



Term 1 Week 6
7th March, 2019



The Crest

Self

*Respect
Others*

Community



Berowra

Public School

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



SWIMMING CARNIVAL

Thank you to students, staff and parents who attended our Swimming Carnival on Monday. From this Carnival, a Zone squad has been selected. Congratulations to all swimmers and especially to year 6 students who participated in most events to boost their house points.

Many thanks to all teachers, students and parents for your support and participation in this carnival. Thanks especially to Mr Dominic Parkinson for his co-ordination, organisation and leadership of our school carnival.

A special thank you to Mr Wayne Bingham (grandfather of Kaiya, Maddi and Dilan H) for 'volunteering' his time, expertise and equipment at the carnival. Mr Bingham has a wealth of knowledge and expertise in this area and we are indeed fortunate to have his assistance and leadership.

Thanks everyone for an outstanding carnival.

ZONE SWIMMING CARNIVAL

Best wishes to our Zone Swimming competitors who will compete in the carnival on Friday. I know you will all do your best and represent our school well.

Di Bower

Principal

ATTENDANCE

Attendance at School

If a child misses an average of nine days per term, (that's less than one day a week) during their primary school years, they would have missed a whole year of learning by the time they reach Year 7. To give your child the best chance for success at school you need to send them *every day!*

It's cool to be in school

ROAD SAFETY



Parking safely will help to keep young children safe - even if it means walking further to the school gate

HEALTH AND SAFETY IS EVERYONE'S RESPONSIBILITY

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

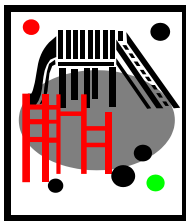
We welcome information from parents about your child's health, even if you are not requesting specific support from our school.

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.



Use of School Equipment Before and After School

To ensure the safety of all students we request that parents do not allow their children on the school equipment before and after school, unless they are being closely supervised by an adult.

ALLERGIC REACTIONS – STUDENT HEALTH AND WELLBEING

What are allergies?

Allergies occur when an overactive immune system produces antibodies (IgE) against substances in the environment (allergens) that are usually harmless. Exposure to an allergen can result in symptoms that vary from mild to life-threatening.

What is anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. Anaphylaxis is severe and sudden generalised multi-system allergic reaction and can occur when a susceptible person is exposed to an allergen (such as certain foods or an insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life-threatening and always requires an emergency response.

How common is anaphylaxis in Australia?

Anaphylaxis is uncommon but not rare and is more common in children than adults. An Australian survey of parent-reported allergy and anaphylaxis found that 1 in 170 school children had suffered at least one episode of anaphylaxis.

The most common triggers of anaphylaxis are:

Foods (e.g. peanuts, tree nuts, fish, shellfish, cow's milk and other dairy foods, eggs, sesame, soy) n Insects (e.g. bee stings, wasp stings, jack jumper ant bites).

Latex (e.g. rubber gloves, balloons, swimming caps).

Medications: including natural and herbal products.

Antibiotics (usually penicillin) are the most commonly reported trigger for medication allergy.

The most common forms of anaphylaxis are from food products.

LIBRARY NEWS

Thank you to everyone who is remembering to send the children to school with their library bags on their library day.

Library Days this term are ...

Monday 1L,1S

Tuesday 3A,2K,2W,KY,KP, KR, KB,6B

Wednesday 3/4C,1/2P,3K

Thursday 6C,6P,4R,5P,5B



World Book Online

Our school has a yearly subscription to World Book Online. This is an excellent resource for children to explore a wide range of topics to support their learning, research, reading and general interests. There are also quizzes, interactive games and puzzles, timelines and comprehension activities.

Exciting News!

This year we have included over 650 titles of e books which can be accessed through the World Book Online website, at home as well as at school, using our school username and password. There are e books catering for children at all levels K-6, covering a huge variety of topics and interests! Children are encouraged to explore this site at home as well as at school. There is so much on offer!

Book Club

A big welcome to all new parents. We hope that you will support our school Book Club, which is run twice a term by Mrs. Tammy Allen. By purchasing books for your children from the Book Club brochures, you will be helping our school to purchase new resources. Our school receives Bonus Points for every book you purchase for your child. We then use these Bonus Points to buy much needed resources and books for the library and classrooms. Anything that you buy from the Book Club supports our school. Don't forget the Book Club is a great resource for birthday presents too!

More Exciting News!

On Tuesday the 19th and Wednesday 20th March, our school will be hosting a visiting author, Dr. Cameron Stelzer. He will be presenting and involving the children in exciting workshops on writing, illustrating, story and book creation. Cameron has visited over 20,000 school children throughout Australia. His website drcameron.com.au has a wealth of information about him. One of the many testimonials about him ...

"What a wonderful event! Last week the Junior Years students enjoyed an absolutely outstanding author illustrator visit. Dr Cameron Stelzer; author of Stroogle, Pie Rats and Scallywags series addressed our Prep to Year 6 classes. Every student was totally engaged and enthralled; learning about literature, authorship and illustration during the informative, exciting and fun sessions. The students were buzzing with excitement during and after the event. It was such a special joy to hear the exclamations of delight from our Prep children! Cameron shared his talent as a writer, illustrator, presenter, publisher and entrepreneur as well as valuable inspiration about persistence, practice and commitment. Thank you Dr Cameron Stelzer"

We are so lucky to have him visit our school as he lives in Queensland and only visits NSW on occasions. We really encourage you to allow your children to attend this inspirational whole school event.

Jennie Smith, Kelly Lukic, Sally Till



Author Visit – Dr Cameron Stelzer, The Story Doctor

On Tuesday 19 and Wednesday 20 March, we have a special visit from Author and Illustrator Dr Cameron Stelzer. Dr Cameron is visiting Berowra Public School to run workshops with our students. K-1 students will enjoy an interactive Big Screen Book Reading and follow-along drawing activity with Cameron. Cameron will be working with Year 2 students on writing and illustration techniques. Year 3 students will participate in a writing workshop focusing on idea formation and inspirations for narratives. Year 4-5 students will engage in a workshop exploring the combination of words and visual elements. Year 6 students will be taking a behind-the-scenes look at creating a book, and applying their own creative components. Students and teachers are looking forward to a great day!



In conjunction with the Author Visit, Berowra Public School families have a special opportunity to purchase signed and personalised copies of Cameron's books at special prices. Individual books are \$15 each and there are also exclusive book sets available. Students will receive an order form on the day of the workshops. Forms and payment can be returned the following day to the Library.



Berowra Public School is celebrating

Harmony Day

Thursday 14th of March

Please wear something **ORANGE**

(Socks, headband, scrunchie, ribbons etc.)

**Berowra Public School
P&C Fundraiser**



**Election Day Sausage Sizzle
Saturday 23rd March 8am-4pm**

Plus Bake Sale, Books and Coffee Van



Berowra Public School

Hat Parade

Please come and join us in
celebrating



Dear families and friends,
Come and celebrate **Easter** with the children and staff. There will be singing, a hat parade, music by the recorder groups, an Easter raffle and morning tea to purchase. It's time to start getting crafty at home, creating your wonderful hats for the parade.

When: 10:00am, Tuesday 9th April, 2019

Where: BPS School Hall

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.

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

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

INTERSCHOOL SPORT

Round 4
Friday 15/03/19

Games start by 9.30

PSSA Cricket and Softball

v Hornsby South
at
Warrina St Oval
Berowra Oval

.....
.....

Cricket
Softball

.....
.....

PSSA AFL
always at
Foxglove Oval

Assembly Awards



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 lat-



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.

WOODWIND AND BRASS INSTRUMENT REPAIRS



- Local, professional and experienced
- Band instrument repair
- Quick fixes
- Servicing and overhauls
- Pick up and drop off service available

Contact Jo on 0424 449 335 or josephderrick@gmail.com

www.josephderrick.repair

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

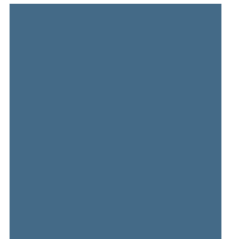
vamproductions@hotmail.com for more information

SAXOPHONE LESSONS

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

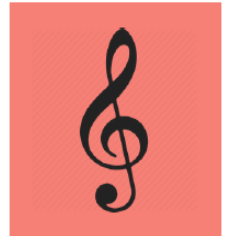
TAFFY MILLS-HICKS

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

Sue Norrington: B.A. Mus. Grad. Dip. Ed
Quality Professional Tuition by Highly Experienced Teacher

Beginners to Advanced, Exams or Leisure, Annual Concert,
Berowra Heights PH: 9456 3752

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

ENROL NOW

COME AND TRY ONE OF OUR DANCE CLASSES

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

LEARN TO SWIM

IN THE APRIL SCHOOL HOLIDAYS!



INDOOR HEATED POOL
LESSONS FOR PRIMARY AGED
CHILDREN, PRESCHOOLERS AND BABIES

4 day holiday course starts Mon 15 April
3 day holiday course starts Tue 23 April
(public holiday on 25 April)

TERM 2 STARTS MON 29 APRIL 2019

TURRAMURRA LEARN TO SWIM
PHONE 9489 4771

48 TENNYSON AVE, TURRAMURRA
turramurralearntoswim.com.au

BOOK NOW FOR HOLIDAYS and TERM 2



BEROWRA RSL CLUB T/A
Club Berowra

Ph: (02) 9456 1844



www.clubberowra.com

997 Pacific Highway, Berowra



Club Berowra - Berowra RSL



Bumble Bees Berowra

Enrolling Now!

For children aged 0 - 6 years.

Hours: 7:30am - 6:00pm

Address: 49 Yallambee Road,
Berowra

02 9456 3513

www.bumblebeeslc.com.au



GIVE YOUR CHILD CONFIDENCE

0468994488 | www.danceclasseshornsby.com.au

We would like to
thank our Fair
Sponsors

CASS
PROPERTY SALES



PROUD SUPPORTER OF
BEROWRA
PUBLIC SCHOOL

0415 217 322 | adam@casspropertysales.com.au
WWW.CASSPROPERTY.COM.AU



Phone: (02) 9476 4859
Fax: (02) 9476 0519
Email: admin@questcollision.com.au
Office: 7 Kelray Pl, Asquith NSW 2077



FG FIRST CLASS GLASS
glazing | mirrors | shower screens | splashbacks | pool fences



YOUR LOCAL GLASS EXPERTS
CALL NOW FOR AN OBLIGATION FREE QUOTE : 0402747403

BECOME A HOST FAMILY IN JULY 2019!



REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

HEAR FROM A HOST MUM

"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children."

Host mum, Candice.

CAMILLA (16) ITALY

Ciao!

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!



MORE PROFILES: WEP.ORG.AU/HOST

WEP.ORG.AU/HOST / 1300 884 733 / INFO@WEP.ORG.AU



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



The simplest way

... to get kids excited about eating veg!

With only 5% of NSW kids eating enough vegetables, Cancer Council supports this great initiative linking vegetables to fun times!



Join hundreds of primary schools across NSW this term and [register](#) for Vegetable Week & The Big Vegie Crunch, Monday 1st to Friday 5th April, 2019.

Help break the record for the largest number of children eating vegetables simultaneously. More than 50,000 children crunched together in 2018. Let's smash this number in 2019!

For more information visit healthy-kids.com.au

healthylunchbox.com.au

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

APRIL SCHOOL HOLIDAY EVENTS



UNDER THE SEA WITH RANGERS ON THE RUN

An introduction to the marine world. Children will have the opportunity to see and touch many different sea animals.

Hornsby Library

Tuesday 23 April
10.30am-11.30am
Ages 3-5.

Berowra Community Centre

Tuesday 23 April
2.30pm-3.30pm
Ages 3-5.

Pennant Hills Community Centre

Wednesday 24 April
10.30am-11.30am
Ages 3-5.

Hornsby Library - *Primary school session!*

Wednesday 24 April
2.30pm-3.30pm
Ages: 5-12

The primary school session show is designed to meet the learning outcomes for HSIE and Science & Technology in the NSW Curriculum.

Limit: 40. Duration: 1hr. Cost: \$10.00 per child.

Bookings essential. Book online at hornsby.nsw.gov.au
Children 7 and under must be accompanied by an adult.

HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Hornsby Library

Thursday 18 April
10am-11am

Berowra Library - Balcony Room

Friday 26 April
10.30am-11.30am

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

Payment at door. No bookings required.



POP LOCK AND BOP STREET DANCING

Pop, Lock and Bop focuses on learning the most popular street dancing movements, techniques and choreography, with a focus on putting together and performing short and simple routines.

Hornsby Library

Monday 15 April
10.30am-11.30am

Pennant Hills Community Centre

Monday 15 April
2.30pm-3.30pm

Limit: 100. Duration: 1 hr

Cost: \$10.00 per child. Ages 8-12.

Bookings essential.

Book online at hornsby.nsw.gov.au

Children 7 and under must be accompanied by an adult.



EVENING HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Pennant Hills Library

Thursday 18 April
6.30pm-7.30pm

All ages welcome.

Cost: \$2.00 per child for children 18 months and over. Free for adults.

Payment at door.

No bookings required.

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



2019 SWIMMING CARNIVAL RESULTS

		1st	2nd	3rd	4th
Boys Junior Medley		Callum L	Jakob R	Kobe R	
Girls Junior Medley		Sarah C			
Boys Senior Medley		Archie R	Jarvis L	Elias C	Aidan C
Girls Senior Medley		Tanya P	Chloe L	Zoe D	
50m Freestyle					
8 Years	Boys	Rocco D	Tacean P	Noah F	Benjamin C
	Girls	Mia L	Sarah C	Poppy C	Maddie B
9 Years	Boys	Jakob R	Kaelan J	Xavier A	Callum H
	Girls	Rachael H	April A	Holly R	Ruby N
10 Years	Boys	Callum L	Kobe R	Owen M	Jonathan B
	Girls	Anouk D	Liliana K	Tahnee W	Lara S
11 Years	Boys	Archie R	Alex J	Dean G	Zane D
	Girls	Tanya P	Chloe L	Pernille B	Lucy H
12 Years	Boys	Jarvis L	Jackson C	Finn L	Ben O'C
	Girls	Natasha W	Zoe D	Annaliese S	Isabella J
50m Breaststroke					
Junior	Boys	Callum L	Jakob R	Kobe R	Owen M
	Girls	Anouk D	Liliana K	April A	Emma D
11 Years	Boys	Archie R	Alex J	Taye C	Dean G
	Girls	Tanya P	Chloe L	Lucy H	Anna P
12 Years	Boys	Jarvis L	Aidan C	Dylan D	Elias C
	Girls	Zoe D	Isabella J	Annaliese S	Annabelle H
50m Backstroke					
Junior	Boys	Callum L	Jakob R	Owen M	Kobe R
	Girls	Anouk D	April A	Rachael H	Freya C
11 Years	Boys	Archie R	Alex J	Zane D	Harry M
	Girls	Tanya P	Chloe L	Pernille B	Farrah P
12 Years	Boys	Jarvis L	Finn L	Aidan C	Jed W
	Girls	Zoe D	Natasha W	Annaleise S	Isabella C
50m Butterfly					
Junior	Boys	Callum L	Kobe R	Jakob R	
	Girls	Anouk D	Sarah C	Maddie	
11 Years	Boys	Archie R			
	Girls	Tanya P	Chloe L		
12 Years	Boys	Aidan C	Jarvis L	Elias C	
	Girls	Zoe D	Kiara B	Chloe C	
100m Freestyle					
Open	Boys	Callum L	Archie R	Jarvis L	Aidan C
Open	Girls	Chloe L	Natasha W	Zoe D	Annabelle H
Relays					
Junior	Boys	Kangaroo	Koala	Emu	Wombat
Junior	Girls	Kangaroo	Koala	Emu	Wombat
Senior	Boys	Kangaroo	Koala	Emu	Wombat
Senior	Girls	Kangaroo	Koala	Wombat	Emu
Overall House Places		Kangaroo	Koala	Wombat	Emu