



17th May, 2017
Term 2 Week 4



The Crest

Self

*Respect
Others*

Community

Year 1D
Morning Tea
Winners
March Money
Madness



Berowra
Public School



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



Winter Uniform

With the days getting colder, I would suggest that the children change over to the winter uniform (formally) next Monday, 22nd May.

Boys – same as summer but with the option of the long gold sleeve shirt and long grey trousers

Girls – Gold shirt – long or short sleeved, grey plaid tunic, grey socks or stockings.

Optional

Boys/girls – same as summer but may wear long black pants (or dance pants for girls).

Black tracksuit pants can be worn on sports days only

Leggings are not any part of the school uniform and are not to be worn to school.

Cross Country

What a great day we had on Thursday 4th May with our Cross Country. The weather was perfect and the friendly competitive spirit throughout the day was just lovely. Well done to all of those who participated so enthusiastically in the school's cross country and I wish 'good luck' to those runners who are now competing in the zone cross country on Monday, 29th May.

Special thanks to Mr Parkinson for his superb organisation of the event ... this doesn't just happen and I am sure that many do not know that many teachers arrived at school very early in the morning to have things just right for the day. Thanks too for the number of parents who jumped in to lend a hand during the day, your help and support is very much appreciated.

Hornsby Zone Cross Country

Monday 29th May (wet weather date – 5th June), 10:45 – 2:30, Rofo Park, Hornsby Heights.

10:45am: Entrants walk the course 11:00am: Events begin

Order of events:

- | | | | |
|---------------------|----------------------|------------------------|-------------------------|
| 1) 10 yr boys 2000m | 2) 10 yr girls 2000m | 3) 8/9 yr boys 2000m | 4) 8/9 yr girls 2000m |
| 5) 11 yr boys 3000m | 6) 11 yr girls 3000m | 7) 12/13 yr boys 3000m | 8) 12/13 yr girls 3000m |

Happy Mother's Day

I hope all mums had a lovely day on Sunday. Children were able to shop for mum here at school last Tuesday and hopefully purchased a treasure to keep for future years. Thank you to our hardworking **School Support Group** for assisting the children to make some hard choices as to what to buy for that most significant person in their lives.

Also a big thank you to our P&C run Mother's Day Breakfast. Looking at the amazing array of food, it must have been a hard choice on what to eat. Many thanks to all the parents involved in this great event and I am sure all the mums had a fantastic time.

Mr Iain Howick, Band Conductor

I am very sad to announce that Mr Iain Howick, our amazing band conductor, has resigned as BPS band conductor, effective at the end of this term.

Mr Howick has tightened our band program and made the bands sound so 'fluid' or what I call in my terms – together! They have greatly improved and I know Mr Howick has been the inspiration and 'driving force' behind this.

On behalf of the staff, students and parents of BPS I wish Mr Howick every happiness for the future.

He will leave big shoes to fill!

Staff Development Day – Term 2

To fit in with our professional learning for teachers this year we have been able to book Andrell Education for **Friday, 30th June** (last day of Term Two). This is to complement the Big Writing Program in our school.

I was unable to book them on one of our Staff Development Days so we need to swap our days.

Friday, 30th June will be a pupil free day and students will return to school on **Monday 17th July**.

Di Bower

Principal

LIBRARY NEWS - The students in 5/6B are discovering aspects of the STEM curriculum focus on Science, Technology, Engineering and Maths using the library resources on these topics. The groups are engaged in critical and creative thinking, exploring and investigating science experiments, filming and editing, construction and maths puzzles and challenges. Each fortnight they will report back to the class on their findings.

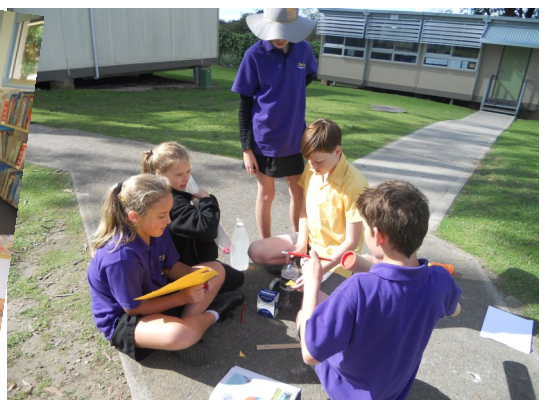
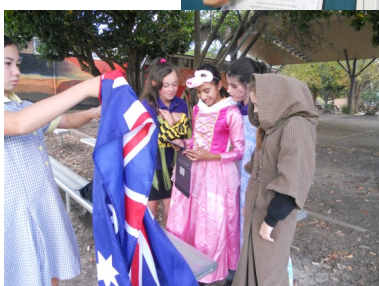
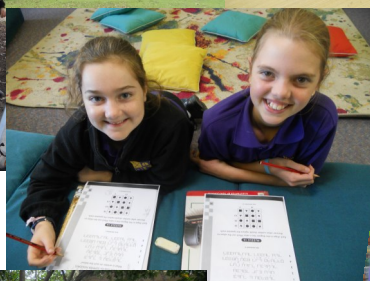
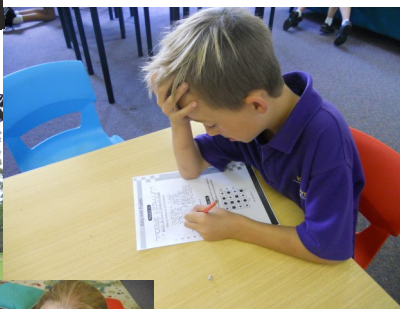
Our new "Oliver" library system is working well and will soon be demonstrated and used by the children on the ipads and chrome book computers.

Thank you to all those parents who support our Book Club, run so capably by Mrs Tammy Allen. For every item sold, the school receives Bonus Points which can then be used to purchase much needed resources for the whole school. Some items that we have purchased on bonus points this year are, magnetic tens frames and magnetic punctuation sets for many classrooms as well as the latest fiction and non fiction reading books. The children and staff so appreciate your generous support of our twice a term Book Club.

Please encourage your children to bring their LIBRARY BAGS on their library day. This terms library days are as follows....

Monday..	3R, 5/6E, 4C, 5/6K
Tuesday..	1D, 2C, KR, 2P, 3/4P
Wednesday..	KY, 5/6B, 1S
Thursday..	5/6S, 4P, 3A, KB, 1T

Jennie Smith
Librarian



DRAMA NEWS - Drama Festival auditions for both the senior and junior drama groups will be held in the school hall at 12.00noon on Tuesday 30th May. The judge from the Drama Festival committee will be here to be totally impressed by our amazing dramatic performances! We are madly practising to be accepted into the Arts North Drama Festival to be held at NIDA in July.

Thank you for your encouragement and support as your children grow in confidence and self esteem.

Jennie Smith
Drama Co-ordinator

NITS -Please be advised that we suspect that nits/head lice are present in the hair of some students within the school. Please check your child's hair tonight.

The facts

- Head lice infestations are a common occurrence, particularly in primary schools.
- about 23% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment

- daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)
- Refer to information from NSW Health at <http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>

Tips for parents in reducing the spread of head lice

- As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.
- regularly check your children's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

INTERSCHOOL SPORT

Friday 19th May

Games start by 12:45

Friday 26th May

PSSA Football and Netball

v Hornsby Heights

at

Montview Oval

Montview Oval

.....

.....

Football

Netball

.....

.....

v Asquith

at

Berowra Oval

Berowra School

PSSA AFL
always at
Foxglove Oval

The New School Uniform

Recently you may have noticed that the year five and six Berowra Public students have been wearing a new school uniform. A purple polo shirt with the Berowra Public School logo and black skort or shorts.

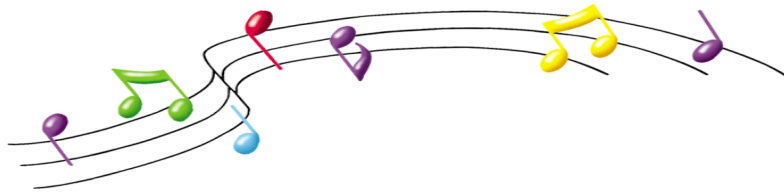
In our opinion as year 6 students, we think this is a much better uniform because it is easier to move around in. Even more importantly the girls dresses don't come up when they are being active. The checked uniform has been around for a VERY long time and is now out of fashion. Mums also love this uniform because it is really easy to iron or you don't even have to iron it.

The Berowra community has been discussing the new uniform. Mrs Bower would love to have the whole school wearing it by the end of the year. The polo doesn't fade and you are able to wear white socks.

This new uniform is very unique as it makes us the first school in Berowra to let girls have the opportunity to wear shorts. Now in winter everyone is able to wear long pants, both the boys AND the girls.

Written and pictures taken by Bronte, Mikayla, Zara and Imogen





MUSIC NEWS

THANK You to all families who supported our amazing EASTER RAFFLE. We raised enough money to help us fund music purchases for the year and plan for a music camp. The Easter Parade was such a fun day and so colourful. The Music Groups enjoyed the opportunity to play for parents and students.

The Concert Band and Training Band are starting to learn music for the upcoming Berowra Musica night on Friday 15th September. This is a fantastic event where all the local school bands come together to play music together. There is a massed Band of over 100 students from BPS, Wideview, St Bernards, The Christian School and Brooklyn. We are looking forward to performing for each school as we go on tour in the week leading up to the concert.

The Band will also be performing at the Wideview School Fete and the Mt Kuring-gai Fair this year.

Festival Recorders and Strings are rehearsing for the Festival of Instrumental Music which is held later in the year. Preliminary rehearsals are being held on 28th June at the Salvation Army Congress Hall in the City for Recorders and Croydon Public School for Strings. **String will also play at the Berowra Musica Night.**

Rock Band – is working on music for Wideview Fete and other performances at Asquith Fair later in the year.

Our Band Conductor – Mr Iain Howick is leaving us at the end of the term to pursue other interests and we are in the process of advertising for a new Band Conductor to fill the position. We thank Mr Howick for all the wonderful work he has done with the children and especially the organisation of our music library. We wish him well in his next project.

Town Hall Choir: Preliminary Rehearsal: Thursday 29th June at North Sydney Girls High School. Travel will be by train and children must have an Opal Card. All students have been given a note.

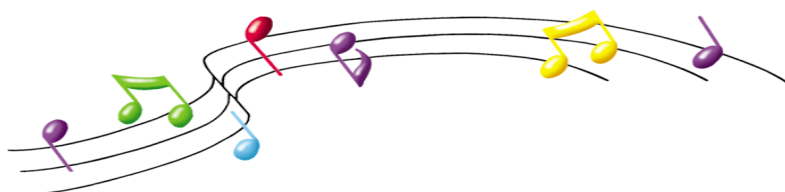
Concert: Tuesday 8th August: Town Hall: Rehearsal and Concert: Travel by train and children must have an Opal Card. Town House Choir rehearsal day is Monday at 8:30

Infants Choir is for children in years 1 and 2. They rehearse with Mrs Dwyer each week.

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

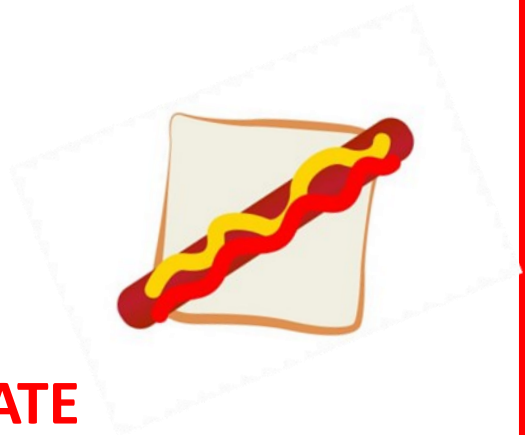


SAUSAGE SIZZLE FUNDRAISER

for the BPS MUSIC PROGRAM

SUNDAY 6th August

Bunnings Warehouse, Thornleigh



SAVE THE DATE

ALL HELPERS WELCOME – will need lots of helpers
1 -2 hour shifts available in morning and afternoon

Please let us know if you are free to assist at
bpsband@hotmail.com

Invitation to Parents to attend the next

Berowra PS Community Forum Meeting.

Next Monday 22.5.17 at 2:45pm, in the school library.

This meeting will focus on;

Feedback on the communication survey

How to assist your child with Mathematics

Positive Behaviour Engaged Learning

Question time

***Partnerships between students, parents, carers and families, the broader community,
business, schools and other educational training providers bring mutual benefits
and maximise student engagement and achievement.***

2017 CROSS COUNTRY RESULTS

	1ST	2ND	3RD	4TH	5TH	6TH
KINDY BOYS	Taj K	Sam L	Ben C	Tacean P	Rocco D	Ethan F
KINDY GIRLS	Skye B	Ruby Mcl	Zoe P	Mia L	Sophie Y	Lucy H
YEAR 1 BOYS	Brady M	Ayden P	Kaelan J	Logan O	Noah F	Zavier A
YEAR 1 GIRLS	Maddison B	Tasha V	Ruby B	Annika S	Emma W	Acacia E
YEAR 2 BOYS	Jakob R					
YEAR 2 GIRLS	Katerina McG	Holly R	Olivia F	Grace M	Ivy U	Freya C
8/9 YEARS BOYS	Dean G	Zeke J	Alex J	Taye C	Zane D	Cameron P
8/9 YEARS GIRLS	Anna P	Ava A	Alex L	Timeka C	Jessica C	Cayleigh H
10 YEARS BOYS	Julian C	Jackson C	Joshua W	Alex McG	Ben O'C	Jayden B
10 YEARS GIRLS	Annabelle H	Isabella J	Grace B	Charlotte S	Isabella C	Leela S
11 YEARS BOYS	Jake Da S	Liam C	Jensen G	Charlie L	Maximus V	Lincoln V
11 YEARS GIRLS	Laura R	Alicia S	Rachel D	Kiana L	India H	Pearl M
12 YEARS BOYS	Saxon W	Cooper G	Danny C	Jasper M	Ben P	Ben Ba D
12 YEARS GIRLS	Isabella A	Brooke F	Mikayla S	Lucy B	Imogen L-W	Hayley C

STUDENT PARLIAMENT MUFTI DAY

On **Tuesday 23th May** Berowra Public School Parliament will be holding a mufti day. All money raised will be used to support Jensen at Swimming Nationals in Adelaide later this year.

Please bring a gold coin donation on the day to support our school parliament initiative.

Please note that all students must have their shoulders covered as well as their midriff, enclosed shoes and hair up.

Thank you,

Fundraising and Social Events Committee.

Stage 2 Report

How can parents help their children with Mathematics?

The following information is from The Board of Studies document - *Mathematics for Parents and School Community Members*

The study of mathematics is a valuable pursuit in its own right, providing opportunities for creativity, challenge and leisure.

If our children are to be prepared for life in the twenty-first century, they need to develop relevant mathematical knowledge, skills and understanding.

Mathematics is important because it:

- is a powerful tool for solving problems within and beyond mathematics
- is a significant part of the cultural heritage of many diverse societies
- provides students with a powerful, precise and concise means of communication
- supports concurrent learning in other key learning areas
- builds a sound foundation for further mathematics education.

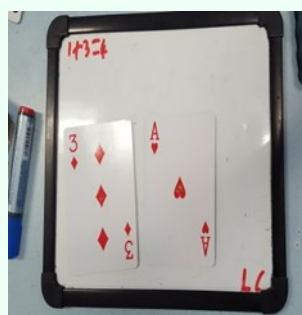
The following activities will help to encourage development of these important processes.

- Encourage your child's curiosity about the use of numbers and measurements in the world around them. Listen to their many questions and ask your own questions. Discuss with them how you might find answers to these questions.
- Play games together (eg cards, board games, computer games), and discuss how mathematical ideas can be used to play, as well as to develop successful strategies.
- Discuss how mathematics is used every day. The applications of mathematics and technology are numerous. In the kitchen, for example, ingredients are measured and digital timers and clocks are used on microwave ovens.
- Solve problems together and discuss strategies and solutions. Encourage your child to find all possible solutions, as many problems have more than one answer. They should also be encouraged to justify their solutions. Many internet sites have suitable problems and investigations for primary school students. Another source of mathematical problems is children's magazines and puzzle books.
- Encourage your child to try different strategies when solving everyday problems.
- Provide opportunities for your child to use technology to investigate mathematical ideas.
- Connect to the internet at home or at a local library, and help your child (or let your child help you) locate websites that provide information and ideas about mathematics and technology.
- Discuss the mathematics your child is learning at school. Ask them to explain what they have learnt in mathematics lessons this week, and how they can use these ideas. If they express concern about what they are doing, this gives you an opportunity to look at their work and help them if appropriate, or to encourage them to seek extra guidance from their teacher.

Students who feel confident about working mathematically feel confident about themselves as learners of mathematics. At Berowra PS we strive to keep the learning engaging, meaningful and good fun.

Kind regards

Glenn Pritchard





Berowra Public School

KINDERGARTEN 2018 INFORMATION SESSION

10:00am Thursday 18th May 2017

Please join us in the Kindergarten rooms

These sessions are designed to assist you in enrolling your child in kindergarten for 2018.

You will hear about the programs Berowra Public School has to offer, how we cater for individual needs and how we provide a balanced education for all students. You will also hear about our student welfare policy, our buddy system and positive steps to providing a happy and safe learning environment for your child.

This is the first part of our extensive Kindergarten Orientation Program during which we welcome you and your child to Berowra Public School.



Upcoming Events

MAY

Wed 17	P&C meeting 7.30pm in staffroom
Thurs 18	Kindy 2018 Information session 10am Year 1 Bobbin Head excursion
Sat 20	Recycled Clothing Night at BPS Hall
Mon 22	BOOSH chocolate drive begins
Tues 23	UNSW Digital Technology competition Student Parliament Mufti Day School Support Group meeting 9.30am
Mon 29	Zone Cross Country
Tues 30	UNSW Science competition Drama Festival auditions

JUNE

Fri 2	Voices for Reconciliation performance
Mon 5	K-2 Responsible Pet program
Fri 9	Area Cross Country - NO PSSA sport
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
Tues 27	School Support Group meeting 9.30am
Wed 28	Festival of Instrumental Music rehearsal
Thurs 29	Arts Alive Choir rehearsal at Nth Sydney GH Last day of term 2 for students
Fri 30	Staff Development Day

JULY

Mon 17	All students return for term 3
Wed 19	P&C meeting 7.30pm in staffroom
Fri 21	Last day for Stewart House clothing collection Year 1 commence gymnastics on Fridays
Wed 26	OC testing
31/7-4/8	Education Week

AUGUST

Tues 1	Open Day and Book Fair UNSW English
Sun 6	Band BBQ at Thornleigh Bunnings
Tues 8	Arts Alive Choir Sydney Town Hall concert
Tues 15	UNSW Maths
28-30	Stage 3 Canberra excursion

Class Awards Week 1 and 2

KB	Harrison C, Sophie Y
KR	Robert P, Henry W
KY	Isaac A, Sam L, Tacean P, Vari Y
1D	Patrick B, William M, Ayden P, Emmett S, Adrian U
1S	Acacia E, Emily F, Benjamin F, Amelia R
1T	Atoosa A, Harry D, Kai G, Ruby N, Logan O, Minh T, Luke V, Bethany W, Billy Y
2C	Ben D, Kate F, Gabriel H, Rhyan K
2P	Harry A, Jonathan B, Freya C, Isabel F, Olivia F, Trent H, Maddi H, Sophie H, Asad I, Liliana K, Callum L, Rubin L, Katerina M, Grace M, William N, Elle R, Harper S, Ivy U, Jack W, Nathan W
3A	Taj G, Charlie M, Jackson M, Molly N, Cameron P, Marcus Z
3R	Harvey B, Benjamin B, Spencer L, Zahlee O, Matt S
3/4P	Leon J, Talen S
4C	Gabriel F, Eric H, Nathash W, Jasmine W
4P	Grace B, Avari D, Elisa D, Ayden M, Tiana P, Harry S, Robert W
5/6B	Jensen G, Daniel L, Jasper M,
5/6K	Bradley P, Neve R
5/6S	Zoe A, Hayley C, Imogen G, Samantha S, Corey S

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.

**Parenting Anxious Children
SEMINAR FOR PARENTS - 2017**

A seminar for parents of children aged 4-10 yrs discussing:

The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

**Wednesdays
15/3, 31/5, 23/8,
Friday 10/11**

**Time:
10am-12pm**

- The seminar will be facilitated by CYMHS staff (which includes Psychologists, Social Workers & family therapists).
- The seminar will be run at **Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave.** Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10 but there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- **To confirm your place please call CYMHS on 9485 6155.**
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.

Does your child require medication during the school day?

If your child needs to take any prescribed medication during school time, the office can administer it for you.

The medication must be handed into the office in the morning together with a completed 'Medication Request Form'. This form can be located on our website under 'Our School' tab then 'Missed a Note?' or completed at the office.

Only prescribed medication in original packaging can be accepted or over the counter medication with a doctor's note.

Please do not give medication to children to self administer during the day for their safety and the safety of other children.

The only exception is Ventolin for asthma.



MAKING SCHOOL PAYMENTS

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. This includes any payments for the choir, drama, sport or extra curricular activities.

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 into the office 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 marked off as having paid for an excursion, sport or an activities.

Any payments for the 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. Do not include with school payments.

You can make multiple payments for multiple students with the one cheque or credit card 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.

Please also be aware that when using the Westpac Parent Online Payment system, all payments processed after 6pm will not be seen at the school until the second business day eg payments made after 6pm on Monday evening will be on the Westpac report on Wednesday morning, payments made after 6pm Friday will be seen on Tuesday morning.

Thank you for your cooperation.



BORROWED CLOTHING

From time to time students need to have a change of clothes during the day. The office holds a small amount of clothing which we lend to the students.

If your child has come home with different clothes and a note from us, please wash the items and return them to the school office, or classroom, as soon as possible so they will be available for use again.

To assist with this process it would be helpful if Kindy parents packed spare underwear in their child's school bag.

Thank you

We're fundraising with



entertainment



Berowra Public School is once again raising funds for our school through the Entertainment Book this year. Here's how you can help.....

Help us raise funds for our school by buying an Entertainment Membership from us.

You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

Just copy the link below and place your order for a book or digital membership. If purchasing a book, please remember to include your child's name and class. It's that easy!

<http://www.entbook.com.au/205g133>

BECOME AN ETHICS TEACHER

- The Stage 2 Ethics class is full — another teacher is needed!
- 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/>

Primary
ETHICS



Recycled Fashion Extravaganza *Saturday 20th May 6pm*

Come along and join us at the school hall.

Clean out your wardrobe and drop at the canteen before the night then come along and buy a whole new wardrobe.

Clothes, shoes, bags and accessories.

Entry - gold coin donation

Clothes start at \$1.

Lots of yummy nibbles and drinks.



WATCH FOUND



Has your child misplaced their watch?

A student's watch was found in the computer room in March.

Come to the school office and describe it to us—it may be theirs.

Fiona Fisher's Swim School

Swimming Lessons • Aqua Aerobics
Water Babies, Preschool, Primary To Adult
School Terms & Holiday Intensives

INDOOR HEATED POOL

St Edmunds School
60 Burns Rd, Wahroonga

Phone: 0433 16 33 78

Email: admin@ffss.com.au

www.ffss.com.au



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

KEEPING
PEOPLE FIT
SINCE 2011!

MOVEMENT
4 LIFE FITNESS
.com

Contact Tracey: 0421 319 135
M4LFitness@gmail.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
PURCHASED IS DONATED
BACK TO YOUR SCHOOL**



LOWER GROUND FLOOR
WESTFIELD SHOPPINGTOWN

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

Cash back on the school run



School Drive Subsidy



If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit
transport.nsw.gov.au/schooldrive

Can't get online?

Ask about the School Drive Subsidy at your school, or call **131 500**.

OP5540/PNC/DEL/STD 0019 11/2016



Transport
for NSW



Transport
for NSW

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.

The simplest way

...to choose the best lunch box drink.

When it comes to packing a lunch box drink, water is the best choice!



Milk is a great drink too – add a plain milk popper to the lunch box as well to give kids a calcium boost.

Drinks such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are high in sugar and low in nutritional value. So limit or avoid these drinks.

It is best to only drink juice occasionally and it should not be packed in the lunch box. Avoid “fruit drinks” as these are just sugar water and a little juice.

Remember, water is essential so make sure you pack a bottle of it in the lunch box every day.

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

Eat It To Beat It

The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

How many serves a day?	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

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

Eat It To Beat It



Health Promotion Day

 Blood Donor Day 

Date: 8th June 2017

Time: 11:00am

Location: Berowra Community Health Centre

Address: 123 Berowra Waters Rd, Berowra Heights

Ph.: 9456 3344

Cost: Free

This is an information session.














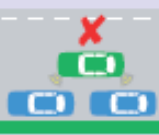







To book please call

9456 3344









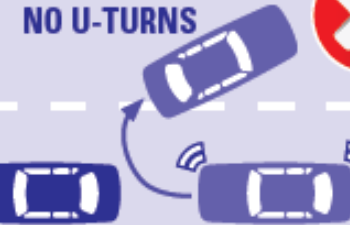



Parking and traffic rules in school zones

You need to take extra care when driving and parking in school zones. Make sure that you and your child understand the road rules. If you break the traffic rules in a school zone you are putting not only your child but other children at risk. The parking and traffic rules around our schools are there to protect your children. If you break the rules you will be fined. **Please choose safety over convenience.**

QUICK REFERENCE GUIDE TO IMPORTANT SAFETY TRAFFIC RULES				
ZONE	WHAT DOES IT MEAN?	WHY IS IT THERE?	PENALTY	DEMERIT POINTS*
	You cannot stop in a NO STOPPING zone for any reason (including queuing or waiting for a space). 	Keeps clear sight lines between drivers and children / pedestrians.	EXCEEDS \$325 	(School Zone) 2 
	You can stop in a NO PARKING zone for a max. of two minutes to drop off and pick up passengers. If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within 3 metres of your vehicle at all times and cannot leave your vehicle unattended.	Provides a safe place for children / pedestrian set down and pick up.	EXCEEDS \$180 	(School Zone) 2 
	You must not stop or park in a BUS ZONE for any reason (including queuing or waiting for a space) unless you are driving a bus. If times are shown on the sign, you are not allowed to stop during those times.	Provides a safe place for large buses to set down and pick up school children.	EXCEEDS \$325 	(School Zone) 2 
	You must not stop on or within 20 metres before a PEDESTRIAN CROSSING or 10 metres after a crossing unless there is a control sign permitting parking.	So drivers can clearly see pedestrians on the crossing.	EXCEEDS \$433 	(School Zone) 2 
	DOUBLE PARKING You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.	Double parking blocks visibility and forces other cars to go around you.	EXCEEDS \$325 	(School Zone) 2 
	You must not stop on any FOOTPATH or NATURE STRIP , or even a DRIVEWAY crossing a footpath or nature strip for any reason.	You could easily run over a child or force pedestrians onto the road to get around you.	EXCEEDS \$180 	(School Zone) 2 

Please note: The above information is current as of 1 January 2017. Penalties set by NSW State Government and reviewed on 1 July each year.

Safety tips for school zones:

EXITING THE CAR 	 Make sure children use the footpath-side door when getting in and out of a car.	APPLY BRAKE 	 Make sure the park brake is applied when the vehicle is stationary.
PARKING 	 NEVER double park.	CROSSING 	 NEVER park across a pedestrian crossing.
NO U-TURNS 	 NEVER undertake a U-turn in close proximity to the school.	NO 3 POINT TURNS 	 NEVER undertake a three-point turn in close proximity to the school.

Safety tips for students:

BUCKLE UP  <p>Stay buckled up until the vehicle has stopped.</p>	STORE ITEMS  <p>Make sure your school bag and other items are in a safe position.</p>	BE READY  <p>Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seat belt.</p>	EXIT SAFELY  <p>Always get in and out of the back seat through the safety door - the rear foot path-side door.</p>
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Demerit Points:

* The **Demerit Points** Scheme is a national program that allocates penalty points (demerits) for a range of driving offences. A driver who has not committed any offences has 'zero' points. If you commit an offence that carries demerit points, the points are added to your driving record. If you incur the threshold number of demerit points within a three-year period, a licence suspension or refusal is applied. The three-year period is calculated between the dates the offences were committed. It ends on the day your most recent offence was committed.

For further information regarding demerit points please visit: rms.nsw.gov.au/roads/safety-rules/demerits/

2017 CROSS COUNTRY RESULTS

	1ST	2ND	3RD	4TH	5TH	6TH
KINDY BOYS	Tahj K	Sam L	Ben C	Tacean P	Rocco D	Ethan F
KINDY GIRLS	Skye B	Ruby Mcl	Zoe P	Mia L	Sophie Y	Lucy H
YEAR 1 BOYS	Brady M	Ayden P	Kaelan J	Logan O	Noah F	Zavier A
YEAR 1 GIRLS	Maddison B	Tasha V	Ruby B	Annika S	Emma W	Acacia E
YEAR 2 BOYS	Jakob R					
YEAR 2 GIRLS	Katerina McG	Holly R	Olivia F	Grace M	Ivy U	Freya C
8/9 YEARS BOYS	Dean G	Zeke J	Alex J	Taye C	Zane D	Cameron P
8/9 YEARS GIRLS	Anna P	Ava A	Alex L	Timeka C	Jessica C	Cayleigh H
10 YEARS BOYS	Julian C	Jackson C	Joshua W	Alex McG	Ben O'C	Jayden B
10 YEARS GIRLS	Annabelle H	Isabella J	Grace B	Charlotte S	Isabella C	Leela S
11 YEARS BOYS	Jake Da S	Liam C	Jensen G	Charlie L	Maximus V	Lincoln V
11 YEARS GIRLS	Laura R	Alicia S	Rachel D	Kiana L	India H	Pearl M
12 YEARS BOYS	Saxon W	Cooper G	Danny C	Jasper M	Ben P	Ben Ba D
12 YEARS GIRLS	Isabella A	Brooke F	Mikayla S	Lucy B	Imogen L-W	Hayley C