

20th June, 2018 Term 2 Week 8

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

School Disco



Last Friday I was lucky enough to attend the P and C school disco. What a terrific night! This is a wonderful opportunity for students to socialise in a safe environment, listen and sing to some great music and dance the night away. It always impresses me just how uninhibited and confident our students are about dancing as well as being very talented and creative in their dance moves.

While school discos are lots of fun it takes considerable time to organise and supervise events of this kind so thank you to our hard working parents who gave of their time to plan and supervise this fun night. Thank you also to the teachers who

attended and assisted with supervision.

The students behaviour was exemplary and I am sure that every child went home tired but exuberant after having such a great night.

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.

Semester One Reports

Half yearly reports will be sent home on Wednesday 4th July. You will notice a change in the report format this term, most notably the omission of the general comment. Half yearly reports are an opportunity to reinforce learning goals for the remainder of the year and as such they will be the focus for the semester one report. Parent teacher interviews will be offered to all parents week 2 term 3 to support their understanding of their child's academic achievement and social development.

Just a reminder: 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.

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! Thank you for your support in building our students pride in our school.

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 it 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.

Our school reinforces 'ZERO TOLERANCE' to swearing, name calling or physical violence.

Absences

As many of you will now be aware Department of Education regulations regarding student absences have recently changed. All absences must be explained by a parent or carer within 24 hours of the student's absence. If no explanation has been made within 24 hours then the teacher is now required to follow up with either a phone call or email.

As you can probably imagine this has the potential to be a lengthy task so we are asking for your assistance by ensuring that all absences are explained as soon as possible to your child's class teacher. You can notify the school regarding an absence by sending a note in with your child, emailing their teacher or by phoning the school. Even a verbal explanation to the teacher can be accepted as explanation of an absence. Thank you in anticipation of your support.

Athletics Carnival

Our Athletics Carnival is next week on Thursday 28th June at Foxglove Oval. Please ensure ALL PAYMENTS and PERMISSION notes have been returned to the teacher.

Elizabeth Beckedahl

Relieving Principal

Drama News

Everyone is all very excited here! We just heard that BOTH the Senior and Junior Drama groups have been accepted to take part in the Arts Alive Drama Festival. Congratulations to students, parents and teachers. What an amazing effort by everyone.

Our performance is on Wednesday 1st August at 7pm with the technical rehearsal in the morning of the same day. More details to follow. Well done all!

Jennie Smith and Brittani Lloyd



Don't forget your school jacket on these cold mornings and your raincoat on the rainy days

No umbrellas please



Dance News

End of term dance performance

This term K Blue, K Red, 5B and 5P have been enjoying dance lessons with Mrs Lukic. They will perform some of the dances they have been learning next Tuesday 26th June at 2:45pm. Everyone is welcome to come along and watch the performances in our school hall. These classes will be wearing mufti to school for this day.

Sydney North Dance Festival

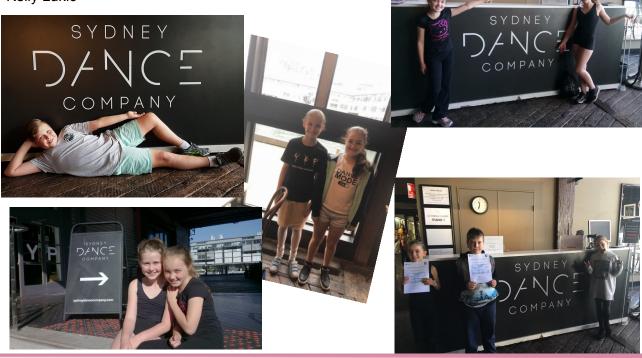
Our dance groups will be performing at the Sydney North Dance Festival over the next two weeks. They will be showing their performances to Years 3-6 on Wednesday 27th June at 1:15pm. You are welcome to come along and watch.

Dance Workshops

Congratulations to these students for being selected to represent our school at dance workshops at Sydney Dance Company – Caitlin J, Avari D, Mac T, Jade V, Skye T, Josh B, Rachel H and Sophie H. They had a wonderful time experiencing

many styles of dance.

Kelly Lukic



INTERSCHOOL SPORT

No games on 22/6/18 due to Area Cross Country Carnival

Round 10 Round 11 Friday 29/6/18 Games start by 12:45 Friday 6/7/18

PSSA Football and Netball

v Hornsby Heights at

.....

Football Netball v Warrawee

at

...... The Glade, Wahroonga Warrawee PS

PSSA AFL

always at Foxglove Oval









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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 causal, fine dining, adventure and family. I couldn't live without it" - Susan L





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?





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		
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 OVERDUE		
28/3	Lake Burrendong Camp deposit	Stage 3	12/4 OVERDUE		
4/4	Drama permission	Drama groups	14/6 OVERDUE		
9/5	Year 3 Gibberagong deposit	Year 3	9/5 OVERDUE		
9/5	Year 4 Broken Bay deposit	Year 4	9/5 OVERDUE		
5/6	Dance Festival	Dance group	-		
6/6	Athletics Carnival	K-6	21/6		

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).

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

ASQUITH BOYS HIGH SCHOOL

Meet the Principal and School Tours

Thursday July 5
Friday September 28
9.30 - 10.30am

Please contact the school office to secure your place.

Peats Ferry Rd, Asquith Phone: 9477 3508

Email: asquithboy-h.school@det.nsw.edu.au www.asquithboy-h.schools.nsw.edu.au



Exceptional Learning Opportunities for Boys

Week 6 & 7 Term 2

KB	Hussein D, Ryan O'C		
KR	Levin N-W, Dilan H		
18	Sophie D		
1T	Lucy H, Chloe W		
2B	Sarah C, Sierra B-C		
2K	Annika S, Mia F		
2P	Ella A, Xavier A, Ellie L, Ruby P		
3R	Josh B, Jakob R, William N		
3/4A	Finn M, Hayden F, Leanne C, Charlotte G		
4C	Otis H, Raiph C, Joshua R		
5B	Grace B, Charlotte S		
5P	Jack J, Katrina D, Aimee H, Kaiya H, Chantelle C, Jacob B		
6B	Tim C, Freyja C, Liam C		
6G	Jasmine C, Sophia H, Alicia 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.

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

Upcoming events are under the 'Calendar'.

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.

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 and a 'Request for student to carry medication' form *must* be completed.

Upcoming Events					
Thurs 21 June	Opera House Choir rehearsal at Kuring-gai HS				
Fri 22 June	Area Cross Country				
Wed 27 June	Dance Festival daytime rehearsal and 5pm performance				
Thurs 28 June	BPS Athletics Carnival				
Tues 3 July	Dance Festival performance 7.30pm				
Thurs 5 July	Dance Festival performance 11.30am				
Fri 6 July	Last day of Term 2				
Mon 23 July	Staff return to school				
Tues 24 July	All students return for Term 3				
Mon 30—Tues 31-	Parent / Teacher interviews				
Tues 31 July	English competition 7.50am				
Thurs 2 August	Fair mufti day				
Tues 7 August	Open Day, Book Fair and NAIDOC celebrations				
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 Zone Athletics Carnival				
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ANGLICARE WINTER **PANTRY DRIVE**

17 JUNE - 22 JULY

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



Please bring to the school office

St Marks Anglican Church 18 Berowra Waters Road Berowra

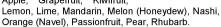


other times of the year. Plus it's better quality and tastes better too!

Winter - June, July, August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Custard



VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

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





Nutrition Snippet

The simplest way

⅓ tsp paprika 4 ½ cups vegetable stock 1 cup dried red lentils

...to make cauliflower & spinach dahl.

Ingredients

- 1 tbsp olive oil 1 tbsp mustard seeds
- 1 red onion, diced
- 3 cloves garlic, minced 1 tbsp fresh ginger, grated
- 1 tbsp curry powder
- 1 tsp turmeric
- 1/2 tsp ground coriander
- Method

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground

2 cups baby spinach 1/4 cup fresh coriander Naan bread or steamed rice

1 can chickpeas, drained & rinsed

2 cups cauliflower florets

coriander and paprika and sauté for a further minute.

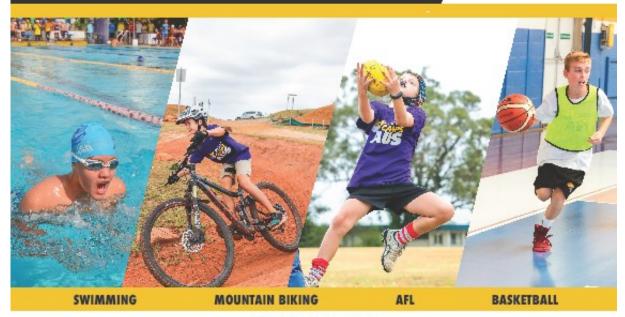
Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

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



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LESSONS FOR PRIMARY AGED
CHILDREN, PRESCHOOLERS AND BABIES

Intensive Holiday Program
5 Day Course – Mon 9 to Fri 13 July
TERM 3 STARTS MON 23 JULY 2018

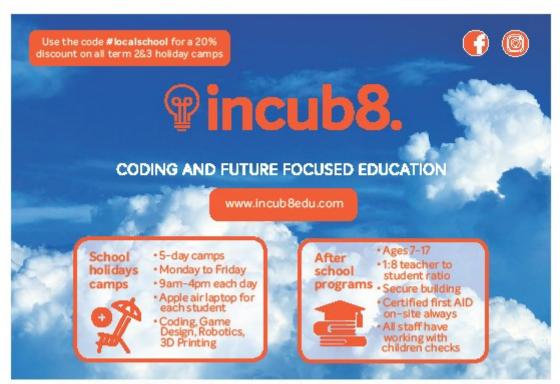
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Try the original adventure sport

DATE	SUBURB	ASSEMBLY AREA	START TIMES
1. Sat Jun 30	Berowra Heights	Girl Guide Hall, Hill St	1-3pm
2. Sat Jul 14	Hornsby Heights	Scout Hall, 10 Koala St	1-3pm
3. Sun Jul 15 #	Wahroonga	Wahroonga Park, Millewa Ave	9.30-11.30am

This 'Amazing Race' style of activity is great for families, bushwalkers, runners, athletes looking for some cross training... everyone!

The events are designed for a maximum duration of 45 minutes.

* \$10 refundable deposit required for electronic timing chip hire.

entry fee payable for this event.

For more information: lan Jessup 0416 040 135 or visit www.onsw.asn.au









AT OUR HOUSE

Tuesday July 10, 2018 10 am – 2 pm Parliament of NSW

Join us for a fun day filled with activities for the whole family including: Didge & Dance, Aboriginal Art & Crafts, Wiradjuri Language Workshops and Storytelling. Join us for the whole event or just drop in for a little while.

Sausage sizzle on the day! (\$3 per sausage sandwich)





This event is organised by the NSW AECG Inc. in association with Parliamentary Education

Bookings not essential For more information: Phone: (02) 9230 2047 Email: dps. education@parliament.nsw.gov.au www.parliament.nsw.gov.au Parliament of New South Wales, 6 Macquarie Street. Svdney

FREE FUN ACTIVITIES ALL WELCOME!



FORENSIC INVESTIGATION "A CASE OF EMERGENCY"

Are you passionate about science? Would you like to be part of our interactive Forensic Investigation Workshop, examine the crime scene and analyse the evidence? Then come and join us in this challenging and highly motivating workshop where real forensic equipment and techniques will be used!

Monday 9 July, 10.30-11.30am Hornsby Library

Tuesday 10 July, 10:30am-11.30am Berowra Community Centre

Wednesday 11 July, 10:30am-11.30an Pennant Hills Community Centre

Ages: 7-12 year olds

Cost \$12



Join us for stories, songs, craft and refreshments. Thursday 12 July, 10am Hornsby Library.

Friday 13 July, 10.30am Berowra Library

Thursday 19 July, 10am Pennant Hills Library

All ages welcome. Cost: \$2.00 per child for children 18 months and over.

No bookings required. Payment at door.

CREATIVE WRITING WORKSHOPS WITH WILL KOSTAKIS

Will Kostakis, award winning author of Loathing Lola, The First Third and The Sidekicks will inspire you by sharing his creative writing approaches and expertise.

Monday 16 July Hornsby Library

Session 1: 10.30-11.30am. Ages: 10-13 Session 2: 12-1pm. Ages: 14-18

Cost: \$10

DINOSAURS-LIFE LONG AGO WORKSHOPS

The wonder of prehistoric life and Dinosaurs is coming to your library. In this fascinating and interactive activity young paleontologists will travel back millions of years and learn about the habitat of some of the most iconic dinosaurs of the past.

Tuesday 17 July, 10.30am-11.30am Berowra Community Centre

Wednesday 18 July, 10.30am-11.30am Pennant Hills Community Centre

Thursday 19 July, 10.30am-11.30an Hornsby Library

Ages: 4-7 year olds Cost \$10





Term 3 Hornsby Library

Children's Science Programs

A series of interactive science programs presented by the Children's Discover Museum.

The Little Bang! Discovery Club

A four week program aimed for 3-5 year olds with an adult lab assistant. 10.30am Thursdays - \$40.

The Junior Science Club

A four week program aimed for 6-8 year old young scientists. 4.30-5.30pm Mondays - \$60.

The Young Investigators Club

A four week program aimed for 9-12 year old young scientists. 5-6pm Thursdays - \$60.

Coding Courses for Kids Y2 - Y7 students

Learn to code and build your own online games with Code4Fun

Every Tuesday for 10 weeks at \$220 per student per term.

Y2-Y4 students 4-5pm Y4-Y7 students 5.10-6.10pm Laptops are provided.



Abbotsleigh Swimming Club

2018 Invitational Development Meet

Abbotsleigh Aquatic Centre, Gate 1a, Ada Avenue, Wahroonga

Sunday 5 August 2018

Abbotsleigh Swimming Club would like to invite all 12 and under swimmers especially children who are just starting out to this great meet to start them in their swimming career. We have 25m and 50m events, 100m FS, 100m IM, kickboard and relays that cater for all ages.

Details at abbotsleighswimclub.org.au

We would like to thank our Fair Sponsors BPS Fair Platinum Sponsors





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