



The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Term 4 Week 5 10th November 2016

All you need to know in 30 seconds!

Dates for your diary:

November

11 th	Summer PSSA Semi Final
14 th	Selective HS Placement Applications <u>Close</u>
15 th	Kindy 2017 Orientation
17 th	Kindy Ceramics
17 th	Interrelate Year 5 & 6 9.30am to 11am
18 th	Summer PSSA Final
18 th	PSSA Grand Finals
18 th	Kindy Ceramics
22 nd	Kindy 2017 Orientation
24 th	Interrelate Year 6 9.30am – 11am
25 th	School Spectacular Performance
29 th	Kindy 2017 Orientation

Newsletters are available on the school website and the parent portal

<http://www.seaforth-p.schools.nsw.edu.au/home> www.seaforth-p.schools.nsw.edu.au

From the Principals Desk

Our vision at Seaforth ...

We are a community of educators and families, committed to achieving success and developing strength of character for every child that will allow for the accomplishment of their potential throughout and beyond the Seaforth years.

This week's key messages include:

- Mrs Christine Smith Relieving Principal for Narraweena Public School for two weeks
- National Schools Touch Football Championships held at Mandurah, Perth,
- Navy Band Performance
- Wheel Chair travelling Road show
- Excursion to the Australian Museum to the opening of the new Spiders Exhibition
- Kindergarten Orientation Program
- And finally

Being the second edition of our now fortnightly newsletter, there have been many events happening across the school to celebrate in this edition of the newsletter so here goes ...

Mrs Christine Smith Relieving Principal for Narraweena Public School for two weeks

I am very proud to inform the community that Mrs Christine Smith has been asked to relieve as Principal at Narraweena Public School for two weeks from the 18th November. Mrs Smith I am sure will do an excellent job in leading the Narraweena community where she will return to Seaforth Public School on the 2nd December. In her



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absence, I have asked Ms Alison Crowshaw to relieve as Deputy Principal where I am certain she will be excellent in the role.

National Schools Touch Football Championships held at Mandurah, Perth,



Well done to Imogen who took part in the National Touch Football Championships representing NSW in Mandurah, Perth.

The team performed very well - being too strong for all states and territories, other than Queensland, who beat them in the grand final.

It was a wonderful week for Imogen - not only making firm friends with her NSW team mates (from all parts of our state), but also in meeting children from all over Australia, and competing at the highest level of national school sport. She is honoured to have represented her school, her region and her state.

We are all so very proud of Imogen's achievements where she is representing Seaforth Public School at the highest level and achieving such significant success!

Navy Band Performance

On Wednesday the 26th October we had the absolute pleasure of welcoming the Navy Band to our school who entertained us with their high energy and exciting repertoire of songs that all of our students absolutely loved.

The Royal Australian Navy Band in Sydney consists of approximately 50 full-time members under the musical direction of Lieutenant Matthew Klohs, and is complemented by a number of Naval Reserve Musicians.

In recent years members of the Sydney and Melbourne Bands have participated in a number of overseas deployments including the Middle East, Turkey (Gallipoli), Timor Leste and the Solomon Islands; to locations all around the world aboard Royal Australian Navy ships; and to musical gatherings such as military tattoos in Brunei, the United Arab Emirates, China, Hong Kong and the Royal Edinburgh Military Tattoo in Scotland.

Members of the Band also frequently travel to Naval establishments all around Australia supporting Navy ceremonies and events.

The Sydney Rock Band that visited our school maintains a very busy schedule performing at many public events throughout Sydney and New South Wales including school concerts, community music festivals, local commemorative services, charity events and large sporting events.

We had teachers and students alike dancing in the aisles and singing loudly as the band played out the afternoon. A huge thank you to the Daly family, whose family connections with Chris the Drummer made this possible for our community!



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Wheelchair travelling Road show



Last week, with support from the NSW Department of Transport and Wheelchair Sports NSW, we welcomed the w\Wheelchair travelling roadshow to our school. The Roadshow raises awareness of wheelchair sport, creates a greater understanding of people with disabilities, encourages acceptance and integration, promotes Wheelchair Sports NSW to potential new members and includes associated road safety messages. We were very lucky to again have a community connection where Assistant Principal, Hannah Piper's father Dave who volunteers for the organization facilitated the visit to our school where our years 3 – 6 classes has the

opportunity to listen to the amazing wheel chair basketball athletes and then play a game of wheel chair basketball for themselves!

Excursion to the Australian Museum to the opening of the new Spiders Exhibition

Last Thursday year 5 attended the Australian Museum's opening of their new exhibition Spiders. It was an exciting day where they were part of the press launch that saw spider's abseil down the façade of the museum as well as assist in the cutting of the ribbon to open the new exhibition.

Our kids had an excellent time in and around the exhibition and I would enthusiastically recommend taking the kids to the museum as a weekend activity if you have the time. Links to the exhibition and further information can be found at: <http://australianmuseum.net.au/>

Kindergarten Orientation program

Just a reminder that next Tuesday, 15th November is the first session of our three week orientation program for kindergarten commencing at 10:00am. If you are a family with siblings and have yet to finalise your student enrolment, we ask that you do so by the 15th November to ensure that your child is included in the orientation program. If you require any assistance or further advice, please contact the school office.

And finally ...

Last week all of our students participated in the National Combined schools' music initiative Count Us In. Count Us In is Australia's biggest school initiative bringing more than 550,000 students from over 2,100 schools nationwide to participate in an en-mass live stream singing of the song 'Let It Play". This initiative brings teachers, parents, students and the music industry together in celebration of music and music education. In 2016 Count Us In celebrated their 10th anniversary where the program exists to advocate for improved access to music education for all students across Australia.

Our participation was superbly led by our music teacher, Ms Pam Benton and all staff joining with our students to sing this year's song Let it Play in our school hall. Such a wonderful experience for our students and great way to round off a huge week of special events that in my view has really served to enrich our students learning. You can view this year's song at <https://musicaustralia.org.au/program/countusin/the-song/submit-your-song/>



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With that and after a really busy fortnight, I would like to wish everyone a fantastic weekend whereas always please feel free to catch me as I dart across campuses, in and out of classrooms and in between meeting and training commitments to stop and say hi to chat about anything and everything. Have a great week and hope to see you at our various functions this week.

Bernard Cheng: **Principal**

From the Deputy

Selective High School Placements 2018 – Intention to Apply

If you would like to have your child considered for Year 7 selective high school entry in 2018, you need to do so soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online are available at www.schools.nsw.edu.au/shsplacement. The application website opened on October 11th and close on November 14th. Please notify the school if you intend to apply so assessment marks can be prepared for your child. This note is available on the school app.

Christine Smith: **Deputy Principal**

School News

Schools Spectacular

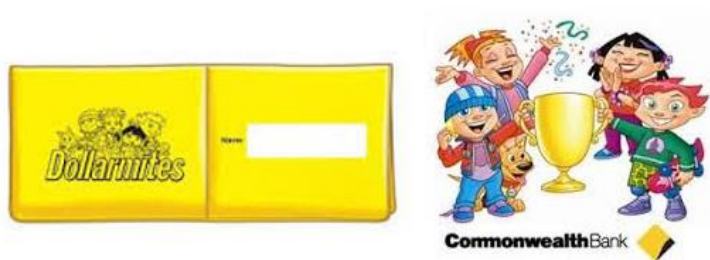
The 2016 Schools Spectacular will be held at Qudos Bank Arena, Sydney Olympic Park on Friday 25 and Saturday 26 November.

Tickets are now available through Ticketek. We would love your support and encourage you to buy tickets and come to see the show. It will truly be a spectacular event.

For more information, visit the website www.schoolsspectacular.com.au.

Steph Mawbey & Jacqui Wood: **School Spectacular Teachers**

School Banking



School banking is on **Monday mornings at Kempbridge Campus**. For all Yatama students, please drop your bank books into the **Yatama office on Monday mornings**, these will be ready for collection Monday afternoon. Please feel free to email us anytime on

pennyandveronica@outlook.com

Penny and Veronica: **Banking Ladies**



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Dear Parents

THANK YOU to those families that have already set up the fundraising page for their children and have started to fundraise money for the Heart Foundation.

Jump Rope for Heart is a great way for your child to keep fit and learn new skills but it also helps raise funds for vital heart research and education programs.

If you have not set up the fundraising page please do so asap! Simply follow the link below to get started.

<http://jumprope.everydayhero.do/jumprope2016/?group=Seaforth-Public-School-SEAFORTH-NSW-120629>

We will be celebrating our participation within this program in 2 weeks time on 23rd November! So please set up those fundraising pages and encourage donations.

Thank you for supporting the Jump Rope for Heart program!

Yours sincerely,

Alexandra Huntington
Jump Rope for Heart Coordinator



Chess News

Seaforth Chess Open

A note will come home later this week, to all students in Years 1-6, advertising our 2016 Seaforth Chess Open / Xmas Party, to be held in the Library on Friday 25 November from 1.30-5.00pm. There will be many trophies on offer (to the winners and runners-up in every grade!) and our usual pizzas and drinks for afternoon tea.

Anyone who knows the basic moves of chess is most welcome to attend!

Kel Cowling: **Chess Coordinator**

Library News

Books from the Book Sale

These should all come home with your children by the end of this week at the very latest. If you have donated a book, but have not seen it by Friday, please let me know.

In addition, while we are on the subject of these books, I just want to take this opportunity to thank one of our **AMAZING** Library volunteers, the wonderful Danielle Ahearn (mother of Eliot and Henrietta), whom does such a great job of covering them for us! Without people like Danielle, our Library would not be able to operate!

Kel Cowling: **Librarian**



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Kitchen Garden happenings...



Volunteer

THANK YOU

Morning Tea

Tuesday 6 December 2016
9.15 am in the kitchen

Please RSVP via email to Nada Burke
By 2/12/16 - Nada.burke@det.nsw.edu.au



Mrs Nada Burke & Alexandra Huntington: **Kitchen & Garden Teachers**

Sports News



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PSSA NEWS

Boys' Eagletag – Gala Day

Last Thursday, our Senior and Junior A teams headed off to Lionel Watts Oval at Belrose to take part in a Gala Day organised by the Manly-Warringah Sea Eagles.

The Junior Boys went through undefeated into the semis, but there, sadly, we met our nemesis; going down to Harbord, who beat us 5-2.

The Senior Boys also sailed, without a hitch, to the semis. We defeated Manly Vale in a tightly fought semi, but then met a very silky Harbord in the Grand Final. We had them at 2 all at one stage, but then they produced an extra gear, and ran out 5-2 winners. The good news (we think) is that having made the Grand Final, our Senior A's are likely to be invited by the Sea Eagles to the annual Champion of Champions tournament, to be played at Brookvale Oval later this month. Stay posted!

Boys' Eagletag - PSSA Semis

Home-and-away games wrapped up last Friday, and now, for a couple of our teams, the finals beckon.

Congratulations to our Junior B's, who came 3rd in their comp, and will be playing a semi at 1pm this Friday at Millers Reserve.

Congratulations also to our Junior A's, who, having lost only one game during the season, are minor premiers. They too will be playing for a place in the Grand Final this Friday (at Millers at 1pm).

And a huge congratulations and thanks to Tess Partridge, who has done such a great job of coaching these two teams!

Our two senior teams narrowly missed places in the semis this year. Bad luck boys – you trained hard, and put in a great effort on the field all season, but we didn't quite get there. But one thing is certain: we'll be back next year!

Match Reports for Summer PSSA 28th October

Newcombe Ball

A's played Balgowlah Heights, Harbord and Cromer

B's played Manly Vale, Cromer and Harbord

We won one game and the lost the rest. The best players were Eva and Emily and the fairest were Ruby and Annalise. We all tried our best and had smiles on our faces.

Cricket

Junior Boys played Balgowlah Heights and sadly, they lost. 3 points go to Hugh, 2 to Will and 1 point to Lachie.

Eagle Tag

Junior Girls A's played Cromer and won 9-4. Best Player was Stella and the fairest was Emily.

Senior Girls Eagle 1 played Cromer and they won 7-0. Best player was Bianca and fairest was Georgia.

Senior Girls Eagle 2 played Manly West and they won 5-0. Best player was Albee and fairest were Monica and Hannah. Our captains this week were Meisha and Kaila.

Junior Boys B's played Cromer and Lost 5-4. Our captains were Alex and Nicki. James and Jaden were awarded 3 points, Alex and Willis 2 and Alex W 1 point.



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Volley Ball

Senior Boys played Beacon Hill – score 11-5 and Balgowlah Heights - score 11-9. The best player was Lachlan and the fairest was Mathew.

Match Reports for Summer PSSA 4th November

Newcombe Ball

A's played Beacon Hill and sadly lost 5-11. Best player was Tilly and Fairest was Rosin. We had fun and tried our hardest.

B's played Narraweena and lost 11-12. Best player was Lucy and Fairest was Emily

Cricket

Junior Boys played Harbord and sadly lost. 3 Points goes to Sam, 2 points to Maxim and 1 point to Hugo.

Senior Boys played Harbord and lost 65-42. Best player was Matteo and Fairest player was Ben. Captains was Sam B and Toby P. We played well but we didn't win.

Volley Ball

Senior Girls played Balgowlah Heights and won 11-6. Best player was Grace B and Fairest player was Amy. Captain was Summer Y.

Senior Boys played Balgowlah North, Harbord, Manly Vale and Cromer and won 2 and lost 2 games. Best players was Oscar, Luca and Cameron and Fairest players was Mat and Harry.

Eagle Tag

Junior Girls A's played Harbord and won 4-3. Best player was Emily and Fairest player was Stells. Captains was Roxy and Lucy. Albee was filling in for the day and you played amazing.

Senior Girls B's Beacon Hill and won 5-2. Best player was Tess and Fairest player was Audrey. Captains was Lily G and Evie D.

Senior Girls A's played Manly Vale won 2-1. Best player was Georgia and fairest player was Anna.

Junior Boys B's played Balgowlah North and tied 2-2. Best player was Tom with 3 points and was great at tagging and supported other players. Jaden with 2 points was great at evasive running and Zac with one point was good tagging and positioning. Captain was Joe. We had fun and a huge thanks to Mr Peskett for coming with us.



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Kel Cowling: Sports Coordinator

Uniform Shop

Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm

Labels

Please remember to label your child's jumpers. If they are labelled, they can be returned to your child's class.

Summer Uniform



The shop is now fully stocked with summer uniform items.

Come in or order ONLINE through flexischools.

Shorties

Does your daughter like to spend her playtime at school upside down (cartwheels, handstands etc.)?. Do you know that we have royal blue shorties available to wear under the summer tunic? \$13 each.

Second Hand Items

We are very grateful for your donations of second hand items. 100% of the sale of these items goes directly to the school via the P & C. It is appreciated if items are washed before donation.

Any queries please email Ashley at seaforthuniformshop@gmail.com or call/text on 0416 225 048.

Ashley Bennett: **Seaforth Uniform Shop**

Community News

A decorative border of colorful Christmas lights (red, yellow, blue, green) framing the text.

Seaforth Christmas Hamper Drive

Christmas full: *adjectival phrase* (slang) **def:** eating too much food and being hindered from further activity, most often used at Christmas time.

<p>While most of us will be getting ready to ruin our Summer Bod 2016, did you know that some families won't have enough food to go around this Christmas? YOU can help solve that problem and literally put food on the table for needy families right here in Sydney!</p>	<p>Simply donate some non-perishable food to either Kempbridge or Yatama offices or at the canteen. We're aiming to fill 100 hampers to deliver to families in need. Just two items per family from Seaforth will make the world of difference to those in need.</p>
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TAEKWONDO Martial Arts

ENROL NOW!!
PAY-AS-YOU-GO
No Direct Debit
No Contracts

Seaforth Community Centre
Cnr Baringa Av and Koobilya St
MONDAYS Juniors: 6:00pm


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

Also Beacon Hill and more

Phone: 04 1300 4094

www.tkma.com.au

WANT TO PLAY
AMERICAN FOOTBALL




2016 TRAINING CAMP
CONDOVER RESERVE


PRESEASON TRAINING

Where: Condover Reserve, North Balgowlah
When: Starting Wed 7th December
Monday and Wednesday evenings
From 5.00pm until 6.30pm.

What to bring: Football boots, Mouth guard, Waterbottle.
Ages: From 8 to 15 years of age.

For more register your interest please contact
Club Manager Pier Pritchard - **0415 999 039**

 **WWW.REBELSGRIDIRON.COM**

 **ManlyRedbacks**

Please support the Business" that support our school

NARRABEEN SPORTS HIGH SCHOOL
SPORTS ACADEMY

COME PLAY OUR GAME



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 & 6 to try an Academy sport followed by a BBQ afterwards.
For more information please visit: www.narrabeen.h.schools.nsw.edu.au/academy

WHEN: THURSDAY 24th November 2016
WHERE: Narrabeen Sports High School
10 Namona St Narrabeen
TIME: 3:45PM - 5:00PM
To secure your spot please email
karen.dipper1@det.nsw.edu.au



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Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly speaker evenings. The group provides a safe & supportive environment to discuss and learn more about ADHD. Also suitable for adults with ADHD and professionals working with ADHD.

LISA HUGHES

OCCUPATIONAL THERAPY HELPING CHILDREN



"Improving Concentration & Behaviour for your ADHD Child"

Lisa Hughes is the Director & Senior Clinician at Occupational Therapy Helping Children. With over 25 years experience in Paediatrics, she has worked in both Australia & the US in community health and private practice. She has presented many professional papers and is particularly focused on developing intervention strategies and support for children with Autism, Sensory Processing Disorder and ADHD.

Contribution: \$5 at the door

Tuesday, 15th November 2016 @ 7.00-9.00pm
Pittwater RSL, The Auditorium, Mona Vale

Ticket reservations essential via the website or

<http://www.eventbrite.com.au/org/4222746751>



Facebook: <https://www.facebook.com/BeachesADHDSupport>

Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>

www.instagram.com/gutfulofadhd

Email: nbadhdsupportgroup@hotmail.com

Website: www.northernbeachesadhdsupportgroup.com.au



ADHD Guide

Your guide to ADHD information,
services & resources in the
Northern Sydney region
www.adhdguide.com.au



Venue kindly sponsored by
Pittwater RSL Club



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A BELLE COMMUNITY

Belle Property Seaforth | 9948 0292

belle
PROPERTY
SEAFORTH



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GKR Karate Information Sheet

Why should we do Karate?

Aside from the obvious benefits of self-defence and fitness, our traditional Japanese style of karate builds respect, courtesy, self-control, and improves self-discipline and confidence. For children it can help with concentration and behaviour at home and in the classroom. For adults it's a great way to relieve stress and learn something new.

What ages do you start from?

We are a family club that caters for all ages from five years. Our classes are popular with both boys and girls. Girls and women make up around 35-40% of our classes.

Is it safe?

GKR has been established for over 30 years and is one of the largest karate clubs in the world. Our Karate style is non-contact, which provides a safe environment for training and encourages self-discipline and control. Our instructors are first aid trained and hold relevant state working with children qualifications.

How long are the classes?

Classes typically run for one hour although we also conduct 90 minute classes in many areas.

Can I stay and watch?

Parents are welcome to stay and watch, especially for the first few classes. After that you can drop them off and collect them later if you like.

Can we train together?

We encourage parents and other family members to train with their children, although they are welcome to train separately if they wish.

Are there classes near me?

We have many classes running in and around your area on both weeknights and weekends. Please contact us on the number below if you would like a class timetable.

Can we try it out first before we decide?

Most people want to try things first to see if they like it, so we are offering a beginner's introductory trial membership which lasts for 4 months from the date of the first class. This gives people a proper introduction into this fantastic art and ensures that all students can achieve at least a basic level of self-defence and improved fitness.

How much is it to join?

The 4 month *Trial Membership* is only \$75 per person. (NB: When you reach Yellow Belt level, which usually achieved within the first 3-4 months, the club will give you a **free** Gold Membership, which is normally \$295.)

How much is it to train?

Training fees are \$15 per class. This reduces to \$14 pp if two people from the same household train together, and \$13 pp if three people train together or you can prepay for 12 classes for \$132 (average \$11 per class and even less with family discounts).

OK, how do we get started?

It's easy; just contact us on the below number and we will organise everything you need to make a start.



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