



JAKOB, CALLUM, TANYA

Term 1 Week 8
20th March, 2019



The Crest

Self

*Respect
Others*

Community



PRINCIPAL'S MERIT CERTIFICATES FOR OUTSTANDING WORK

Berowra

Public School

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



Zone Swimming Carnival

Congratulations to all our zone competitors and many thanks to Mrs Robinson (Archie, Kobe and Jake) for being our manager on the day. All our children were well behaved and were amazing competitors. Congratulations to Callum L (4R), Jakob R (3/4C) and Tanya P (5P) who are off to the Area Swimming Carnival on Thursday, 28th March.

Parent Satisfaction Survey

Many thanks to all the parents who completed this survey. From the survey:

- Need to 'tighten' our communication to ensure everyone is kept up to date with 'what's happening around the school'. **We will work on streamlining this.**
- Positive Behaviour for Learning (PBL) – more communication/explanation around this. **More information will be included in The Crest fortnightly.**
- It would be great to have opportunity for language courses. **We currently have Spanish and French classes (user pay) after school. We haven't been approached by anyone willing to teach Mandarin before or after school.**
- Streamlined Homework Procedures need to be consistent across the school and classes. **This will be addressed with the staff to ensure consistency.**
- 48 hour turn around with emails.
- All notes to be electronic; teachers to keep parents up to date with assembly times.
- Enrichment classes to prepare children for selective school in Year 7. **Unfortunately, there isn't enough time in our curriculum for this. Practice Papers can be purchased from most bookshops.**

There were a couple of concerns that I cannot address in the newsletter. If you have issues that are worrying you or feel we are not addressing please phone or email me; or make a time and we can sit down and discuss a solution.

NAPLAN

The National Assessment Program - Literacy and Numeracy: (NAPLAN) is conducted each year for all students in Years 3, 5, 7 and 9 in all government and non-government schools. This program, which has the support of all State and Territory Education Ministers, will assess the literacy and numeracy learning of students in all Australian schools. Please note these dates in your diary. Unless there is sickness, no Yr 3 or Yr 5 child should miss this assessment.

NAPLAN is held next term in Week 3, Tuesday 14th to Thursday 16th May. This year we are completing NAPLAN on line.

Mathletics...

As you know our students are encouraged to use Mathletics. These programmes will be accessed again this year during class time, and we encourage our students to use these programmes at home. All our students have usernames and passwords. If your child is unsure of theirs then please see their class teacher.

Many of our students receive Mathletics awards each week, reaching a Bronze, Silver or Gold level.

I do enjoy seeing children with their Mathletics certificates each week. To see so many children enjoy learning and education is always a highlight of my day.

Please remember – **four** Mathletic certificates or a Gold Mathletic equals a 'lucky dip' from my office. Children need to come outside classroom time ie before or after school, morning tea or lunch time.

Attendance

Family holidays during the school term

We encourage all our families to save their holidays for normal school holiday times rather than during the school term.

If it is unavoidable and you are going on holiday during the school term, please contact the principal for an application for Extended Leave prior to the leave period. The absence will be recorded as leave on the attendance register.



Road Safety Education



The roads around the school can be a dangerous street to cross. A pedestrian crossing is a safe place to cross this busy street.

Always **STOP, LOOK, LISTEN, THINK** before crossing the road.

Health and Safety is everyone's responsibility

Keeping Everyone Safe at our School

As part of our ongoing work to create a safe school site we are vigilant in following up issues that may be identified as hazards to the health and safety of children, staff and visitors.

While all due care is taken there are circumstances that arise on a daily basis that may present as a hazard such as children digging in the ground in the playground or children building 'roads' in the soil to drive their toy cars. If you are coming on to school grounds and become aware of a potential hazard please let the ladies in the office know.

Please also be aware that the grounds of the school are not all even, particularly on the ovals, and when visiting the site you may wish to consider the type of footwear you are wearing to minimise the possibility of an injury.

First Aid

Our first aid officers are Mrs Rode and Mrs Lawrie and our sick bay is located in the administration building. If you injure yourself while on site please go to the office or ask someone to alert the first aid officers. They will assist you.

Guidelines for approaching our school

From time to time parents or other members of the school community may need to approach the school in order to:

- Discuss the progress or welfare of own child
- Express concern about actions of other students
- Enquire about school policy or practice

To assist parents and carers when contacting the school we have developed guidelines that will help direct you to the most appropriate person for help.

The guidelines aim to:

- Provide a guide in order that concerns are dealt with in an open and fair manner
- Ensure that the rights of students, parents and staff are respected and upheld
- Support sensitivity and confidentiality
- Help reach an agreed solution

The following table will help parents to know who would be the most appropriate person to speak to in most situations.

CONCERN	APPROPRIATE ACTION
The academic progress of your own child	<ul style="list-style-type: none"> ◆ Directly contact the child's teacher either by email or in person to arrange a mutually suitable time to discuss any issues please.
The welfare of your own child	<ul style="list-style-type: none"> ◆ For minor issues directly contact your child's teacher to clarify information please. ◆ For more serious concerns, please contact office. State the nature of concern and arrange a suitable time to talk with class teacher or appropriate staff member. ◆ To convey information about change of address, telephone number, emergency contact, custody details, health issues etc. please contact the office.
Actions of other students	<ul style="list-style-type: none"> ◆ Please contact the class teacher for a classroom problem. ◆ Please contact the class teacher or the Stage Assistant Principal or the Principal (in that order) for playground problems. ◆ At no time should a parent approach a child other than their own to address an issue at school.
School policy or practice	<ul style="list-style-type: none"> ◆ Please contact the office. State the nature of concern and make an appointment to see the appropriate member of staff.
Queries in relation to all school related sport	<ul style="list-style-type: none"> ◆ Please contact the office. State the nature of concern and make an appointment to see the organising teacher.

On occasion, concerns may cause frustration and anxiety. At such times it is always important to organise a time to talk with school staff in an unhurried and confidential atmosphere. Most of the time a quick conversation will solve any issues or concerns.

Emergency Procedures



Evacuation Alarm – bell will ring continuously.

When this alarm sounds, evacuate closing the door behind you and assemble on the oval.



Lockdown Alarm – an intermittent bell will ring.

When this alarm sounds move to the closest secure point such as an occupied classroom, hall, office or the library and follow the directions of the staff member. Stay low, remain out of sight, keep the door and windows locked, and pull the blinds down.

For your safety and the safety of others, if an emergency occurs when on our school site, please follow the directions of staff until given the all clear.

Emergency Procedures

Every term we have to run an evacuation or lockdown drill to ensure that, in the case of an emergency, our staff members, students, parents and visitors are well-prepared.

This term we practised an evacuation. An evacuation to the netball courts or hall is signalled by a continuous bell and all who are on site are to move directly to the netball court. We ask that no one enters the school during this time.

Our evacuation procedures are located near the door in each classroom or room and a safety briefing can be found in the office. If you are onsite and an evacuation occurs you are required to follow the teacher's instructions. To enable us to account for everyone on site please ensure you sign in and out at the office when volunteering at our school.

It is very pleasing to report that our students were very settled and followed the directions of all staff members. They walked sensibly to the evacuation area and waited patiently for the all clear. Thank you to the volunteers and community members who were on site that day. Your assistance in following correct procedures ensures we all stay safe.

Hint: Next term will be a Lockdown Drill Practice!



Berowra Public School

Hat Parade

Please come and join us in celebrating



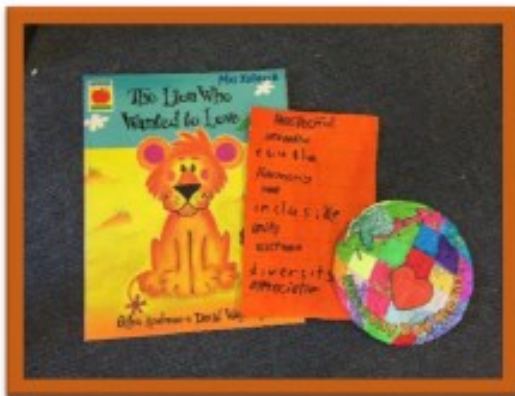
Easter

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

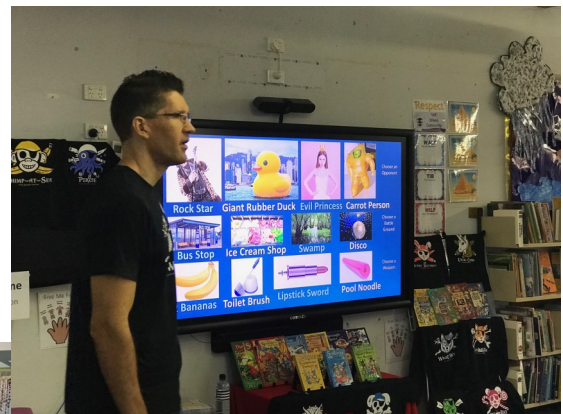
Where: BPS School Hall



**2K and 6B
share in
the spirit
of
Harmony
Day.**




Children enjoying our visiting author and illustrator, Cameron Stelzer's workshops this week.



5P are practising their spelling words with basketballs and skipping ropes.



The Dream of The Thylacine

See me free, through bush and bark, see me prowl as I hunt day or dark. Hear me howl with the sounds at night, Hear me leap a feather so light. Feel the heat of the sun's warmth, as the rivers flash by and start their taunts. Taste the raindrops as they fall from the leaves, dew drifts down from the tops of the tree's.

By Eloise S

Here I be, powering at the edge of the cliff, viewing the lake flowing into the distance. The wind blowing, claws digging into the cliff face as I clamber through the bushes of thorns. I sneak up on my unsuspecting prey. Come with me through sun, rain and snow. Be with me where the wind lays low.

By Lucy

See me pounce from the top to bottom. Come with me and smell the fresh moisture. My howl is louder than a baby screaming, with the water down below. Up here I'm running through the clouds. I dream that I could fly. See me run through the bark and down the creeks. I watch the sun set as I go looking for my prey.

By Tanya

I see the river that sparkles in morning light, and fireflies that glow after sunset—at night. I hear the gentle breeze that makes leaves rustle, and my own howl that makes me free. I taste the fresh and juicy meat of my prey, that gives me energy throughout my day. I smell the salty water of the lake below the cliff, and the fresh pine needles of the deep forest. I fee the smooth stone beneath my feet, I feel the leaves. I fee free.

Lilly



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.

5B have been checking out some of the stories on Behind the News. Here are some snippets from their reports.

Insect Extinction



Remember the time that you stomped on an ant or maybe swatted a fly? You and many others are causing the over 30 million known insect species to decline. Entomologists (insect studiers) say that humans are one of the reasons that the insect population has declined by forty-one percent over the last ten years (Charlie)

If every insect in the world was combined into one it would weigh over seventeen times as much as the whole human population. Insects are an essential part of our world. Almost half of the insect population has been wiped out most likely through loss of shelter, climate change, pollution and last but not least pesticides. (Finn)

Insects are an important part of the food chain. They feed many animals. They also break down plant and animal waste. We can help insects by building a natural environment in our yards and using less pesticides. (Max)

Storm Girl

Chelise is a young girl, who lives near the ocean. She likes pelicans and cares a lot about them. When she saw people leaving fishing line on the beach she was really worried. Chelise knew that if the fishing line was swept into the water the pelicans could get stuck in it. (Molly)



Fishing lines can last up to six hundred years in the ocean and can harm sea life. Luckily, Cherise had a plan. She urged her local council to install fishing line bins. She collects the fishing line and recycles it into bracelets with small metal animals on them. This will help stop many fish and other animals from dying. (Annabelle, Oliver)

Floods



Earlier this year the citizens of Townsville were hit with their worst flood on record. In one week, Townsville had one whole year's worth of torrential rain. Following this, thousands of people were forced to leave their homes to go to evacuation centres. (Ethan)

Mud crabs were washed up into the streets. You wouldn't want to walk in there. There had even been crocodiles, which is a big safety hazard. It must have been terrifying in Townsville. (Dominic, Jade)

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!



MindQuest 2019

Glenwood High School

Cnr Forman Ave & Glenwood Park Dr
Glenwood 2768

Saturday 1st & Sunday 2nd June 2019 9.30am-3.30pm

For Gifted & Talented Primary Students Years 1-6

Students can participate in over 25 exciting, fast paced courses in the two day program, including forensic science, earth sciences, drama, lego robotics, chemistry and much more.

The cost of the weekend is \$200 (including GST).

It is anticipated that many of the courses will be full before the closing date so send your applications in early to avoid disappointment.

Entry forms and information available at BPS school office

Closing Date Friday 3rd May 2019 (week 1 term 2)

Courses fill fast so get in early.

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 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 from 10am
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
Thurs 6 June	Tiny Tunnels for Kindergarten
Mon 10 June	Queen's Birthday public holiday
Mon 17 June	Arts Alive rehearsal at Chatswood HS
Thurs 20 June	BPS Athletics Carnival at Foxglove Oval
Fri 21 June	Area Cross Country
Wed 3 July	NAIDOC Day assembly
Thurs 4 July	Reports going home
Fri 5 July	Last day of Term 2
Mon 22 July	Staff Development Day
Tues 23 July	All students return to school for Term 3

Student Parliament



Assembly Awards





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





Election Day Sausage Sizzle

Saturday 23rd March
8am - 4pm

Berowra Public School
P&C Fundraiser

PLUS
Bake Sale | Books | Coffee Van

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.

The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Veggies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to get kids involved in packing a healthy lunch box.

Getting kids involved in selecting – from healthy choices – what they would like to eat at school means they are more likely to eat what's packed in the lunch box.



Visit healthylunchbox.com.au and use our interactive [lunch box builder](#) with your children to plan a healthy lunch box.

Kids can choose lunch box foods from the pictures in each of the food groups to pack a healthy lunch box they will enjoy.

To help you plan for the week ahead, saving you time and money, you can email or print the lunch boxes your children pack online along with **personalised tips and recipes.**

healthylunchbox.com.au

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'.

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

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

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

FOOTLOOSE

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in Berowra &
our new Hornsby Studio!

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Free Class Pass



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We inspire
We empower
We believe
Be part of something special!



www.footloosestudios.com.au



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.bumblebeeselc.com.au

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.



Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase outdoor green time!



'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'

Search 'Outdoor Play' at
www.mindmatters.edu.au



Health
Northern Sydney
Local Health District

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thank our Fair
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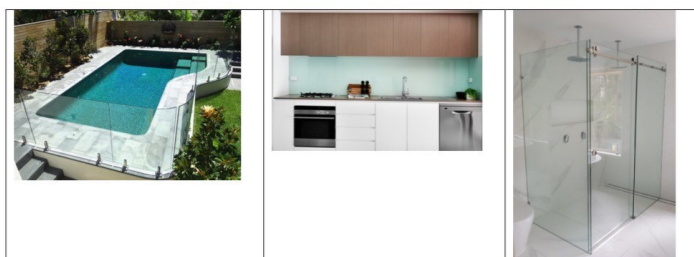


PROUD SUPPORTER OF
BEROWRA
PUBLIC SCHOOL

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



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



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BEROWRA RSL CLUB T/A
Club Berowra

Ph: (02) 9456 1844



the sky deck

www.clubberowra.com

997 Pacific Highway, Berowra

 Club Berowra - Berowra RSL

Community Events

SPINE SOCIETY OF AUSTRALIA

An Affiliate of the Australian Orthopaedic Association

Dear Principal

Scoliosis in schoolgirls

The National Self-Detection Program for Scoliosis 2019

We are writing again to recommend that all schools with girls in Years 5 and 7 participate in the National Self-Detection Program for Scoliosis by downloading our Self-Detection Fact Sheet and distributing it to their students. The Fact Sheet can be accessed directly from the Scoliosis Australia home page at www.scoliosis-australia.org and provides information on how to self-assess for scoliosis. We ask that your school participates annually in this important program and thank you if you have done so in the past.

Scoliosis (spinal curvature) is an important health problem for adolescent girls. Twenty-five girls per thousand are at risk of developing a significant curve and three girls per thousand require active treatment (spinal brace or surgery). In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure. When school screening for scoliosis was abandoned some years ago we introduced the National Self-Detection Program for Scoliosis as a practical alternative. Our policy on the matter is fully explained on the website.

The Scoliosis Australia website also contains comprehensive credible information about the symptoms and treatment of scoliosis. Our forum is a useful resource and offers a strong support base for adolescent patients with scoliosis and their parents. Healthcare professionals and other interested parties can discuss the Program in the forum.

Thank you for your co-operation. We welcome comments from you and your staff.

Yours sincerely

Angus Gray

Convenor

Committee on Screening Procedures

Spine Society of Australia



Junior
SCIENCE ACADEMY

BLAST OFF INTO THE WORLD OF SCIENCE

AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays

With 41 classes available in April 2019, you're bound to find a class you will love!

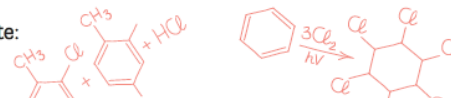
Now includes Robocamps (Years 1-4) & accessible classes for Deaf & Hard of Hearing students (Years 2-3)

- Learn about dinosaurs, volcanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.



Drop off	8.30am - 9.30am
Activities	9.30am - 4.30pm
Pick-up	4.30pm - 5.30pm
Cost	\$126.50

Want more information? Visit our website:
mq.edu.au/about/holidays



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

Backtrack is a community based not-for-profit organisation helping youth who are having a hard time, get back on track.

FUNDRAISER



WILD BOYS AND THE DOGS THAT TAME THEM

A FILM BY CATHERINE SCOTT

BACKTRACK BOYS

SCREENING AT BROOKLYN
PUBLIC SCHOOL

SATURDAY 6TH APRIL 2019
5PM START MOVIE 8PM

MA 15+
Not suitable for children

Get your tickets
www.stickytickets.com.au
&
Anglers Rest Hotel

ENTERTAINMENT
FOOD & BAR
FACILITIES

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 bolognaise	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

