



# The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Term 4 Week 1 - 12<sup>th</sup> October 2017

## All you need to know in 30 seconds!

### Date for your diary:

#### October

9 <sup>th</sup>	Start of Term 4
11 <sup>th</sup>	Try an Instrument Day
17 <sup>th</sup>	2018 Kindergarten Orientation Session 1
18 <sup>th</sup>	Book Week Parade
19 <sup>th</sup>	Kindergarten – Taronga Zoo Excursion
23 <sup>rd</sup>	Year 2 Swim Scheme Starts (2 weeks)
24 <sup>th</sup>	2018 Kindergarten Orientation Session 2
25 <sup>th</sup>	School Assembly
31 <sup>st</sup>	2018 Kindergarten Orientation Session 3

#### November

2 <sup>nd</sup>	School Sport Photos
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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](http://www.seaforth-p.schools.nsw.edu.au)

## From the Principal

A very warm welcome back for Term 4 to all our families. I've seen many happy and smiling faces this week from our students, which gives our school such a lovely, friendly feel. I'm sure they are all refreshed and ready for a great term ahead.

### Kindergarten Orientation Starts Next Week

Next Tuesday, 17<sup>th</sup> October, is the first of three orientation sessions for our 2018 Kindergarten students. They will attend for three consecutive Tuesdays from 9.30 – 11.00am. Next week we begin in the Kempbridge Avenue Hall and then the students will spend the morning in a kindergarten classroom doing many fun activities. Please pack some crunch and sip for the children to have mid-morning. Parents can take this opportunity to have some time to themselves, maybe have a coffee, and return at 11am for pick up. Pick up will be from the classrooms (you will know which classroom your child is in after drop off). The following Tuesday the school will be providing a morning tea for parents and an informal welcome session. The third visit will include a school readiness talk for parents along with other relevant information including uniforms. Please note that the teachers and classrooms that your child will have for orientation are not necessarily those for 2018. We look forward to welcoming you all next week!



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## **New Classrooms**

I met with the contractors and Department of Education representatives on Tuesday and I am pleased to report they are on track and everything is progressing smoothly. Thank you to staff, students and parents who are adapting to minor changes we have to work around during this time. Once the classrooms are finished at the end of January we can start doing some landscaping and re-planting of trees. It will be wonderful!

## **Planning for 2018 – Enrolling or Leaving?**

Please ensure that if you have a child starting school in 2018 that you have enrolled them. If you know your child/children will be leaving Seaforth Public School at the end of this year please inform us immediately. We greatly appreciate you communicating with us in advance as knowing our enrolment numbers for 2018 is crucial for employing the correct number of staff and forming classes K-6. If we have the information we need it allows us to be much better organised for the start of 2018. A form went out earlier this week via the school app for you to complete if your child is leaving. A hard copy can be collected from the office.

## **Class Placements for 2018**

We are already starting to plan for next year so that we can have the smoothest start to 2018 as possible. In a few weeks teachers will begin to think about class placements for 2018. It is very important that you discuss with your child's teacher any special circumstances you would like them to consider for placement into a class for 2018. The teacher is the first port of call, however, Mr Davidson and I are also another avenue if you have important information you need to discuss. Any special considerations will need to be placed in writing to either your child's teacher or myself. The special considerations should relate to achieving the best educational outcomes for our students. It is crucial we are aware of anything that may have an impact on the student's educational needs, prior to forming the classes. Your support in this is greatly appreciated.

I look forward to seeing all the colourful characters at next week's Book Parade on Wednesday, 18<sup>th</sup> October. It sounds like a lot of fun!

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Trudy Alcorn: **Principal (Relieving)**



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## Library News

### Book Week Parade

- At last! It's on **next Wed 18 October**, on the Kempbridge Oval, commencing at 9.30am
- All students should come to school dressed in their "colourful character" costume!
- Parents and grandparents welcome!
- **MONSTER SAUSAGE SIZZLE** to follow, around 11am. (Note: Orders via FlexiSchools please. Orders close midday Mon 16 Oct.)
- There will be a book sale for the Library on the same morning, for anyone who would like to donate a book.

### Writing Comp Now Closed – Here Comes The Book!

Our **wind.wave.light** writing comp has now closed, and the judges are hard at work going through all the entries.

All finalists (and there will be **MANY**, owing to the quality and volume of entries received) will be published in our very own book, which will be launched at a special ceremony later this term.

All finalists' parents will be notified by email in about a fortnight. Good luck everyone!

### National Geographic Magazines

Earlier this year, a very kind person donated a swag of **National Geographic Magazines** to the Library. They are **BEAUTIFUL** magazines, in mint condition, but I'm very sad to say we need to let them go. If you think you might like them – or even some of them – feel free to come in and have a look at them, anytime.

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Kel Cowling: **Librarian**

## Chess News

Chess classes re-commence this week. New players always welcome – no experience necessary (our excellent coaches and other players will teach you!) Just turn up!

For Years 1 and 2, classes are held in the Library at lunchtime on Thursdays.

For students in Years 3-6, the classes are held at Yatama Street campus on Fridays at lunchtime (Note: does not clash with PSSA sport!)

***Joining these classes is a great way to practise for our 2017 Seaforth Chess Open, which will be held on 1<sup>st</sup> December, and is open to anyone who can play chess.***

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Kel Cowling: **Chess Coordinator**



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## PSSA Results

### Friday 15<sup>th</sup> September

**Senior Boys Eagle Tag** – played Harbord and won 6-4. We fought hard for this one. It is always great to beat Harbour, and we did it. Best players were Josh W and Xander O.

**Junior Boys Eagle Tag** – played Harbord and lost 6-0. We did our best against a very strong Harbord team, but they were just too good for us. We found it almost impossible to breach through their defence. Best players were Zach B and Zach H.

**Senior Girls Eagle Tag** – played Balgowlah Heights and won 10-3. The best player was Evie F, the fairest player Emily D and the Captains were Meisha and Roxy. Thank you to Mr Pikardt for a good game.

**Junior Girls Eagle Tag** – played Harbord and lost 5-4. The best player was Kayla, the fairest player was Cleo and the Captains were Gypsy and Monica. We played well, thank you to Miss Aitken for filling in for Miss King.

**Senior Softball Team** – played North Balgowlah and lost 5-3. The best player was Matilda, fairest player was Summer and Captains were Hannah and Abbey.

**Junior T-Ball Team** – played North Balgowlah and lost 22-17. It was our first game, best player was Clem and fairest Olive.

**Senior Cricket Team** – played Manly Vale and won with an average of 11. Today the senior cricket team played exceptionally well even though we had 4 players and had to forfeit. It was a great friendly. Captains were Max and Jasper.

**Junior Cricket Team** – played Manly Vale and won we scored 35 runs for 1 wicket. We played a great game, best players are 3 points to Zane, 2 points to Liam and 1 point to the rest of the team.

### Friday 22<sup>nd</sup> September

**Senior Boys Eagle Tag A** – played Beacon Hill 7-4. Best players were Zander, Will and Harry. Captains were Nik and Joel.

**Senior Boys Eagle Tag B** – played Manly West and lost 5-6. Best player was Lachie B, the fairest player was Darcy S, captains were Eliot and Ervin. Good team effort overall.

**Junior Boys Eagle Tag A** – played Beacon Hill and won 5-4. It was a very close match but we came out with the win. Best player was Zach H, fairest player was Noah M and the Captains were Zach H and Noah M.

**Junior Boys Eagle Tag B** – played Manly West and won 4-3. It was a very close match but we came back in the second half and won the game. Best player was Nicholas B, fairest player was Charlie M and the captain was Alec P.

**Senior Girls Eagle Tag A** – played Balgowlah Heights and the score was 5-0. The best players were Audrey H and Evie D, the fairest player was Lily G and the Captains were Alara A and Sophie H.

**Senior Girls Eagle Tag B** – played Cromer and won 6-1. The best player was Gypsy F, the fairest player was Hannah H. Everyone played amazingly.

**Junior Girls Eagle Tag A** – played Manly Vale and won 14-1. The best player was Evie F, the fairest player was Emily N. YAY! Well don team.

**Junior Girls Eagle Tag B** – played Balgowlah North the score was 2-4. The best player was Charlize S, the fairest player was Cate W. Good job girls.



**Senior Softball Team** – played North Balgowlah and tied 5 all. The best player was Roisin C and fairest player was Isla Mae T.

**Junior T-Ball Team Navy** – played Brookvale and lost 24-12. Best players were Jade P and Chloe I, the fairest player was Lucy D. Congratulations to Chloe and Amber for both getting home runs.

**Junior T-Ball Team Sky** – played Harbord and lost 13-9. Best player was Henriette M, the fairest player was Alba J. Even though we lost we played to our limits and didn't give in.

**Senior Cricket Team** – played Beacon Hill and lost a very close game. Today we played a game of cricket, we lost against Beacon Hill, but it was a very close game. The fairest player was Ryan P and the best player was Maxim B.

## Kitchen Garden News

Featuring the recipes from the first Semester of Seaforth Kitchen Garden Cooking 2017, this is the cookbook that will reveal the delicious dishes, which the year 5 and 6 students have been creating.

The book includes more than 30 recipes, such as Cheese Twists, Kale Chips, Chilled cucumber and Avocado Soup, Vegetable Skewers and many MORE.

This is one of the best cookery books you can buy!

Only \$10 (If you would like to donated more to support our amazing Seaforth Kitchen Garden, you are more than welcome to do so, of course)

Every cent of your donation will be used for our Seaforth Kitchen Garden.

Please make any payment to the office and receive a copy of this 1st Edition.



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Jessica Forbes and Alexandra Huntington: **Kitchen Garden Teachers**



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## Trash Free Tuesday

Trash Free Tuesday is making a comeback on Yatama Campus!

Please encourage your children to help out in the kitchen to create a trash free lunch.

All the recipes from our Kitchen lessons are super yummy and trash free so grab some inspiration from your kids!

Did you know that almost every piece of plastic ever made is still sitting in the Earth today???

Healthy habits made today will help life tomorrow...



Annie Aitken and the SRC

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## Uniform Shop

### Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm.

### Flexischools

Order online at [www.flexischools.com.au](http://www.flexischools.com.au) and items will be delivered straight to your child's classroom.

### Labels

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

### Summer Uniform



The changeover date for uniform is the **first day of Term 4**, so only a few more weeks left of wearing winter uniform. Time to check and see if your child's summer uniform still fits!

### 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 Ashley at [seaforthuniformshop@gmail.com](mailto:seaforthuniformshop@gmail.com) or call/text on 0416 225 048.

Ashley Bennett: **Uniform Shop Coordinator**



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**Please Support the businesses that support Seaforth Public School!**

# Maria Cassarino

Seaforth's number 1 and most recommended agent for the 2nd year in a row.\*

Call Maria your area specialist on 0411 818 093.

ratemyagent  
**2017 WINNER**  
**AGENT OF  
THE YEAR**  
**SEAFORTH**



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



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## Welcome to Bupa Seaforth

Medical and  
Wellbeing Centre

Bulk billing  
kids under  
12 years

## Caring for your family's health

We offer a range of GP services plus physiotherapy, podiatry and psychology. A Practice Nurse is available and no appointment is necessary.



02 9917 0700



550B Sydney Road, Seaforth  
(access via Kempbridge Ave)

Consulting hours: Monday to Friday, 9am – 5pm.



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"It's so **wonderful** to have my **active**,  
happy, **motivated and confident**  
10 year old boy back."  
Go4Fun Parent.



GO4FUN IS A FREE TEN WEEK HEALTHY LIFESTYLE PROGRAM FOR KIDS AGED 7-13 YEARS WHO ARE ABOVE A HEALTHY WEIGHT.

Sessions run once a week for two hours after school, during school term.

The program is run by a trained and qualified health professional.

### WHY JOIN GO4FUN?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Get support on goal setting
- All for FREE!

### WHEN

**Tuesdays**  
4.30pm-6.30pm  
Starts 10 October 2017

### WHERE

**Dee Why PCYC**  
36-48 Kingsway  
Dee Why NSW 2099

**REGISTER NOW**

**FREECALL 1800 780 900**  
**OR GO4FUN.COM.AU**



**Health**  
Northern Sydney  
Local Health District



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# AN INVITATION



RNSH SCHOOL  
CONNECT LEARN EMPOWER



Please join us in supporting the students of Royal North Shore Hospital School as well as the Seven Women Charity!

The Royal North Shore Hospital School is hosting a very special end of year event, showcasing the wonderful talent of our hospitalised students! This is a pay it forward initiative in which all donations and proceeds from the auction will be donated to Seven Women.

Seven Women is a charity founded by Stephanie Woollard that supports and empowers the underprivileged people of Nepal.

With special guest speaker Stephanie Woollard

When: Thursday 19th October 9:30 – 10:30am followed by morning tea

Where: Auditorium, Kolling Building – next to RNSH  
Cnr Reserve Rd and Westbourne St (Off Herbert St)  
ST LEONARDS NSW 2065

RSVP: Vanessa Murphy, Principal ph 94632280  
or email [vanessa.murphy@det.nsw.edu.au](mailto:vanessa.murphy@det.nsw.edu.au)

Please follow us on facebook [www.facebook.com/rnshschool](http://www.facebook.com/rnshschool)



seven  
women



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# Pictures, Posts, Profiles, Pornography & Paedophiles

Essential information for professionals working with digital kids



WITH  
*Dr Kristy*  
GOODWIN

Dr Kristy Goodwin, one of Australia's leading digital learning and wellness experts, speakers and authors draws on the latest research to explain the professional and legal obligations of educators and health professionals working with primary school students in the digital age. She arms professionals with the latest information about how to safely and professionally navigate the digital world. Dr Kristy explores the current risks facing kids (social media, violent and pornographic content exposure) and what professionals can do to manage these risks when work workiworking with kids. She also outlines the legal and professional obligations for teachers when it comes to photographing students and using social media.



DATE	Monday 30th October 2017
TIME	3:30pm - 5pm
VENUE	Curl Curl North Public School
COST	\$79 + GST per ticket (\$69 + GST/ticket for 10 tickets)
BOOKING	<a href="https://www.eventbrite.com.au/e/pictures-posts-profiles-pornography-paedophiles-tickets-37828669569">https://www.eventbrite.com.au/e/pictures-posts-profiles-pornography-paedophiles-tickets-37828669569</a>



Completing Pictures, Posts, Profiles, Pornography & Paedophiles will contribute 1 hour and 30 minutes of NESA Registered PD addressing 1.1.2 and 2.6.2 and from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



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# Raising Your Child In A Digital World

Guilt-free, practical advice for parents



Dr Kristy Goodwin is a digital parenting educator, researcher and author (& mum who also deals with her kids' techno-tantrums). She translates the latest research about how technology is shaping childhood into essential and practical information for parents (so you can put an end to the guesswork and guilt). Dr Kristy helps confused and concerned parents make informed decisions about how to best manage screen-time at home, without suggesting that you ban the iPad, or unplug the TV! Parents will understand the latest risks to kids' online safety, health and learning and will learn how screens are impacting kids' sleep, social, language, play, physical skills, vision, hearing and posture. Parents will be armed with realistic strategies about how to best navigate kids' digital world (because digital amputation isn't the solution).

**DATE** Monday 30th October 2017

**TIME** 6:45pm for a 7pm start, 9pm finish

**VENUE** Curl Curl North Public School

**COST** \$35 per ticket or two tickets for \$60.

VIP tickets \$60 (includes reserved seating and a copy of Dr Kristy's book

Raising Your Child In A Digital World and meet and greet with Dr Kristy).

**BOOKING** <http://bit.ly/2fhvwb0>



Dr Kristy Goodwin is one of Australia's leading digital researcher, speaker and author.

[www.drkristygoodwin.com](http://www.drkristygoodwin.com)



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# SHARE YOUR WORLD!

WITH AN OVERSEAS EXCHANGE STUDENT!



## TAKE A LEAP OF FAITH

Have you ever considered inviting an exchange student into your home? WEP is looking for Australian families to join their community of volunteer host families!

Treat your family to an intercultural experience like no other by hosting an exchange student from overseas. Share a piece of your heart and your backyard and support a young person make his/her dream of living and studying in Australia come true.

If you have a room to spare and an interest in other cultures, we would love to hear from you! Remember, sometimes the greatest rewards in life come from taking a leap of faith or doing the things you never thought you would.

## CONTACT WEP

1300 884 733

INFO@WEP.ORG.AU

WEP.ORG.AU

## MEET DAVIDE!

"I have a passion for the arts. I dedicate a lot of my time to photography, drawing, music and writing. I am also addicted to reading and I'm a great cook. I have an active nature and I enjoy outdoor sports such as volleyball, biking and running. I'm from a talkative family and I love to tell them all about my day. I hope my host family enjoy the experience as much as I will!"



### STEP 1 - REQUEST PROGRAM INFO

- Email or call Sylvia at WEP: [sylviakelly@wep.org.au](mailto:sylviakelly@wep.org.au) / 03 9598 4733

### STEP 2 - CHOOSE YOUR STUDENT

- WEP will send you comprehensive program and student information, so you can choose the student best suited to your family.



### STEP 3 - PREPARE FOR ARRIVAL

- WEP will assess your application, prepare you for your student's arrival and take care of everything, including school enrolment, assistance with your application for relevant working with children checks, flights, insurance and more!



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