



# The Seaforth Satellite

The weekly newsletter of Seaforth Public School

Term 3 Week 7 31<sup>st</sup> August 2017

## All you need to know in 30 seconds!

### Date for your diary:

#### August

31<sup>st</sup> Zone Athletics Carnival – Track Events

#### September

1<sup>st</sup> Father's Day Breakfast – 8-9am, Kempbridge Hall  
1<sup>st</sup> Kindy Fathers and Friends Construction Day  
4<sup>th</sup> Royal Botanic Garden Excursion – 4A, 4C and 4P  
7<sup>th</sup> Concert Band – NSSWE Performance – Chatswood arrive 5.35pm  
9<sup>th</sup> Intermediate Band – NSSWE Performance – Chatswood arrive 1.10pm  
9<sup>th</sup> Training Band – NSSWE Performance – Chatswood 1.30pm  
11<sup>th</sup> Sydney North Athletics Carnival  
11<sup>th</sup> Band Open Rehearsal – Everyone Welcome – 3.45-4.30pm – Kempbridge Hall  
13<sup>th</sup> Band Open Rehearsal – Everyone Welcome – 8.15-9.00am – Kempbridge Hall  
13<sup>th</sup> Celebration of Learning Assemblies  
18<sup>th</sup> School Concert Dress Rehearsals  
19<sup>th</sup> School Concert A (Matinee 10am and Evening 6pm)  
20<sup>th</sup> School Concert B (Matinee 10am and Evening 6pm)  
22<sup>nd</sup> Last Day of Term 3

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

### Concert Ticket Sales

Next Wednesday, 6<sup>th</sup> September, tickets will go on sale for our school concerts. You will be able to book through Trybooking.com. Look out for the App alert that will be sent on Tuesday with all the details. The tickets for matinee performances will cost \$5 with the front two rows costing \$15 (premium tickets). The tickets for evening performances will cost \$15 with the front two rows costing \$30 (premium tickets). ***There is a limit to two tickets per family per performance for the evening performances. Please consider others and adhere to this so that no family misses out on tickets. Tickets sales for matinee performances are unlimited.***

A reminder that the dates for the concert are Tuesday 19<sup>th</sup> and Wednesday 20<sup>th</sup> September. It's shaping up to be a wonderful concert!

### Tell Them From Me Surveys

This term Seaforth Public School is running the Tell Them From Me Parent survey.

Please go to: <https://nsw.tellthemfromme.com/seaforthps2017>



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

This survey asks parents and carers questions about different factors that are known to impact on **student wellbeing** and **engagement**. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 21 August and 8 September. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

### **Evacuation Drills**

Just to let you know that we will be undertaking an emergency evacuation drill on each campus in the next 2 weeks. These are mandatory each year and we are currently reviewing and improving our processes for Work Health and Safety (WHS). Please do not be alarmed if you hear about this or live in close proximity to the school – it's just a drill!

### **Celebration of Learning Assemblies**

On Wednesday 13th September we have our Term 3 Celebration of Learning assemblies. The K-2 assembly will commence at 1pm and the Years 3-6 assembly will commence at 2.20pm. Invitations for recipient's parents will be posted tomorrow.

### **Track and Field Events for Zone Athletics**

Yesterday and today students represented our school in the track and field events for the Zone Athletics carnival. I heard after yesterday what a tremendous job everyone did and the outstanding sportsmanship demonstrated. Congratulations to all our students. We look forward to hearing all about it! Thank you Lisa Carlton for organising such a great team!

### **Pedestrians Walking Through the Carpark**

Concerns have been raised about children and parents walking through the carparks on both campuses when dropping children at school or picking them up. This is particularly dangerous from 7.30am-9.15am and 3.15pm-5pm at peak times when cars are coming and going. We appeal to all families to please use the pedestrian access rather than walk through the carparks. The safety of all children is our number one concern. Thank you in advance for your cooperation.

### **Father's day Breakfast**

We look forward to welcoming all to our Fathers' Day Breakfast this Friday, 1<sup>st</sup> September. Many thanks to the P&C for organising this event. I'm sure lots of fun is in store!

***A reminder that all students will be starting on Kempbridge Ave. Campus tomorrow morning.***

I would like to wish everyone a very happy Fathers' Day for Sunday.

---

Trudy Alcorn: **Principal (Relieving)**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

**CAN YOU HELP??**

**We are looking for a  
variety of donated Prizes  
for our next  
3 upcoming events...**

**PRIZES  
PRIZES  
PRIZES**

**If you can help Please contact**  
**[seaforthfundraising@gmail.com](mailto:seaforthfundraising@gmail.com)**

Thank you also to those families, businesses & local community members who have already generously donated prizes for our next 3 events;

1. Father's Day Lucky Door Prize - Friday 1st September
2. Big Night Out raffles/Auctions on Saturday 21st October
3. Outdoor Movie Night raffle - Friday 8th December

We would love some more prizes to add to our Prize pool to make these events even more successful, if you are able to assist in a prize donation in any way please contact [seaforthfundraising@gmail.com](mailto:seaforthfundraising@gmail.com) .

---

**P & C Fundraising Team**



## Library News

### Book Week 2017

Our annual Book Week Parade will be happening on the Wednesday of Week 2 next term – that's **WEDNESDAY 18 OCTOBER**. Parents, grandparents, everyone – welcome! It's a great morning!

Our theme this year is **"COLOURFUL CHARACTERS"**. Colourful characters can mean whatever you want to make it: it can mean *dark, shady, mysterious* OR you can interpret it more literally as *full of colour*. Children should come to school dressed as their favourite colourful character from any book, cartoon, movie, or game.

The Parade will be followed by the traditional **MONSTER SAUSAGE SIZZLE**. A hard copy order form will come home soon, and orders will also be able to be placed (shortly) via FlexiSchools.

### Seaforth Writing Competition

Only 3 weeks to go in our 2017 Creative Writing Comp, which is open to all children in Years 3-6. We are receiving some outstanding poems, stories and comics – but there is always room for more!

All entries must be received by the last day of this term. Brilliant(!) children's author Tristan Bancks – who visited our school earlier this year – will be our Special Guest Judge this year. All finalists will have their work published in our very own book – it will be a proper, real book! – of "winning entries".

### Cover Design Competition Now Open!


This week, we announced another competition, this one to design the front cover for our Writing Comp anthology. It's open to any child who would like to have a go. Entries need to be on an A4 sheet of white paper, in portrait, and in colour. The only words which need to be included are the three "signature words": Wind.Wave.Light.

There will be prizes for the winner and at least one runner up.

Entries close last day of this term – 3 weeks from now!

Kel Cowling: **Librarian**

## School Concert News



Is your child(ren) entering our competition to design our concert program cover for *Seaforth Spectacular*? If so, all entries must be submitted to either campus office, by 3.15pm Wednesday, 6<sup>th</sup> September 2017.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## 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.



---

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



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## Cyber Safety Lady

Last Tuesday Stage 3 were fortunate enough to attend a presentation given by the Cyber Safety Lady. Leonie Smith is the lady behind 'The Cyber Safety Lady' and is the author of 'Keeping Kids Safe Online' and 'Keeping You Safe Online.'

The Cyber Safety Lady's presentation covered topics such as:

- Social Media – over sharing – respect – privacy
- Cyber bullying how & when to block – support – report
- Real online friends/strangers
- Safer online gaming
- Scams, viruses and passwords

The presentation has better equipped Stage 3 students with both the technical and behavioural tools to keep themselves safer online. It was also an excellent opportunity to dispel some myths about keeping yourself safe online. I would like to thank Miss Crawford for securing and organising this fabulous presenter!



Christina King: **Assistant Principal (Relieving)**

## SRC News

Congratulations to our 3-6 SRC for Semester 2.

<b>3A</b>	Morgan S and Miguel H
<b>3C</b>	Josh K and Lomani F
<b>3W</b>	Lulu H and Rhuri O
<b>3S</b>	Lennox M and Anna Mc
<b>4A</b>	Cassie G and Miles K
<b>4C</b>	Hugo H and Henriette M
<b>4P</b>	Noah M and Amber R
<b>5C</b>	Roxy B and Dimtiri S
<b>5S</b>	Max L and Madison C
<b>6K</b>	Ervin P and Luca S
<b>6D</b>	Harry M and Evie D

These students will be involved in a number of activities throughout the semester.

This includes:

- Charity fundraisers for our school through the semester
- Continuous help and organisation around our school such as composting, recycling and setting up of our chess sets for our students to use during lunch times
- Providing student voice for decision making in our school
- Providing ideas and suggestions for improvements in our school.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## Kenya Aid Fundraiser

Last week, our SRC ran our first fundraiser for the semester. Congratulations to all students who donated money and got involved in the day. It was a great day and wonderful to see so many students wear the colours of the Kenyan Flag.



Throughout the day, students learnt about how Kenya Aid supports people of a small town called Shikunga through improving quality of life with health care, food supply and education. Students in our 3-6 classes also spent their kitchen classes learning about Kenyan food - a particular favourite was irio - a potato and pea mash eaten with beans and vegetables.



Our school raised over \$600 for this organisation. Congratulations everybody and a huge thank you!

Hannah Piper: **SRC Teacher**

## Public Speaking News

### Bear Pit Public Speaking Competition

On Monday last week, Oliver Michaelson (Year 5) and Henriette Miller (Year 4) represented Seaforth Public School at the Bear Pit public speaking competition. These students went to Parliament House to compete against other schools in the district. They both did a fantastic job, and should be commended on their efforts and strong representation of our school. Well done!



Freya Christley: **Year 5 Teacher**

## NSW PSSA Soccer Championships

Last week Shay H and Alice T represented Sydney North at the NSW PSSA Soccer Championships. The competition went over two days where the girls played against other school districts. The Sydney North team won all of their games and moved onto the semi-final where they won 1-0. In the grand final the Sydney North girls were leading 1-0 for the whole game and with 1 minute to go the other team, Polding, scored. No extra time was played so Sydney North and Polding were declared joint State Champions.



Over the competition days NSW selectors were watching the games to make their NSW soccer team. At the end of the tournament the NSW team was announced. A huge congratulations to Shay H who was successful in getting a spot on the girls' soccer team. This means Shay H will be representing NSW at the Pacific School Games which are in Adelaide later this year. Well done Alice and Shay!



Christina King: **Assistant Principal (Relieving)**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## PSSA Winter Sport

### Match reports for Friday 18<sup>th</sup> August

#### Winter PSSA Finals

##### Junior Girls Soccer

Today Seaforth Soccer Junior Girls versed Harbord Public School. We lost 1-0. We all played a great game and we were happy to make it to the Grand Final. We were very happy to receive a PSSA patch.

**Junior Netball A's** play in the Grand Final against Harbord Public School. We had a tough match but we played really well to win 6-3. Best players were THE WHOLE TEAM and the fairest player was Madison Knapp.

**Junior Netball B's** play in the Grand Final against Balgowlah Heights Public School and won 8-2. We all played our best and that brought us to victory. The entire season was great.

#### Friendly Games

**Soccer C's** played Curl Curl and Beacon Hill. We won 2 games (5-2 and 3-2) and lost 2 games (3-2 and 4-1). Best players were Charlie Martin and Liam Richmond and the fairest players were Bonnie Hill and Sophie Lasorsa. We had a great last game, our Captains were Oliver Dollow and Tara Day.

**Rugby League Junior's** played Manly Village in a friendly match with was drawn 6 all. Best players were 3 points to Sam and 2 points to Harry.

---

## Band News

**Did you know...**

- ...that learning a musical instrument can significantly improve your child's memory and reading skills?
- ...that a band environment helps foster new friendships and improves confidence?
- ...that music gives your child a chance to have fun and develop their creative side?

There is so much to gain from being involved in Seaforth Public School's Band Program.  
Come along to a rehearsal and see for yourself.  
**Monday 11<sup>th</sup> September 3:45 – 4:30pm or Wednesday 13<sup>th</sup> September 8:15 – 9am**  
Open to all Year 2 – 5 students and their parents.  
We hope to see you there!



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## Try an Instrument Day - Wednesday 11 October

On Wednesday 11th October (Week 1 Term 4) all Year 2-5 students will have the opportunity to attend our "Try an Instrument Day". Students will be taken to the hall during school hours and will be able to try all the band instruments available for 2018. All students who express an interest in joining the band program next year will then be assigned an instrument based on their preferences and natural ability.

Learning a musical instrument is a vital part of a child's development, and multiple studies have found that students who learn music do better in many aspects of life, including academics, sport and mental health.

If your child is in Year 2 they will automatically be included in this event. If you would prefer your child not participate, please contact us in writing. Any Year 3-5 students that wish to participate will need to register their expression of interest online prior to October 11. Details of how to register an interest in band will be made available at the open rehearsals.

If you have any questions, please feel free to contact Allison Strickland - [allisonlouisestrickland@gmail.com](mailto:allisonlouisestrickland@gmail.com).

---

## 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 winter 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**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

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



**TAEKIDOKA!** 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)**

## Fun Group Music Keyboard Class At School

**Enrolment for Term 3**

GREAT SONGS MUSICAL FUN MUSIC THEORY

**Enrol to  
start  
Term 3**

- 🎵 K - 6 welcome 🎵
- 🎵 Convenient at-school venue 🎵
- 🎵 Small group - 45 min weekly lesson 🎵
- 🎵 Competitive rate - \$27 per session 🎵
- 🎵 Limited vacancy! 🎵



**Smart Kids Love Music!**

Call **9411 3122**  
or visit our website to enrol

VIP Music est. 1984 [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

Introducing  
**RUBY LANE DINNERS**  
**ETHICAL EATS**  
 FRIDAY & SATURDAY

**\$5 KIDS MEALS**  
 5 - 6 PM



200 Pittwater Road Manly    [rubylane.com.au](http://rubylane.com.au)    [rubylane\\_manly](https://www.facebook.com/rubylane_manly)    [rubylanemany](https://www.instagram.com/rubylanemany)

**RESERVE YOUR TABLE**  
**(02) 9977 7386**



**TERM 4 SUMMER FOOTBALL COMP**  
 45 MINS COACHING, 30 MIN MATCH  
 Georges Heights Oval, Mosman  
**THURSDAYS TERM 4**  
 12<sup>TH</sup> OCT - 14<sup>TH</sup> DEC 2017  
 10 WEEKS  
**4.00PM - 5.15PM**  
 AGES U6/U7/U8  
**\$190/PLAYER**

**TERM 4 FUTSAL**  
 Marie Bashir Indoor Sports Centre, Mosman  
**SUNDAY AFTERNOONS TERM 4**  
 15<sup>TH</sup> OCT - 17<sup>TH</sup> DEC 2017  
 AGES 8-13 yrs  
**\$190/PLAYER**



ENROL NOW!!  
[sporticus.com.au](http://sporticus.com.au)  
 Enquiries: [hao.sporticus@gmail.com](mailto:hao.sporticus@gmail.com)  
 Hao 0403 842 564

## After School Care Until 5.30pm For Years K-6 students

Enrolled in a weekly art, drawing or fashion class  
 at If u like ART studio, 1a Powells Rd Brookvale



Now picking up from  
 Seaforth Public School  
**Mondays, Tuesdays  
 Wednesdays  
 & Fridays**

**For Term 4 Bookings**  
**Call Daphne 0409 569483**  
[daphne.katos@bigpond.com](mailto:daphne.katos@bigpond.com)

Visit [www.ifulikeart.com](http://www.ifulikeart.com) for  
 class details & fees



If u like ART is a leading school on Sydney's Northern  
 Beaches for developing and building on skills in visual arts. A  
 fun and stimulating learning environment is offered in an  
 inspiring and spacious art studio that supports creativity,  
 independence and perseverance. All children age 5 to 17  
 with different artistic abilities are catered for.

SCHOOL HOLIDAY  
**CODESPACE CAMPS**

**LEARN TO CODE!**

**CODING & ENTREPRENEURSHIP  
 WORKSHOPS FOR KIDS**

Game Making Mania  
 Make iPhone/Android Apps  
 Minecraft Modding Mayhem  
 Lego Robotics Rumble  
 Junior Entrepreneurs with Minecraft  
 & many more.....

**6+ Great Locations all over  
 Sydney**  
 Gladesville | Hurstville | The Ponds | Cherrybrook  
 Brookvale + more

**Enrol now for next school holidays!**  
 Learn more & Register Online:  
 Google "CodeSpace Camps"  
[learncode.com.au/sydney](http://learncode.com.au/sydney)  
 CodeSpace Education  
 (02) 8091 5205



**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

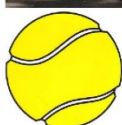
Phone: 99481694

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

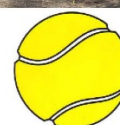


# Notice

**The 2 courts around the corner from the school have finally been fully resurfaced and are open to the public. Our services include court hire, kid & adult coaching, ladies morning tennis and more...**



## Tennis & sports activity camp



Hans Zeegers a Tennis Australia qualified club professional is excited to introduce the first tennis camp on the new resurfaced courts and would like to offer a 20% discount exclusive to all Seaforth Public students wishing to attend the tennis camp.

### Camp Details

<u>Dates:</u>	Week 1: Sept 26th – Sept 28th (Tuesday to Thursday) Week 2: Oct 3th – Oct 5th (Tuesday to Thursday)
<u>Time:</u>	Half day: 9:00am to 12:00 noon OR Full day: 9:00am to 3:00 pm
<u>Where:</u>	Kooybilya St Tennis Courts - Opposite 16 Koobilya St Seaforth
<u>Other Activities:</u>	Soccer, Cricket and Basket Ball

**To enroll or for more info please go to [www.tennish2o.com](http://www.tennish2o.com)**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

# MANLY LEAGUES CLUB NORTH MANLY

# FAMILY DAY

SATURDAY SEPTEMBER 2ND @ 11AM



**GOLD COIN DONATION  
SAUSAGE SIZZLE**

**ALL PROCEEDS GO TO**

**MARK HUGHES  
FOUNDATION**



**LAUGHING CLOWNS  
ATOMIC SLIDE  
PASS THE FOOTY  
GIANT CONNECT FOUR  
FACE PAINTING**

**MECHANICAL SURFBOARD  
ADRENALINE RUSH  
TREASURE ISLAND  
SAFARI EXPERIENCE  
DUCK POND**

**FIRST 300 KIDS WILL RECEIVE A FREE SHOWBAG!**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

## Thinking Nippers This Summer?



## Join North Steyne Nippers!!

For a Season of Fun, Make New Friends and  
Learn Lifesaving Skills.

**Nippers start Sunday 1<sup>st</sup> October 2017 @ 9:30am.**

Registrations are open at North Steyne Nippers for children aged 5-13. Activities include beach sprints, flags, swimming, board paddling, novelty events and Surf Education programs.

### Information Days

**Sunday September 3<sup>rd</sup> & 10<sup>th</sup>**

**9am – 12 noon**

Detailed information visit: [www.northsteyneslsc.com.au](http://www.northsteyneslsc.com.au)



New Enrollments or Renewal

must be completed online

at: [www.sls.com.au/join/](http://www.sls.com.au/join/)

Questions call Brian Mariotti 0434 321 826 or

Hillary Burrows 0419 676 876

email: [nippers@northsteyneslsc.com.au](mailto:nippers@northsteyneslsc.com.au)



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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



**SEAFORTH**



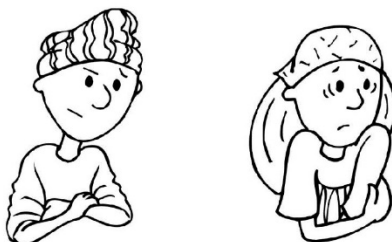
**CRICKET CLUB**

**Registrations Now Open**  
[seaforth.nsw.cricket.com.au](http://seaforth.nsw.cricket.com.au)





### The CAPER Program for Children Aged 6 to 14 years



Does your child experience any of the following?

- Has difficulty managing their emotions?
- Has unpredictable temper /anger outbursts?
- Becomes easily irritable or annoyed?
- Becomes argumentative for no good reason?
- Impulsively acts out (e.g. slams doors)

Researchers at the Centre for Emotional Health, at Macquarie University are conducting a new therapy program (the CAPER program) for children aged 6 to 14 years who are experiencing difficulties expressing or coping with their emotions. The therapy program is free of charge although a bond payment is required for eligible families which will be reimbursed at the end of the trial.

The program is being offered in 2017 to eligible families

Further information is available online - <https://tinyurl.com/CAPER-program>

Contact: Dr Maria Kangas via email: [maria.kangas@mq.edu.au](mailto:maria.kangas@mq.edu.au) or phone: (02) 9850 8599.



**Seaforth Public School**

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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



# BECOME AN INTERNATIONAL FAMILY IN 2018!

Hosting overseas students promotes an exchange of cultures, languages and traditions and will enrich your family's lifestyle. Students, aged 15-18, are wonderful role models for Australia's future generation. Become a volunteer host family with WEP!



**1,463 x Aussie families hosting  
10,000 x Tim Tams consumed  
Countless memories made**

*"Our daughter has a big sister now, someone to talk to other than mum or dad! If you're thinking about hosting, do it! It's the most rewarding experience for your family!"*

Nicole, three-time host mum.



## REQUEST YOUR FREE INFO PACK TODAY!

**WEP.ORG.AU**

**INFO@WEP.ORG.AU**

**1300 884 733**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

# SEAFORTH LITTLE ATHLETICS CLUB

**Have Fun & Stay Fit during summer**

Events include: running, high/long/triple jump, shot put, discus, javelin and hurdles.

Competition Saturday mornings at  
**Sydney Academy of Sport, Narrabeen.**



Competition starts  
Sat 9<sup>th</sup> September  
**REGISTER ONLINE**

then visit Seaforth Oval evenings of  
Weds 30<sup>th</sup> Aug or Weds 6<sup>th</sup> Sept  
for your Athlete Number & Uniform

**FIRST TRAINING NIGHT**  
Weds 6<sup>th</sup> September

**Training at Seaforth Oval**  
on Wednesday afternoons 5.30pm to 7pm

**REGISTRATION IS ONLINE**  
**seaforthlac.org**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

# MANLY WEST CARNIVAL

FREE  
ADMISSION

—2017—

IT'S BACK — BIGGER AND BRIGHTER THAN EVER!

## RIDES, FOOD AND FUN FOR ALL

SATURDAY 16<sup>TH</sup> SEPTEMBER  
10AM—4PM, GRIFFITHS ST, BALGOWLAH



Cunninghams



club  
totem

[WWW.MANLYWESTCARNIVAL.COM](http://WWW.MANLYWESTCARNIVAL.COM)

# SPRING FETE!

## Narraweena Public School

Saturday 16th September 9am-3pm



**Rides, swings, inflatable obstacle course, climbing wall & trampolines, jumping castle, driveable jeeps.**

**Face painting and petting zoo**

**Street stall food and BBQ, cakes, slushie machine and fairy floss**

**Side show alleys to win prizes**



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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

# Celebrate Family Fun Day Parliament of NSW

Children from 4 to 12 years  
Friday 6 October, 10am - 3 pm

## Ghosts of our Colonial past

Fun educational activities at Australia's oldest Parliament; Children's trail, guessing competition, arts and crafts, role plays, tours of the Chambers, and the opportunity to visit areas rarely open to the public.

Family Fun Day is also renowned for its highly entertaining theatrical re-enactments. This year some very special 'ghosts' from the Parliament's past will engage visitors with intriguing stories and interactive performances.

Sausage in a bread roll - \$3.00 per person

Public Café will be open.



**FREE EVENT**

T (02) 9230 2047 E: [dps.education@parliament.nsw.gov.au](mailto:dps.education@parliament.nsw.gov.au)



Parliament of NSW, Macquarie Street, Sydney  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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