



9<sup>th</sup> August, 2017  
Term 3 Week 4



# The Crest

*Self*

*Respect  
Others*

*Community*



**Berowra**  
Public School

Phone 9456 1319  
Website [www.berowra-p.schools.nsw.edu.au](http://www.berowra-p.schools.nsw.edu.au)  
Email [berowra-p.school@det.nsw.edu.au](mailto:berowra-p.school@det.nsw.edu.au)



## Drama Festival

Congratulations to both our Drama Groups – they were spectacular at NIDA. Their performance on stage and their behaviour were outstanding. Thank you Mrs Smith and Miss Lloyd for your dedication to this wonderful experience and for sharing your creativity and talents with our children. Once again I was very proud to be part of Berowra Public School.



## Open Day

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

The extra effort and commitment from all at Berowra resulted in the wonderful events on Tuesday 1<sup>st</sup> August. Thank you to teachers, parents and students for making Education Open Day a true celebration of success and enrichment. The concert was amazing; so much creativity and richness in all the performances. Thank you to our dedicated staff, all of whom worked tirelessly, during the first two weeks of term, ensuring all children shone. Thank you to Mrs Withford for leading and organising this amazing event!

## External Validation

Once every five years each school undergoes an external validation of the evidence of the school's assessment of progress by an independent panel comprising of two principals from other schools.

Berowra was 'lucky enough' to be selected this year.

Our teachers have worked tirelessly to produce our 'Validation Booklet'. This submission includes annotated evidence of our 'excellence'.

Thursday, 17<sup>th</sup> August is our day that the independent panel will meet with our Validation Committee. This panel will discuss our submission and then they will prepare a report to indicate whether the evidence we have provided supports the judgements we have made. We should receive this report two weeks after their visit. I will let you know how we go! I will also table our booklet at the P&C Meeting next Wednesday.

## Bullying

There have been a few incidents in the school lately of children being continually unkind to other children. This is bullying!

Bullying **repeated** verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Berowra PS is committed to creating a safe and caring environment in which all students can achieve success, socially as well as academically. We do not tolerate bullying or harassment. Any bullying incident which comes to our attention is dealt with immediately and according to our anti-bullying policy.

Unfortunately children are not telling anyone that this is happening. We regularly remind students to report any incidents and we encourage parents to contact the school as soon as they become aware of any bullying incident.

**Early intervention is often the key to a successful resolution.**

# ENROL NOW FOR KINDERGARTEN 2018

Enrolments for Kindergarten are well underway.

If your child or you know of a child ready to start school next year make sure they are enrolled.

Beginners Group starts week 2 next term and Kindergarten Orientation Day is on Thursday 23<sup>rd</sup> November.

For more information contact the school office on 9456 1319.



## Uniform

Please ensure your child/ren is wearing the correct uniform to school. I have noticed many children wearing black vans or sneakers to school. These are not part of the school uniform and are unsafe to run around the playground in. This type of footwear does not give any support to their ankles and we have had many twisted ankles due to children wearing these shoes. Please ensure your child is wearing correct footwear to school.

As your child's hair grows it needs to be **tied up neatly**.

## Attendance

Did you know that if your child misses as few as eight days in a school term, by the end of primary school they will have missed a whole year of education?

By law, you are required to send your child to school every day. If your child has to be away from school for any reason, please send a signed note explaining the reason for the absence, as soon as possible. You do not need to call the school every day. If your child arrives at school late, or needs to leave early, you will need to go to the office to sign your child in or out.

If you're having problems getting your child to attend school regularly and on time, please talk to your child's teacher or principal.

*Di Bower*

**Principal**

**Drama News** - On Thursday evening 27th July our Junior and Senior Drama Groups travelled by bus to perform at NIDA in Kensington. It was a wonderful evening of dramatic entertainment from 16 primary and high schools. Our performers did us proud! There was great excitement back stage as they waited in anticipation for their turn "to shine". For children so young to perform in front of an audience of nearly 300 people is a great experience and they rose admirably to the occasion. They are all growing in dramatic ability, self confidence, self esteem, co-operation, speech and voice clarity and projection and overall just having FUN!

Thank you parents and family for supporting drama in our school and for all your encouragement of us and the children.

We will now begin rehearsals for new plays for our MADD (Music, Dance and Drama) concert on Monday evening 23rd October.

Dramatically yours

Jennie Smith and Brittani Lloyd



Senior and Junior Drama Groups  
in action



## Breakfast Club update

Breakfast Club runs from 8.50-9.10am every morning in the foyer. We have lots of thank yous to make! First to Mrs Grenfell of Wise Monkey Café for her generous donation of honey and muffins. Also to all the other parents who regularly donate bread and spreads. Thirdly to Baker's Delight for their continued support through bread donations. A big last thank you to Saxon W and Lincoln V for painting our breakfast Club workbench over the school holiday. It looks fantastic!

Rebecca Walton  
Breakfast Club coordinator

## Library News - Book Fair

A huge THANK YOU to all the parents, grandparents and friends who so generously supported our Book Fair this year. Our school receives a 20% commission on all sales, plus about 10 free books for having the Fair. As we sold about \$3,850 worth of books we will soon have over \$700 to spend on resources for the library and classrooms. Thank you one and all, it was a tremendous effort! Special thank you to our helpers on the day, we could not do it without you!

More thanks are needed for the wonderful, generous response we had to our "Donations to the Library" table. We received 50 books, chosen by the children and families. These books will have your child's name printed on a book plate in the front of the book and your child will be the first to borrow it. Before that happens though, the books will have to be accessioned and covered so please be patient. Your children will receive their books as soon as possible.

Our library is gradually being updated to include more flexible seating and spaces for the children to relax, explore, use technology, to create, read and be inspired. Parents are welcome to visit the library, see your children's creative efforts and view our "work in progress".

## Book Week : Escape to Everywhere

We will celebrate Book Week during 21st to 25th August. The theme this year is 'Escape to Everywhere'. During Library lessons we will be reading books shortlisted for the book of the year awards and exploring the theme in a variety of ways.

### Dress Up and Book Parade Day - Wednesday 23rd August from 11am

On this day students are asked to dress as a favourite book character or in keeping with our theme 'Escape to Everywhere' (eg Fantasy Land, overseas country, Lego land ..... the possibilities are endless).

Morning tea, where tea/coffee and cakes are available to purchase, begins at 11am.

Our Book Parade will take place in the hall after morning tea. Parents, grandparents, caregivers and friends are most welcome to come along to watch.

A sausage sizzle lunch will be available to purchase after the parade at approx. 1.00pm. \$3.00 each, no need to pre-order, just come with correct money please.

After lunch children will then be formed into mixed groups for the must loved Trivia Competition. What a fun filled day! The Children's Book Council of Australia (CBCA) is the organisation responsible for running Book Week each year. The winners from the five categories receive Book of the Year awards. It is well worth having a look at the CBCA website to see what has been shortlisted this year at [www.cbca.org.au](http://www.cbca.org.au).

Jennie Smith  
Librarian

## Class Awards Week 2 and 3 term3

<b>KY</b>	Beau D, Alaura L
<b>1D</b>	Kaelan J, Gabi W
<b>1S</b>	Tasha V, Eric M, Jack Mc
<b>1T</b>	Ruby N, Xavier A, Ruby P, Luke V, Minh TT Oliver H, Atoosa A, Sophia D
<b>2C</b>	Cristiano D, Lara S, Anouk D, Harry C
<b>3A</b>	Marcus Z, Tanya P, Amelie P
<b>4P</b>	Kiara B, Emily C, Tyler G
<b>5/6B</b>	Megan W, Jensen G, Daniel L
<b>5/6K</b>	Bradley P, Emalee P, Mischa M

It has come to our attention that some parents are not using the 'Drop-off / Pick-up Zones' correctly. This zone is a "No Parking" zone meaning if you leave your car or even park for more than 2 minutes, the council rangers can fine you. The drop off / pick up zone is designed with child safety in mind, not for the convenience of parents. Parking is available further down Hillcrest Rd, in Balaclava Rd, Rosslyn St, High St and Berowra Waters Rd.

# KISS AND RIDE ZONES

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

**Kiss and Ride rules**

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

**KISS & RIDE**

**PICK UP / DROP OFF AREA**  
 8.00AM-9.30PM  
 2.30PM-4.00PM  
 SCHOOL DAYS

**KISS & RIDE**

**PICK UP / DROP OFF AREA**  
 8.00AM-9.30PM  
 2.30PM-4.00PM  
 SCHOOL DAYS

**Remember:**

- **Do not leave your vehicle**

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

- **Child Safety**

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

- **No U-Turns**

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

- **Don't cut the queue**

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

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

## 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.



## THANK YOU

Thank you to everyone who has paid for their children's classroom resources (student pack) as well as the voluntary school contribution.

Every student received a student pack which could consist of things such as :- Mathletic, Spellodrome and Reading Egg licences, exercise books, scrap books, school magazine or show me student whiteboards and markers. Every school year is different.

These resources are used in the classroom every day by your children and we appreciate your help.

If you are unsure if you have paid for the student pack or school contribution, or any of the extra curricular or excursions please contact the school office.

## Upcoming Events

### AUGUST

Mon 14	Kindy Teddy Bears Picnic excursion
Tues 15	UNSW Maths Student Parliament mufti day
21-25	Book Week
Tues 22	Fathers Day stall Choir rehearsal at Waitara PS
Fri 25	Zone Athletics Carnival
28-30	Stage 3 Canberra excursion

### SEPTEMBER

Fri 1	Fathers Day breakfast BPS Disco
Mon 4	Music Festival matinee performance, Hornsby RSL
Tues 5	Festival of Instrumental Music Opera House perf.
Wed 6	Music Festival evening performance
Thurs 7	End of term dance performance
Mon 11	Area Athletics Carnival
Tues 12	State Dance Festival at Seymour Centre
Fri 15	Musica concert at Berowra Community Centre
18-20	Year 4 Broken Bay camp
Fri 22	Last day of term 3

### OCTOBER

Mon 9	Staff and students return for term 4 School Spectacular rehearsal at Homebush
Fri 13	Kindergarten commence gymnastics on Fridays
16-18	Year 3 Gibberagong Camp
Sat 21	Family Portrait
Mon 23	MaDD Night performance-Music Dance and Drama
Tues 24	Student Parliament Mufti Day
Thurs 26	School Spectacular rehearsal
Fri 27	BPS Disco

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

**[www.berowra-p.schools.nsw.edu.au](http://www.berowra-p.schools.nsw.edu.au)**

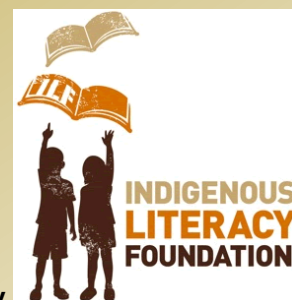
**Click on the Newsletter tab.**

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

Our school is holding a

# GREAT STORY SWAP

For the Indigenous Literacy Foundation!



In conjunction with the 'Book Parade' day in week 6, our school is holding a **Great Story Swap** on **Wednesday 23<sup>rd</sup> August 2017** to support the Indigenous Literacy Foundation (ILF).

The ILF will use these funds to provide books, literacy resources and community programs to children and families in remote Indigenous communities across Australia. Over the past few years, with the support of many schools, they have sent more than 200,000 new books to over 250 remote communities nationally.

To take part we are encouraging children to tell a story in class about the character that they are dressed as on the book parade day. They can also bring along the book to encourage other children to go out and read it. Teachers will allocate time throughout the day so that the children can 'swap stories' about the book their character is from and share these with their class. Children can also share other stories from other books they have read if need be.

Please support us and the ILF by bringing in a **gold coin donation** on **Wednesday 23<sup>rd</sup> August** to raise funds for this fantastic cause.

We appreciate your support.

Di Bower  
Principal

## ***INTERSCHOOL SPORT***

### **Semi Final PSSA Junior Football**

**Friday 11th August**

**games starts at 1.20pm**

**at**

**Montview Oval  
Field 9**

.....

**Parent transport arranged**

### **PSSA AFL**

**always at**

**Foxglove Oval at 12.30pm**



## 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, not plastic bags. 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



# Canteen Volunteers urgently needed

Any amount of time on a Wednesday, Thursday or Friday that you can spare would be greatly appreciated. Lunch provided.

Call Teresa on 0402 855 941, see her in the canteen any Wednesday, Thursday or Friday between 9.00am - 2.30pm or leave your details at the office.

*The children love seeing mum, dad, grandma or nana helping out at the canteen.*

## Berowra Beginners Group for Kindergarten 2018

Berowra Beginners Group is for those children who will be attending Kindergarten at this school next year. This has proven to be a most beneficial orientation program to the school.

Session will be one morning a week for three weeks between 16th October until 3rd November 2017. Your child has a choice of attending Monday, Tuesday or Thursday. The sessions start at 9.30am and finish at 11.10am.

Please complete the below form and return to the school office by Friday 18th August. Cost is \$45.00.

Kindergarten Orientation Day is Thursday 23rd November 2017 from 10.00am to 11.15am.



## BEROWRA PUBLIC SCHOOL Berowra Beginners Kindergarten 2018

Child's name: .....

Carer's name: .....

Phone no: Home..... Mobile.....

Please nominate first and second preferences by circling and writing 1 and 2 next to your preferred days and return to the school office.

Monday

Tuesday

Thursday

# MindQuest 2017

## Glenwood High School

Cnr Forman Ave & Glenwood Park Dr  
Glenwood 2768

**Saturday 9th & Sunday 10th September 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  
or call Shelagh 02 4232 2494

**Closing Date Friday 14th August 2017**

**Hornsby Child and Youth  
Mental Health Service  
(CYMHS)**



**Health**  
Northern Sydney  
Local Health District

## **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.

# The simplest way

...to pack a lunch box.

With the kids back to school for Term 3, here are a few tips to make packing and eating lunches easy for you and your child.



- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, so you can streamline packing.
- If you get food coming home uneaten, ask your child why, as there might be a simple reason, like it's getting soggy in the lunch box, it takes too long to eat or you are packing a little too much for them.
- Remember to include a fork or spoon when needed.
- Prevent soggy sandwiches – pack fillings such as tomato and cucumber slices separately to be added to bread at lunch time, or pat slices dry with paper towel at home before adding to a sandwich.
- For small appetites or younger children, packing smaller serves can help; like cutting sandwiches into quarters and chopping up fruit.
- Open tinned food like corn, baked beans and tuna at home and send in the lunchbox in a plastic container. Tins can be hard to open at school and are sharp on little fingers.

For more information visit

[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



# GIVING BLOOD FEELS GOOD

Every donation can save three lives.

## Mobile Blood Service visiting: Berowra Community Centre

The Gully Road, Berowra

Monday 7 August	1:30pm – 6:30pm
Tuesday 8 August	1:30pm – 6:30pm
Wednesday 9 August	1:30pm – 6:30pm

**Drink up!** Have 3 or 4 glasses of water or juice in the hours before you donate

**Eat!** Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call 13 14 95  
or visit [donateblood.com.au](http://donateblood.com.au)



# The simplest way

...to help fussy eaters.

Fussy eating is very common and often very stressful for the whole family. While there is no magic solution, perseverance, involvement, presentation and disguise are four effective strategies that can help address this behaviour.



Other tips include:

- Offer new foods at times when children are hungry.
- Encourage kids to try new foods but do not force them to eat. "Parents provide, children decide" is a good rule of thumb to use.
- Let kids help out with food preparation.
- Be a good role model.
- Praise your child for trying new foods: sometimes kids refuse foods to get attention.
- Add "hidden" vegies to recipes such as spaghetti bolognese, soups, casseroles and home-made burgers.
- Cook vegies lightly and use a variety of types so they have different flavours and colours.
- It will take several attempts (10 – 15 times) so do not give up after the first time.

For more information visit

[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## 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



# Children's Book Week 2017

**FREE** Children's Book Week Performance

Come and celebrate the Children's Book Week with the fun and engaging musical **SUPER DUPER!**

This is a fabulous gateway into accessing the best in children's literature; celebrate the CBCA shortlist books and the 2017 theme *Escape to Everywhere*.

**SUPER DUPER!** is an educational musical exploring themes of striving to be your best, inclusiveness and appreciating every person's potential. **SUPER DUPER!** will get children involved in the story, as decisions made by the audience during the show will help determine the outcome!

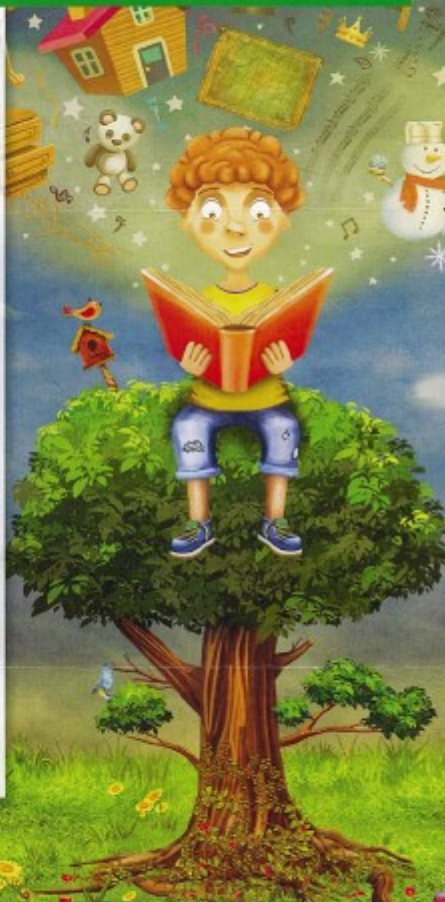
**Children 7 and under must be accompanied by an adult.**

**When:** Thursday 24 August  
5.30pm

**Where:** Hornsby Central Library  
28-44 George St, HORNSBY  
Entry via Hunter Lane

**Cost:** Free

**Bookings:** No bookings required



For more information  
about your local library visit  
[hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)



## INDOOR HEATED POOL

SWIMMING LESSONS  
AQUA AEROBICS

WATER BABIES, PRESCHOOL  
& PRIMARY TO ADULT

SCHOOL TERMS & HOLIDAYS

St Edmunds School  
60 Burns Rd  
Wahroonga

Ph: 0433 16 33 78  
Em: [admin@ffss.com.au](mailto:admin@ffss.com.au)



[www.ffss.com.au](http://www.ffss.com.au)

# FREE OPEN CLASS

## Wednesday 6pm @ AIS Mt Kuring-gai

Please make an enquiry to Instructor  
Yang 0433 822 752

- Bronze Medalist - 2nd World Poomsae Championship
- Kukkiwon 6th Dan
- 10th World Championship National Coach 2016
- National Poomsae Officiating Committee Secretary 2017



New members  
can try free for  
2 weeks

## BEROWRA RSL

SUB-BRANCH YOUTH

SWIMMING CLUB

We swim on  
Sundays at  
Hornsby Pool

# 2017/18 REGISTRATION DAY

**BEROWRA VILLAGE SHOPPING CENTRE (OUTSIDE BAMBINOS TOO)**  
Saturday 16<sup>th</sup> September 2017, 10am – 2pm

We welcome all swimming levels. Swimmers are grouped according to ability with handicapping used to promote close racing.

There is also an opportunity to compete at Zone and State levels.

AGES FROM 4 to 24

[www.berowrarslswimclub.org](http://www.berowrarslswimclub.org) or find us on Facebook

**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](http://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.





BEROWRA CRICKET  
CLUB INC.



**Affordable, family orientated &  
community minded.**

**Junior Cricket - Boys & Girls Aged 5 - 16 (all abilities)**  
Call Tristan Jones 0411 044 828 or [bccjunorenquiries@gmail.com](mailto:bccjunorenquiries@gmail.com)

**Senior Cricket - Ages 14+ (all abilities)**  
Call Will Fiedler 0402 043 524 or [will.fiedler92@gmail.com](mailto:will.fiedler92@gmail.com)

**Online registration opens 17th July**

Connect with us:    [www.berowracricket.org](http://www.berowracricket.org)

**HORNSBY TOUCH  
PRESENTS**



**JUNIOR  
COMPETITION  
TOUCH**  
STARTS 13th SEP

**\$65**

10 WEEK COMP | SHIRT INCLUDED

**REGISTER ONLINE**

GOOGLE HORNSBY TOUCH

**REGO OPENS 12th JULY**

**DIVISIONS**  
GIRLS | 9s | 11s | 13s | 15s | 17s  
BOYS | 9s | 11s | 13s | 15s | 17s  
FAMILY DISCOUNTS

ALL GAMES  
WEDNESDAYS  
FOXGLOVE OVAL  
MT COLAH

Interested in Boys 17s? Contact us at [hornsbytouch@gmail.com](mailto:hornsbytouch@gmail.com)

## What is self esteem?

Self esteem is about feeling good and feeling worthwhile as a person. Self esteem is important for everyone. For all children self esteem develops as they manage school learning tasks, how they look, how they make friends and how they achieve in extracurricular activities. **Positive self esteem** enables children to try different things without too much fear of failing, to make new friends and to deal with problems they may encounter. If children receive encouragement and help to achieve, and they succeed, their self esteem will grow.

Children with high self esteem tend to have the following characteristics:

- They have the ability to be creative.
- They are more likely to be active in social groups.
- They are less likely to have fears, self-doubts and ambivalence.
- They are more likely to set and achieve realistic personal goals.
- They are more likely to accept differences between themselves and other people and still feel positive about themselves.

Stress at home such as parents fighting, problems at school including being bullied, not having friends or having trouble with school work, can all affect a child's self esteem.

### **Building your child's self esteem**

Here are a few things that you as a parent can do to help foster and nurture your child's self esteem:

- Start by being a good role model.
- Self esteem is contagious. The more positive parents and carers, the more positive the child's self esteem will be, so remember to look after your own self esteem.
- Be careful not to base your expectations of your child on your own unfulfilled desires.

### **Show your child how much you care about them.**

Show that you care with actions and words. Tell your child every day that you love them and give them lots of smiles, hugs, winks, etc.

Spend time together and share your child's favourite activities.

Don't compare your child with other children.

Don't ignore your child when they talk to you or try to show you something.

Use words that help to build self esteem e.g. "that was an excellent idea", "thank you for your help", etc.

Don't use criticising messages that damage self esteem e.g. you are ... lazy, untidy, a nuisance, annoying, stupid, etc.

Attend your child's school and extra curricular activities e.g. sport, Parent's Day, award ceremonies, concerts, picnics.

Praise your child for the specific behaviour that you like e.g. "You have done a great job picking up all your toys", "Thanks for setting the table when I asked".

Recognise efforts and improvements as they happen rather than waiting for the completed task.

Promote positive self talk and ask your child to talk about their accomplishments e.g. "How did you do that?", "What did you do that was different?", "How did you make that great colour?"

### **Help your child set goals that are realistic.**

Listen to your child's point of view and help them to identify their strengths and desires.

Help your child find hobbies they are interested in and enjoy e.g. sport, collecting rocks, catching bugs.

Celebrate your child's successes and achievements.

**Give your child freedom to make choices and to make mistakes.**

Allow your child to make age appropriate choices and provide the opportunity for them to experiment and learn in non threatening situations.

Discuss problems without placing blame and help your child develop problem solving skills. These skills will help them learn to manage for themselves, try again and allow them to develop further.

**Support your child with their schoolwork, it is their work.**

A good relationship between home and school is important, so talk to your child's teacher if you have concerns with your child's progress.

Break down homework tasks into smaller and easier steps if your child seeks your help.

**Encourage responsibility and cooperation.**

Provide your child with the opportunity to help with age appropriate chores around the house e.g. feeding the pet; keeping their belongings tidy, setting the table for meals.

Don't do for your child what they can do for themselves.

**Involve your child in their wider family, culture and community.**

Help your child get to know their family and their family history.

Help your child develop tolerance and acceptance towards those with different values and backgrounds.

Consider family involvement in special interest groups, church activities, sporting clubs and volunteer work.

Keep your sense of humour. Encourage your child to see the funny side of things. Laugh with them not at them.

Encourage your child to make friends. Take time to get to know your child's friends and make them feel welcome in your home.

**Helping your child choose right from wrong**

How do you raise ethically aware children? In this audio discussion, Dr Simon Longstaff from the St James Ethics Centre explains some ideas to James O'Loughlin.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>