Principal’s Message

Congratulations to the fantastic ‘Students of the Week’. Well done. We are all very proud of your efforts. Congratulations to those children who received ribbons for their performances in the school athletics carnival.

The Stage 3 Canberra excursion is next Monday (how time flies). Children are reminded that they will need to wear their full winter uniform for Monday while Tuesday and Wednesday will require warm casual clothing and ski gear for the snow. There will be a meeting on Thursday of all Stage 3 children attending to review everything and complete the organisation before the excursion. I know the children and staff will have a wonderful time. There will be plenty of photos taken so watch for these in next week’s newsletter.

The Book Week character parade will be held on Tuesday 18th August commencing in the hall at 9.15am. Children will be able to dress up as their favourite book character or book title (so start planning now). All parents are welcome to attend and watch the children parade in their costumes. This was a very enjoyable activity last year. Children will be able to remain in their costumes all day if they wish but will need to bring warm clothing as well if the weather remains as it has been the last few days. Ms Wedlock has organised Aaron Blabey (children’s author) to visit school on this day to entertain the children.

The Zone athletics will be held on Monday 17th August at Narrabeen. A team of 45 athletes will be representing the school. Advice from the PSSA is that athletes competing at the Warringah Zone Athletics Carnival are permitted to wear ‘Skins’ or compression garments, but are required to have shorts over the top, and must wear a school sport shirt or singlet. Mrs Meikle and I will be attending the carnival.

The Year 2 Swimming Scheme commences on Monday 24th August and runs every day for 2 weeks. It will be held at the Warringah Aquatic centre and children will be travelling by bus under the supervision of two teachers. This is a very worthwhile program run by Department of Education.

Have a great week!

Regards

Barry Chamberlain

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**Term 3, Week 4**

**Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Monday 10 August</td>
<td>Canberra Camp Years 5&amp;6</td>
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<tr>
<td>Tuesday 11 August</td>
<td>Canberra Camp Years 5&amp;6</td>
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<tr>
<td></td>
<td>UNSW—Mathematics Probots 3R &amp; 4J</td>
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<tr>
<td>Wednesday 12 August</td>
<td>Canberra Camp Years 5&amp;6</td>
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<td></td>
<td>K-2 Sports Day 11.30am</td>
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<tr>
<td>Monday 17 August</td>
<td>Zone Athletics Carnival</td>
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<tr>
<td>Tuesday 18 August</td>
<td>Author Visit K-6 Book Character Parade</td>
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<tr>
<td>Wednesday 19 August</td>
<td>Crazy Hair Day for World Vision</td>
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<tr>
<td>Monday 24 August</td>
<td>Swim School Yr 2</td>
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<tr>
<td>Tuesday 25 August</td>
<td>Lessons Afloat Excursion Yrs 3&amp;4 Swim School Yr 2</td>
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<tr>
<td>Wednesday 26 August</td>
<td>Swim School Yr 2</td>
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<tr>
<td>Thursday 27 August</td>
<td>Family &amp; Creative Arts Photos Swim School Yr 2</td>
</tr>
<tr>
<td>Friday 28 August</td>
<td>Swim School Yr 2</td>
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<tr>
<td>Saturday 29 August</td>
<td>Dance Groups &amp; Jazz Band at Belrose Super Centre</td>
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<tr>
<td>Monday 31 August</td>
<td>Swim School Yr 2</td>
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<tr>
<td>Tuesday 2 September</td>
<td>Swim School Yr 2 X-Factor 2 night</td>
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STUDENT OF THE WEEK

<table>
<thead>
<tr>
<th>KD</th>
<th>KIW</th>
<th>1S</th>
<th>1/2MC</th>
<th>2C</th>
<th>2S</th>
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</thead>
<tbody>
<tr>
<td>William K</td>
<td>Saskia M</td>
<td>Ella H</td>
<td>Olivia P</td>
<td>Toby C</td>
<td>Daniel Q</td>
</tr>
<tr>
<td>3C</td>
<td>3R</td>
<td>4J</td>
<td>4/5H</td>
<td>5/6M</td>
<td>6W</td>
</tr>
<tr>
<td>Ben L</td>
<td>Alex C</td>
<td>Max D-R</td>
<td>Owen M</td>
<td>Billy H</td>
<td>Oscar L</td>
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<tr>
<th>KD</th>
<th>KIW</th>
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<th>1/2MC</th>
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<tr>
<td>Chloe s</td>
<td>Rachel E</td>
<td>Ruby S</td>
<td>Charli S</td>
<td>Charlotte S</td>
<td>Thomas J</td>
</tr>
<tr>
<td>3C</td>
<td>3R</td>
<td>4J</td>
<td>4/5H</td>
<td>5/6M</td>
<td>6W</td>
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<tr>
<td>Sasha H</td>
<td>Phoebe B</td>
<td>Lola M</td>
<td>Chloe F</td>
<td>Alani B</td>
<td>Lelah W</td>
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</tbody>
</table>

CRAFT
5/6M has been taught how to hand knit by Emma Rose. We now have warm scarves for Canberra. Four more sleeps!
Congratulations to the following students who have achieved a high standard in the recent University of NSW International Competitions in the following areas.

Mrs Hillier
G & T Coordinator

Digital Technologies

<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><strong>Credit</strong></td>
<td><strong>Year 4</strong></td>
<td><strong>Year 5</strong></td>
<td><strong>Year 6</strong></td>
</tr>
<tr>
<td>Liam B.</td>
<td>Kyle O.</td>
<td>Sebastian E.</td>
<td>Adam K.</td>
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<tr>
<td>Gabriella B.</td>
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<td>Kate G</td>
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<tr>
<td>Sophie B.</td>
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<td>Mitchell N.</td>
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<td>James L.</td>
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<thead>
<tr>
<th><strong>Distinction</strong></th>
<th><strong>Year 4</strong></th>
<th><strong>Year 5</strong></th>
<th><strong>Year 6</strong></th>
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<tbody>
<tr>
<td>Liam J.</td>
<td>Quinn C.</td>
<td></td>
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<tr>
<td>Joshua C.</td>
<td></td>
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<tr>
<td>Elliot P.</td>
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<tr>
<td>Ellen W.</td>
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Science

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<tr>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
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</thead>
<tbody>
<tr>
<td><strong>Merit</strong></td>
<td><strong>Year 4</strong></td>
<td><strong>Year 5</strong></td>
<td><strong>Year 6</strong></td>
</tr>
<tr>
<td>James L.</td>
<td>Quinn C.</td>
<td>Kate G</td>
<td></td>
</tr>
<tr>
<td>Murray H.</td>
<td>Isaac B.</td>
<td></td>
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</tbody>
</table>

| **Credit**   | **Year 4**   | **Year 5**   | **Year 6**   |
| Ellen W.     |              | Sebastian E. |              |
| Elliot P.    |              | Mitchell N.  |              |
| Liam B.      |              |              |              |

<table>
<thead>
<tr>
<th><strong>High Distinction</strong></th>
<th><strong>Year 4</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel W.</td>
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</table>

ATHLETICS RIBBONS

If your child was absent and did not receive their ribbon from the Athletics Carnival they will be presented at assembly on Monday of Week 7 (24 August)
WHOOPING COUGH

A person who attends Belrose Public School has been diagnosed with Whooping cough (Pertussis).

What are the symptoms?

Whooping cough usually starts with a runny nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air. Whooping cough can cause a severe illness in young children particularly those aged under 6 months.

How is it spread?

Whooping cough is usually spread by direct contact with the droplets from the nose and throat of an infected person produced whilst coughing. People at greatest risk of getting the illness are those who have had a considerable amount of face-to-face contact with a person with the disease. Whooping cough can occur in people previously vaccinated.

What should parents do?

Anyone developing symptoms should consult their local doctor and mention that there has been a case of whooping cough in the school. Children who are diagnosed with whooping cough need to stay away from school until they have taken 5 days of a special antibiotic.

For further information please refer to the NSW Health factsheet on whooping cough (available from http://www.health.nsw.gov.au/Infectious/factsheets/Pages/Pertussis.aspx) or contact the Northern Sydney Public Health Unit on 9477 9187.

LIBRARY NEWS

Author Visit
During week 6 on Tuesday the 18th of August Aaron Blabey will be coming to our school. A cost of $5.00 was invoiced to your Term 3 Statement of Account. A permission notes has also been handed out. Payment and permission note must be received prior to the event so that your child can participate.

Book Parade
On the same day as the author visit we will also be having a Book Parade in the morning. Children will be able to dress up in costume as a book character or book title.

Premier’s Reading Challenge
The Premier's Reading Challenge finishes on Friday the 21 August. All online records need to be completed by this date.

Donated Books
Donated books from the Book Fair will be processed as soon as possible.

K.Wedlock
Teacher-librarian
PSSA WINTER
Belrose vs Killarney Heights @ Belrose PS

PSSA AFL
Junior —9.40am Start
Belrose vs Mimosa @ Lionel Watts

Senior—10.10am Start
Belrose vs Mimosa @ Lionel Watts

SENIOR NETBALL A
Last Friday we played Mimosa in Netball. We did a magnificent job and managed to take home a win. The score was 19-8. It was a tough choice, but player of the match was Lara G for her excellent work defending and attacking at all times. A special mention to Samantha P and Meagan P for excellent defense throughout the whole game. Keep up the outstanding work girls! Big thanks to all of the parents who watched and big thanks to our umpires.

By Magali

SENIOR NETBALL B
On Friday Senior B’s played Mimosa. We won 9-8. It was a very close game. The player of the match was Lucy because she was off first half and when she came on she was playing really well.

Eliza also had an outstanding game! - Mrs Meikle

By Eliza

JUNIOR NETBALL A
Today we played Mimosa. They played really well and unfortunately we lost. Player of the match was Hannah P because she defended very well and always ran for the ball.

By Chloe F

JUNIOR NETBALL B
At the netball game we played really well because everyone was trying their best. The score was 17-0. We got ‘0’ but I still think we played really well. The player of the match was April because she was getting the ball and trying as hard as she could to get it down to the shooters.

By Emma

SENIOR SOCCER
Player of the match was Jamie T for only letting 3 goals in. The shots were very powerful and extremely hard to score. We lost 3-0. It was a hard team, but we played really well. The loss doesn’t matter at all though because we had lots of fun and we can’t wait to play our next game. Hopefully we will win.

By Sammy J

JUNIOR SOCCER
On Friday 31 July Belrose Junior soccer team played Mimosa at Belrose Public School. We won 3-2. Player of the match was Ben H and Josh B. Everyone played well. Keep up the good work.

By Gemma

AFL SENIOR
On Friday we played really well but sadly we were beaten 69-1. The player of the match was Adam because his throws and passes were really good. Well done everyone.

By Hannah B

AFL JUNIOR
At Junior AFL I think Will played the fairest and was player of the match. The score was 74-0. It was fun.

By Phoebe
CAN YOU HELP???
As you know this year we have the awesome Belrose Ball @Miramare Gardens on October 10th, 2015.
I am organising the Silent Auction and would love to hear from anybody that has connections to companies that would be willing to donate to our fabulous school. All money raised will benefit our kids so I am trying to get together some great packages for people to bid on. If anybody has anything let me know.

Thank you
Christie Marks
0414495124

2015/2016 CRICKET SEASON
Summer is around the corner and so is the Cricket season!!
Wakehurst Redbacks Cricket Club invites all junior boys and girls to register for the 2015 / 2016 season. Registrations commence from 1 August.
We offer cricket for all ages, from in2CRICKET for 4-6 years olds up to Seniors and offer several girls only options.
Further information and registration details can be found on our website at:

www.wakehurstredbacks.com.au

We are all looking forward to another fun season, so register now and be part of a great club.

IN PERSON REGISTRATION DATES ARE:
Saturday 8th & Sunday 9th August
Forestway Shopping Centre, Frenchs Forest
Outside Aldi between 9am - 3pm
Would you have the skills to perform CPR in an emergency?

Sinead Mayer (Belrose parent and Registered Nurse) from Apply First Aid Northern Beaches has offered to run two CPR training sessions for the Belrose Public School community at a specially discounted rate (with all proceeds going back to the school!)

The 2.5 hour courses will be held on **Tuesday 25th August** and **Wednesday 26th August** at the school and will cover:

- Recognising an emergency situation
- Identifying, assessing and minimising immediate hazards
- Seeking assistance from emergency response services
- DRSABCD action plan
- Respond to signs of an unconscious casualty
- Perform CPR in line with ARC guidelines
- Infection control
- Demonstrate the use of AED
- Provide an accurate verbal report of the incident

This fully accredited course meets all workplace requirements. We have limited spaces available so please complete the form below and return with your payment details to the Band Box in the office as soon as possible. Alternatively, if you pay by EFT you can email your form to bandbps@gmail.com

**Book now and support the school while learning the skills you may need to one day save a life.**

*Attendees must be at least 14 years of age. Please bring a towel as the training will be performed on the floor.*

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**CPR COURSE BOOKING FORM**

Please complete one form for each attendee.

First name: ___________________________ Surname: ___________________________

Phone No: ___________________________ Email: ___________________________

I would like to attend the following CPR class (tick one):

- [ ] Tuesday 25 August
  - 6:30pm to 9pm
  - Belrose Public School Hall

- [ ] Wednesday 26 August
  - 6:30pm to 9pm
  - Belrose Public School Library

Please tick one: [ ] CPR course only at $45pp  OR  [ ] CPR course including certificate at $65pp

**PAYMENT DETAILS**

- [ ] DIRECT DEPOSIT
  - BSB: 062 295
  - Account Number: 0000 0637
  - Ref: CPR - your name

- [ ] CHEQUE
  - Cheques should be made payable to: Belrose Public School P&C Association

- [ ] CREDIT CARD
  - Please charge my Mastercard / Visa:
    - Card number: ___________________________
    - Expiry date: ___________________________
    - Name on card: ___________________________
    - Signature: ___________________________
Help Kids & Teens to Overcome Anxiety

How to Help Kids & Teens Overcome Stress and Anxiety and Build Their Emotional Resilience

A one hour workshop for Parents and Carers presented by
Anne Siret, Counsellor and Applied Psychotherapist

Learn priceless strategies to help your children to calm their nerves, relieve their anxiety and overcome emotional blocks to their success in exams, public presentations, performances and social settings. Self-empower children with a simple, effective tool they can use to give them the confidence to succeed! In this workshop, Anne Siret certified EFT practitioner will introduce you to Emotional Freedom Techniques (EFT) - a user-friendly Energy Psychology approach.

You'll learn:
- How to use EFT to help kids to overcome typical childhood anxieties, such as performance anxiety, test anxiety, social anxiety and excessive worry
- How to combine EFT with other approaches for anxiety relief, such as cognitive strategies, relaxation techniques, mindfulness and deep breathing
- How to teach kids to self-apply these techniques for anxiety self-help and stress relief

Empower your kids with this simple, effective anxiety-relief tool and set them up for life!

Anne Siret is a recognised mental health practitioner with extensive experience in helping people to overcome stress, anxiety and fear through her positive counselling. For more on Energy Psychology and Anne's approach see: www.annesiret.com

Date: Sundays 9 August or 13 September or 11 October or 25 November 2018
(Plus every month during one hour, group work is facilitated by Anne Siret for people who would like to practice with their kids. Sundays 23/8 - 22/9 - 25/10 - 22/11 - 21/12 14)
Time: 3:30 to 4:30pm
Venue: Classroom 2 - Forest Community Arts Centre (near the library) in Forestville
Fees: $25/adult - $10/child
Bookings: call Anne Siret M: 0410 596 914 or Email: info@annesiret.com

Become an Ethics Teacher or Coordinator at Belrose Public School

Primary Ethics provides the opportunity for NSW public primary school students who don’t attend scripture classes (SRE) to participate in philosophical ethics classes.

We have a couple of vacancies for volunteers to teach Kindi ethics classes or be an Ethics Coordinator. The classes teach children how to approach ethical issues and develop their capacity for considered moral judgement, which will enable them to respond more thoughtfully to many of the problems and issues they will face in their lives. Volunteer Ethics Teachers are trained to deliver our age-appropriate curriculum every week and to use the accompanying learning and teaching materials.

For more information, please contact:
Amanda
Ethics Coordinator for Belrose Public School
belroseethics@gmail.com