**Belrose Public School**  
Ralston Avenue Belrose NSW 2085  
Phone: 9451 6203  
www.belrose-p.schools.nsw.edu.au  
Email: belrose-p.school@det.nsw.edu.au  

**Belrose OSHC Centre**  
Phone: 0430 247 493

**NEWSLETTER DATE: 8 October 2015**

**Term 4, Week 1**

### Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday 10 October</td>
<td>School Ball at Miramare Gardens</td>
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<tr>
<td>Monday 12 October</td>
<td>Band Tour</td>
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<tr>
<td>Tuesday 13 October</td>
<td>Band Tour</td>
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<tr>
<td>Wednesday 14 October</td>
<td>NSW PSSA Athletics Carnival Band Tour</td>
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<tr>
<td>Thursday 15 October</td>
<td>NSW PSSA Athletics Band Tour</td>
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<tr>
<td>Tuesday 20 October</td>
<td>Life Education</td>
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<tr>
<td>Friday 23 October</td>
<td>Life Education</td>
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<tr>
<td>Monday 26 October</td>
<td>Life Education</td>
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<tr>
<td>Tuesday 27 October</td>
<td>Kindy 2016 Orientation</td>
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<tr>
<td>Tuesday 3 November</td>
<td>School Spec Primary Choir rehearsal</td>
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<tr>
<td>Thursday 5 November</td>
<td>Kindy 2016 Transition</td>
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<tr>
<td>Tuesday 10 November</td>
<td>School Spec Primary Choir rehearsal P&amp;C Meeting</td>
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<tr>
<td>Wednesday 11 November</td>
<td>Remembrance Day Service 10.45am to 11.10am</td>
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<tr>
<td>Thursday 12 November</td>
<td>Kindy 2016 Transition Program</td>
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<tr>
<td>Tuesday 17 November</td>
<td>CARES Year 5</td>
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<tr>
<td>Thursday 19 November</td>
<td>Kindy 2016 Transition Gelato Day</td>
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### Principal’s Message

Welcome back to Term 4. As with every term, it will be very busy with a number of important events occurring. Please refer to the calendar on the website and the Term dates in the newsletter.

Welcome to Grace and her family and Oliver and Lucas and their family who have joined us this term.

Good luck to Jett when he competes at the NSW PSSA Athletics carnival next week.

The Selective High School site for prospective students for high school for 2017 opens on October 13 and closes on November 16. No late applications will be accepted. All applications have to be made online by parents. There are no paper application forms. The test will be sat in 2016 with results being sent to parents of students who sat the test in June 2016. The website is www.schools.nsw.edu.au/shsplacement

The Band tour will take place on Monday, Tuesday and Wednesday of Week 2. The children will be performing at three schools as well as visiting Scenic World and Jenolan Caves with the opportunity to play in the Grand Arch. Because of the rearrangement of the program, children are no longer required to wear school uniform on Monday but may wear appropriate casual clothing. This includes appropriate footwear (joggers), hat, shirt with sleeves and shorts (no midriff shirts or short shorts). If the weather predictions are cool for next week, Katoomba can be five degrees cooler than Belrose. Children will need to bring suitable clothing. Children are also reminded that they need to pack recess, lunch and afternoon tea for Monday. The bus will leave school at 8.00am so please be here at 7.45am. Don’t forget your instrument.

Over exposure to UV radiation from the sun in childhood or adolescence increases the risk of developing melanoma later in life. Teach your child how to apply sunscreen properly, and they’ll be able to protect themselves even when you’re not around.

**When the number hits 3**, protect from UV. Check the daily UV alert in your local newspaper or at www.cancercouncil.com.au/sunsmart. A UV level of 1 or 2 will not damage most skin types, but a UV level of 3 or above can be harmful even on a cloudy day.

**Apply early.** Sunscreen needs to be applied 20 minutes before going outside so it can bind to the skin. Slathering it on just before you go outdoors can still lead to burns and damage.

**Be generous.** Adults need one teaspoon for the face, neck and ears, and a teaspoon for each arm. Reapply often. Set a timer and reapply frequently - especially when your child is swimming or perspiring. This also helps cover any little bits that have been missed in the first application.

**Protect your eyes.** Even kids need protection from the sun and glare in an Australian summer. Look for children’s sunglasses that: are a close fitting, wrap-around style that cover as much of the eye area as possible meet the Australian Standard AS/NZS 1067.2003 (Sunglasses and fashion spectacles: sunglasses category 2, 3 or 4).

See you at the ball!!!

Have a fabulous week

Regards

Barry Chamberlain
UNIVERSITY OF NSW

Congratulations to the following students who have achieved a high standard in the recent University of NSW International Competition in the following areas.

Mrs Hillier
G & T Coordinator

ENGLISH

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
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<tbody>
<tr>
<td>Merit</td>
<td>Sofija L</td>
<td>Jack A</td>
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<tr>
<td>Credit</td>
<td>Daniel W.</td>
<td>Sebastian E.</td>
<td>Claudia J</td>
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<td></td>
<td>Ellen W.</td>
<td>Kate G</td>
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<tr>
<td>Distinction</td>
<td>Liam Blair</td>
<td>Quinn C.</td>
<td>Jordan H</td>
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<td>Sienna C</td>
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KINDY 2016

A reminder if you have not yet enrolled your child for kindergarten 2016, enrolment forms are available from the school office.

- Kinder Orientation Day: Tuesday 27th October 9.30 – 11.00am
- Transition to School 1: Thursday 5th November 9.30 – 11.00am
- Transition to School 2: Thursday 12th November 9.30 – 11.00am
- Transition to School 3: Thursday 19th November 9.30 – 11.00am

TROPHY RETURNS

Could all trophies from Presentation Night 2014 and sport trophies be returned to the school office

Sport News

PSSA SUMMER COMPETITION THIS WEEK

Cricket
Belrose vs Allambie Heights @ Wyatt Oval

Softball and T-Ball
Belrose vs Allambie Heights @ Belrose School
Our Japanese fun day for Year 2 and 3 at the end of last term.
Thank you to Jasmine and Will for their expertise in origami – you were wonderful teachers!
School Banking is preparing for touchdown.

As we launch into the final term of School Banking, students are one small step away from completing their savings mission on Planet Savings.

Two new out-of-this-world reward items

For every 10 deposits made through the School Banking program, students can redeem a reward from our Outer Space Savers range. With the withdrawal of the Lunar Light Band this term, we are releasing an alternative reward item in Term 4, together with the new Outer Space Savers Money Box. Students will be able to test their skills with a game of frisbee with the new Galaxy Glider reward item which will be available for order while stocks last.

You could be taking one giant leap to California’s Disneyland

Don’t forget, students who make 25 or more School Banking deposits this year will automatically go into the draw at the end of the year to win a family trip to California’s Disneyland. If you haven’t already reached 25 or more deposits, now is the last chance before we touch down!

For more information visit commbank.com.au/schoolbanking
Parenting Programs
Child & Adolescent Parenting

WHAT’S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

**Tuning in to Kids Course** (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (20/10 - 17/11, 7.00-9.30pm)

**Triple P (Positive Parenting Program) Seminars** (3-8yrs)
Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children
Chatswood (5/11, 12/11 & 19/11, 7.00 - 9.00pm)

**Communicating with Kids Workshop** (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood (29/10, 7.00-9.30pm)

**Tuning in to Teens Course**
Emotional intelligence & communication skills to understand your adolescents’ needs & behaviour.
Chatswood 5 wks (28/10 - 25/11, 7.00-9.30pm)

**Toddlers Workshops** (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 26/10, 2/11 & 9/11 (3 wks/2.5hrs each, 7.00-9.30pm)

**NEW** Helping Your 3-6 Year Old Child with Anxiety
Series of 2 workshops for parents to assist with young children showing signs of anxiety
Chatswood 24/11 & 8/12 (2.5hrs each, 7.00-9.30pm)

**Resilient Kids Workshop**
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (16/11, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (21/10, 7.00-9.30pm)

**WORKSHOPS ON REQUEST - PHONE 9887 5830** (2-2.5 hours)
* Understanding Your Toddler/Discipline & Tantrums * Transition to School
* Tucker without Tantrums/Toilet Training * Transition to High School
* Speech & Language Development/Sleep * Triple P Seminar Series 1-12 yrs & Teens
* Older Sibling - New Baby * Communicating with Kids
* Bully Busting * Dealing with Teen’s Back Chat
* Resilient Kids * Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

NSW Government
Northern Sydney Local Health District

Health
Welcome back to Term 4!! Only about 10 more weeks until Christmas holidays. And what a busy time those 10 weeks will be. We will welcome lots of smiling faces and families into the Kindergarten Transition program and will prepare to farewell our lovely year 6 children and some families.

To kick it all off – the fabulous Touch of Sparkle Ball will be held this Saturday night at Miramare. Thank you to the fundraising team who have been busy throughout the holiday break getting everything ready. The list of Silent Auction items and the special Live Auction item is included in the newsletter. For those who can’t make it on the night – don’t worry – you won’t miss out on the opportunity to bid. The silent auction lists and some of the items will be available for everyone to look through on Thursday and Friday afternoon in the COLA near the hall. Pop down your bid and we will let you know on Monday if you have been successful. If you would like to set a secret upper limit bid, just to ensure you have the chance to secure the item on the night, we can arrange that for you. Please contact Christie at cameronandchristie@bigpond.com for more information.

The RAFFLE will be drawn on Monday 19th October at the school assembly. To ensure we meet all the legal requirements under the raffle regulations we must have all raffle ticket books returned to the school by Monday 12th October. Sold and Unsold. They all need to be returned and accounted for. Most importantly, we need to ensure all the sold raffle tickets go into the draw for the chance of winning!! There will also be the chance for every student who volunteered to sell tickets at the various shopping locations last term and any family that sells more than one book to win a fantastic family prize.

A couple of other dates for your diaries:--
- Gelato Day – 19th November
- Gingerbread Night – 30th November *

Have a great week!

Linda Lamb
P&C President
SILENT AUCTION LIST

1. Mastercraft Digital Drum Set – RRP $699
2. Lenovo ThinkPad 10 tablet – RRP $850
3. Medical microdermabrasion session valued @ $150
4. Medical microdermabrasion session valued @ $150
5. TAB - $500 bet voucher
6. Casio G Shock watch – RRP $279
7. Ballaboumee Winery 6 x mixed wine pack – RRP $180
8. Belrose Hairdressing - $150 voucher
9. Cavallino Restaurant - $100 voucher
10. Hugos - $150 voucher
11. Sandbar Dee Why - $100 voucher
12. Skateboard HQ - 2 adults/2 kids inline skate lesson – RRP $70
13. Skateboard HQ - Group skate lesson – RRP $40
14. Skateboard HQ - Tandem bike hire - RRP - $25
15. Manly Surf School Lesson – RRP – $70
16. Girls Baby Pack – includes baby linen, swaddle, skincare products - approx. $300
17. Boy Baby Pack 2 – includes baby linen, swaddle, skincare products - approx $300
18. Skincare Pack - including Skin Doctors, JBronze, Redwin products RRP - $685
19. Wyatt Park Tennis Centre - Term lessons, 2 x racquets + back pack - RRP - $320
20. Family Photography Session including 3 prints – RRP - $300
21. Terrey Hills Swim School – term lesson + cap & goggles – RRP $210 approx
22. Energise Health Club - 2mth membership including 3 x personal training sessions – RRP $220
23. Energise Health Club - 2mth membership including 3 x personal training sessions – RRP $220
24. Wild Water Restaurant - $100 voucher
25. Luna Park - 4 x unlimited ride passes $200
26. Puppy preschool 4 week course - RRP $140
27. Hair Art $150 voucher including shampoo and conditioner packs
28. Glen street theatre tickets
29. Sandstone Café – Miramare – Breakfast voucher for 2 people
30. Chiropractor – Spinal check and 1 x treatment for family of 4 – RRP $462
31. Wallabies Gear – including tracksuit top, jersey and polo
32. Mambo Boys Ski suit Size 12
33. Rusty Mens Board shorts Size 36
34. 2015 Bledisloe Cup Match Ball – signed by the winning Wallabies – valued @ $400
35. Sydney Swans Framed Picture – signed by Adam Goodes (only 3 of the same were made) – valued @ $200
36. CSA fitness Pack – RRP - $500
37. Taronga Zoo – 2 x adult passes
38. Aqua or Ripples Dining Voucher - $150
39. Training session and catch up with Olympian Jana Pittman – priceless opportunity

LIVE AUCTION

HUNTER VALLEY WEEKEND AWAY – drive a LEXUS CAR and stay at the SEBEL
The Belrose Public School community would like to say **THANK YOU** to the following businesses and people for their generous support

**LIVE AUCTION**

Lexus of Chatswood

**SILENT AUCTION ITEMS**

- Dynamic Music
- Lenovo – Innes Suttor
- Face Today Mediclinic
- TAB
- Ballabourneen Winery
- Belrose Hairdressing
- Cavallino Restaurant
- Hugos
- Sandbar Dee Why
- Skateboard HQ
- Manly Surf School
- Monique Barros Agencies
- Ryan Family
- Wyatt Park Tennis Centre
- John Dawson Photography

**THANK YOU** for supporting Belrose Public School
ENROL NOW!!
PAY-AS-YOU-GO
No Direct Debit
No Contracts

Kambora Public School
Woollych Cres, Davidson
TUES Juniors: 4:00pm

Terrey Hills Community Centre
Yulong Road, Terrey Hills
TUES Juniors: 6:00pm

Forestville Senior Citizens Centre
Cnr Warringah Rd and Starkey St
WED Juniors: 5:00pm

Phone: 04 1300 4094
www.tkma.com.au

FREE PARENT EVENT
How to help
YOUR CHILD THRIVE
at High School

This event is a Kids First Community Service Seminar

Tickets are absolutely FREE, however places are limited. Bookings are essential!

To reserve your place, book on-line at
Or call Kids First now on
9938 5419

Want your child to thrive at high school?

Moving onto high school means big changes for kids!

In this valuable presentation, experienced teacher, Sonya Walker, will share practical tips to help you support your child through the social, emotional & academic challenges that lie ahead.

Learn about:
- How life at high school has changed
- Supporting your child on their peer group changes
- Tools to help your child get organised for high school homework

Don’t delay – this event is already filling fast!

TUESDAY
27 October 2015
7.30pm - 9.30pm

The Chairman’s Lounge
Brookvale Oval
Alfred Street Brookvale
Located in the Arthurian Suite.
Dine in style among the first floor of the
Major parking available.

Join the Sydney Sixers and Manly
Warringah District Cricket Club for a day
filled with T20 action at Manly Oval!

There are plenty of activities for the kids, a
coaching clinic from 1pm, as well as all the
Kingsgrove Sports T20 Cup action!

Details
Where: Manly Oval, Manly
When: Sunday, 11 October
Time: Activities from 11.00 am, Coaching
Clinic from 1.00 pm - 2.00 pm
How much: FREE!

Coaching Clinic places are strictly limited.
For more information and to book your
place visit sydneysixers.com.au/Manly or
call Liz on 0425 367 026

The professional production of The Sound of
Music is coming to Sydney in December
2015, and Applause Musical Theatre
Academy is getting students of all ages audition-ready!

Auditions can be scary and daunting for
anyone, let alone children, especially when you haven’t done many before. Whether your
child is auditioning for the show or not, getting practice and becoming familiar with the
audition process is a risk-free environment that can greatly alleviate the stress of going to
auditions. With knowledge and practise, your child/teen can give their best possible
performance for the audition panel.

Students will learn...
- how to prepare
- what to expect
- how to handle nerves
- what the audition panel is looking for
- to sing, act and dance a song/s
- and a short script from the show

At the end of the session the students will...
- engage in a mock audition to put all
  they’ve learnt into practice

Brendan Hay
Australian’s got Talent (Winner)
Man of La Mancha (Broadway)
Musical Director, Eisteddfods

Jonathon Holmes
The Sound of Music (Chatswood)
Teaching Artist
The Fantasticks (director, Eisteddfods)

Ingrid: 0405 495 099
enquiries@applausemta.com.au
www.applausemta.com.au

Building confident, creative kids
through performance

Come and play Australia’s favourite game!

Join us from 11am!