



23rd May, 2018
Term 2 Week 4



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



Cross Country

What a great day we had on Thursday 10th May with our Cross Country Carnival. 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, 4th June.

Special thanks to Mr Griffin 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 4th May (wet weather date – 12th June), 10:45 – 2:30, Rofe 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 Mothers' Day

I hope all mums had a lovely day on Mother's Day. Children were able to shop for mum here at school the Tuesday before 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.

NAPLAN

NAPLAN testing is finished and the students and teachers of Years 3 and 5 are relieved this is over. Congratulations to all students on your work habits. I know everyone did their best and aimed for personal bests. Our children are 'so much more' than NAPLAN and I think we have to keep focussing on this. Children and parents should not be stressed out about this assessment as it is only one piece of 'evidence' about your child and their abilities.

Our children are so much more than a NAPLAN result.

Winter Uniform

Just a reminder:

Leggings are not part of the winter or sports uniform

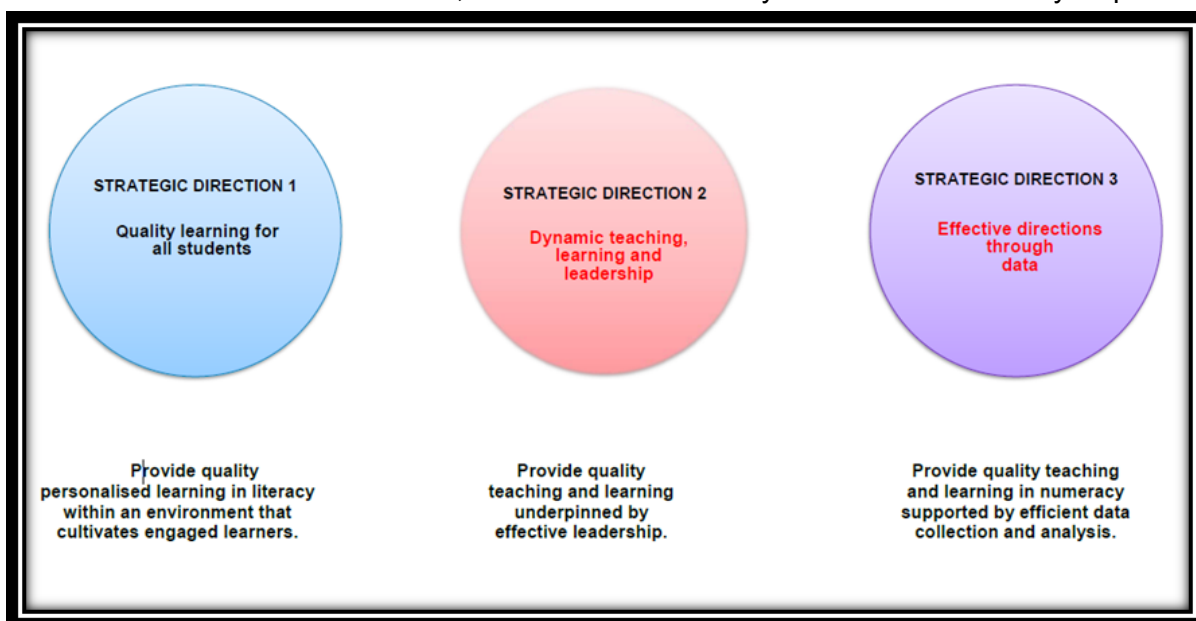
Track pants are ONLY to be worn on sport days

<u>Boys</u>	<u>Girls</u>
WINTER UNIFORM	
Purple polo or gold shirt	Purple polo
Black or grey trousers or shorts	Black skort or trousers or Grey tunic with gold shirt
Grey/white socks with shorts Black socks with long pants	White socks with skorts Black socks with long pants
Black shoes	Black shoes
Black polar fleecy jacket	Black polar fleecy jacket
OPTIONAL EXTRAS	
Black/purple scarf	Black/purple scarf

Strategic Direction 2018-2010

The development of the new strategic plan has been a consultative process, involving all staff as well as parents and students. Through this process we have identified a school vision statement, which articulates clearly what we strive to achieve at Berowra Public School.

The three directions are built around staff, student and community needs as identified by all parties.



Di Bower
Principal

Canteen News

Last week Teresa presented Mrs Bower with a cheque for \$8,000 with the money going towards robotics to support our STEM Program. Thank you to everyone for your continued support of the canteen and the great work that Teresa, our canteen supervisor and her team of volunteers do. Without you these extra funds for our school would not be possible!

The canteen is always looking for volunteers so if you have time on a Wednesday, Thursday or Friday please get in touch with Teresa.



Gardening News

Last Sunday's beautiful weather set the scene for another successful garden working bee at BPS. Thank you to all the kids who brought their parents along to help on the day and of course thank you to the parents for their investment of time and effort. The gardens at the front of the school were refurbished with new mulch and plants, donated by Hornsby Council, through the Landcare program. A big thank you to Clare Salke for liaising with the council and for organising the morning.

The vegie patch is looking productive with the baby spinach, parsley and garlic planted by 1S and 5B almost ready for harvesting. The vegetables and herbs will be used to top some pizzas as a buddy activity. Beans and peas planted by Stage 2, as part of their studies in science, are beginning to bear fruit and the garden is about to become a focus for Stage 3 who will be comparing the growth of plants in the open garden with those grown under greenhouse conditions. The Years 3-6 Friday interest groups are also active in the garden learning about composting and garden maintenance. In all the garden is becoming a hub of activity and is proving to be a valuable school resource. Pop in for a visit some time.

Marilyn Bolger and Judy Butler
On behalf of the Garden Committee

Working Bee

Last weekend a few green thumbs came out and got to work in the garden beds at the front of our school. Lots of new native plants are now in and will hopefully establish themselves over winter and are ready to sprout in Spring!



Thank you to all the families who came and helped out.

Uniform Shop News

With the transition to the new uniform happening over the next three year, you will reach a point where your family has finished with the old school uniform.

The P&C in collaboration with our local community groups, are looking into the option of sending a bulk shipment of our second hand uniforms overseas to a school who's families cannot afford to purchase such luxury items. We are still working out the logistics of this process.

In the mean time if or when your child has finished with the old style of uniform, winter and summer, we would like to ask parents not to throw them out but consider putting them aside for a future donation to this fantastic cause.

We hope this will be a valuable lesson for the children on how, as a school community, we can help others.

Bike Racks



Recently the bike racks have been moved to their final resting place. As you may have noticed BOOSH has been preparing the brick wall at the end of K Yellow's classroom for a mural with targets. Hence the move!

They are now situated at the back of the canteen. This allows for a quick entry and exit through the gate, teacher supervision in the afternoon, as well as being in easy view of the office during the day.

Whilst securing your bike is optional please remember that it is the responsibility of the bike owner for the safe storage of their bike or scooter therefore a bike chain might be a consideration.

Remember, don't ride your bike/scooter within school grounds. Please dismount at the gates.

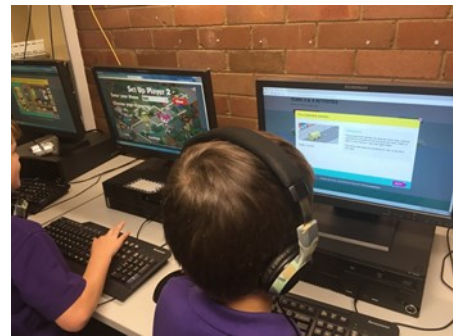


Stage 2

Stage 2 are participating in drama lessons this term. 3/4A loved their drama lessons this week where they had to create a freeze frame based on a given scenario and then one they made up. The children were very clever in their positioning and use of props! There were lots of laughs!



Stage 2 have also been learning about road safety. They have been participating in lessons in class and looking at the “Safety Town” resource online while in the computer room (www.safetytown.com.au)



3/4A and 3R also went for a walk around the outside of the school to discuss and look at safe places to cross, how to cross safely and what we should and should not do when walking near and crossing the road.



Awards



Walk Safely to School Day – Friday 18th May

Thank you to everyone who participated in Walk Safely to School Day last Friday. It was a great atmosphere and the children enjoyed learning about the road safety messages.



Remember we want to encourage the children to walk safely to school in our community EVERY day.



Support Berowra Public School and you'll be rewarded!

We are raising funds for our school and you can help. Order the NEW 2018 / 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting our school, PLUS, order now to receive over \$165 of bonus Early Bird Offers. Hurry, these sell out quickly.

"The Entertainment Book is great value for such a low price. There are a lot of savings I get back instantly. It more than outweighs the original price. There is something for everyone casual, fine dining, adventure and family. I couldn't live without it" - Susan L



BEROWRA PUBLIC SCHOOL RECIPE BOOK FUNDRAISER



Do you have a favourite family Recipe ?

Do you have that special Recipe that's always admired & loved ?

Do you have a "Famous Chef" family member/friend

that would like to contribute a Recipe to our Book ?

Are you looking for inspiration in the kitchen ?

Do you have a budding Artist ?



The "Berowra Public School Recipe Book" is for you!!

The A5 size Recipe Book, featuring 100's of Recipes (incl Vegetarian, Food Allergy, Everyday meals, Snacks, Sweets & lots more) will be professionally printed & ring bound for ease of use when cooking.

School Support Group are now accepting Recipes!

(Preferably in the format emailed out from the school or as per the doc. on the BPS FB page).

Please email enquiries, Recipes &/or drawings along with your
Childs/Family Name & Class to ... ssgrecipebook@gmail.com

School Support Group accept that every Recipe is submitted in good faith
and that no copyright has been unwittingly breached.

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
21/2	School Contribution	K-6	ASAP
21/2	Classroom Resources	K-6	22/3 OVERDUE
22/2	Permission to Publish	K-6	18/2 OVERDUE
28/2	General Permission	K-6	15/2 OVERDUE
9/3	Arts Alive Choral Concert	Opera House Choir	10/5 OVERDUE
15/3	Dance Group Fees	Dance groups	3/5 OVERDUE
21/3	Term 2 Gymnastics	Year 2	24/5
28/3	Lake Burrendong Camp	Stage 3	12/4 OVERDUE
4/4	Term 2 sport (PSSA & school sport)	Yrs 3-6	8/5 OVERDUE
4/4	Drama permission	Drama groups	14/6
9/5	Year 3 Gibberagong	Year 3	9/5 OVERDUE
9/5	Year 4 Broken Bay	Year 4	9/5 OVERDUE
16/5	Zone Cross Country	Zone Reps	29/5

Most notes are on the BPS website under 'Our School' tab—'Missed a Note?'

'Parent Online Payment' (POP) is the departments preferred payment method. Don't forget to send a permission form to the class teacher.

Permission Envelopes and Slips

Please remember that teachers need parental permission for your child to participate in excursions, incursions, sport and other school activities. Unfortunately, payment is not proof of permission.

A signed **PERMISSION ENVELOPE** is sufficient if paying by cash **or** cheque and a signed **PERMISSION SLIP** if paying through Parent Online Payment (POP).

Messages to students

Please only call the office in the case of an emergency as the office can only disturb and disrupt class lessons and teachers to forward urgent messages or messages that would effect your child's safety.

Please do not call the office to forward messages to your children unless it is urgent.

DID YOU KNOW???

Under the Companion Animals Act 1998 No 87 (14.1.e), dogs are prohibited in school grounds, (whether or not they are leashed or otherwise controlled).

For the safety of all students, toddlers, babies and adults, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents, particularly those with very young children.



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.

Class Awards

Week 2 & 3 Term 2

KB	Nina P, Michelle M, Yusuf Y, Audrey R, Madelyn K
KR	August S, Samuel S-W, Arshia A
KY	Jack W, Nikhil S, Liana F, Mikaila B
1L	Lachlan W, Tahj K, Isaac A
1S	Ethan F, Liam Mc, Ethan K, Vari Y, Roya M, Dylan H
1T	Thomas D, Lincoln G, Oliver B, Lachlan L
2B	Ryan H, Freya N, Amelia R, Rachael H, James Y, William T
2K	Chloe S, Annika S, Billy Y, Kane R-E, Jack Mc, Beau R
3R	Nathan W, Peter W, Gabriel H, Grace M, Aroyu Z, Sophie H
3/4A	Daniel F, Keirali H, Lara S, Finn M, Jade V, Maddi H
4C	Annabelle W, Dominic H, Tanya P
5B	Avari D, Ava A, Jasmine B, Natasha W, Finn B, Jasmine W
5P	Aidan C, Kiara B, Sofia G, Rylan J, Annaliese S, Julian C
6G	Millie T, Alex H, Caitlan F

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.

Looking for lost notes? Click 'Our School' tab then 'Missed a Note?'

Upcoming events are under the 'Calendar'.

ENROL NOW FOR KINDERGARTEN 2019

If your child or you know of a child ready to start school next year make sure they are enrolled so we can include them in our plans for next year.

The remaining Kindergarten Information Sessions is on Thursday 31st May at 7pm.
Come along to the Kindergarten rooms behind the office.

The Beginners Group commences in Term 4 along with the Orientation Day.

For more information contact the school office on 9456 1319.



Upcoming Events

Tues 29 May	Science competition 7.50am
Thurs 31 May	Kindy 2019 Information Session and Tour 10am Canteen sausage sizzle lunchtime special
Mon 4 June	Zone Cross Country Carnival at Rofe Park
Tues 5 June	Student Parliament mufti day
Thurs 7 June	Kindy Tiny Tunnels program
Mon 11 June	Queens Birthday public holiday
Tues 13 June	Spelling competition 7.50am
Wed 14 June	Writing competition 7.50am Choir rehearsal at BPS
Tues 19 June	Fair mufti day - PJs End of term dance performance—KR, KB, 5B, 5P at 2.45
Thurs 21 June	Opera House Choir rehearsal at Kuring-gai HS
Fri 22 June	Area Cross Country Term 2 Disco
Thurs 28 June	BPS Athletics Carnival
Fri 6 July	Last day of Term 2
Mon 23 July	Staff return to school
Tues 24 July	All students return for Term 3
Tues 31 July	English competition 7.50am
Thurs 2 August	Fair mufti day
Tues 7 August	Open Day, Book Fair and NAIDOC
Mon 13 August	Choir rehearsal at BPS
Tues 14 August	Maths competition 7.50am Student Parliament mufti day
Tues 21 August	Book Character Parade and Book Trivia Quiz Year 5 lunchtime BBQ Fundraiser
Thurs 23 August	Kindy Teddy Bears Picnic excursion
Tues 28 August	Father's Day Stall
Fri 31 August	Father's Day Breakfast
Sun 2 September	Father's Day
Mon 3—Fri 7 September	Stage 3 Lake Burrendong camp
Mon 10 September	Choir rehearsal at Hornsby North PS
Tues 11 September	Fair mufti day
Mon 17 September	Area Athletics carnival
Mon 17-Wed 19 September	Year 4 Broken Bay camp
Thurs 20 September	Arts Alive Choir performance at The Opera House
Wed 26 September	Interrelate Yr 3-4 6pm, Yr 5-6 7.15pm
Thurs 20 September	End of term dance performance at 2.45
Fri 28 September	Last day of Term 3
Sun 7 October	Daylight Saving begins at 2am
Sunday 14 October	Berowra Public School Fair Day
Mon 15 October	Staff and students return to school for Term 4
Mon 29-Tue 30 October	Group 1 Year 3 Gibberagong camp
Tue 30-Wed 31 October	Group 2 Year 3 Gibberagong camp



Health
Northern Sydney
Local Health District

Carers Support Group

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

Facilitator: Barbara Lewis / Mary Di Mattina
Carer Support Service
Northern Sydney Local Health District (NSLHD)
Ph: 9998 6185

Wednesday 13 June 2018
10.30am

Berowra Community Health Centre
123 Berowra Waters Rd, Berowra Heights

COST: Free.

Morning tea will be provided

RSVP: 9456 3344

Next Meeting Date: 11th July 2018

Northern Sydney
Carer
Support Service

Hornsby Child and Youth
Mental Health Service
(CYMHS)



Health
Northern Sydney
Local Health District

Parenting Anxious Children
SEMINAR FOR PARENTS - TERM 2, 2018

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.

Wednesday
30 May

Time:
10am-12pm

- 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 however 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.



Health
Northern Sydney
Local Health District



**Cancer
Council**
Australia

Health Promotion Day

Cancer Awareness

5 Most Common Cancers

Date: 14th June 2018

Time: 11:00am

Location: Berowra Community Health Centre

Address: 123 Berowra Waters Rd, Berowra Heights

Ph.: 9456 3344

Cost: Free

Morning Tea Provided

****Bookings Essential****



Bowel Cancer
Awareness Month

9456 3344

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/wholemeal bread and wraps.

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

Eat It To Beat It

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.

Eat It To Beat It

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

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

Eat It To Beat It

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.



Minty Yoghurt Dip recipe

Ingredients

- 8 tbsp plain reduced-fat yoghurt
- 1 lemon, juiced
- ½ clove garlic, crushed
- ¼ bunch mint leaves, finely chopped
- Pinch of salt

Method

Place all ingredients in a bowl and mix together. Variation – add finely diced cucumber for a refreshing crunch.

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

Eat It To Beat It

A TICKET TO EXPLORE THE INNOVATIVE WORLD OF ROBOTICS!



ROBOTICS & STEM for years 4-6
at Berowra Public School
on Wednesdays from 7:45-9:00am

Enrolling **now** for Term 2, 2018

nssydney.young-engineers.com.au/enrolment/



m: 0419 492 682

e: northshore.info@young-engineers.com.au

f: Young Engineers North Shore Sydney

w: www.nssydney.young-engineers.com.au



2018 Hornsby Gang Show Presents:

TURN IT UP!

PERFORMANCES

Friday	July 6 th	8pm
Saturday	July 7 th	2pm & 8pm
Sunday	July 8 th	3pm
Wednesday	July 11 th	8pm
Friday	July 13 th	8pm
Saturday	July 14 th	2pm & 8pm

TICKETS

Adult	\$25.00
Child	\$15.00 (under 16 years)
Concession	\$20.00
Family	\$70.00 (2 adult + 2 child)

BOOKINGS
www.gangshow.com

Dancing, Singing, Comedy, Drama
A cast of over 130 local talented Sydney North Region Scouts and Guides

**PLAYING LEGO®
WHILE LEARNING
PHYSICS AND SCIENCE.
EXCLUSIVELY WITH
YOUNG ENGINEERS!**



STEM enrichment for years 1-3 at
at Berowra Public School
on Wednesdays from 7:45-9:00am

Enrolling **now** for Term 2, 2018

nssydney.young-engineers.com.au/enrolment/

Encourage INDEPENDENT & CREATIVE Thinking

Our award winning curriculum has obtained global recognition for improving children's achievements. The course will illustrate **STEM principles** through experiments, demonstrations & play.

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.



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Introducing

 **SCHOLASTIC**

Book Clubs **LOOP**

for Parents

NOW
AVAILABLE
AS AN APP!



LOOP is the **NEW** Scholastic Book Clubs **Linked Online**
Ordering & Payment platform for Parents.

If you want to pay by credit card for your online Book Club order, our new platform makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to www.scholastic.com.au/LOOP or download our **NEW** iPhone and iPad app from the App Store!

- For a quick start, just click on **ORDER** in the top menu or **REGISTER** first to save your details for next time
- Select your school and your child's class
- Add your child's first name and last initial (so the school knows who the book is for)
- Enter the item number from the Book Club brochure
- You can order for multiple children at once if they attend the same school
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date
- There's no need to return paper order forms or payment receipt details to your school!

For a quick how-to-order video, log-in to www.scholastic.com.au/LOOP and click on **HELP** in the top menu.



FAIR MUFTI DAY TUESDAY 19TH JUNE

**GOLD COIN DONATION OR UNWANTED GIFTS
TO USE ON THE CHOCOLATE WHEEL (MUST BE NEW)
THEME IS PYJAMAS**

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

