group of like-minded females all striving to achieve their own health and fitness goals.

Sessions are mostly held outdoors - covered areas used when raining. Evenings are outdoors during daylight savings and indoors as needed.

Prices start from \$12.90 per group session.

Individual Personal Training is also available for girls and guys, programs are tailored to suit.

Group Training Timetable

Monday 7.10pm - Berowra
Tues 9.30am - Asquith
Wednesday 7.10pm - Berowra
Friday 6.10am - Berowra
Saturday 8.00am - Berowra

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RECREATIONAL HOLIDAY GYMNASTICS



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Phone: 9476 6689

Email: info@hornsbyrslgymnastics.com.au

Website: www.hornsbyrslgymnastics.org.au

**BOOK
NOW**

DECEMBER/JANUARY 2017 PROGRAM

Our popular recreational holiday gymnastics program will be running again throughout the Christmas school holidays for all children aged 5 – 12 years (no experience necessary). The days are fun filled, fast moving and include use of all the gymnastics apparatus. Children have the opportunity to learn new gymnastics skills, participate in games, circuits, group activities, mini competitions and much, much more!!
Classes are run by fully accredited Gymnastics Coaches. Bookings are essential via our website.

PROGRAM DETAILS:

Time:	9am – 3pm each day	
Dates:	Monday 19th December 2016	Theme: Ho! Ho! Ho!
	Wednesday 21st December 2016	Theme: SNOWMEN and REINDEER
	Friday 23rd December 2016	Theme: CHRISTMAS PARTY
	Monday 9th January 2017	Theme: SUPERHEROES
	Wednesday 11th January 2017	Theme: SOMETHING STARTING WITH "P"
	Friday 13th January 2017	Theme: FLURO FRIDAY
	Monday 16th January 2017	Theme: WHEN I GROW UP I WANT TO BE....
	Wednesday 18th January 2017	Theme: CRAZY CIRCUS
	Friday 20th January 2017	Theme: SUMMERTIME FUN
	Monday 23rd January 2017	Theme: WILD WILD WEST
	Wednesday 25th January 2017	Theme: AUSTRALIA DAY FUN
	Friday 27th January 2017	Theme: CRAZY CREATURES
Cost:	Members Price* = \$40 per day Non Members Price* = \$45 per day * A member is a person who has paid the annual fee for that year (1 st January–31 st December)	
What to bring:	Morning tea, lunch and a drink. No nuts permitted.	
What to wear:	Dress to suit the theme for the day!! Please ensure clothing is suitable for gymnastics or the dress up items can be removed for the activities!! **Children must have bare feet prior to entering the floor area	
Cancellations:	Please note that refunds or credits are not permitted.	
Bookings:	More information and to book visit our website www.hornsbyrslgymnastics.org.au	

VISIT OUR WEBSITE FOR MORE GREAT HOLIDAY GYM OPPORTUNITIES:

- ✓ DROP AND SHOP - Christmas Shopping opportunities
- ✓ Tumble, Tricks and Flips and Senior/Advanced Holiday programs

DECEMBER CHRISTMAS SHOPPING OPPORTUNITY!!

DROP & SHOP

"Act, Create, Communicate"



The difference is dramatic...

Boost your child's creativity, confidence, communication skills & self-development through drama.

NEW TERM STARTING SOON
STUDENTS AGED 3-17

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THE ATHLETE'S FOOT HORNSBY

REWARDS PROGRAM IS A PROUD
 SUPPORTER OF BEROWRA PS

The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school. This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details.

**\$5 FROM EVERY PAIR OF SHOES
 PURCHASED IS DONATED
 BACK TO YOUR SCHOOL**

SCHOOL REWARDS PROGRAM
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 Healthy • Active • Happy • Kids

"It's so wonderful to have my active, happy, motivated and confident 10 year old boy back."
 Go4Fun Parent.



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

WHEN
 Mondays
 4.30pm-6.30pm
 Starts 30th January 2017

WHERE
 Ryde Aquatic Leisure Centre
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 (Enter from Karen Moras Dr)

REGISTER NOW
 FREECALL 1800 780 900 OR GO4FUN.COM.AU

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www.ffss.com.au



FIONA FISHER'S SWIM SCHOOL



Band Program at BPS

In Week 5, Year 2 Students and other interested students were given the opportunity to try out musical instruments as part of our Instrumental Try Out Day. Specialised tutors came to Berowra PS to show children how to blow flutes, clarinets, trumpets, saxophones, trombones and get a rhythm going on the drums and other percussion. It was a very noisy and exciting afternoon for the children. Students were sent home with information about the instruments they played and also information on Music at BPS.

If you would like this info again please contact bpsband@hotmail.com

At Berowra Public School we have a **Training Band** for Beginner students, a **Concert Band** for more advanced students. Students who learn an instrument are invited to join the Bands.

If your child is interested in learning to play an instrument and joining the School Band please fill in the form overleaf and we will contact you with further information. Please feel free to contact us at bpsband@hotmail.com

Why Play a Musical Instrument?

Music affects the brain in many positive ways. It makes you smarter, happier and more productive at any age. Listening is good, playing is even better.

Playing music in an ensemble not only encourages team work but is scientifically proven to help improve brain function. Children with musical training are shown to do better in subjects like language, reading, and maths and have better fine motor skills than their non-musical classmates. Not only this but it's great fun!

Learning a Musical Instrument at Berowra

Students who would like to join the **Band Program** are required to have an instrumental lesson each week. The *Music Program* can provide a list of teachers in the area that parents can contact to organise weekly lessons.

Weekly instrumental lessons provide students with the skills they will need to play in an ensemble, teachers give practical lessons, teaching children how to read music, the fingerings for the particular instrument. Band/ensemble music can be taken to lessons to work on with teachers. Learning to play a musical instrument is great fun but it isn't always easy. Regular tuition and private practice are both key ingredients for success.

Music Fees

Unfortunately, primary school music programs are not supported financially by the Department of Education. Music fees cover the cost of paying our Conductors and also help with the cost of sheet music, equipment and administration. BPS Music Committee is a non-profit organisation and every effort is made to keep band fees as low as possible. Music fees are payable twice a year, Term 1 & Term 3, this reduces administration for our volunteer Treasurer. **Fees are paid each Semester (Term 1 & Term 3)**

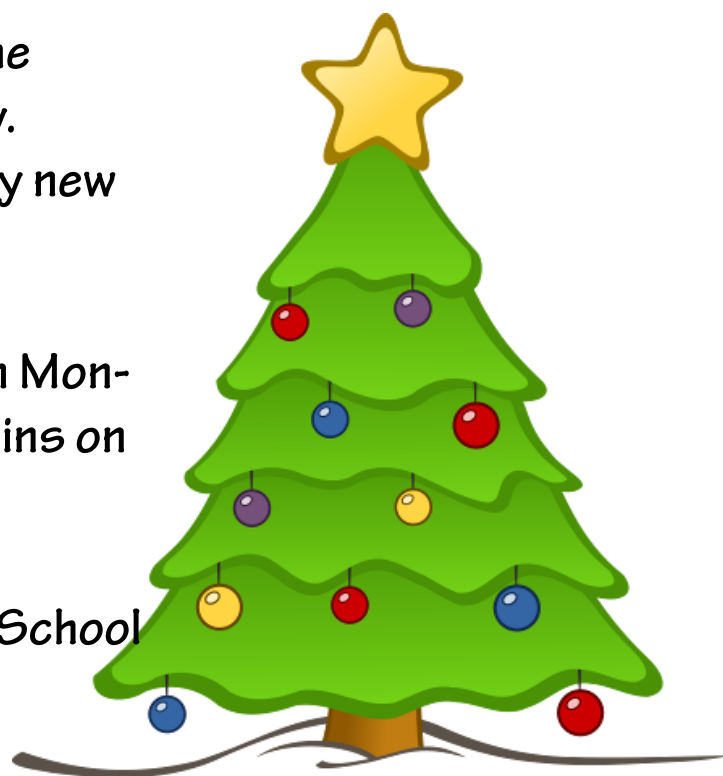
Concert Band - \$200 per Semester

Training Band - \$200 per Semester

Merry Christmas to all of the
Berowra School Community.
Best wishes for a safe and happy new
year.

School resumes for Years 1-6 on Mon-
day 30th January and Kindy begins on
Thursday 2nd February.

From the staff at Berowra Public School



Thank you Melissa Jones for volunteering your
time at Berowra Public School during 2016.
The children love seeing you here and we hope
to see you again next year.



The simplest way

...to make the festive season fruity.



Fruit makes a healthy addition to the festive season spread and it's great for making all sorts of edible Christmas creations too!

Trees: use a knife or cookie cutter to shape trees from watermelon (left), or place kiwi wedges on a plate and top with star cut from other fruit (below).

Candy cane: place alternate banana and strawberry chunks on a plate to form a cane shape.

Santas: Layer marshmallow, banana and strawberries. Hold together with icing, or a toothpick. Use raisins for eyes and a Jaffa for a nose.



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

Eat It To
Beat It

The simplest way

...to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!



The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:

- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit + veg on your table, you'll be surprised how quickly it will be eaten.
For more inspiration – like us on Facebook – details below.
Merry Christmas!

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

Eat It To
Beat It

The simplest way

...to make healthy Santas.

This Christmas, get your kids eating strawberry Santas – they're cute to look at, and delicious to eat!

Follow these instructions to keep your Christmas fun and healthy:



1. Wash your strawberries, dry, then slice off the tip
2. Spoon/pipe reduced-fat ricotta or cream cheese on the larger half, then put the 'hat' on top
3. Top hat with a little more of the cheese to make a pom pom
4. Cut a small amount of sultanas up for the eyes and place on gently.

Merry Christmas from all of us at Eat It To Beat It!

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Eat It To
Beat It

The simplest way

...make Christmas healthy

Christmas is full of temptation: from bowls of chocolate, to puddings to pavlovas.

It's important you still aim for two serves of fruit + five serves of veg, every day.

Try and restrict your family's treats until Christmas Day, and follow these three steps for healthier choices:



1. Serve veggie sticks with veggie dips as a starter, so you fill up on healthier food first.
2. Serve a large fruit salad or fruit kebabs alongside dessert.
3. Make sure half your plate is filled with vegies (think roasted or raw salads).

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Eat It To
Beat It

KISS AND RIDE ZONES

Kiss and Ride Zones are for your child's safety, your convenience and to reduce congestion and confusion

Kiss and Ride rules

- ❖ Kiss and Ride zones and "No Parking" operate under the same conditions
- ❖ Drivers may stop to drop off or pick up children for a maximum of 2 minutes
- ❖ Drivers must remain in or within 3 metres of their vehicle
- ❖ Zone applies only during hours of operation
- ❖ **MINIMUM PENALTY \$177 & 2 DEMERIT POINTS**



Remember:

▪ Do not leave your vehicle

To assist with traffic flow, drivers should remain in the car whilst children get in and out. Children should travel with bags in the car and not the boot

▪ Child Safety

Ensure children get in or out of the vehicle on the kerb side. The back seat is the safest seat for children to travel in, regardless of the make of your vehicle. Ensure children have their restraints securely fastened before driving off

▪ No U-Turns

Do not do U-Turns in busy and congested school zones. It's dangerous and places young children at serious risk

▪ Don't cut the queue

Don't push in the queue. Drop off or pick up your child close to the top of the zones allowing vehicles following you to enter the zone in an orderly manner

Kiss and Ride Zones need cooperation to remain effective and safe. Please drive carefully around our schools and protect all children.



Children must exit the car from the safety door - the rear footpath-side door.
It is unsafe to allow children to jump out of the car into the path of oncoming traffic.



SCHOOL ZONE PARKING OFFENCES

Increased penalties for School Zones. Current as at 1 July 2016



Means that in the area in the direction of the arrow, you must **NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

Maximum Penalty

\$433

+ 2 Demerit Points



Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.

Penalty

\$180

+ 2 Demerit Points

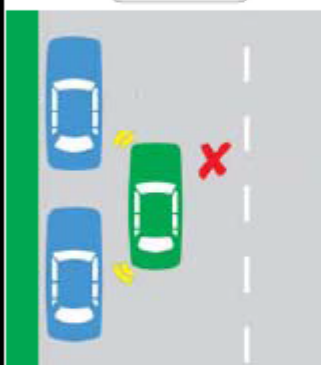


Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

Penalty

\$325

+ 2 Demerit Points



DOUBLE PARKING

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

Penalty

\$325

+ 2 Demerit Points

- STOP in a NO STOPPING zone: **\$325 + 2 Demerit Points**, or STOP on or near a Children's or Pedestrian Crossing: **\$433 + 2 Demerit Points**
- STOP on path/strip in built up area: **\$180 + 2 Demerit Points**
- STOP or Park in a Disabled Marked Area without a permit: **\$541**

Please Note: fines subject to change without notice. Current to 30 June 2017.
These penalties apply to offences in school zones during posted school hours.

School Student Transport Scheme Applications open 10 October 2016

From Monday 10 October 2016 parents, guardians and students over 16 years, will be able to apply for 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students

School travel passes only need to be updated when a student:

- changes address, or
- changes school or campus.

A new application is required when:

- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel

Opal network: Please remind ALL students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Current School Opal cards can be updated with changes of school, home address or operator.

Rural and regional travel: Student's travelling with operator issued passes will receive a new pass in the new school year.

Transdev Lost Property

Transdev advises:

If you or someone in your group leaves belongings on our bus, please contact us as soon as possible.

All lost property enquiries should go direct to our Bankstown Depot 02 8700 0555 or via our website www.transdevnsw.com.au.

We encourage you to make your enquiry as soon as possible to help speed up the recovery process.



What is a School or Child/Youth Opal Card?

The **School Opal card** is a free travel or discounted travel Opal card to help eligible students to get to and from school. It is only valid for approved travel on school days between your home and school with restricted hours, on the mode(s) specified in the original application.

For travel outside of school, for personal travel or if ineligible for a School Opal card, students should use a **Child/Youth Opal card**, a concession fare Opal card for customers aged 4/15 (inclusive), or customers 16 years or older who hold a NSW/ACT Senior Secondary School Concession Card. The card must have **sufficient balance** on it for the intended travel.

Tap on and off, every time to validate your trip

At the start of each trip, tap on by placing your Opal card on an Opal card reader located at the entrance of the bus.

At the end of the trip, tap off by placing your Opal card on an Opal reader again.

Opal card holders **must always tap on and off for each trip and each transport mode** used during their journey.

If an error message displays when tapping on or off, students must take notes of the error code and contact Opal Customer Care for assistance.

No tap on and off, no bus services

Although some might have a free pass, **all students must tap on and tap off**, so we understand customer travel patterns and can adjust the services provided if necessary.

If students don't tap on and off, services may be withdrawn due to the lack of recorded patronage, or redirected to other schools where the demand is higher.

Any lost, stolen, faulty or damaged Opal card must be **reported online immediately**.

While waiting for a replacement card, students must use a Child/Youth Opal card to travel.

Your Opal Customer Care useful contacts

Call **13 67 25 (13 OPAL)** or visit **opal.com.au** (24 hours, 7 days):

- ⇒ Access Opal School or Opal Child/Youth eligibility criteria,
- ⇒ Apply for an Opal card,
- ⇒ Register a Child/Youth Opal card, view balance or top-up credit,
- ⇒ Report an Opal card error message when tapping on/off,
- ⇒ Update a student profile if details have changed (e.g.: school, home address),
- ⇒ Report a lost/stolen, faulty or damaged Opal card,
- ⇒ Order a replacement Opal card.



Alternative contacts:

National Relay Service (NRS) 133 677 – for deaf, hearing or speech impaired customers,
Translating and Interpreting Service (TIS) 131 450 – for non-English Speaker.