

1<sup>st</sup> August 2018  
Term 3 Week 2

# 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)

A proud member of the:  
**KEERAWALL COMMUNITY OF SCHOOLS**



Welcome back to all our Berowra PS families. To our new families joining our community this term, a very warm welcome is extended to you all.

Congratulations to all on a wonderful start to Term 3. The children look smart in their uniforms with most wearing the correct footwear. The correct wearing of uniforms show respect and pride in the school and the individual and I commend the school community for their commitment to these values.

We are now taking enrolments for Kindergarten 2019. If you know of any families within our area wishing to enrol their child next year please ask them to contact the office for enrolment forms.

### Amazing Students

It is sad to say but schools (and children) today are judged on NAPLAN results and not on the qualities of their students. I am not denying that NAPLAN and any assessment isn't important to see how children are learning but they are usually just one point of reference for a child's development.

We are fortunate at BPS to have great students. Our students are well rounded and participate in all the school has to offer. Most students also participate in many activities outside of school.

Last week I was so proud to see so many amazing achievements from our students. Education is definitely a huge importance in all our lives but it is great to see that children (and their parents) are ensuring that they are enjoying all that 'life' has to offer with outside school activities and interests.



- Jensen G (6G) – selected as captain of the NSW PSSA Swimming Team at the National Swimming Carnival in Hobart, Tasmania last week.
- Jensen G (6G) – 3<sup>rd</sup> in Australia in the 200m Individual Medley.
- Jensen G (6G) – 4<sup>th</sup> in Australia in the 100m Backstroke.



- James F (3/4A) – awarded First Place Trophy for Highest Points for Tag and Release and Most Meritorious Achievement for the Small Fry Angler in either Capture or Tag and Release in NSWGFA Coast Waters Association.



- Katrina D (5P) – Production Award for outstanding efforts in the Hornsby Gang Show. Katrina spent many hours outside school rehearsing for this show. She was so excited when she was selected to be a part of this show and her commitment was outstanding – as was her performance.



- Chloe (5B) and Taye (4C) C – participated in the NSW Interschools Snowsports Championships during the first week of the July 2018 School Holidays at Thredbo Resort NSW. Chloe placed 71st from a field of 90 participants. Taye placed 45th from a field of 88 participants. This was the first time in the 30 years that the Interschools Snowsports has been running that Berowra Public School was represented so they were very excited to get a new school on board.



- Hannah C and Skye T (3/4A) – raising money for the sick koalas in the Koala Hospital at Port Macquarie. They held a cupcake stall outside their houses during the holidays and sold cupcakes to passing traffic and Berowra friends. They raised \$115.40 for the koalas. An outstanding effort by Hannah and Skye.



### Parent Teacher Interviews

Our Parent/Teacher interviews are this week. These series of interviews are an integral part of our reporting to parents' processes and an excellent means of sharing information. Children definitely perform better at school when parents and teachers work as an effective team. We appreciate and value your ongoing support and interest in your child's progress. Many thanks to teachers and parents who are participating in these valuable interviews.

## Mathletics

Congratulations to all the children who are 'earning' certificates each week for their work on Mathletics. I love looking at all the results each week. Children are also earning many gold bars for finishing all their tasks in each area.

Mathletics certificates come to Mrs Bower either before or after school or during morning tea or lunch times to claim their reward from the lucky dip. Please ensure your child is bringing **four** certificates. Gold Mathletic Certificates earn one lucky dip all by themselves.

## KBlue

I was entertained by Audrey and Nina (KBlue) on Monday. They wanted to borrow my dictionary.

When they returned it they explained to me what Metamorphosis is...."It's when a caterpillar goes into its cocoon and changes into a butterfly". Great learning from Kindergarten.



## VOLUNTEERS - WORKING WITH CHILDREN CHECKS

The majority of parents or close relatives who volunteer at their child's school are exempt from obtaining a WWCC from Service NSW, and will continue to be exempt. That means day-to-day reading helpers, canteen helpers, etc., who are a parent or close relative to a child at the school at which they are volunteering - DO NOT need a WWCC number.

They should complete the Department of Education Appendix 5 (Declaration for volunteers and non child related contractors) and provide the school with 100 points of ID. This is available from the school office.

Volunteering can include transporting students to sports carnivals, small group work in classrooms, canteen helpers, morning tea helpers, disco helpers, BBQ helpers or working on Mother's or Father's Day stalls.

**"Close relative" of a person means:**

- i. a spouse or de facto partner of the person, or
- ii. a child, step-child, sibling, step-sibling, parent, step-parent, grandparent, step-grandparent, aunt, uncle, niece or nephew of the person, and includes, in the case of an Aboriginal person or a Torres Strait Islander, persons who are part of the extended family or kin of the person according to the indigenous kinship system of the person's culture.

If you are an employee of the Department of Education then you need to come to see the **principal** with your driver's licence and she will clear you for volunteering at our school. You do not need to complete Appendix 5 or provide the school with 100 points of ID.

**Every time you come to school to volunteer, please ensure you sign in at the office and wear your visitor's badge while on BPS grounds.**

## ATTENDANCE

### SCHOOL ATTENDANCE – It's NOT ok to stay away

*All children have the Right to an Education.*

Regular School attendance lets students develop a sense of belonging and builds important coping and friendship skills. Confident children are less likely to engage in anti-social behaviour.

When students miss out on basic skills in the early years of school they may have learning problems in later years. In the long run, unsatisfactory attendance may affect the opportunities available to your child.

Parents are required by law to ensure all children from 6 to 17 year olds are enrolled at and regularly attend school or are registered with the Office of the Board of Studies NSW for home schooling.

***Be on time. Be at school. That's the rule!***



## Berowra Public School - ROAD SAFETY EDUCATION



Never call to your children from across a road – teach them to wait until you cross and come to them. Please use the pedestrian crossings.

## HEALTH AND SAFETY is everyone's responsibility.

### A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.



*Di Bower*  
Principal

## ***INTERSCHOOL SPORT***

**Round 13**  
**Friday 3/8/18**

Games start by 12:45

**Round 14**  
**Friday 10/8/18**

### **PSSA Football and Netball**

**v Wideview**  
**at**

**Berowra Oval**  
**Warrina St Oval**

.....  
.....

**Football**  
**Netball**

...

**v Turramurra Nth**  
**at**

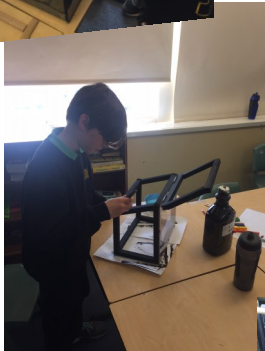
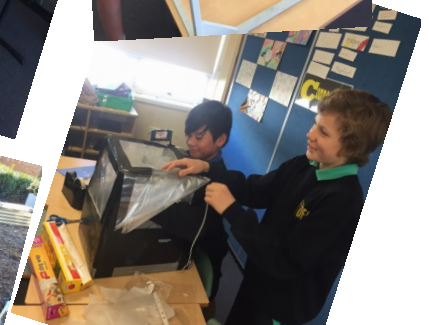
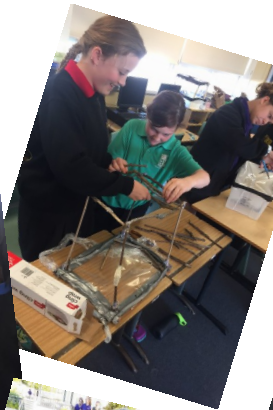
**Samuel King Oval, Turramurra**  
**Turramurra North PS**

**PSSA AFL**  
**always at**  
**Foxglove Oval**



# STAGE 3

If you pass by the BPS orchard you are likely to wonder about the array of new contraptions that have sprung up. The garden area there is awash with a huge variety of student designed and constructed greenhouses. These greenhouses are the culmination of a Stage 3 unit on sustainability and have involved many hours of student work in science. The test is to see how effective each greenhouse is at producing a winter crop from seeds. The effectiveness is being tested against seeds which have been planted out in the open in the general garden area by each class. Throughout the process there has been lots of collaboration between the students and many creative designs are on show. Now it's a matter of waiting for the seeds to grow.



### LIBRARY NEWS -

**BOOK FAIR** - Our annual Book Fair will be held outside the Library on Tuesday 7th August, in conjunction with NAIDOC celebrations and Open Day. There will be a great variety of books both fiction and non fiction with prices starting at \$5.00

This is a wonderful opportunity to help the school library as we receive a percentage of the sales in either books or cash. The children love having a 'book shop' at their school where they can choose their own books and help the school at the same time. A great way to use their pocket money.

There will also be a table of Book Donations that the library would like. Your child's name will be on the Presentation Certificate in the front of the donated book and they will be able to borrow it first.

Thank you for your support of the Book Fair in the past and I'm looking forward to seeing you on 7th August.

### DRAMA NEWS -

This is a very busy week with our final practices for the Arts Alive Drama Festival which is on Wednesday 1st August at The Concourse Theatre, Chatswood at 7pm. The technical rehearsal is on the same day and buses will bring the children to and from the theatre for this.

It is a great opportunity for the children to gain confidence, performance skills, character interpretation, co-operation and teamwork. We are sure that the children will perform wonderfully and we will be so proud of them.

Thank you parents for all your ongoing support of the drama program in our school.

Jennie Smith and Brittani Lloyd

### HORNSBY MUSIC FESTIVAL - Save the date

The Hornsby Music Festival will again be on this year. It will be on Monday 10th September at Hornsby RSL. There will be a matinee and an evening performance on the one day. Some groups will perform at both and other groups will only perform at the matinee or evening.

*SENIOR CHOIR* - years 3 - 6 - perform at both the matinee and evening performance

*JUNIOR CHOIR* - years 1-2 - perform only at the matinee concert

*DANCE GROUPS* - boys and girls – evening concert

*RECORDER GROUPS* - matinee

Please put the date on your calendar as tickets will go on sale this term before the event.

Also the senior choir will be involved in another choir rehearsal for this event on Monday 13<sup>th</sup> August at Berowra Public School. The other schools will be coming to our school on this day and combining for a mass rehearsal in our school hall. Children need to come to school at the normal time as the rehearsal is from 9:30-12:30am. Children bring their recess and lunch as per normal.

Thanks Alison Withford

### FAIR UPDATE -

6B is running the **2nd Hand / Trash and Treasure Stall** at this year's Fair.

We are looking for donations and are hoping to collect them over term. I'm sure there will be a last ditch effort as well just before the Fair.

If you would like to contribute could you please contact me, Louise Motum, on 0407 284 034 or [louise@motummade.com](mailto:louise@motummade.com) to arrange collection.

Thanks, Louise



## NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
21/2	School Contribution	K-6	<b>ASAP</b>
21/2	Classroom Resources	K-6	<b>22/3 OVERDUE</b>
28/3	Lake Burrendong Camp deposit	Stage 3	<b>12/4 OVERDUE</b>
4/4	Drama permission and payment	Drama groups	<b>14/6 OVERDUE</b>
9/5	Year 3 Gibberagong deposit	Year 3	<b>9/5 OVERDUE</b>
9/5	Year 4 Broken Bay deposit	Year 4	<b>9/5 OVERDUE</b>
4/7	Mufti Day	K-6	<b>2/8</b>
25/7	Term 3 Gymnastics	Year 1	<b>9/8</b>
25/7	NAIDOC / Open Day	K-6	<b>7/8</b>

**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.**

## New money collection procedures -

- BPS payment/permission envelopes with cash or cheque enclosed are not to go to the classroom teacher any longer.
- Gold coin donation for mufti days can still go to the classroom and will be collected by the organising group.
- All money envelopes and permission notes are to be posted in the letter-box attached to the wall in the office foyer. This can be done by children or parents prior to school or during recess and lunch.
- Please DO NOT put canteen money in the box.
- Money collection days are still Tuesday and Thursday.
- The Department's preferred method of payment is Parent Online Payment (POP) accessed through the school website, by clicking on 'Make a Payment' tab.
- You can access POP any time, any day.



## Class Awards

**Week 10 Term 2  
Week 2 Term 3**

<b>KB</b>	Malakai A, Kian G
<b>KY</b>	Sienna P, Jackson R
<b>1S</b>	Aurelia R, Rocco D, Tristan L
<b>1T</b>	Harrison C, Stephanie S
<b>2K</b>	Ruby B, Ethan N, Brady M, Kaelan J
<b>2P</b>	Maddie B, Ayden P, Bethany W, Emma W, Sienna T, Nate C, Ethan J, Abbie R, Ella A, William M, Emily F, Harry DS, William S, Ellie L
<b>3R</b>	Holly R, Bailey W, Rhyan K
<b>4C</b>	Oliver M, Alana A, Dorian T, Max T
<b>5P</b>	Abigail C, Benjamin O'C, Indigo R

## 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).

## When kids ask "the" questions... Interrelate has the answers!

**Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.**

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

### Session 1: Where did I come from?

1-hour session: Years 3-6

### Session 2: Preparing for puberty

1-hour session: Years 5-6

Years 3-4 can attend at parent's discretion

**Date: Wednesday, 26th September 2018**

Specialty books are available for purchase on the night.  
Keep a look out for flyers (coming home with your child before the program) outlining session content.

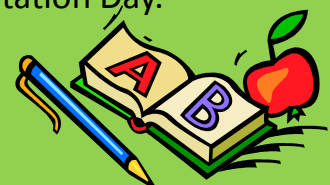


## ENROL NOW FOR KINDERGARTEN 2019

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

For more information contact the school office on 9456 1319.





## Upcoming Events

<b>Wed 1 August</b>	Drama performance 7pm
<b>Thurs 2 August</b>	Fair mufti day—gold coin donation
<b>Tues 7 August</b>	Open Day, Book Fair and NAIDOC celebrations
<b>Mon 13 August</b>	Choir rehearsal at BPS
<b>Tues 14 August</b>	Maths competition 7.50am Student Parliament mufti day
<b>Thurs 16 August</b>	Canteen Pizza Day
<b>Mon 20 August</b>	Stage 1 Responsible Pet Program
<b>Tues 21 August</b>	Book Character Parade and Book Trivia Quiz Year 5 lunchtime BBQ Fundraiser
<b>Thurs 23 August</b>	Kindy Teddy Bears Picnic excursion
<b>Tues 28 August</b>	Father's Day Stall
<b>Thurs 30 August</b>	NRMA Road Safety Day
<b>Fri 31 August</b>	Father's Day Breakfast Zone Athletics Carnival
<b>Sun 2 September</b>	Father's Day
<b>Mon 3—Fri 7 September</b>	Stage 3 Lake Burrendong camp
<b>Mon 10 September</b>	Hornsby Music Festival matinee and evening performances
<b>Tues 11 September</b>	Fair mufti day
<b>Mon 17 September</b>	Area Athletics carnival
<b>Mon 17-Wed 19 September</b>	Year 4 Broken Bay camp
<b>Thurs 20 September</b>	Arts Alive Choir performance at The Opera House
<b>Wed 26 September</b>	Interrelate Yr 3-4 6pm, Yr 5-6 7.15pm
<b>Thurs 20 September</b>	End of term dance performance at 2.45
<b>Fri 28 September</b>	<b>Last day of Term 3</b>
<b>Sun 7 October</b>	Daylight Saving begins at 2am
<b>Sunday 14 October</b>	Berowra Public School Fair Day
<b>Mon 15 October</b>	Staff and students <b>return for Term 4</b>
<b>Mon 22 October</b>	Kindy 2019 Beginners Group begins
<b>Tues 23 October</b>	SSG Teacher Appreciation morning tea
<b>Mon 29—Wed 31 October</b>	Year 3 overnight Gibberagong Camp
<b>Tues 13 November</b>	Student Parliament mufti day
<b>Thurs 22 November</b>	Kindy 2019 Orientation Day
<b>Fri 23 November</b>	Colour Run-a-thon for charity
<b>Fri 30 November</b>	BPS Disco
<b>Tues 4 December</b>	Year 6 Mini Fete
<b>Tues 11 December</b>	K-2 Christmas Concert
<b>Wed 12 December</b>	Presentation Day
<b>Fri 14 December</b>	P&C Christmas Carols
<b>Mon 17 December</b>	Year 6 Farewell
<b>Wed 19 December</b>	BPS Wet 'n' Wild Day Last day of the school year



**BECAUSE OF HER, WE CAN!**  
8-15 JULY 2018

## **NAIDOC Day and OPEN Day 2018**



You are invited to help celebrate  
NAIDOC Day and Open Day

at  
Berowra Public School

on  
Tuesday 7<sup>th</sup> August 2018

Order of events beginning at 9:30am

- School assembly
- Open classrooms
- Scholastic Book Fair
- Whole school Aboriginal learning experiences

Students can wear mufti

Berowra Public School Staff



### **Boomerang Bags**

I have been helping my mum and her friends make boomerang bags. We make these because we want to reduce the amount of plastic bags that come from the shops when you buy your groceries. We make the bags then we put them in a big tub at Coles. People are supposed to take as many bags as they need then they can bring the bags home and the next time they come to Coles they put the bags back in the tub.

Holly R 3R

# YEAR 1



## Interactive classroom at Vacluse House

On Tuesday afternoon Year 1 experienced life in Vacluse House 160 years ago. They viewed the kitchen and dairy. Finally, we made butter and tasted how delicious it was. It was very easy to make from the instructions — ask a Year 1 student.





**stmarks**  
Anglican Church Berowra



# Community FAIR

**Saturday 25<sup>th</sup> August 2018, 4-7pm at St Mark's Anglican Church** (near the roundabout)

Family fun, food, games, prizes, challenges, crafts and a puppet show in an old-fashioned fair – many games and activities are free upon entry.

Discounted online early-bird entry tickets @ [www.stmarksberowra.org](http://www.stmarksberowra.org)

\$5 per person, entry price includes 5 prize/food tokens  
And the opportunity to win many more... then use these tickets to redeem prizes

**FUN & GAMES**  
Jumping castle  
Puppet show  
Balloon animals  
Face painting  
Wood turning  
Hoopla  
Games, games and more games

**FOOD & DRINK**  
Sausage sizzle  
Fairy floss  
Healthy snacks stall  
Biscuit decorating  
Popcorn  
Lollies  
Middle-eastern delicacies

Tickets purchased after the 19 August will be \$10 per person  
All children under 12 must be supervised by a responsible adult

## Children's Book Week 2018

### FREE Children's Book Week Performance


Come and celebrate the Children's Book Week with the fun and engaging musical **TREASURE HUNT!**

This is a fabulous gateway into accessing the best in Children's literature; celebrate the CBCA shortlist books and the 2018 theme **FIND YOUR TREASURE**.

**TREASURE HUNT!** is an educational and highly engaging musical. It explores the issues of sustainability and our relationship with the natural environment as well as celebrating how books and reading can create understanding and bring people of different backgrounds together.

Children 7 and under must be accompanied by an adult.

**When:** Thursday 23 August 5:30pm  
**Where:** Hornsby Library 28-44 George St, Hornsby  
**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)



## WE'RE IN TOWN

Donate blood and save three lives.



Australian Red Cross BLOOD SERVICE

### Mobile Blood Service is visiting:

**Berowra Community Centre**  
The Gully Road,  
Berowra

<b>Monday 6 August</b>	<b>1.30pm - 6.30pm</b>
<b>Tuesday 7 August</b>	<b>1.30pm - 6.30pm</b>
<b>Wednesday 8 August</b>	<b>1.30pm - 6.30pm</b>

**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 ID** with you

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



**Australian Red Cross BLOOD SERVICE**

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# BEROWRA PUBLIC SCHOOL P&C ASSOCIATION

## NOTICE OF ANNUAL GENERAL MEETING

**Date:** 15th August 2017

**Time:** 7pm

**Venue:** Staff Room



The 2018 Annual General Meeting of the Berowra Public School Parents and Citizens' Association will be held on Wednesday 15th August 2018 at 7pm.

Following acceptance of the minutes from the 2017 AGM and the tabling of the Audit Report, all current office bearer roles will be declared vacant and nominations are called for the following positions:

- President
- X 2 Vice Presidents
- Treasurer
- Secretary

Nominations will also be sought for membership of the following P&C Sub-Committees:

- Canteen
- Uniform Shop
- Band
- School Support

### AGM Agenda

- Minutes of previous AGM
- President's Annual Report
- Treasurer's Annual Report
- Audited Financial Statements
- Appointment of Auditor

All current P&C members are encouraged to attend the AGM to vote and/or nominate for vacant positions on the executive and sub-committees. The AGM is open to all parents and carers as well as members of the community who wish to attend, however only financial members are eligible to vote and/or nominate for vacant positions. At the conclusion of the AGM the July general meeting will be held.

For further information regarding any aspects of the P&C please go to the NSW P&C Federation website: <https://www.pandc.org.au/>

# **BEROWRA PUBLIC SCHOOL P & C MEETING ANNUAL GENERAL MEETING**

**Date:** 15<sup>th</sup> August 2018

**Time:** 7pm

**Venue:** Staff Room



## **AGENDA**

- 1) Previous minutes
- 2) Matters arising from previous minutes
- 3) Presentation of audit report
- 4) Membership's lapse and new memberships
- 5) Executive stand down and election of P&C positions:
  - a. President
  - b. Vice President
  - c. Treasurer
  - d. Secretary
  - e. Maintenance Officers
  - f. Media Officer
- 6) Sub-Committee members stand down and election/confirmation of sub-committee positions:
  - a. Canteen
    - i. Chairperson
    - ii. Treasurer
    - iii. Committee
  - b. Uniform Shop
    - i. Chairperson
    - ii. Treasurer
    - iii. Secretary
    - iv. Purchasing Officer
  - c. Music Support Group
    - i. Chairperson
    - ii. Treasurer
  - d. School Support Group
    - i. Chairperson
    - ii. Treasurer
- 7) Internal business
- 8) Principal's report
- 9) President's report
  - a. 2019 AGM date
- 10) Treasurer's report
- 11) Media Officer's report
- 12) Subcommittee report
  - a. Canteen
  - b. Music
  - c. Uniform shop
  - d. School support
  - e. Fundraising update
  - f. Fair
- 13) WHS
- 14) Child Protection
- 15) Calendar
- 16) General Business/Correspondence/Matters arising without notice
- 17) Close



## Berowra Apex is Going on a Road Trip to Support Farmers in Drought

Berowra Apex members and some mates from [Sydney District 4x4](#) have organised a convoy of 9 4WDs, plus trailers, with 6 tonne of high nutrient cattle feed, 1 tonne of dog food and, hopefully, plenty of drought relief packages for farmers. This will be kindly distributed through the fantastic network of the local [CWA branches](#) west of Cobar. We will be leaving on the weekend following the Berowra Woodchop Festival, August 17, 18 and 19 (Friday to Sunday).



If anyone in the local community would like to support Berowra Apex with the drought relief project there are several ways to help. Berowra Apex is the event organiser of the annual Berowra Woodchop Festival; we will have our own 'Drought Relief' stall set up, next to the Berowra Lions stall, where we would like to encourage community members to bring 'Relief Packages' for the farming families. Alternately there will be a collection point at the stall for financial donations; every dollar will be delivered to the farmers.

If you would like to contribute, and it is not practical to attend the Woodchop Festival, please feel free to drop any 'Relief Package' items to 9 Clinton Close Berowra Heights (leave on the porch please). If you have any questions please feel free to contact Nathan Gilbert on 0415 159 139. Alternately if you would like to make a financial contribution to the Drought Relief project, Berowra Apex had set up a designated 'Drought Relief' account:

Drought Relief (Apex Club of Berowra)

BSB: 633000

Acc. No. 150542819

With regards to the 'Relief Packages' we, including input from the CWA, would like to ask that the dignity of the proud Aussie farmers be respected; **please do not include** any form of clothing or bedding, perishable foods, used or opened items and please ensure all items are of a reputable brand.

Some 'Relief Package' suggestions could include, but not limited to:

**Family Pack:** Bulk loo paper, cleaning products, nappies, baby wipes, baby formula, coffee, tea, large rice and pastas, sunscreen, toothbrush and toothpaste, first aid products, and a large Milo for the kids.

**Ladies Pack:** Perfumes, anti-perspirant, moisturisers, sanitary items, make-up kits, water-free hair products and a box of chocolates.

**Men's Pack:** Deodorant, razors, shaving cream, nail clippers and a quality packet of biscuits.

Berowra Apex would like to thank all the community members who have supported us over the years and look forward to many more years to come. If you are interested in joining, or for any more information on Berowra Apex, please visit our website: <https://berowraapex.org.au>

### Live Life Well @ School

## HEALTHY LUNCH BOXES

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

Fruit	
Vegetables	
Dairy	
Wholegrains	
Lean meat & alternatives	

**= A Healthy Lunch Box**

More ideas:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

NSW GOVERNMENT | Health Northern Sydney Local Health District

### Live Life Well @ School

## ACTIVE TRAVEL IN EVERYDAY LIFE

Walking, riding and scooting to school is a great way to promote physical activity and shouldn't be limited to before/after school trips. Think about some of your other journeys from home and get creative!

- Try parking a greater distance from the shops and walking the rest of the way.
- If you use public transport, get off one station before your destination and walk.
- Even making little changes such as taking the stairs instead of the elevator or escalator can make a big difference.

More Tips: [makehealthynormal.nsw.gov.au](http://makehealthynormal.nsw.gov.au)

NSW GOVERNMENT | Health Northern Sydney Local Health District



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**LOCATION**  
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For more information including registration,  
visit [www.facebook.com/rangersbaseball](http://www.facebook.com/rangersbaseball)  
or email [info@rangersbaseball.com.au](mailto:info@rangersbaseball.com.au)

6pm - 7pm

**RANGERS**  
**BASEBALL CLUB**



## Hornsby Ku-ring-gai (PCYC) Sailing Club

[hornsbyailing@gmail.com](mailto:hornsbyailing@gmail.com)

[www.hornsbyailing.com](http://www.hornsbyailing.com)



The Hornsby Ku-ring-gai Sailing Club is the only sailing club servicing the Upper North Shore and North Western Sydney catering for all levels of youth dinghy sailing from Learn to Sail, to Club and National level racing.

**Season Dates:** Mid September – Easter with a short Christmas break.

### Learn to Sail:

- ◆ Saturday morning—9am -11am
- ◆ For children (generally 8 -13 years) who love being on the water.
- ◆ Supervision and activities provided by YA accredited club members.
- ◆ Learn about sailing safely.

### Race Training:

- ◆ For children who can sail around a basic course and want to go racing.

### Club Racing:

- ◆ All ages in classes including: Manly Junior, Flying 11, 125, VS 15 foot skiff and Open class.

- ◆ Membership for season starts at \$165.00

- ◆ Our club website has comprehensive information—please have a look

- ◆ Web: [www.hornsbyailing.com](http://www.hornsbyailing.com)

- ◆ Email: [hornsbyailing@gmail.com](mailto:hornsbyailing@gmail.com)

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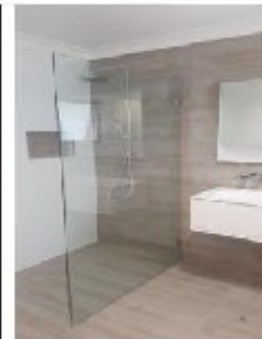
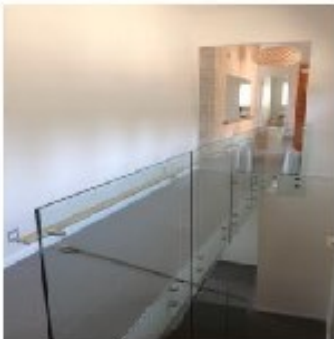


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