## Principal’s Message

Welcome back to school for Term 3. I hope everyone had a safe and enjoyable break. This term will be extremely busy with many interesting and varied activities for the children.

On Tuesday 28th July from 10.30am (morning tea) we will be celebrating the achievements of our wonderful students, staff, and parents. We will be entertained by our brilliant performing arts groups including all bands, dance groups and choirs. Visitors will then have an opportunity to visit our vibrant classrooms.

We also celebrate the very special role that grandparents play in the lives and education of our students. Grandparents give a special kind of love you can’t get anywhere else. The students get a better sense of who they are and where they’ve come from. They have roots, a history, and a sense of continuity and perspective.

During the day visitors will have the opportunity to donate a book to our library. The event will be capped off with a delicious sausage sizzle. Our outstanding P&C will be providing free tea, coffee and cake for visitors for morning tea.

We hope parents and grandparents can join our celebration.

The 8 year old to 13 year old Athletic carnival is being held on Monday 20th July at Narrabeen. The buses will be leaving school at 8.45 am. Children attending the carnival will need to be at school by 8.30, seated in the Cola outside the music room. Children are to wear sports uniform (house coloured shirt is fine), joggers and a hat. Children will also need warm clothing, recess and lunch and their water bottle. Parents and friends are very welcome to attend.

I’m having my picture taken. It’s time to do our hair and wear our school uniform with pride. School photos will be on Tuesday 21st July commencing with the Staff photo.

The Stage 3 Canberra excursion is now only four weeks away.

Parents need to be aware that while stopping in a ‘No Stopping’ zone is illegal, it also restricts the view of pedestrians crossing the road and other drivers approaching the crossing. Please drive safely and obey the road rules for the safety of our children.

Have a great week!
Regards
Barry Chamberlain

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### Dates

**Term 3 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 17 July</td>
<td>State Cross Country</td>
</tr>
<tr>
<td>Monday 20 July</td>
<td>Athletics Carnival, Band Committee Meeting 7pm</td>
</tr>
<tr>
<td>Tuesday 21 July</td>
<td>Class Photos</td>
</tr>
<tr>
<td>Thursday 23 July</td>
<td>2016 Kindy Open Morning</td>
</tr>
<tr>
<td>Monday 27 July</td>
<td>Zone Athletics Carnival</td>
</tr>
<tr>
<td>Tuesday 28 July</td>
<td>UNSW English, Grandparents Day Book Fair</td>
</tr>
<tr>
<td>Wednesday 29 July</td>
<td>Milo Cup Competition, Interrelate Evening</td>
</tr>
<tr>
<td>Thursday 30 July</td>
<td>Taikoz Japanese, Incursion K-6</td>
</tr>
<tr>
<td>Friday 31 July</td>
<td>Rescheduled Excursion to Narrabeen Coastal Centre</td>
</tr>
<tr>
<td>Wednesday 5 August</td>
<td>Interrelate Program</td>
</tr>
<tr>
<td>Monday 10 August</td>
<td>Canberra Camp, Years 5&amp;6</td>
</tr>
<tr>
<td>Tuesday 11 August</td>
<td>Canberra Camp, Years 5&amp;6, UNSW—Mathematics</td>
</tr>
<tr>
<td>Wednesday 12 August</td>
<td>Canberra Camp, Years 5&amp;6, K-2 Sports Day 11.30am</td>
</tr>
</tbody>
</table>

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Have a great week!
Regards
Barry Chamberlain
DANCE
There will be no boys dance rehearsal on Monday 20th July and Monday 27th July due to the school Athletics Carnival and the Zone Athletics Carnival. However, we will hold a rehearsal at 8:30am on Wednesday 22nd July to prepare for our performance at the Kindergarten Open Morning on Thursday 23rd. The boys must bring their full dance costume to school on Thursday. Regular Monday morning rehearsals will resume in Week 4. A note will be sent home outlining upcoming performances.

Samantha Meikle
Boys Dance Teacher

SCHOOL PHOTO DAY – TUESDAY 21ST JULY, 2015
Class and family photos will be taken next Tuesday, 21st July. Full winter school uniform must be worn, including a tie for boys and tab for girls. Please ensure shoes are polished.
MSP photography has asked the school to remind parents of the following:
Don’t seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
Family envelopes are available at the school office upon request and need to be brought to school on Monday. Family photos will be taken before school or during the day.
Please enclose correct money as no change is given. (Cash, cheques and money orders only on the day.) Credit card payments can be made online or by calling MSP office prior to the day, but students still will need to take their envelope with them on the day.
Photos will be delivered approximately 4 weeks after photo day.
For any enquiries you may contact MSP on 02 9499 6555.

Mrs Chapple
Assistant Principal

ART CAMP
Last term I went to Art Camp for two days. The first day I made sculptures and on the 2nd day I did drawing. When I did sculpting I made a leg out of sticky tape, a 3D artwork made out of body parts and a dream catcher. When I was drawing I made a bird, a part of a cage and three different types of eggs and a peacock’s feather. When I was Art Camp I also learnt new things like a pen from Japan, this is also a shade pen.

Annabelle 5/6M

Last term I went to the Expanding Horizons Art Camp. Over two days I learnt new skills and techniques in printing and sculpting. Day one was printing I learnt how to screen print using an ocean there. Day two was sculpture and my favorite part was making models of our legs and arms out of sticky tape. Overall Art Camp was new and exciting experience and I really enjoyed it.

Emma-Rose 5/6M
Cover your Cough

Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
Sport News

PSSA WINTER
Belrose vs Frenchs Forest @ Belrose PS

PSSA AFL
Junior — 9.40am Start
Belrose vs Killarney Heights @ Lionel Watts
Senior—10.10am Start
Belrose vs Killarney Heights @ Lionel Watts

COMMUNITY MARKET – Forestville Uniting Church
SATURDAY 25TH JULY 9-12 NOON; 9 DARLEY FORESTVILLE
There will be:
- Preloved Baby & Kids Items
- DVD’s & Books
- Lucky Door Prizes
- Home wares & Gifts
- Local Business & Services
And more
Proceeds to go to:
- UnitingCare Burnside - assists disadvantaged children & families in NSW.
- UnitingWorld - helps provide educational opportunities for children in developing countries
If you want to sell your own items tables are selling fast, ($20)
Contact forestvilleunitingmarket@hotmail.com

AUSTRALIA’S YOUTH PRESENTS
A SELF DEFENCE KARATE
AND SAFETY AWARENESS PROGRAM
FOR BOYS AND GIRLS AGES 5 TO 16
SINCE 1994

LET US BRING OUT
THE SUPERHERO
IN YOUR CHILD

- Our karate kids are less likely to be bullied
- Our fun karate games build important skills like self-defence, agility, coordination, and concentration
- Your child’s improved self-confidence will spill over into other areas of their life.
- Grading are an important part of our system as they build self-esteem through the achievement of goals. Students grade every term, and can advance through to black belt.
- Grading are free!
- Our instructors are minimum 2nd Degree Black belts, and have gone through years of training in the teaching of young children.

Since 1994, Australia’s Youth Self Defence Karate has improved the lives of thousands of young people in the Sydney area through the study of martial arts.
Our classes at $12 per week are the most affordable in Sydney.

Learn Music on the keyboard at Belrose Public School
Great songs! Musical activities!
Cool music knowledge!

Convenient after-school venue
Small group - 45 min weekly lesson
Competitive rate - $27 per session
(GST incl. Please do not forward payment to the school office.)
Instrument not required initially
Music material provided

To enrol, please call 9411 3122

Registration/Olive Babies: Sundays, 19 July, 26 July, 2 August, through end of terms.
Please: Farnese Youth Centre, Farnese Pde, Forestville. North side behind RSL.
Times: New Students: Ages 4 to 6 – 9:00 to 9:45 AM
New Students: Ages 7 to 11 – 9:45 to 10:25 AM
New Students: Ages 12 to 16 – 9:45 to 10:25 AM

No need to pre-register, just rock up on the day at your appropriate time with loose-fitting clothing and shoes.
For more information see our website at karate-kids.com.au.
Field Events

Field Event Finals
Shot Put
Discus
Long Jump
High Jump

Ball Games (time permitting)
Keep your area clean for House Points.

Zone Carnival
The relay teams for the Zone Carnival will be selected from the four fastest runners in the appropriate division within the school.

The children who will be selected to compete in the field events at the Zone Carnival will be the first placegetter in the final of each field event.

Good luck to all competitors!

Track Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Finish</th>
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</thead>
<tbody>
<tr>
<td>Junior Boys</td>
<td>200m</td>
<td>heats</td>
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<tr>
<td>Junior Girls</td>
<td>200m</td>
<td>heats</td>
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<tr>
<td>11 year Boys</td>
<td>200m</td>
<td>heats</td>
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<tr>
<td>11 year Girls</td>
<td>200m</td>
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<tr>
<td>Senior Boys</td>
<td>200m</td>
<td>heats</td>
</tr>
<tr>
<td>Senior Girls</td>
<td>200m</td>
<td>heats</td>
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<tr>
<td>8 year Boys</td>
<td>100m</td>
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</tr>
<tr>
<td>8 year Girls</td>
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<tr>
<td>11 year Girls</td>
<td>100m</td>
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<tr>
<td>12/13 year Boys</td>
<td>100m</td>
<td>heats</td>
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<tr>
<td>12/13 year Girls</td>
<td>100m</td>
<td>heats</td>
</tr>
<tr>
<td>Finals</td>
<td>200m</td>
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<tr>
<td>Finals</td>
<td>100m</td>
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<tr>
<td>Junior Boys/Girls</td>
<td>800m</td>
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<tr>
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<td>800m</td>
<td>final</td>
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<td>final</td>
</tr>
</tbody>
</table>

Junior & Senior House Relay 4 x 100m (if time permits)
When kids ask “the” questions...
Interrelate has the answers!

Interrelate is a specialist organisation with over 85 years’ experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?
1-hour session: years 3-6

Session 2: Preparing for puberty
1-hour session: years 5-6
Years 3-4 can attend at parent’s discretion

Date: Wednesday, 29th July 2015
Belrose Public School

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.
P&C News

CANTEEN NEWS

Friday 17 July  
Amanda Aspin  
Pam Macri 12-2pm

Monday 20 July  
Jenny Frangoples

Wednesday 22 July  
Marie Davidson  
Jenny Frangoples

P&C
Welcome back to another busy term at school.
Thank you to everyone who has already offered to help on Tuesday 28th July at the Grandparents and Open Day. The P&C provides morning tea and lunch to students and visitors on the day. Even if you only have an hour to spare, we would really appreciate your help anytime between 8.30am and 2pm. Please contact Jo Stracey 0408 438 607 sjstarcey@optusnet.com.au
An order form for the Grandparents and Open Day sausage sizzle is included in this newsletter. Please make sure you return the form and money to the box in the office by Thursday 23rd July.
On the evening of Wednesday 29th July the experts from Interrelate will be here to answer all ‘those’ questions year 3 to 6 children might be asking. The information sessions have been organised for Belrose families and occur every two years. Please refer to the attached Interrelate flyer for more information. Payment forms and more information will be sent home with children in years 3 to 6.
Afterschool snacks are back this Friday. Make sure you pop by the canteen and pick up a warm milo or cheese melt for afternoon tea.
If you would like any additional information on Grandparents and Open Day, Interrelate or anything the P&C is currently working on, please contact me on 0499 772 488.

Linda Lamb
P&C President

WELCOME BACK TO TERM 3
I hope you all enjoyed the break!
Please put the exciting raffle ticket selling weekend in your diary so you don’t miss out on all the fun! The kids love it and it only will take an hour or so of your weekend AND raises a lot of money to put towards our school resources.
Saturday 12 and Sunday 13 September.
We will be selling tickets at Forestway and Glenrose (depending on what is going on with the renos!?).
In a couple of weeks we will allocate each class a time slot to cover so we can pull together a roster.
Any question, please let me know!
Thanks,

Elise Cooper

BAND NEWS
Welcome back to school for another exciting term of Band. We have a very busy term coming up. All dates and events will be on the website next week. All bands resumed as normal this week.

All our fabulous bands will be playing at Grandparents Day, further details to come.

If you would like to take a break from helping the kids with homework and have some intellectual adult conversations then please join us next Monday 20th July at 7pm at The Belrose Hotel for the Band Committee Meeting, everyone is welcome. It would be great to have some new parents attend.

Band Committee
Ph 0419 271 211
www.andrewthepainter.com.au
Open Day & Grandparents Day
Tuesday 28 July 2015

10.30  Complimentary tea, coffee & cake
11.00  Concert
12.00  Visit classes K-6
12.45  Sausage Sizzle
       (please pre-order using form below)

Canteen open for counter sales

Order for Open Day & Grandparents Day

Please supply:  

☐ Sausage Sizzle $2  ☐ Popper Juice $1

Amount enclosed $__________________

Child’s Name: __________________________ Class: ____________
Parent Signature: __________________________

NOTE: Orders close Thursday 23 July, 2015
Belrose Public School After School Football Sessions

Proudly sponsored by

"Freshwater Community Bank - Branch of Bendigo Bank"

COACHES
Qualified Manly United FC Coaches and Players

TIME, DAY, AND DATES
3.15pm-4.15pm 6x Tuesday - July 28th, Aug 4th, 11th, 18th, 25th, Sept 1st

WHERE DO WE MEET?
School oval after the bell has rung.

WHAT WILL I NEED?
Trainers or boots, appropriate clothing, drink.

PRICE
$90 inclusive – Please return all Forms & Payments to the school office.

(THERE IS A 1.5% SURCHARGE ON CREDIT CARD PAYMENTS)

Parents will be notified via SMS should any sessions need to be postponed due to wet weather.

PLEASE CALL NICK WITH ANY QUESTIONS REGARDING THE PROGRAM
OFFICE 9982 6228 OR MOBILE 0403 951 371
EMAIL nick@manlyunitedfc.com.au

SCHOOL NAME ___________________________________ PLAYER NAME ___________________________________ AGE ___________
E-MAIL ________________________________________ EMERGENCY/WET WEATHER TEL ____________________________

PERMISSION TO GO HOME ALONE: YES / NO please circle

MEDICAL CONDITIONS _______________________________________________________________

PAYMENT DETAILS: CASH □ CHEQUE □ CREDIT CARD □ please tick

VISA □ MASTERCARD □ NAME OF CARDHOLDER: ____________________________

CARD NUMBER DETAILS:

EXPIRY DATE: ___________________________ CARD HOLDER’S SIGNATURE: ___________________________

Please make cheques payable to ‘Manly United Football Club or MUFC’

I certify that my child is in good health and is able to participate in all activities. If any attention is required for illness or injury, I give permission to a staff member for such care. I will not hold Manly United or the MWFA or any of its coaches responsible for any loss or injury occurring during any activities.

Print ___________________________ Sign ___________________________ Parent/Guardian ___________________________ Date __________

CONTACT DETAILS: PHONE 02 9982 6228 Mobile 0403 951 371 or nick@manlyunitedfc.com.au
ENROL NOW!

ph 9624 4770
www.momentumdancestudios.com.au

FORESTVILLE
(Senior Citizens Centre - Corner Warringah Road and Stacey Street)
SATURDAY TIMETABLE
9am TINY TOTS (3-4yrs) Ballet/Jazz
10am KIDS COMBO (5-6yrs) Ballet/Tap/Jazz
JUNIOR Classes Starting 2016!

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

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

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

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

Natural Spirit

Naturopathy ✶ Herbal Medicine
Indian head massage

with
Irenenee Jenkins – Naturopath

My aim is to help you & your family obtain optimal health... naturally!

25 minute, 1 – 1.5 hour consultations
(25 mins designed to fit in with your child’s swimming lessons)

Located at Terrey Hills Swim School in the yoga studio

More info & to book appointments online:
www.naturalspirithealth.com.au

E: naturalspirithealth@gmail.com
M: 0432 807 798

10% OFF all services, herbal teas/medicines*

*Present this advert for discount, 1 discount per person & valid until 31/08/15

EVOLVE TENNIS HAS ‘HIT’ TOWN!

Evolve Tennis Academy
	- Tennis for Life -

Commencing 1st August we will be taking over exclusive coaching rights and facility management of the Wyatt Park Tennis Centre.

We will be offering the following fantastic programs and services:
- Pro Web Daytime Program (4 and 5 years)
- Instructor Junior Program (6 to 12 years)
- Squash Level Introduction Program (12 to 15 years)
- Gifted Athlete Program
- Private Lessons (on or off court)
- Adult Beginner Program (adults only)
- Fitness & Footwork Program
- Ladies Clinics
- Local business and team building sessions
- Junior and Adult Competitions
- Court Hire, pro shop and restringing service
- AND loads more!

If your child already attends lessons at Wyatt Park Tennis Centre we will give them preference to ensure their chosen day stays the same when commencing with us.

A bit about our team...

We currently run Colley Park Tennis Centre, which is one of the most successful tennis clubs on the northern beaches. All of our coaches are passionate, professional and highly qualified, with a combined coaching experience of 100+ years. We pride ourselves on promoting & developing the sports growth on every level.

To make a booking or for any one of our fantastic programs or to book a court please contact us on 0413 817 465 or email us at evolvettennis@evolventennisacademy.com.

Check us out at www.evolverennisacademy.com