



The Seaforth Satellite

The newsletter of Seaforth Public School

Term 2 Week 6 – 6 June 2019

All you need to know in 30 seconds!

Dates for your diary:

June

- 5-6 SPS Band Camp – Camp Kedron
- 7 Winter PSSA – Wet Weather Make-up Round
- 12 Athletics Carnival Ribbon Presentation Assembly – 2.30pm: Kempbridge Campus Hall
- 13 Zone Cross Country Carnival – John Fisher Park, Curl Curl
- 14 Winter PSSA – Round 6
- 17 Maths Olympiad – Paper 2
Arts Alive Primary Choral Concert – Preliminary Rehearsal: Chatswood HS
- 18 The Litterbug and The Jellyfish play performance for K-2
P&C Meeting – 7pm: Kempbridge Campus Library
- 19 K-6 Assembly – Band Camp Presentation
- 20 Northern Beaches Instrumental Festival - Performance Band - 7pm: Pittwater HS
- 21 Winter PSSA – Round 7
- 25 Performance Band – Inter-generational Music Excursion: Opal Austral House
- 27 Excursion to Vaucluse House – Year 1
NSSWE Winter Series Concert – Training Band and Performance Band - 7pm: The Forest HS
- 28 Winter PSSA – Round 8

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Newsletters are also available on the school website www.seaforth-p.schools.nsw.edu.au

From the Principal

Last Week in Review

Last week was jammed pack with so many great events to inspire and engage all members of our school community. It started with Stage 2's excursion to the Chinese Gardens and Powerhouse Museum on Monday. On Tuesday we hosted our first ever Open Morning for new Kindergarten students.



This was attended by 2020 Kindergarten students and their families who were treated to performances by our school Performance Band and our current Kindergarten students singing, followed by our Year 6



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leaders giving a tour of classrooms. Many thanks to Liz Armstrong, Meryn Kay, Alison Crowshaw and all the students involved. We certainly can feel very proud of our school.

On Wednesday our Year 5 and 6 debating teams went to Northbridge Public School for their debating competition and represented our school very proudly. Congratulations to the Year 6 team who won their debate. Thank you to Ms Malhas who accompanied the children to Northbridge PS and to both Ms Malhas and Ms Boyd for preparing the teams so well.

Following that, our Stage 3 students were very fortunate to attend a presentation by well-known Australian authors R.A Spratt and Oliver Phommavanh. The students had such a good time - our authors both had a great sense of humour which entertained and engaged their audience while teaching them a thing or two about being an author



Our teachers, parents and Stage 2 and 3 students were all very lucky to attend presentations by Dr Kristy Goodwin on the impact this digital world we live in makes to our lives. Her practical, non-judgemental, real-life approach was thought provoking, eye opening and extremely helpful for each of us to understand the impact of technology on our lives, the lives of children and what we can do to minimise negative impacts. These presentations genuinely make a difference to how we teach, parent and use technology and devices ourselves. Thank you to Karina Guererro who organised the visits and communicated with parents prior to the visit. For further information and links that Kristy referred to please look further into our newsletter where Ms Guererro has included these.



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On Friday our Schools Captains Henri, Toby and Guy attended the 77th anniversary of the night war came to Sydney service, held at the Defence of Sydney Monument on North Head and hosted by Tony Abbott. Thank you to our captains who represented the school so proudly (as you can see in the photo) and to Ms Crowshaw for accompanying them.



Staff Change

Last week our Learning and Support Teacher, Mrs Coralie Pratt, started in a new role as Transition to School Itinerant Support Teacher based at Ryde East Public School. This role is for the duration of 2019. While she is in this position our role of Learning and Support Teacher is being covered by Mrs Sarah Bye who has been working in the role at Seaforth all year but has now increased the number of days she works to cover the position. We have an amazing Learning and Support Team which supports many students K-6 and this will continue to function very effectively throughout the school.

Zone Cross Country - New Date

Due to wet weather the Zone Cross Country has been postponed and the new date is Thursday 13 June. Good luck to all our competitors!

Athletics Ribbons Assembly

Next Wednesday, 12 June, we will be holding an assembly at 2.30pm to hand out the ribbons for our recent Athletics Carnival. Parents are very welcome to attend. Congratulations to all the students receiving ribbons!



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State Soccer Representative

Congratulations to Eloise C. who gained a place in the NSW soccer school team. What an achievement! Eloise will be representing NSW at the National Tournament in Canberra in August

Band Camp

Yesterday and today students from our training and performance bands have been attending Camp Kedron for the annual Band Camp. Despite the not so lovely weather, a good time has been had and lots of music played. The intensive experience makes such a difference to the confidence and skills of our band students. The cohesiveness and improvement of the band as a group is very notable by the end of the two days. Thank you to the wonderful P&C Band Committee for organising this event and to all the parents who took turns to supervise over the two days and one night. Thank you to our music teacher, Brooke Alver, who attended the entire camp and Richard Trist for staying over on Wednesday night and on Thursday. More to come in the next newsletter on this fabulous event as we are all just finishing at camp up right about now.



Trudy Bates: **Principal**

From the Deputy Principal

Learning Support – Volunteers needed to be trained as Multi-Lit Tutors

Over the past few years we have been fortunate to be able to offer 1:1 reading support through the delivery of the Multi Lit program. We currently have 8 parent and community volunteers who deliver this program to students across Years 1, 2 & 3. There are a few vacancies opening up for Terms 3 & 4 if any community member would like to volunteer to be trained in this important role.

Our Learning and Support Teacher, Sarah Bye, would love to have a few more volunteers to train to fill these vacancies for next term. The commitment would be for a couple of hours in the morning one or two days per week.



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The tutors work 1: 1 with a child in ½ hr timeslots and usually work with about four students each morning. The Learning and Support teacher supports the tutors and guides the content to be taught for each lesson.

We would like to run the training session in the last week of Term 2 on Wednesday 3 July, so that the program can begin starting from Week 1 in Term 3.

If you or a grandparent would be interested in volunteering for this highly rewarding role please contact myself or Sarah Bye by calling the school office or via email on SARAH.J.SCOTT@det.nsw.edu.au

ICAS Competition Entry Information Year 3-6

Students who would like to nominate to enter this year's ICAS Assessments run by UNSW will be able to register and pay for the assessments directly online through UNSW.



The ICAS assessments will only be offered online this year. The school has registered to host the English, Mathematics and Writing papers for students in Years 3-6 before school on each of the allocated days. The Writing Assessment will be on Tuesday 10 September, English - Tuesday 17 September and Mathematics - Thursday 19 September. The cost for each paper is \$15.95 and registration is required online by Wednesday 31 July.

These tests are considered to be more challenging than the NAPLAN assessments, and are considered as optional for those parents who would like their child to participate.

More information about registration will follow in our next Newsletter, once the school has received its registration details.

Seaforth PS Spell-a-thon – Week 3 Term 3

In Term 3, our school will be running a **Spell-a-thon** from Friday 26 July until Wednesday 7 August. Spell-a-thons are a fantastic way to reinforce good spelling habits in our school while raising funds to support literacy within the school. The money raised will be utilised for purchasing student and teacher reading and maths resources to support our students learning.

Spell-a-thons are a short period of time when students learn as many words as they can to raise money. You are able to sponsor students on a performance base i.e. an amount for how many words are spelled correctly i.e. 50c per word. Alternatively, it could be a pledge of a fixed amount i.e. \$15 for the effort shown for the duration of the Spell-a-thon.

Spelling improvement is a target area at our school this year and we thought this would be a fun way to raise money and celebrate the hard work our students have been doing in class to improve their spelling skills. We have planned this Spell-a-thon to coincide with the Premiers Spelling Bee which will also culminate on Wednesday 7 August... making it an exciting day for all.



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Students will be provided with a Sponsor Sheet & payment envelope at the end of Term 2, so they are able to collect sponsors during the school holidays.

They will be provided with list words appropriate to their ability in Week 1 of Term 3.

Prizes

1. Overall top money raised 1st, 2nd & 3rd Prize i.e. iPad; Boogie board; Westfield Gift Voucher \$100
2. Top prize money for each class and raffled participation prize for each class - free passes to events i.e. Taronga Zoo, Cremorne Orpheum Cinema, Luna Park, Q Station Ghost tours; toys, books and gift vouchers etc.
3. Class that raises the most money - pizza, movie & mufti day at the end of Term 3.
4. Class that returns all of its money first – pizza & mufti day at the end of Term 3.

We are looking for sponsors, so if you know someone whose company may be able to contribute to this initiative by donating some prizes such as gift vouchers, sports gear, books or family passes to a family fun venue or restaurant etc., for this important educational fundraising initiative, please contact me at the Yatama school office on 9948 8111.

Many thanks to Cremorne Orpheum, Q Station, Manly Kayak Centre, Manly Surf n Slide, Taronga Zoo, Pittwater Mini - Golf Centre, Tinker tank Robotics, Bunnings & McDonalds Brookvale who have donated prizes so far!




Sponsorship money will be collected at both school offices from Thursday 8 August until Friday 23 August. Payment will be available by cash, credit card or direct payment through POP.

(Last year's prize winners pictured)

Liz Armstrong: **Deputy Principal**

PBL @ Seaforth Public School



Safe	Respectful	Responsible	Resilient
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- Positive Behaviour for Learning (PBL) is an evidence-based whole school process to improve learning outcomes for all students. It has been successfully running within SPS since 2015.
- The four expectations at SPS are **Safe, Respectful, Responsible and Resilient**.

Positive Behaviours for Learning ...

- addresses the diverse academic and social needs of every student to support them to be successful;
- enables schools to establish a continuum of supports that are intensified to meet student need;



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- is team driven, using a problem solving approach that engages the whole school staff, students and parents/carers;
- establishes positive social expectations for all in the school community; and
- provides a framework for the school and its community to collectively support the wellbeing of every student.

Lessons and Weekly Focus Term 2

Week	Expectation & Setting	At Seaforth we....
1	All Expectations Classroom	All teachers revise class expectations and routines
2	Safe Transitions in hallways and between campuses	We walk in all hallways and stairways We walk on the path with our partner We wait for our teacher when crossing roads We stay together and walk in a line
3	All Expectations Bus Behaviour	We line up to get on the bus one at a time We chat quietly with our peers We sit in our seat with our bags near our feet We say than you to the driver
4	Respectful In the staffroom and when delivering messages	We knock then wait at the staffroom door for a teacher to help us We knock firmly at a class door and wait to be invited in by the teacher We speak politely when delivering a messages
5	Respectful In the playground	We take turns and share We use kind and polite language We accept differences and include others
6	Respectful In the toilets	We are clean and tidy when using the toilets We consider the privacy of others

Meryn Kay: **Assistant Principal – Early Stage 1**



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Band Camp

Hello from band camp!! We are thinking we should have band camp in a regional area next year as it always rains on band camp! The rain hasn't dampened our excitement though, we are having the best time. The kids are behaving very responsibly and are learning lots from the tutors. You will all be amazed by how much the kids have improved by the time they come home.

Here are a few photos of what we have been up to!



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Library News

Author Visit in the Library

Last week Stage Three were not only lucky enough to get one author visit but two! The famous authors R.A Spratt and Oliver Phommavanh were going on road and Seaforth P.S was fortunate to be one of their stops.

R.A Spratt is a prolific author and television writer. The *Nanny Piggins* and *Friday Barnes* series she has written are hugely popular with the boys and girls at Seaforth P.S.

Oliver Phommavanh is an ex-primary school teacher who uses humour to hook students in and keep them reading for hours. His book *Con-nerd* is a real favourite in the library.

Both authors were highly engaging and kept the Year 5s and 6s entertained for over an hour. Through their presentations they spoke about the writing process and where to find inspiration when writing.

A very special thank you for Mrs Bates for securing these amazing two authors and for the Seaforth community for being so flexible when offered this fantastic last minute opportunity.



Lissie Malhas: **Librarian**

Cyber Safety Seminars

Last week, we had the lovely Dr Kristy Goodwin visit our school. She discussed Cyber Safety and having a healthy balance in using technology, with the teachers, Seaforth parents and students (in Stage 2 and Stage 3).



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Our parent seminar was a huge success, we had over 120 parents and carers attend. The student workshop was incredibly beneficial for Stage 2 and 3 students. In addition, the questions asked by the students were very thoughtful. Dr Kristy Goodwin mentioned that the students were very enthusiastic, well-mannered, interested in the topic and asked some great questions, which is a testament to the students of our school and how they engage with guest speakers.

The following links below were mentioned in the Dr Kristy Goodwin - Parent Seminar.



// a link to access the FREE [eBook summary](#) (for K-6 parents).

//a link to access the FREE [pornography webinar](#) - As discussed in the parent seminar.

//A PDF document with some information about the [Switched on Parents' Portal \(SOPP\)](#)

Thank you to all the parents and carers who attended, and to all the students and teachers of Seaforth Public School. The feedback from all parties has been incredibly positive.



Karina Guerrero: **Technology Co-ordinator**



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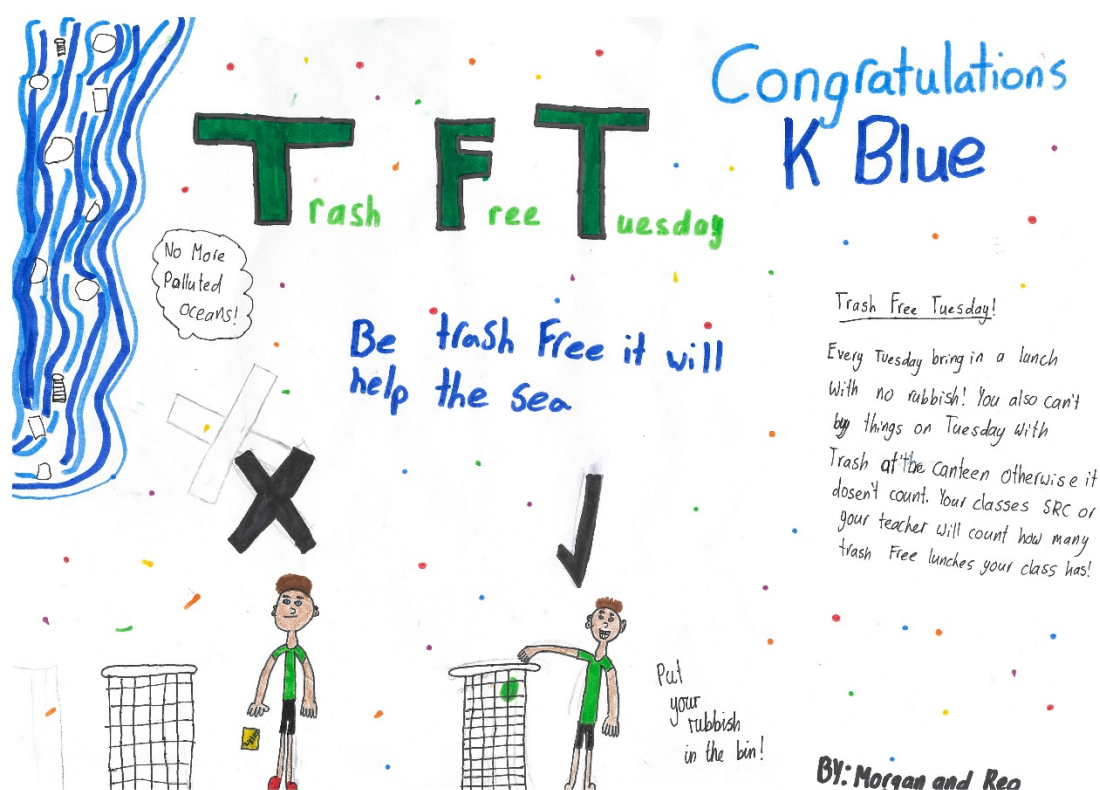
Premier's Spelling Bee

This year, Seaforth Public School's Years 3-6 students will be participating in the Premier's Spelling Bee to support our school focus of improving writing and spelling. This will involve class and stage spelling bee finals at the beginning of Term 3. If your child would like to prepare and practice for our spelling bee, the lists can be accessed at: <https://www.artsunit.nsw.edu.au/premiers-spelling-bee> . These lists require a password which will be provided to students at school. Further information is available on the note which was posted on the school app this week.

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

Trash Free Tuesday

Congratulations to the class who had 75% of students bringing trash free lunches to school over the last fortnight. Congratulations K Blue!



This certificate was designed by 5G's SRC Representatives Morgan S and Reo M

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

Kitchen News

Lunch Box Bonanza

We have further explored our taste buds, creating some delicious food that can be easily added to the lunch box, including Gozleme, French Salad dressing, Muesli Bars. Please find the recipes attached.



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Students have identified what it means to be healthy and what they have to do to stay healthy. They have been monitoring their own health using student cards and further discussed the impact food can have on their wellbeing.

Ideal school lunches should include at least one item from each food group and also include water. Students have been encouraged to get involved in the planning, shopping and preparation of foods for their school lunches, so they feel empowered making healthy choices.



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



Please remember to make your lunch box waste free, only packing items that can be composted or recycled and that won't end up in the garbage bin. That means, no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some more creative tips for your lunch box:

- Make a tray of muffins and keep them frozen. Remove one each morning and place it in the lunch box – it will thaw by lunch time.
- Pop your own popcorn and pack it in a paper bag. Remind your child to dispose of the paper bag in the recycle bin at school.
- Make your own snack mix with dried fruit (apples, sultanas, banana), pepitas, sunflower seeds, and put in in a container for recess.
- Pack a handful of dried cereal (such as Weet-bix bites or Cheerios) in a small reusable container.
- Cut your own cheese slices and place them with crackers in a smaller Tupperware container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.



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FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Passionfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear MIXED FRUIT <ul style="list-style-type: none"> Fruit salad Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces Can serve with either: <ul style="list-style-type: none"> Hummus Tomato salsa Tatziki Beetroot dip Natural yoghurt SALADS <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn SOUP (In small thermos) <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard Tip: <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip Can serve with either: <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean deli meats (e.g. ham, slices, chicken) Boiled eggs Baked beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebab sticks Peanut butter* Can serve with: <ul style="list-style-type: none"> Wholegrain sandwich roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <ul style="list-style-type: none"> Vegetable fritтата Skinless chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shallots) Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins. <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

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

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

Gozleme

Ingredients

400g Greek yoghurt
 500g self-raising flour

Method

Dough
 Combine yoghurt with flour.
 Knead for 2-3min
 Cut into 8 equal portions
 Cover with damp tea towel until ready to use



Filling

Pour boiling water over the spinach

Drain using sieve

Crumple up fetta

Mix

Roll out each dough ball (25cm round)

Place 4tbsp of filling onto half of the circle

Fold other half over and press the edges together

Heat a frying pan (medium heat)

Brush each gozleme with olive oil

Cook each side until golden

Jess Forbes: Kitchen Teacher

Kitchen Garden News

Winter Garden Wonderland

It's now winter so make sure your child has their jumper and raincoat packed each day. The learning does not stop if it rains as students use the Garden classroom at the Yatama campus.

This week's rainfall event provided content for understanding weather, climate change and water conservation.

Our school garden is lucky to have a water tank hooked up to the garden shed. Recent rain has been filling the tank and students are very surprised to see how easy it is to 'harvest' water. Look at the rainwater gushing into our tank. We look forward to setting up another tank soon to water the orchard.



As Sydney goes into a water restriction period we are asking students to find out more about how they can save water at home.

Here are some Water Wise tips from Sydney Water.

Use Water efficient products:

Hoses - Ensure that your hose is fitted with a trigger nozzle and manually water your garden to reduce the risk of over-watering.

- Drip irrigation - Install drip irrigation to help conserve water by reducing evaporation.
- Tanks - Install a rainwater tank to reduce your reliance on drinking water, reduce your water bills.

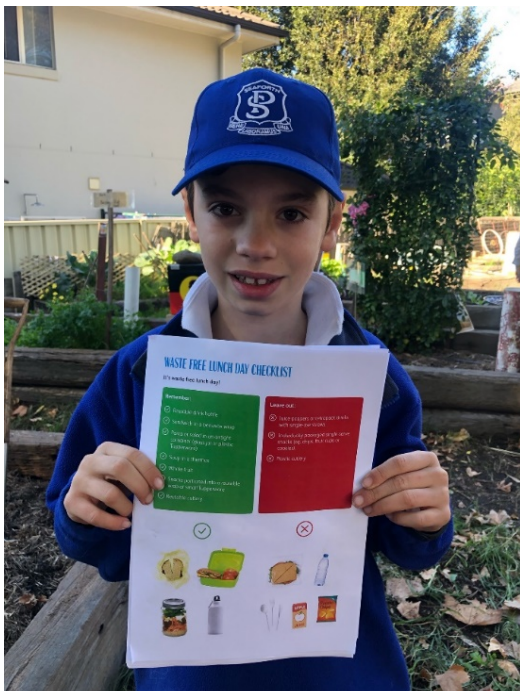
Gardening tips:

- Water your garden before 10 am or after 4 pm to reduce water loss through evaporation.

- Water each plant's roots, not the leaves.
- When you water, give your garden and lawn a good soaking, but water less frequently. This will help your plants and grass send their roots deeper into the soil in search of water, building resistance to hot and dry weather.
- Lift the blades on your mower to a higher setting to allow your lawn to grow a little longer. This will also help reduce heat stress through the hotter months.
- Apply a generous layer of mulch to retain the moisture in your garden and to save even more water. It's also a great way to stop weeds.

Go Waste Free - For the Sea @ Seaforth

Students at Seaforth Public School know they are connected to the ocean even if they cannot see the sea from their school. If plastic falls into the stormwater drains in Yatama St and Kempbridge St it will end up in our oceans. By bringing in a waste free lunch every day less plastic is going to landfill and there is less chance plastic litter will be making its way into the sea.



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* Garden Challenge Week 7*

Draw a sea turtle, fish, dolphin or shark poster for your home fridge to remind you to pack a waste free lunch each day. Bring the poster to your next garden class for handshake awards from Ms Leishman.

Be bold, be awesome and be the future you want to see.

Tanya Leishman: **Kitchen Garden Teacher**

PSSA Winter Sport – Rounds 4 & 5 Match Reports

Round 4 – Friday 24 May

Netball: Junior A's– Played Beacon Hill PS and won 14-6. It was a great game and we had fun. Awesome job. Best player was Belle. Fairest player was Zoe. Captain: Poppy J

Netball: Junior B1's – Played Harbord PS and won 14-1. We all played well, good game girls. Special shout out to Nell for coaching. Best player was Georgia. Fairest player was Lulu. Captain: Eden.

Netball: Junior B2's– Played Balgowlah Heights PS and were defeated 2-3. We played a good game but sadly lost. Good game girls! Best player was Tahlia. Fairest player was Addy. Captain: Roxy.

Netball: Junior C's – Were scheduled to play Brookvale PS however that team forfeited the game. Instead we played the Netta and won – good game girls. Best player was Eliza. Fairest player was Julie. Captains: Charlotte and Jessie.

Netball: Senior A's– Played Curl Curl North PS and won 12-17. Today Senior Netball As played Curl Curl. We won 12-17 – it was a tough game. Good game girls. Best player was Eva. Fairest player is Maddy. Captains: Ruby S and Sammy P.

Netball: Senior B's – Played Balgowlah Heights PS and won 18-3. We has a close game and we all played well – good game girls! Best players were Olivia and Charlotte. Fairest player was Amber. Captains: Eliza and Bellina.

Netball: Senior C's – Played Curl Curl North PS and were defeated 21-0. Today we sadly lost. Good game girls. Best player was Morgan. Fairest player was Angie. Captains: Sienna and Lavinia

Rugby League: Juniors – Played Balgowlah North PS and won 42-10. We had a great game. Shout out to Hugo for scoring two tries. Best Player was Angus M. Captains: Henry A and Hugo M.

Rugby League: Seniors – Played Balgowlah North PS and were defeated 54-22. Best players were Zac and Willis. Captains: Tom P and Billy.

Soccer A's: Junior Boys – Played Manly Village PS and won 2-1. Best player was Kobe. Fairest player was Charlie. Captain: Liam J.

Soccer A's: Senior Boys – Played Manly Village PS and were defeated 9-1. Good game boys. Best player was Lachie P. Captains: Will and Nayan.

Soccer A's: Junior Girls – Played Balgowlah North PS and drew 0-0. Good job girls! Best player was Grace E.

Soccer A's: Senior Girls – Played Balgowlah North PS (against Mrs Vidot's team) and won 2-0. We had lots of fun. Good game girls and thank you Mr Smith, and also thanks to Mrs Vidot for cheering us on. Best player was Eloise. Fairest player was Bonnie.



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Soccer B's: Junior Boys – Played Manly Village PS and won 4-1. Thanks Mr Cowling for inspiring us. Best player was Ethan. Fairest player was Bastian. Captain: Luca

Soccer B's: Senior Boys – Played Manly Village PS and were defeated 2-4. A challenging game – well done boys. Best and fairest player was Vin. Captain: Vin

Soccer C's – Played Beacon Hill PS, Balgowlah North PS, Curl Curl North PS and Dee Why PS. The Red Team were defeated 7-0 and drew 0-0. The Blue Team were defeated 4-0 and won 2-1. The White Team won 4-0, drew 0-0 and were defeated 1-4. The Black Team drew 1-1, and were defeated only 0-1 even though they had 3 fewer players. Best players were Jacob, Faraz, Ciara and Lara. Fairest players were Ari, Grace C, Fraser and Hendrix. Great work to all our teams today!

Round 5 – Friday 31 May

Netball: Junior A's – Played Manly West PS and won 23-1. We all played well – good game girls. Best player was Milla. Fairest player was Poppy. Captain: Alana

Netball: Junior B1's – Played Balgowlah Heights PS and won 15-2. A big thank you to Georgia and Eden for scoring all our goals. Good game girls. Best player was Lul. Fairest player was Chloe. Captain: Keiley

Netball: Junior B2's – Played Narraweena PS and were defeated 1-2. Good game girls! Best player was Addy. Fairest player was Ellen. Captain: Bronte H

Netball: Junior C's – Played Manly Village PS and won 2-0. Today we won against Manly Village – it was a tough game. Best players were Tara and Julie. Fairest player was Liv. Captains: Ellie and Jessie

Netball: Senior A's – Played Beacon Hill PS and won 19-11. Today we played a great game – special thanks to Liv for subbing in our team and helping us win. Best players were Maddy and Zara. Fairest player was Ruby. Captains: Chloe & Emily.

Netball: Senior B's – Played Balgowlah North PS and were defeated 9-10. Today we played and just lost. Thank you Morgan for stepping in. Good game girls. Best player was Amber. Fairest player was Elize. Captains: Charlotte and Tash.

Netball: Senior C's – Played Brookvale PS and were defeated 8-9. Today we played a really great game, one of our best games of the season! Thank you to Rubi B for playing. Great game girls – great effort! Best player was Bethany H. Fairest player was Lavinia P. Captains: Mish Mish and Maddi S.

Nettas – Played Harbord PS and were defeated. Sadly we lost – great game girls. Best player was Sophie R. Fairest player was Cailey. Captain: Emily.

Rugby League: Juniors – Played Manly Vale PS and won 16-12. We played a good game. Best player was Harry. Captains: Riley and Ollie.

Soccer A's: Senior Boys – Played Balgowlah Heights PS and were defeated 0-1. Best player was Archie. Captains: Liam H and Miguel

Soccer A's: Junior Girls – Played Curl Curl North PS and were defeated 0-2. We played really well but sadly lost. Amazing game girls and an extra thank you to the coach Mr Smith. Best player was Aurora. Fairest player was Zara.

Soccer A's: Senior Girls – Played Cromer PS and were defeated 0-6. Sadly Cassie, Emily and Eloise could not play. Well done girls. Best player was Olive. Fairest player was Alba.



Soccer B's: Junior Boys – Played Balgowlah Heights PS and won 5-4. We did our best and won. Good game boys. Best player was Taylor. Fairest player was Connor. Captain: Ethan.

Soccer B's: Senior Boys - Played Balgowlah Heights and were defeated 1-6. Good game boys. Best player was Woody. Captain: Brenton

Soccer C's – Played Balgowlah North PS, Dee Why PS, Curl Curl North PS, Manly West PS and a friendly. The White Team played Seaforth Blue and won 2-1. The Black Team won 4-0, were defeated 0-2 and drew 1-1. The Red Team were defeated 0-1, won 2-0 and drew 1-1. The Blue Team were defeated 1-7 and 1-2 and won 1-0. Best players were Gabriel, Chaim, Ollie K and Grace. Fairest players were Hendrix, Anna, Jessica and Chloe. We had fun and learnt lots.



seaforth PS Spell-a-thon

Friday 26 July – Wednesday 7 August

Fabulous prizes to be won!

1st Ipad
2nd Boogie Board
3rd \$100 Westfield Gift Voucher
Family Pass to Q Station Ghostly Encounters Tour
Manly Kayak Centre Vouchers
Pittwater Golf Centre Family Pass
Double Passes to Cremorne Orpheum
Family Pass to Taronga Zoo
Tinker Tank Robotics Holiday Camp Voucher
Manly Surf n Slide tickets Bunnings gifts & vouchers
McDonalds vouchers and more to come!

Sponsor notes go home at the end of Term 2



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: www.seaforthpublicschool.com



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.

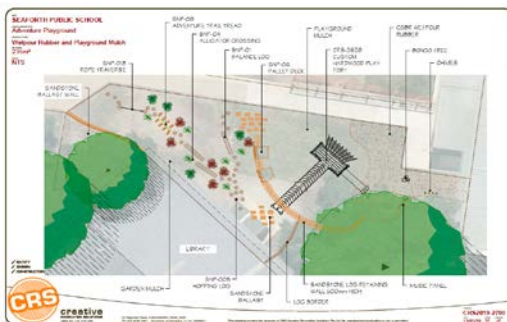
Thanks to another of our mums, Kate Moss, we're going to be taking orders of our own Seaforth PS KeepCup, starting soon.



Available in clear plastic and tempered glass, these cups will make you the coolest parent in school for a number of reasons:

- Sales support school fundraising
- Reduce your carbon footprint by 92
- 20c discount at Four Brothers
- Name and phone number labels (optional)

Amazing value for your fundraising dollar!



Plans are in place to upgrade the play equipment at Kempbridge Campus. Designs are currently being looked into by Corina Crow on behalf of P&C in consultation with the school.



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FUN-draising Calendar 2019

This year's fundraising calendar is taking shape very nicely:

- Sat. 27 JUL - OLD SCHOOL DISCO (for parents)
- Fri. 30 AUG - FATHER'S DAY BREAKFAST
- Thu. 12 SEP - NEW SCHOOL DISCO (for kids)
- Fri. 25 OCT - MOVIE NIGHT (for families)
- Thu. 7 NOV - COLOUR RUN (K-6)
- Sat. 7 DEC - SEAFORTH GALA
 - SUSTAINABLE CHRISTMAS MARKET
 - SANTA GROTTO (get your photo Santa)
 - CAMPOUT (pitch a tent on Kempbridge campus oval)

Mark those diaries!

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

Band News

The SPS Bands are currently at Band Camp – stayed tuned for news of Band Camp in the next newsletter.

Dates for the Diary:

June 19 - Week 8

Band Camp Assembly

June 20 - 5.00 pm

Pittwater Festival - PB only

June 25

PB Intergenerational Music Excursion (School hours)

June 27 - 6.30 pm

NSSWE Winter Series - TB & PB

July 3

TB Intergenerational Music Excursion (School hours)

July 3 Celebration of Learning Assembly

Awards + TB Plays



For any questions, or to join the Band, please contact us on seaforthpsband@gmail.com

Allison Strickland: **Band Committee President**



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Uniform Shop News

Opening Hours: Monday 2.45-4.00pm & Thursday 8.45-10.0am

Winter Uniform Stock Updates

The sudden cold change brought a flurry of winter orders, but unfortunately we are currently out of stock of the following items – Girls Dance Pants in all sizes, Fleece Track Pants in size 6, White Boys Winter Shirts in size 6 and Boys Winter Ties. All items should be back in stock within a couple of weeks. Online orders placed for the out of stock items will be delivered to classrooms as soon as there is a delivery of new stock.



Uniform Shop Helpers

Many thanks to Uniform Shop volunteers Ulrika Dijkstra, Colleen Mehta and Rina Susanto who have been busily working away this term. Also a big thank you to our Thursday morning student helpers – our Year 5 students Anna Mc, Lauren D-S and Thea D who have been putting orders together and helping our customers, our Year 2 helpers Louisa M and Sarah M who sorted through second hand donations, and our Year 1 helpers Telesia P and Kiki H for delivering orders to Kempbridge classrooms.

Flexischools Orders

Order 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

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

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.



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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 and click on the link to open a Youthsaver account.

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

Term 2 2019



BEFORE SCHOOL SCIENCE

Onsite Science fun Thursday mornings before school
7:45 – 8:45am Yatama Campus

For more information or to book a place:
<https://www.eyehartscience.com.au/seaforth-public/>



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B-Line construction update Seaforth

June 2019

What's happening in Seaforth?

In Seaforth, major works have been completed and the new Hope Street playground is open to the public. The Hope Street playground has a double swing set with a toddler pod and a flat seat as well as landscaping which now includes nine Sydney Red Gum and nine Water Gum trees.

Construction activities

During June, the following activities will continue at the intersection of Burnt Bridge Creek Deviation, Manly Road and Sydney Road:

- kerb and pavement work
- line marking
- landscape maintenance work.

Day work

Work will occur during standard construction hours **7am to 6pm, Monday to Friday** and **8am to 1pm on Saturday**.

Night work

Night work may be required to ensure the safety of workers, pedestrians, motorists and to minimise impacts to traffic. Traffic control will be in place to direct pedestrians and motorists safely around the work areas. In the event that night work is to occur, we will door knock impacted stakeholders seven days prior to the commencement of work.

All night work is weather dependent and subject to change. Night work activities run from **6pm to 5am**.

Traffic, parking and pedestrian changes

During work periods, there may be temporary changes to parking and bus stops. There may also be temporary lane closures and pedestrian detours required. Traffic control and signage will be in place to assist road users and pedestrians.

Minimising community impact

Some of the work will be noisy and we try to reduce the noise when we can. Some ways we do this include:

- talking to residents before the work starts, to let them know what to expect
- using barriers and sound blankets to reduce the noise
- the use of squawkers rather than beepers on vehicles
- only using noisy machinery when we absolutely have to
- doing noisy work early in the evening when possible
- directing the noise and lights away from residents when we can

Contact information

For more information on the work on the Northern Beaches B-Line Program please contact us

- phone **1800 048 751** (24 hours)
- email projects@transport.nsw.gov.au
- visit b-line.transport.nsw.gov.au
- For the latest traffic updates phone 132 701, or download Live Traffic NSW App.

For more information contact the project information line on 1800 048 751, email projects@transport.nsw.gov.au or visit b-line.transport.nsw.gov.au

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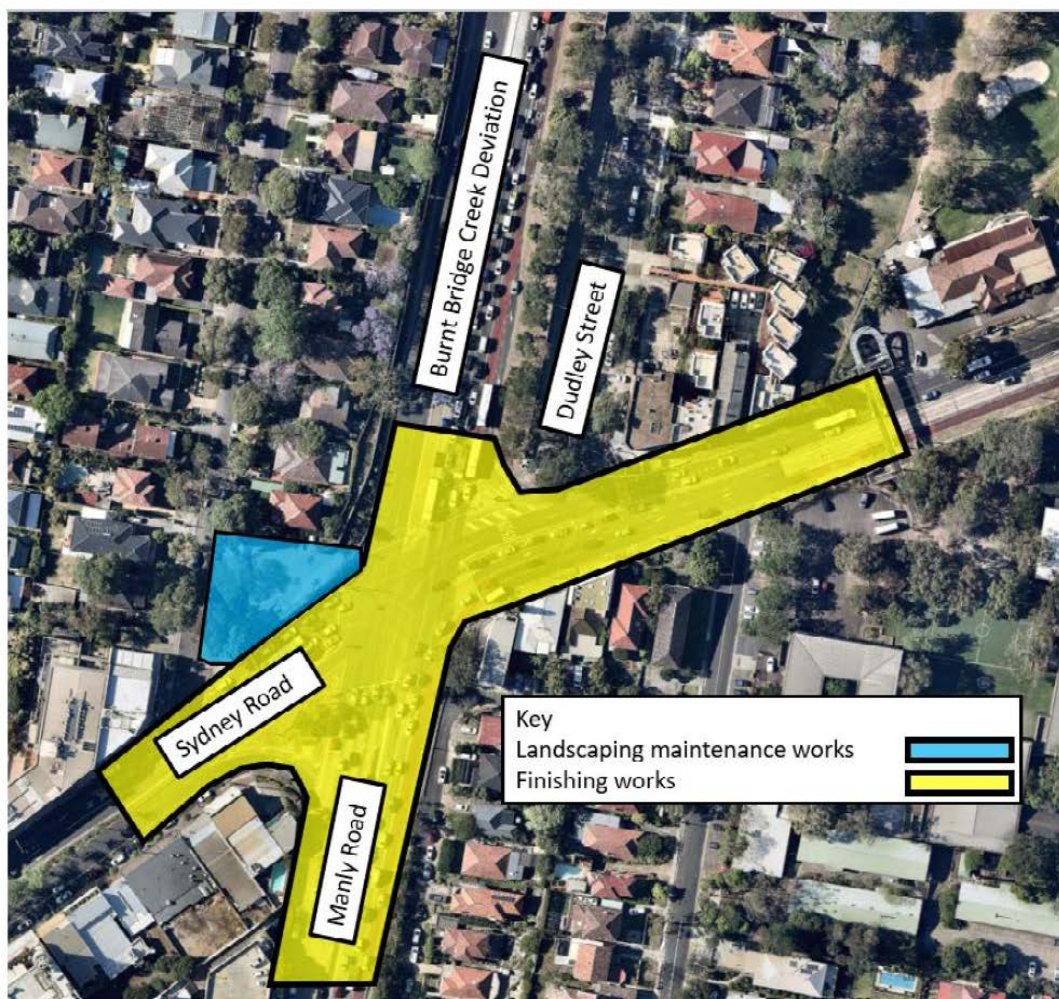
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Map of work area in Seaforth



This document contains important information about public transport projects in your area. If you require the services of an interpreter, please contact the Translating and Interpreting Service on 131 450 and ask them to call Transport for NSW on (02) 9200 0200. The interpreter will then assist you with translation.

For more information contact the project information line on 1800 048 751, email projects@transport.nsw.gov.au or visit b-line.transport.nsw.gov.au

Page 2 of 2



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Please support the businesses that support Seaforth Public School!

Maria Cassarino

Seaforth's Number 1 and Most Recommended Agent*
Call Maria, your area specialist on 0411 818 093.



*ratemyagent.com.au



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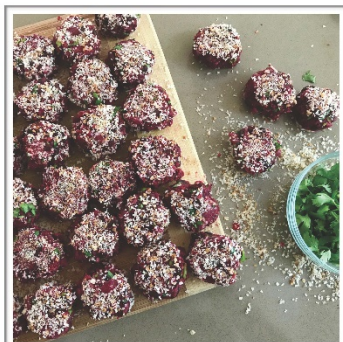


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Winter Warming Cooking Classes

Build your kitchen confidence in these 2 delicious classes

- 15 June :** **Vegetarian cooking class with lunch** (includes the delectable "almost a snickers bar")
- 15 June :** **Seafood cooking class with dinner**

(bookings essential via website, or phone me for details)

with Lou Edney, nutritionist, founder of Nourishing Nosh and passionate, conscious foodie.

Visit

www.nourishingnosh.com.au

for menus and bookings

Subscribe to the Nourishing Nosh Newsletter for Winter recipes. This week, delicious, immune boosting Chicken Soup.

louise@nourishingnosh.com.au

Phone 0401 370 379

DANCE ★PLUS



www.seaforthdanceplus.com.au

come and join
our walking
school bus!

Did you know that for **as little as \$8/hr** (two afternoons per week) your energetic children could be

- ★ collected from school
- ★ joining our walking school bus
- ★ building their strength and co-ordination
- ★ cartwheeling
- ★ dancing
- ★ learning new skills
- ★ learning how to use their core!
- ★ more cartwheeling
- ★ dancing some more
- ★ socialising and stretching
- ★ did I say cartwheeling?
- ★ and having a great time until 6:30pm!!!



Acrobatic dance classes for energetic kids who like to twirl around and be upside down!

CAMPBLUE MANLY

02 9400 9413

WWW.CAMPBLUE.COM.AU

"Camp Blue is not just a vacation care it is an experience that will stay with your child forever"

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
Book Club
Chess
Chiefs Good Vibes
Cooking
9 Square
Drama
Hip Hop
Makerspace
Movie Magic
Mindfulness
Newsroom Studio
Netball
Photography
Random
Touch Footy
Soccer

July Specialty Program

Freestyle Gym Warrior
(Trampolining and Ninja Warrior)



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A MINI GOLF PARTY WITH A **COOL TWIST**

Book and Hold a Birthday Party in
June, July or August
and receive a FREE ice cream cake.

CONDITIONS:

- Offer expires August 31st, 2019
- Not available with any other offer
- Not redeemable for cash Must present this voucher to redeem the offer

PITTWATER GOLF CENTRE

1472-1518 Pittwater Road, North Narrabeen NSW 2102

info@pittwatergolfcentre.com.au

www.pittwatergolfcentre.com.au

Like Us on Facebook.

Phone: 9913 7991



Pittwater
Mini Golf



VS Oceania Pty Ltd

Wanted:

Families to host a Japanese student 28th July– 5th August 2019

Students are aged 14-15 years & speak some English.

What you need to provide: a comfy bed (sharing a room is fine)
3 meals a day

daily transport to/from Stella Maris College

Families are paid \$50 per night per student for hosting.

Students attend school on week days & enjoy family life with you on the weekend.

For further information or any questions - Tel: 9889 4366

<http://www.vsoceania.com>

Takashi: ushinohama@vsoceania.com mob: 0423 097 518 /0408 468 538



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Does your child LOVE to dance?

Enquire about classes at Seaforth Dance Academy today by calling 0400 229 712 and ask about our Term 2 offers for new students!



Learn Music on Keyboard at School

Great songs! Musical activities!
Cool music knowledge!



- Convenient at-school venue
- Small group, 45 min weekly lesson
- Competitive rate
- Instrument not required initially

To enrol:
(02) 9411 3122

www.learnmusicatschool.com.au

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ENROLMENTS FOR
TERM 2!

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THE BEST
SCHOOL HOLIDAY CAMPS ON THE PLANET

3-DAY MULTI SPORTS CAMP

JULY 10, 11, 12

JULY 17, 18, 19

KILLARNEY HEIGHTS
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Get your game on!

- ☆ 3 full days for only \$139
- ☆ Kindy - Year 6
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FREE Motiv8sports Jersey
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Dalwood Spilstead Service
invites you to the
**15th ANNIVERSARY OF
DINE, DANCE, DONATE**

  *Featuring*
Barry Leef Band
and
Peter Northcote

**\$80 per person: TO BOOK TICKETS go to
www.trybooking.com/BBUTO**

The Dalwood Spilstead Service is internationally renowned for its unique and successful program for young children who have experienced trauma, abuse or disrupted development. All funds raised contribute directly to therapy services for these children. Please email simone.grace@health.nsw.gov.au or call 9951 0365 if you have any queries.

**Sat 22nd June 2019
6.30pm @Balgowlah RSL**

**THE FOREST
FESTIVAL OF
LIGHTS**

& COLOUR FUN RUN

Join us on Friday August 30 2019
3.30 - 8.30pm for an evening of music,
silent disco, food and market stalls.

4pm - Community Colour Run

Contact The Forest High to sign up
for the Colour Run or further
information
nicole.murray@det.nsw.edu.au



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**RACES
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AGES**

SUNDAY 16 JUNE 2019

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**KIDS! RUN FOR YOUR SCHOOL IN THE
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MEDALS FOR ALL KIDS WHO RUN!**

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RIDES, GAMES, FOOD & MARKET STALLS**

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FOR THE
WHOLE
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Sydney North Region Scouts and Guides present



TUNE IN

HGS 201.9

5 - 13 JULY



GIRL GUIDES
AUSTRALIA
NSW & ACT



Scouts
NSW

Barker College, Leslie Theatre: 91 Pacific Hwy, Hornsby

Tickets: Adult \$25, Child (under 16years) \$15, Concession \$20, Family (2 adult & 2 children) \$70 *Plus booking fee*

BOOKINGS: WWW.GANGSHOW.COM

120 local Scouts and Guides on stage in a musical variety show



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ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS



Health
Northern Sydney
Local Health District

**IT'S
FREE!**



**CALL
TODAY**

General dental treatment for
children under 18 years
of age is free at NSW Public
Dental Health Clinics.

* Some specialist services require additional eligibility and/or may incur a fee.



Clinic Locations:

HORNSBY | TOP RYDE | ROYAL NORTH SHORE | NORTHERN BEACHES

PHONE **1300 732 503**



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Healthy Mouths for Kids at School

Dental information for parents and carers

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.



Drink Well

Make tap water your family's drink.



Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.



Stay Well

Children should have regular dental checks.



Play Well

A well fitted mouthguard can reduce the risk of injury.



Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.



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A BETTER START PROGRAM INITIATIVE



JOIN OUR NDIS FAMILY WORKSHOPS



You are invited to a free workshop for parents run by the Better Start team at Carers NSW

Come to a free information session for all parents and guardians of children with disability aged up to 12 years old.

It does not matter whether your child has an NDIS plan or not.

You will be able to meet other parents and chat about your experiences

Local speaker representatives include:

- ECEI partners (0-6 age group NDIS)
- Local Area Coordinators (7+ age group NDIS)
- NSW Dept of Education

If you would like to attend but cannot, please let us know.

EVENT INFORMATION:

WHEN: Tuesday 25 June 2019
10:00am - 2:00pm
(Registration from 9:45am)

WHERE:

Dee Why RSL Club
932 Pittwater Road
Dee Why NSW 2099

RSVP: The Better Start Team

CALL US: 1800 242 636

EMAIL:

betterstart@carersnsw.org.au

COST: Free

Morning tea and light lunch will be provided, tell us if you have any allergies or dietary requirements.

SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT

www.carersnsw.org.au

contact@carersnsw.org.au

CARER LINE 1800 242 636

PO Box 785 North Sydney NSW 2059



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