



Term 1 Week 2  
6<sup>th</sup> February, 2019



# The Crest

*Self*

*Respect  
Others*

*Community*



**WELCOME KINDERGARTEN 2019**

**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)





Welcome to 2019 and another exciting year at Berowra Public School. The holidays just flew by and now we are back ready to go! I hope you and your family had a very Merry Christmas and a relaxing new year. I know many families suffered through Christmas and the New Year with 'playing the insurance game' after that devastating storm. Please let me know if we can help in any way. I realise some families still aren't back in their houses.

I would like to warmly welcome our new families and students who have joined our school community this year and our enthusiastic Kindergarten children and their families. I know that you and your child will enjoy our school's warm, caring learning environment and complete with outstanding educational experiences which enrich students' academic, social, creative, physical and cultural abilities.

I know the teachers are also excited to be back and are also looking forward to another 'action packed' year with your children.

Classes are settled and the academic programs began on Day 1. Thank you to the many parents who sent positive messages to me regarding class placement.

Congratulations to all students who have started the year so well. The teachers have commented on the renewed energy, enthusiasm and lovely manners of the children in their classes. As educators, we will continue to maintain the motivation and direct the students towards higher achievements.

**Class organisation for 2019** is as follows:-

Principal	Mrs Dianne Bower
KBlue	Mrs Janita Layson ( Kindergarten supervisor)
KPurple	Miss Rebecca O'Malley
KRed	Mrs Louisa Cabral
KYellow	Mrs Skye Fenton
1L	Miss Brittani Lloyd
1S	Mrs Sally Till (Assistant Principal Stage 1)/ Mrs Amanda Wilkinson
1/2P	Mrs Deborah Pickering
2K	Mrs Tennille Kolarik
2W	Miss Brooke Westwood
3A	Mrs Alison Withford
3K	Mrs Elizabeth Kempe
3/4C	Mrs Jacqueline Clayton
4R	Mr Riley Chivers
5B	Mrs Marilyn Bolger
5P	Mr Dominic Parkinson
6B	Mrs Elizabeth Beckedahl (Assistant Principal Primary)
6C	Mr Robert Cottrell
6P	Mr Alec Power

**RFF**

Library	Mrs Jennifer Smith (T,W) Mrs Till (M)
Dance/Lib	Mrs Kelly Lukic (T, Th)
PDH	Mr Glenn Pritchard (Assistant Principal RFF)
Learning and Support Teacher	- Mrs Rebecca Walton
School Learning Support Officer	- Mrs Charmian Steel
Teacher's Aide	Miss Melissa Jones (Volunteer M,T,W)

## Administration

School Administration Manager      Mrs Karen Kitchener  
School Administration Officers      Mrs Vicky Rode  
   Mrs Barbara Lawrie  
   Mrs Sarah Williams  
General Assistant                              Mr Trevor Daykin

## School Attendance

Families are encouraged to holiday or travel during school vacations. If the period of absence is in excess of 50 days, the student may be eligible to enrol in Distance Education.

If you know you are going on a holiday – for longer than a week - (and can't make it for during the holidays) please email me and I will send you an 'Extended Leave' Form.

## Sick/Leave

If your child is off school due to illness or appointments (that can't be made in the holidays) please send a note or **an email to the class teacher**. Emails are now allowed – this should make it easier to keep on top of the notes!

## PSSA Teams/Dance/Drama/Choir Groups

The beginning of the new school year means that selections are on for those interested in sporting teams, dancing, acting in the school play or performing with an advanced musical/dance ensemble. There's this in common with the all groups: some will make the cut, and many will not. Just a couple of examples are: Albert Einstein failed his college entrance exam. Walt Disney was fired from his first media job and Michael Jordan was cut from his high school basketball team.

Teachers spend many lunchtimes selecting these groups. All of these groups are part of our Gifted and Talented Program. The children selected in these groups/teams are chosen on their skills and talents. Some children, due to their well-developed skills and/or talents will make it into more than one team/group, just as some children will always top the spelling test!

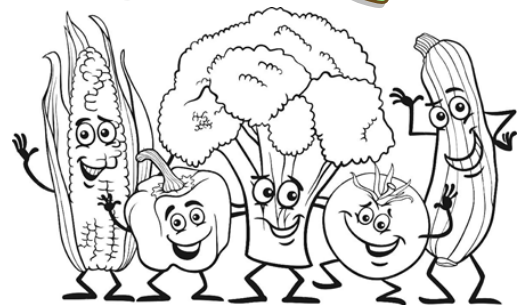
At any level, being left out of any team or group hurts. Parents need to make this process easier for their children by softening the disappointment. Parents can help children learn to deal with rejection as a part of life and help them bounce back with grace and renewed energy to the next endeavour. As teachers we agonise over all decisions and try to give all children an opportunity to shine. We need to work together to ensure that all children don't give up but continue to strive for their best, handle setbacks graciously and just as Michael Jordan did.... **never, ever give up!**

# Garden Working Bee

**WHEN:** Sunday 10th February  
9am—11am

**WHERE:** BPS vegie garden

**WHAT TO BRING:** shovels, mattocks, hoes, small trowels



Welcome back to the 2019 school year. This year we are planning lots of activities and plantings in the school garden. At the moment, the gardens are overrun with weeds, which need to be cleared and the beds dug over. Any help at our working bee on the weekend will be very much appreciated.

Marilyn Bolger  
For the Garden Committee

# Canteen Volunteers urgently needed

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

Any amount of time on a Wednesday, Thursday or Friday which 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.

## Parent/Teacher Meetings

These will be held next Monday, 11<sup>th</sup> and Tuesday 12<sup>th</sup> February.

Monday - 6:00 pm - Stage 1 (Years 1 and 2)

7:00 pm - Stage 3 (Years 5 and 6)

Tuesday - 6:00 pm - Early Stage 1 (Kindergarten)

7:00 pm - Stage 2 (Years 3 and 4)

This is a time for you to meet your child's teacher/s and understand their expectations. Procedures and class organisation will be explained during these sessions.

## Homework 2019

In 2019 we will continue to streamline homework tasks. At no stage has there been a "No Homework" policy. Homework is not an 'optional extra'. We are 'streamlining' it so that homework will not be an 'agonising' experience. Every child and every class will have some homework.

Homework in 2019 will consist of reading ( K-2 – home readers; 3-6 – either oral or silent reading - depending on your child's ability), learning spelling and spending time with the family. It will also entail Mathletics and Reading Eggs. Maths/Literacy review sheets (related to the work being done in class at that time) may also be set for homework. The home reading will ensure the continuation and love of our Berowra Book Busters and reading for enjoyment.

With the added pressures of after school activities (sport, dance, music, etc) and family commitments, homework is taking up more and more of precious family time. **Research and project work will be completed in class time.**

## Uniform

There has been some confusion as to the correct uniform:

Purple polo shirt with school logo

Black shorts/skorts

White ankle socks

Black school shoes – not skate shoes or trackshoes

Black polo fleece jacket with school logo

Wide brimmed school hat



## Sports Uniform

Polo shirt in appropriate house colour with school logo

Black sport shorts/skort

White socks

Joggers or trackshoes

**Please note: leggings/bike pants are not part of the uniform.** We discourage canvas shoes as they do not give support for ankles during sporting activities.

Children need to wear hats at school and it needs to be a "sun safe" hat. We ask the children to take pride in their

school uniforms which includes taking care of their hats. If the brim of your child's hat has become out of shape so that it is no longer protecting them from the sun we ask you to try ironing it so that it looks smart and is sun safe.

### Swimming Carnival

Our school swimming carnival is on Monday 4<sup>th</sup> March at Hornsby Aquatic Centre. All children in Years 3 to 6 are expected to attend. This is a school day and the swimming carnival is a school event. If your child is not a strong swimmer they will still enjoy cheering on their friends, chatting with friends and just enjoying a day of team spirit and school fun. Please do not keep your child home on this day. Children not competing will still be involved in novelty 25m events.

Work related to this day will be followed up in class over the next few days.

### Safety around school

Just a few reminders, to ensure the safety of our children:

- Kiss and Drop is for a **two minute** drop off or pickup – it is not an area to park and wait for your child to come out of school.
- Please remind your child to cross Hillcrest Rd at the Pedestrian Crossing, at all times, rather than running across the road anywhere.
- U-Turns / 3 point turns are illegal along Hillcrest Rd.
- Obey the road signs and only park in parking areas. No parking signs are there for a reason.
- Please also be very careful along Balaclava Rd as the trees near the lane are still obstructing the nature strip.

## Health and Safety is everyone's responsibility.

### Your Child's Medical Needs

Information about allergies, asthma, diabetes and medical procedures in the last 12 months helps us support your child's health and wellbeing. Please provide relevant information to the school.

**Please note: Information you provide will only be used or disclosed in order to support your child's health needs or as otherwise required by law.**

## Are your details up to date?



Have you moved or changed phone numbers? Please inform the front office with any changes in your living situation so we can contact you if the need arises. We particularly need to keep phone numbers up to date for emergencies. Your assistance is greatly appreciated.

## Student Wellbeing

At our school we have very high expectations regarding student behaviour and I am very happy to say that all of our children reach those expectations most of the time. We use a positive approach to student discipline by setting clear limits, recognising appropriate behaviour and applying consequences to inappropriate behaviour. Behaviour that infringes on the safety of others such as harassment, bullying or anti-social behaviour of any kind is not tolerated from anyone and will be responded to appropriately.

We understand that children will occasionally make the wrong choice and we work with them to make better choices should that or a similar situation arise again. We encourage our students to let us know if a situation is occurring that they can't handle and we support them by providing them with the skills they need to rectify the situation or we intervene appropriately.

If your child comes home and shares a concern that involves another student at school we ask all parents to contact the class teacher in the first instance.

Under no circumstances are parents to make contact with another child in regards to a conflict that is happening at school or on the way to and from school. It is inappropriate and often escalates the problem.

If you have concerns or an issue arises please let the school know so we can deal with it appropriately.

*Di Bower*

**Principal**

## Money Collection Procedures -



- BPS payment/permission envelopes with cash or cheque enclosed are not to go to the classroom teacher.
- 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 letterbox attached to the wall in the office foyer. This can be done by children or parents prior to school or during recess and lunch - not during class time.
- Please DO NOT put canteen money in this box. Go to the canteen.
- 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.



## Upcoming Events

<b>Thurs 7 Feb</b>	Boys dance audition at lunchtime
<b>Mon 11 Feb</b>	Parent/Teacher meeting—6pm stage 1, 7pm stage 3
<b>Tue 12 Feb</b>	Year 6 Leadership Day at Gibberagong Parent/Teacher meeting—6pm early stage 1, 7pm stage 2
<b>Thurs 14 Feb</b>	Uniform Shop open 3-3.45
<b>Thurs 28 Feb</b>	Uniform Shop open 3-3.45
<b>Mon 4 March</b>	BPS Swimming Carnival at Hornsby Aquatic Centre
<b>Wed 6 March</b>	Zone Swimming Carnival at Hornsby Aquatic Centre
<b>Thurs 14 March</b>	Uniform Shop open 3-3.45
<b>T-W 19 &amp; 20 March</b>	Author Visit K-6
<b>Thurs 21 March</b>	Photo Day
<b>Thurs 28 Marchs</b>	Canteen Ice Cream Day Uniform Shop open 3-3.45
<b>Fri 5 April</b>	K-2 Possum Magic
<b>Thurs 11 April</b>	Uniform Shop open 3-3.45
<b>Fri 12 April</b>	Last day of term 1
<b>Fri 19 April</b>	Good Friday
<b>Mon 22 April</b>	Easter Monday
<b>Thurs 25 April</b>	ANZAC Day
<b>Mon 29 April</b>	Staff Development Day
<b>Tues 30 April</b>	All students return to school for term 2
<b>Tues 7 May</b>	Mother's Day stall
<b>Thurs 9 May</b>	BPS Cross Country Carnival
<b>Tue-Thur 14-16 May</b>	NAPLAN for years 3 & 5



## School Opal card applications for 2019



School student applications for 2019 opened Monday, 15 October 2018.

Students progressing to year 3 and year 7 do not need to re-apply if they:

- are continuing at the same school
- are residing at the same address
- have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If students need to update their information or re-apply, they should go online to :  
<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2018 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2018, the system will automatically cancel a card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out during December 2018 and January 2019.

For further information visit <https://apps.transport.nsw.gov.au/ssts>

Regards,

Transport for NSW

Berowra Public School newsletter, The Crest, is sent to all parents at the school via email and can also be viewed online from the schools website.



If you would like to receive future hardcopies, please contact the school office on 9456 1319. It will be forwarded via your youngest child later in the week.

## Strings and Recorder Ensembles 2019



There are still places available in the beginner recorder class and the string ensemble for 2019.

Sign up now to reserve a place for your child.

For more details please contact me at [sue.thorv@gmail.com](mailto:sue.thorv@gmail.com).

Please register as soon as possible by filling out a band registration form, available at the back of The Crest and returning it to the school office.



Sue Thorvaldson (Recorder & String Ensemble Director).

**CALLING ALL ROCK STARS!!**



are looking for  
**Musicians**

To audition for 2019

Call Mike on 0413034080  
or email

[vamproductions@hotmail.com](mailto:vamproductions@hotmail.com)  
for more information

## 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.



HEALTHY  
LUNCH  
BOX

## The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



**Wholegrain Breads & Cereals:** Bread Sushi

**Vegetables and salads:** Corn cob

**Meat & Alternatives:** Baked bean muffin

**Dairy:** Yoghurt tub

**Fruit:** Strawberries

**Water:** Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our website.

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



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## ENROL NOW

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**BEROWRA ASQUITH**

**PENNANT HILLS**



**HIP HOP ACROBATICS LYRICAL**  
**BALLET JAZZ TAP PERFORMANCE**

ACCEPTING ACTIVE AND CREATIVE KIDS VOUCHERS



CONTACT US

0408 473 803

[Jan@BelcastroDance.com](mailto:Jan@BelcastroDance.com)

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*The difference is dramatic...*

Boost your child's creativity, confidence and communication skills.  
Self-development through drama.



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STUDENTS AGED 4-17



louise.drama@gmail.com

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



**GIVE YOUR CHILD CONFIDENCE**

0468994488 | [www.danceclasseshornsby.com.au](http://www.danceclasseshornsby.com.au)

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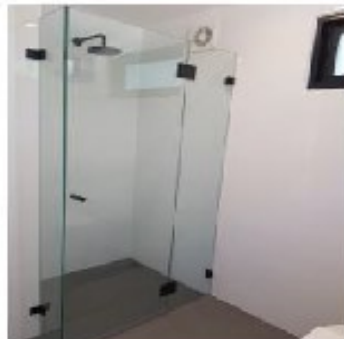
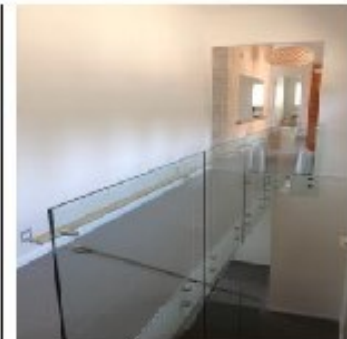
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# Community Events

• • • • •  The Athlete's Foot

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 Every time you buy a pair of shoes.



 School Rewards Hornsby Shop 1082, Westfield Shoppingtown (02) 9477 7752



SYDNEY ACADEMY OF CHESS

Level 1 30A George St, Burwood 2134  
 Office: (02) 9745 1170

## CHESS!!

Learn to be a chess champion! Coaching for students at Berowra Public School is held on Tuesdays from 1:30pm to 2:20pm, starting on 12 February 2019.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.



# HORNSBY LIONS JUNIOR RUGBY UNION CLUB

## COME AND JOIN THE PRIDE

- THURSDAY NIGHT TRAINING
- EQUAL TIME POLICY
- TOUCH RUGBY UNDER 5'S TO 7'S
- GREAT CLUB HOUSE FACILITY
- FUN AND PARTICIPATION
- NEW PLAYERS FREE SHORTS/SOCKS
- THURSDAY PIE NIGHT
- FAMILY CLUB
- GIRLS & BOYS ALL WELCOME
- QUALITY COACHING
- AFFORDABLE FEES
- AGE GROUPS FROM UNDER 5 TO 17

Play junior rugby at the family friendly rugby club #jointhepride #hornsblylions

Mark Taylor Oval, Waitara W: [www.hjruc.com.au](http://www.hjruc.com.au) F: hornsby junior rugby union club

## HELP FOR STUDENTS



### Is the problem with school?

Try to work out exactly what the problem is, (e.g. teacher doesn't like me, I don't like the teacher) then talk about it with mum and dad, the teacher, school counsellor or the principal and they will help you.

### Not sure!

Keep a diary for a week, write down the good things and the bad things that happen at school each day, when you feel good and when you don't, then talk about your feelings with mum or dad.

### If work is too hard or too easy.

Tell a parent and your teacher. They can work out a program with you, get extra help if needed and practise with you until you are more confident, or give you more interesting things to do.

### Get organised.

If you are always behind with homework and never have the right books and equipment you will feel bad about yourself a lot of the time. Make yourself a homework chart. Do homework every night, [even if you haven't got any it's a good idea to read or research so that you get into the homework routine].

### Be on time for school.

Going into a class that has already started is embarrassing. You have to rush about, you don't know what is happening and no one has time for a friendly word.

### Arrange to go to school with a friend.

Maybe your carer could take you both sometimes and the friend's carer the other times. If you live near school you and your friend could walk together. You will have someone to talk to and a happy way to start your day.

### Don't give yourself a hard time.

It's so easy to say to yourself, "I'm no good at this and "I can't do that." Think about all the things you **can** do and then say, "I can't do that YET."

### If you are worried that something

will go wrong when you aren't there, tell mum or dad or an aunt or uncle or another adult how you are feeling. You might be worried about something that is never going to happen and nobody makes you feel better because you haven't told anybody. Even if things are going wrong at your place talking about it will mean that people understand and you can work out the best way to help you to feel better and what you can do when you are worried or scared.

### If someone is bullying you,

remember that you don't have to put up with bullying; you have the right to feel safe.

*RESPECT*

*Self*

*Others*

*Community*

## **ATTENDANCE TIPS FOR PARENTS**

In NSW students must attend school regularly. This means all children between the ages of six and fifteen are legally required to attend school. Attendance is recorded daily and a 'roll call' is usually conducted before the first lesson of the day begins.

For the benefit of all children, parents or carers should ensure their child attends school regularly. Any absence from school should be explained within seven days of the absence. Similarly, schools are required to inform parents promptly of any unexplained absences or suspected truancy.

Below are some helpful hints for establishing regular attendance patterns.

### **❖ Routine**

Setting up a routine is fundamental so is ensuring there is family-discipline to keep it going. Give your child a set of tasks to complete every morning before school and every afternoon when they return. (E.g. be out of bed by 7am, have breakfast and pack school bag, get dressed, brush teeth and be out of door by 8 am.)

### **❖ Planning and organising**

Achieving a sense of calm in getting ready for school or any other outing can only occur through planning and organising the family. This might include:

- keeping a family schedule.
- knowing what's required for each day for each child.
- having a central place for processing information and notices.
- placing the information on the family schedule for all to see.
- going over the family schedule the night before.
- getting things ready the night before wherever possible – clothes, lunches, school bags packed – everything ready to go so you can save precious time when trying to actually get out the door.

### **❖ Involvement and responsibility**

Unless you get the children involved and taking some responsibility, you still won't get the children to school on time. Try these tips to get their involvement:

- make it fun.
- give them a couple of simple and clear tasks.
- time their activities and encourage them to beat the clock.
- make them responsible for the items they need each day, such as clothes and equipment.

### **❖ Support**

Get support where you can. This might include:

- linking into, school or community programs such as homework centre, after school activities.
- sharing tasks within the local community, family and friends, such as taking it in turns to walk to children to the bus, sharing pick up and drop off days.

### **❖ Rewards**

There's no doubt that parents can at times be left wondering whether all the effort is worth the potential stress of trying to get the family moving, but the accumulated effect of keeping on top of the family requirements can produce great outcomes such as these: Natural rewards will occur for the whole family

- Parents are less stressed
- Children react more positively, knowing what is expected of them
- Boundaries are outlined
- Good habits are developed



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