



The Seaforth Satellite

The newsletter of Seaforth Public School

Term 1 Week 11 – 12 April 2018

All you need to know in 30 seconds!

Date for your diary:

April 2018

- 13th Years 2-6 Cross Country Carnival
- 13th Last Day of Term 1

May 2018

- 2nd Anzac Assembly
- 4th PSSA Winter Sport – Round 1
- 8th Year 3 & 4 Excursion to Kimbriki
- 9th Official Opening of New Classrooms – 9.30am
- 10th Year 3 & 4 Excursion to Kimbriki
- 10th Performance and Training Bands – NSSWE Concert
- 11th PSSA Winter Sport – Round 2
- 15th Year 3 & 4 Excursion to Kimbriki
- 16th NAPLAN
- 17th NAPLAN
- 18th PSSA Winter Sport – Round 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

From the Principal

Farewell Mr Cowling

Our lovely Mr Cowling is being fondly farewelled tomorrow afternoon as he sets off into retirement mode. Mr Cowling started at Seaforth Public School in 2005. His love of books, reading and expanding one's mind has been infectious and has had a positive impact on so many of our students, teachers and parents. As a teacher-librarian Mr Cowling made the library a fun place to be where you are accepted for who you are. Not only did Mr Cowling teach library lessons, he was a keen soccer coach, AFL coach and Chess co-ordinator. How lucky our students have been to benefit from such dedication and passion. Last year the publication of a book from the writing contributions of students of Seaforth Public School was a highlight of what Mr Cowling does – see what students are capable of and celebrate their efforts, achievements and encourage their enthusiasm. And who could forget those wonderful book parades? These are the days that you remember forever. Mr Cowling will be missed a great deal but he has left a legacy at Seaforth that will not be forgotten. We wish Mr Cowling a wonderful retired life. I know it is with much sadness he leaves us but there is a whole world out there beyond the books waiting for Mr Cowling to explore.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: www.seaforthpublicschool.com

Mr Cowlings Retirement Assembly

When: Friday 13 April

Time: 2.30pm

Location: Kempbridge Hall

All welcome!

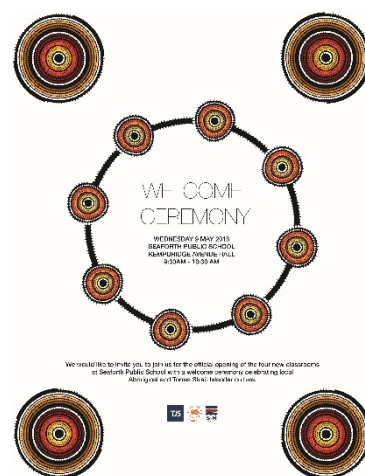
ANZAC March and Assembly

A group of students from our school will be participating in the ANZAC March at Manly this year. Thank you so much to these students and their families – it is a wonderful to be asked to participate. Could the students please wear full school uniform for the March. Details were sent out on the app.

Our school will be holding an ANZAC Day assembly on Wednesday 2 May at 2.30pm in the Kempbridge Hall.

New Classrooms

We are now in the final stages of the new classrooms being ready. The Department of Education will be signing off shortly, however, they do need to do a thorough inspection before they will be open for use. The good news is teachers will be able to access them in the holidays to start preparations for moving in. There will be an official opening on Wednesday 9 May at 9.30am with special guests and an assembly for our students. More information will follow on this but please keep the date free if you would like to attend.



Happy Holidays!

I would like to thank the teachers for all their hard work and dedication throughout Term 1. I would also like to thank our wonderful students for an amazing term – I have been so impressed by their positive attitude, kindness and dedication to learning. Many thanks to all our parents who help out within the school – we appreciate your time, effort and thoughtfulness. I look forward to seeing you once again in Term 2.

Have a wonderful holiday!

Trudy Alcorn: **Principal (Relieving)**



Congratulations to 5C on some splendid Artwork done this term.



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Demonstration of 5C Artwork



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From the Deputy Principal

Teachers vs Year 6 Oz Tag

On Friday 6 April, I was delighted to be able to watch the Teachers vs Year 6 end of Term Oz Tag game. This game has become a part of school tradition at Seaforth PS to celebrate sport and camaraderie at the end of the term once the PSSA season ends. The competition was tight, with the teachers putting up a stellar fight against Year 6. There were four games played, each for 5 minutes. The teachers' team comprised of Miss Van der Saag, Miss Wood, Miss Carlton, Miss Crowshaw, Miss Aitken, Miss Guerero, Ms Piper, Mrs Vidot and Mrs Curnow. There were four different Year 6 teams competing against them. The total games score was 1: 2 and a draw. With the Year 6 students just taking the win. Thank you to my four Year 6 commentators who assisted with the commentary on the day. Thank you also to Miss Van der Saag and Miss Carlton for your excellent organisation of this event. A great afternoon was had by us all.



Year 5 Opportunity Class Placements

This week a note was send home to all students in Year 4 inviting them to apply for the Opportunity Class placements. Students who wish to apply need to return their forms to the Yatama office by Friday 4 May. Detailed instructions for parents on how to apply online will be available from Tuesday 1 May 2018 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>.

Liz Armstrong: **Deputy Principal**



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A poster for a Mother's Day Breakfast event. The background is light purple with pink and yellow watercolor flowers in the corners. The text is centered and uses various colors: purple for the introductory sentence, pink for the main title and location, orange for the date and time, and purple for the ticket details and additional information. The Stone Real Estate logo is at the bottom left.

Let's Celebrate ALL things Mum!!

Mother's Day Breakfast

Adults \$10
Children \$5

Friday 11th May

8am-9am

Kempbridge School Hall

Ticket includes - Lucky Door Prize Entry, Coffee, Tea, Juice, Pastries, Freshly Baked Goods, Fruit, Yoghurt, Cereals/Museli & more...

Mums Portraits & Children's Artworks will be on display in the Kempbridge School Library.

Tickets Available on Flexischools
until 8th May @ 4pm

Proudly Sponsored By
Stone Real Estate, Seaforth



Allison Strickland: **Band President**



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Library News

Thank you(!) and Farewell

I would like to take this opportunity to thank all the people, big and small, who, over the past few weeks have dropped in, emailed, given me cards, etc. to say goodbye and wish me the best for my retirement.

I have been deeply touched by your kindness.

I have really loved my time at this wonderful school, and regard myself as extremely fortunate to have worked here, with such brilliant teachers and other staff, children, and parents. I will miss you all!!!

Book Covering Volunteers Needed

Over the past few years, one of our parents, Danielle Ahearn, has generously (and beautifully!) covered all our new Library books. Unfortunately, Danielle is no longer able to do this job for us. The Library will be looking, early in Term 2, for new volunteer(s) for this very important job.

You can do it at home, if you like, or in the Library – it's entirely up to you. Those who do it speak glowingly of its therapeutic powers.

If you are interested, or want to know more, please contact Mrs Williams in the school office. Any help you can give will be greatly appreciated!

Kel Cowling: **Librarian**

Chess News

Chess this Friday

Due to the cross country / sausage sizzle being held at Kempbridge Ave this Friday morning, our regular Year 3-6 Chess Club will be held in the Library – this Friday only – instead of in Miss Carlton's classroom.

Kel Cowling: **Chess Coordinator**

Sporting Success

Over the term students in Year 5 and Year 6 have trialled for Zone teams for various sports. Congratulations to the students who were successful in gaining a place in the Zone squads that will trial for the Sydney North teams.

Grace F - Netball

Lachie G - AFL

Lewis K - Rugby

Emily D - Soccer

Eloise C - Soccer

Lucy D - Basketball

Samantha P - Basketball

We are so proud of your achievements and wish you the best of luck!

Tina Vidot: **Year 6 Teacher**



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Kitchen Garden News

It's been a busy week in the Kitchen Garden. The children have continued to do a fantastic job gathering data on the growing plants and the Bug Banishers have been busy protecting the plants and removing some interesting bugs. We have continued to make good progress on the path, laying the blocks down to define it and the children have become really good about being precise (to please a fussy teacher). They have also appreciated how taking care with their work creates a great visual effect.



On Tuesday we planted another batch of seedlings and also planted an orange tree in our mini orchard. It will be a while before it bears fruit but these are exciting times. All this was topped off with a good harvest (especially of eggplants) and it was all recorded by our intrepid journalists.



In the kitchen this week, we used the harvested produce to make a delicious Silverbeet, Chickpea and Currant Salad, as well as a very delicious Asian Noodle Salad.

Students learned about fructose in fruit and created a scrumptious watermelon cake with vanilla cream.

It has been a busy first term.

Thank you to all the volunteers that have come to help. We hope to see you all again next term. Happy and safe holidays.



Jessica Forbes and Chris Peskett: **Kitchen Garden Teachers**



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Help Bella use her left hand

Bella has been selected as one of only 12 children across the world to attend a month long camp at Columbia University, New York in June / July that could change her life.

The camp will help her enable her to use her left hand which will in turn help her to do activities that require the use of two hands.

"Impaired hand function is one of the most disabling symptoms of hemiplegic cerebral palsy, affecting self-care activities such as feeding, dressing, and grooming."

Bella suffers from left handed hemiplegic cerebral palsy, which means that the left side of her body is weak. She tends to keep her left hand in a fist and she cannot turn her palms to face upwards, which makes it near impossible for her to do things we take for granted like tying her shoe laces, riding a bike or even carrying her dinner plate to the kitchen.

In the past, kids that attended the camp, have shown an improvement of up to 40% in manual dexterity which is equal to 18 months plus of individual therapy.

The camp forms part of a research project done by the University of Columbia to understand and develop new ways to stimulate children that only have the use of one hand to get to use both their hands as well as looking at brain plasticity associated with the improvements.

The centre is led by Dr. Andrew Gordon. His team has been studying the mechanisms underlying impaired hand function in cerebral palsy since 1991.

Based on this knowledge, they developed and began studying the efficacy of intensive rehabilitation techniques in 1997 and to date around 250 kids world wide have benefited from this unique program.

Bella will be attending the camp for 4 weeks in June / July this year and will need to return to New York again in December for a follow-up session.

This life changing opportunity comes at a significant cost and we are reaching out to the community to ease the financial strain and help Bella realise her dream.

Please click on this link if you are able to assist with the campaign to [Help Bella Use Her Left Hand](#) .

For more details on the camp go to www.tc.columbia.edu/cit/



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Uniform Shop

****Holiday Opening****

Monday 30th April 10am - 12noon

Winter Uniform officially starts from Friday June 1st. Between 1st May and 31st May students may wear either full Summer or full Winter Uniform. We have all Winter Uniform items in stock but will be receiving more at the start of next term. Please order early to ensure we have all your requirements covered. Orders can be placed on Flexischools over the holiday period, and can either be picked up from the Uniform Shop on Monday 30th April from 10am - 12 noon, or delivered to your child's classroom ready for the first day of term.

WINTER UNIFORM

GIRLS:

Navy Check Tunic*

White Long Sleeved shirt - either with a Peter Pan Collar or Traditional Pointed Collar.

Girls have a choice of leg wear - Navy Blue Knee Hugh Turnover Socks, Navy Thin Opaque Microfibre Tights or Navy Thick Cotton Rich Tights.

*Some of our newer stock of Tunics include a small check tie, this is purely an optional item. It is quite popular with the some of the younger students, so if you have one you don't wish to use, please drop it into the office or the Uniform Shop for another child to use (there are always a few every year desperate to have one!)

BOYS:

Grey Trousers - Elastic Back with Zipper (same style as the regular Khaki Shorts) or Fully Elasticated Waist with Drawstring (in limited even sizes only)

White Long Sleeved shirt

Grey Turn Down Ankle Socks (same as Summer Uniform)

SPORT:

Sport Uniform remains the same throughout the year, with the White Polo Shirt. Students can wear Royal Blue Shorts and Skort all year, however additional winter options are -

Royal Blue Fleece Trackpants

Royal Blue Microfibre Trackpants

Royal Blue Dance Pants (Girls only)

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. Second hand items can be dropped off at either the shop or at the school office.

Any queries please email Kitty Williams at seaforthuniformshop@gmail.com or call/text 0410 418 836.

Kitty Williams: **Uniform Shop Coordinator**



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Scholastic Book Club Delivery Delay

Unfortunately the delivery of our order from Issue #2 from Scholastic Book Club has been delayed. The order was due today but only 12 of the 134 books ordered have arrived. The vast majority have yet to be picked from the warehouse and Scholastic have informed me that it is unlikely they will be delivered before the end of term.

Apologies for the delay, however the order should be ready to be distributed as soon as school resumes in Term Two

Kitty Williams: **Scholastic Book Club Co-ordinator**



Seaforth Public School

Kindergarten 2019

Is your child starting school next year?
Come and join us!

School Parent Information

Wednesday 23 May 6:00—6.45pm
(Library –Kempbridge Ave)

School Tours

Thursday 30 May 9:45 am
Friday 29 June 9:45am
Wednesday 15 August 9:45am
Tuesday 18 September 9.45am
(please book a tour with Kempbridge office)

K 2019 Parent & Student Transition Mornings

Tuesday – 23, 30 October & 6 November
(Students and parents are expected to attend all 3 Transition mornings 9.30 – 10.45am. Please contact the office in advance to confirm your attendance)

K 2019 Parent Information Evening

Wednesday 28 November 6:30pm
(Library –Kempbridge Ave)

Visit our website: www.seaforth-p.schools.nsw.edu.au
37 Kempbridge Ave, Seaforth Ph: 9907 0284
14 Yatama Street, Seaforth Ph: 9948 8111
Email: seaforth-p.school@det.nsw.edu.au





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Share Our Schools Pilot Program

Schools are the heart of our communities and offer a range of quality recreational and play facilities.

Over the coming school holidays Seaforth Public School has agreed to be part of the NSW Department of Education's trial to open up the playgrounds, ovals and sports fields for the whole community to enjoy.

The gates will be open Monday to Friday between 16 to 27 April 2018 from 8 am – 6 pm. A security guard will be in place to monitor safety and security all day, and gates will be locked at 6pm each evening.

As always, if you need to report a security issue at the school, you can call security 24 hours on 1300 88 00 21. For more information on this initiative, please visit schoolinfrastructure.nsw.gov.au or contact us on 1300 679 332.

We hope you have an enjoyable break, and invite you to use the play areas at the school these holidays.

Share Our Space

Your school is a vital part of our community, and we want you to use it. During the April holidays participating schools across NSW will be opening up their play areas for your enjoyment.

For more details visit
schoolinfrastructure.nsw.gov.au

Tell us what you think about the Share Our Space program by visiting: bit.ly/2FRzHFY

This pilot is an initiative of the NSW Government.



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Live Life Well

Live Life Well @ School

FUNDAMENTAL MOVEMENT SKILLS

There are 12 key skills children need to participate successfully in all types of games, physical activity and sports. Here is one: **CATCH**



- Eyes focused on the object throughout the catch
- Feet move to place the body in line with the object
- Hands move to meet the object
- Hands and fingers relaxed and slightly cupped to catch the object
- Catches and controls the object with hands only (well-timed closure)
- Elbows bend to absorb the force of the object

Demonstration: Search “Get Active Catch” on Youtube



Health
Northern Sydney
Local Health District

Live Life Well @ School

GO4FUN



Go4Fun
Healthy • Active • Happy • Kids

**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.

For more information:
www.go4fun.com.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY LUNCH BOXES

Check out the Cancer Council NSW's Healthy Lunch Box website to help parents and kids plan and pack a healthy lunch box.

The interactive lunch box builder can be used at home or on the move with a smartphone or tablet.

Visit www.healthylunchbox.com.au to pack a quick and healthy lunch box today!



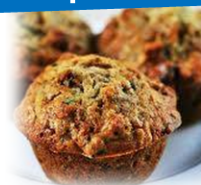
Health
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Live Life Well @ School

Carrot Cupcake Recipe

Ingredients: (makes 15 cupcakes)

- 2 cups
grated carrot
- 1 cup self-raising
wholemeal flour
- 1 cup self-raising
white flour
- 1 teaspoon
ground cinnamon
- 1 teaspoon
ground ginger
- ½ cup soft
brown sugar
- ¼ cup
vegetable oil
- 1 egg,
lightly beaten
- 1½ cups
buttermilk or milk



Method

1. Pre-heat the oven to 190°C.
2. Place **grated carrot** into a **large bowl**, sift in the flours, add **cinnamon**, **ginger** and **brown sugar** and mix well.
3. Combine the **vegetable oil** with the **eggs** and **milk**, pour this mixture into the dry ingredients and blend until just combined.
4. Grease muffin tins and place patty cases into tins.
5. Fill the patties $\frac{3}{4}$ full with the mixture, bake for 20minutes or until golden brown.



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Live Life Well @ School

R-E-D-U-C-E daily screen time!

Balance screen time with active play for strong, fit and healthy bodies!

For children aged 6-12 years; no more than 2 hours of screen time per day.



Tips:

- Encourage outdoor or active play
- Make meals and snack 'screen free times'
- Make bedrooms 'screen free zones'
- Have 'screen-free' time periods during the day

Try to keep these habits even during holidays!

More Information:
healthykids.nsw.gov.au



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Live Life Well @ School

PARK & WALK or RIDE

Try parking a short distance from your school and let the kids either walk or ride a bike under your supervision the rest of the way.



Benefits include:

- Less traffic congestion around your school
- Extra exercise for you and your children
- Socialising with community members and other families
- Learning important road safety skills
- Children who live too far to walk or ride all of the way can still participate in active travel.

Hold the hands of children aged up to 10 when crossing roads!



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Live Life Well @ School

Practice these catching games

Sevens

Bean Bag Drop

- Stand 1m away facing the child.
- Hold a beanbag in each hand at about eye height.
- Drop 1 bag
- The child tries to catch it before it hits the ground.

- Throw a tennis ball against a wall and catch it.
- Increase the difficulty of each throw and catch (incl. left hand, bounces)
- First throw and catch is done once, 2nd throw and catch do twice, continue until the 7th throw and catch 7 times
e.g., 1 x 2 hands, 2x right hand, 3 x left hand, 4 x one bounce, 5 x 2 claps and catch etc.

Shrink and Grow

In pairs, take 10 catches in a row. Take a step back and repeat. If the ball is dropped, go to one knee, drop a second time, go to 2 knees, third drop – sit. A successful catch allows the catcher to come back up in reverse order.



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Live Life Well @ School

KIDS EATING HEALTHIER FOODS

What to pack for Crunch & Sip

Pack a water bottle and a container of bite sized pieces of fruit or vegetables ready to eat in the classroom. Choose an easy to eat fruit or vegetable that isn't messy.



For more ideas see:

healthy-kids.com.au/crunchsip-healthy-snack-ideas



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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.

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**AGENT OF
THE YEAR**
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Medical and Wellbeing Centre



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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



Bulk billing
kids under
12 years

COME BUILD WITH US!

**bricks
4 kidz**

School Holiday Workshops
Balgowlah - Curl Curl - Forestville
16 - 27 April
Bricks4Kidz.com.au/Sydney-Northern-Beaches



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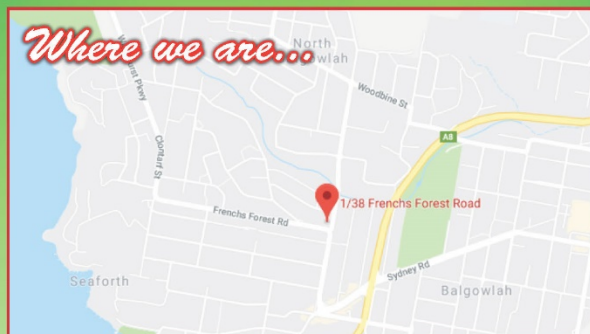
Web: www.seaforthpublicschool.com

Seaforth FRIENDLY GROCER GRAND OPENING

FRIENDLY GROCER SEAFORTH

What we serve:

Fruit and Vegetables
Meat - Beef / Lamb / Pork / Poultry
Fresh Bakery
Dairy
Ice Confectionery
Soft Drinks
Snacks & Confectionery
And more...



SPECIAL

Moccona Freeze Dry Coffee
200g Varieties



\$9.99

SPECIAL

Smith's Crinkle Cut Potato
Chips 150-170g Varieties



\$1.49

STORE LOCATIONS

FRIENDLY GROCER SEAFORTH

SHOP 1, 38 FRENCHES FOREST ROAD, SEAFORTH NSW 2092

Specials available from Wednesday 21st March to Tuesday 27th March 2018

We reserve the right to correct printing problems. Unless sold out earlier. Limit rights reserved. Some items may not be available in all stores.

NSW Z1 #12



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SCHOOL HOLIDAY PROGRAMS

CHEER CAMP

\$400 for 5 Days (includes morning tea and lunch)

Cheerleading is an exciting combination of gymnastics, dance, tumbling and stunts.

High energy and lots of fun!

Aussie Gems Holiday Cheer Camp is open to kids of all abilities. Our highly qualified coaches will focus on teaching and mastering a number of different stunts, techniques and routines in a fun, supportive and safe environment.

The week culminates in the kids showing off their newly learnt skills with a performance on Friday 20th April @ 3pm.

Dates:	Monday 16th – 20th April
Time:	8:30am – 3:30pm
Cost:	5 days @ \$400 includes Morning Tea, Lunch, Aussie Gems Cheer Shirt and Cheer Bow
Ages:	8-18yrs

**Places Limited
Book Now
to secure your spot today!**

JNR CHEER SKILLS (Mon 23rd & Tue 24th April)

**\$55 per day
includes morning tea and lunch**

A fun day learning cheer basics, games and slime making.

8:30am - 3:30pm: \$55 per day
8:30am - 5:30pm: \$65 per day

Suitable for ages 5-12

CHEER CRAFT (Thu 26th & Fri 27th April)

**\$60 per day
includes morning tea and lunch**

A great day learning to bow make (take home your creation), hair braiding, games and a movie!

8:30am - 3:30pm: \$60 per day
8:30am - 5:30pm: \$70 per day

Suitable for ages 5-16.

For the 2nd week, you are welcome to book 1, 2, 3 or all 4 days.

BOOK NOW ONLINE @ WWW.AUSSIEGEMS.COM.AU

(02) 9451 5706

info@aussiegems.com.au

Unit 10, 25 Frenchs Forest Rd East, Frenchs Forest
Located in Allambie Grove Business Park



Proud Senior Partner of the
Manly Warringah Sea Eagles



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Easter holiday workshops

Sing & Act, Sing out Loud and Acting for Camera Masterclass



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E: info@brightspark.co
St Kieran's Parish,
2 King St, Manly Vale
www.brightspark.co

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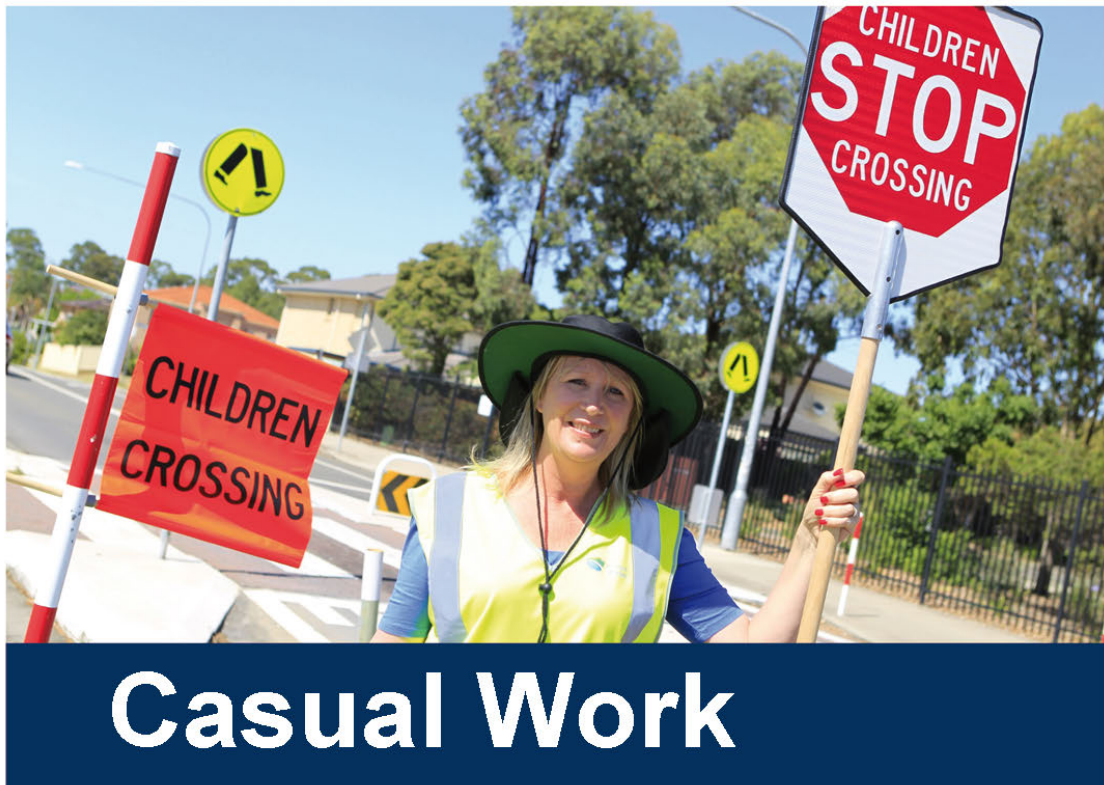
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Community Notice Board



School Crossing Supervisors – Work with your community 1 x Casual position – Warringah Local Government Area (000063OM)

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The hours are usually 8.00am to 9.30am and/or 2.30pm to 4.00pm Monday to Friday during school terms. The base rate is \$22.46 - \$26.95 per hour.

All the qualifications you need are community spirit, good communication skills, an alert and professional attitude to work and a reliable personality. The casual hours and school holidays would suit a parent or grandparent, a retiree or anyone wanting meaningful work — but not full-time.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to iworkfor.nsw.gov.au

Applications close Sunday, 29 April 2018



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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!



**1,537 Aussie families hosting
10,000 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**



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