



The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Week 5 Term 2 Tuesday 24th May 2016

All you need to know in 30 seconds!

Dates for your diary:

May

27th Winter PSSA

June

1st – 10th June Life Education, Healthy Harold

1st Zone Cross Country

3rd Stage 1, Year 1 Excursion

3rd Winter PSSA

7th P&C Meeting 7pm Library

8th -10th Band Camp

10th Winter PSSA

14th ICAS Writing

15th ICAS Spelling

20th -22nd Stage 3 Camp

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:

- P&C Change of Date
- Playground reinstatement
- New Seaforth Public School
- New communications App
- And finally ...

New P&C Meeting, Change of Date

As a reminder to the message that was sent out earlier in the week, tonight's P&C meeting has been rescheduled to the 7th June. The key reason for this has been a serious illness in my family that makes my attending the meeting difficult.

That said, I am looking forward to presenting our rebuilding plans at our rescheduled meeting, which I think are quite exciting for our community. In the interim, reinstatement works are continuing in the playground, which are set for completion shortly.



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Playground reinstatement

I would like to thank the community for their patience with the reinstatement works to our playground. It is anticipated that the works will be completed in the next two weeks. The priority for the reinstatement is to return the area safe for students to use in the short term.

Additionally, from a site meeting today with the Department of Education's Asset management, this area has been identified as a key access point for construction vehicles, such as cranes and heavy vehicles for the construction of our new classrooms. With that, unfortunately the plans for the final landscaping scope of the project have been necessarily postponed to after the construction phase of the new classrooms.

The key reason for this is a shared concern that any heavy vehicle movement across the area has the potential to cause significant damage to any new and expensive landscaping, so it has been deemed a sensible move to complete the proposed landscaping works at the conclusion of the classroom building project. What that means for now is the Department of Education will be laying grass and installing irrigation as a temporary reinstatement solution, to allow our students access to the area before the end of term.

I will be in a position to talk through the scope of the proposed landscape solution at our next P&C meeting alongside the presentation of our classrooms.

New Seaforth Public School Website

Currently the Department of Education are implementing a large number of changes to school administration systems including making available to schools a centrally hosted website service. The key advantage of this new website service, is that it links to the Department of Education's main website where our new school site will draw key content for parents as well as being kept up to date and current by a central web management and communications team. Additionally our new website is mobile device friendly, vastly improving the useability of the site on your smart phone or other mobile device.

With that and from today, our new school website is live and can be viewed at our usual address of www.seaforthpublicschool.com or our new address of www.seaforth-p.schools.nsw.edu.au. Whilst the site is now live, there will be continued work in migrating information from our old website across as well as adding new sections that represent all of the activities and groups across the school. That said I would like to acknowledge Emily McCarthy for all of the work she has done in assisting the school to migrate to the new service. Finally, we value your feedback, so explore the new site and your feedback would be gratefully received!

New communications App

In response to parent feedback for improving the quality and reliability of our communication, I would like to announce a new Seaforth Public School communications APP that will seamlessly integrate into our new website. Once downloaded for your particular device, the app will send push notifications to you from the school office in respect to key messages, newsletters and notes that are relevant to you. The push notifications you will receive are expected to be much more reliable than emails which at times can bounce or be delivered to your junk mail box.

Once you have installed the app, you may choose what notifications you wish to receive such as newsletters and/or messages for a particular grade or activity. All messages that are sent via the app are automatically uploaded to our school website under the school communication tab.

In addition, if you would also like to receive email messages from us, or even if you prefer not to use the app, you may register to receive the messages sent via the app replicated as an email from <http://www.seaforth-p.schools.nsw.edu.au/school-communication>

At present the Apple Store has the Seaforth Public School available to download whilst we are waiting on Google Play to make the Android app available by the end of the week.



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For further information visit <http://www.seaforth-p.schools.nsw.edu.au/school-communication>

And finally ...

Have a great week and enjoy the beautiful weather that seems to be defying the onset of Winter. That said, you might see me in the mornings supervising the Brook road crossing where our replacement crossing supervisor has advised us they will not be starting until next Monday. With replacements difficult to find, I am enjoying the extra opportunity to meet and greet our families in the morning where I don't always have the opportunity to do so. So make sure you say hi if I am waving you across the crossing.

Mr. Bernard Cheng: Principal

From the P&C

Regretfully, we must cancel the meeting scheduled for Tuesday 24 May (this coming Tuesday). A family emergency for a key member of our Executive demands their urgent attention.

The meeting has been rescheduled to **Tuesday 7 June at 7pm.**

We'll be discussing the forthcoming building program, how P&C can augment that program, the "Seaforth Handshake" system and much more – so we do hope that you can join us to share your thoughts and ideas.

Andrew
On behalf of P&C

From the Deputy

LIFE EDUCATION

Our annual visit from the Life Education van begins next Wednesday and we warmly welcome Healthy Harold back to our school. Below is the list of topics that will be covered pre, post and during the visit. All topics relate to current NSW Syllabus for the Australian Curriculum in PD/H/PE.

Harold's Surprise	Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety
Harold's Mystery Tour	Year 1 - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making
Harold's Heroes	Year 2 - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.
Harold's Diary	Year 3 - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles
Cyberwise	Year 4– Explores cybersafety through animation, vox pops of children, relevant scenarios, discussion & problem solving.
On the Case	Year 5 – Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.
Think Twice	Year 6 - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.

CROSSING PERSON



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Please be aware that there is not a crossing guard appointed to our Brook Street crossing as yet. We are awaiting an appointment from the RMS until which time the crossing will be minimally supervised by school staff.

Christine Smith: Deputy Principal

Sports News

PSSA Round 4, 27th May 2016 – Please note Rugby league and netball don't change

Boys Soccer A & B	Seaforth 1 & 2
Girls Soccer	John Fisher 2
Soccer C Team	David Thomas, Manly Vale
Rugby League	Nolan's
Netball	John Fisher Curl Curl

PSSA Winter Sports – Match reports for Friday 20th May

Soccer

Senior Boys A's – Played

Senior Boys B's – Played won 1-0. Captain: Daniel.

Report: We all played good and left with a win. Hugo 3 points, William 2 points and Thomas 1 point.

Junior Boys A's – Played

Junior Boys B's – Played Manly lost 4-0. Jonah 3 points, Marcus 2 points and Harry 1 point.

Senior and Junior Girls Soccer

On Friday the **junior girls'** soccer team played against Curl Curl North. The score at full time was 2-0 in our favour. The team was captained by Isobel who also did a fantastic job in defence. Special mention to Emily and Stella who both scored great goals. Well done junior girls soccer on a fine result!

On Friday the **senior girls'** soccer team also played against Curl Curl North. Alice captained the team and provided sound advice to the girls during the game. Goals were scored by Alice (2), Shay (2) and Sienna. Our midfielders Olivia, Imogen P, and Imogen S. played brilliantly together. Well done senior girls.

Soccer Mixed Teams – Played Beacon Hill and Manly West. Best player: Saxon, Fairest player: Lachie, Captains: Lachie and Toby.

Report: We won both games 1-0. We showed fantastic sportsmanship in both games.

Netball

Senior Navy – Played Manly West lost 6-2. Best player: Isabella, Fairest player: Sky, Captains: Orea and Lara.

Report: We lost but the whole team was a good sport

Senior Sky - Played Manly Village won 17-0. Best player: Sally, Fairest player: Leila, Captains: Gabriella and Georgia.

Junior Sky – Played Curl Curl North won 16-0. Best player: Zara, Fairest player: Brooke, Captains: Georgia and Evie.

Report: The other team (Brookvale) forfeited so it was a friendly game.

Junior Navy – Played Manly Village won 20-0. Best player: Alexa, Fairest player: Olivia, Captains: Madison and Eva.

Report: We all played really well and won 20-0.

Netta Sky – Played Cromer lost. Best player: Clementine, Fairest player: Eva, Captains: Charlize and Chloe.

Report: Today we played Cromer. We lost but we didn't care. We had a great game. Thank you.



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Netta Navy – Played Collaroy lost 4-3. Best player: Isabella, Fairest player Olivia, Captains: Charlotte and Amber.

Rugby League

Junior Boys – played Manly West 12 all. Best player: Lewis, Captains: Tom and Sam. Lewis 3 points, Manuel 2 points and Henry 1 point.

Report: Today the Seaforth junior boys had a great game and I hope we win next week.

Senior Boys – Played –Manly West lost 30-26. Best player: Lox, Fairest player: Navran, Captains Navran and Joseph.

Report: It was a very very close game but in the end we lost 30-26. 1 point to Hutch and 1 point to Cameron, 2 points to Thomas and 3 points to Xander.

Sports

Teachers

Band News

Band Camp 8th and 9th 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 out 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.

Uniform Shop

Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm.



WINTER CHANGEOVER - WEEK 6 – Monday the 30th May



The shop is now fully stocked with winter uniform items

Definitely time to go to the cupboard and check if last years uniform still fits

You can order online at www.flexischools.com.au or the school office has order forms. All online orders will be delivered within 4 school days

Winter Scarf

We have school scarves available at the shop to help keep children warm on those chilly mornings. **\$14 each**




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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 or call/text me on 0416 225 048

Ashley Bennett: **Seaforth Uniform Shop**

Please support the local businesses which support our school

The logo features the word 'TAEKWONDO' in large, bold, yellow capital letters, with 'Martial Arts' in a smaller, yellow, cursive font to its right. The entire logo is set against a black rectangular background.

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



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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 5TH 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
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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 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, 19th July 2016 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

SS CONTRIBUTION ON THE NIGHT
 Ticket reservations essential via the website or
<http://www.eventbrite.com.au/org/4222746781>

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

 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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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 | Individual tix or table of 10 available
 Dress: A little sparkle | RSVP: 24 June 2016
 Enquiries: simone.grace@health.nsw.gov.au or 9951 0365

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





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MANLY SOFT SAND CLASSIC

Be a part of the rebirth of this iconic event.

1.6km Golden Mile
9km Soft Sand Cup
21km Soft Sand Classic

The Barefoot Beep!
 Register on the day to test your fitness against the beep.

Southern corner outside Manly Life Saving Club



**JUNE
13**

REGISTRATIONS - www.facebook.com/ManlySSC
www.manlylsc.com/events/



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