



The Seaforth Satellite

The newsletter of Seaforth Public School

Term 3 Week 10 – 27 September 2018

All you need to know in 30 seconds!

Date for your diary:

September 2018

28th Last day of Term 3

October 2018

15th First day of Term 4
16th School Banking returns – see details below
17th Taste of High – Stella Maris (Year 6)
18th School Disco
18th PSSA Summer Sport – Round 6
22nd Year 1 & 2 Sydney Observatory Excursion (1E, 1H, 2S)
23rd 2019 Kindergarten Orientation Day 1
24th Year 2 Band Concert with Training Band
24th Year 1 & 2 Sydney Observatory Excursion (1B, 1J, 2A)
24th K-6 School Assembly
25th Kindergarten Taronga Zoo Excursion
25th Year 1 & 2 Sydney Observatory Excursion (2N & 2P)
25th Band Information Night
26th PSSA Summer Sport – Round 7
26th Year 2 Band Blow Tests

Newsletters are available on the school website and the parent portal

<http://www.seaforth-p.schools.nsw.edu.au/home> www.seaforth-p.schools.nsw.edu.au

From the Principal

Congratulations to All on a Great Term 3

We have certainly had a busy and successful Term 3. There has been great participation and wonderful achievements from students in sport, dance, band, art, choir, public speaking and reading as well as many other areas of the curriculum. I have been so delighted to see the Reading Buddy program take off with some of our Year 6 students being buddies to Year 1 in their own time before school. I would like to thank Kate Reid for introducing this initiative and all the Year 6 students who have been wonderful buddies and role models to our younger students. This program continues next term. Our students should feel very proud of their efforts in so many areas academically and extra curricula. Wellbeing of students is also always top of our agenda and I am pleased to see so many students caring about others – let's aim to all be kind, respectful and considerate at Seaforth Public School.

I would also like to thank the wonderful staff at Seaforth for their dedication, care and concern of their students and the school community. What a wonderful effort by all with the read-a-thon. Thank you to Liz Armstrong who took the initiative to run this and sourced fantastic prizes – a brilliant effort. I hope everyone saw the lovely article in the Manly Daily on Saturday. The money raised will be put back into the school to support reading. Well done to all participants and thank you to all the sponsors.



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: www.seaforthpublicschool.com

So many parents have been giving of their time this term to transform our playground. The working bee led by our wonderful Michelle French was outstanding! Many thanks to all the parents and students who came last Saturday to transform the playground and work in the garden. Our school is looking amazing as you will see below in the photos. We're not finished yet! There's still more to go! Thank you to all the parents and the P&C for supporting and helping to fund all these wonderful projects. The students are thoroughly enjoying the new benches and play area.

Recently our NAPLAN results arrived. While I haven't gone into great analysis yet I am very pleased that our results show an upward trend in both Years 3 and 5. We have improved in 9 out of 10 areas of trend data. Our reading results in Year 3 and 5 show a dramatic rise.

Garden News

Next term we welcome Mrs Tanya Leishman as our new garden teacher. Mrs Leishman has been working at Fisher Road SSP on class and she has a BSc (Land Management) and BEd K-6 (Environmental Education and Special Education). She is very excited to be joining our school community and working in an area that is her passion. For the first 5 weeks Mrs Rachel Kernaghan will be working on Mondays with Mrs Leishman to ensure a thorough handover. Mrs Kernaghan has been working on programming lessons for our students that link with the science curriculum to ensure the best educational value of our garden program is achieved.

Kindergarten Transition to School Program

If you have a child starting school in 2019 and have not yet lodged their enrolment form please do so as soon as possible so that we can start planning classes. If you know of anyone outside of the school who has a child commencing in 2019 it would be greatly appreciated if you could ask if they have lodged their enrolment form. The enrolment form is available for download on our school website.

Please ensure you have booked your child into the transition mornings by emailing or calling the school to register. The students attend all three mornings: Tuesday 23 November, Tuesday 30 November and Tuesday 6 November. There will be talks and social opportunities for parents to attend in the hall during these sessions.



Seaforth Public School



Kindy 2019 orientation days

We would like to invite our Kindergarten student and parents for 2019 to 3 Orientation mornings.

Tuesday 23 October
Tuesday 30 October
Tuesday 6 November
9.30-10.45am
Kempbridge Campus – School Hall

Kindy Students will visit a classroom on these mornings to experience firsthand what BIG school is all about. Students will participate in structured learning sessions run by our current Kindergarten teachers.

We invite the Kindy parents to join us in the Hall to hear from:

- School Principal
- Deputy Principal
- School Canteen
- School Uniform Shop
- Before and After School Care

And

On Tuesday 6 November a special morning tea with our 2018 Kindy parents.

Please RSVP by Friday 19 October
Ph: 9948 1694
or
Email: seaforth-ps.school@det.nsw.edu.au



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Term 4 Dates

Planning is already underway for all the Term 4 activities and preparing for 2019. Visit our website and check the calendar for all upcoming events. A special event in Term 4 is our concert. The dates are Wednesday 5 December and Thursday 6 December. Please keep the dates free!

Planning for 2019

We will be starting to plan our 2019 classes early in Term 4. Please discuss with your child's teacher anything you feel needs to be considered for their placement in 2019. Please advise the school in writing as soon as possible if your child will not be returning in 2019. Knowing our enrolment numbers is crucial for a smooth start to 2019 as just 1 or 2 students can make the difference in how we are staffed.

Happy Holidays!

I hope everyone has a lovely holiday. Make sure you are well rested for a busy Term 4. School resumes on Monday 15 October. I look forward to seeing everyone then.

Trudy Alcorn: **Principal**

From the Deputy Principal

Year 5 - Intention to apply for Year 7 entry to a selective high school in 2020

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 14 March 2019.

If you would like to have your child considered for Year 7 selective high school entry in 2020, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from mid-September 2018 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>. The application website opens at that link on 9 October 2018 and closes on 12 November 2018. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 9 October 2018.

Wakakirri Finals at Homebush

I had the great pleasure of attending the Wakakirri Finals at Homebush on Tuesday 18 September. The talent that was showcased from the school finalists across Sydney was truly inspirational and outstanding. Some of the stories told through music and dance were about Bullying; Cyber Bullying; Abel Tasman's voyages; History of the schools local area; Environment impact; What would happen if bee's can't pollinate anymore? etc.

There were 12 amazing schools who reached the Sydney finals and every child that performed was a winner in my eyes. Our schools performance was truly spectacular and extremely polished. Credit goes to



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our determined and talented students and to Ms Crowshaw, Miss Woods, Miss Van Der Saag and Mrs Abramowicz who developed and taught our students their performance piece. It was a long day and a late night with most staff and students getting to bed after midnight, but it was such a memorable and proud moment for us all. Many thanks to Mrs Fitzpatrick, Mrs Vidot, Mrs Piper, Miss Guerrero, Mrs Curnow, Miss Malhas and Miss Carlton for coming along on the night and showing their support and pride for our school.

Liz Armstrong: **Deputy Principal**

Working Bee – Thank you

A HUGE THANKYOU to the 50 plus volunteers that helped at our Working Bee last Saturday.

So many families all digging, raking, pruning, wheelbarrowing and working together to help make our school beautiful. But what a fabulous transformation.

Now with so much hard work put into the Gardens and new plants, could you all please remind the children to be careful and to please stay off all the new garden areas.

Thanks again Seaforth



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P &C News

Seaforth Public School Disco

Disco tickets are now available to purchase for your children on flexi schools www.flexischools.com.au.

Please purchase your children's tickets and pre-order dinner on flexi schools before 5pm Tuesday 16 October and we can look forward to a really fun evening!



The poster features a dark background with a glowing globe in the center. Four stick figures with wild, colorful hair (green, blue, orange, and pink) are dancing around the globe. The text is in various colors and fonts, including green, blue, orange, and pink. The Seaforth Public School logo is in the top left corner. The DJ KICK KAT logo is in the bottom right corner.

SEAFORTH
DEWE LABORAMUS UNA

Seaforth Public School presents

Crazy hair, light up school disco

Feed the kids there! Preorder Pizzas and drinks on flexischools

Cost \$12 per child. Tickets available through flexischools

Thursday 18th October
Kempbridge Hall

Years K - 2
5.00pm - 6.15pm

Years 3 - 6
6.30pm - 8.00pm

Wear white and bright neon colours to glow under the UV lights.

Bring \$5 to be decorated with UV face & body paint and hairspray.

Let's light up this party!

Bring cash on the night for glow-sticks, chips and drinks

di KICK KAT



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Band News

WOW WOW WOW! What a week for Seaforth Bands! Congratulations to both bands for an extraordinary performance at the Chatswood concourse on Saturday. This performance is the “grand final” of the band calendar and both bands did Seaforth proud. A number of children in the band program have come to September performances straight from their AMEB music exams, showing extraordinary commitment and focus. Well done to all those children that did exams, I’ve heard reports of A grades!



The Saturday performances were followed up a few days later by the Performance Band playing at the K-2 assembly. Congratulations to Hugh Sutton for a tremendous trumpet solo at the end of “A Tribute to Louis Armstrong”!

The Band Committee is looking forward to welcoming Year 2 into the band program and are excited about the Year 2 Concert coming up. As always, please get in touch if you’d like to chat further about joining the band or the committee in 2019.

Band Committee
seaforthpsband@gmail.com



Allison Strickland: **Band President**



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Buddy Reading Program

Reading Buddies has been a fantastic success this term. Thank you for all the wonderful feedback. It has been such a lovely experience watching the buddies read together each week.

We are hoping to continue the Buddy Reading Program from Weeks 2 – 8 next term on Mondays, Tuesday and Wednesdays from 8.45- 9.05. Please ensure your children are on time (not early, or late) to ensure we can make the most of this time.

Children are able to opt out of the program at any time but please email me at Kate.Reid22@det.nsw.edu.au if your child no longer wants to be in the program so that I can invite a child from the waiting list to join the program.

We are hoping to have all the participants recognised in an assembly presentation in week 2 of Term Four. Year 6 will be receiving their badges and Year One will be receiving a certificate for their involvement in the program.

Thank you for your support,

Kate Reid and Sarah Bye: **Reading Buddy Teachers**

Seaforth Public School Choir

Congratulations to the choir who sang beautifully at the Seaforth Arts Festival last Friday. Thank you to the parents and carers who came to watch and support the choir, your presence was much appreciated.

The school choir is made up of students in Years 3-6 who rehearse on Thursday mornings from 8:15am in the Kempbridge music room. We always welcome new members so if your child likes to sing then please encourage them to join.



Brooke Alver: **Music Teacher**

Sydney North Athletics Carnival

Congratulation to the students that competed at the Sydney North Athletics Carnival on Monday 17 September 2018. An awesome achievement.

Lisa Carlton: **Sports Coordinator**



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Library News



I am so appreciative of the parents who have been covering our books on a regular basis. It's such a time consuming task and I need to mention **again** how grateful I am!

What's happening?

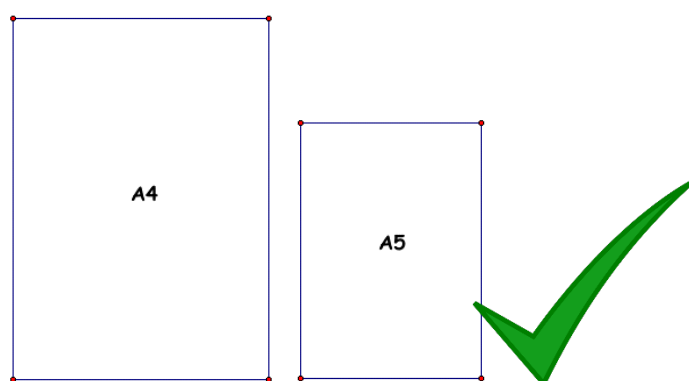
Next term, we will be changing a few things to make finding and selecting books easier, especially for our younger students.

Book bags are wonderful in protecting books. We have found so many damaged books (the top and bottom of the book spine) that students will no longer be allowed to borrow Non Fiction big books without a library bag. There has also been a few returned books that have suffered from a not properly closed water bottle.

I have another \$20 Four Brothers voucher to give to the best book cover design.

NEW COMPETITION to do over the holidays

The library is looking a bit bland, we need to decorate our walls. Calling all students to draw and colour their favourite book cover. The book cover can only be **half the size** of an A4 piece of paper. The book cover can be portrait or landscape. The best book covers will be displayed and one will be chosen to win the \$20.



A5 is the correct size



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In the holidays visit the State Library. They are celebrating the new Learning Centre and Family Space with an amazing OPEN DAY on Saturday 6 October between 10am and 4pm.

There is a feast of activities, here are just a few:

Craft, dress-ups, balloon twisting, kids tours, an adventure trail, stories and games. There's also workshops with children's authors and illustrators, zine making and story time in Hindi. Outdoor sound and light where you can 'listen' to works featured in the Paintings collection exhibition.

Bananas in Pyjamas are making a guest appearance and there is an exhibition celebrating Magic Pudding – 100 years.

Check out the Open Day program on <https://www.sl.nsw.gov.au/galleries>

The State Library always has wonderful workshops for students every month. It is worthwhile checking the calendar to see what's on. Many workshops and membership is free.

Have a safe and happy holidays. I will be in America visiting my beautiful grandchildren. I am so excited! I will see you in Term 4.

Marina Cook: **Teacher Librarian**



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Kitchen Garden News

Kitchen News



Seaforth PS Stephanie Alexander Kitchen Garden

We are very proud and excited to announce the school's partnership with



The Source Bulk Foods – Balgowlah

Shop 36, Stockland Balgowlah

Australia's largest specialised bulk food retailer, with its focus on zero waste and quality products, including grains, flours, rice, lentils, herbs & spices, muesli, honey, oil and healthy snacks, many of which are organic, pesticide free products.

The Source Balgowlah has a Seaforth PS loyalty card, where 5% of the value your purchase can be 'donated' to our incredible Seaforth Kitchen Garden Program, for later redemption at The Source.

The students and I cannot wait to use some of their wonderful products in our cooking to create even more flavoursome dishes, whilst focusing on health and sustainability.

This week in the kitchen, we have been further investigating food from countries that played a part in the history of Australia.

Having explored dishes from Vietnam, Ireland, Germany, Greece, China and England, we also acknowledged the Dutch landing on Australian soil in 1606.

Therefore, we enjoyed Dutch Stampot, Boterkoek and Rode Kool.

Another delicious feast.



Jessica Forbes: **Kitchen Teacher**



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Round 5 – 14 September 2018

Senior Cricket Team – played Manly Vale, we won 55-20. We all had a great game. Best players were 3 points to Zane, 2 points to Lachie H and 1 point to Jono. Captains today were Lachie & Jono.

Junior Cricket Team – played Manly Vale won. We played a great game. Best players were 3 point to Mathew & Miguel, 2 points to Liam & Luca and 1 point the rest of the team. Captains today were Will, Luca & Noah.

Softball Team – played North Balgowlah and won 10-2. It was a great game. The best player was Natasha, the fairest player was Sienna and the Captain today was Cate.

Senior Girls Eagle Tag A – played Manly West and won 5-1. Well done girls. The best player was Stella, the fairest player was Meisha.

Senior Girls Eagle Tag B (Blue) – Played Manly West and won 5-1. The best player was Albee, the fairest player was Eloise and the Captains today were Poppi and Brook.

Senior Girls Eagle Tag B (Silver) – Played Balgowlah Heights and won 3-2. Thanks to Olivia for filling in for our team, good job girls. The best player was Maddi, the fairest player was Olivia and the Captains today were Angie & Alba.

Junior Girls Eagle Tag A – played Balgowlah Heights and won 6-2. Great game girls. The best player was Chelsea, the fairest player was Clementine.

Junior Girls Eagle Tag B – played Manly West and lost 3-1. We played a great but challenging game. The best player was Tyra, the fairest player was Lavinia and the Captains today were Perri & Phoebe.

Senior Boys Eagle Tag B – played Brookvale and lost 5-4. We played a good game but lost. The best player was 3 points to Woody, 2 points to Jasper and and 1 point to the rest of the team. The Captains today were Billie and Jasper.

Junior Boys Eagle Tag A – played Cromer and drew 4-4. We all had a great game. The best player was 3 to points Flynn, 2 points to Otis and 1 point to Hugo. The captain today was hugo.

Junior Boys Eagle Tag B –won 4-2. The best players were 3 points to Luke, 2 points to Liam and 1 point to Kobe.

Round 6 – 21 September 2018

Senior Cricket Team – played Beacon Hill and lost with a difference of 8 runs. We all had a great game. Best players were 3 points to Zane, 2 points to Lachie P and 1 point to Will. Captains today were Jon & Sam.

Junior Cricket Team – played Beacon Hill won 90/4 to 50/5. We had a great game and everyone played well. Best players were 3 point to Tom, 2 points to Noah and 1 point to Samay. Captains today were Ollie & Matthew.

Softball Team – played Beacon Hill and lost 1-14. Congratulations for learning lots of new things. The best player was Cate, the fairest player was Sienna and the Captain today was Henri.

T-ball Team – played Brookvale and drew 14-14. We had a great game, encouraged each other and got lost of home runs. We tried our best and most of all had fun. The best player was Olive, the fairest player was Catorina and the Captain today was Poppy.

Senior Girls Eagle Tag A – played Balgowlah North and won 13-2. The best players were Meisha & Stella, the fairest player was Zara. The Captains today were Grace & Emily.



Senior Girls Eagle Tag B (Blue) – Played Narraweena and lost 5-9. The best player was Kayla, the fairest player was Albee and the Captains today were Eloise & Olivia.

Senior Girls Eagle Tag B (Silver) – Played Cromer and lost 0-7. We played a great game and sadly lost. The best player was Emma, the fairest player was Emily and the Captains today were Bellina & Jasmine.

Junior Girls Eagle Tag A – played Manly Vale and drew 5-5. It was a tough game but we played well. The best player was Amber, the fairest player was Aurora and the Captains today were Charlotte & Grace.

Junior Girls Eagle Tag B – played Balgowlah North and drew 8-8. We did well and thank you to Mrs Vidot for Refereeing. The best player was Lomani, the fairest player was Addy and the Captains today were Tyra & Charlotte.

Senior Boys Eagle Tag A – played Narraweena and lost 4-6. We played a good game and a shout out to all the juniors who played for us. The best player was 3 points to Luke, 2 points to Lachie and 1 point to Joe. The Captain today was Lachie.

Senior Boys Eagle Tag B – played Dee Why and lost. We played a good game but lost. We all tried our best, shout out to everyone on the team. The best player was 3 points to Jaden, 2 points to Alec and 1 point to James & Woody. The Captains today were Alec & Jaden.

Junior Boys Eagle Tag A – played Narraweena and lost 3-7. We all played well. The best player was 3 points to Otis, 2 points to Lenny & Flynn and 1 point to Rhuri. The captain today was Lenny.

Junior Boys Eagle Tag B – played Dee Why and lost 9-10. The best players were 3 points to Liam, 2 points to Kobe and 1 point to Tom. The Captains today were Tom & James.

School Banking is back!



Tuesday 16 October will see School Banking return to Seaforth Public School. Tuesdays will be the School Banking day and students should bring in their weekly deposit.

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 an exclusive School Banking reward item in recognition of their regular savings habits.

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.

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program at Seaforth Public School.

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



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Uniform Shop

Opening hours

Monday 8:45am to 10am

Thursday 2:45pm to 4pm.

Flexischools

Order online at www.flexischools.com.au and items will be delivered straight to your child's classroom.

Labels

Please remember to label your child's jumpers and hats. If they are labelled they can be returned to your child's class.



Summer Uniform

The changeover date for uniform is the **first day of Term 4**, so only a few more weeks left of wearing winter uniform. Time to check and see if your child's summer uniform still fits!

Second Hand Items

We are very grateful for your donations of second hand items. 100% of the sale of these items goes directly to the school via the P & C. It is appreciated if items are washed before donation.

The uniform shop is currently fully stocked with winter uniform items.

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

Kitty Williams: **Uniform Shop Coordinator**



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Please support the businesses that support Seaforth Public School!

Maria Cassarino

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Call Maria, your area specialist on 0411 818 093.



*ratemyagent.com.au



Medical and Wellbeing Centre



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02 9917 0700

550B Sydney Road, Seaforth
(access via Kempbridge Ave)

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



Drama Classes Term 3

FREE DRAMA CLASS



Give it a go at Drama!

Register for a free class in the first 4 weeks of Term 3. Let your child experience our fun and empowering drama classes. You'll love your child's growth in confidence, creativity and communication skills.

Classes at Manly Vale Community Centre

Enrolments Now Open

www.helenogrady.com.au | ph: 0450 107 367



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can be donated back to the
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staples, save the environment and help support the school.



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Holiday workshops

Singing & Acting Workshops



P: (02) 8084 5817 E: info@brightsparkscsco.com St Kieran's Parish, Manly Vale 2093. www.brightsparkscsco.com

brightsparkscsco.
performing arts school

SCHOOL HOLIDAYS



Little Easels
est. 2005 art school + kids

Spring Holiday ART workshop + Term 4

Nth Balgowlah Community Centre

TREASURE ISLAND

Thursday 4th October & Wednesday 10th October

All aboard me little artists for an action packed ocean artventure!

- *Mixed media island canvas with shells, sand, glitter and jewels.
- *Totally tropical prints in hot pink, purple and sunset orange.
- *Swashbuckling treasure maps plus a little fishy in a jar.



Age: 5-10 time: 11.00-2.00pm cost: \$65 (book 2 or more pay \$60)
earlybird \$55 pay before 7th September

After School Classes
Wed 3.30-5.00 age 5-7's
Thurs 3.30-5.00 age 7-10's

Saturday Classes
9.00-10.30 age 5-8's
11.00-12.30 age 9-12's

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INFO: 02 9938 1831 wrc@voyagertennis.com



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FAMILY FUN DAY

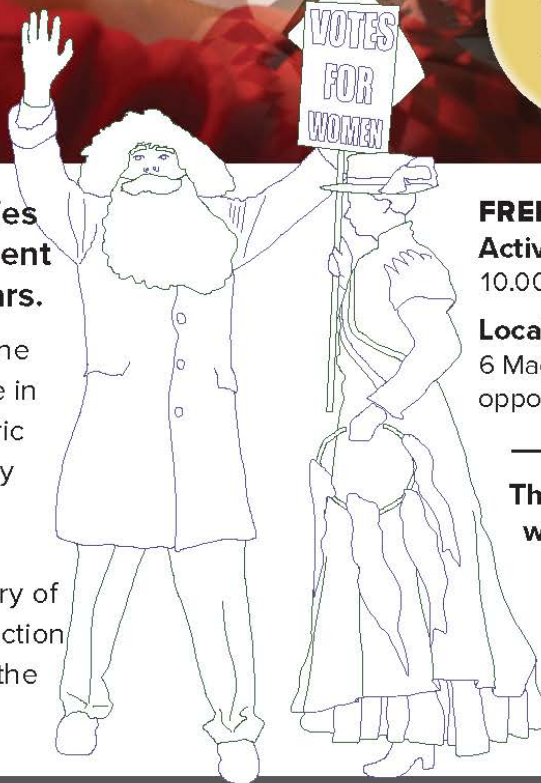
at the New South Wales Parliament
October School Holidays!

FRIDAY 12 OCTOBER
10 AM TO 3 PM



**Free fun educational activities
at Australia's oldest Parliament
for children from 4 to 12 years.**

Follow the children's trail; enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers places rarely open to the public. Engage with roving historical characters and celebrate the 100 year anniversary of women becoming eligible for election to parliament and admittance to the legal profession in NSW.



**FREE ENTRY
Activities**

10.00 am to 3.00 pm

Location

6 Macquarie Street –
opposite Martin Place

**The public café
will be open.**



FREE ENTRY • All Welcome
E: dps.education@parliament.nsw.gov.au
www.parliament.nsw.gov.au
Parliament of New South Wales,
6 Macquarie Street, Sydney

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LYRICS BY
HOWARD ASHMAN & TIM RICE

BOOK BY
LINDA WOOLVERTON

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PROUDLY SUPPORTING THE CHILDREN'S HOSPITAL AT WESTMEAD



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Share Our Space

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

**For more details visit
schoolinfrastructure.nsw.gov.au**

Tell us what you think about the Share Our Space program by visiting: goo.gl/iBv3x2

This pilot is an initiative of the NSW Government.



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Phone: 99481694

Web: www.seaforthpublicschool.com



THE GREATEST HERO

**Calling all Superheroes
to join us at
Seaforth Anglican Church
as we discover
The Greatest Hero!**

**SEAFORTH ANGLICAN
KIDS HOLIDAY PROGRAM**

OCTOBER 2018
Tuesday 9th
Wednesday 10th
Thursday 11th

SEE WEBSITE FOR DETAILS
seaforthanglican.org.au

 **Seaforth Anglican**
building lives for Christ



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Raising Your Child in a Digital World

WITH
Dr Kristy
GOODWIN



Are you worried about:
cyber safety • digital wellbeing •
social media risks • screen addiction •
techno-tantrums?



Dr Kristy Goodwin is a leading digital parenting educator and will explain all these things and more, including helping you determine how much screen time is healthy and why your child finds it hard to switch off from screens.

PARENT SEMINAR DETAILS

Monday 22nd October 2018

7pm–9pm

Manly West Public School

Parents and carers of children aged 4-12 years old

\$10 per person

www.trybooking.com/YEOK

Proudly presented by



**MANLY
WEST
P+C**



Seaford Public School

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Web: www.seaforthpublicschool.com



AFL, Baseball, Basketball, Dance, Football, Gymnastics, Netball,
Rugby All Code, Skating, Swimming, Surfing, Tennis, Touch Football

Come to a FREE afternoon of training for students in Years 4, 5 and 6 and try an Academy sport followed by a BBQ. Narrabeen Sports High School offers professional coaching and world class facilities through our unique specialist Sports Academy.

THURSDAY 8 NOVEMBER 2018 3:45PM – 5:00PM

Please RSVP to: <http://bit.ly/CPOG2018>

For more information about the Come Play Our Game afternoon or enrolments, please contact the school office or visit our website.

Sports to be introduced in 2019/2020 include Cheer Squad, Dance Sport and Surf Life Saving.



NARRABEEN SPORTS HIGH SCHOOL
SPORTS ACADEMY



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Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today:

 **1800 WE CARE**
 **iwanttofooster.com.au**



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Dr JUSTIN COULSON *presents*



10 THINGS EVERY PARENT NEEDS TO KNOW

Parenting sometimes feels like a 1000 piece jigsaw puzzle – all sky. The struggle of the juggle is taxing parents, and taking its toll on kids. Sometimes it feels like we're all just making it up as we go along.

But there is a positive, compassionate, inspiring way to bring up our children. Based on his new book, 10 Things Every Parent Needs to Know, this presentation by Dr Justin Coulson – one of Australia's leading parenting experts – will bring every parent back to essential keys that get to the heart of raising a happy child and creating a connected family.

FOR THOSE WHO WANT TO LEARN:

- How to deal with the big issues around school, siblings, and screens
- The 3 E's of the MOST EFFECTIVE discipline on the planet
- How to really understand your child
- The best ways to build strong relationships in your family

AN INTERACTIVE SESSION FOR:

- Mums, Dads and anyone who is responsible for the raising of a child.

WHAT CAN I EXPECT IF I PARTICIPATE?

- Solutions to the parenting problems that are driving you crazy
- Effective discipline strategies where you can stop being the drill sergeant
- A better relationship with your children (and other relationships will get better too!)
- Better understanding of your child's emotional world
- A happier home where everyone looks forward to being together



TUESDAY 23rd OCTOBER

7.00pm—9.00pm

Balgowlah Heights Public School

Tickets \$30 per person or \$50 for two

Purchase through Flexi Schools or www.trybooking.com/YLMG



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