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

TERM 4, WEEK 5

Principal’s Message

Dates

<table>
<thead>
<tr>
<th>Term 4 2015</th>
<th>Principal’s Message</th>
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<tbody>
<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>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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<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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<tr>
<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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<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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<tr>
<td>Tuesday 15 December</td>
<td>Kindergarten Graduation 9.30am</td>
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<tr>
<td>Wednesday 16 December</td>
<td>Last day of school Year 6 Farewell 2.30pm-3pm</td>
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Congratulations to those children who received ‘Student of the Week’ awards for their continuous hard work and diligence during the week. Thank you!!!

Partial Absences - Late Arrivals/Early Leavers
Children who arrive late to school (after 9.00am) or are leaving early MUST come to the office to be signed in. All partial absences are now entered into class rolls via the computer in the office. Children will then receive a late arrivals/early leavers slip to give to their teacher (once we have our printer).

Parent Volunteers & Helpers – Working With Children Check (WWCC)
Subject to conditions under the Child Protection (Working with Children) Act 2012 and the Child Protection (Working with Children) Regulation 2013, all volunteers and helpers are required to meet the following WWCC requirements:

School Activities
Parent volunteers and helpers for school activities such as reading, book covering, assisting with sport/gross motor, transport etc are required to complete:
- WWCC Declaration for volunteers and contractors (Appendix 5 – see attachment, available at the office or your child’s teacher and on the school’s website);
- and
- Proof of Identity that meets the 100-point check (Appendix 6 – see attachment, available at the office or your child’s teacher and on the school’s website).

P&C Activities
Please note that parents and community members who assist as volunteers for P&C activities such as canteen, uniform shop, working bees, BBQ’s, stalls etc are required to complete an additional/separate WWCC Declaration for volunteers and contractors and Proof of Identity to be held on file by our P&C Association

WWCC Clearance Number
Parent volunteers and helpers who hold a WWCC clearance number do not need to complete WWCC Declaration but need to provide a copy of their WWCC Clearance & Number to the school.

Department of Education Employees
Parent volunteers and helpers who are employees of the Department of Education, employed prior to 2013 are required to provide their employee ID numbers subject to the transition procedures to WWCC compliance in 2016 (for secondary teachers) and 2017 (for primary teachers).

Completed WWCC forms, for both school and P&C, with the 100-point Proof of Identity need to be taken to the office for verification and photocopying.

If you are involved in both School Activities and P&C Activities please advise the office staff when you hand in your forms

Thank you for your support.

Kind regards
Barry Chamberlain
AUSTRALIAN PROBLEM SOLVING MATHEMATICAL OLYMPIADS

Team 208502A, Junior Division comprising students from Years 5 and 6 have had an amazing year. They have been awarded the following:

- All students in the 2015 Top Teams: Division Junior, Top 10% of Australian schools
- 4 students in the top 2% of Australian Schools
- Highest individual team scorer
- Plaque for the school
- Students received certificates, patches and the top scorer received a trophy.


This is the first time that the school has achieved this distinction and it is an outstanding result from these students. Congratulations to all.

Isabella Hillier
Snr Maths Olympiad Co-Ordinator
TRANSITION TO SCHOOL 2016

Transition to School 2  Thursday 12th November  9.30 – 11.00am
Transition to School 3  Thursday 19th November  9.30 – 11.00am
P&C News

HOUSE OF THE WEEK THORPE

PSSA SUMMER COMPETITION THIS WEEK

Cricket
Belrose vs Kambora @ Wyatt Oval

Softball and T-Ball
Belrose vs Kambora @ Belrose School

CANTEEN NEWS

Friday 6 November         Monday 9 November         Wednesday 11 November
Natasha Redfern          Jenny Frangoples          Jenny Frangoples
Viv Stamford            Jenny Frangoples
Jenny Frangoples

P&C

Earlier this year we conducted a survey and gained some valuable information on how the school community utilises the canteen. Since then we have sourced new suppliers, trialled new food products and monitored lunch orders. Now, a new menu!

A few of the key changes:

* Various price increases
* Freshly made Toasted Turkish, Salad rolls (Belrose Beauty) and Salad boxes available on Fridays
* Hot food only available on certain canteen days - not every canteen day
* New sushi options on Fridays
* Menu runs over two pages

The new menu is effective from Friday 13th November. Please remove the old menu from the back of your pantry door. The new menu is attached to the newsletter.

We love feedback, so please let us know your thoughts. Email us at belrosepandc@outlook.com or drop an anonymous note into the P&C box in the office foyer.

We also love volunteers to help in the canteen. If you have a couple of hours to spare, especially on a Friday, please contact us. It’s a great way to meet other parents and spy on your children in the playground.

Don’t forget – Hot Dog day on Wednesday 11th November! We know you are super excited about the new menu, but please remember only Hot Dogs are available for lunch orders on Wednesday 11th November.

Our next P&C meeting is Tuesday 10th November, 7.45pm in the staff room – see you there.

Have a great week

Linda Lamb
P&C President

KEEP CALM OUR NEW MENU IS HERE
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>
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<tr>
<th>DRINKS</th>
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<tr>
<td>Apple/blackcurrant juice</td>
</tr>
<tr>
<td>Apple juice</td>
</tr>
<tr>
<td>Orange juice</td>
</tr>
<tr>
<td>Tropical juice</td>
</tr>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Frozen Juice cup Orange</td>
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<tr>
<td>Frozen Juice cup Apple</td>
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</tbody>
</table>

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 CANTENE DAY
Belrose Public School - Canteen Menu

Monday

Belrose Beauty
Deli roll filled with cheese, lettuce, cucumber, tomato, carrot & beetroot 3.50

Sandwiches
Wholemeal or white bread
Filling inc: ham, cheese, lettuce, cucumber, tomato or beetroot

Toastie
Cheese 3.30
Ham & Pineapple 3.30
Cheese & Bacon 3.20
Chicken (with lettuce & mayo) 3.50
Fish Wrap (with lettuce & mayo) 3.30
Salad Wrap 2.50
Pizza Wrap 3.90

Hot Food
Ham & Pineapple Pizza 2.50
Cheese & Bacon Pizza 2.50
Grilled Cheese & Chicken Nuggets (4s) 2.00
Garlic bread 0.70
Spring Rolls 0.60

Wednesday

Belrose Beauty
Deli roll filled with cheese, lettuce, cucumber, tomato, carrot & beetroot 3.50

Sandwiches
Wholemeal or white bread
Filling inc: ham, cheese, lettuce, cucumber, tomato or beetroot

Toastie
Cheese 3.30
Ham & Pineapple 3.30
Cheese & Bacon 3.20
Chicken (with lettuce & mayo) 3.50
Fish Wrap (with lettuce & mayo) 3.30
Salad Wrap 2.50
Pizza Wrap 3.90

Hot Food
Meat Pie (small size) 2.00
Sausage Roll - whole 2.50
Sausage Roll - half 1.50
Garlic bread 0.70
Spring Rolls 0.50

Friday

Belrose Beauty
Deli roll filled with cheese, lettuce, cucumber, tomato, carrot & beetroot 3.50

Sandwiches
Wholemeal or white bread
Filling inc: ham, cheese, tuna & tomato

Toasted Turkish
Cheese 3.30
Ham & Pineapple 3.30
Cheese & Bacon 3.20
Chicken (with lettuce & mayo) 3.50
Fish Wrap (with lettuce & mayo) 3.30
Salad Wrap 2.50
Pizza Wrap 3.90

Sushi
Large cooked tuna (1) 3.00
Large teriyaki chicken (1) 3.00
Large avocado (1) 3.00
Mini Tuna (9) 4.50
Mini Avocado (9) 4.50
Mini Cucumber (9) 4.50

Hot Food
Chicken Tender (crumbed tenderloin) 1.50
Chicken Tender with bread 1.60
Gluten Free - meatballs (6) 2.00
Meat Lasagne 3.00
Twizzlers Blackcurrant 1.00
Macaroni Cheese 3.00
Garlic bread 0.70
Spring Rolls 0.50

Snacks & Over the Counter Items

Available Every Day - Monday, Wednesday and Friday

Belrose Public School - Canteen Menu

Snacks

Seasonal Fruit (freshly cut in a cup) 1.00
Apple (freshly cut with own apple) 1.00
Cereal Sticks 0.50
Carrot Sticks 0.50
Cheese Melts 1.00
Bruschetta sticks (4s) 0.50
Rice crackers & pretzels 1.00
Peeecom 1.00
Jumpys (BBQ, S&B, Chicken) 1.00
Carraro (Choc, BBQ) 1.00
Strawwax (Jock cream) 1.00
Goulburn Valley Fruit Slushie 2.00
Jelly Pudding (strawberry, mango) 0.25
Choc Chip Muffin 2.50
Oatmeal Bar 1.00
Gingerbread man 1.50

Frozen

Frozen Pineapple rings 0.50
Quiche sticks 0.50
Frozen Juice Cup - Apple 1.00
Frozen Juice Cup - Orange 1.00
Lemonade/Iced Twist 1.00
Capri Sun/Juice 1.50
Paddle Pops 1.50
Light Ice Cream Tub 1.50
Frozen Fruit Yogurt 2.00
MIDIce 1.00
Slushies 2.00

Drinks

Up & Go - Chocolate 2.00
Up & Go - Banana 2.00
Up & Go - Strawberry 2.00
Water 1.00
Milk - plain 1.50
Milk - Chocolate 2.00
Milk - Strawberry 2.00
Juice Box - Orange 1.50
Juice Box - Apple 1.50
Juice Box - Apple + Blackcurrant 1.50
Juice Box - Tropical 1.50

Prices effective 13 November 2015

All canteen orders are to be placed in the canteen baskets outside the classrooms or delivered to the canteen before 9.30am.

Please ensure that you include your child's name, class with the correct amount enclosed (where possible).

Any change or additions will be printed in the weekly school newsletter.
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 Bambarra 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 Bambarra Road Preschool
Cnr of Bambarra Road and Forestway
Belfrage

▶ Jumping Castle  ▶ Face painting  ▶ Sausage Sizzle

Please RSVP by Friday 13 November to:
P 02 9451 8622
E ku.bambarroad@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.
- Rove: The Party Show, bevor & Friends.
- Triple J’s Wreck & Ruins.

“Spontaneous charm, sharp-witted lines coupled with an acute of the world sense of humour” - Time Out
“Totally original and clever...Joy to the heart” - Daily Telegraph

Al De Bene
- Comedian of the Year - L.A. Comedy Awards
- Comics Unleashed, NESN Comedy All-Stars, Jim Lonzl Presents
- Opener for Jim Carrey and Dana Carvey
- Regular at the world famous Laugh Factory in L.A.

“Genius of Stand-Up” - The Daily Mail

Brett Nichols
- Sydney Comedy Festival
- Green Faces National Champion
- Finalist 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 fringe 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
Mimosa St, Frenchs Forest NSW 2086
Adults: $25, Students/Concession: 318 - Family (2 Adults + 2 Students): $80
www.trybooking.com/JCD0

You are cordially invited to meet the Principal,
Ms Jann Pattinson,

Friday 13 November at 9.15am
in the Jan Jones Room

Mimosa Street
Frenchs Forest
Phone: 9451 0022
www.davidson-h.schools.nsw.edu.au

Davidson HIGH SCHOOL
Q&A

After a short presentation by the Principal and a Q&A session, school tours will be run, concluding with morning tea.

To secure your place at this event, please go to
www.schoolinterviews.com.au
and enter the code LGTKZ