

31st May, 2017 Term 2 Week 6



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



Walk2School

Many thanks to all the students from Berowra Public School who joined in the Walk Safely to School Day on Friday, 19th May. Hornsby MP Matt Kean and Hornsby Councillor Nathan Tilbury joined our walk. Around 30 students took part in the walk to school through Berowra.

This was a great event for both Berowra Public School and Berowra Christian School. It is great to be part of a community where schools can join together for the safety of our children.

Primary school aged children, parents and carers can access road safety information for young children at the safety town website www.safetytown.com.au.

No Hats in June/July

'The Cancer Council's regional manager Shayne Connell says if the UV rating is below three it is safe for schools to relax the requirement for students to wear hats, so they can maintain adequate Vitamin D levels.

Mr Connell says it is all about striking a balance, but schools have been slow to respond.

"We know that a couple of schools have seen the Cancer Council's position and are communicating to the students," he said.

"We really want to make sure that we keep the message clear that people need to protect themselves from the sun throughout the year, but people are becoming more aware of the impact and so is the Cancer Council of vitamin D deficiencies.

"So during winter, particularly for people who spend a lot of time indoors, there are things people can do to make sure they get enough of that exposure."

Mr Connell says it is quite safe for students to take their hats off over June and July.'

With this in mind we have decided that wearing hats in June and July is optional and we won't be enforcing the wearing of hats.

Congratulations

- Jensen G (5/6E) 10yrs 50m Freestyle Club Record; 10yrs 50m Backstroke Club Record; 10yrs 50m
 Breaststroke Club Record; 10yrs 50m Butterfly Club Record; Intermediate 100m Freestyle Club Record;
 Junior Boys 200m Individual Medley Club Record; 10yr Age Champion Berowra RSL Swim Club
- Callum L (2P) 7yrs 50m Backstroke Club Record; 7 yrs Age Champion Berowra RSL Swim Club
- Cooper G (5/6S) 12yrs Age Champion Berowra RSL Swim Club
- Fiona T (5/6K) selected for NSW Junior State Music Camp and Arts Alive Combined Choir tour to Dubbo later this year.
- Imogen L-W(5/6E), Mikayla S (5/6E), Josephine O (5/6S), Brooke F (5/6S) selected into the Hornsby Zone Football Team
- Josephine O − 5/6S selected into the Hornsby-Kuring-gai Zone Football Team.

School Issues

Many times I become aware of 'rumours' that tend to 'go around' the school community. Unfortunately, we never 'let the truth get in the way of a good story' and as such the rumour tends to be more exciting than the actual truth. Thankfully there are parents out in our community who are very proactive and let me know what is happening and I am able to agree or disagree with the story.

Please if you have a concern or issue about something that you have heard either from your child or another helpful parent please contact me. Children sometimes get very emotional and 'wrapped up' in what has happened that they muddle the events. This is human nature and is why as teachers we sometimes spend a huge time ensuring that we 'get to the bottom' of what really happened!

Many years ago I heard a wonderful saying:

"If you don't believe 100% of what your child says happens at school, we will not believe 100% of what your child says happens at home!" – but please always check with school if you are concerned about what your child reports happened at school.

Semester One Reports

Half yearly reports will be sent home on Friday 23rd June. These reports have been reformatted to comply with the Australian Curriculum and are consistent across our Community of Schools.

If your child achieves an 'expected' then they are **achieving exactly** where they should be for their year. This is the level the curriculum 'expects' students to achieve.

If you have any concerns please contact your child's teacher for an appointment.

Term Fees

Unpaid fees for Term 2 are now due. These fees include excursions which are organised to enrich the school learning programs. Accounts for unpaid fees have been sent to parents and caregivers. Please contact the principal if you are experiencing financial difficulty in meeting these accounts. Arrangements can be made but it is difficult to help if communication regarding payment is not made.

Please also be aware that if you choose for your child to be part of an elective sport team or group, payment needs to be made otherwise children will have to be omitted from the team/groups.

School Uniform

I am very impressed to see nearly every child, nearly every day, in complete school uniform. Unfortunately, it is not the same on Fridays with the sports uniform. Please remember – leggings are not part of the school uniform or sports uniform. Also short shorts are not part of the sports uniform for either boys or girls. Please also ensure that if, for some reason, you feel your child needs to wear skins under their shorts that they are black and not another colour!

Resilience and our children

"Life is not about what happens to us but what we do about it"

As much as we would like to defend our kids from the difficulties in life, from experiencing crisis, change or loss, we cannot! However, we can give our kids the tools to recover from difficult times when those hit.

For kids, changing seats in the classroom, a friend saying, "I'm not your friend anymore", or not being invited to play during a break can be "the end of the world". Still, the way kids (and adults) deal with these difficulties is what sets kids apart.

Resilience is part of our emotional intelligence. When faced with a problem, resilient people focus on finding a solution rather than getting depressed and feeling like victims. Resilience is another name to emotional strength.

As parents (and teachers), our role is to help our kids respond positively and with strength.

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings us, but by the attitude to what we bring to life.

A positive attitude causes a chain reaction of positive thoughts, events and outcomes.



Principal



To everyone at BPS

I would like to thank everybody for their support with my swimming.

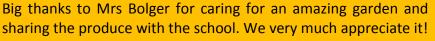
Thank you to all the students who wore mufti last Tuesday. The amount raised was \$480. My friends and I sold more than 150 raffle tickets. In total BPS helped me raise over \$800 which brings me closer to the Pacific School Games.

I am training five times a week. It makes it easier getting up at 4.30am knowing I have my school, friends and family behind me.

Thank you all

From Jensen

Year one had the opportunity to taste some of the delicious oranges from the school's orange tree. All of the children said they were "amazing!", "yummy", "super orangey" and "this is the best day of my life".













INTERSCHOOL SPORT

Friday 2nd June

Games start by 12:45

PSSA Football and Netball

v Wideview

at

Berowra Oval Wideview School •••••

Football Netball

•••••

v Wahroonga at

Berowra Oval Berowra School

PSSA AFL always at Foxylove Oval

<u>CANTEEN NEWS</u> - Please find the winter menu attached to The Crest. There are a few new items like Homemade bolognaise pasta and Homemade chicken noodle soup & garlic bread. Don't forget all the other yummy food to keep you warm this winter like jaffles, burgers, nuggets, pies, nachos and macaroni cheese.



Well done to our Zone Cross Country team. All teams performed admirably well, but congratulations to the 8/9 year boys' team who finished as age champions.

A special mention must go to Anna P, Dean G, Zeke J, Jackson C and Julian C who will all compete at the Area Cross Country competition next week.

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

The School Photographer group photos can now be ordered.

Please find below, a list of all the sports/special photographs. These can be viewed both online at www.theschoolphotographer.com.au and at the school.

School Online Code: 17S666EL38B



If you wish to order please either;

- collect an order envelope, fill out/enclose payment and return to school.
- visit our website and order/pay online.

The photo prices are:

\$16.00 each, 2 for \$30.00, 3 for \$42.00, 4 for \$52.00 or 5 for \$60.00.

Any additional photographs are \$10.00 each. This discount is only available per family order.

Payment options – Cash or Money Order payments enclosed in the order envelope.

ONLINE Payment by credit card – Envelope NOT required

The photos will be available to view and purchase online

All Orders to be made by 12Th June 2017

Please note if payments are not received before photos are sent to the school, a late fee of \$5 will be incurred

Name of Group	Name of Group	
House Captains	Year 6 FUN	
Year 6	Student Parliament	
Student Leaders		









Upcoming Events					
JUNE					
Fri 2	Voices for Reconciliation performance - Year 2 BPS Disco				
Mon 5	K-2 Responsible Pet program				
Tues 6	Florimo Cup Tournament				
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 at Foxglove Oval				
Wed 21	P&C meeting 7.30pm in staffroom				
Mon 26	Dance Festival rehearsal & evening performance				
Tues 27	School Support Group meeting 9.30am				
Wed 28	Festival of Instrumental Music rehearsal Dance Festival matinee & afternoon performance				
Thurs 29	Arts Alive Choir rehearsal at North 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 Student Parliament mufti day				
28-30	Stage 3 Canberra excursion				
Tues 29	Fathers Day stall				
SEPTEME	BER				
Fri 1	Fathers Day breakfast				
Mon 4	Music Festival matinee & evening performance				
Tues 5	Festival of Instrumental Music Opera House perf.				
18-20	Year 4 Broken Bay camp				
Fri 22	Last day of term 3				

KB	William C, Seren D, Jordan D, Thomas D, Darwyn F, Lachie M, Erin P, Zoe P, Riley U, Chloe W, Hayden W, Sophie Y			
KR	Oliver B, Rosabella B, Rocco D, Tristan E, Gia M, Evelyn N, Aurelia R			
KY	Beau D, Lucy H, Ewan H, Alaura L			
1D	Ella A, Bella B, Freya N, Chloe S			
18	Eric M, Jack M, Tasha V, Summer W			
1T	Xavier A, Atoosa A, Lauren B, Oliver H			
2C	Rayirth A, Owen M, Luca P, Peter W			
3A	Taye C, Tatiana R, Jade V			
3R	Harvey B, Harrison B, Hannah C, Caleb F, Hannah H, Lucy H, Keirali H, Finn M			
3/4P	Matthew A, Fynn K, Annabelle W			
4C	Samuel F, Gabriel F, Dean G, Annabelle H, Eric H, Aimee H, Zeke J, Emily P, Kate W			
4P	Harrison B, Kiara B, Jackson C, Chloe C, Elisa D, Tyler G, Araliya K, Jarvis L, Harry M, Benjamin O, Joshua W			
5/6B	Parisa G, Caitlin J, Allisha M, Pearl M, Anna O, Danielle P, Evie P, Leela S, Haylee S, Daniel V, Zoe V, Megan W, Monique W			
5/6K	Madeleine B, Rachel D, Millie T			
5/6S	Freyja C, Jake D, Cooper G, Elisa O, Mac T			

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.

Hornsby Child and Youth Mental Health Service (CYMHS)



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 <u>must</u> 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 <u>do not give medication to children to self administer</u> 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 <u>only</u> be sent to school on these days in a <u>signed payment</u> 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 <u>please include these in separate envelopes and with separate payment</u>. 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





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.

<u>You'll</u> 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 Cooordinator, Jess, on jess@farrownorris.com or 0478 221155 to find out more.

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





ANGLICARE WINTER PANTRY DRIVE 11 JUNE – 16 JULY, 2017

We're collecting items that will be passed onto Anglicare who will distribute them to those in need.

We're hoping for donations of:

- canned food (salmon, tuna, corn, chunky soups)
- pasta & pasta sauces
- cereal
- long life milk
- toothpaste & toothbrushes
- Soaps & deodorants
- Women & baby needs

St Marks Anglican Church 18 Berowra Waters Road Berowra

A donation box is in the foyer of Berowra Public School. Just leave your donations here and St Marks will collect them.





Carers Support Group

If you care for a relative or friend join us to access information and support

Speaker: Mary Ryder Hornsby Library

Topic: "Libraries Are More Than Just Books"

Facilitator: Barbara Lewis / Mary Di Mattina

Carer Support Service Northern Sydney Local Health District (NSLHD) Ph: 9998 6185

10.30am Wednesday 14 June 2017

Berowra Community Health Centre 123 Berowra Waters Rd, Berowra Heights

COST: Free.

Morning tea will be provided RSVP: 9456 3344

Next Meeting Date: Wednesday 12 July 2017

Northern Sydney Carer Support Service

THANKS TO OUR SPONSORS



Berowra & District

Community Bank® Branch











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



PEOPLE FIT

SINCE 2011!

Contact Tracey: 0421 319 135 M4LFitness@gmail.com

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.

LEARN TO SWIM

IN THE JULY SCHOOL HOLIDAYS!

TOASTIE WARM FOR WINTER!



INDOOR HEATED POOL

LESSONS FOR PRIMARY AGED CHILDREN, PRESCHOOLERS AND BABIES

Intensive Holiday Program
5 Day Course – Mon 3 to Fri 7 July
TERM 3 STARTS MON 17 JULY 2017

TURRAMURRA LEARN TO SWIM
PHONE 9489 4771
48 TENNYSON AVE, TURRAMURRA
turramurralearntoswim.com.au

BOOK NOW FOR HOLIDAYS and TERM 3

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.

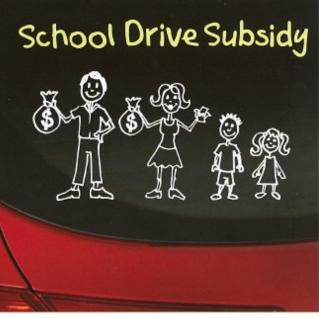
This applies to the whole family across our fantastic range of school, sports, work and casual shoes.

Ask one of our friendly staff in store for more details.



SCHOOL REWARDS PROGRAM

LOWER GROUND FLOOR WESTFIELD SHOPPINGTOWN



If you ive 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**.





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 <u>must be left at the school office</u> before school and collected at the end of the school day.

Berowra Public School Canteen

Winter Menu 2017

Open Wednesday, Thursday and Friday

You can order at www.flexischools.com.au or at the canteen

Like us on Facebook BPScanteennews

Check our 'Specials' board or facebook page for daily specials						
Sushi Wednesday ONLY Tuna, Chicken Teriyaki, Avocado or Cucumber –						
	All \$3.50 ea	// 4/				
Morning Tea		Toasted Jaffles Wholemeal brea	d			
		Gluten Free extra \$1.00				
Bread sticks	\$0.10	Cheese	\$2.50			
Frozen seasonal fruit	\$0.30	Cheese and Ham	\$3.50			
Garlic Bread	\$0.80	Cheese and Pineapple	\$3.50			
Fun Buns	\$1.50	Ham, Cheese and Pineapple	\$4.00			
Small Jelly cups (max 3)	\$0.30	Ham, Cheese and Tomato	\$4.00			
Pizza Muffin	\$0.80	Tuna	\$3.50			
Freshly baked treat		Tuna and Cheese	\$4.00			
(eg biscuit, muffin)	\$0.80	Baked Beans and Cheese	\$3.50			
		Spaghetti and Cheese	\$3.50			
Drinks		Sandwiches Wholemeal bread				
Iced Tea –Peach, Blackcurrant	\$2.00	Gluten Free extra \$1.00				
(<u>no</u> preservatives, colours, added sugar, caffe		Wraps extra \$0.50				
LOL – Tropikal, Blackcurrant or Razzbri	\$2.50	Vegemite	\$2.00			
Popper – Apple or Apple Blackcurrant	\$1.00	Cheese	\$2.00			
Flavoured Milk low fat – Plain, Chocolate or	\$1.50	Ham	\$3.00			
Strawberry 300ml	£4.00	Chicken	\$3.00			
Water	\$1.00	Tuna	\$3.00			
Slushie (varieties) 99% fruit, no added sugar	\$1.50	Salad – lettuce, tomato, cucumber and				
China		beetroot	\$3.00			
Chips	£4.50	Egg	\$3.00			
Red Rock – Honey Soy or Plain JJ's	\$1.50 \$1.50	Extras – lettuce, cheese, tomato	¢o co			
Jumpies – Chicken or Plain	\$1.00	grated carrot, beetroot \$0.50 Salad Bowl				
Jumples - Chicken of Flain	\$1.00	-tomatoes, carrot & cucumber sticks	\$2.00			
F						
Frozen	£1.00	Add pineapple pieces or corn nibletts ext	_			
Lemonade Twist	\$1.00	Add ham, chicken or cheese ext	ra \$1.00			
Frozen seasonal fruit \$0.30		Unt Cond				
Zingers \$0.50 Hot Food			£4.00			
Smoozie – Coconut & Mango, Coconut & Guava		Chicken Burger – lettuce, mayo \$4.00				
Twisted frozen yogurt cup Vanilla and chocolate or	\$2.00	Beef Burger – cheese, sauce The lot–tomato,cucumber,beetroot ext	\$4.00 ra \$1.00			
Vanilla and strawberry		Nuggets (4)	\$3.00			
Raspberry coconut		Nuggets (4) Nuggets (4) Gluten Free	\$3.00			
Shakey Shake Chocolate cup	\$2.00	Snack Pie 85g	\$2.00			
,		Travellers Pie 160g	\$3.50			
		Nachos - Vegetable	\$2.50			
		Beef Seef	\$3.00			
		Sour Cream extr	a \$1.00			
If you have any questions or comments or	would	Homemade Mac Cheese	\$3.00			
like to volunteer,		Homemade Bolognaise Pasta	\$3.00			
please call the canteen on 9456 1319 on		Chicken snack wrap –				
Wednesday, Thursday or Friday.		chicken pattie sliced with				
	lettuce & mayo on a tortilla \$3.00					
		Homemade Chicken Noodle soup& garlic bre	ad \$2.50			
		\$0.80				
		Tomato/BBQ/Chilli Sauce	\$0.30			



Nutrition Snippet

The simplest way

...to swap out sugary lunch box snacks.

Did you know that out of more than 260 kids' packaged snacks available on the market only three scored a top rating of five health stars?*



With plugs like 'real fruit,' and 'no artificial colours or flavours' you could unknowingly be serving six or more teaspoons of sugar in one lunch box snack.

Swap the lunch box sugar with some of these healthy snacks that are tasty and easy to make:

- Vegie sticks with hummus or avocado dip.
- Homemade muesli bars and muffins.
- · Plain popcorn, nuts or roasted chickpeas.
- Plain rice crackers.
- Baked pita bread with roast veg dip.
- Stewed apple with cinnamon and sultanas.

For more snack ideas visit: eatitto beatit.com.au. *Miranda Herron. 2016. Kids' lunchbox snacks. CHOICE Available at: https://www.choice.com.au. [Accessed April 2017]

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





Nutrition Snippet

The simplest way

... to eat all the colours of a rainbow.

If you have fussy eaters in your family, try these presentation tips to get them eating and enjoying more fruit and veg.



Offering a range of fruit and veg in different colours will

help make meals more attractive and provide a variety of nutrients.

Kids will get excited about eating a rainbow and can even help arrange the colours on their plate.

Other simple presentation strategies include:

- Chop fruit and veg into smaller pieces.
- Offer raw sticks of carrot, capsicum, celery or cucumber with dip.
- · Give small portions.
- Add fruit at breakfast.
- Add salad veg to a sandwich or wrap.

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







Health Promotion Day



Blood Donor Day



<u>Date</u>: 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.**

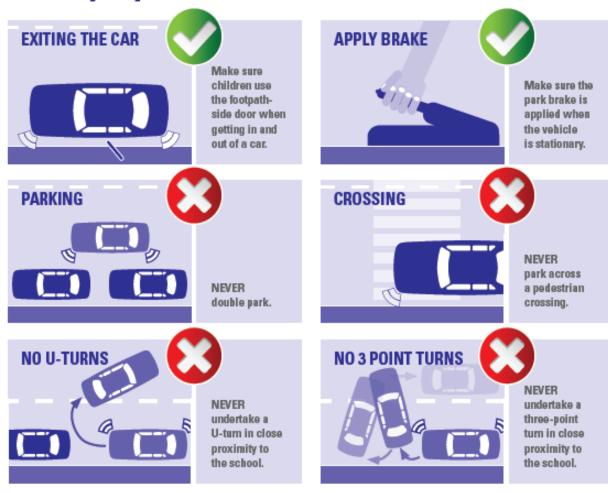
QUICK REFERENCE GUIDE TO IMPORTANT SAFETY TRAFFIC RULES							
ZONE	WHAT DOES IT MEAN?	WHY IS IT THERE?	PENALTY	DEMERIT POINTS*			
NO STOPPING	You cannot stop in a NO STOPPING zone for any reason (including queuing or waiting for a space).	Keeps clear sight lines between drivers and children / pedestrians.	\$325	(School Zone)			
	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.	\$180	(School Zone)			
BUS ZONE	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.	\$325	(School Zone)			
	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.	\$433	(School Zone)			
X	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.	\$325	(School Zone)			
X 45	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.	\$180	(School Zone)			

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:



Safety tips for students:



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/