



# The Seaforth Satellite

The newsletter of Seaforth Public School

Term 3 Week 4 – 15 August 2019

## All you need to know in 30 seconds!

### Dates for your diary:

#### August

- 14-15 Week of Tastes – SPS Kitchen Classes
- 15 Kindy 2020 Information Evening
- 19 Maths Olympiad – Test 4
- 20 P&C Meeting – 7pm, Kempbridge Library
- 21 Book Week Parade
- 28-29 Zone Athletics Carnival
- 30 Fathers Day Breakfast

#### September

- 2 Bear Pit Public Speaking Finals
- 4 Navy Band Performance K-6
- 5 Kindergarten 2020 School Tour
- 7 North Shore Primary School Concert Band Festival – SPS Bands
- 8 Maths Olympiad – Test 5
- 10 Field of Mars Excursion – Year 1
- 11 Premier's Spelling Bee Regional Finals
- 12 Field of Mars Excursion – Year 2
- 14 NSSWE Spring Festival – SPS Bands
- 17 P&C Meeting – Kempbridge Library, 7pm
- 19 Northern Beaches Science Competition
- 25 Celebration of Learning Assembly
- 26-28 SPS Performance Band Tour

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

## From the Principal

### The Hon. Zali Steggall MP, Member for Warringah, Assembly Presentation

Yesterday we welcomed our new Member for Warringah, The Hon. Ms Zali Steggall MP, to our school when she attended the K-6 assembly in the afternoon. Ms Steggall presented our school with the Australian and Aboriginal Flags for our new flagpole at Yatama St Campus. She also presented some certificates to our Spelling Bee winners.



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It was an absolute pleasure to welcome Ms Steggall to our lovely school and we do hope she returns for many future events.



### **Congratulations Arts Alive Choir Performance - Monday 5 August**

Our school choir sang beautifully at the Sydney Town Hall as part of the mass choir on Monday night, 5 August. Thank you to all our students for representing our school in this very prestigious event and demonstrating fantastic behaviour and a love of music. Special thanks to Mrs Brooke Alver for all the hard work she puts into giving our students these wonderful opportunities.

Mrs Alver's report later in the newsletter.



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### **Congratulations Wakakirri Performance at NIDA - Monday 12 August**

The night was finally here – The Wakakirri Dance Group performing at NIDA. Over 80 performers from Seaforth performed a story dance piece based on the book *Walking the Boundaries* by Jackie French. It was truly an outstanding performance from Seaforth students and they are to be congratulated not only on their performance but their behaviour. Their performance was polished, professional and oozed enthusiasm and dedication. We are very proud to have been awarded the certificate for “Best Teamwork” which really did shine through in the performance. Thank you to Miss Jacque Wood, Mrs Tori Fitzpatrick, Miss Alison Crowshaw and Mrs Abramowicz. Thanks also to Miss Karina Guererro, Miss Lisa Carlton, Ms Hannah Piper and Mrs Tonia Marshall for being there to support on the night. Thank you to all our very supportive parents who were there on Monday night (looking very proud indeed) and in particular to those who helped with make-up and costumes. The students looked amazing. Congratulations to all, it was such a fabulous team effort!



### **PSSA Finals Tomorrow**

Congratulations to our Netball Senior A, Junior A and Junior B1 Teams who play in the finals on Friday afternoon. Also, congratulations to Rugby Juniors, Junior Boys Soccer B Team and Junior Boys Soccer A Team who will be playing the finals on Friday. Thank you to all the coaches for PSSA throughout the winter season; Miss Lisa Carlton, Miss Alison Crowshaw, Mrs Bonny Abramowicz, Mr Richard Trist, Miss Sammi Van der Saag, Mrs Hayley Curnow, Miss Rachel Catlin, Miss Jacque Wood, Mrs Tori Fitzpatrick and Mr Eamonn Smith. How lucky are we at Seaforth to have such wonderful and dedicated coaches.

Good luck to all our teams. Have fun, be good sports and just do your best!

### **Open Day – Thank you for Visiting!**

It was fantastic so welcome so many parents, grandparents and grandfriends to our Open Day last week. The classrooms were buzzing with activities and the concert had a full house. We enjoyed hosting a second hand book stall, kitchen garden stall and band run - tea, coffee and lamingtons. Thank you to everyone who came to visit and to all the staff who contributed to this lovely event.



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### **Congratulation to Bella**

We have such talented sportspeople at Seaforth Public School! Bella has been successful in coming 3rd in the 200m multi class race and 4<sup>th</sup> in the 100m multi class race for NSW athletics. This means she is off to Darwin to compete in the Nationals from 18- 23 September.

Congratulations Bella! We are so proud of you and wish you the very best.



### **Thank you for Voting for Our Playground Grant!**

Thank you to all of you who voted for our application for a grant from local council to create a new nature garden and play area for on the Kempbridge Avenue Campus. We have been successful in getting to the finals and now we need votes. The voting closes this afternoon and we are very excited to find out how we went. We'll keep you posted. Thank you to P&C, in particular Corina Crowe, who wrote the submission and Jeremy White who has promoted this in the community so effectively.

### **Book Week Parade Next Wednesday**

We are very excited preparing for our annual Book Week Parade which is on Wednesday 21 August. Both staff and students have been busily preparing costumes. Please note the parade will commence at 10am, however, all classes will start on Kempbridge Avenue that morning. There will be a book sale and at 11am a sausage sizzle. Please see the library report further on in the newsletter for further details. We can't wait to lose ourselves in literature.

Trudy Bates: **Principal**

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### **From the Deputy Principal**

What do politicians, 'chicken surprise', 55 confiscated smart TV remotes and world class athletes all have in common? Why, school camp, of course! From Monday 29 July to Wednesday 31 July, the Year 5 and 6 students and teachers explored Canberra to learn more about important aspects of our history and our democratic system of government. We had a busy itinerary which saw us visit the Electoral Education Centre, Museum of Australian Democracy, Rose Gardens and Telstra Tower on the first day; the Australian War Memorial, CSIRO, Australian Institute of Sport and Questacon on the second day; and Parliament House and the National Arboretum on the final day. The teachers and students had a fabulous time and learnt a lot. We were very proud of the responsible way in which the students conducted themselves, and were especially chuffed when Zali Steggall (who took time out of her busy schedule to meet all of us during our visit to Parliament House) commented on the wonderful behaviour of the Seaforth students.



**Seaforth Public School**

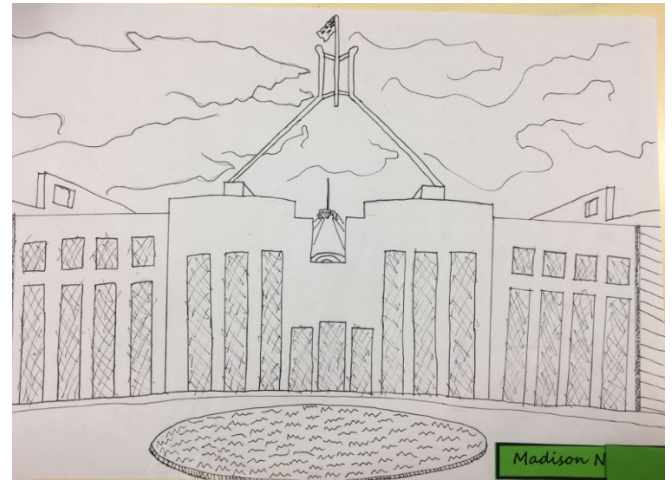
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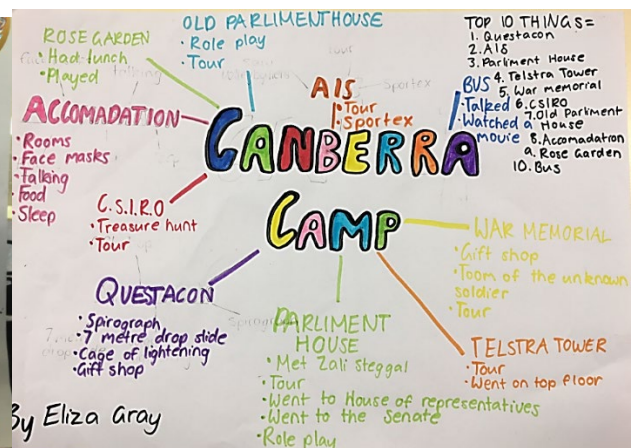
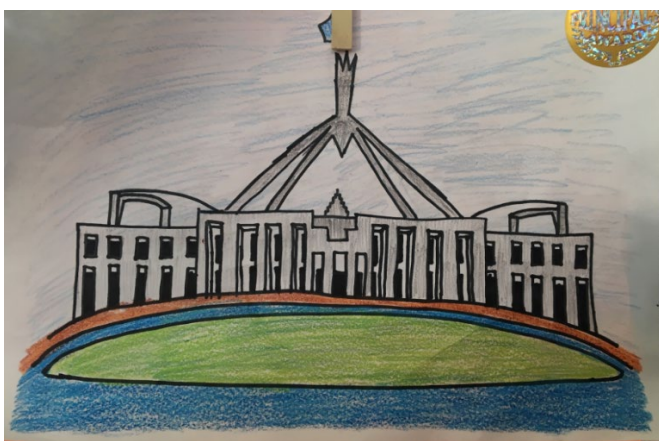
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I would like to thank all of the Year 5 and 6 teachers and Miss Malhas for their enthusiasm and support throughout the trip, and a special thank you to Mrs Marshall for her excellent organisation in the lead up to camp.

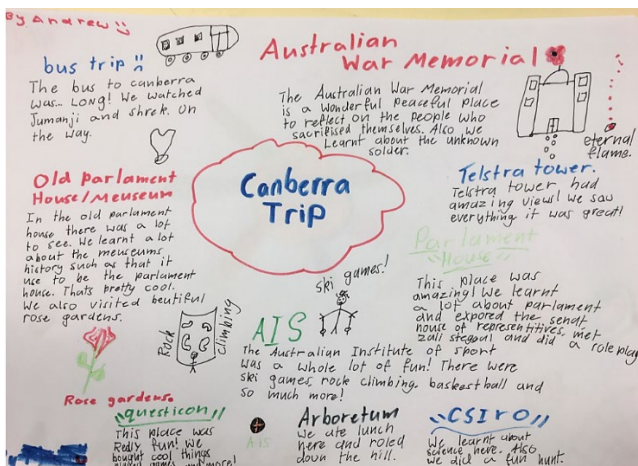


Here is a brief collection of the some student work related to our visit:



Bellina F 6C

Eliza G 5/6A



Andrew T 5/6A



Sienna C 6C

Alison Crowshaw: Relieving Deputy Principal



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## Parent Information Evening



**Thursday 15 August  
6.00pm**

Kempbridge Campus Library  
37 Kempbridge Ave, Seaforth

Please come along to our Parent Information Evening for our incoming Kindergarten 2020 families to find out more about our lovely school.

There will be information provided about the school's programs by the Seaforth Public School Principal Trudy Bates and Assistant Principal – Kindergarten Meryn Kay

School enrolment packs will be available to collect on the night.



For further information please call the Kempbridge Office on 9948 1694 or email [seaforth-p.school@det.nsw.edu.au](mailto:seaforth-p.school@det.nsw.edu.au)



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## Premier's Spelling Bee

Last week Seaforth Public School held our school finals for the Premier's Spelling Bee. Each class had two representatives in either the junior (Years 3-4) or senior (Years 5-6) final. All of our finalists demonstrated fantastic spelling skills and resilience and should be congratulated for their outstanding effort. It is quite an achievement to stand before your peers and spell some exceptionally tricky words out loud! A special congratulations to our junior winners, Tara C and Sophia H, and our senior winners, Jack H and Sienna F. These students will be representing our school at a regional final on 11 September.

Hayley Curnow: **Premier's Spelling Bee Co-ordinator**

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## Wakakirri Performance



Congratulations to all the students in Years 3-6 who performed in the story dance Wakakirri competition at NIDA on Monday night. Their performance of 'Walking the Boundaries' was truly outstanding and it showcased how hard all the students have worked. We received the 'Best Teamwork' award on the night and were commended on our creative re-tell of Jackie French's novel. The judge particularly commended our key protagonists - Eva G, Ruby S, Sophie L and Liam J.

We will find out near the end of August if we have another opportunity to perform. Regardless, it was a rewarding experience for everyone involved. It gave students the opportunity to make new friendships and express themselves, and all the teachers would like to thank the students for their passion and dedication. Another thank you goes to our amazing group of parents who have been just as dedicated and supportive throughout the whole process. So, well done again and fingers crossed.

Jacqueline Wood, Tori Fitzpatrick, Alison Crowshaw and Bonny Abramowicz: **Wakakirri Team**

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## Arts Alive Primary Choral Concert



On Monday night, 14 of our choir students performed at the Sydney Town Hall as part of the 2019 Arts Alive Primary Choral Concert. After months of rehearsing and polishing the 10 combined choir songs, we were excited to finally perform on stage with 500 children from primary schools across our Sydney North region. It was a wonderful evening of music which featured the combined choir throughout the program. We were also fortunate enough to be entertained by a variety of primary and high school ensembles including concert bands, string ensembles, jazz bands, a cappella as well as incredible soloists on marimba, flute, bassoon and piano. An inspirational and joyful experience for all.

Congratulations to the choir members for their exemplary behaviour throughout the day and evening and for their grand efforts in preparing the repertoire.

Brooke Alver: **Music Teacher**

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## Basketball Gala Day

On Monday the 12 August a group of 23 Year 6 students competed in the Manly Warringah Basketball Gala day at the Northern Beaches Indoor Sports Centre. We had two boys teams and a girls team play 4 games each throughout the day competing against 9 other schools. Both boys teams won the majority of their games but unfortunately did not make it past the group stage. The girls made it through to the semi-finals but the ball just would not go through the hoop, and as a result were beaten, a brilliant effort from all teams considering some were playing the sport for the first time.

I'd like to thank the parents who came on the day and helped out with scoring as well as pass on my congratulations to all student competitors for consistently showing our school values and representing Seaforth with great pride. All players gave their best effort and enjoyed the fun and challenges these sporting days provide, well done to all on a great day.

Richard Trist: **Basketball Gala Day Co-ordinator**

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## Book Week Parade and Book Sale



On Wednesday 21<sup>st</sup> August Seaforth PS will be hosting its annual Book Week Parade. This year's theme is 'Reading Gives you Super Powers'. Children are encouraged to dress up as any character or thing from their favourite book. The more creative the better as there will be prizes for the most imaginative, colourful and original costumes.

The parade will kick start at 10am at the Kempbridge campus oval. Family members and friends are invited to watch and enjoy the parade, and to join students for lunch afterwards.

On the day there will be a monster sausage sizzle that students can pre order through Flexischools. The options will be \$3.50 for a sausage sandwich and \$5.50 for a sausage sandwich and ice cold poppa. There will be a notification on the AP when this is available.

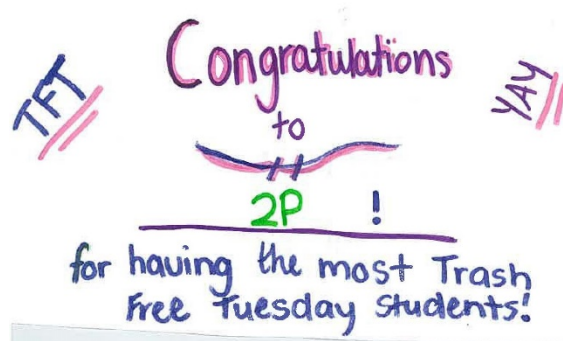
The library will also be selling new books that will be donated to the library. Parents and students will have the opportunity to purchase books on the day and donate them to the library. A bookplate with your child's name on it will be glued on the inside cover of the book.

Lissie Malhas: **Librarian**

## Trash Free Tuesday

Congratulations to the class who had the most students bringing trash free lunches to school over the last fortnight.

Congratulations to 2P for having the most Trash Free Tuesday lunches. Certificate created by Sophie L and Miguel, SRC Representatives of 5T



Lauren Boyd and Caroline Smith: **SRC Co-ordinators**





## Kitchen Garden News

### What does learning outside in the garden look like?

Classes have been focusing on living world inquiry questions:

Kindy: What do I notice about living things in the garden?

Year 1+2: What are the external features of living things in the garden?

Classes are working in 4 groups doing activities and gardening jobs. The groups rotate through activities. Recently students have been: creating art installations by sewing autumn leaves, using natural clay to create habitats, investigating the diversity for native plants, worm farming, composting and sowing seedlings. Learning outside with hands on play based activities can lead to a better connection with nature and the 'living world'. Other positive side effects of learning outside include: self-mastery through risk taking, physical fitness, resilience, self-regulation and student-centred discovery.



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## Volunteers - we love having your help in the garden

Thank you volunteer parents for assisting so far this term. We would like 1 or 2 parents each lesson if you are available. 30 minutes of your time will provide an enormous help. Please contact Tanya Leishman ([Tanya.J.leishman@det.nsw.edu.au](mailto:Tanya.J.leishman@det.nsw.edu.au)) if would like to come along to your child's garden class. Parents due to safety reasons, younger siblings are not allowed at garden lessons.

Monday 9.15am 2S, 10.15am 2B, 11.45am 1R, 12.45pm KB, 2.15pm 2P

Tuesday 9.15am 1J, 10.15am 1E, 11.45am KY, 12.45pm KG.



## Bushlink

Bushlink will be visiting and assisting the students again Monday week 5. It is awesome to have the Bushlink crew helping us with preparing the Orchard and weeding the Bush Tucker garden.

See <https://www.bushlink.org.au/schools-inclusion-program/> for more information about the fantastic Schools Inclusion program.

**BUSHLINK NEED A NEW UTE!**

Sunday 1 September 2019  
From 08.30am on Manly Corso Oceanfront  
2km, 5km or 10km events  
Register now, at [manlyfunrun.org](http://manlyfunrun.org)

**Help us out by DONATING TODAY at**  
<https://manlyfunrun.grassrootz.com/bushlink>

Or follow the links on Bushlink's Facebook page



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## Kitchen Garden Market Stalls

The Kitchen Garden Market stall was very successful on Open Day.

We look forward to the next stall at the Book Week Parade on Wednesday 21 August for fresh produce, pickles, bees wax wraps and our famous dried Italian herbs.

Tanya Leishman: **Kitchen Garden Teachen**

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## Kitchen News

### La Semaine du Goût: The Week of Taste @ Seaforth

We are very excited to announce that this year Seaforth PS participates for the very first time in the Week of Tastes. The Week of Tastes is a program that culminates in an annual event, designed to change children's relationship with food and address eating habits contributing to the obesity epidemic.

Created in 1990, in France, la semaine du goût's main objective is to educate children and adults alike about food. It is as well an opportunity to showcase a diversity of tastes, to give clear information on food products (how they were made, where they come from ...), to promote the food industry jobs and expertise, to encourage a healthy and balanced diet/lifestyle and to of course to enjoy tasting and eating!

The Week of Tastes allows children:

- to understand how they use their five senses to appreciate food
- enrich their food vocabulary
- develop curiosity and a positive attitude towards new foods
- discover the diverse world of flavours
- learn the link between good food choices and good health
- connect them to chefs, bakers, pastry chefs, cheese makers or other food producers in their community.

We are delighted to have three presenters who will demonstrate their passion and skill in three different workshops over the next couple of weeks.

Last week our students enjoyed the most delicious mini quiches and a delicious nut-free muesli bar, both ideal for the lunch box.

## Recipes of the Fortnight

### Baked Muesli Bars

#### Ingredients

100g nutlex

80g coconut sugar

90g honey

2tsp vanilla bean paste

200g rolled oats

40g rice bubble

20g pumpkin seeds

50g sunflower seeds

15g chia seeds



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## Method

Preheat oven to 170C

Line a rectangular baking tray with baking paper

Put nutlex, honey, sugar, and vanilla into medium sized pot and mix whilst heating  
Stir constantly

Once melted add remaining ingredients

Pour mixture into baking tin

Bake for 15-20min (until golden brown)

Allow to cool before slicing

## Mini Quiches

### Ingredients

1 onion (diced)

1 garlic clove (crushed)

5 eggs

125g milk (can use soy milk)

50g plain flour

60g grated cheese

### Method

Pre-heat oven 180C

Line muffin tray with muffin liners

Place onion, garlic, eggs, milk, flour and cheese in bowl and mix using wooden spoon

Place filling in muffin liners (e.g. diced spring onions, diced capsicum, grated zucchini, corn, spinach or feta)

Pour mixture over the filling (DO NOT OVERFILL)

Bake for 20-30 min (until golden brown)

Jess Forbes: Kitchen Teacher

Feel like your actions won't make a difference?  
Wish you could find a way to make the world a better place?  
We all do.

Supermarkets package everything so it can be stored on shelves. They choose how much you have to buy each time, so you end up throwing stuff away. It feels impossible to buy the everyday things you need without making mountains of rubbish.

But it doesn't have to be this way.

People just like you are realising there is an alternative that doesn't have to cost the Earth, literally. They source their pantry staples, cleaning products and health foods from a business that cares about what is good for you and good for our world. Recyclable packaging like glass and paper, ability to buy just the amount you need – it's like old-fashioned shopping the modern way.

Don't take our word for it, our customers voted us Best Specialty Retailer for 2019 on the Northern Beaches. Come in and find out why at The Source Bulk Foods, Stockland Balgowlah.



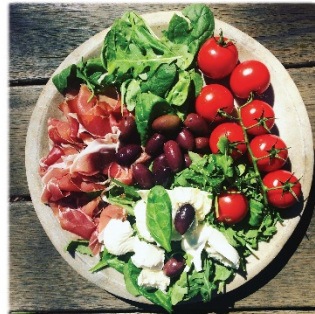
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**LOU EDNEY** is a nutritionist and founder of Nourishing Nosh. Since 2008, Nourishing Nosh has fed many and taught countless numbers of Sydney-siders the transformational benefits of delicious, nutritious whole food, its health promoting powers and how to cook it.



Please join us for...

- **Cooking Classes**
  - recipe demo
  - hands on
  - adults/ kids
  - private
  - class parent
  - fundraisers
- **Nutrition Consults**
- **Catering**
- **Nutrition Education**
  - schools
  - corporate

**CONTACT**

phone 0401 370 379  
[louise@nourishingnosh.com.au](mailto:louise@nourishingnosh.com.au)

Timetable, bookings &  
 lots more online

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

**INSTAGRAM**

@nourishingnosh

## Sports News

### Discus Entries for Regionals

Students who are competitive at discus and have a ratified throw from Little Athletics are invited to submit their distances to Miss Carlton by Wednesday 21 August.

Lisa Carlton: **Zone Carnivals Co-ordinator**

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## PSSA Winter Sport – Round 10 and Semi Finals Match Reports

### Round 10 – Friday 2 August

**Netball: Junior A's**– Played Balgowlah North PS and won 25-4. It was a tough game but fortunately we won! Thank you to Lulu for playing for us! Best player was Alana. Fairest player was Georgia. Captain: Milla.

**Netball: Junior B1's** – Played Cromer PS and won 10-6. It was a hard game but we all played well. Good game girls. Best player was Malena. Fairest player was Lulu. Captains: Lola and Maddie.

**Netball: Junior B2's**– Played Cromer PS and won 5-1. We played Cromer and won. Thank you Miss Crowshaw for umpiring us. Good game girls. Best player was Ellen. Fairest player was Eve. Captain: Imogen.

**Netball: Junior C's** – Played Balgowlah North PS and were defeated 2-8. Best player was Charlotte. Fairest player was Jessie. Captains: Tara and Lomani.

**Netball: Senior A's**– Played Balgowlah Heights PS and won 33-2. Great win girls!! Best player was Sammy. Fairest played was Maddy. Captains: Ruby and Eva G.

**Netball: Senior B's** – Had a bye so played a friendly against SPS Senior A. It was a good game, we all tried our best and hopefully we get into the semis. Good game girls. Best player was Amber. Fairest player was Natasha. Captains: Bellina and Eliza.

**Netball: Senior C's** – Played Dee Why PS and were defeated 1-7. We sadly lost. Good game girls. Best player was Angie. Fairest player was Mish Mish. Captains: Sienna and Lavinia.

**Nettas** – played Dee Why PS and were defeated. Amazing game girls – we played well. We lost all season but at the end we managed to get better. Thank you Ruby for being our referee. Thank you Year 6 girls for coaching us. Best player was Cailey. Fairest player was Lucia. Captains: Zoe and Sophie.

**Rugby League: Juniors** – Played Curl Curl North PS and won 44-0. Best and fairest players were Ollie, Jake, Sam and Cooper. Captains: Angus and Henry.

**Rugby League: Seniors** – Played Curl Curl North PS and won 36-12. Best and fairest players were Slade, Zac and Zane.

**Soccer A's: Junior Boys** – Played Balgowlah North PS and won 4-0. Shout out to Monte for replacing Liam in goal in the second half. Best player was Otis. Fairest player was Thomas.



**Soccer A's: Junior Girls** – Played Curl Curl North PS and won 2-0. We had a great game – good game girls! Best player was Charlotte. Fairest player was Xanthe. Captains: Chelsea and Abby.

**Soccer A's: Senior Boys** – Played Balgowlah North PS and were defeated 1-2. Shout-out to Miguel for carrying three layers of jumper. Best and fairest players were Tristan, Liam H and Will.

**Soccer A's: Senior Girls** – Played Curl Curl North PS and were defeated 1-2. This was our last game and we all played very well. Great game girls. Best player was Henri. Fairest player was Charlize. Captains: Lucy and Jade.

**Soccer B's: Junior Boys** – Played Balgowlah North PS and won 7-1. Taylor scored 4 goals. Good job boys. Best and fairest players were Taylor, Bastian and Conner. Captain: Taylor.

**Soccer B's: Senior Boys** – Played Balgowlah North PS and were defeated 0-5. We sadly lost. Best player was Sam. Fairest player was Lucien. Captains: Will and Lucien.

**Soccer C's** – Played Dee Why PS, Beacon Hill PS and Curl Curl North PS. Great effort today everyone! The Red Team drew 0-0 and won 1-0. The Black Team were defeated 3-5 and drew 0-0. The White Team were defeated 0-4 and 2-3. The Blue Team were defeated 0-1 and 0-4. Best players were Brody, Gemma B, Ashton and Oliver K. Fairest players were Fraser, Chaim, Gemma W and Annabelle B.

### **Semi Finals Round – Friday 9 August**

**Netball: Junior A's**– Played Balgowlah North PS and won 20-1. Well done to everyone for their progress this year. We all played a terrific game and thank you so much to Lulu for filling in, we appreciate it very much. Congrats to the team for making it to the finals undefeated! Well done girls! Best players were Tyra and Poppy. Fairest players were Lulu and Zoe. Captain: Heloise.

**Netball: Junior B1's** – Played Harbord PS and won 14-6. It was a very good game and Harbord were very good. Good game and congratulations on making it to the finals. Best player was Eden. Fairest player was Lola. Captain: Chloe K.

**Netball: Junior B2's**– Played Balgowlah North PS and won 3-2. We had a friendly game but we still put in effort in. Well done to the teams who got into the grand finals. Best player was Tahlia. Fairest player was Bronte. Captain: Eve.

**Netball: Junior C's** – Played Brookvale PS and won 7-0. We had a tough game. Thank you Miss Curnow for coaching. Good game girls. Best player was Jessie. Fairest player was Tara. Captain: Julie.

**Netball: Senior A's**– Played Balgowlah North PS and won 14-5. We played brilliantly even with the strong winds. Congrats for getting into the finals and being undefeated. Best player was Maddy. Fairest player was Sienna. Captains: Sammy and Emily.

**Netball: Senior B's** – Played Narraweena PS and were defeated 7-15. Best player was Olivia. Fairest player was Charlotte F. Captains: Tash and Charlotte M.

**Netball: Senior C's** – Played Manly Village PS and were defeated 2-8. It was a friendly game and we all tried our best and the game was tough. Great game girls. Best player was Mish Mish. Fairest player was Sienna. Captains: Lucy and Mish Mish.

**Nettas** – played Dee Why PS and were defeated. We played our best but sadly lost. Best player was Lucia H. Fairest player was Sophie B. Captains: Georgia and Sophie W.





**Rugby League: Juniors** – Played Manly Vale PS and won 24-4. We won the semis. Thanks Mrs A for coaching us. Best and fairest players were Joe, Ollie H and Harry.

**Rugby League: Seniors** – Played Balgowlah North PS and were drew 24-24. We played a great game but because BNPS were higher on the ladder the match went to them. Shout-out to Mrs A for coaching us. Best and fairest players were Willis, Zac and Tom P.

**Soccer A's: Junior Boys** – Played Balgowlah North PS and drew 2-2. Big game. We won on goal difference. Good game boys – finals here we come! Best player was Sam. Fairest player was Monte. Captains: Sam and Liam J.

**Soccer A's: Junior Girls** – Played a friendly against SPS Senior A and were defeated 1-4. Thanks very much to Miss Williams for refereeing. Best player was Chelsea. Fairest player was Aurora. Captains: Beth C and Ellie C.

**Soccer A's: Senior Boys** – Played Balgowlah North PS and were defeated 1-2. We had a good season. Best players were Tristan and Liam H. Captains: Jono and Saxon

**Soccer A's: Senior Girls** – Played a friendly against SPS Junior A and won 4-1. It was a close game against a hard team. Good game girls. Shout-out to Miss Williams for coaching us. Best player was Alba. Fairest players were Lucy and Alyssa. Captains: Cassie and Eloise.

**Soccer B's: Junior Boys** – Played Curl Curl North PS and won 2-1. Good game boys - we are now in the finals. Thanks Mr Smith for coaching us. Best player was Bastian. Fairest player was Taylor. Captains: Connor and Ethan.

**Soccer C's – Soccer C's had some great games today.** Great work today everyone! The Red Team drew 1-1 and were defeated 0-2. The Black Team were defeated 1-2 and won 5-0. The White Team were defeated 0-1 and 0-5. The Blue Team won 3-0 and 3-0. Best players were Luke J, Andrew, Gabriel and Jayde. Fairest players were Rawson, Felix, Charlie and Max.



# Seaforth Public School Parents & Citizens

## P & C News

**Next Meeting: Tuesday 20 August, 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.*



Seaforth Public School

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## **Playground Grant**

Voting for our playground grant ends today so we will wait and see how we fared. I just want to say thanks to everyone who voted and to everyone who has shared the voting link. Especially the class parents for promoting it with their class groups and beyond.

Speaking of which, thanks to the success of the recent fundraising, we have increased our playground budget from \$100,000 to \$120,000. Not bad at all! And if we win the \$50,000 we've applied for via the grant... wow. We find out in September.

So while we wait, our focus turns towards .....

## **Father's Day Breakfast 2019 - 30 August**

The SPS Band Committee are running this one and from all reports it stands to be an awesome morning. With "deluxe" bacon and egg rolls, coffee, crazy socks, dad joke competitions, a band performance and much more. I can't wait!

## **Seaforth Public School KeepCups**

We've ordered the KeepCups and hope to have them delivered before the end of Term 3. For anyone who didn't order one, we know you're going to be insanely jealous when you see others with them, so we've purchased a few extras which will be available for sale via the P&C website after they arrive.

## **Next P&C Meeting - 20 August**

The next P&C meeting is on Tuesday 20 August at 7pm in the school library. An agenda will be distributed via the school app and the school Facebook group shortly. Hope to see you all there!

Jeremy White: **SPS P&C President**

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## **Band News**

The countdown is on for the Performance Band Tour! 42 sleeps to go! A huge thank you to Elle Weeden, Andrew Charlton-Hill, Kate Harpur, Vanessa Sutton and Amanda Judge for the work they have put into the tour, the kids wouldn't have this opportunity without you!

In the meantime, all the kids are looking forward to the band festivals at the end of Term 3. The first performance on 7 September is special as the kids get to meet the composer and have an opportunity for a mini masterclass with a guest conductor. The second performance on 14 September is on the big stage at the Concourse in Chatswood, it's a real highlight of the band year, this is the one to bring the grandparents to! Tickets will be available from Ticketek, we will give you details on how to purchase as soon as we have them.

Keep practising!!



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## Dates for the Diary

<b>Friday, August 30</b>	Father's Day Breakfast - Both Bands play
<b>Wednesday, September 4</b>	Navy Band Workshop (school hours)
<b>Saturday, September 7</b>	North Shore Primary School Concert Band Festival  TB - 12.50 - 1.55 PM  PB - 6.00 - 7.15 PM
<b>Saturday, September 14 - 2.30 PM</b>	NSSWE Spring Festival - Both Bands play
Celebration of Learning Assembly	Awards + PB Plays
<b>September 26 - 28</b>	PB Band Tour

For any questions, or to join the Band, please contact us on [seaforthpsband@gmail.com](mailto:seaforthpsband@gmail.com)

Allison Strickland: **Band Committee President**

## Uniform Shop News



## Flexischools Orders

Orders for all school uniform items can be placed via Flexischools, using either the new Flexischools App, or via the Flexischools website. Orders are delivered twice weekly to your child's classroom and itemised receipts are emailed to you upon the order being processed.

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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## School Banking - Tuesdays: 8.45-9.10am in the Uniform Shop

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 2.

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.

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**



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**Please support the businesses that support Seaforth Public School!**

# Maria Cassarino

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\*ratemyagent.com.au



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# DANCE ★PLUS

## TWO trial lessons for just \$15!!



To book go to [www.seaforthdanceplus.com.au](http://www.seaforthdanceplus.com.au) or text/call Penny on 0412573669

*Special Offer for Seaforth Public School families.*

**Combine with a friend on the same voucher!**

Acrobatic Dance for students aged 3-12years.

Classes Monday, Tuesday and Thursday at Seaforth Anglican Church.

Including a walking school bus service!

Available to new students only.

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**SPRING CAMP  
30th Sept - 4th Oct 2019**

CCS Accredited Program  
1:6 Ratio Staff to Campers  
8.00am - 6.00pm option  
Create your own schedule  
Located @ Stella Maris Manly



Art  
Beach Games  
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Chess  
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Cooking  
9 Square  
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Hip Hop - Dance  
Makerspace  
Movie Magic  
Mindfulness  
Nature - OLS  
Newsroom Studio  
Photography  
Beach Touch Footy  
Difro Ball



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## AFTERSCHOOL TENNIS COACHING



**BUS PICKUP 3:15PM SEAFORTH TERM 3**

**TENNIS COACHING & SUPERVISION UNTIL 6PM**

**MON, TUES & WED AVAILABLE**

**ENQUIRIES CALL RECEPTION ON 9938 1831**

Warringah Recreation Centre  
Corner of Pittwater and Kentwell Rd,  
North Manly, 2100

(02) 9938 1831

wrc@voyagertennis.com



**we don't just teach  
drama, we teach life!**

After-school drama classes that will make the world their stage.

**10% OFF Term 3 Fees or 25% OFF if your friend joins too!**  
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**join a class today**

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## Learn Music on Keyboard at School

*Great songs! Musical activities!  
Cool music knowledge!*



- Convenient at-school venue
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**Enrol to start now!**

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Do you want  
to make a  
difference in  
the life of a  
child?



## Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email [CapsMetroCentral@facs.nsw.gov.au](mailto:CapsMetroCentral@facs.nsw.gov.au)



Family &  
Community  
Services



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# **THE FOREST FESTIVAL OF LIGHTS**

**3:30 – 8:30PM**

**30<sup>TH</sup>  
AUG**

**FOOD**  
DELICIOUS AND TASTY

**RAFFLES**  
WIN BIG PRIZES

**ENTERTAINMENT**  
MUSIC & STAGE ACTS

**COLOUR RUN**  
EXCITING ACTIVITY COURSE

**STALLS**  
VARIETY OF ITEMS



**COME & HAVE FUN AT:**

**135 FRENCHS FOREST RD  
FRENCHS FOREST NSW 2086**

**PARKING AVAILABLE VIA (UPPER GATE)  
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PLEASE RESPECT OUR NEIGHBOURS WHILST PARKING**



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**PLAY ALL GIRLS JUNIOR CRICKET AT YOUR LOCAL CLUB.  
ENJOY ACTION PACKED GAMES AND MAKE THE SPORT YOUR OWN.**

Manly Warringah Junior Cricket Association

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

[girls@mwjca.com.au](mailto:girls@mwjca.com.au)

Girls u11, u13 and u15 teams plus junior and master blaster programs.



Seaforth Cricket Club

[www.seaforth.nsw.cricket.com.au](http://www.seaforth.nsw.cricket.com.au)

[seaforthgirlscricket@gmail.com](mailto:seaforthgirlscricket@gmail.com)



**REGISTER TO BECOME A MANLY NIPPER NOW**

Join Manly Life Saving Club Nippers this summer and enjoy a fun activity based program that will educate you about surf safety and awareness.

Nippers is a great way for kids to build confidence and learn valuable life skills and knowledge in a safe beach environment. On the way, kids make new friends and have the opportunity to participate in competition events. Nippers who successfully complete the program are awarded a Surf Rescue Certificate and with further training can become qualified surf lifesavers.

### How to Register

All nipper renewals can be done online:  
[manlylsc.com/nippers/how-to-join/](http://manlylsc.com/nippers/how-to-join/)

You can use Active Kids vouchers for all online regos.

All new nippers, including U6 first time nippers can attend one of two registration days:

**Time:** 8:30am-12:30pm  
**Date:** Sunday 8th and 15th September 2019  
**Venue:** Manly Life Saving Club (upstairs)  
**Bring:** Proof of nipper age (passport or birth certificate)

### More information

Find further details about registration including starting age, age categories, pool swim certificate requirements, merchandise and fees by visiting the Nippers homepage on the Manly Lifesaving website at:

[www.manlylsc.com](http://www.manlylsc.com)



Contact: Kate Martin, Registrar - Manly Nippers  
Email: [nippers@manlylsc.com](mailto:nippers@manlylsc.com)



**FUN  
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NIPPERS**

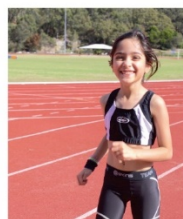


**REGO DAYS @ QUEENSIE SURF CLUB  
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**Seaforth Little Athletics Club  
2019-2020 Registrations open Aug 1**



### Skills, Fitness, Friends and Fun

At SLAC we help athletes reach their full potential in an enjoyable atmosphere, with the experience of specialist coaches across a wide range of activities.

Learn new skills, improve fitness and have fun, whilst making new local friends both from within SLAC and across other local clubs.

Training is held Wednesday evenings at Seaforth Oval, starting from 11th Sept. Competitions are held ON Saturday mornings at the Sydney Academy of Sport. Visit [www.seaforthlac.org](http://www.seaforthlac.org) from 1st Aug to register for the season.

Seaforth Little Athletics

[seaforthlac.org](http://seaforthlac.org)

\*SLAC is part of Manly Warringah Little Athletics Centre.



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