

# The Crest

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**Term 3 Week 6  
24 August 2022**

Dear Parents and Carers

Can you believe we're more than halfway through this term already...How time flies when you're having fun!

Although we don't have a final completion date yet, our field is well underway, and the finish line is well within sight.

Check out the progress so far!







### **P&C Working Bee**

On Sunday morning we had some enthusiastic parents and students volunteer for our school working bee. Our special helpers enjoyed the fantastic weather as they weeded and maintained our vegetable garden. A huge thank you to those who attended and to the generous family who donated and delivered mulch. Also a huge thanks to the children who entertained and exercised Luna by playing fetch....she was definitely exhausted when she got home!









Our Kindy classes were farewelled by our fantasitic SAS Staff and a special visitor as they boarded the bus to the Teddy Bears' Picnic Excursion at Mougamarra.













## Library News

### The Premier's Reading Challenge has ended!

Congratulations to the students who completed the Premiere's Reading Challenge. These students will be presented with their completion certificates at an upcoming assembly.

### Book Week - Thursday September 1st

The Book Week theme this year is 'Dreaming with eyes open...' This term, in their classrooms, each class has been exploring a text from the Children's Book Council of Australia Shortlist in celebration of Book Week. The students have also been exposed to many of the shortlisted books in library lessons.

BPS will celebrate Book Week on Thursday 1st September with a Book Parade, a picnic morning tea and a Book Fair throughout the day. Our students love to dress up in their favourite book characters so start thinking of ideas. Parents and families are welcome to come along to watch the Book Parade which will be held near the picnic tables outside Their Care if the weather is fine, or in the hall if it is raining. After the parade, we encourage you to purchase from the Book Fair in the hall, look at the Book Week displays created by the students in our library and stay for a picnic from 10:55 - 11:45 am (bring a picnic rug/chair). The canteen will be selling tea/coffee and cakes during recess. The Book Fair will remain open until 1pm for parents to purchase books without the students around. Parents may also like to donate some books to our newly refurbished library. The students will participate in a Book Trivia competition in the afternoon.

9am - 1pm Book Fair open

9:45 Book Parade

10:55 - 11:45 Picnic morning tea, Book Fair, canteen open, library open

1pm Book Fair closes

2pm Book Trivia for the students

COVID Safety - We encourage everyone to wear a mask when indoors. If you are a close contact of someone with COVID-19, please sign in when you enter the school.

### Book Fair

There are three ways to purchase books at this year's Book Fair. The Book Fair will be held in the school hall.

1. Purchase at the Book Fair using EFTPOS.
2. Pre-pay online using the wish list brought home by your child in the days prior to the Book Fair. If using this method, your child MUST return their wish list with the names of the book titles purchased and the receipt number to their class teacher on the day of the Book Fair (Thursday 1st September).
3. Attend one of the afternoon Book Fair times (see below) to create your own wish list and pre-pay online. Leave your wish list and receipt number at the Book Fair desk or return it on the day of the Book Fair.

This year we will not be accepting cash for the Book Fair, only online pre-paid wish list orders or EFTPOS payments on the day. To help the families who cannot make it on the day we have decided to open the Book Fair on Tuesday and Wednesday afternoon for parents/carers and students to be able to create their wish lists and pre-pay online. If you cannot make these times, students will be able to look at the books and create a wish list with their class during school time on the Tuesday and Wednesday of Week 7. They will bring their wish list home. Just add up the cost of the books you wish to purchase, pay online and then return the wish list including the book titles and the receipt number to the Book Fair on Thursday 1st September. Wish list orders will be filled and given to the students the week after the Book Fair. All purchases earn rewards for the school to go



towards buying more books for our library to keep up with student interests and help to develop their love of reading.

**Tuesday 30<sup>th</sup> 3-4pm (in the school hall)** – Open for parents and students to create their wish lists for online payments.

**Wednesday 31<sup>st</sup> 3-4pm (in the school hall)** – Open for parents and students to create their wish lists for online payments.

**Thursday 1<sup>st</sup> 9am-1pm (in the school hall)** – Open for EFTPOS purchases.

Kind regards,  
Elky Roberts

### Dance News

Congratulations to Will S and Triyog K for representing our school at the Arts Unit Hip Hop Dance workshop for boys at Homebush last week. They had a fabulous time learning some new hip-hop moves with other boys from Years 2 - 12.





## Triple P online

This is a fantastic opportunity for any parents or carers who would like support with their children.

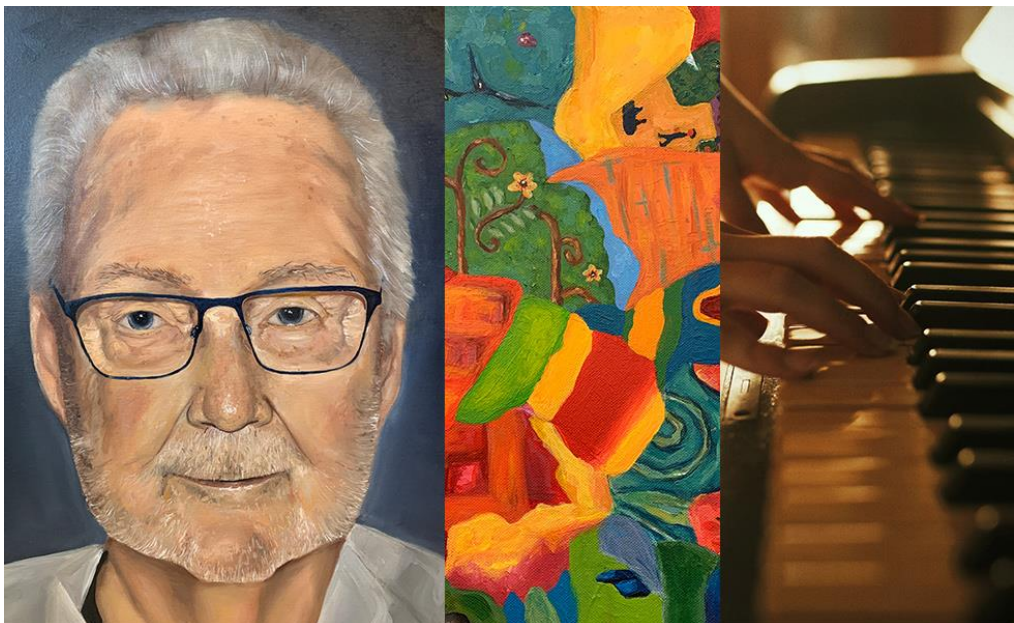
Triple P online FREE access for 12 months follow the link:

<https://www.triplep-parenting.net.au/au-uken/triple-p/?cidsid=s0cahaa4aeji7sqcjkaenk0eh>

## Is Triple P Online right for me and my child?

Understand what's within your control to change and influence for your child's benefit.

- Create the best environment for your child's development.
- Know how to address child behaviours, promote new skills and help emotional self-regulation.
- Raise happier, more confident and capable kids.
- Improve your relationship with your children.
- Enjoy being a parent more!



Asquith Girls High School  
warmly invites you to the

### 2022 HSC Music & Visual Arts Showcase

Featuring Year 11 and 12 Music performances  
and Visual Arts Bodies of Works

Wednesday the 31st of August

5:30pm to 7:30pm

Location: School Hall

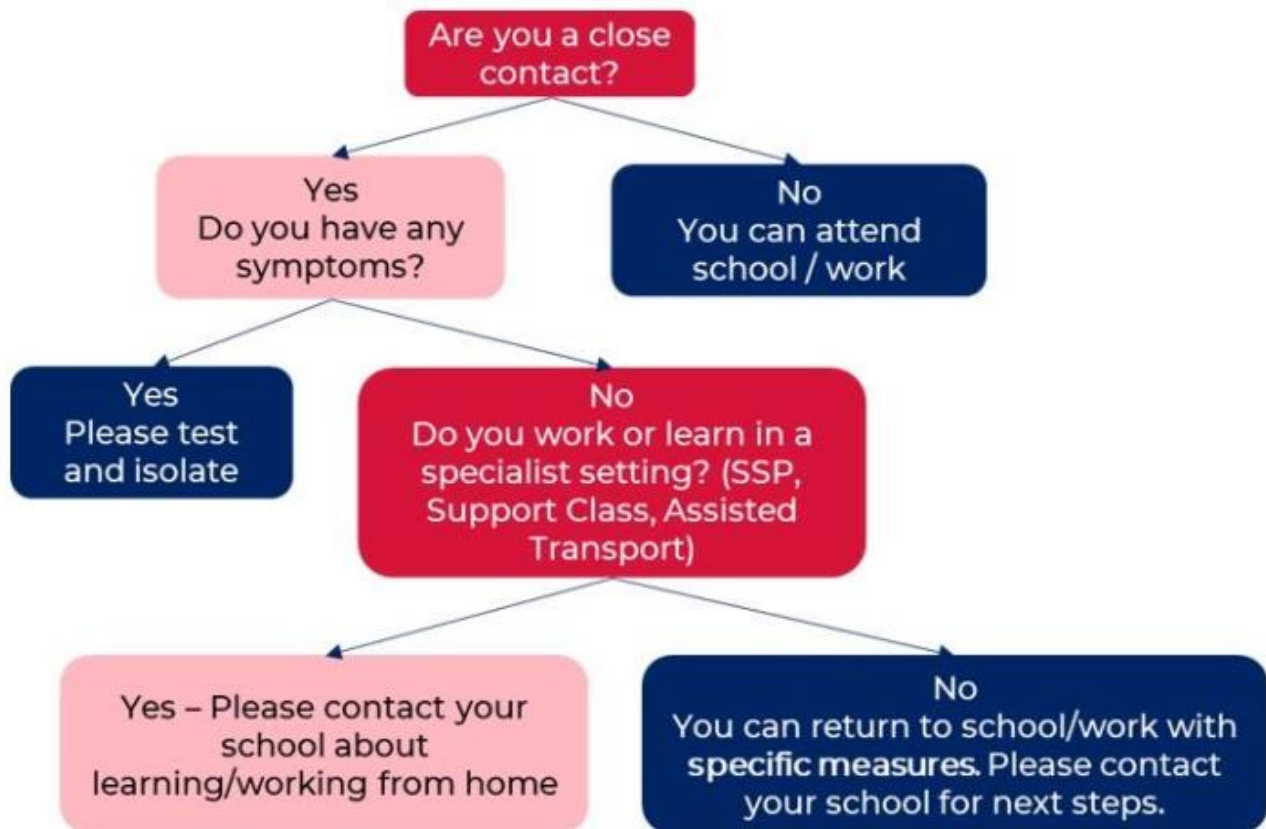
Images: *Left to right, Ashlee Haner and Tamsyn Crump*



## Covid Updates

Staff and students who are close contacts and have no symptoms to continue to attend school if they follow guidelines agreed with NSW Health.

Before considering whether to return to school or work, please use the decision tree that follows to assist with whether it is appropriate.



Note that staff and students who have had confirmed COVID-19 in the last 4 weeks, do not have to comply with these guidelines if they become a household or close contact and are not required to self-isolate or test unless they develop new COVID-19 symptoms.

- Please notify the school if your child is intending to return under this provision. **Schools will need to maintain this record on their local management systems**
- Staff and students should conduct a daily rapid antigen test (RAT) and return a negative result each morning before attending school for 5 school days.
- Primary school students are recommended to wear a mask indoors (except when eating or exercising).
- No student or staff member identified as a close contact will be permitted to participate in overnight excursions, including school camps.
- Any visitor to a school site who is a close contact is required to advise the school that they are a close contact before they come on site. These visitors should conduct a daily RAT and return a negative result before attending. They must also wear a mask indoors at all times. Schools should consider if the visit can be conducted virtually.



### **Notifications for absentees**

Thank you to the P&C who has suggested the use of a text-based system for notifying parents their child is absent. We have investigated this and are able to use the Sentral system to do this. Once the office staff is trained we will let you know when we will start trialling the new system. We thank you for your patience while we get this organised.

### **Early Departures**

If your child needs to be collected to leave early, please try to collect them before or after our break times to avoid any unnecessary delays in collection. Our recess time is 11:20-11:45am and our lunch time is 1:30-2:20pm.

### **Drop-offs and pick-ups**

The drop off of students will continue from Hillcrest Road. To limit contact please ensure you don't linger at drop off or pick up. Teacher supervision in the playground starts at 8:50am, so please ensure students walking to school by themselves are arriving after 8:50am.

Please be reminded that parents should not enter school grounds to drop off students before school.

All parents need to attend the school office during school hours to collect early leavers or deliver late arrivals.

Students catching a bus or riding a bike will exit from the Hall gate.

### **Parent Communication**

BPS Parent Communication Procedures and our BPS Visitor Procedures are available on our school website.

We encourage parents to engage in their child's learning by leaving a like or a comment on their Seesaw work. If you have questions, enquiries, or comments for teachers please email or phone the school and the teacher will get back to you as soon as possible.

School Bytes, our school email system is set up to send emails to the parent listed as the 1<sup>st</sup> contact on student enrolment forms. If you would like to add a second parent/carers contact to receive emails please email your request to the school email address.

Additionally, if you change your email address or are not receiving emails, please ensure you notify the school so we can check and update your details.

### **WHS**

Intensive cleaning will continue to take place daily and schools are being provided with additional hygiene supplies.

### **Risk Management Plans**

If your child has sustained a serious injury and requires accommodations or adjustments to be put in place please phone the school office to make an appointment with me. We create Risk Management Plans to prevent any further injury and so that all staff are aware of any necessary changes that are put in place.



## **Enrolments – Please enrol your child now using online enrolments**

A child is entitled to enrol at the local school that the student is eligible to attend if his or her home is within that school's intake area.

Currently our school has an enrolment of 346 students. We sit 22 above our enrolment cap of 324 students. An out of area application for BPS can still be made, however, it is submitted to a panel who follow criteria to decide whether the application is accepted.

BPS Enrolment Procedures and Protocols are located on our school website at <https://berowra-p.schools.nsw.gov.au/>

Please contact the office if you require any additional information.

If you have any questions or concerns please don't hesitate to contact me via the school email [berowra-p.school@det.nsw.edu.au](mailto:berowra-p.school@det.nsw.edu.au) or phone the front office.

Vicky Wallace  
Principal

## **Learning From Home**

Berowra PS is utilising the Department of Education's Learning from Home packages to support students who are at home in isolation due to COVID-19. These resources are available without a school log in - students select their grade level and can be guided through the tasks with a series of videos and explanations. There are now 2 suites of home learning packages and students can start in either. Each suite gives a suggested starting point.

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/2022-digital-learning-packs/primary>

Work can be completed offline and returned to the class teacher when your child returns, or via a digital tool such as Google Docs or Slides.

Students may also access their individual class Google Classroom (Yrs 3-6) or Seesaw and complete any work or activities that may have been posted for the class or upload any tasks they have completed from the home learning platform.

Students may also complete Mathletics, Reading Eggs or Decodable Readers Australia Online as appropriate. Other possible learning activities include:

- Reading aloud to practice fluent and expressive reading
- Reading privately
- Writing in a journal or free writing book - stories, reviews of books or movies etc
- Playing card or dice games
- Research a topic of personal interest and create a presentation to share what was learned

Of course, if your child is feeling unwell, there is no expectation that they complete work at home.

If you do not have adequate access to devices, please contact the school to make arrangements for a loan device. Please email your class teacher via the office if you have any issues with log in details for any of the mentioned platforms.



# Attendance

Teachers are still recording attendance. If your child is sick please let the school know by either email or phone so that we can update our rolls accordingly and if they are isolating we are able to provide learning from home.

Students who are learning from home are recorded as Flexible 'F' on the roll. This will not negatively affect their attendance. Teachers will be checking if students have submitted work.

Currently, there are three COVID-19 categories of attendance that will affect the codes used for roll marking.

	<b>Face to face learning at school</b>	<b>Learning from home - teacher assisted (cohorts or schools)</b>	<b>Learning from home - self-paced learning (individuals)</b>
<b>Description</b>	Schools are open for face-to-face learning and all students are expected to attend school on-site.	Roll marked as 'F': Where a class, year group or whole school is instructed to learn from home and the student is participating in the learning.	Roll marked as 'F': Where an individual student is required to learn from home due to a medical reason or a Public Health Order and the student is participating in learning.

***For students who are unwell there is no expectation that learning from home be complete***

# Road Safety

**Due to lack of casuals at Transport for NSW, BPS may not have a crossing supervisor allocated daily until Miriam's position is filled. Please remind your children of the road safety messages below.**



1. Wherever possible, cross the road at a designated pedestrian crossing facility
2. Stop! Look! Listen! Think! when crossing the road
3. Take care whenever you cross
4. Don't run across the road



# Health and Safety is everyone's responsibility

Our P&C has purchased accident insurance for students who are injured as a result of a serious incident at school. Information is available at the office.

**Accident & Health International**  
Underwriting Pty Limited



**Covid-19 Update** Berowra Public School is continuing to follow DoE and NSW Health advice to help manage the spread of viruses and we will continue to keep the community informed as we are provided updates



1. **Wash your hands** regularly and thoroughly.
2. **Sneeze into your elbow** or a tissue, disposing of the tissue straight away and then washing your hands.
3. **Stay home if you are unwell** and in schools, send home staff or students who show signs of being unwell through the day.





# BPS SCHOOL CALENDAR

\* Please note calendar events are pending Covid-19 restrictions and DoE guidelines at the time of the event.

## Term 3

Week	Date	Event
Week 6	Thursday 25 August	P&C Mufti Day
Week 7	Tuesday 30 August	Father's Day Stall
Week 7	Thursday 1 September	Book Parade, Book Fair and Trivia
Week 7	Friday 2 September	Father's Day Breakfast
Week 8	Monday 5 September to Friday 9 September	Stage 3 Camp
Week 9	Wednesday 14 September Thursday 15 September	Instructional Rounds Berowra Public School
Week 9	Friday 16 September	P&C School Disco
Week 10	Monday 19 September	Sydney North Athletics at Sydney Olympic Park (SOP)
Week 10	Wednesday 21 September	P&C Meeting at 7:00pm
Week 10	Friday 23 September	Last Day of Term 3

KINDNESS IS FREE  
SPRINKLE  
THAT STUFF  
EVERYWHERE



## Term 4

Week	Date	Event
Week 1	Monday 10 October	School resumes for students
Week 2	Wednesday 19 October	P&C Meeting 7:00pm
Week 2	Wednesday 19 and Thursday 20 October	NSWPSSA Athletics at Sydney Olympic Park (SOP)
Week 2	Saturday 22 October	School Fair
Week 4	Thursday 3 November	Canteen Special Day – ice cream
Week 6	Wednesday 16 November	P&C Meeting 7:00pm
Week 6	Sunday 19 November	P&C Working Bee
Week 8	Wednesday 30 November	Prefect Elections
Week 9	Monday 5 December - Friday 9 December	Survival Swimming Water Safety Program Years 2 & 3 (Some Year 4)
Week 9	Friday 9 December	Reports Home
Week 9	Friday 9 December	P&C School Disco
Week 10	Tuesday 13 December	Mini Fete
Week 10	Wednesday 14 December	Presentation Day
Week 10	Wednesday 14 December	Year 6 Farewell
Week 10	Thursday 15 December	Talent Show
Week 11	Monday 19 December	Year 6 Clap Cut
Week 11	Monday 19 December	Last day of school for students
Week 11	Tuesday 20 December	SDD – Last day of school for staff







# Oval Upgrade



**Berowra**  
Public School

*We are excited to share more information regarding our school oval upgrade!*

*As you are aware, BPS P&C were successful with securing a grant for \$100,000 through the Community Building Partnership Program with the support of local sporting clubs. This injection of funds has allowed us to get this project off the ground and make it a reality. The new synthetic surface will provide more space and opportunities for students to play and learn safely all year round. The new space will be 50m x 25m with a running track around the outside as well as multiple field markings to allow for different configurations. The work will begin in July school holidays and will take approximately 4 weeks (weather dependent). The oval will be a welcomed addition to our wonderful school and we look forward to seeing the end product.*





# FATHER'S DAY STALL

Tuesday 30th  
August

It's here again, that time of the year when all dads deserve a little something special on Father's Day.

This is a wonderful opportunity to help fundraise for our school.

A range of gifts priced from \$2 to \$10 will be available.

Please send money with your child on the day to allow them to purchase gifts.

Children will be taken in their class group to the hall by their teacher during the day to choose special gifts.

Children with siblings will be given the opportunity to confer to ensure no double ups!

Please also remember to give your child a bag to put their gifts in.







# FATHER'S DAY BREAKFAST

Friday 2nd of September

7.30am - 9.20am

hall cola

It's time to celebrate all our wonderful Dads  
(and other special men in the lives of our children).

Bacon and egg rolls will be on offer and there will  
be a coffee van on site for you to purchase and  
fulfil your caffeine needs!

We look forward to seeing many dads there to enjoy  
the morning!



**COFFEE AVAILABLE  
TO PURCHASE**



A vertical sparkler on the left side of the image, with bright sparks and a glowing trail. The background is dark with numerous out-of-focus, warm-toned circular bokeh lights.

# THANK YOU TO OUR SPONSORS

BPS FAIR 22ND OCTOBER 2022





BPS FAIR 22ND OCTOBER 2022

# THANK YOU TO OUR SPONSORS

## Platinum Sponsor

### CASS PROPERTY

Adam Castelnuovo – director and owner of CASS Property is our proud Platinum sponsor for our BPS Twilight Fair. With 10 years of being a successful real estate business owner under his belt, Adam and his team buy, sell and manage property across the upper and lower north shore of Sydney.

“Combining that passion for real estate with an idealistic dream to be my own boss I chose to become a captain of my own fate and took the plunge into entrepreneurship. My dream was simple: a service-focused, market-leading real estate specialist (me), whose reputation is based solely on my client’s experiences (you).”

You can trust that when you are working with Cass Property, you are not only under the very best care, but you have the professionalism and personalised service to ensure your real estate experience is one to remember.

We are thrilled to have your support Cass & cannot wait to see you on the 22nd of October!

Contact Cass Property today:  
0415 217 322  
<https://cassproperty.com.au/>

**CASS**  
PROPERTY



## Silver Sponsors

### KING BUILDING GROUP

Introducing King Building Group, one of our fabulous Silver sponsors for our BPS Twilight Fair!

King Building Group is an experienced and highly regarded residential and commercial construction company, turning your next new home build, renovation or commercial project into a reality.

King Building Group brings together an industry leading team of builders along with an expansive network of quality trade services to deliver quality outcomes for clients.

Based in Sydney, the team works across Greater Sydney along with the Central Coast and Northern Illawarra regions.

For more information visit them on Instagram via @kingbuildinggroup or email them: [info@kingbuildinggroup.com.au](mailto:info@kingbuildinggroup.com.au)

Dean King  
King building group  
0434365406



**KING**  
BUILDING GROUP

BPS FAIR 22ND OCTOBER 2022

# THANK YOU TO OUR SPONSORS

## Silver Sponsors Cont.

### AIR INDUSTRIES AIR CONDITIONING

Introducing, Emmanuel and Laryssa from Air Industries Air Conditioning, who is one of our fabulous Silver Sponsors for our BPS Twilight Fair!

Air Industries is a family-owned business based in Mooney Mooney. With over 25 years of experience, they specialise in installation, service, repair and maintaining air conditioning systems to residential homes and light commercial business. Their team are fully licensed, insured and professional with a solid reputation of providing a reliable, affordable, safe and honest service. With access to the top leading brands in Australia, they service the Hawkesbury River, Upper North Shore and parts of the Sydney.

Their philosophy is simple:

"If the system is not good enough to be used in our home or business, we will not recommend it to you".  
We aim to provide you with the best air conditioning system, so you will enjoy it for many years to come."  
Make sure you contact the lovely Laryssa today for a free quote or schedule a service:

0407 201 436

<https://airindustriesac.com.au/>



**AIR INDUSTRIES**  
Air Conditioning and Mechanical Services

### HAMILTON ISLAND

Hamilton Island is one of our silver sponsor's for the BPS Twilight Fair this year! Part of the Whitsundays, and at the heart of the Great Barrier Reef, Hamilton Island is a uniquely Australian paradise. With the sun at your feet, it truly is a warm, relaxing, and fun destination for the entire family!

Hamilton Island is a private, 100% Australian-owned resort in the heart of the Great Barrier Reef. On Hamilton Island you'll find a range of accommodation including the award-winning qualia resort, an 18-hole championship golf course, a choice of cafes and restaurants and a 300+ berth marina. With its own airport, you can fly direct to Hamilton Island from Sydney, Melbourne and Brisbane and be enjoying the year-round average temperature of 26 degrees in under three hours.

We have our cocktails waiting by the pool already!

If you want to make your next destination Hamilton Island, make sure you visit their site today & speak with a friendly reservations consultants to enjoy the paradise that Hamilton holds!

<https://www.hamiltonisland.com.au/>



**HAMILTON ISLAND**  
GREAT BARRIER REEF AUSTRALIA



BPS FAIR 22ND OCTOBER 2022

# THANK YOU TO OUR SPONSORS

## Silver Sponsors Cont.

### MOVING BODIES

Introducing, the home of kids and adults fitness on Sydney's North Shore – Moving Bodies!  
Another one of our fabulous silver sponsors for our BPS Twilight Fair!

Situated at Mt Kuring-Gai, the team at Moving Bodies aim to make exercise and fitness fun for children and adults of all ages – from babies to seniors.

Aware of the demand among North Shore residents and their families for a local fitness centre where kids and adults can enjoy healthy and fun activities, Moving Bodies Centre was opened in April 2012. The Centre, complete with indoor heated swimming pool, offers programs outside the school system that complement your family's lifestyle.

So, whether it is gymnastics, adult or children's fitness classes, ninja courses, indoor soft play, swimming lessons or indoor parkour – you can guarantee Moving Bodies has it all!

Plus, it's a fabulous venue for your next little one's birthday party or perhaps you'd prefer to hire their mobile birthday party equipment?

Whatever you feel like taking part in, ensure you visit Moving Bodies today, you're sure to have a tonne of fun!

<https://www.movingbodies.com.au/>  
Hamley Road, Mt Kuring-gai  
9457 7732



### PROPERTY ALCHEMY

Introducing Belinda and Penelope from Property Alchemy as one of our Silver sponsors for our BPS Twilight Fair!

With over 20 years in the property space, they were driven to establish their very reputable business in an effort to solve their own experiences with substandard real estate services.

They recognised a real opportunity to serve property investors looking for premium customer service expertise in property purchasing sales and quality property management in the one company.

"We founded Property Alchemy with one simple goal: we want to help our clients build wealth through property and enjoy their experience with us."

With a 5 star rating and their outstanding credibility which has seen them never lose a client, you know you're in good hands with Property Alchemy!

If you're looking for a complete property investment service, across buying, selling and management, contact Belinda and Penelope at Property Alchemy today!

1300 89 60 50  
<https://propertyalchemy.com.au/>

Property  
Alchemy

BPS FAIR 22ND OCTOBER 2022

# THANK YOU TO OUR SPONSORS

## Bronze Sponsors

### BEROWRA RSL CLUB

Introducing one of our fabulous Bronze Sponsors for our BPS Twilight Fair, Berowra RSL Club!

Club Berowra is situated at 997 Pacific Highway, Berowra and is a great location not only for residents of Berowra and adjacent suburbs but also as a mid-way point between Sydney and the Central Coast.

With several bars, gaming areas, dining areas and events all year round, you can enjoy a lunch, dinner or beverage six days a week with the convenience of being picked up or dropped home safely, care of their fabulous courtesy bus.

Make sure you give Berowra RSL a visit today, their food and atmosphere is sure to keep you coming back for more!

02 9456 1844  
997 Pacific Hwy, Berowra  
<https://clubberowra.au/>



**Club Berowra**

### TURNER ROAD PRESCHOOL

Say a big warm hello to one of our Bronze Sponsors for our BPS Twilight Fair, Turner Rd Preschool!

Led by Michelle Doran, Turner Rd Preschool provides high quality education and care for 3 – 6 year olds right here in our local community. They pride themselves on providing nurturing learning environments that inspire and challenge young children to create, explore and learn using an interest-based play approach.

Open from 8:00am–4:00pm, 48 weeks of the year with a 1:5 educator-to-child ratio, their tailored 8 hour day, not only provides parents with a care service 48 weeks per year (we close for 4 weeks over the Christmas period), but also ensures they can maximise any Child Care Subsidy (CCS).

"Children, families, community and environmental awareness is at the forefront of all we do."

Turner Road Preschool has been purposefully designed with the child, families, sustainability and the environment at the forefront. What a beautiful, nurturing business to have on board with us here as BPS!

Make sure you reach out if you are keen to know more about Turner Rd:  
9456 0609  
<https://turnerroadpreschool.com.au/>

*Adventure*



TURNER ROAD  
**PRESCHOOL**

### CROCODILE CREEK SHIRTS

Welcoming one of our Bronze Sponsors for our BPS Twilight Fair, Crocodile Creek Shirts!

A family printing business, right here in the heart of Berowra, Crocodile Creek Shirts service all around Australia, providing schools and clubs with Memento Shirts, Graduation Shirts and Leavers' Shirts, proudly made right here in Australia, only using high quality products. Crocodile Creek Shirts has thrived over the decades and was established way back in 1986! With a fondness for quality, the longevity of the business speaks as a testament to the product, consistency and superior service.

As a family business, they not only offer fast and friendly service with competitive pricing, but also proudly donate \$2 from every shirt sold, to not-for-profit organisations.

You are in good hands with Ryan and Chey at the centre of Crocodile Creek Shirts, so make sure you reach out and enquire with them today!  
9456 6699  
<https://www.crocodilecreek.com.au/>





BPS FAIR 22ND OCTOBER 2022

# THANK YOU TO OUR SPONSORS

## Bronze Sponsors Cont.

### **BAS HEALTH & FITNESS**

Berowra BPS dad and bringer of jokes, kettlebells and bikes, Bas Green is the owner of BAS Health & Fitness – and one of our proud bronze sponsors for our Twilight Fair! Berowra's favourite group fitness sessions, BAS Health & Fitness gives you holistic fitness with a feelgood vibe, coached by expert fitness trainer, Bas himself.

Regardless of age, ability, skills or fitness level, he can adapt the session to give you a solid workout that's ideal for where you're at. His fitness sessions all have his trademark blend of science, physical challenge, art, mental stimulation, and group fun. If you've even been up before the sun round here, you might have seen him setting up sessions for an awesome group of BASinators on Berowra and Warrina Ovals.

Reach out and contact Bas, to start your health and fitness journey today!

Bas Green  
0416 977 963  
bashealthandfitness.com.au  
FB @BASHealth&Fitness



### **FIRST CLASS GLASS**

Introducing one of our bronze sponsors for our Twilight Fair, First Class Glass!



Ben and Alanna are incredibly well known within the community, providing exceptional customer service as premier glaziers in Hornsby and the surrounding North Shore Area.

Offering a complete range of services to suit all of your residential and commercial glass requirements including glass repairs, replacement and installation, glass and mirrors cut to size, bespoke mirrors and mirror repairs, frameless glass shower screens, coloured glass splash backs, glass balustrades, UV bonding, glass shelving and roof lights, double glazed units AND a whole lot more (pew) – their knowledge, experience and professionalism means any glass-related job is completed flawlessly and efficiently.

Reach out to FCG today & make sure you tell them we sent you!

firstclassglass@hotmail.com  
<https://firstclassglass.com.au/>  
0424 614 310 / 02 9987 2397





# BEROWRA PRESCHOOL TO KINDERGARTEN TRANSITION NETWORK



**What:** An informal meeting of local school and preschool to support children and their families beginning Kindergarten.

**Who:** School teachers, Preschool teachers, Centre directors

**When:** Thursday 8th September 4pm

**Where:** Berowra Public School





# TheirCare Newsletter

Term 3 2022

The children developed a sense of belonging to groups and communities and gained an understanding of the reciprocal rights and responsibilities necessary for community participation. The children immersed themselves in Indigenous activities and showed their support for the community with engaging in fundraising experiences for Red Nose Day. We even had the opportunity to use native ingredients in their Bush Tucker Crackers made with using Salt bush herbs and Mountain Pepperberry.

We used a range of processes, such as problem solving, enquiry, experimentation, hypothesising, researching, and investigating in our Service Clubs.

In sports club we learnt some new and engaging games, these games were Edor, Kal-Ka-doon Kee-an, Kam-i Kami, Kool-Chee Kool-Chee, The-Pan, Tur-I tur-I, Wad-ai, Tar-nam-bai and Jump-pin-pin.



## Feelings and emotions

The children transferred and adapted what they have learned from one context to another by collaborating with others, expressing ideas and make meaning using a range of media and communication technologies. These learning have been placed around and outside of the OSHC building for all families and children to see their accomplishments and learnings.



## Supporting our Community

Vygotsky's Theories in Practice:-

- Vygotsky's zone of proximal development means that children learn with the guidance and assistance of those in their environment.
- Educators will know that children will need assistance and will know when to step in and guide the child to support them in the learning process.

This week we discovered new and exciting ways for the children to feel safe, secure, and supported through expressing their thoughts and feelings in experiences.

In our service we have created a wall for children to reflect on their feelings and self-regulate these feelings to learn how to act in relation to others with care, empathy and respect. We have also added to our Rest & Relaxation area self-regulation techniques that we have been going through throughout the sessions.



**Social interactions involve communicating, so Vygotsky also emphasised the role of language in the development of the child's thinking processes. Vygotsky also sees the child's ability to think logically as developing in stages. He has outlined four different stages of conceptual development**

**- Lev Vygotsky**