



# The Seaforth Satellite

The newsletter of Seaforth Public School

Term 2 Week 3 – 17 May 2018

## All you need to know in 30 seconds!

### Date for your diary:

#### May 2018

- 18<sup>th</sup> Walk Safely to School Day
- 18<sup>th</sup> PSSA Winter Sport – Round 3
- 23<sup>rd</sup> Kindergarten 2019 Parent Information Evening 6pm, Library
- 24<sup>th</sup> Maths Olympiad – Test 1
- 25<sup>th</sup> PSSA Winter Sport – Round 4
- 28<sup>th</sup> School Band Special General Meeting – 7.30pm, Library
- 30<sup>th</sup> School Tour – 9.45am – Kempbridge Campus\

#### June 2018

- 1<sup>st</sup> PSSA Winter Sport – Round 5
- 5<sup>th</sup> Zone Cross Country Carnival
- 6<sup>th</sup> School Band Camp
- 7<sup>th</sup> School Band Camp
- 11<sup>th</sup> Public Holiday – Queen's Birthday

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

Last week was a wonderful week that had a very strong community feel to it. On Wednesday, we had a great celebration to officially open our new classrooms. You will see some of the highlights in the photos below. Many thanks to Liz Armstrong for helping to coordinate this event and doing an outstanding job. The support from TJS Services and S&M Contracting was outstanding and we were very fortunate they chose our school to host this beautiful event. It was a very special day for all involved.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

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



On Friday morning the P&C hosted a Mothers' Day Breakfast. What an amazing turn out! The delicious food, band performances, gift stall, raffle, library display and photos of mums and their children made for a very special morning. It was lovely to see everyone having such a good time. Many thanks to Caroline Madsen, Michelle Parslow and Amanda Judge for being the driving force behind this. Also, thanks go to all the volunteers who helped run this event and bake delicious treats.



Seaforth was represented at two external events last week. I would like to congratulate both the Training Band and the Performance Band on their excellent performances at the NSSWE Concert last week. In addition congratulations to the Seaforth Netball Team who completed at the 2018 Netball NSW Schools Cup and will be going on to represent Seaforth at the next level. Read more about these events later in this newsletter.

Congratulations to all our Year 3 and 5 students for completing their NAPLAN assessments this week. It all ran very smoothly!

Next week we have our first Information Evening for parents of students starting Kindergarten in 2019 or anyone thinking of sending their children to Seaforth Public School. It is a great opportunity to hear a little about what the school offers and meet Liz Armstrong (Deputy principal), Meryn Kay (Assistant Principal Kindergarten) and I. Read more on this in the Deputy Principal's section of this newsletter.

Trudy Alcorn: **Principal (Relieving)**



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## From the Deputy Principal

### 2019 Parent Information Evening

Next Wednesday 23 May there will be a 2019 Parent Information Evening held in the library from 6.00pm – 6.45pm. This is a general school information evening, to provide information to parents considering sending their child to Seaforth PS. If you have any friends or neighbours in the community who may have a Kindergarten student starting school next year or have just joined the community and want to find out more about our school, please extend the invitation to them to come along on the night.

### NAPLAN

Congratulations to all of our Year 3 & 5 students for completing the NAPLAN this week. There will be a make-up exam day this Friday 18 May for any students who were not well enough to attend one of their exams. Those students need to be at school by 9.30am. Unfortunately students can only sit missed papers in the same week as the NAPLAN, those who are unable to do this will not score any result for this year.

Liz Armstrong: **Deputy Principal**



## 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 31 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](http://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](mailto:seaforth-p.school@det.nsw.edu.au)





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## Library News

In library lessons this term we have been encouraging all children to participate in the Premier's Reading Challenge (PRC). The Challenge runs until the end of August. Children in K-2 classes will be required to read or share 30 books from the PRC booklist. These books will be read in class with their class teacher and in library lessons.

Children in years 3-6 will be required to read 20 chapter books from the PRC booklist for their age range.

5 books which are not on the PRC booklist are also allowed, these are called choice books. The children have been shown how to add these books to their account.

All children in years 3-6 have been shown how to log on to the PRC through their student portal, they also have been shown how to look up books on the PRC booklists and how to log books that they have read. Children will be given time to log books at school, but this can also be done at home.

All children who complete the challenge will receive a certificate from the Premier of New South Wales and their name will be printed on the role of children who have completed the challenge in 2018 on the PRC website. If you do not wish for your child to have their name printed please let the librarians know. Please visit the PRC website which has lots of useful information about the challenge.

<https://online.det.nsw.edu.au/prc/home.html>

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Emma Martin & Kelly Griffiths: **Librarian (Rel)**



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## Band News

Congratulations to both the Training Band and the Performance Band for a brilliant first public performance at the NSSWE Concert last Thursday night. Both conductors received many compliments on the standard of the kids' playing, as well as their excellent behaviour throughout the concert. Well done band kids, you should all be very proud!



Both bands performed brilliantly 12 hours later at the Mother's Day breakfast. It was such a treat for the whole parent body to get an opportunity to listen to the kids play. A huge thanks to all the children and band families for supporting such a wonderful week in band. A special thanks to Caroline Madsen, Michelle Parslow, Lizzie Sewell, Amanda Judge, Elle Weeden, Rachel Akhurst, Nathan Cassie, Mr. Chris and many others who made the Mother's Day event so special.

Don't forget the Special General Meeting of Seaforth Public School Band Association on 28 May at 7.30 in the library.

### Dates for the diary

28 May - Special General Meeting, 7.30 pm in the library

6-7 June - Band Camp!

14 June - Band Movie Night

Allison Strickland: **Band President**

## Netball NSW Schools Cup

Seaforth Public Schools netball team went to Ku-ring-Gai to compete in the 2018 Netball NSW Schools Cup on Thursday 10th of May. We played against some all girl teams and some mixed teams. We played 5 games, scored 136 points and won our pool! Now we get to move on to the next round at Homebush Netball Central. Yay, GO SEAFORTH! :)

Report by Alexa B.



Lisa Carlton: **Sports Coordinator**



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## Cross Country News

Congratulations to all students who competed in the Cross Country at the end of Term 1, and yesterday. All students showed tremendous sportsmanship and tried their best in some very warm conditions on the last day of school. A congratulations to our multi-category runners, Bella and Gigi who competed in their events at this cross country event.

Ribbons for students who placed in the top six runners and notes for the Zone Carnival will be given out at next week's assembly. The Zone Carnival will be held on Tuesday 5 June. A list of students receiving ribbons will go out on the school app next week.

Congratulations again to all students and good luck to those representing Seaforth at Zone.



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Sami Van der Saag: **Cross Country Coordinator**



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## Walk Safely to School Day



This Friday is Walk to School Safely Day.

It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment.

The roads surrounding Seaforth PS are extremely busy so it is highly important that we continually educate our students about road safety.

The zebra crossings to both of our campuses are there for our students' safety and the safety of all our community members. Please reiterate to your children that crossing at other places (along Yatama street especially) is extremely dangerous as there are cars

blocking vision and drivers can't always see pedestrians.

What better way to save the environment and keep fit than walking to school everyday!

Miss Aitken and Miss Alexander will be handing out stickers and Handshakes at the gates on Friday morning 😊

Annie Aitkin & Caitlin Alexander: **Teachers**

## Sustainability at Seaforth

Well done to those students who have been putting their soft plastic waste into the soft plastic bins.



This photo is of one of our wonderful parents delivering our soft plastic to the Red Cycle bins. Soon, your soft plastic will be recycled into furniture and outdoor play equipment!

Remember to help your parents and the environment by packing a 'trash free' lunch every Tuesday.

Your Trash Free token could win you and your class a reward! Well done to 1H and 5C for winning the Term 1 Trash Free Token draw!

DID YOU KNOW...every minute approximately a whole garbage truck full of plastic enters our ocean!?

Be the change you want to see in the world 😊

Annie Aitken: **Teacher**



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## Kitchen Garden News

### Kitchen

Last week, the students thoroughly enjoyed making all the wonderful treats in preparation for the amazing Mother's Day Breakfast, last Friday.



This week, we tried to incorporate stage 3's Asia theme into the kitchen, once again, as well as the harvested goodies from our incredible Seaforth Garden, including beans, eggplants and marrow. We made delicious Tempura Beans, Eggplant Medallions and Marrow Cake.

Furthermore, our students have investigated the impact of bacteria and germs on mould growth and discussed the importance of hygiene in the kitchen.



### Garden

We've had another busy and productive fortnight in our Kitchen Garden lessons. The students have enjoyed monitoring the growth of the vegetables, especially the broccoli as you can see our two weeks growth in the photos. We've prepared another bed for planting and have had great fun harvesting. We've had a bountiful crop of beans and bananas and there has been great excitement when cutting down the stem of the banana plant (it's not a tree). This has given our Banana Botanists an opportunity to explore the structures and workings of the plant. Our path, 118 blocks in, is nearing its final destination too which is very exciting after a huge amount of hard work, resilience and precision from the students.



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



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## PSSA Results

### Round 1 – 4<sup>th</sup> May 2018

**Senior Rugby League Team** – played Balgowlah North and won 34-18. It was a great game. We all played well as a team. It was a good start to the season. Best players were 3 points to Lewis K, 2 points to Henry C, and 1 point to Luke E. The Captains were Reid S and Alec P.

**Junior Ruby League Team** – played Curl Curl North and won 50-0. Otis scored a hat trick. The teams and the ref were all fair. Best players were 3 points to Otis, 2 points to Hugo & Angus and 1 points to Billy, Henry and Ollie.

**Senior Girls Soccer Team** – played Curl Curl North and won 2-0. We played a great game. Best player was Kaila, fairest player was Henriette and the Captains were Eloise and Tilly.

**Junior Girls Soccer Team** – played Curl Curl and won 3-0. We has a great game. It was very hot and we still played very well. Best player was Perry, fairest player was Grace and the Captains were Josie & Catriona.

**Senior A Boys Soccer Team** – played Harbord and lost 1-0. We all played extremely well but unfortunately we lost. Best players were 3 points to Manuel, 2 points to Jaden and 1 point to Darcy. The Captain was Jonah.

**Senior B Boys Soccer Team** – played Brookvale and won 1-0. We had a great game were happy to come away with the win. The best players were 3 points Will, 2 points to Mathias and 1 point to Saxon. The Captain was Mathius.

**Junior A Boys Soccer Team** – played Harbord and won 3-1. Best players were 3 points to Liam H, 2 points to Miguel H and 1 point 1 Liam J. The Captain was Jonty L.

**Junior B Boys Soccer Team** – played Brookvale and won 6-1. It was a great game. Go team and everyone played fairly. Best players were 3 points Sam & Noah, 2 points Aston & Dane and 1 point to everyone else. The Captains were Sam and Aston.

**Junior Soccer C's Team** – played Beacon Hill, Curl Curl and Balgowlah North with 2 wins and 2 losses. Best players were Isaac L and Kobe N, fairest players were Will B and Charlie K. The Captains were Will B and Callum Mc.

**Senior A Netball Team** – played Balgowlah Heights and won 19-8, Best player was Alexa, the fairest player was Zara and the Captains were Eva and Georgia.

**Senior B Netball Team** – played Beacon Hill and won 12-1. The best player was Evie, the fairest player was Ruby and the Captains was Cleo.

**Senior C-Navy Netball Team** – played Harbord and lost 20-0. We all had a good page the best player was Amber and the fairest was Cate, the Captain was Tayla.

**Senior C-Shy Netball Team** – played Brookvale and won 6-0. We all played really well and had a great game. The best players were Bellina and Emma and the fairest were Madison and Hannah. The Captains were Olivia and Poppi.

**Junior B Netball Team** – played Harbord and won 4-0. The best player was Charlotte, the fairest player was Heloise and the Captain was Abbie.

**Junior C-Navy Netball Team** – played Curl Curl North and drew 1-1. We had a great game, everyone was very respectful, safe, resilient and responsible. The best player was Kaya and the fairest player was Roxy. The Captain was Milla.

**Netball Nettas Team** – played Manly Vale everyone tried their best. The best player was Lola, the fairest was Ellen. The Captain was Belle.



## Round 2 – 11<sup>th</sup> May 2018

**Senior Rugby League Team** – played Manly Vale and Lost 30-12. Best players were 3 points to Lewis, 2 points to Luke, and 1 point to Henry. The Captain was Henry.

**Junior Ruby League Team** – played Harbord and won 30-0. Best players were 3 points to Miles, 2 points to Angus & Hugo and 1 points to Otis & Billy. The Captains were Miles and Otis.

**Senior Girls Soccer Team** – played Manly West and lost 2-1. We played very well but lost. Best player was Meisha, fairest player was Charlize and the Captains were Charlie and Roisin.

**Junior Girls Soccer Team** – played Manly West and won 2-1. We all had a very good game. It was very close and we had lots of fun. Best player was Tara, the fairest player was Zara and the Captains were Chelsea and Grace.

**Senior A Boys Soccer Team** – Bye

**Senior B Boys Soccer Team** – Bye

**Junior A Boys Soccer Team** – Bye

**Junior B Boys Soccer Team** – Bye

**Junior Soccer C's Team** – played Beacon Hill, Curl Curl North and Manly West with 2 wins, 3 losses and 1 draw. Best players were Will B and Charlie K, fairest players were Isaac L and Thomas J. The Captains were Tallis H, and Grace C.

**Senior A Netball Team** – played Curl Curl North and won 22-5, Best player was Roxy and the fairest player was Albee.

**Senior B Netball Team** – played Manly Village 2 and won 12-1. We played our best and all did a good job. The best player was Cleo, the fairest player was Samantha and the Captains were Emily and Jasmine.

**Senior C-Navy Netball Team** – played Brookvale and lost. The best player was Laila and the fairest was Amber.

**Senior C-Shy Netball Team** – played Dee Why and won 9-4. We had a great game. The best player was Liv and the fairest was Poppi. The Captains were Emma and Grace.

**Junior B Netball Team** – played Curl Curl North and won 13-6. We all tried our hardest to battle the wind. The best players were Charlotte and Eva, the fairest player was Zara and the Captain were Morgan and Georgia.

**Junior C-Navy Netball Team** – played Dee Why and won 11-0. We all played a fantastic game, well done everyone. The best player was Kaya and the fairest player was Lavina.

**Junior C-Sky Netball Team** – played Curl Curl and won 3-1. We had an excellent game and we had a lot of fun. The best player was Lulu and the fairest player was Alana.

**Netball Nettas Team** – played Harbord, they were hard and good defenders. The best player was Poppy, the fairest was Keiley. We all played very well. Well done Nettas.





# Uniform Shop

## Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm.

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. 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, or delivered to your child's classroom.

## 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](mailto:seaforthuniformshop@gmail.com) or call/text 0410 418 836.

Kitty Williams: **Uniform Shop Coordinator**

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(access via Kempbridge Ave)

Consulting hours: Monday to Friday, 9am - 5pm



Yoga & Pilates classes with German Physiotherapist and Senior Yoga Teacher Dagmar Feldmann and her team in the activity room of the new Seaforth Community Centre.

Please join us for our  
Hatha, Yin and Back Care Classes

INTRO OFFER: \$30 for 3 classes in May

Tuesday	Thursday	Saturday
9:30am Hatha Yoga	9:30am Hatha Yoga	8:00am Hatha Yoga
11:00am Pilates	11:00am Yang to Yin Yoga	9:30am Pilates
6:00pm Yang to Yin Yoga	6:00pm Backcare [Fusion of Yoga & Pilates]	

Seaforth Village Community Centre, 550 Sydney Road, Seaforth

[www.seaforthyogapilates.com.au](http://www.seaforthyogapilates.com.au)

0411 537 873 (Dagmar)



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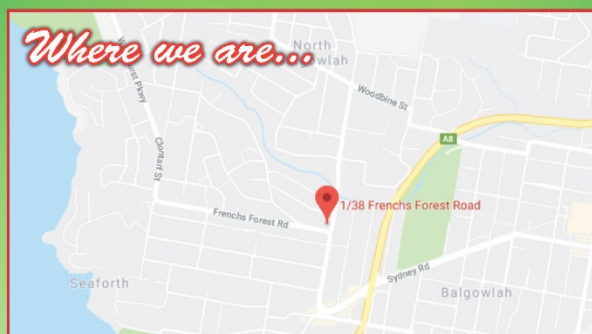


# Seaforth FRIENDLY GROCER GRAND OPENING

## 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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Wednesdays in Seaforth

6-8 years: 4.45pm-5.30pm

9-12 years: 5.45pm-6.30pm

Where: Seaforth

No more than 10 students per class.  
To reserve a space, call Natasha 0425 297 827.  
Visit [SYHO.INFO](http://SYHO.INFO) for more information



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# **Balgowlah Rotary Quiz Night 2018 Friday 18<sup>th</sup> May**

**Our ever-popular annual fund-raising evening of  
trivia, games, raffles, auctions and great prizes**

**Friday 18th May, 7.00 for 7.30pm  
At Balgowlah RSL, Ethel Street, Seaforth**

**Team tables of ten, or smaller groups/singles**

**\$30 per person**

**Buy dinner at the RSL Bistro from 5.30pm**

**Wine, beer and soft drinks on sale at the bar**

**All proceeds to local charities  
and Rotary projects**

**Book tickets online at  
[www.trybooking.com/UXEY](http://www.trybooking.com/UXEY)**

**For more information, contact**

**David Stewart-Hunter**

**Tel: 0414 967 722**

**Email: [dsh987@bigpond.com](mailto:dsh987@bigpond.com)**





The Manly Rotary Club are again opening the streets of Manly for the 9<sup>th</sup> annual Manly Scenic Fun Run on Sunday 3<sup>rd</sup> June at 8am, starting and finishing on the beach-front opposite the Corso.

We hope the whole community will join us in raising funds for our local charities. All of the money collected by us for the Fun Run goes to local charities & Rotary humanitarian projects. Over the last 9 years we are proud to say we have raised over \$1.5million for these purposes.

Some of our past initiatives have included:

- Establishing the Manly Women's Shelter
- Building work – a new kitchen, dining and meeting/work area facilities for Pioneer Clubhouse and a new kitchen for the Salvation Army
- Refurbishing projects - the bathrooms at Stewart House, the main office area at the Manly Community Center, the kitchen and dining areas at Mission Australia's homeless men's shelter
- Purchasing - much needed extra equipment for Sailability, our disabled children's learn- to-sail school and medical equipment for Manly Hospital.

This year we will use our Fun Run proceeds to support a number of specific youth-related programs and projects. They include refurbishing a scout hall, supporting a camp for 'at risk' teenagers, and supporting disabled youngsters in a new business enterprise. In addition, we are aiming to sponsor a number of youth leadership development programs.

All ages and levels of fitness are welcome whether you run the 10km or walk the 2km or 5km. Full details on the website <http://www.manlyfunrun.org/> and follow the prompts to register.



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# MINI-MOS COMMUNITY FUN RUN & FAIR



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# SUNDAY 17 JUNE 2018

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