



# The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Week 4 Term 2 Tuesday 17th May 2016

## All you need to know in 30 seconds!

### Dates for your diary:

#### May

- 18<sup>th</sup> School Cross Country Carnival/ Aboriginal Performance
- 20<sup>th</sup> Winter PSSA
- 24<sup>th</sup> P&C Meeting
- 27<sup>th</sup> Winter PSSA

#### June

- 1<sup>st</sup> – 10<sup>th</sup> June – Life Education, Healthy Harold
- 1<sup>st</sup> Zone Cross Country
- 3<sup>rd</sup> Stage 1, Year 1 Excursion
- 3<sup>rd</sup> Winter PSSA
- 8<sup>th</sup> -10<sup>th</sup> Band Camp
- 10<sup>th</sup> Winter PSSA

Newsletters are available on the school website and the parent portal  
[www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)

## 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:

- Playground remediation update
- PBL Presentation
- And finally ...



### Playground remediation Update

I am very pleased to announce the remediation of our playground has commenced today. The program of works is approximately four weeks which includes the reinstatement of a grassed play area which I think will provide an excellent new amenity for the school. Whilst we are operating the school as normal with construction in progress, we will be ensuring that all students are supervised and play well away from the fenced work site to ensure maximum safety.

For the school, I think this marks the start of a bright future where the rebuilding will provide an amenity that is far superior than what was lost as well as providing some practical action as a precursor to the presentation of our new classrooms at our next P&C Meeting where I will be talking the community through the scope of the



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)

rebuilding of our classrooms in detail.

### **Positive Behaviour and Learning (PBL) Presentation**

Over the past term, our school has been implementing the Positive Behaviour and Learning student welfare program that is replacing our current welfare programs. Most parents would recognise it though the handshakes that are handed out to students that demonstrate behaviours that align with our schools' core values of responsibility, resilience, respect and being safe.

With that, the PBL team that features teachers and executive teachers across all stages of learning will be presenting the program and the work that has been done in the area of student welfare to parents at our next P&C meeting. This presentation marks the beginning of the schools push to communicate and present the work that we do across; curriculum, welfare and teacher training at each months P&C meetings so that we can facilitate purposeful conversations with parents about the work that we do which I think is an important aspect of engaging our community in supporting our school deliver to excellence in teaching and learning.

### **And finally ...**

Have a great week and as always please feel free to stop and say hi if you see me darting across the playground or in-between commitments.

---

Bernard Cheng: **Principal**

## **School News**

### **School Crossing**

Robin the school crossing lollypop lady is leaving our school on 20<sup>th</sup> May. Robin has been with us for several years and will be very much missed.

If anyone would like to donate to a small thank you gift, a gold coin donation, you can hand it into the office.

---

## **Band News**

### **Band Camp 8<sup>th</sup> and 9<sup>th</sup> June**

Linda McCarthy and the committee are hard at work putting the band camp together. Along with tutoring sessions and rehearsals there will be a fire show, movie night, wall climbing and archery. Band Camp Rocks!

A note will be going our shortly to all band members with all relevant information for the band camp.

Please remember to book this in your calendar now as it is just a month away. Band Camp is an incredibly important part of the band calendar and we ask that you prioritise it above all other activities. If your child is unable to attend they will not be able to keep pace with their band.

Just a quick note on attendance – please remember to let your band co-ordination know if your child is unable to attend rehearsal. Also, we have had a lot of students arriving very late for rehearsals lately. Please make sure your children get to rehearsal on time.

Have a great week.



**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)

## Sports News

**PSSA round 3 20<sup>th</sup> May 2016 – Please note Rugby league and netball don't change**

<b>Boys Soccer A &amp; B</b>	<b>Millers</b>
<b>Girls Soccer</b>	<b>John Fisher 2</b>
<b>Soccer C Team</b>	<b>David Thomas, Manly Vale</b>
<b>Rugby League</b>	<b>Nolan's</b>
<b>Netball</b>	<b>John Fisher Curl Curl</b>

### **PSSA Winter Sports – Match reports for Friday 13<sup>th</sup> May**

#### **Match Reports**

##### **Soccer**

**Senior Boys A's** – Played Manly West won 2-0.

**Senior Boys B's** – Played Manly West won 6-0. Best Player: Daniel, Fairest Player: Luke and Captain Leo. We had a great game and won 6-0, 3 points to Dan for a hat trick, 2 points to Ben and 1 point to Matthew.

**Junior Boys A's** – Played Manly West lost 0-5. Best Player Nicky 3 points, Fairest Player: James 2 points, 1 point to Alex and Captain Finlay.

**Junior Boys B's** – Played Manly West won 3-1.

The Junior B's could work on not letting them intercept. What we did well: we passed well and were close to scoring.

##### **Senior and Junior Girls Soccer**

It was an evenly matched game against Cromer for the **Junior Girls'** soccer team. Seaforth scored the first goal and not too long after Cromer scored. The score remained 1-1 at the full time whistle and both teams played well. It was great to see the sportsmanship shown after the game with the girls shaking hands. Keep up the great work junior girls!

The **senior girls'** soccer team played against Cromer. The team was captained by Grace who led the girls to a 7-0 victory. Goals were scored by Olivia, Shay, Alara, Imogen, Lucy and Alice (2). It was an excellent effort by all especially our defenders Tess, Laura, Annabelle, Anna and Grace. Keep up the great work senior girls!

##### **Soccer C Teams**

School Played: Curl Curl, Beacon Hill and Manly West. Best Player: Jade, Fairest Player: James, Captain's Byron and Charlie. Today the C teams played and we lost 2 games 2-0 and won 1 game 2-0. We were all great sports.

##### **Netball**

**Senior Sky** – Played Narraweena won 16-4. Best player: Jett and Audrey, Fairest Player: Stella and Captain's Leila and Sally. All played well.

**Senior – Navy** – Played Manly West lost 3-7. Best player: Manon, Fairest Player: Amelia and Captain's Bella and Lily. We had a great game and even though we had a tough team we were still good.

**Netta Navy** – Played Cromer won 10-9. Best Player: Emily, Fairest Player: Samantha, Captain's Chiara and Eva. Today we played Cromer. We had a lot of fun. We played really well and we hope we have more fun next time.



**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)

Netta Sky – Played Cromer lost 0-3. Best Player: Madison, Fairest Player: Cate, Captain's Olivia and Sienna. We sadly lost 3 nil but it was a great game.

Junior Navy – Played Narraweena won. Best Player: Eva, Fairest Player: Alexa and Kayla, Captain's: Baylee and Peggy. Thank you Chloe for filling in as you played great.

Junior Sky – Played Cromer won 13-0. Best Player: Courtney, Fairest Player: Georgia, Captain's Roxy and Albee. Everyone played well.

### Rugby League

Senior Boys – Played Manly Village won 40-36. Best player: Xander 3 points, Hutch 2 points, Lox 1 point, Lewis 1 point. Captain: Zac. Fortunately we won 40-36.

---

## Sports Teachers

## Kitchen Garden

### Productive times in Kitchen Garden!

In kitchen classes we continue to look for interesting ways to use the garden produce that inspires our children to try new things. Most classes are asking for more! Keep an eye out on the Seaforth Public School Facebook page for some of the recipes; perhaps give them to try with your family.

For the next couple of weeks we are focusing on sustainability and what that means in Kitchen Garden. We have numerous ways including using produce that is in season, preserving food when in plentiful supply, minimising waste and even reusing old furniture and accepting donations of kitchen and garden equipment so it doesn't end up as inland fill. We are making strong links with the curriculum that Stage 2 classes are working on. Ask your children about the recycling initiatives that they are involved in and the data collection!

Last weekend there was a very productive working bee in the Kitchen Garden.



A HUGE thank you to all the families and kids who came along and got involved. We truly value your support and the community spirit that comes along with these types of activities. A footpath was relayed; a seedling hut constructed, new tap installed, drainage and compass created with stumps and the repainting of blackboards were some of the key projects. Thank you to the people who helped in catering for the crew.

As always we welcome volunteers to assist in our classes. If you would like to be involved please email us.

---

Alexandra Huntington and Nada Burke: **Kitchen Garden Teacher**

## Scholastic Book Club

Issue #3 is out now and catalogues have been sent home. You can also see the catalogue online at <http://www.scholastic.com.au/schools/bookclub/catalogue.asp>

Paperwork free, credit card orders can be made online at <http://www.scholastic.com.au/LOOP>

OR by using the super quick and easy **free Book Club LOOP for Parents App** available from the Apple App Store and from Google Play.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)

For all cash, cheque and credit voucher orders: please fill out your order form and submit along with your payment in a labelled and sealed envelope into the Book Club Order Boxes at either the Kempbridge or Yatamas Offices.

### **ORDERS CLOSE FRIDAY 20<sup>TH</sup> MAY**

If you have any questions or difficulties please contact me at [seaforthps.scholasticbookclub@gmail.com](mailto:seaforthps.scholasticbookclub@gmail.com)

---

Kitty Williams: Scholastic Book Club Co-ordinator

## **Uniform Shop**

**Monday 8:45am to 10am**

**Thursday 2:45pm to 4pm.**

You can also order online at [www.flexischools.com.au](http://www.flexischools.com.au) or the school office has order forms. All online orders will be delivered within 4 school days

**WINTER CHANGEOVER DATE – 1<sup>st</sup> June (week 6 of term 2)** The shop will be changed over to winter uniforms from the beginning of term 2. There will be no one-on-one fitting for winter uniforms although you are welcome to come into the shop to try on items if you are unsure of sizes.

### **Caps**

For your convenience the canteen now has a supply of school caps if you ever find yourself stuck without a cap. \$12 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.

The uniform shop is currently fully stocked with summer uniform items.

Any queries please email me at [seaforthuniformshop@gmail.com](mailto:seaforthuniformshop@gmail.com) or call/text me on 0416 225 048



Seaforth Public School


37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)



Please support the local businesses which support our school



# 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](http://www.tkma.com.au)**



## TEAM TRAINING. ALL AGES.

## ALL FITNESS LEVELS.



**2 WEEK FREE TRIAL @ F45 TRAINING SEAFORTH**

Want results? F45 delivers results...  
F45 is a 45-minute high intensity interval training. The way F45 is designed you will never do the same work out twice. Group training delivers a friendly environment that takes the hassle out of organising your own workouts. Visit our website [www.f45training.com.au/seaforth](http://www.f45training.com.au/seaforth) for more information and grab your free trial today!

**YESTERDAY  
YOU SAID  
TOMORROW.**

Shop 7 38 Francis Forest Rd Seaforth 2092 | [www.facebook.com/f45trainingseaforth](https://www.facebook.com/f45trainingseaforth) | [seaforth@f45training.com.au](mailto:seaforth@f45training.com.au)

# Guitar for All

**0401 626 298**  
[info@guitar-for-all.com](mailto:info@guitar-for-all.com)

---

**Mobile Guitar Lessons to your home!**  
Qualified · Experienced · Convenient · Safe





**INTRODUCTORY OFFER!**  
**3 LESSONS FOR \$99**  
30 min each lesson / \*Conditions apply

**Private & Group lessons available : 7-9am / 3-7pm**  
Acoustic Guitar/Classical Guitar/Electric Guitar/Bass Guitar/Ukulele

**[www.guitar-for-all.com](http://www.guitar-for-all.com)**




**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)


## Community News

**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 meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

**DR MATTHEW BOURKE**  
OPTIMUM HEALTH ESSENTIALS




**"Treating & Managing ADHD with  
Applied Kinesiology & Neuro Emotional Technique"**

Whilst there is a broad range of severity and different underlying causes with ADHD, Applied Kinesiology and Neuro Emotional Technique offer a process to navigate this multifactorial condition and identify the underlying causes in an efficient, cost effective and specific way.


Dr Matthew Bourke (D.C.) is a Chiropractor, Applied Kinesiologist and certified Neuro Emotional Technique practitioner. He is the Director and founder of Optimum Health Essentials in Mona Vale and has been in clinical practice for 19 years. Matthew has been a clinical Board Member and presenter with the Mindd foundation since 2008 and has studied Peak Performance and Positive Psychology at Sydney University.


**Tuesday, 19<sup>th</sup> July 2016 @ 7.00-9.00pm**  
**The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale**

**\$5 CONTRIBUTION ON THE NIGHT**  
 Ticket reservations essential via the website or  
<http://www.eventbrite.com.au/org/4222746751>


 **facebook**


Facebook: <https://www.facebook.com/BeachesADHDsupport>  
 Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportGroup/>  
 Email: [nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)  
 Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)  
 Entertainment Book available online at: [www.entbook.com.au/2194819](http://www.entbook.com.au/2194819)

 **ADHD Guide**  
 Your guide to ADHD information, services & resources in the Northern Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)

 Venue kindly sponsored by  
Pittwater RSL Club

**HURRY VOTING CLOSES**  
22 MAY 2016





**HEALTHY KIDS BUS STOP**

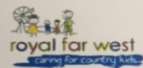
**HELP ROYAL FAR WEST WIN \$50,000**

Royal Far West is one of four contenders in the running for a \$50,000 Aussie Farmers RURAL HERO grant and the numbers are close!

Visit [www.royalfarwest.org.au](http://www.royalfarwest.org.au) and follow the link to the Aussie Farmers Rural Hero grant page to vote for the Healthy Kids Bus Stop.

Voting is limited to one vote per device each day. Don't forget to tell your friends!

**Visit our website and vote today!**  
[www.royalfarwest.org.au](http://www.royalfarwest.org.au)

 **royal far west**  
*giving for country kids*

**MINI-MOS COMMUNITY  
FUN RUN & FAIR**  
**SUNDAY 19 JUNE 2016**

**EVENT T-SHIRT  
AVAILABLE  
NOW!**



**RACES FOR ALL AGES**  
**2KM, 5KM, 10KM**

Kids! Run for your school in The Schools Challenge  
 Commemorative medals for all kids who run!  
 New! Schools & Clubs \$1,000 Prize Draw  
 Fair Fun – Rides, Games, Food & Market Stalls

**REGISTER NOW AT [WWW.MINI-MOS.COM](http://WWW.MINI-MOS.COM)**

 **mini-mos**  
 Community Fun Run & Fair

 **MOSMAN P.S.**

 **raise**  
 Raising money for good causes

**See Beyond Borders**

PROUDLY SUPPORTING MOSMAN PUBLIC SCHOOL & ITS CHARITIES

PLEASE JOIN  
DALWOOD SPILSTEAD FOR OUR

*Annual Gala Fundraiser*

LIVE MUSIC, FABULOUS PRIZES,  
GOURMET DINNER, LOCAL PERSONALITIES  
AND DANCING

*Make a difference...*

Saturday, 9 July 2016  
 6:30 pm at Balgowlah RSL  
 \$80 per person  
 Includes gourmet dinner and  
 The Barry Leef Band with Peter Northcote

At Dalwood Spilstead, we provide critical support to local families in need. Benefits raised on the night will fund our renowned programme assisting children in our community with disrupted development, trauma or abuse in the early years.

Rally the Troops | Friends, girls' nights, boys' nights or school class events  
 Make a difference to "Your Community" and book today  
 Tickets: [www.trybooking.com/LGGP](http://www.trybooking.com/LGGP) | Individual tix or table of 10 available  
 Dress: A little sparkle | RSVP: 24 June 2016  
 Enquiries: [simone.grace@health.nsw.gov.au](mailto:simone.grace@health.nsw.gov.au) or 9951 0365



**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)





1k little heroes fun walk



LET'S FIND A CURE FOR THE NO.1 TODDLER CANCER  
NEUROBLASTOMA CHILDHOOD CANCER

## FUN DAY AND FUN WALK

The Domain & Royal Botanic Gardens, Sydney

**SUNDAY 5<sup>TH</sup> JUNE 2016**

**FROM 7AM TILL 1PM**

1k little heroes fun walk for children

5 and under with family

**3K, 5K AND 10K FUN RUN**

**Activities for kids: kindy farm, fun football,  
pony rides, jumping castles, facepainting, craft,  
food stalls and merchandise stalls.**

**Children's sporting activities:**

**Little Soccer, Little Rugby, Cricket & Tennis.**

**PROCEEDS TO NEUROBLASTOMA  
CHILDHOOD RESEARCH**

Register and for more information visit  
[run2cure.org.au](http://run2cure.org.au)

Principal Partner



Platinum Partner



Benefitting charities



Gold Sponsor



Tupperware

Silver Sponsor



Westpac

Bronze Sponsor



RieDEL



Buck Switch



Designs created by www.backswatch.co



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: [www.seaforthpublicschool.com](http://www.seaforthpublicschool.com)