



Term 1 Week 4
20th February, 2019

Congratulations to Cayleigh H, Zoe D, Alana A, Xavier A, Rocco D, Anouk D and Rachael H for their representation in the Junior State Touch Football Cup. Senior girls were runners up!

The Crest

Self

*Respect
Others*

Community

Working Bee Workers, thanks.



Berowra

Public School

Phone 9456 1319
Website www.berowra-p.schools.nsw.edu.au
Email berowra-p.school@det.nsw.edu.au



At Berowra PS our vision is to be a positive learning community that builds on quality relationships and developing inquiring minds. Learners will feel valued and safe to explore opportunities with confidence, and be passionate about their learning in readiness for the future challenges. Like all teachers though we are continually raising the bar and ensuring that children are motivated and challenged in their learning.

We can't settle for 'it's the best we can do'. Because, the fact is we can do better. Great practice, relentless focus on outcomes and high-quality explicit teaching achieves results.

Every day parents drop off their most important asset into our care and their future depends on us.

Meet the Teacher

Thank you to the teachers for their professional information nights last week and thank you to the supportive parents who attended to ensure that their child/children have a wonderful start to the school year.

We welcome parent enquiries and the teachers are always willing to discuss successes and issues. The link between home and school is vital in a child's growth and development and their educational success. Please make appointments to see the teacher by emailing the teacher.

Classrooms

This year the school enrolment reached 418 students. We have formed 18 classes. The department allows us 17 classes with this number of students. We have cut our budgets as best we can and the school will fund an 18th teacher for 2019. This will ensure we don't have all multi-age classes or classes larger than 34.

With all our classrooms being used it means that we only have two other spaces available for our Release from Face to Face lessons – the library and the computer room.

Mr Pritchard is able to accommodate his Personal Development/Health lessons in the library on Mondays and Fridays; library lessons are of course in the library on Tuesday, Wednesday and Thursday. Mrs Till roves between classes on Monday and Tuesday. Many thanks to the flexibility of these teachers for allowing us to form the extra class to ensure the best education for our children.

2019 Classes

The students are well settled in their classes. Some students settle and adapt quickly, whilst others take a little longer. Parents, please do not make appointments with me asking to change your child's class. If your child fails to settle or looks unhappy, I will call you. It is disappointing when parents do not give their child time to adapt to the new setting. Children need to make different connections, learn to be resilient and adopt a positive attitude towards their new classroom. The teachers at Berowra are kind, caring, professional, hard-working and have a thorough knowledge of student learning. I urge parents to work with us. There are decisions that must be made by the staff and we cannot ask every individual parent for their choice of class and/or teacher. The students are happy and working hard! We are all here to help and assist students through change and new situations.

Berowra Swimming Carnival

Berowra Swimming Carnival, is on **Monday, 4th March at Hornsby Aquatic Centre**, for students turning 8 years of age and older within 2019. This is always a wonderful day and an opportunity where we as a school community can display team spirit through participating in swimming events, cheering on competitors and having an enjoyable day. All students are expected to attend the swimming carnival as it is a normal school day. There are shorter races and novelty events (time permitting) for those students who don't swim a complete lap. If you are not the competitive type it's great to cheer for your school, meet up with friends from other sport houses and just generally enjoy a day out. Part of participating in a carnival is also lending support to your team mates and encouraging your house members. Only attending for your event and then leaving is not displaying 'teamsmanship' so unless vitally necessary please don't take your child home after completing their event, allow them to stay and support those still swimming.

Parents, if you are attending the carnival you might like to car pool or catch a train. There is limited parking in the Hornsby Aquatic Centre Carpark but this is time limited. Parking around the pool is generally time limited also.

The Hornsby Zone Swimming Carnival is on **Friday, 8th March at Pymble Ladies College**. If your child is selected to represent the school at this carnival you will need to transport your child to this venue on the day.

Food Wrapping/Containers

Please ensure that whatever you pack for morning tea, fruit break or lunch is easily accessible for your child/ren. Many children spend most of their eating time lining up to have their food opened by the teacher on duty!

Muesli Bars, chips, fruit strips, etc are all extremely hard for young fingers to open – please cut the top so they can be opened easily.

We ask that you don't put ring pull cans in the children's lunch boxes. The young children in K-2 find them hard to open and we have some children cut with the sharp lid.

It is really difficult for teachers while on duty to watch all the children and also personally open food containers and wrappers.

Emailing teachers

Thank you to all parents who are using emails to communicate with their child's teacher. The purpose of the emails is to keep in close contact with school and home and ensure the best positive communication, collaborative atmosphere and quality teaching for our students.

Thank you also to the parents who are emailing to say their child is away – unfortunately some parents are sending emails to teachers to ask them to give messages to their child about how to go home. Most teachers do not have time to access their emails during class time. This is mostly done after school or at night at home. Could we please ask that you allow at least a 24 hour 'turn around' with emails. If it is necessary for your child to have different instructions on how to go home please phone the office and they will try to pass on the message. Friday afternoon is often difficult because children are often out of the school playing sport.

Traffic around the school

Every year, the same situation occurs. Parents double park and park in driveways and use their mobile phones whilst driving or waiting in a traffic line. Please note that if you are in the Kiss and Drop line and you are using or touching your phone, you are breaking the law. One morning last week a neighbour phoned to report that she was reversing out of her driveway when a parent from this school parked in the driveway, blocking her in and walked to the school with her children. The owner had to wait until this person returned before she could leave her property.

Please be considerate, thoughtful and responsible. These are the values we teach your children and they need parents to be role models.

Could I also request that parents do not do 'U turns' outside the office. There are double lines here and it is a traffic offence. This also puts our students in danger.

My apologies for the above paragraphs to the wonderful parents at our school who are considerate, supportive and obey road rules. Your actions are much appreciated and valued at our school. Hopefully I will bring good news only in the future.

Birthday Treats

Wondering what to send in for your child's birthday treat to share with their class? I have noticed many sensible patty cakes with limited icing coming in.

I have been asked to address the issue of healthy alternatives. When searching through the DoE policies and our syllabus. I found that ... "Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students." Within the PD/Health/PE syllabus we teach healthy choices. Children need to be educated on healthy living and lifestyles; they need to recognise every day food and foods that we infrequently eat – such as treats!

With this in mind I would ask that you consider what you send to school to share with the students in your child's class and as parents I ask that you talk to your children as to what you wish for them to eat/accept. If you do not wish your child to have 'birthday treats' please let the class teacher know.

Acceptable birthday treats -

- Small patty cakes with limited icing
- One chocolate/ lolly (no Chuppa Chups)
- Homemade cookies/biscuits
- Cut up fruit
- Low fat/ air popped popcorn
- Fruit kababs
- Novelties – eg pencils etc



Attendance

If a student is to be absent, it is best for the parents to notify the teacher.

When your child is absent from school, don't forget to send in a note on their return to school.

This note should explain the reason for the child's absence, the date(s) of the absence and should be signed and dated by a Parent or Guardian.

Absence Notes

It is the responsibility of parents to notify the school of their child's absence as soon as possible after the absence has occurred. If no explanation is received within five days, the school automatically generates and mails out letters requesting an explanation of absence.

There may be cases where parent notification occurs after letters have been mailed. To alleviate any confusion, prompt notification by parents of their child's absence will circumvent the automatic generation of absence explanation letters. Absences can be notified by email to the class teacher or a note can be sent in. Thank you for your assistance in this matter.

Berowra Public School - Road Safety Education



When walking children under 10, to and from school, always hold their hand when walking along footpaths and near roads. Be a great role model for safe road crossing by always using the crossing.

Road Safety Rules Ok!

Our children look to us to keep them safe. This is particularly important at the beginning and the end of each school day. As you are aware the traffic at these busy times is very heavy outside our school.

If your child needs to cross the road they need to use the crossing to cross safely. The crossing supervisor is there morning and afternoon to ensure your child gets to and from school safely. It is illegal to park across driveways and inhibit the entry or exit of vehicles and to stop in a bus zone to drop off or pick up students.

The staff car park is only available to staff. Please do not drive into the car park to pick up or drop off children.

By following our road rules, travelling slowly (40km or less) and being aware of what is going on around schools during drop off and pick up times we are doing everything we can to make sure our children stay safe.



Health and Safety is everyone's responsibility

If you are volunteering at our school please sign in at the office when you arrive and leave. Always wear our visitor's label so our children know you are allowed at our school.

Your Child's Medical Needs - Anaphylaxis

Anaphylaxis Facts for Parents of Children at Risk of Anaphylaxis

What is anaphylaxis and how is it treated?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It usually occurs rapidly after exposure to a food, insect or medicine to which a person may already be allergic. Anaphylaxis must always be treated as a medical emergency and requires immediate treatment with adrenaline.

If your child has been diagnosed at risk of anaphylaxis, their treating doctor should provide:

- **Education on avoidance of known allergens (substances causing the allergic reaction).** This is particularly important with food anaphylaxis which can be caused by very small amounts of food or accidental exposure. Strategies to avoid exposure to known food and insect allergens should be implemented at home and school, preschool or childcare.
- **ASCIA Action Plan for Anaphylaxis.** This plan outlines what to do if your child is having an allergic reaction. It must be completed and signed by your child's doctor and stored with the adrenaline auto-injector, even if it is carried by your child. The plan includes personal details, signs of allergic reactions, instructions on how to use the device and whether to give any other medications.
- **Prescription for two adrenaline autoinjectors.** This allows you to keep one with your child at all times (whilst in or out of the home) and another at school.
- **Education on how to use an adrenaline autoinjector.** It is recommended that you regularly practice using a trainer version of the adrenaline autoinjector that has been prescribed for your child. Trainer versions of the devices do not have a needle and do not contain adrenaline, so they can be used repeatedly for practice and to teach family and friends. All staff at our school participate in annual training to support students with anaphylaxis.
- **Information on medical identification jewellery.** This is optional and does not replace the ASCIA Action Plan for Anaphylaxis.

What is the role of the parent?

- **Notify class teacher and school principal** if your child has been prescribed an adrenaline auto-injector; had previous or subsequent anaphylaxis; has any changes in allergies; and any other health care needs or disabilities (including learning difficulties) that may affect anaphylaxis management.
- **Provide an ASCIA Action Plan for Anaphylaxis completed and signed by your child's treating doctor.** This should be updated (including photo) when adrenaline autoinjector prescriptions are renewed (usually every 12-18 months) or if allergies change. These plans are medical documents and must not be completed or altered by parents or school staff.
- **Provide an adrenaline autoinjector to your child's school.** Always note the date on the label and replace the device before it expires.
- **Assist in the development of an Individual Health Care Plan or Risk Minimisation Plan.** This is a plan that school staff develop to support your child's health care needs.
- **Age appropriate education.** Educate your child about how to avoid known allergens and why it is important. Remind them that if they feel sick, they should immediately tell someone nearby, such as a teacher or other adult. Assure them it is the right thing to do, and they should not be afraid of getting into trouble for doing this.

What are the responsibilities of our school?

- **Training of staff** in awareness, management, recognition and emergency treatment for anaphylaxis. This occurs annually.
- **Implementation of strategies** to minimise risk of accidental exposure to known allergens, including special events such as excursions. ASCIA Action Plans are located throughout the school and plans for students participating, are taken on every excursion.
- **Appropriate storage of adrenaline autoinjectors** with an ASCIA Action Plan for Anaphylaxis in an easily accessible location, out of direct sunlight and heat. Additional adrenaline autoinjectors are also located at school and in first aid kits on excursions.

Di Bower

Principal

DANCE NEWS

We have had a busy few weeks of auditions for the 2019 dance groups. This year we had 180 students audition for dance groups demonstrating the enthusiasm for dance at BPS.

This year we will have -

- ◇ girls dance group (Years 4-6)
- ◇ boys dance group (Years 3-6)
- ◇ boys & girls dance fun group (Years 2 & 3)

The boys group rehearses every Tuesday morning at 8:15am with Mrs Lukic.

The girls group rehearses every Thursday morning at 8:15am with Mrs Lukic.

These groups will audition for the Sydney North Dance Festival to be held at the end of Term 2. They will also audition for the State Dance Festival and perform at Hornsby Music Festival and the school's Presentation Day.

The 'dance fun' group will rehearse on Fridays at lunch time with Miss Westwood. This group will perform at school assemblies. We are looking forward to watching these groups perform at the various events throughout the year.

Kelly Lukic

UNIFORM SHOP

The Uniform Shop launched Shopify last year which has enable easy online ordering for parents.

<https://berowra-public-school-uniform-shop.myshopify.com/>

Using shopify is easy. Once you have place your order it is filled by a volunteer and then items can be collected from the office, BOOSH or the shop. Or if you wish to purchase items in person our shop is run by our parent volunteers and is open fortnightly on a Thursday afternoon 3pm - 3.45pm.

Should you have any queries please contact the Uniform Shop via our Facebook page—Berowra Public Uniform Shop.

SCHOOL BANKING -

The school earns commission from every deposit with school banking.

- * Every Tuesday morning at the canteen from 8:50-9:20am
- * There is no minimum deposit required
- * New rewards and certificates for consistent banking
- * Promotes good saving habits
- * Just open an account with the Commonwealth Bank
- * See the coordinators on Tuesday mornings with your detail
- * It's that easy!



Canteen Volunteers urgently needed

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

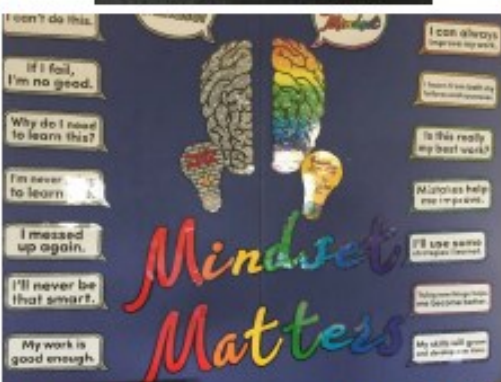
Any amount of time on a Wednesday, Thursday or Friday which you can spare would be greatly appreciated. Lunch provided.

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.



Stage 2 and 3 welcome you to Term 1, 2019.

Stage 2 and 3 has enjoyed a productive beginning to the year. Students have been acquainting themselves with friends and teachers, both new as well as familiar. Our artwork displays the creative side of our students and demonstrates keen attitude that they have returned with to school. Of course many things have taken place so far this term. The highlight however, would have to be Mr Cottrell's first K-6 assembly, in which he entertained our whole school with his musical talents. I really have never heard the students sing so loudly.



MINDUFLUNESS - SETTING A GOAL AND STRIVING TO ACHIEVE IT!





**Year 6 Leadership Day.
1.02.19
Gibberagong**



**Working together can be sooo frustrating!
But...when you get it right it's definitely worth the effort.**



Photos taken by students in workshop at Gibberagong. Look out for more of these amazing photos.



Stage 2 and 3 would like to wish you all a happy year of the 'Pig' and for all the goodwill it brings.

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

Wed 20 Feb	P&C meeting 7pm in staffroom
Tues 26 Feb	Asquith Girls High School Open Night
Thurs 28 Feb	Uniform Shop open 3-3.45
Fri 1 March	Last day for Stewart House bags
Mon 4 March	BPS Swimming Carnival at Hornsby Aquatic Centre
Thurs 7 March	Asquith Girls High School Enrichment Test for year 7 2020
Fri 8 March	Zone Swimming Carnival at Pymble Ladies College
Mon 11 March	Asquith Boys High School Open Night
Thurs 14 March	Harmony Day—wear something orange with uniforms Uniform Shop open 3-3.45
Fri 15 March	BPS Disco
T-W 19 & 20 March	Author Visit K-6
Thurs 21 March	Photo Day
Sat 23 March	State Election Day
Thurs 28 March	Canteen Ice Cream Day Uniform Shop open 3-3.45
Tues 2 April	Term 1 dance assembly at 2.45
Tues 9 April	Hat Parade K-6
Thurs 11 April	Stage 3 State Parliament House excursion Uniform Shop open 3-3.45
Fri 12 April	ANZAC Day service Last day of term 1
Fri 19 April	Good Friday
Mon 22 April	Easter Monday
Thurs 25 April	ANZAC Day
Mon 29 April	Staff Development Day
Tues 30 April	All students return to school for term 2
Tues 7 May	Mother's Day stall
Thurs 9 May	BPS Cross Country Carnival
Fri 10 May	Mother's Day Breakfast
Tues-Thurs 14-16 May	NAPLAN for years 3 & 5
Mon 20 May	Kindy 2020 Information evening 7pm
Thurs 30 May	Kindy 2020 Information morning 10am

Assembly Awards



INTERSCHOOL SPORT

Round 2
Friday 22/2/19

Games start by 9.30

Round 3
Friday 1/3/19

PSSA Cricket and Softball

v Warrawee
at

Warrina St Oval
Berowra Oval

.....
.....

Cricket
Softball

.....
.....

v Hornsby Heights
at

Montview Oval
Rofe Park

PSSA AFL
always at
Foxglove Oval

Class Awards

Week 2 and 3

1L	Micah C, Cooper R, Kai G, Ryan O'C
1S	Michelle M, Jaxon F, Emma P, Naoh U
1/2P	Lucy C, Ewan H
2K	Lachlan W, Tahj K, Nikolai McG, Ethan P, Vari Y
2W	Sienna R, Oliver B, Ibsen B, Ethan F, Luca R
3A	Freya N, Triyog K, Ashleigh J, Ethan J, Ruby N, Jack Mcl
3K	Ayden P, Billy Y, Atoosa A, April A, Maddie B, Ryan H
3/4C	Ben D, Isobel F, Veronica R, Kaelan J, Ivy U, Maddi H
5B	Molly N, Sam F, Dorian T, Dominic H, Spencer L
6B	Aimee H, Liam JB, Dylan D, Kaiya H, Cayleigh H, Omar D

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.



Claim your **ACTIVE KIDS Rebate**

The NSW Government is helping kids get active with the new Active Kids Program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued

In 2019 families will not only be able to claim \$100 for the Active Kids Rebate but \$100 for the Creative Kids Rebate.

This will cover music lessons, drama and theatre, language classes, visual arts, coding and design.

To claim the rebate or more information go to www.service.nsw.gov.au/active-kids

Stewart House Clothing Appeal



Every family would have received a Stewart House bag last week.

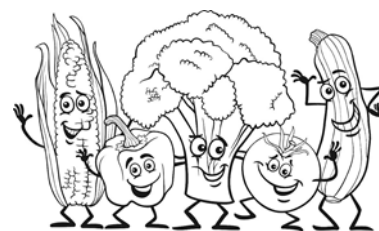
Clean out of those cupboards over the next few weeks and donate to support this wonderful program.

Please return your bag to the **staffroom foyer before Friday 1st March.**

The pick up truck is coming on Wednesday 6th March so no more bags after this date please.

If you need another bag, please contact the school office.

GARDEN WORKING BEE



The vegie gardens have been transformed and are looking set and ready for planting again. Thank you to the many families who gave up their Sunday morning to help. The community spirit of BPS once again shone through as adults and children worked enthusiastically side by side. The proverb “many hands make light work” certainly proved to be true with all the gardens now weeded, dug over, fertilised and the surrounds covered with woodchip. It looks fabulous.

A special thank you to Deb Cook who worked hard to advertise and organise our working bee and to Mark P who brought his trailer along and removed the mounds of weeds. As well he cut up and removed many branches that had fallen during the storm.

All efforts were much appreciated. We look forward to a productive time in the garden. Thank you.

Marilyn Bolger
For the Garden Committee

CALLING ALL MUSICIANS!!



The BPS Rock/Pop band is looking for **musicians** (especially a keyboardist) to audition this year

Call Mike on 0413034080 or email

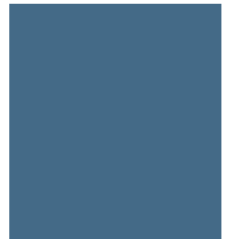
vamproductions@hotmail.com for more information

SAXOPHONE LESSONS

Fun & educational alto saxophone lessons for beginners to grade 2.
Rate: \$15 for half an hour.

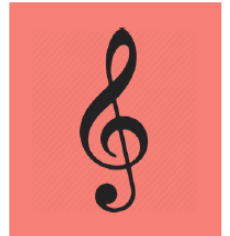
TAFFY MILLS-HICKS

Contact me at:
taffy.mills-hicks@education.nsw.gov.au
0434936603



I am 14 years old and have been playing saxophone for 7 years. I have completed all my grades up to grade 6 and I currently play in 3 bands.

I was awarded The Outstanding Service to the School Band Program, St Ives High School, December 2018.



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.

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'.

Piano/Keyboard Tuition

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www.musicteacher.com.au/suenorrington/berowraheights/

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School Opal card applications for 2019

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 as soon as possible to ensure student entitlements are updated and their current entitlement/card is not cancelled.

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 were sent out during December 2018 and January 2019.

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

Regards,

Transport for NSW



School Opal Card Compliance

One of our key focuses this year is to improve Opal compliance among students.


We found that the common reasons students don't tap on are:

- They do not hold an Opal card and have never applied for it largely because they are ineligible or live too close to the school
- They have lost or forgotten their Opal card but have not replaced it
- They might have a valid car, but don't see any reason to tap on and off
- The driver does not enforce it or ask them to tap on
- Insufficient funds on their Child/Youth Opal card

Every time a student TAPS ON and OFF, they are counted on our service—when they don't, they are invisible. Without accurate patronage data, Transport for NSW have the option to withdraw low patronised services.

Our drivers are now expected to ask students to TAP ON when they board.

Community Events





Berowra RSL Sub-Branch Youth Club Band – looking for members

TWO questions.

- Do you play an instrument such as flute, clarinet, saxophone, trumpet, trombone, French horn, drums, percussion?
- Do you like playing in a band and performing and have a good sense of fun?

If you can answer yes to the questions above then YOU are just who we are looking for. The Berowra RSL Sub-Branch Youth Club Band is a community band for children and young people aged 6 to 24. You do need to be able to read music (pretty simple stuff) but we are a friendly group of players. We provide another opportunity to play an instrument, meet new people and perform. When – every Tuesday from week 2 of each term with breaks over the holidays. Where – the hall behind the community health centre on Berowra Waters Road. Cost – free for term 1 with a small cost each term after that. Enquiries – contact Elizabeth on 0401 924 123

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


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

Mark Taylor Oval, Waitara W: www.hjruc.com.au F: hornsby junior rugby union club



TRY HOCKEY FOR FREE AT NORTHERN DISTRICT STRIKERS PENNANT HILLS

On Monday 25th February and 4th March 5:30-6:30pm come along and try hockey for free. Bring a mouthguard and shin pads and we can lend you a stick to use. Anyone from age 4 welcome Pennant Hills Park Hockey Fields Britannia st Pennant Hills Free BBQ afterwards RSVP to edwinaspooner@yahoo.com.au Any questions, please don't hesitate to contact us. Edwina 0423138734



Exceptional Learning Opportunities for Boys



OPEN NIGHT

Monday 11 March 2019

The staff and students of ABHS invite families and their sons to attend the Annual Open Night to hear about innovative programs designed specifically for boys.





5:15pm - Hall displays open
5:40pm - Official start of the evening with Principal's address, followed by tours of the school, concluding at 7.50pm.

Peats Ferry Rd, Asquith Phone: 9477 3508 www.asquithboy-h.schools.nsw.gov.au

Leadership, Citizenship, Science, Technology, Creative Arts and Sporting Excellence

Canteen Summer Menu 2019

Available Wednesday, Thursday and Friday
Order online at www.flexischools.com.au or at the canteen



Morning Tea		\$
✓	Bread stick	0.10
✓	Watermelon slice	0.30
○	Jelly fruit cup	0.80
○	Freshly baked treat	0.80
✓	Pizza Muffin (V)	1.00
○	Garlic bread	1.00
✓	Smoothie – berry or banana	2.00

Drinks		\$
✓	Juice – Apple or Apple & Blackcurrant	1.00
✓	Water	1.00
✓	Oak flavoured milk – Strawberry, Chocolate or Plain	1.50
✓	Chill J – Raspberry, Grape or Blackcurrant	2.00

Chips		\$
✓	Koala Popcorn - plain	1.00
○	Grain Waves – sour cream & chives	1.50
○	Red Rock Deli – honey soy or plain	1.50

Frozen		\$
✓	Frozen Seasonal Fruit	0.30
✓	Berri Quelch fruit stick	0.50
○	Ice Mony – Chocolate or Strawberry milk	0.80
○	Twisted frozen yoghurt – Chocolate/Vanilla or Watermelon/Mango	2.00

Salad		\$
✓	Rainbow salad bowl – lettuce, tomato, carrot & cucumber	2.00
	- add pineapple or corn	0.50
	- add ham, chicken or cheese	1.00
✓	Crunchy veggie sticks – cucumber & carrot	0.30

Special Days		\$
✓	Wednesday: Sushi – Chicken teriyaki, avocado, tuna or cucumber	3.50
✓	Thursday Meal Deal: Beef burger, choice of milk & veggie sticks	5.00

✓ = Everyday foods
○ = Occasional foods

Toasted Jaffles		\$
✓	Cheese	2.50
✓	Cheese & ham	3.50
✓	Cheese & pineapple	3.50
✓	Cheese & tuna	4.00
✓	Cheese & baked beans	3.50
✓	Cheese & spaghetti	3.50
✓	Ham, cheese & pineapple	4.00
✓	Ham, cheese & tomato	4.00
✓	Tuna	3.50
✓	Gluten free bread	1.00

* All jaffles made on wholemeal bread

Sandwiches		\$
✓	Vegetemite	2.00
✓	Cheese	2.00
✓	Ham	3.00
✓	Chicken	3.00
✓	Tuna	3.00
✓	Salad	3.00
✓	Egg	3.00
✓	Extras – lettuce, cheese, tomato, grated carrot or beetroot	0.50
✓	Gluten free bread	1.00
✓	Wraps	0.50

* All sandwiches made on wholemeal bread

Hot Food		\$
○	Garlic Bread	1.00
○	Nuggets (4) *gluten free available	3.00
○	Nachos – vegetable or beef	2.50/3.00
	* Extras – Sour cream	1.00
✓	Homemade Mac & Cheese	3.00
✓	Homemade pasta bolognese	3.00
○	Travellers pie	3.50
○	Snack pie	2.00
○	Chicken burger with lettuce & mayo	4.00
✓	Beef burger with cheese & tomato sauce	4.00
	*Extras – tomato, cucumber or beetroot	0.50
	*Sauce – tomato, BBQ or chilli	0.30
○	Chicken snack wrap – chicken patty with lettuce & mayo on a tortilla	4.00

Canteen Information

ABOUT US

Our canteen is operated by our Supervisor and is assisted by our volunteer parents and grandparents as part of Berowra Public School's active P&C.

VOLUNTEERING WITH US

Our canteen is staffed by a group of wonderful volunteers who help us prepare healthy food and assist with serving at the canteen. If you would like to volunteer please contact us.

Most volunteers help once a month from 9.30am – 2.30pm.

OPEN HOURS

We are open Wednesday, Thursday and Friday for recess, lunch and over the counter sales.

EVERYDAY & OCCASIONAL FOOD OPTIONS

We are working towards the NSW Healthy School Canteen Strategy to provide a menu that's at least 3/4 everyday healthy options, and no more than 1/4 occasional food.

Go to www.healthyschoolcanteen.nsw.gov.au to find out more about these requirements.

Please note prices and menu items may vary from time to time.

ORDERING

Paper Bag: orders must be in by 9.15am. The bag must include:

the child's name, class, items ordered and the price.

Online: online ordering closes at 9.30am. We use a system called Flexischools so you can order from home at your convenience. To setup your account go to www.flexischools.com.au

FORGOTTEN LUNCH

If your child is without their lunch the school will call the parent and a forgot lunch note will be completed. The invoice will be sent home with the child. Please pay within 7 days.

CONTACT US

Manager – Teresa

Mobile: 0402 855 941

Email: trmckenzie@aapt.net.au

