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 PUBLIC SCHOOL

Belrose Public School

Principal’s Message

Belrose OSHC Centre

Phone: 0430 247 493

TERM 4, WEEK 4

NEWSLETTER DATE: 29 October 2015

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Term 4 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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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</td>
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<tr>
<td>Wednesday 11 November</td>
<td>Hot Dog Day 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>Thursday 19 November</td>
<td>Kindy 2016 Transition Gelato Day</td>
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<tr>
<td>Wednesday 25 November</td>
<td>School Spectacular Scripture Christmas Assembly</td>
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<td>Thursday 26 November</td>
<td>School Spectacular CARES Year 5</td>
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<td>Friday 27 November</td>
<td>School Spectacular</td>
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<tr>
<td>Monday 30 November</td>
<td>Ginger Bread House</td>
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<tr>
<td>Wednesday 1 December</td>
<td>Year 6 Fete</td>
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<tr>
<td>Wednesday 2 December</td>
<td>K-2 Awards &amp; Christmas sing-along 9.30am</td>
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<tr>
<td>Tuesday 8 December</td>
<td>Presentation Evening Years 5 &amp; 6</td>
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<tr>
<td>Thursday 10 December</td>
<td>Presentation Years 3 &amp; 4</td>
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<tr>
<td>Monday 14 December</td>
<td>Year 6 Luncheon</td>
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Congratulations to those children who received ‘Student of the Week’ awards and those who have been recognised for displaying ‘Respect’. Well done!!

I will be speaking to all students in Year 5 next week and explaining to them my expectations of those who will be thinking of standing for a leadership position next year. My expectation of school leaders is extremely high.

The Year 6 Captains and Vice Captains have been invited to meet with the local State Member of Parliament, Mr Jonathan O’Dea, on Friday 6th November at Parliament House. The leaders will have afternoon tea with Mr O’Dea and tour the parliament building. During the tour they will learn about the history of the parliament since its inception and the significance of the two houses of parliament.

We welcomed our incoming 2015 Kindergarten to our school on Tuesday as the initial step in our transition program. The purpose of this program is to provide the children with a small taste of our school, allowing them to become familiar with the activities and routines of the Kindergarten classroom.

Our Kindergarten ‘Transition to School’ dates are (from 9.30am to 10.45am):

- Transition Day 1: Thursday 5th November;
- Transition Day 2: Thursday 12th November; and
- Transition Day 3: Thursday 19th November (also Gelato day).

Students in Year 5 have received an ‘Intention to apply: Year 7 entry to a selective high school in 2017’ letter detailing the procedure that needs to be followed. This is a reminder that all applications must be completed on line as the website will close on Monday 16th November 2015. The online website is www.schools.nsw.edu.au/shsplacement.

There are a number of parents who are using the ‘No Parking’ zone in Ralston Avenue to park their cars. During the ‘No Parking’ times this is a ‘drop off’ area only. Parents wishing to park and come into school will need to find other places to park.

Have a great week
Kind regards
Barry Chamberlain
Whooping Cough Information

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.
STAGE TWO MATHS OLYMPIAD TEAM

Congratulations to the Stage 2 Maths Olympiad Team. Your commitment, enthusiasm and hard work, both in class lessons every Thursday morning, and at home, as you completed your homework, has been outstanding. You should all be very proud of your efforts.

Mrs Chapple and Miss Jarvis
PSSA SUMMER COMPETITION THIS WEEK

**Cricket**
Belrose vs Bye @ Wyatt Oval

**Softball and T-Ball**
Belrose vs Bye @ Belrose School

Last Friday, 23 October all PSSA and sport was cancelled due to wet weather.

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**Belrose OSHC Centre News!**

boshc@primaryoshcare.com.au  ph. 0430 247 493

Check out our Latest News!!!

We have come out of our September/October Vacation Care period and have begun the final term of school for the year! Notable fun activities during Vacation Care include our visits to Taronga Zoo and the Aquarium, having a Magician come in and do a show as well as teach us some fun tricks, and our Café Cooking Day was a massive hit! We made some Tie Dye patches as well as many other cool craft activities and we got all dressed up for our BOSHC Formal. It was wild!

This term we have been had many highlights already, including our Nation Nutrition Week. We had cooking challenges every morning, where the children made all the food for afternoon tea that day. They made mini pizzas, pineapple sorbet, mini chicken burgers, apple crumble and much more. We also have started our Health and Wellbeing program, where coaches have been coming twice a week to teach the children sports. On Monday afternoons we have NRL and on Thursday afternoons we have AFL.

Families can contact staff at the Centre by calling or emailing. Our Regional Manager Helena McIntosh can be contacted directly by emailing: helena@primaryoshcare.com.au

Please come and visit as we would love to meet you and your child/ren.

Justin, Helena and the BOSHC Team
CANTEEN NEWS

Friday 30 October
Theresa Amos (10.30-2pm)
Jenny Frangopoulis

Monday 2 November
Jenny Frangopoulis

Wednesday 4 November
Jenny Frangopoulis

UNIFORM SHOP
It was lovely to see all of the new kindergarten children for 2016 at orientation on Tuesday. Getting the cherubs kitted up in their uniforms is always a lot of fun. There is an exciting vibe in the air that's for sure! In addition to being open the normal Wednesday and Friday mornings, the Uniform Shop will be also be open each Kindy Transition day in November from 10.30am - 11.30am. I am sure there will always be a time that suits you to visit us for all of your uniform requirements. If not, remember you can always place your order in the uniform box in the office and your order will be left at the office or delivered to your child’s classroom.

Nicky McInnes

On Monday, 15 October the Concert Band, Performance Band and Jazz Band went on a Band Tour. Our first stop was Meadowbank Public School and we played all our songs and their school was a great audience. After we left there we went to Scenic World and the first thing we went on was the Skyway. It was amazing. We then went on the railway and it was even better, it was such fun. A guide then took us through the rainforest and it was really cool. We then went back on the railway up to the top. We then went to our cabins.

On Tuesday we went to Jenolan Caves and it was the most amazing thing we had ever seen. We walked up a lot of steps. On Wednesday we went to Bilpin Public School and they were awesome for a crowd of 50. We then went to Winston Heights Public School and they played to us and we played to them. After, we did a workshop together. We then came back to Belrose. It was an amazing trip and I would love to do it again.

By Matthew

On Monday, Tuesday, Wednesday of the second week of Term 4 the Jazz, Concert and Performance Bands went to the Blue Mountains for Band Tour and to show other schools our music.

Day 1
The first school that we played at was Meadowbank Public School. The Jazz, Concert and Performance Band all played great pieces and did very well. After we had a great performance and morning tea we went to the Scenic Railway. We went onto the Skyway but Mrs Meikle was too scared. When that was finished we went on the steepest train in the world and it was soooo steep. When we got to the bottom it was a long way back. So we went for a long walk to get to the other Skyway to get back up.

Day 2
On the second day we spent the whole day at Jenolan Caves. First we had morning tea and then we went for a one an a half hour walk inside the actual cave. Then one of each instrument got to play at the cathedral in the cave. After our walk in the cave we performed at the entrance of the caves, The Grand Arch. Even though no one stopped to watch us we still had a good performance.

Day 3
On the last day we performed at two schools, Bilpin and Winston Heights Public School and we combined the Performance Band and their Performance Band. Then we had lunch and went home to our families.

By Lara
Belrose Public School - HOT DOG DAY

WEDNESDAY 11TH NOVEMBER

HOT DOG with a drink $5.00

Please make your selection and return to canteen or school office with correct money by Friday 6TH NOVEMBER

NAME: _________________________ CLASS: _________

Please tick ONE box only

<table>
<thead>
<tr>
<th>Hot Dog</th>
<th>Plain only</th>
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<tbody>
<tr>
<td>Hot Dog</td>
<td>Cheese only</td>
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<tr>
<td>Hot Dog</td>
<td>Sauce Only</td>
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<tr>
<td>Hot Dog</td>
<td>Cheese and Sauce</td>
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Please select only ONE drink

<table>
<thead>
<tr>
<th>DRINKS</th>
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<tbody>
<tr>
<td>Apple/blackcurrant juice</td>
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<tr>
<td>Apple juice</td>
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<td>Orange juice</td>
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<td>Tropical juice</td>
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<td>Water</td>
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<tr>
<td>Frozen Juice cup Orange</td>
<td></td>
</tr>
<tr>
<td>Frozen Juice cup Apple</td>
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Please stick this form to a lunch order bag. Lunch order bags can be purchased at canteen for 20c with this order.

NO LATE ORDERS ON HOT DOG DAY WILL BE ACCEPTED

PLEASE NOTE: CANTEEN WILL NOT BE OPEN FOR ANY OTHER FOOD ON HOT DOG DAY. IT IS A SPECIAL FOOD DAY AND NOT A REGULAR CANTEEN DAY
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 Health
Northern Sydney Local Health District
PRESENTATION for PARENTS:

Parenting an Anxious Child

This talk is aimed at helping parents recognise and understand anxiety in their child, as well as providing guidance on how best to help.

Components of the presentation include:

- “Why anxiety?”- contributing factors in the development and maintenance of anxiety
- Recognising anxiety in children and differentiating it from non-compliant behaviours
- Setting clear rules and expectations for behaviour
- Determining when parent/child interactions are contributing to anxiety
- Helping children think more helpfully and gradually face their fears
- Generalising anxiety management strategies to new fears and worries.

WHEN: Monday 9 November 2015, 6.00 - 7.30pm
WHERE: Ku-ring-gai Gordon Library, Meeting Room 2
         Corner Park Ave & Pacific Highway, Gordon
         (free parking in Council carpark off Park Ave & Wade Lane)
COST: $15 per person (please bring cash on the night)

Please reserve your place by emailing your required number of seats to donna@approach-psychology.com.au

Please note that places are limited.
KU Bambara Road Preschool
Farewell Celebration

Past and present families are invited to join us for a Family Fun Day to farewell this much-loved centre and celebrate 18 years of providing quality early education in our local community.

When: Sunday 22 November 2015
10:00am – 1:00pm

Where: KU Bambara Road Preschool
Cnr of Bambara Road and Forestway
Befrose

▶ Jumping Castle ▶ Face painting ▶ Sausage Sizzle

Please RSVP by Friday 13 November to:
P 02 9451 8622
E ku.bambararoad@ku.com.au

KU is proudly a not for profit organisation

Comedy for a Cause

In support of:
Davidson High School

Gary Eck
- Edinburgh, Melbourne and Sydney Comedy Festivals.
- Kids. The Foxy Show, Forest & Friends.
- Toileted Winter, Arts Norries. World of Happy Feet Five

“Spooktacular charm, shrimp-warmed toes coupled with an out-of-the-world sense of humour”. - Time Out

“Rarely original and clever... funny all the way” - Daily Telegraph

Al Do Bene
- Comedian of the Year - L.A. Comedy Awards
- Comics Unhinged, NESN Comedy All-Stars. Jim Lovitz Presents
- Openers for Bill Burr and Dana Carvey
- Regular at the world famous Laugh Factory in L.A.

“Genre of Stand-Up” - The Daily Mail

Brett Nichols
- Green Faces National Champion
- Finale in the US Network NBC’s “Last Comic Standing”
- The Foxy Show, Stand Up Australia

“he had me in tears of laughter.”

Mat Wakefield
- Sydney Comedy Festival: Gold Out
- Sydney Comedy Festival: Gold Out
- “one of the rising stars of Australian Comedy” - The Laugh Garage

+ Special Guests

7:30pm - November 14, 2015
Davidson High School Hall
Minna St, French Forest, NSW 2086
Adults: $25, Student/Concession: $18 Family (2 Adults + 2 Students): $80

www.trybooking.com/JCDQ

The Northern Sydney Scholastic and Sports Academy
At Narrabeen Sports High School

Wondering where to send your child to school? Thinking of changing schools? Narrabeen Sports High School is a comprehensive public school focused on delivering excellence in all areas of the curriculum. The school has a unique specialist sporting and scholastic Academy professional coaching staff and world class facilities. We are offering a free afternoon of activities for interested students in years 4, 5 and 6 to try an Academy sport, followed by a BBQ afterwards.

WHEN: Thursday 12th November 2015
WHERE: Narrabeen Sports High School Hall
10 Namona St North Narrabeen
TIME: 3:45pm - 5:00pm
SPORTS: AFL, Rugby Union/League, Football (Soccer), Tennis, Dance, Touch Football, Basketball, Netball.

Interested parents will be able to attend an information session and school tour during the training sessions.
To secure your space please email Karen.Dipper1@det.nsw.edu.au.

For further information about our Academy afternoon, please visit our website
Narrabeen Sports High School 10 Namona St Narrabeen 9913 7820