



# The Seaforth Satellite

The newsletter of Seaforth Public School

Term 1 Week 2 – 7 February 2019

## All you need to know in 30 seconds!

### Dates for your diary:

#### **February**

- 11<sup>th</sup> Stage 2 & 3 Information Evening
- 13<sup>th</sup> Kindergarten & Stage 1 Information Evening
- 19<sup>th</sup> P&C Meeting, Library 7pm
- 20<sup>th</sup> Assembly: House Captains and Band Captains Induction
- 21<sup>st</sup> Swimming Carnival: Years 3-6 & Year 2's turning 8 in 2019
- 22<sup>nd</sup> PSSA Summer Round 1

#### **March**

- 1<sup>st</sup> PSSA Summer Round 2
- 7<sup>th</sup> Zone Swimming Carnival
- 8<sup>th</sup> PSSA Summer Round 3
- 15<sup>th</sup> PSSA Summer Round 4
- 18<sup>th</sup> School Photos: K-2 & Year 5: Kempbridge Campus
- 22<sup>nd</sup> PSSA Summer Round 5
- 25<sup>th</sup> School Photos: Years 3, 4 & Year 6: Yatama Campus
- 27<sup>th</sup> -28<sup>th</sup> Parent Teacher Interviews

#### **April**

- 3<sup>rd</sup> Celebration of Learning Assembly
- 9<sup>th</sup> Cross Country Carnival: Years 2-6
- 11<sup>th</sup> Easter Hat Parade

**Stay informed with the Seaforth Public School App available free on the Apple App Store and Google Play**

Newsletters are also available on the school website and the parent portal

<http://www.seaforth-p.schools.nsw.edu.au/home> [www.seaforth-p.schools.nsw.edu.au](http://www.seaforth-p.schools.nsw.edu.au)

## From the Principal

### A Great Start to 2019

We are now in the full swing of the school year and classes seem very settled and enthusiastic about the year ahead. We welcomed 14 new students and their families last week to our school and this week we welcomed 67 Kindergarten students and their families. Thank you Years 5 and 6 for welcoming and supporting the Kindergarten students this week and making them feel so happy and safe at school – you have done an outstanding job. Congratulations to all our students for making it such a positive and happy start to 2019.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

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## Parent Information Evenings

Next week we host Information evenings for parents to attend that will outline the routines, curriculum and expectations for your child/children's class. The organisation is as follows:

**Monday 11 February** at 6pm **Stage 2 (Years 3 and 4)** meet in the hall on Yatama Campus then go to classrooms with the teacher for class presentations. Presentations will conclude at 6.40pm to allow time for anyone moving to Kempbridge Campus for Stage 3.

**Monday 11 February** at 6:50pm **Stage 3 (Years 5 and 6)** meet in the hall on Kempbridge Campus then go to classrooms with the teacher for class presentations. Presentations will conclude at 7:30pm

**Wednesday 13 February** at 6pm **Early Stage 1 (Kindergarten)** meet in the hall on Kempbridge Campus then go to classrooms with the teacher for class presentations. Presentations will conclude at 6:45pm.

**Wednesday 13 February** at 6:45pm **Stage 1 (Years 1 and 2)** meet in the hall on Kempbridge Campus then go to classrooms with the teacher for class presentations. Presentations will conclude at 7.30pm.

The information evening is a general overview for the class and school year. If you have any questions about your child in particular, please make an appointment with the teacher for another time so they can dedicate the time required to discuss questions.

## Drop off and Pick Up

The arrangements for drop off will be different from next week for the classes based on Yatama Campus: 3/4F, 3C, 3E, 4W and 4A. Our teachers have very kindly given up the carpark so that it can be used for a play area before school and at afternoon tea, which means less walking back and forth. It has been barricaded off so there is no access for cars. They will still walk to Kempbridge Campus for the lunch period each day.

From next week the arrangements for the students on Yatama Campus will be as follows:

All mornings dropped off at Yatama Campus - students go to the staff carpark where there will be a teacher on playground duty from 8.45am.

Mondays, Tuesday and Thursdays picked up from Yatama Campus.

Wednesdays and Fridays picked up from Kempbridge Campus.

Please ensure you have made arrangements to meet your child at a particular place. Arrangements for after school activities are parents' responsibility with the exception of OSH (before and after school care) who liaise with the school. Students who have not been collected when the bell rings at 3.30pm should go to the administration office so that we can call parents.



## **Air Conditioning**

I am very happy to say that all classrooms, the administration offices and staffroom now have air conditioning on the Kempbridge Avenue Campus. A huge thank you to our P&C who contributed a large proportion of the funds needed for this. Many thanks to Lynda Trevenar who did much of the ground work getting quotes. The Yatama Campus has some air conditioning but is not able, at this point, to hold the capacity for further air conditioning units.

I know the air conditioning has made a huge difference to our students and teachers, particularly for our Kindergarten students during very long days when they are so little.

## **Update on Building Work**

The playground, artificial turf, ramps and retaining wall on Yatama campus are all on schedule to be complete by the end of the month. Thank you to everyone who has been so understanding – it will definitely be worth the wait. On Kempbridge Campus the concrete path to the new buildings was re-laid to comply with wheelchair gradient. These changes mean due to the drop, a hand rail is now required. You will have seen the temporary wooden one, we are waiting for the permanent one that will match the rest of the railing to be installed.

## **School Captains and Sports Captains**

Congratulations once again to our school leaders for 2019. They will be a wonderful team!

**School Captains:** Guy Ormond and Henri Miller

**School Vice Captains:** Toby Bustos and Alana Bryant

**Prefects:** Sam Wood, Zac Burkett, Lucy Daly and Olivia Madsen

**Forrest Captains:** Amber Riddle and Nayan Cooper

**Vice Captains:** Emily Dickson and Sam Harris

**Wentworth Captains:** Eloise Chapman and Thomas Poole

**Vice Captains:** Samantha Paul and Joe Cassidy

**Deakin Captains:** Chloe Ibrahim and Will Read

**Vice Captains:** Jade Parslow and Alex Wilde

**Parkes Captains:** Charlize Short and Tom Harrison

**Vice Captains:** Natasha Sharp and Carter Johnson



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## Staffing for 2019

The following is a list of all teachers, school learning and support officers and administration staff so you can get to know who's who at Seaforth Public School. What a great team we have!

<b>Principal</b>	Trudy Alcorn
<b>Deputy Principal</b>	Liz Armstrong
<b>K Blue</b>	Meryn Kay (Assistant Principal Kindergarten)
<b>K Yellow</b>	Rachel Catlin
<b>K Green</b>	Alexandra Williams
<b>1J</b>	Frances Johnson
<b>1R</b>	Kate Reid & Emily McCarthy
<b>1E</b>	Sophie Ede - Clendinnen
<b>2P</b>	Hannah Piper (Assistant Principal Stage 1)
<b>2S</b>	Caroline Smith
<b>2B</b>	Lauren Boyd
<b>3S</b>	Sammi Van Der Saag
<b>3C</b>	Talia Courouzos
<b>3E</b>	Eamonn Smith
<b>3/4F</b>	Tori Fitzpatrick (Assistant Principal Stage 2)
<b>4W</b>	Jacque Wood
<b>4A</b>	Bonny Abramowicz
<b>5/6A</b>	Alison Crowshaw (Assistant Principal Stage 3)
<b>5M</b>	Tonia Marshall
<b>5G</b>	Karina Guerrero
<b>5T</b>	Richard Trist
<b>6C</b>	Hayley Curnow
<b>6L</b>	Lisa Carlton
<b>Learning and Support Teachers</b>	Coralie Pratt (Wed/Thur/ Even Fridays) & Sarah Bye (Mon/Tues/Wed)
<b>Learning and Support / Gifted and Talented Teacher</b>	Joanne McLellan (Mon/Tues/Wed/Thur)
<b>School Counsellors</b>	William Chen (Mon) and Jocelyn King (Thur)
<b>English as an Additional Language/Dialect Teacher</b>	Emma Sills (Mon/Tues)
<b>Instructional Leader</b>	Hillary McKimm (Tues/Wed/Thur)
<b>Teacher Librarian</b>	Lissie Malhas
<b>Teacher Librarian / Executive Release</b>	Marina Cook (Mon/Tues Exec R) (Wed Library)
<b>Music Teacher</b>	Brooke Alver (Wed/Thur)
<b>Garden Teacher</b>	Tanya Leishman (Mon/Tues/Wed)
<b>Garden Support Teacher and Garden Maintenance</b>	Michelle French (Tues/Wed)
<b>Kitchen Teacher</b>	Jessica Forbes (Wed/Thur)
<b>School Learning and Support Officers</b>	Adam Jennings, Karen Loduwick (Mon/Tues/Wed), & Mel van der Vegt (Thur/Fri)
<b>School Administration Manager</b>	Gina Carline
<b>School Administration Officers</b>	Nikki Parren, Megcheline Williams & Kitty Williams
<b>General Assistant</b>	Chris Glass

Trudy Alcorn: **Principal**



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## From the Deputy Principal

### Parking at Seaforth Childcare Centre

The Seaforth Childcare Centre have asked us to remind parents that parking at their Centre's carpark is only for child care drop offs and pick-ups each day. Unfortunately one or two cars have been noticed parking there all day. Please also keep the footpath free, by not parking too far forward, as the footpath is needed for accessibility to the garden during school hours.

### Learning Support Information for Term 1

The Learning Support Team meet weekly to discuss individual, stage and whole school teaching and learning programs. The team look at how to support students with special learning needs, whether that be to support a learning difficulty or cater for a range of high performing student needs. Teachers are invited to attend these meetings to refer students after a 5 week intervention plan has been devised.

In Term 1 the Learning Support Team have selected a number of students to receive additional support, based on their end of 2018 results and teacher referrals. Some of the programs being offered to students are: a Kindergarten phonemic awareness program across all classes, the support of the implementation of the Get Reading Right Synthetic Phonics Program being implemented K-2, in class K-2 Maths support. MiniLit and MultiLit to cater to our Year 1 & 2 students who require extra support in Reading, our Reading Buddy program which is offered to Year 1 students with the assistance of a Year 6 Reading Buddy, Spelling Mastery for some of our Year 3 students, MaqLit to support our Year 4, 5 & 6 students' Reading and comprehension skills and a Year 5 Maths support group.

Our Learning and Support teachers Mrs Coralie Pratt, Ms Joanne McLellan and Mrs Sarah Bye will be sending notes home in the coming days informing parents if their child has been selected to participate in one of these programs during Semester 1. Please feel free to contact your class teacher or one of these Learning Support teachers to discuss your child's progress. These programs will begin next week, from Monday 11 February.

We are also fortunate to have been able to employ Mrs Hilary McKimm, a highly regarded Literacy leader, as an Instructional Leader at our school on Tuesdays, Wednesday and Thursdays. Her role this term will be to support the teaching of writing in our Stage 2 (Year 3 & 4) classrooms. Please say hello to her if you see her around the school.

The team is also working on catering for a number of enrichment programs throughout the year such as 'Murder Under the Microscope' for Year 5 & 6 students; Maths Olympiad for Year 5 & 6 students; Writing extension groups in most grades and possibly a Short-film group later in the year. We will send notes home to students regarding these programs when they begin.

Liz Armstrong: **Deputy Principal**

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## P &C News

**Next Meeting: Tuesday 19 February, 7pm Kempbridge Campus Library**

**Stay up to date by joining the P&C's "Seaforth Public School Community" Facebook page. Simply search "Seaforth Public School Community" on Facebook and request to join**

There continues to be a whirlwind of activity at both the Kempbridge and Yatama Campuses of improvement works funded by the P&C.

Over at Yatama work on the new Yatama Field is underway. The ground has been levelled and lots of work has been carried out that you can't see to deal with the water run off and ensure a fantastic pitch that stands the test of time. The base is almost finished and this will need to settle for a few weeks before the new artificial turf will be laid. We have a surprise addition to the area – a basketball half court and hoop! Once construction is complete new grass will be laid and we hope to also plant some new trees.

At the Kempbridge Campus we've finished the entrance, pathways, and best of all, air conditioning has been installed throughout the buildings which will be incredible for all our Kempbridge Campus kids, especially our new Kindergarten classes.

All this work is the culmination of years of fundraising and mountains of paperwork, it will all make a huge difference for years to come.

2019 kicks off at the P&C with the AGM and the appointment of the new executive on Tuesday 19th of February at 7pm at the Kempbridge library.

Please come along and join the meeting, plans for the year ahead, the canteen, solar panels, OSHC etc will all be on the agenda but most importantly we will appoint a new executive for the P&C. We really need some new parents to join as we have a number of people this year whose kids have now left the school, as well as those who have been on the exec for many years. The wonderful social events and the delivery of the important projects discussed depends on parents volunteering for the P&C, joining the exec and attending the meetings. 2019 will be a great year for some new ideas and plans.

Richard Williams: **P&C President**

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## Band News

Welcome back to all our lovely Band families!

We have had a wonderful first week of Band, the new Training Band kids have already exceeded expectations and are well ahead of schedule! Please let us know if you need any help sourcing a good tutor for your child, word has gotten out that Seaforth PS Band is rocking and we have some good tutors doing before and after school sessions on campus.



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The Performance Band has also had a great first rehearsal, well done to the children who auditioned for the Performance Band and were accepted, we are so impressed with your level of ability and you have made the sound so much richer!

It isn't too late to join Band for 2019, please contact the committee if you would like your child to be part of one of our Bands at [seaforthpsband@gmail.com](mailto:seaforthpsband@gmail.com)

Some dates for the diary:

12 February    Performance Band vote on Band Captains  
20 February -   Band Captain Induction at Assembly  
31 March -     Band Intensive Day 12.30-5.00pm

### **Band Rehearsal Times**

Training Band

Monday 3.15 - 4.30 pm

Wednesday 7.45 - 9 am

Performance Band

Tuesday 7.45 - 9 am

Thursday 3.15 - 4.30 pm

Allison Strickland: **Band Committee President**

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## **Music News**

### **Choir**

Congratulations to the 2018 Seaforth Public School Choir for being selected to sing at the Arts Alive Combined Choral Concert at the Sydney Town Hall later this year. The students worked extremely hard to prepare for the audition last year and I am sure they will enjoy working towards this wonderful event.

The Choir always welcomes new members so if your child is in Years 3-6 and enjoys singing then please encourage them to attend a rehearsal. Rehearsals take place in the Kempbridge music room on Thursday mornings at 8:15am. Permission slips are available on the SPS App and from the Kempbridge and Yatama Offices.

### **Recorder Club**

The recorder club is open to any child in Year 3 who would like to play as part of a recorder ensemble. This group will rehearse on Tuesday mornings in the Kempbridge Music Room from 8:30am. Please bring your own recorder. More information and permission slips are available on the SPS App and from the Kempbridge and Yatama Offices.

Brooke Alver: **Music Teacher**

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## Volunteers for Reading Tutoring Program

We would like to invite interested parents, grandparents, university students or someone you know suitable for the role to assist with our MultiLit Reading Tutor Program this year. This would involve working one to one with a student for half hour sessions at times convenient to you. The program is highly structured and scripted. Training will be provided. Being a tutor is a very rewarding and highly valued role which assists students in further developing their skill in and enjoyment of reading.

If you would like further information or wish to volunteer I would love to hear from you. Please email me on [coralie.j.pratt@det.nsw.edu.au](mailto:coralie.j.pratt@det.nsw.edu.au)

Coralie Pratt: **Learning and Support Teacher**

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## Kitchen Garden News

### Kitchen Garden Program for 2019

Welcome back to an exciting year in our wonderful Seaforth Stephanie Alexander Kitchen Garden. I look forward to teaching Stage 2 and 3 in our beautiful school garden this term. Students will be actively engaged in the garden learning how to plan, sow and harvest fruit and vegetables for the Stephanie Alexander Kitchen Garden Program. Additionally, students will be participating in Living World inquiry based lessons from the new Science and Technology syllabus (<https://educationstandards.nsw.edu.au>) Year 3 and 4 are studying the topic 'Grouping Living Things', while Year 5 and 6 are studying the topic 'Staying Alive'.

Outdoor classroom rules apply as per school rules. Handshakes are given as rewards for following the rules. Students are expected to be:

- safe with tools and personal space.
- respectful to nature and to others.
- responsible for actions.
- resilient in the outdoors.



As garden lessons are mostly outdoors all students will be needing their hat and pre applied sunscreen. Gardening gloves will be provided for activities such as planting, weeding, mulching, compost turning and worm farm maintenance. Students may need their jumper and or raincoat on colder days too. Students are encouraged to bring their reusable water bottle to the garden.



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Parents and grandparents are very welcome to assist with the lessons outside and help anytime with garden chores. Please contact me for further information if you'd like to help out.

[tanya.j.leishman@det.nsw.edu.au](mailto:tanya.j.leishman@det.nsw.edu.au)

### Take Me Outside Program in the School Garden

Garden staff were trained at Taronga Zoo this week in the new NSW Sustainable Schools program called Take Me Outside. This program encourages teachers to take kids outdoors for learning and activities to connect with nature and spend time outside. The Seaforth Kitchen Garden allows a space for connection with nature, a place to explore and learn science and gardening skills outside.



Tanya Leishman: **Garden Teacher**

### Kitchen News

Happy New Year Parents and Carers - I hope you all had a wonderful holiday. I am looking forward to another exciting year in our amazing Stephanie Alexander Kitchen.

#### Kitchen Classes for 2019

In Term 1, Year 3 will be in the kitchen:

- Wednesday: 3S & 3C
- Thursday: 3/4F & 3E

Year 4 will have Kitchen Classes in Term 2, and Years 5 and 6 in Terms 3 and 4

As always, we need volunteers (ideally 4 for every lesson), to assist students. Please contact us if you would like to be part of our very rewarding, exciting and fun Stephanie Alexander Kitchen Garden program.

[Jessica.Forbes14@det.nsw.edu.au](mailto:Jessica.Forbes14@det.nsw.edu.au) and [Tanya.J.Leishman@det.nsw.edu.au](mailto:Tanya.J.Leishman@det.nsw.edu.au)



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In the first semester, students will participate in a research project called “Make Dinnertime Matter”, in partnership with Flinders University, Nutrition Australia and MasterFoods.

The program, aligned to Stage 2 PDHPE learning outcomes, has been built on insights from scientific research, which shows that connecting families around mealtimes can contribute to positive impacts on social, emotional and physical wellbeing. The “Make Dinnertime Matter” program fits perfectly with our Stephanie Alexander kitchen garden philosophy of Pleasurable Food Education.

Lessons will be delivered in the kitchen. There are weekly homework components involved, that align to the curriculum, which was outlined by Flinders University. The content, developed by a team of experienced educators (under the direction of Nutrition Australia), is based around the preparation, cooking and sharing of a home-cooked family meal.

The project has been funded by a grant from Masterfoods Australia, although in line with the company’s policy, it has no role in the implementation of the school program.

### Recipe of the Fortnight - No Bake Playdough

#### Equipment

- Measuring cup
- Tablespoon
- Large mixing bowl
- Wooden spoon



#### Ingredients

- 2 cups plain flour
- 4tbs Cream of tartar
- 2tbs Cooking oil
- 1 cup Salt
- Food colouring
- 2 cups Boiling water (CAREFUL HOT!)



#### What to do

- Put flour, cream of tartar, cooking oil and salt in a mixing bowl
- Make a well in the middle and slowly pour in the boiling water
- Add as much or as little food colouring as you like
- Mix
  - ❖ It might not come together at first, but persevere! It will eventually take on that nice play doughy texture
- Wrap play dough in cling foil

#### Fun Facts

**Play-Doh was first sold as a wallpaper cleaner.** People could remove soot and dirt from their wall coverings by simply rolling the wad of goop across the surface.

**Back when it was a household cleaner, the product came in only one dud of a color: off-white.**

Jessica Forbes: Kitchen Teacher



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## School Banking

Seaforth Public School is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2019 are:

- Scented Stackable Highlighters\*
- Snowy Origami Set\*
- Icicle Slapband Ruler
- Yeti Fluffy Notepad
- Arctic Owl Fluffy Keyring
- Scratch Art Cards
- Water Skimming Bounce Ball
- Polar Pencils & Pencil Toppers



\*Available Term 1.

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens, they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

School Banking day is **Tuesday 8.45-9.10 in the Uniform Shop and will commence on 12 February.** Each week you need to **bring your completed book/wallet to the school banking desk before school to complete your deposit.**

If you are interested in opening a Commonwealth Bank Youthsaver account for your child you can visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) and click on the link to open a Youthsaver account.

Jacky Fraser: **School Banking Co-Ordinator**

## Scholastic Book Club

Issue #1 is out now and you should have received a catalogue home in the last week. If not you can pick up a catalogue at the Kempbridge Office or Yatama Office, or you can 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.



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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

### **ORDERS CLOSE MONDAY 18 FEBRUARY!**

Orders are usually delivered to your child's classroom approximately 1 week after the closing date for orders.

If you have any questions or difficulties please contact me at [seaforthps.scholasticbookclub@gmail.com](mailto:seaforthps.scholasticbookclub@gmail.com)

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

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## **Uniform Shop News**

### **Opening Hours:**

Monday 8.45-10.00am

Thursday 2.45-4.00pm

### **Year 6 Commemorative Wear for 2019**

Orders for Year 6 Commemorative Wear close Friday 8 February. Don't miss out - this is the ONLY chance to purchase for 2019. Orders can be placed on Flexischools. If you have any difficulties or have changed your mind regarding sizes or quantities please contact me directly!

### **Volunteers**

The Uniform Shop is looking for volunteers to help out once or twice per term. If you are interested please use the Sign Up Zone link at <https://signup.zone/x4h424JXtAxifyngx>

### **Second Hand Items**

If you have any uniform items your child has grown out of and have no further use for, you can donate any items to the Uniform Shop. 100% of the proceeds of the sale of second hand items go directly to the P&C. It is much appreciated if items are clean and in good order!

### **Girls Skort and Trouser Options for 2019**

Our suppliers have been asked to make up samples of a Summer Skort and Shirt, and Winter Trousers options for female students. As soon as they are ready they will be presented at the first available P&C Meeting.

If you have any questions or require assistance please contact me directly by text on [0410 418 836](tel:0410418836) or via email at [Seaforthuniformshop@gmail.com](mailto:Seaforthuniformshop@gmail.com)

Kitty Williams: **Uniform Shop Co-ordinator**

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## Canteen News

We have had a busy start to the year, with lots of lunch and recess orders, as well as the introduction of exciting new product lines! We have a new range of healthy drinks from Emma & Toms including juices – a 100% squeezed pure orange juice and a 100% pressed cloudy apple juice, fruit smoothies – “KarmaRama” containing orange, pineapple, mango, banana and passionfruit with ginseng, and “Green Power” containing apple, banana, passionfruit, plum and lemon with natural green botanicals, and all natural Chocolate and Strawberry milk varieties containing no added sugar. Also new this year is a delicious “Cheesy Pizza Roll” featuring a sub roll filled with pizza sauce and heaps of cheese, then baked in the oven and served hot (available lunchtimes Monday to Friday) and listed as an “everyday” item under the new healthy canteen guidelines

There is no canteen service at Yatama Campus until the completion of building works there, however students can still order from the canteen and their orders are delivered to their classrooms at Yatama. If you want to order your Yatama Campus child something frozen, please include it in their lunch order so they can collect it from the Kempbridge canteen whilst they are there for lunch. In the current heat we unfortunately cannot guarantee that frozen treats will still be frozen when they arrive at the Yatama campus for recess

### Seaforth Public School Canteen Menu TERM 1 2019

#### HOT FOOD

##### Monday only (L)

Pasta Bolognese with/without cheese	\$5.50
Rice & Bolognese GLUTEN FREE	\$5.50
Mac & Cheese	\$5.50

##### Tuesday only (L)

Beef Nachos	\$5.50
Vegetarian Nachos	\$5.50

##### Thursday only (L)

Butter Chicken with jasmine rice	\$5.50
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##### Friday only (L)

Fried Rice - with chicken	\$5.50
Vegetarian Fried Rice	\$5.50
GLUTEN FREE Fried Rice - chicken or vegetarian	\$5.50

##### Monday to Friday (L,R)

Party Pie	\$1.50
Chicken Nuggets - 3 pack	\$2.20
Chicken Nuggets - 6 pack	\$4.40
Cheezy Pizza Roll	\$4.00

##### SUSHI - Wednesday only (L)

Sushi Roll - chicken/tuna/avocado	\$3.80
Sushi Mini Box - mixed/avocado/tuna/cucumber	\$4.00

##### SALAD BOX (L)

Fresh Salad - Lettuce, Cucumber, Carrot, Tomato, Beetroot	\$4.00
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##### Extras

Chicken, Ham, Tuna, Egg or Cheese	\$1.20ea
Dressing	\$0.50 ea

#### SANDWICHES (L,R)

Cheese	\$3.00
Ham	\$3.50
Chicken (poached)	\$3.50
Tuna	\$3.50
Egg	\$3.50
Salad	\$4.50
Honey (with margarine)	\$2.50
Vegemite (with margarine)	\$2.50

##### Extras

Beetroot, Carrot, Cucumber	\$0.50 ea
Lettuce, Tomato	\$0.50 ea
Cheese, Ham, Chicken, Egg, Tuna	\$1.20 ea
Tomato/BBQ Sauce or Mayonnaise	\$0.20 ea
GLUTEN FREE Bread	add \$1
Roll	\$0.50

#### TOASTIES (L,R)

Cheese	\$3.50
Cheese and Ham	\$4.00
Cheese and Tomato	\$4.00
Cheese, Ham and Tomato	\$4.50

#### TORTILLA WRAPS (L,R)

Chicken with salad	\$5.00
Ham with salad	\$5.00
Tuna with salad	\$5.00
Salad only	\$4.50
Cheese only	\$3.00
GLUTEN FREE Wrap	add \$1

#### DRINKS (L,R)

Yoghurt Pouch - strawberry/vanilla	\$2.00
Organic Springs Water	\$2.00
Chill J - raspberry/grape/blackcurrant	\$2.00
E & T Juice - apple/orange	\$2.50
E & T Smoothie - KarmaRama/Greenpower	\$2.50
E & T Milk - strawberry/chocolate	\$2.50
Focus Blackcurrant Sports Drink	\$2.50
Milo or Up & Go - strawberry/chocolate/vanilla	\$2.50

#### FRUIT & VEGGIE SNACKS (L,R)

BYO apple for a free slinky at the counter	
Carrot Sticks (4 per serve)	\$0.50
Frozen Pineapple Ring	\$0.50
Fresh Fruit - apple or banana	\$1.00
Corn Cob	\$1.00
Mixed Veg Snack Pack	\$1.00
Veg & Cheese Snack Pack	\$1.50

#### SNACKS (L,R)

Tiny Teddy or Weet-Bix Bite (Counter only)	\$0.10
Garlic Bread or Bread Stick	\$0.20
Popcorn	\$0.20
Steamed Rice Cup - served with soy sauce	\$0.50
Vanilla Cookie or Anzac Biscuit	\$0.70
Vanilla Slice or Muesli Slice	\$0.70
Mini Raspberry Muffin	\$0.70
Pikelet or Chocolate Crackle	\$0.70
Bliss Ball or Choc Ball	\$0.70
GLUTEN FREE Mini Muffin or Pikelet	\$0.70
Banana or Pear & Raspberry Bread	\$1.00
Natural Sea Salt Chips	\$1.20
Vege Crackers GLUTEN FREE	\$1.60

**To order please go to [www.flexischools.com.au](http://www.flexischools.com.au)**

L = available at Lunch (11.10-11.40am) R = available at Recess (1.45-2.10pm)

VARIOUS FROZEN ITEMS AVAILABLE

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Fiona Douglas and Sue Yates: **Canteen**



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## Year 7 Talented Academic Placement Test - 2020 Intake

Placement in the Year 7 Talented Academic classes for Year 7, 2020 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 ACER Academic Placement Test. Details are available as follows:

### Application Forms

Application forms can be downloaded from the Northern Beaches Secondary College website [www.nbscollege-m.school@det.nsw.edu.au](http://www.nbscollege-m.school@det.nsw.edu.au) then go to Curriculum Opportunities/Yr 7 Academic Placement

### CLOSING DATE FOR APPLICATIONS

#### NBSC Mackellar Girls Campus

Friday 22<sup>nd</sup> February, 2019 by 4.00pm

#### NBSC Balgowlah Boys Campus and NBSC Cromer Campus

Thursday 28<sup>th</sup> February, 2019 by 4.00pm

Students **must** sit the test at the campus they wish to attend in 2020:

- **NBSC Balgowlah Boys Campus** – 27 Maretimo St, Balgowlah
- **NBSC Cromer Campus** – 120 South Creek Rd, Cromer
- **NBSC Mackellar Girls Campus** – 11 Campbell Pde, Manly Vale

**Test Date: Thursday 21<sup>st</sup> March 2019 at 9.00am**

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

**Sandra Bonello – Phone: 9939 7348**  
NBSC Administration Centre

### Other Talented Year 7 Programs

For information regarding other talented programs, visit the relevant campus websites:

NBSC Balgowlah Boys Campus [www.nbscbalgb-h.schools.nsw.edu.au](http://www.nbscbalgb-h.schools.nsw.edu.au)

(Talented Music Program)

NBSC Cromer Campus [www.nbscromer-h.schools.nsw.edu.au](http://www.nbscromer-h.schools.nsw.edu.au)

(Talented Music Program)

NBSC Mackellar Girls Campus [www.nbscmgirls-h.schools.nsw.edu.au](http://www.nbscmgirls-h.schools.nsw.edu.au)

(Talented Athlete, Dance, Music and Visual Art Programs)



**PRINCIPAL**  
Ms Rosemary McDowall  
BA, Dip Ed, B.Ed



**DEPUTY PRINCIPAL**  
Ms Cathryn Thompson B.Ed  
Mr Mathew Finley 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 9<sup>th</sup> 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 11<sup>th</sup> March from 4.00pm to 6.30pm**

Students wishing to be placed in our Gifted and Talented class for Year 7 2020 must first sit for this test. The Year 7 G&T class for Year 7 2020 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 in cash only. 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 to register. Please register by Friday 1st March.**

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### **OPEN NIGHT – Wednesday 6<sup>th</sup> March 2019 from 5.30pm 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; school tours; music, dance & drama performances; teachers & parents will be available to answer questions.

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### **MEET THE PRINCIPAL – dates for 2019**

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 18th February – 9am**  
**Monday 18th March – 9am**  
**Monday 13th May – 9am**  
**Monday 5<sup>th</sup> August – 9am**  
**Monday 28th October – 9am**

135 Frenchs Forest Road, Frenchs Forest NSW 2086 Phone: 02 9451 5111 Fax: 02 9975 3293  
[www.theforest-h.schools.nsw.edu.au](http://www.theforest-h.schools.nsw.edu.au)



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### "Nourishing your Family through Whole foods"

a nutrition talk for parents and carers about delicious, nutritious seasonal food to help your family thrive.

22 Feb 9.30 - 11am. SPS kitchen or Yatala St campus  
\$10 includes home-made morning tea. Bookings essential.



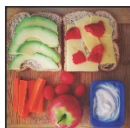
### "The Nourished Lunchbox"

a session all about nutritious lunchbox foods to help your kids work, rest and play (no Mars bars 😊)  
1 March 9.30am - 11am. SPS kitchen on Yatala St. campus  
\$20 includes cooking demo, tastings and recipes. Bookings essential.

with Nutritionist, Lou Edney Adv Dip Nut Medicine

#### Bookings

[http://www.nourishingnosh.com.au/store/c/7/2019\\_Timetable.html](http://www.nourishingnosh.com.au/store/c/7/2019_Timetable.html)



[louise@nourishingnosh.com.au](mailto:louise@nourishingnosh.com.au)

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

Phone 0401 370 379



We offer

## Nutrition Consultations Cooking Classes and Nutrition Demos and Talks

Classes and Talks coming to SPS this February.

22 Feb: Nourishing your family with whole food  
1 Mar: The Nourished Lunchbox  
(bookings essential via website)

with Lou Edney, nutritionist, founder of Nourishing Nosh and more recently, the Get Nourished Program. Since 2008, Nourishing Nosh has fed many and taught countless numbers of Sydney-siders the transformational benefits of real food, its health promoting powers on your body, and how to cook it.

#### OUR PURPOSE

To inspire and empower, all who eat, through evidence-based nutrition education, creative, delicious, cooking classes and practical demonstrations to improve healthy eating habits and quash nutrition myths by exposing faddy food trends.

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

[louise@nourishingnosh.com.au](mailto:louise@nourishingnosh.com.au)

Phone 0401 370 379



### Waste free pantry shopping at The Source Bulk Foods Balgowlah!

Buy as little or as much as you need. Join our VIP club and 5% of the value of your purchase can be donated back to Seaforth Public School Kitchen Garden Program!

Visit us at Stockland Balgowlah - opposite Coles to buy your pantry staples, save the environment and help support the school.



## Waste Free Warrior Lunches

Do your family and the environment a favour—skip the plastic and pack lunches into one of our stainless steel lunchboxes.

Visit us at Stockland Balgowlah for all your pantry needs, including a delicious selection of healthy school snacks that kids love to eat.

The Source Bulk Foods Balgowlah—we're a proud supporter of Seaforth PS Kitchen Garden :).



Seaforth Public School

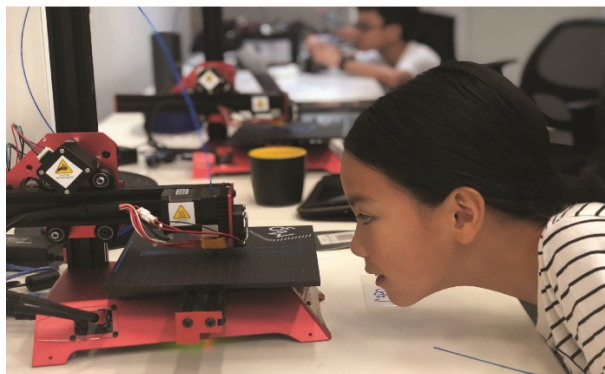
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Limited vacancy!

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Dance and exercise for all ages

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- Classes at Manly West Public
- Open Day Friday 1st February



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a **FREE** membership  
(see website for details)

0410 490 511  
[www.balgowlahphysie.com](http://www.balgowlahphysie.com)

Enrolments  
now open  
Students 5-18 Years



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Classes at Manly Vale Community Centre

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[www.helenogrady.com.au](http://www.helenogrady.com.au)  
[sydneynhbeaches@helenogrady.com.au](mailto:sydneynhbeaches@helenogrady.com.au)



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## PINK BALL TERM 1

### GIRLS ONLY BASKETBALL PROGRAM

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL  
SKILLS WITH FEMALE COACHES

DATES: SAT 9th Feb to 6th April (9 WEEK PROGRAM)

TIME: 1:30-2:30 PM

VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE

COST: \$100 INCLUDES A PINK BALL OR SINGLET

TO BOOK: <https://www.trybooking.com/ZNNR>

To use your Active Kids Voucher, email it to [mwba@manlybasketball.com.au](mailto:mwba@manlybasketball.com.au)  
with the child's DOB and we will send you the code to void payment.

[WWW.MANLYBASKETBALL.COM.AU](http://WWW.MANLYBASKETBALL.COM.AU)

## MANLY WARRINGAH BASKETBALL ASSOCIATION

# POTTER LEAGUE SEMESTER 1 2019

## DEVELOPMENT LEAGUE

Potter League is an introduction to basketball games. For NEW players in primary school in years 1 to 6, boys & girls. This is a non-competitive competition with no ladder for yrs 1/2 & 3/4, allowing the players to focus on learning & having fun. Players can enter as individuals or as a team. Fees include insurance, playing fee, singlet & on court coach/Ref.

SAT 3RD MARCH/TUES 5TH MARCH TO SAT 29TH JUNE/TUES 2ND JULY 2019



### Schedule and cost:

School Year	Day	Venue	Time	Cost
Years 1-2 mixed sex	Tuesday	NBISC	4-6pm	\$185
Year 3-4 mixed Sex	Tuesday	NBISC	4-6pm	\$230
Year 3-4 Girls	Saturday	NBISC	1:30-6pm	\$230
Year 3-4 Boys	Saturday	NBISC/PCYC	1:30-6pm	\$230
Year 5-6 Girls	Saturday	NBISC	1:30-6pm	\$230
Year 5-6 Boys	Saturday	NBISC/PCYC	1:30-6pm	\$230

N.B.: All times & days are our best estimates but are subject to change

To Register: <https://www.trybooking.com/ZSGU>

Registration closes: sun 24th Feb 2019, 7pm



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**Manly Warringah Sea Eagles Basketball**

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. No need to book, just come along and join in the fun.

**Ages: 5-7yrs., 1:30-2:30**  
**7yrs and up, 2:30-3:30**  
**Venue: Northern Beaches Indoors Sports Centre**  
**Cost: \$10 per child.**  
 For more info go to [www.manlybasketball.com.au](http://www.manlybasketball.com.au)



**SATURDAY LEARN TO PLAY STARS: SAT 9TH FEB 2019**



**DUNKIN SAYS JUMP INTO IT!**



**REGISTER NOW AT [AUSSIEHOOPS.COM.AU](http://AUSSIEHOOPS.COM.AU)**



## Community Notice Board



**Register now!**

**BALGOWLAH SUNS**  
**5-7yrs Auskick**  
**8-16yrs Juniors**

Kristy Smith  
 0408054554  
[balgowlahsunsoffice@gmail.com](mailto:balgowlahsunsoffice@gmail.com)

 Sign up for junior footy **play.afl**



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UNDER 6 & 7 - TWO HANDED TAG, NOT  
TACKLE;  
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COMPETITIONS



SEAFORTH RAIDERS  
RUGBY

RAIDERS  
RUGBY



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RESERVE,  
SEAFORTH

QUESTIONS? PRESIDENT@RAIDERSRUGBY.COM.AU

## Interested in playing hockey in 2019?



Manly Junior Hockey welcomes players from 5  
years and up, boys and girls.

Specially modified games for our younger age  
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Friendly grass  
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age group).



Fast and furious turf  
competition played at  
grounds across Sydney.

'Come and try' skills sessions 20<sup>th</sup> & 27<sup>th</sup> March  
All newcomers welcome.

**Registrations now open!**

For further information visit our website

[www.revolutionise.com.au/manlyhockey](http://www.revolutionise.com.au/manlyhockey) or contact  
us at [manlyjuniorhockey@gmail.com](mailto:manlyjuniorhockey@gmail.com)



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