



15th March, 2017
Term 1 Week 8



The Crest

Self

*Respect
Others*

Community



Berowra
Public School

Phone 9456 1319
Website www.berowra-p.schools.nsw.edu.au
Email berowra-p.school@det.nsw.edu.au



During the last few weeks our Berowra Community has mourned the passing of two ex Berowra Public School students. We are shocked and saddened by this unexpected loss.

We are richer for knowing these two boys and being involved in their lives. We offer our deepest sympathy and condolences to both families and friends of the boys.

Gone too soon but not forgotten.

Teachers on playground duty

During the morning, 8:50 to 9:20am, all children are expected to play on the asphalt area close to the majority of classrooms. Please do not try to have a parent/teacher interview with the teachers on duty during this time as it will **hinder their duty of care to our students**.

Also, please remember that if you need to drop your child at school before 8:50am you will need to book them into BOOSH as teacher supervision does not commence until 8:50am.

Zone Swimming Carnival

Congratulations to all our zone competitors and many thanks to Mrs Tammy Allen for being our manager on the day. All our children were well behaved and a big thank you also goes to Neve R (5/6K) who also helped our children be on time for their events.

There was certainly some very stiff competition; however, all students participated with enthusiasm and great sportsmanship. I was very proud of our students and the way they represented our school.

Congratulations to Jensen G who broke two records at the carnival. Good luck next Monday Jensen at the Area Swimming Carnival.

NAPLAN

The National Assessment Program - Literacy and Numeracy: (NAPLAN) is conducted each year for all students in Years 3, 5, 7 and 9 in all government and non government schools. This program, which has the support of all State and Territory Education Ministers, will assess the literacy and numeracy learning of students in all Australian schools. Please note these dates in your diary. Unless there is sickness, no Year 3 or Year 5 child should miss this assessment.

Tuesday 9 May – Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test. Wednesday 10 May - Reading test. Thursday 11 May - Numeracy test (Number, Algebra, function and pattern, Chance and data, Measurement and Space).

Mathletics...

As you know our students are encouraged to use Mathletics. These programmes will be accessed again this year during class time, and we encourage our students to use these programmes at home. All our students have usernames and passwords. If your child is unsure of theirs then please see their class teacher.

Many of our students receive Mathletics awards each week, reaching a Bronze, Silver or Gold level. From time to time our students are recorded in the Mathletics Hall of Fame.

I do enjoy seeing children with their Mathletics certificates each week. To see so many children enjoy learning and education is always a highlight of my day.

Please remember – five Mathletic certificates or a Gold Mathletics certificate equals a 'lucky dip' from my office. Children need to come outside classroom time ie before or after school, morning tea or lunch time.

The Hall of Fame appears on the Mathletics home page at www.mathletics.com.au. This is updated by the minute with only current and previous day's students appearing.

Young People, Social Media and Internet Use

Parents from time to time will raise their concerns at school regarding the impact of social media and Internet use on young people. I thought the following abridged version of a research article by Rosalie O'Neale, may be useful when discussing Internet and safe social media use with your child. Rosalie O'Neale is a senior advisor with the Australian Communications and Media Authority's Cyber Smart

Outreach division. She raises the potential pitfalls of technology use, offers advice for parents, while also recognising the benefits of technology.

For most kids, the experience of being online is a good one. However, around one fifth of eight to 13 year olds reported seeing or experiencing something on the Internet in the last year that bothered them. We identified a slight rise in the number of children aged eight to nine years reporting that they had been cyberbullied. Around 10 per cent of 10 to 11 year olds and 17 per cent of 12 to 13 year olds also reported that they had been cyberbullied. Being active on social networking services also means raising the risk that personal information will be made public. While the majority didn't post personal information, quite a large proportion of eight to 11 year olds did post details such as their full name, phone number, a photo of themselves, name of their school, full date of birth and home address.

The clear message from our research, and also from speaking with parents' right across Australia, is that parents are active in keeping their kids safe online, and are always keen to learn more to help them in this important role. Parents of primary-age children also tend to have a good grasp of what their children are doing online – the kinds of activities they're involved with and the way they're behaving. Parents are still the main source of advice and support when children are experiencing problems online. However, we found that fewer younger children than teenagers had proactively discussed cyber safety issues with their parents. This is significant, given the fact that some quite young children are active social media users, and that the research indicates that a proportion of these age groups are experiencing issues like cyber bullying or seeing or experiencing something online that bothered them.

Our advice to parents is:

- talk to your child about staying safe as soon as they start becoming active in the online world, and keep the discussion open as they grow up to make the dialogue part of everyday parenting life
- monitor children's time online, particularly younger children
- set house rules – what's okay to do and what's not, how much time is 'online' time and what kind of personal information is okay to make public
- teaching children how to communicate face-to-face is an important life skill
- consider using filters or other technological tools to help limit exposure to potentially harmful or distressing material
- find out what children are up to, create your own accounts and play with the services they are using so that you become familiar with the privacy settings and reporting mechanisms
- model the kind of positive online behaviour you would like them to use

While we talk a great deal about risks and challenges, we shouldn't lose sight of the enormous positives of the online world and the great benefits it provides in engaging students and opening up a wealth of beneficial information that enhances their learning. It's an exciting time to be growing up, with so much potential to create, connect and communicate. Helping kids to stay safe and become good digital citizens is vital to making sure they get the best out of the online world that they can. Further information can be found at: <https://esafety.gov.au/education-resources/iparent>

Di Bower

Principal

Harmony Day

On Tuesday 21st March we will celebrate Harmony Day. The students can come to school in mufti wearing something orange. The students will be working with their buddy classes on activities related to Harmony Day.

Stage 1 - Week 8

Our stage has been working hard to develop our movement skills through our fitness and sports programs, which are an integral component in their learning.

These activities are team oriented and involve constant participation inclusivity. We expect and demonstrate fair play in all our activities.

Our students are enjoying a balance between a health and lifestyle.

Regards,
Stage 1 staff

Stage 2—A Reflection

Children Learn What They Live

*If a child lives with criticism,
he learns to condemn.*

*If a child lives with hostility,
he learns to fight.*

*If a child lives with ridicule,
he learns to feel shy.*

*If a child lives with shame,
he learns to feel guilty.*

*If a child lives with tolerance,
he learns to be patient.*

*If a child lives with encouragement,
he learns confidence.*

*If a child lives with praise,
he learns to appreciate.*

*If a child lives with fairness,
he learns justice.*

*If a child lives with security,
he learns to have faith.*

*If a child lives with approval,
he learns to like himself.*

*If a child lives with acceptance and friendship,
he learns to find love in the world.*

3R Making Spelling Fun

3R have been going outside (in the rare moments when it's not raining!) to do 'spelling fitness'.

The students match their words to a fundamental movement skill on their fitness card and perform that movement while spelling aloud.



Dance News

Harmony Day/End of term Dance performance

On Tuesday 21st March BPS will be celebrating Harmony Day. It's a day to celebrate our cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. The message of Harmony Day is **everyone belongs**.

This year we will be celebrating Harmony Day in our classrooms. The children will take part in activities with their buddy class.

The students can wear mufti to school with something orange.

During the afternoon the parents are invited to come to the school hall to watch the end of term dance performances by 1S, 3R, 5/6E and 5/6B. This performance will begin at 2:30pm.

Hat Parade

We warmly invite our families, grandparents and friends to come along to watch our Hat Parade on Thursday 6th April. This will begin in our school hall at 10.30am.

We will have performances by the recorder groups, school bands and our Kindergarten students will sing some Easter songs.

All our students will then parade the hats that they have made at home. Our visitors will be able to purchase hot cross buns, tea and coffee after the parade.

Kelly Lukic
Dance Coordinator

Library News

Well finally the new Library computer system 'Oliver' is up and running. It will be a wonderful tool for children to search for books, learn about authors, borrow and create ebooks and access other libraries. It is a bright and colourful interface and very user friendly.

Children's borrowing has resumed and will continue for the holidays.

Please support our Book Club. The school earns Bonus Points for every dollar spent and we use these points to purchase new resources for the children. Thank you again Mrs Tammy Allen for taking over the running of the Book Club this year.

Jennie Smith
Librarian

Drama News

Senior drama begins this week and will be on Wednesdays at lunchtime. Thanks for your patience. Wednesdays have been very busy with the changeover to the 'Oliver' library system but now we are all set to go with our new play "Suitcase Saga".

Miss Brittani Lloyd is taking the junior drama on Tuesdays. Looking forward to a 'dramatic' year (in a good way)!

Jennie Smith



School Support Group News

We are looking forward to welcoming all the new kindy children to the school's first disco of the year (March 17).

The theme will be **Green for St Patricks Day**.

All our parent helpers have a current volunteer Working With Children Check (WWC), DJ Sean has a current professional WWC and Public Liability Insurance. We also have a first aid officer on hand to assist with any incidents.

As always, if you can lend us a hand to either set up, pack up or to supervise during the disco we would appreciate the help.

Please contact Chris, Jaimie, Tammy or Tracey.

Thank you from the School Support Group.



BOOSH Notice – Before and After School Care

Hello Everyone,

I would like to inform the school community that we have reached waiting list capacity on some days for before and after school care. We are regulated to a maximum number of children per session and cannot exceed that number.

Wednesday and Thursday seem to be the busiest days at the moment and all permanent spots are filled. We do have casual places, however, these seem to get filled up quickly. We are able to fill places where there has been a cancellation as long as we don't exceed the regulated numbers with actual bodies on any given session.

If your child/ren are registered at BOOSH either on a permanent or casual basis please let us know as soon as possible if you wish to cancel a session as a one off or permanent basis so as to free up a space for someone else.

If you have any queries please do not hesitate to contact me at BOOSH Cottage.

Regards
Michelle

Michelle Forster - Centre Coordinator
BOOSH Cottage (Before and After School Care)

Tel: 02 9456 5552 Fax: 02 9456 0053

booshcottage@bigpond.com.au

Berowra Public School

Hat Parade

Please come and join us in celebrating



Easter

Dear families and friends,

Come and celebrate **Easter** with the children and staff. There will be singing, a hat parade, music by the school bands and recorder groups, an Easter raffle and morning tea to buy. Start getting crafty and creating your wonderful hats for the parade.

When: 10:30am, Thursday 6th April, 2017

Where: BPS School Hall

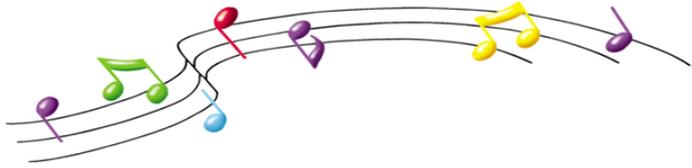
Don't forget The Crest is also available on the school website:

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

Click on the Newsletter tab.

Parent Online Payments can also be made from the BPS website using the 'Make a payment' tab.

Music News



Music Groups have all been working hard this last fortnight in preparation for the Hat Parade and our annual Easter Egg Raffle. Recorder and String students are also working on challenging music for the Festival of Instrumental Music Concerts which are supported by the Dept of Education and held at the Opera House and Town Hall each year.

Exciting New Award for Music Students.

To encourage our music students to practice regularly and grow more confident with their instrument we are introducing a new Merit Award for practicing. Students will be awarded a Principal's Music Certificate for achieving 25 practice sessions at home. 50 & 75 practice sessions will be awarded a certificate and 100 sessions a special prize. We are very excited to give the students a new incentive to "do their personal best"

If your child is interested in playing a musical instrument please contact Naomi at bpsband@hotmail.com



BPS Music Easter Raffle

It's time for the annual **Easter raffle!**

We are compiling some yummy **Easter baskets** which can be won in our Easter Raffle! The Music Program is raising funds to buy music and attend the Berowra Musica 2017. Easter Baskets will be made up from Easter Eggs and soft toy donations from parents and students. **If you would like to donate Easter Eggs for our raffle, please send them to school and leave in Mrs Withford's room 3A.**

Easter baskets will be on display in the office very soon.

Please support the Music Program by purchasing tickets. We will be selling tickets before and after school from the 23rd March - 5th April outside BOOSH Cottage.

Tickets are \$1 each.

The raffle will be drawn at the Hat Parade on Thursday 6th April.

Thank you for your support and have a Happy Easter,

BPS Music Program



Emotions

PBL classroom lessons are currently focusing on emotions. The table below lists the emotional skill development for preschool to primary aged children.

Skills needed	Children with beginning skills	Children with developing skills	Children with more developed skills
Emotional self-awareness	<ul style="list-style-type: none"> - tend to have one emotion at a time - act out how they feel - flip between one emotion to another quickly 	<ul style="list-style-type: none"> - start to understand that they can have more than one emotion in reaction to the same event as long as they are similar (eg happy and excited) 	<ul style="list-style-type: none"> - understand that they can have opposite feelings to the same situation (eg feel both happy and sad that the school year is ending)
Recognising other people's emotions	<ul style="list-style-type: none"> - rely on physical clues to identify emotions (eg tears = sadness) 	<ul style="list-style-type: none"> - take into account clues from the situation to help explain the emotion (eg understand that a child might be sad because his/her toy has been broken.) 	<ul style="list-style-type: none"> - have a more complex understanding of the interaction between emotions, situations and people (eg the child is sad because the thing that was broken was a gift from a loved grandparent who died recently)
Emotion regulation – ie the ability to manage emotions effectively	<ul style="list-style-type: none"> - are able to use simple ways to manage emotions with support from adults (eg choose a different activity to distract them from feeling frustrated) 	<ul style="list-style-type: none"> - are increasingly able to choose appropriate behavioural responses (eg asks and waits for assistance with difficult task) 	<ul style="list-style-type: none"> - are increasingly able to manage emotions by rethinking own goals and motives (eg decide that there is no point being angry about something he or she can't change)

(Table and information below from the social and emotional section of the Kids Matter website- kidsmatter.edu.au)

How can I support my child at home?

Tune into children's feelings and emotions

Some emotions are easily identified, while others are less obvious. Tuning into children's emotions involves looking at their body language, listening to what they are saying and how they are saying it, and observing their behaviour. This allows you to respond more effectively to children's needs and to offer more specific guidance to help children manage their emotions.

Help children recognise and understand emotions

Taking opportunities to talk with children and teach them about emotions helps children to become more aware of their own emotions as well as those of others. Encouraging children to feel comfortable with their emotions and providing them with practice in talking about their feelings helps children to further develop ways to manage their emotions.

Set limits on inappropriate expression of emotions

It is very important for children to understand that it is okay to have a range of emotions and feelings, but that there are limits to the ways these should be expressed. While acknowledging children's emotions, it is therefore very important to set limits on aggressive, unsafe or inappropriate behaviours.

Be a role model

Children learn about emotions and how to express them appropriately by watching others – especially parents, carers and school staff. Showing children the ways you understand and manage emotions helps children learn from your example. This includes examples of saying: "Sorry, I lost my temper" (because no parent is perfect!) and then showing how you might make amends





Upcoming Events

MARCH	
Wed 15	P&C meeting 7.30pm in staffroom
Fri 17	BPS Disco
Mon 20	Area Swimming Carnival
Tues 21	Harmony Day—orange mufti Canteen Sausage Sizzle Class dance performance 2.30
Thurs 30	BPS School Photo day
Fri 31	PSSA winter comp commences
APRIL	
Thurs 6	Hat Parade
Fri 7	Last day of term 1
Fri 14	Good Friday
Mon 17	Easter Monday
Mon 24	SDD—staff return to school
Tues 25	ANZAC Day public holiday
Wed 26	All students return for term 2
Fri 28	Year 2 commence gymnastics
MAY	
Tues 2	Mothers Day stall
Thurs 4	BPS Cross Country Carnival
Mon 8	Kindy 2018 Information session 7pm
9-11	NAPLAN Testing for Year 3 & 5
Wed 17	P&C meeting 7.30pm in staffroom
Thurs 18	Kindy 2018 Information session 10am
Tues 23	UNSW Digital Technology competition
Mon 29	Zone Cross Country
Tues 30	UNSW Science competition
JUNE	
Fri 9	Area Cross Country
Mon 12	Queen's Birthday public holiday
Tues 13	UNSW Writing competition
Wed 14	UNSW Spelling competition
Thurs 15	BPS Athletics Carnival
Wed 21	P&C meeting 7.30pm in staffroom
Fri 30	Last day of term 2

Class Awards Week 6 and 7

1D	Gabi W, Kaelan J, Madeleine G
1S	William H, Harper G
1T	Sophia D, Lauren B, Ryan H, Luke V, Bethany W
2C	Ruby S, Holly R
3R	Benjamin B, Chais M, Megan D
3/4P	Gabe H, Julia W, Jack J, Pranay G
4P	Avari D, Cayleigh H, Emily C
5/6K	Abbie C, Rachel D, Zara G
5/6S	Cooper G, Freyja C, Liam C, Jake D

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.

MindQuest 2017

Glenwood High School

Cnr Forman Ave & Glenwood Park Dr
Glenwood 2768

Saturday 20th & Sunday 21st May 2017

For Gifted & Talented Primary Students Years 1-6

Students can participate in over 36 exciting, fast paced courses in the two day program, including chemistry, earth sciences, drama, lego robotics, chemistry and much more.
The cost of the weekend is \$195 (including GST).

It is anticipated that many of the courses will be full before the closing date so send your applications in early to avoid disappointment.

Entry forms and information available at BPS school office
Closing Date Friday 7th April 2017

Courses fill fast so get in early.

BECOME AN ETHICS TEACHER

- The Stage 2 Ethics class is full — I need another teacher please!
- Ethics classes run on Wednesday morning.
- Grandparents or community members are very welcome to apply!

Contact the Ethics Coordinator, Jess, on jess@farrownorris.com
or 0478 221155 to find out more

Or, apply directly via <https://primaryethics.com.au/volunteer/ethics-teacher/>



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Wu's Style Tai Chi lineage of our instructor

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Wu Kung-Yi (1900-1970)
Eldest son of Master Chien-Chuan

Wu Tai-Kwei (1923-1972)
Eldest son of Master Kung-Yi

Master Eddie Wu Kwong-Yu (1946-)
Eldest son of Master Tai-Kwei

Our instructor: Jacky Chan
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Students Special!! \$40 per month, 4-5pm Monday to Friday. Book Now!!

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Website: www.taichiqigongreikicentre.com.au



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INDOOR HEATED POOL
LESSONS FOR PRIMARY AGED
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Holiday Courses - 4 day courses start
Mon 10 & Tues 18 April
TERM 2 STARTS MON 24 APRIL 2017

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PHONE 9489 4771

48 TENNYSON AVE, TURRAMURRA
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Beginners to Advanced
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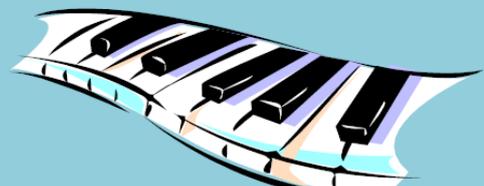
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Learn to play piano in a relaxed and caring
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Musicianship, Annual Concert.

Phone: 9456 3752

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



The simplest way

...to try healthy Easter treats.

Before the kids get too crazy on chocolate, why not mix up the Easter treats with some fun but healthy festive fare?



Egg-cellent surprises: fill brightly-coloured plastic eggs with the kids' favourite fruit and veg.

Breakfast bunny: add fruit adornments to pancakes to create a "you-beaut" bunny.



Or try carrot pot plants and fruity chicks.



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



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

WHY JOIN GO4FUN?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Get support on goal setting
- All for FREE!

GO4FUN IS A FREE TEN WEEK HEALTHY LIFESTYLE PROGRAM FOR KIDS AGED 7-13 YEARS WHO ARE ABOVE A HEALTHY WEIGHT.

Sessions run once a week for two hours after school, during school term.

The program is run by a trained and qualified health professional.

WHEN	WHERE
Tuesdays 4.30pm-6.30pm Starts 2nd May 2017	Hornsby PCYC (Performing Arts Centre) 22 Waitara Ave, Waitara

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

Health Northern Sydney Local Health District

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MONEY COLLECTION DAYS

Please note that money collection days at Berowra Public School are **Tuesdays and Thursdays only.**

For security of payments it would be appreciated if money only be sent to school on these days in a signed payment envelope.

We have only two days a week allocated to receipt money so please remind your child to give it to their teacher in the morning as receipting and banking are completed during the day. Correct money is appreciated as the office is unable to hold change.

Please do not hand payments in after school.

Handing money into the office after banking has been completed may result in confusion for the teacher and your child's name not being marked off as paid for sport, excursions and activities.

Any payments for the choir, drama, interschool sport or extra curricular activities as well as P&C or Support Group fundraisers and the canteen special lunch days can also be handed to the class teacher, but please include these in separate envelopes and with separate payment.

You can make multiple payments for multiple students with the one cheque or credit card payment if you like. Just make sure all details are included and permission is forwarded.

Don't forget that you can also pay online. However, signed permission envelopes are still required to go to the teacher for excursion. Just mark on it that you paid online.

Thank you for your cooperation.





School Tours and meet the Principal

Parents, carers and students are invited to attend the school for our upcoming School Tours and meet the Principal visits.

Date: 21st March 2017 Time: 1:45pm

Date: 29th March 2017 Time: 9.30am

It is important that you contact the school and register your interest for the above dates or for more information.



Gifted and Talented Stream

Students registering for entry into Year 7 2018 are eligible to apply for the Gifted and Talented Stream. Students interested in applying for this stream should sit the selection tests at **Ku-ring-gai High School** on **Wednesday 3rd May, 2017.**

To register for the tests, please telephone the school office on **9144-3477.** There is a fee of \$30 to cover the administration costs of running and marking the tests. Please indicate your preference for a morning or afternoon session and we will endeavour to accommodate you.

Please contact the school for more information on our School Tours, Year 5 & 6 Enrichment program, Gifted and Talented Stream or for all enrolment enquiries.

Principal: Ms Terri-Anne Kamasz

Ku-ring-gai High School

403 Bobbin Head Road

North Turramurra 2074

Ph. 91443477

Fax. 99839331

E. kuringgai-h.school@det.nsw.edu
www.kcahs.nsw.edu.au

Try Hockey at Northern Districts Hockey Association

Dates

Monday 6th March & Monday 13th March

From 6:00pm – 7:00pm

Location

Hockey fields at Pennant Hills Park, off Britannia St, Pennant Hills

Cost

Registration fee of \$15 for the 2 x 1 hour sessions

Player pack \$37.50 includes stick, shin guards and hockey ball

Mouth guards are required; they can be purchased from the club canteen or any chemist

Even if you can't make both days, it's still a great opportunity to Try Hockey!

For more information contact:

Sarah 0403 202 383 or Edwina 0423 138 734

Details and a link for online registration can be found at our website

www.ndhockey.com.au

FAMILY LEARN TO SURF GROUP LESSONS

- Every Saturday & Sunday
- 11am – 12pm & 1pm – 2pm
- Only \$30pp
- Great for a family day trip!
- Soft surf boards, wetsuits, sunscreen & 2 coaches provided
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(meet in carpark at Ocean Beach Surf Club)

Contact Sally Oman via

Phone – 0415 881 301

Email – salssurfschool@gmail.com

Website – www.salssurfschool.com



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
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BACK TO YOUR SCHOOL**



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HORNSBY BEROWRA EAGLES



Auskick 4 – 7 yrs
Juniors U8 – U17
Girls U12, U15, U18

Looking to play a sport with your mates?
Come and play Aussie Rules with the 2009, 2011, 2012,
2013 & 2016 Northwest Club of the Year.

AFL footy is one of the fastest growing sports in the Country, with the Hornsby Berowra Eagles being regarded as one of the best clubs in Sydney.

Offering Footy from Auskick for 4 – 8 year olds, Grade Footy for Under 9 – Under 17 and dedicated Girls Footy being introduced this season!

For more information and registration head to our website at:

www.hornsbyberowraeagles.com
Or contact our president Paul at
president@hornsbyberowraeagles.com

Come and Try Day:

The Hornsby Berowra Eagles will be hosting a Come and Try Day.

Date: Sunday 5th March

Location: Rofe Park, Hornsby Heights

Time: 9.00 – 11.00am



Nutrition Snippet

The simplest way

...to make easy fried rice.

Serves: 4 | Preparation: 20 minutes | Cooking: 10 minutes *Leftovers are great for lunch boxes.*

Ingredients:

- Brown rice
- 2 eggs
- ½ onion, finely diced
- 1 cup cabbage, chopped
- ½ cup broccoli, chopped
- ½ cup peas
- 1 carrot, finely grated
- 1 tsp salt-reduced soy sauce
- Canola oil spray



Method:

Cook rice until soft. Lightly spray a fry pan with canola oil and place over medium heat. Crack eggs into hot pan. Stir to mix white with yolk, using a wooden spoon to separate into pieces (like a scramble). Add all veg, cook about two minutes, add brown rice and season with soy sauce.

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



2017 Registrations Now Open!

Registrations are now open for the 2017 season with Brooklyn United Soccer Club*. Family discounts are also available.**

Register online now at www.myfootballclub.com.au to come and play with Brooklyn. Our prices are some of the cheapest around!



Age Group	Club Fee	Age Group	Club Fee
Under 6	\$140.00	Under 12	\$175.00
Under 7	\$140.00	Under 13	\$175.00
Under 8	\$150.00	Under 14	\$175.00
Under 9	\$150.00	Under 15	\$175.00
Under 11	\$160.00	Girls U12/U13	\$175.00

Jerseys are loaned for the season.
Shorts and socks are also available for purchase.
Shorts are \$30 and socks are \$10.

Contact Details

w: www.brooklynssoccer.org.au
e: secretary@brooklynssoccer.org.au
p: 0419 696 239

* Online Registrations close Sunday March 6 2017. Manual payment option available so no credit card required. EFTPOS machine available on the registration and pre-season training days.

** The family discount of 25% applies to the second and each subsequent member of the same family. Player 1 is the player with the highest fee.

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

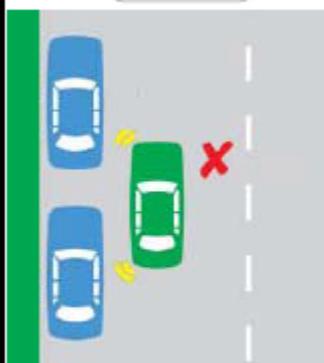


Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

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.