



The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Term 1 Week 4 15th February 2017

All you need to know in 30 seconds!

Dates for your diary:

February

- 15th Years 3 – 6 Parent Information Evening, 6pm - Years 3&4; 6:30pm – Years 5&6 in Yatama Hall
16th Years K – 2 Parent Information Evening, Kindergarten 6pm in the Library – Years 1&2 6pm in Classrooms
23th Swimming Carnival (Years 3-6) 8.45am – 3.15pm

March

- 1st Leigh Hobbs incursion (K-2)
13th School Photos 9.15am to 3.15pm
20th School Photos 9.15am to 3.15pm
20th Sydney North Swimming Trails 9.15 – 3.15pm

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

Welcome back everyone with what has been an enthusiastic start to the year by school staff and children.

This week is already Week 4 of Term 1 and many exciting projects are underway including PSSA trials, the band and music tutor program and of course our annual swimming carnival next week.

For staff, this evening (Years 3-6) and tomorrow evening (Kindy, Year 1 and Year 2) are our Parent Information nights with Thursday's being followed by Welcome Drinks provided by the P&C in the Kempbridge Hall. I will be sending out the information booklets for each class via our School App rather than printing them. Please update your App so that you are able to access its full functionality.

The teaching staff have also embarked on an ambitious professional learning journey for 2017 which revolves around the work of Professor John Hattie and his notion of Visible Learning. Day one of term was a full day presentation for the whole staff and last Friday, the executive team participated in another full day where we were building our capacity to put evidence into action. This will involve collecting data from children and teachers about learning through various modes including student focus groups and surveys, and then using the data to inform our decisions about where our collective energies need to be placed to improve student outcomes. This is an exciting journey for all of us and I look forward to sharing it with you via the newsletter and P&C forums.

Christine Smith: **Principal (Relieving)**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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Parent & Citizens News

Last year, P&C approved a proposal for a suite of works at the Yatama campus. Michelle French did a power of work not only to put the proposal together, but to arrange for its execution. It really has been a sensational job she's done.

Let me go back a few steps...

Subsequent to the fire on the Kempbridge Campus in 2015 (yes, that long ago), there was a need for a significant number of students to relocate to Yatama (as that's where available space is). The resultant stress on the limited outdoor area available is plain to see when you look at the state of the grass on the "oval". The space available was in danger of being loved to death.

The area in front of the steps into the building (Bennelong Street side) became the obvious focus to revamp to allow more recreation area. Hovering over the top of it, though, was a large tree (that was, in fact, a weed) that dropped nasty, spiky pods onto the ground. Underneath, the root structure had also lifted significant sections of concrete (causing tripping hazards) and was on the verge of strangling drains. We originally designed a project to resurface the area under the tree to provide seating – but were advised by contractors that it would last a year or so before being destroyed.

The first stage of the works (now underway after a lengthy approvals process) was to remove that tree. The balance of the works include installation of a new hard surfaced area together with a new turfed area. There will also be some smaller and safer trees planted as part of the project.

To address the question many of you will have - yes, a tree has been removed. Yes, that tree provided shade. No, it will not be replaced with a large shade structure (which was certainly considered, but was rejected on the basis of significant cost and the fact that the school insurance would not cover it). Will that loss of shade affect classrooms adjacent? No, it won't - the awnings over them cover that off and, on the upside, more light will be admitted to those classrooms in winter.

What we will have though, is a new recreational space complete with both soft and hard surfaces together with more seating. Not only will that space be pleasant, it should also ease strain on the oval making the whole campus a pleasant spot to be.

The matter has been discussed on numerous occasions at P&C meetings and has been the subject of a number of updates both via our Facebook group and the school newsletter. I'd like to thank all of you who had questions, comments and input along the way - it was greatly appreciated. Of course, any further feedback is always welcome.

Finally, the sincere thanks of the P&C again to Michelle French who has made this happen.

Getting In Touch With P&C

We meet on the third Tuesday of each month during term time at 7pm in the Kempbridge Library. All parents and careers are most welcome, as are teachers.

We also make use of a closed Facebook group to disseminate information and receive feedback. Search "Seaforth Public School Community" and ask to join. It supplements rather than replaces Notes from School, from where you'll receive official school information.

Andrew Gregson: **President P & C**



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School News

Support for Parents

As part of the community it is important that schools recognise financial impacts on their parents/carers and offer support.

1. [Saver Plus](#) – an initiative of the ANZ bank and the Brotherhood of St Laurence; it gives individuals and families on low incomes an incentive to save. Participants receive up to \$500 in matched savings over a 10-month period to go towards education related costs.
2. [Learning for Life](#) – a program run by The Smith Family that provides emotional, practical and financial support to disadvantaged young people with their education.
3. [A start in life](#) – supports the education of young underprivileged Australians.
4. [Good Shepherd Microfinance](#) – offers people centred, affordable financial programs to people on low/limited incomes including the No Interest Loans scheme.
5. [Centrelink Payment finder](#) suggests payments and services for a wide range of individuals and families including:
 - a. Child Care benefits
 - b. Youth Allowance
 - c. ABSTUDY
 - d. [School Fees Allowance](#).
6. Information highlighting financial support available to families can be found through [aussie educator](#), [raising children](#), [singlemum](#).
7. Locally the following resources/ programs are available
[https://www.northernbeaches.nsw.gov.au/
Families NSW - Supporting families to raise children
Support for families, carers and children
Salvos Financial Assistance
The Smith Family
Domestic Violence NSW
Housing NSW](https://www.northernbeaches.nsw.gov.au/Families%20NSW%20-%20Supporting%20families%20to%20raise%20children%20Support%20for%20families,%20carers%20and%20children%20Salvos%20Financial%20Assistance%20The%20Smith%20Family%20Domestic%20Violence%20NSW%20Housing%20NSW)



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Library News

Leigh Hobbs book orders close this Friday!!!

If you are the parent of a child in Kindy, Year 1 or Year 2, you should have received (last week) a bright yellow note about the forthcoming visit to Seaforth PS of distinguished artist/children's author Leigh Hobbs.

Leigh's visit is a major coup for Seaforth. Believe me, your children will really enjoy (and learn heaps from) their session with him on March 1. (Just wait to you see the drawings they bring home that day!)

On the back of the yellow note, there is an order form for Leigh's books. Leigh will be happy to autograph and present your child with his or her book on the day of his visit.

Please note though: orders close this Friday, Feb 17.

If you need another copy of the note/order form, you can pick up another one at either the school office or the Library.

Kel Cowling: **Librarian**

CHESS NEWS

Year 1 & 2 Chess Classes

Lunchtime chess classes for Year 1 and 2 players got off to a great start last Thursday. It's on again this Thursday, in the Library, at lunchtime. I will send runners around to remind the children it's on.

We still have a few places left if your child is interested in learning and playing this wonderful game. Just tell them to come along on Thursday. Lessons cost \$9 per week.

Chess Club for Years 3-6 to Commence This Friday

Chess club/classes for children in Years 3-6 commence this Friday at Yatama Street in the Hall.

The classes will take place during what is now known as "first lunch", from 11.10-11.50. Children should bring their food with them. A note from Sydney Academy of Chess, giving full details re payment, etc. should come home today (Wednesday). Boys and girls, new players and old players, are all welcome!

Kel Cowling: **Chess Coordinator**



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Lost Property

Missing something?

If so, please check the Lost Property Departments located at both campuses.

- Kempbridge Campus Lost Property is located on the ground floor of the main building around the corner from the office, and 'new arrivals' are deposited regularly in a wicker basket just inside the office door.
- Yatama Campus Lost Property is located on the ground floor near the double doors at the Benelong Street entrance. This term a new Lost Property storage unit will be installed at Yatama to accommodate our Years 3, 4, 5 and 6's needs.

Lost Property from both campuses is sorted every Wednesday and clearly labelled items (surname, plus first name or initial) are delivered to your child's classroom that afternoon.

Unlabelled items will remain at the Campus on which they were found.

Please ensure your child's property is clearly labelled as it results in a speedy reunification!

Items with only a first name, or hard to decipher markings are regularly photographed and posted on the SPS Community Page on Facebook, so please join if you haven't already and keep an eye out for updates.

Unclaimed and unlabelled items are eventually 'recycled' and donated to the Uniform Shop. 100% of the proceeds of their sale go directly to the school.

There are numerous unlabelled fleeces, zip jackets, hats, library bags, ties, sports uniforms and hair accessories currently sitting at Kempbridge awaiting their owners.

Unlabelled lunch boxes build up regularly and due to their often-decomposing contents, cannot be kept for long periods.

Many thanks to Mr Chris for his tireless work collecting lost items scattered across the school grounds, and to Mrs Williams at Yatama and Peita Crawford at Kempbridge for their help regularly clearing out the unlabelled lunch boxes.

Kitty Williams: **Lost Property Co-ordinator**



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Scholastic Book Club

Scholastic Book Club is back for 2017! 20% of the value of all purchases you make through Scholastic Book Club are awarded to our school. Last year your purchases raised \$1,406, which was used to buy a mountain of fantastic books for the library as well as additional readers for our Kindy classes.

Issue #1 is out now and catalogues will be making their way home this week. You can also view 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.

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 Yatama Offices. Additional catalogues can also be collected there.

ORDERS CLOSE FRIDAY 17th FEBRUARY

Orders are usually delivered to your child's classroom approximately 1 week after the date on which orders close.

If you have any questions or difficulties, please contact me at
seaforthps.scholasticbookclub@gmail.com

Kitty Williams: **Scholastic Book Club Coordinator**

Stewart House School Clothing Appeal 2017

Please fill in the bag with good, clean wearable clothes and return it to the school by the pickup date.

The scheduled date for pickup of clothing bags will be on **1st March 2017**.



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Uniform Shop

Welcome back everyone! And an extra special welcome to all our new kindy children who I have had the pleasure of getting all kitted out in their new uniforms over the past couple of months!

Swimming Caps



The school swimming carnival is only a few weeks away and to help you add to the excitement of the day we have house swimming caps available. This means that everyone knows when you are swimming for your house.

Caps are available from the uniform shop or the canteen for \$7 each.

We also have coloured sports bands with house names in stock! \$2.00 each.



Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm.

FLEXISCHOOLS - If you cannot make opening hours, you are also able to order online at www.flexischools.com.au. All online orders will be delivered within 4 school days

School Caps

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

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.

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



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Ashley Bennett: **Seaforth Uniform Shop**

Year 7 Academic Placement Test 2018 Intake

Placement in the Year 7 Academic classes for Year 7 2018 at NBSC Balgowlah Boys, NBSC Cromer Campus and NBSC Mackellar Girls Campus is based on supporting evidence of eligibility including the results achieved in the NBSC Academic Placement Test. Details are available as follows:

Application Forms

Application forms can be downloaded from the Northern Beaches Secondary College website.
<http://www.nbsc.schools.nsw.edu.au/curriculum-opportunities/year-7-academic-placements1>

Closing date for applications

Friday 24th February, 2017 by 4pm

Students can elect to sit the test at a campus of choice:

- **NBSC Balgowlah Boys Campus** – Maretimo St, Balgowlah
- **NBSC Cromer Campus** – 120 South Creek Rd, Cromer
- **NBSC Mackellar Girls Campus** – Campbell Pde, Manly Vale

Test Date: **Thursday 16th March 2017 at 9 am**

Contacts:

For further clarification regarding the Academic Placement Test, please contact:


Lorna Curtis – Phone: 9939 6942
NBSC - College Administration Centre

For details regarding other limited **Specialised Year 7 Placement programs**, view the relevant campus website or contact:

NBSC Balgowlah Boys Campus - www.nbscbalgb-h.schools.nsw.edu.au or Phone: 9949 4200

NBSC Mackellar Girls Campus - www.nbscmgirls-h.schools.nsw.edu.au or Phone: 9949 2083

Please support the businesses that support Seaforth Public School!



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



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Community News

SEAFORTH PS DANCE CLASSES

Top instructors | Convenient Lunchtime & After School Classes | Inspiring Classes

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- Confidence
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Bonjour! Let's learn French in a fun way.

Children will learn French in a fun, yet structured manner. They will be using a textbook throughout the year. The book covers a variety of themes including school and social activities, birthdays, food and animals. It also allows them to build on their grammar and vocabulary.

Through songs and recordings the children will train their ear to the music of French and will be encouraged to produce their own pieces. This method promotes a highly interactive approach to French learning and exposes the children to the cultural aspects of the French speaking world.

- Wednesday morning from 8 to 9 am : **students Years 1-2**
- Tuesday afternoon from 3.30 pm to 4.30 pm : **students Years 3-6** (pick up at 3.15 pm, afternoon tea (not provided) from 3.15 pm to 3.30 pm and lesson from 3.30 pm to 4.30 pm).

A textbook is necessary.

If you have any question, feel free to send me an email on vanessa.giral@gmail.com or call me on 0434557060.

10 students maximum per class. Fees : \$18 dollars per lesson

French lessons will start in Week 2 in Kembridge Library



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PRINCIPAL
Rosemary McDowall
BA, Dip Ed, B.Ed

HIGH SCHOOL
The Forest



DEPUTY PRINCIPAL Ms
Ms Denise Wright BA, Dip Ed
Ms Cathryn Thompson B.Ed

THE FOREST HIGH SCHOOL – GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES

The Forest High School will be holding our GATS (General Achievement) Test on the following date:

Saturday 11th March from 9.00am to 11.30am

Testing will take place in the school hall. If you are unable to attend on this date a reserve session will also be held on **Monday 13th March from 4.00pm to 6.30pm**

Students wishing to be placed in our Gifted and Talented class for Year 7 2018 must first sit for this test. The Year 7 G&T class for Year 7 2018 will be determined after close examination of the test results and the students' NAPLAN results from Year 5. The cost of the test is \$40.00, payable on the day. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:

Part 1 – Mathematics – 40 multiple-choice questions

Part 2 – Reading and Language – 40 multiple-choice questions

Part 3 – One writing task

Students are requested to arrive at The Forest High School by 8.45am for a 9.00am start or by 3.45pm for a 4.00pm start. They are also requested to bring a copy of their NAPLAN results on the day of the test. If you would like your child to sit for this test please ring The Forest High School on 9451 5111 and register your name, your child's name, address & phone number. Please register by Friday 3rd March.

OPEN NIGHT – Wednesday 8th March 2017 from 6.00pm to 8.00pm

Parents and students are invited to attend The Forest High School Open Night

The evening includes an address from the Principal & School Captains; displays & activities from each faculty; faculty Treasure Hunt; school tours; music, dance & drama performances; teachers & parents will be available to answer questions

MEET THE PRINCIPAL – dates for 2017

Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowall, have a school tour and ask any questions you may have about The Forest High School and starting high school.

Call the School Office on 9451 5111 to book a place or just come to the School Office at 9am on the day

Monday 20th February – 9am

Monday 20th March – 9am

Monday 15th May – 9am

Monday 14th August – 9am

Monday 23rd October – 9am

**135 Frenchs Forest Road, Frenchs Forest NSW 2086 Phone: 02 9451 5111 Fax: 02 9975 3293
www.theforest-h.school.nsw.edu.au**



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cooking demonstration & Nutrition workshops

Thursday 9 Feb - Think outside the breakfast box

Thursday 23 Feb - The nourished lunchbox

6 - 9pm, includes generous tastes & take home recipes

\$79 per class or bundle for \$140 (save \$22)

2 demonstration cooking & nutrition workshops in which the emphasis will be on the importance of whole foods for breakfast and lunch and what macro-nutrients are needed to maximise energy, mood and performance to manage the every day demands of term time.

These 3 hour classes will be held in the Seaforth Primary School kitchen and will cover;

- evidence based nutrition education
- prepare ahead lunch & brekkie recipes you & your kids will love
- what to eat to balance blood sugar levels • how much sugar is too much sugar? • the benefits of different food groups • how to replace nuts, eggs, dairy & gluten • label reading • palate development • No fads
- information is suitable for anyone who eats breakfast &/ or lunch!

What we feed our young children influences their palates, likes and dislikes. The food they eat affects their behaviour, energy levels, academic & sporting performance and ultimately their long term health.

So for happy, healthy, vital kids (and adults) let's make sure we nourish them in the best way possible.

Louise Edney is an accredited practising nutritionist.

BOOKINGS • Contact 0401 370 379 • louise@nourishingnosh.com.au

• www.nourishingnosh.com.au follow the link on the left to shop/ classes



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Book Fair Details:



Lifeline Northern Beaches Giant Book Fair: 24th to 26th February 2017

Venue: Ted Blackwood Hall
Cnr Jacksons & Boondah Rds
Warriewood

Dates/Times: Friday 24th February 1pm -- 8pm
Saturday 25th February 9am -- 5pm
Sunday 26th February 9am -- 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available

(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.

In addition to all the books we also have a wide selection of puzzles, jig saws, games, CD, DVDs, vinyls etc so there's something for everyone!

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community, including 24 hour counselling, bereavement support, anger management and problem gambling to name but a few.

Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community

See you there!



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SEAFORTH OSHC NEWSLETTER INCLUSION 2016

Hi Families,

15th November, 2016.

We have recently finalised our Summer Vacation Care program! It's going through the approval process now and should be available from next week. We will send out a confirmation email when it's been approved. It will be available online at www.primaryoshcare.com.au and in hard copies available at the centre.

We have recently begun our collection drive for our new sustainable craft initiative. If you would like to contribute any household recyclables, it would be greatly appreciated. We have also started a paper limit in the afternoons, to reduce the huge amount of paper wastage we create.

All children are required to wear a hat and sunscreen at SOSHC. We are in regular discussion with the children about ultraviolet radiation and model sun safe procedures our self. Sunscreens provided by the centre are at least SPF 30+ as recommended by the Cancer Council. This is applied 20 minutes prior to any outdoor activity.

If you have any questions, please feel free to contact the Centre on 0421 472 776 and/or email the Centre at soshc@primaryoshcare.com.au we look forward to speaking with you.

Regards,

Ali, Ben, Karyn, Sarah, Toby, Jack, Ang, Kieran, Sadiq and India



See us at: www.primaryoshcare.com.au



[Primary OSHCare Facebook Page](#)