



The Seaforth Satellite

The newsletter of Seaforth Public School

Term 1 Week 8 – 21 March 2019

All you need to know in 30 seconds!

Dates for your diary:

March

- 22 PSSA Summer Round 5
- 25 School Photos: Years 3, 4, 5/6A & Year 6 (Classes and Entire Year): Yatama Campus
Group Photos: Captains, Vice Captains, Prefects, Chess, Debating, Choir, Bands: Yatama Campus
- 27 -28 Parent Teacher Interviews

April

- 3 Celebration of Learning Assembly
- 9 Cross Country Carnival: Years 2-6
- 11 Easter Hat Parade
- 12 Last Day of Term 1
- 30 First Day of Term 2

May

- 10 P&C Mothers' Day Breakfast, Kempbridge Hall
- 14-16 NAPLAN
- 16 Kindergarten Excursion to Golden Ridge Farm
- 20 Maths Olympiad – Test 1
- 21 P&C Meeting – Kempbridge Campus Library, 7pm
- 22 SPS Athletics Carnival
- 28 Kindergarten 2020 Open Morning

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

From the Principal

Parent/Teacher Interviews

This week we commenced Parent/Teacher interviews. Bookings opened last Wednesday through the School Interviews website – information on how to book has been sent out on the school app. We hope this is a very valuable experience for you. Please be aware that at any time in the year you can ask your child's teacher for a meeting. Communication between home and school is very important.

The booking website will be closed at 3pm on Friday 22 March so please ensure you have secured an interview time prior to this date/time.

Parent/Teacher Interviews on Wednesday 27 and Thursday 28 March from 3.30pm – 7pm will all be held in the Kempbridge Campus Hall. Interviews at all other times will be held in your child's classroom.



Seaforth Public School

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Zone Swimming Carnival

Congratulations to all our students who competed in the Zone Carnival on 11 March. Miss Carlton and Miss van der Saag reported that our students had excellent behaviour and sportsmanship. Seaforth Public School placed 2nd overall (based on the handicap that considers size of school) at the Zone level – what an achievement! Thank you Miss Carlton and Miss van der Saag for organising our students to compete at Zone level. Some of our students made it through to the regional level! For further details please read the sports section of the newsletter.

Celebration of Learning Assembly

This year we are trialling hosting a K-6 Celebration of Learning Assembly at the end of each term rather than separate K-2 and 3-6 assemblies. **The K-6 assembly will commence at 2.15pm on Wednesday 3 April.** We hope this will make it easier for parents who often need to attend both assemblies. It also allows students to see their brothers and sisters receive awards. You will be notified if your child is receiving an award as per usual. We look forward to hearing the band play as well as recognising student effort and achievement throughout Term 1.

Leadership Camp

Our eight School Leaders from Year 6; Guy, Henri, Toby, Alexa, Sam, Zac, Lucy and Olivia attended a Leadership Camp hosted by the Northern Beaches Learning Alliance on Monday and Tuesday of this week. Despite lots of rain, our young leaders had a great time and learnt some very important and useful leadership skills. They got to know student leaders from our local primary schools and worked with them for two days and one night. Thank you to Miss Crowshaw who did the overnight shift of supervision. Well done to all our student leaders for taking up this great opportunity and representing the school so proudly.



Cross Country Carnival

Our school cross country carnival will be held for students from Year 2-6 on Tuesday 9 April. Students should all be at the Kempbridge Campus to start the day at 9.15am, with the races commencing at 9.30am. This will be laps around the Kempbridge Campus with supervision at strategic places along the way. Please make sure all students are dressed in their sports uniform this day and bring their water bottle. A hat and sunscreen should also be worn. A note with further details has been posted on the school app.



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Easter Hat Parade

Our annual Easter Hat Parade will be held on Thursday 11 April at 9.30am on the Kempbridge Campus. Students will be delighted with an Easter performance from our Training Band in the hall commencing at 9.30am followed by the parade on the oval. Our K-2 students will be making hats with their buddy classes made from recycled materials this year. All students K-6 will be watching the parade with K-2 and their buddies parading. All parents, grandparents etc. are most welcome to come along and watch the parade. Let's hope for that beautiful sunny autumn weather!

Scripture Easter Service

Our scripture classes Easter Service will be held on Wednesday 10 April in the Kempbridge Campus Hall.

Principal on Leave Term 2, Weeks 1 and 2

In Weeks 1 and 2 next term I will be on long service leave to get married. During this time Liz Armstrong will be relieving as principal and for Week 1 Alison Crowshaw will be relieving deputy principal and for Week 2 Hannah Piper will relieve as deputy principal. I know they will do a wonderful job while I'm away. I do intend to change my name I'm sure it will take some getting used to! So, I look forward to a lovely Easter wedding and returning as Mrs Bates.

Trudy Alcorn: **Principal**

From the Deputy Principal

Road Safety near the Yatama Campus

Just a quick reminder to all Year 3 & 4 students who walk to or from school at the Yatama Campus.

It is very important that students walk along Yatama Street and cross at the pedestrian crossing in front of the school office. Students are then to walk down to the gate near our new synthetic grass oval and walk along the footpath into the Benelong Street playground. Students need to remember that the end of Yatama Street near Brook Road is very busy at school drop off and pick up times and is very dangerous. Teachers have been asked to remind their classes of safety expectations when they are walking to school.

Celebration of Learning Assembly – Wednesday 3 April

This term we will be having a combined K-6 Celebration of Learning Assembly in week 10 on Wednesday 3 April at 2.15pm. Each class teacher selects students who have demonstrated outstanding achievement or effort in a number of areas throughout the term. Teachers use a 1:8 ratio in terms of how many certificates are awarded for each class.

Letters to parents will be emailed to notify them if their child will be receiving an award at this special assembly.

MindQuest 2019– Enrichment Program – Saturday 1 & Sunday 2 June, Glenwood High School

On Saturday 1 & Sunday 2 June 2019 a talent enrichment weekend will be held for students from Year 1-6 at Glenwood High School. Students will have an opportunity to participate in a choice of programs from chemistry, earth sciences, drama, Lego, robotics, art and more. The cost of the weekend is \$200. Closing



date for applications is Friday 3 May. If you would like a flyer and application form please request one from either of our school offices.

Extra curricula groups + Year 3, 4, 6 & 5/6A School Photos – Monday 25 March

The Years 3, 4 & 6 and 5/6A photos will be on Monday 25 March at the Yatama campus. School photo payment envelopes have been sent home, however if you have not returned it you still have time to do so. There will also be some special group shots for the Captains, Vice Captains and Prefects; Debating team; Chess players; Choir; Training Band & Performance Band.

Sibling photos are available at parent request from 8.00am. All sibling orders needed to be placed online by Friday 15 March at 12pm. However, if you have not completed your envelope and would like to be included you are still able to attend on Monday 25 March at 8am. These will be done based on a first come first served basis. Parents are requested to bring their children to the Yatama Hall for these photographs. The school will provide supervision from 8.15am for parents who need to leave their children at school after their photo has been taken.

Please ensure that all students are in their full summer uniform on their allocated photo day.

Sports and other special group photos will be taken later in the year. Our school photos will be taken by The School Photographer this year.

Liz Armstrong: **Deputy Principal**

From the School Captain

Leadership Camp -18-19 March 2019

On the 18th-19th of March 2019, our 8 student leaders went to Narrabeen Sport Complex to experience leadership camp with the 11 participating schools in our area. We had lots of fun rock climbing, raft building, archery and team building.



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We also found out each other's biggest fears, and I'm not going to lie, some of them are pretty ridiculous!



During our stay, we spent time to think of ways improve our schools. We thought of some pretty good some ideas and we look forward to sharing them with the SRC in our next meeting.

On behalf of the 2019 student leadership team, we thank to Miss Crowshaw and Ms Armstrong, who came to visit us. Miss Crowshaw, thank you so much for choosing to stay with us all night, it was really kind of you.

For everybody out there, remember this: "Leaders are made, not born"- Brian Tracey.

Student leaders

- Guy O
- Henri M
- Toby B
- Alexa B
- Zac B
- Sam W
- Olivia M
- Lucy D

Henri Miller: **School Captain**

Student Representative Council News

We are pleased to announce the following students as the Students Representatives for 2019. Students received their badges at the K-6 assembly yesterday. Congratulations to all these students.

2B	Thomas C	Nina M
2P	Hugo C	Sofia K
2S	Connor B	Evelyn B
3C	Sophia H	Bastian T
3E	Heidi J	Tara C
3S	Ella T	Jess H
3/4F	Charlotte B	Jamie S



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4A	Ellen L	Will B
4W	Noah K	Bronte H
5G	Reo M	Morgan S
5M	Hamish R	Eva G
5T	Miguel H	Sophie L
5/6A	Cassie G	Dan W
6C	Natasha S	Slade B
6L	Emily N	Rufus A

Lauren Boyd and Caroline Smith : **SRC Coordinators**

World's Greatest Shave

Last Saturday I shaved my head as part of the Leukaemia Foundation's *World's Greatest Shave* initiative to raise money for blood cancer research. I chose to do this because my granddad had blood cancer.

Thank you to everyone who has supported me throughout this process. If you'd like to still donate, it's not too late! Please visit:

<https://secure.leukaemiafoundation.org.au/registant/FundraisingPage.aspx?RegistrationID=746914>

Thank you,

Cassie G 5/6A



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PBL @ Seaforth Public School



Safe

Respectful

Responsible

Resilient

Positive Behaviour for Learning (PBL) is an evidence-based whole school process to improve learning outcomes for all students. It

- 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;
- 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.

It has been successfully running within SPS since 2015.

The four expectations at SPS are Safe, Respectful, Responsible and Resilient.

Each term we focus on a different expectation. This term we are focussing on being Responsible

Each week at SPS we have a different setting for the term's expectation. Please see the following expectations.

Week	Expectation & Setting	At Seaforth we....
7	Resilient- in all settings	<ul style="list-style-type: none">• We bounce back• We embrace opportunities and challenges• We learn from our mistakes
8	Safe – in the playground	<ul style="list-style-type: none">• We wear a hat• We choose sensible games• We play in the right place

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



P &C News

Next Meeting: Tuesday 21 May, 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

Wow! Two weeks rolls around quickly.

Kindy Parents' Drinks

Those kindy parents are an impressive crew. We told the RSL Wine Room we might get 50-60 and a very keen 80+ turned up! Awesome.

P&C Meeting

We had the monthly P&C meeting last night and broke all records for speed. 50 minutes! The minutes will be distributed shortly via the Seaforth app and the Facebook group.

Traffic and Safety Committee

The TASC is getting closer to launch and our volunteers have been practicing on specially constructed Kiss 'N Ride training areas. If you'd like to volunteer or even just keep up-to-date with what they're doing, head on over to our WhatsApp group via this link:

<https://chat.whatsapp.com/Kt5M5TfsvBE9TE1GgFVuTn>

Mother's Day

We have a grand total of one dad who has volunteered for Mother's Day Brekky. The kids will be coming home soon with some information about how to *encourage* the dads to volunteer. I hope we will get more assistance to make this a lovely event for our well deserving mums.

Uniforms

An update to the [NSW schools uniform policy](#) was released last year and a working group of parents have been researching the experience of other schools and also researching sustainable fair trade suppliers. There's an open discussion on WhatsApp (link below) and one option being discussed is the *addition* of a royal blue polo to the uniform shop, because some families feel the white polos get dirty about as soon as a new one is put on.

Hats have been discussed. The broad-brimmed ones are not practical for physical activity, so the P&C and school are moving ahead with a plan to put sunscreen in classrooms for teachers to remind kids to apply it on the way out to lunch. Here's that WhatsApp group:

<https://chat.whatsapp.com/J1FYbwE8a5vK1T6bbWWKhr>

You can contact me on 0410544569 or email jeremy@seaforthpnc.org.

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



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Band News

Both bands have settled well into the routine of rehearsals and are working towards their first performances for the year, hooray! It is great to have so many opportunities to perform in the coming weeks, as Mr. Jardine says - "we rehearse to perform!"

Please make sure your permission slips have been handed in before the Intensive Day on Sunday 31st March. Spare permission slips can be found at the Yatama and Kempbridge Offices and also on the School App in the "School Band" section

Key dates for the diary:

23 March - Election Day BBQ Fundraiser

31 March - Band Intensive Day

11 April - Training Band performing at the Easter Hat Parade

11 April 6.15 pm - PB & TB performing at NSSWE Autumn Festival

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

Allison Strickland: **Band Committee President**

Library News

Premier's Reading Challenge

The Premier's reading challenge has begun! The challenge aims at encouraging a love of reading for leisure and pleasure.



K-2 students will be participating in the challenge during class time and I will be logging student Reading Logs. Years 3-6 will be encouraged to borrow Premier's Reading Challenge books in library time and will be given some time to log books they have read in their Reading Log.

Students can also log their books from home by heading to Premier's Reading Challenge Website. If your child does not have permission for online access, he/she can participate in the challenge unofficially. The



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challenge runs till 30 August. If you have any questions check out the website <https://online.det.nsw.edu.au/prc/home.html> which has loads of information on the challenge and how you can support your child at home.

Students who enter the challenge will become eligible for a certificate - Happy reading!

Challenge	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books	PRC booklists you can read from
K-2	30	25	5	K-2, 3-4, 5-6, 7-9
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9

Alicia Malhas: **Librarian**

Kitchen Garden News

Seaforth SAKG Kitchen Garden Stall

On Thursday 11 April after the Easter Hat Parade at Kempbridge Campus, the SPS SAKG will be running a special stall selling produce, including items from the garden and kitchen. Items will be sold for a gold coin donation:

- Dried Italian herbs
- Lemongrass Tea
- Fresh garden produce
- Fresh herbs
- Seedlings
- Pickles
- Jams
- Beeswax Wraps



Tanya Leishman: **Kitchen Garden Teacher**

Kitchen News

This week in the kitchen we continued focusing on our Back to Basics concept.

Students made pasta with a basil pesto. (Please find the recipes attached.) This divine meal allowed us to further explore our new learned skills of making and receiving compliments. It has been wonderful to share stories with the students about dinner time and how much they enjoy eating in the company of their families and friends.



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I hope the activities and homework over the last few weeks have encouraged your child(ren) to help with dinner time, and that you did get the opportunity to spend some extra time together around the dinner table.

If you have any feedback, stories or comments you would like to share with me in regards to the Dinnertime Project, please feel free to email me at jessica.forbes14@det.nsw.edu.au

Have a wonderful week. Dinner is better when we eat together!

Recipes of the Fortnight - Basil Pesto

Equipment

- Measuring cup
- Tbs & tsp
- Chopping board & knife
- Scissors
- Bowl
- Blender/food processor

Ingredients

- 1 ½ cups basil chopped

- 1 garlic clove
- 60g parmesan cheese
- 1 tsp salt
- 5tbsp olive oil



What to do

- Place basil, garlic, parmesan cheese, salt in a food processor/blender
- Plug in and turn on
- Blend for 30s
- Turn off and add olive oil
- Blend until smooth
- Put into 2 bowls

Fun Facts

Greece is the largest producer olive oil.

Extra Virgin olive oil comes from the first pressing of the olives with no chemical used to extract the oil.

Recipes of the Fortnight - Pasta Dough

Ingredients

- 2 ½ cups plain flour
- ½ tsp salt
- 4 eggs (room temperature)



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- Use fork and lightly whisk eggs
- Gradually blend small amounts of flour with eggs **_WORK WITH YOUR FINGERTIPS ONLY**
- Cling wrap dough ball and place in fridge
- Separate into 4 equal dough pieces
- Clean bench
- Attach pasta machine
- Set rollers to the widest setting
- Flatten 1 portion of dough with hands into rectangular shape
- Dust rollers and pasta with flour and roll the dough through the machine
- Repeat process
- Fold in the shorter sides of the dough to meet the centre to form a smaller rectangle
- Repeat 4 times
- Reduce width of roller by 1 and roll dough through as before
- Repeat process, reducing the roller setting by 1 each time **UNTIL DOUGH IS 1.5cm thin**
- Spread pasta sheets out on dry towel
- Let rest for 10 minutes
- Clean bench
- Boil water in large pot
- Once water boils
- Add pasta and cook for 5min

Jessica Forbes: **Kitchen Teacher**

Sport News

Manly Zone Swimming Carnival

Congratulation to all students who attended the Zone Swimming Carnival. All students displayed the four Seaforth school values of being safe, responsible, respectful and resilient.

A huge congratulations to the students who placed at the Zone Carnival:

Junior Boys relay team: Liam J, Otis K, Ethan O and Henry A came 2nd

Liam J came 1st in 10yr 50m Freestyle and 3rd in the 200m IM

Sebastian S came 3rd in the 8yr 50m Freestyle

Charlize S came 3rd in the 12yr 50m Freestyle

Madison N came 2nd in 12yr 50m Butterfly

Well done everyone and good luck at the Regional Swimming Carnival on Thursday 28 March.

Sydney North Soccer

A huge congratulations to Eloise C for making it into the Sydney North Soccer team. She will be competing at Lismore from 21st to the 23rd of May. Good luck from everyone at Seaforth.

Lisa Carlton: **PSSA Sport Coordinator**



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PSSA Summer Sport – Rounds 1 & 2 Match Reports

Round 3 – 8 March 2019

Senior AFL – played Harbord PS and were defeated 13-3. Today was a hard match for the Senior AFL team, but we all had fun. Best and Fairest players: the whole team. No captains.

Junior AFL – played Harbord PS and won 34-7. Today was a hard match for Junior AFL but we had fun and gave it a go no matter if we lose or win! Best and Fairest players: the whole team. No captains.

Junior Boys Eagle Tag A – played Narraweena PS and won 5-2. Good game boys. Thank you Mrs Abramowicz. Go Seaforth! Best player: Otis, Fairest player: Riley. Captain was Sam B

Junior Boys Eagle Tag B – played Narraweena PS and were defeated 3-11. We all played a very good game today. Captains were Max and Ollie

Senior Boys Eagle Tag A – played Narraweena PS drawing 4-4. Play well thanks Miss A. Best player: Miles, Fairest player: Woody. Captains were Zac and Alex

Senior Boys Eagle Tag B – played Narraweena PS and won 9-4. Today we played Narraweena and won.

Junior Cricket and **Senior Cricket** – had a bye this week

Junior Girls Eagle Tag A – played Manly Vale PS and won 5-4. Good game girls. Best player: Zara, Fairest player: Malena. Captains were Gracie and Aurora

Junior Girls Eagle Tag B – played Dee Why PS and were defeated 5-4. Good game girls!! Hopefully we'll win next time. Best player: Imogen, Fairest player: Catriona

Senior Girls Eagle Tag A – played Manly Vale PS and won 5-1. Great game girls. Best player: Alba, Fairest player: Liv. Captains were Charlize and Jade.

Senior Girls Eagle Tag B – played Dee Why PS and lost 3-2. We played a great game and did our best in the hot weather. Good game girls! Best players: Zara and Sienna, Fairest players: the whole team.

Newcomb Ball A – played Balgowlah North PS and won 11-5, then Narraweena and were defeated 7-11. We all played very well in both games and we all look forward to next week. Best player: Poppy, Fairest player: Roxy. Captain was Alana

Newcomb Ball B – played Cromer PS and won 11-9, and Harbord PS and were defeated 11-5. We had lots of fun and can't wait for next week. Best player: Eva, Fairest player: Liv. Captain was Annabel D-S

Boys Volleyball – played Manly Vale PS, Cromer PS and Harbord PS and were defeated 7-11, 8-11, and 1-11. Best player: Liam, Fairest player: James. Captain was Hugh

Girls Volleyball – The girls volleyball team played three games. The first game we played was against Harbord PS and we lost 7-11. Then we played Manly West PS and WON!!! 4-11. The Best player was Alyssa, and the Fairest was Morgan. Good job team for trying our best. Captain was Phoebe

Round 4 – 15 March 2019

No games due to field and oval closures



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Canteen News

The Yatama Street Canteen is back up & running after being closed due to the building works. Years 3&4 can pick up their lunch & recess orders and purchase most of the usual counter items and ice blocks from there.

Please note that if your child is at PSSA and has a recess order they will get it when they return to school at 3pm. Please make sure you choose the PSSA option in the "Pick up options" menu on Flexischools so we know they are at PSSA.

The Kindy classes have started coming to the canteen to collect their orders so it's been lovely getting to know them.

There have been a few issues with Flexischools being overloaded by huge numbers of orders on Fridays so please try not to leave your orders until the last minute. If you can, please do Friday orders before 7am. Better still lock in your orders for the whole term then you don't have to worry about doing them each day.

If you would like to volunteer on the Kempbridge Ave counter at lunch or recess then please pop in and we'll sign you up on the roster. Whilst we don't necessarily need volunteers at the moment we do love the extra help and your children will be very happy to see you behind the counter. As the Yatama St canteen is fairly quiet we really don't need help there.

Sue Yates and Fiona Douglas: **SPS Canteen**

School Banking

Tuesdays: 8.45-9.10 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 1.

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens, they can redeem



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them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

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

School Banking day is **Tuesday 8.45-9.10 in the Uniform Shop**. 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**

Scholastic Book Club News



Orders for Issue #2 close on Friday but there is still time to pick up a catalogue at the Kempbridge Office or Yatama

Paperwork-free credit card orders can be made online at <http://www.scholastic.com.au/LOOP> OR by using the super quick and easy free Book Club LOOP for Parents App available from the Apple App Store and from Google Play.

For all cash, cheque and credit voucher orders: please fill out your order form, and submit along with your payment in a labelled, and sealed envelope into the Book Club Order Boxes at either the Kempbridge or Yatama Offices

ORDERS CLOSE FRIDAY 22 MARCH!

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

If you have any questions or difficulties please contact me at seaforthps.scholasticbookclub@gmail.com

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



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Uniform Shop News



Opening Hours:

Monday 8.45-10.00am

Thursday 2.45-4.00pm

New PSSA Visors

We have new royal blue soft PSSA visors on order for our PSSA teams to use on sunny Fridays. Photos and costs will be posted in the next newsletter as well as on the Seaforth Public School Community Facebook page

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.

Volunteers

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

Second Hand Items

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

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**



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SEAFORTH OSHC CENTRE



VACATION CARE PROGRAM

SEAFORTH OSHC CENTRE

From 15-April-2019 to 29-April-2019

e: soshc@primaryoshcare.com.au ph: 0433 472 776

Dear Parents and Carers,

Please find below our Vacation Care Program for the upcoming school holiday period.

The Centre will be open from 7:00am until 6:15pm each day and all meals will be provided as during term time.








Children need not be students of Seaforth Public School to attend.

However, a \$20 annual registration fee applies to all families using the service for the first time.

Please note the daily \$65 charge and excursion charges are eligible to be deductible by Childcare Subsidy.

An early bird discount of \$10 applies to bookings and payments made before the closure date of Wednesday March 27 2019

Please complete and sign the attached Booking Form indicating your requirements for Vacation Care.

WEEK 1				
MONDAY 15-Apr-19	TUESDAY 16-Apr-19	WEDNESDAY 17-Apr-19	THURSDAY 18-Apr-19	FRIDAY 19-Apr-19
Excursion	Excursion	In Centre	In Centre	
<p>Mini Golf</p>  <p>Come join us as we play mini golf! Can you get a hole in 1? Head to Pittwater Golf Centre in Narrabeen and challenge your friends in 36 holes of mini golf in the Pirate Ship and the Spooky Caves. Don't forget your hat and water!</p> <p>Depart 10:00am Return 2:00pm Additional Cost \$20.00 Travel: Private Bus</p>	<p>Picnic in the Park</p>  <p>Let's get some fresh air as we head to North Harbour Reserve for a picnic. Don't forget your hat, water bottle and something to sit on! We will have some little yummy treats to enjoy, but please pack your morning tea and lunch.</p> <p>Depart 10:00am Return 2:30pm Additional Cost \$12.00 Travel: Public Bus & Walking</p>	<p>Royalty Day</p>  <p>Come dressed as a King, Queen, Prince or Princess as we celebrate all things royal! We will be making some King and Queen inspired art and craft, some Prince and Princess cooking and we have some new royal inspired games!</p> <p>Additional Cost \$0.00</p>	<p>Easter Eggstravaganza</p>  <p>The Easter Bunny has stopped off at SOSHC! Enjoy a fun filled Easter themed day at SOSHC with egg and spoon races, Easter cooking and a classic Easter egg hunt!</p> <p>Additional Cost \$0.00</p>	<p>Public Holiday - Centre Closed</p> <p>Additional Cost \$0.00</p>
WEEK 2				
MONDAY 22-Apr-19	TUESDAY 23-Apr-19	WEDNESDAY 24-Apr-19	THURSDAY 25-Apr-19	FRIDAY 26-Apr-19
	In Centre	Inursion		In Centre
<p>Public Holiday - Centre Closed</p> <p>Additional Cost \$0.00</p>	<p>SOSHC ANZAC Day</p>  <p>Today we will be exploring Anzac Day and what it means to us through planned and spontaneous games, cooking, art and craft activities. Feel free to bring in anything that has special meaning to you.</p> <p>Additional Cost \$0.00</p>	<p>Multi-Sports Workshop!</p>  <p>We have a large range of sports and experienced coaches on offer today to get our hearts pumping as we enjoy some good old physical exercise!</p> <p>Start 10:30am End 2:30pm Additional Cost \$12.00</p>	<p>Public Holiday - Centre Closed</p> <p>Additional Cost \$0.00</p>	<p>Disco and Karaoke Fever</p>  <p>Come dressed in your dancing shoes and your disco themed outfits, as we boogie our way through the day. Activities will include a disco, a variety of musical games and dancing!</p> <p>Additional Cost \$0.00</p>

Please note that the program is subject to change dependent upon enrolment numbers

Please ensure children bring a hat and shoes suitable for walking each day.

Children will be supervised by staff in Centre at a minimum ratio of 1 to 15 and 1 to 10 on excursions.

The anticipated number of children attending each day is approximately 60 to 60

For more accurate anticipated numbers of children, please see the daily excursion summary displayed.

Completed Risk Assessments relevant to all activities are displayed for your information



Seaforth Public School

37 Kempbridge Avenue, Seaforth 2092

Phone: 99481694

Web: www.seaforthpublicschool.com

SEAFORTH OSHC CENTRE




VACATION CARE PROGRAM

SEAFORTH OSHC CENTRE

From 15-April-2019 to 29-April-2019

[e: soshc@primaryoshcare.com.au](mailto:soshc@primaryoshcare.com.au) ph: 0433 472 776

Please complete and sign the attached Booking Form indicating your requirements for Vacation Care.

WEEK 3				
MONDAY 29-Apr-19	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Centre				
<p>Crazy Hair Day</p>  <p>Today we will be enjoying face paint, hair spray and glitter as we celebrate the end of the holidays. Come in clothes that can get messy!</p> <p><i>Additional Cost \$0.00</i></p>				
<i>Additional Cost \$0.00</i>	<i>Additional Cost \$0.00</i>	<i>Additional Cost \$0.00</i>	<i>Additional Cost \$0.00</i>	<i>Additional Cost \$0.00</i>

***Please note that the program is subject to change dependent upon enrolment numbers
Please ensure children bring a hat and shoes suitable for walking each day.
Children will be supervised by staff in Centre at a minimum ratio of 1 to 15 and 1 to 10 on excursions.
The anticipated number of children attending each day is approximately 0 to 70
For more accurate anticipated numbers of children, please see the daily excursion summary displayed.
Completed Risk Assessments relevant to all activities are displayed for your information***



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Web: www.seaforthpublicschool.com

VACATION CARE PROGRAM

SEAFORTH OSHC CENTRE

From 15-April-2019 to 29-April-2019

e: soshc@primaryoshcare.com.au ph: 0433 472 776

Dear Parents and Carers,

Childs Name	
Enrolment and Booking Form Completed Yes/No	Please ensure you have completed an Enrolment and Booking Form. In order to claim Childcare Benefit for Vacation Care we must have the CRN and Date of Birth of you and your children. If we do not have this information, full fees will be charged.

Please tick the booked days in the space provided.

PAYMENT MUST BE MADE BY Wednesday March 27 2019 TO RECEIVE THE EARLY BIRD DISCOUNT

Date	Program	Venue name and Address for excursions	Depart and Return Times	Transport	Total cost per day Session Fee + Excursion cost	TICK to book	SIGN to consent for attendance on excursion
Monday, 15 April 2019	Mini Golf	Pittwater Golf Centre 1500 Pittwater Rd. Warriewood NSW 2102	10:00am to 2:00pm	Travel: Private Bus	\$85.00		SIGN IF BOOKED
Tuesday, 16 April 2019	Picnic in the Park	North Harbour Reserve LOT 7001 Condamine Street South, Balgowlah NSW 2093	10:00am to 2:30pm	Public Bus & Walking	\$77.00		SIGN IF BOOKED
Wednesday, 17 April 2019	Royalty Day				\$85.00		
Thursday, 18 April 2019	Easter Eggstravaganza				\$85.00		
Friday, 19 April 2019	Public Holiday - Centre Closed				\$65.00		
Monday, 22 April 2019	Public Holiday - Centre Closed				\$65.00		
Tuesday, 23 April 2019	SOSHC ANZAC Day				\$85.00		
Wednesday, 24 April 2019	Multi-Sports Workshop!		10:30am to 2:30pm		\$77.00		
Thursday, 25 April 2019	Public Holiday - Centre Closed				\$65.00		
Friday, 26 April 2019	Disco and Karaoke Fever				\$85.00		
Monday, 29 April 2019	Crazy Hair Day				\$65.00		
					\$65.00		
					\$65.00		
					\$65.00		
					\$65.00		
Add \$20 First Time User Registration Payment if Required							
TOTAL BOOKING COST							Apply \$10/day discount if booking and paying prior to early bird cut

I have read and understand the conditions of this booking and accept that no refund is available once the booking is made.

Late fees will be charged for overdue fee payments.

I approve the above vacation care amount to be deducted through my usual payment plan

Signed:	Date:
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PLEASE COMPLETE AND RETURN BOOKING FORM WITH PAYMENT NO LATER THAN Wednesday March 27 2019 TO RECEIVE THE EARLY BIRD DISCOUNT

Entered in QikKids	Registration billed	Date Booked	Discount Rate Y/N	Paid Y/N	ID number advised to parent	Siblings attending other Centre? Y/N How many?
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Tear off and Keep

Payment is required IN ADVANCE of the commencement of Vacation Care. Please note that bookings are not confirmed unless payment is received. Payment for the day and for each excursion, once made, is NON REFUNDABLE but a booked day may be changed for another day if staffing and organisation allows. Excursion costs are not transferable.

EXCURSIONS require advance booking and organisation. Please book early so that we can plan transport, tickets and staffing accordingly.

On days designated as "Wheels Day" or where personal riding equipment (bikes, scooters, skateboards etc.) is brought on a day, parents are to provide safety gear that they deem sufficient to ensure their child/ren's safety. This also includes the provision of clothing and footwear suitable to the day.

On days designated as a "Water themed" day parents are to provide their child/ren with clothing and footwear appropriate to the engagement of water based activities, as well as any additional requests as outlined in the description.

Consent must be given in writing for each excursion. Please check approximate departure and arrival times for excursion days.

Children MUST be signed in and out each day

During excursions children are provided with a wrist band with the Centre name and contact details.

For detailed information on the day's events or timings please see the Daily Planning Sheets displayed in-Centre.

CHILDREN WILL NEED TO BRING:

Morning tea

Lunch (unless otherwise specified): Please note that our Centre is "Nut Free". We have several children with severe allergies to nuts and nut products, therefore families are requested to ensure that children's snacks and packed lunches do not include foods with nuts in them. We thank you for your co-operation in this important safety consideration.

It would assist us in the delivery of messages about healthy eating if the children bring a healthy and nutritious lunch to Vacation Care and avoid snack foods which are high in fat and sugar. We suggest a sandwich, cheese, fruit and veggie sticks, crackers, yoghurt and water to drink. Please see our LUNCHBOX Fact Sheet for suggestions.

Hat /Water bottle for excursions + any other requirements for a particular activity (Please check the daily program)

Covered walking shoes

Clothing that covers shoulders

PLEASE DO NOT GIVE CHILDREN MONEY TO SPEND ON EXCURSIONS, UNLESS SPECIFICALLY REQUESTED ON THE PROGRAM.



Seaforth Public School

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Phone: 99481694

Web: www.seaforthpublicschool.com

Please support the businesses that support Seaforth Public School!

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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.



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CONTACT

phone 0401 370 379
 louise@nourishingnosh.com.au

Timetable, bookings &
 lots more online

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INSTAGRAM

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

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

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

Sing & act

**classes, private tuition
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www.brightsparksco.com



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37 Kempbridge Avenue, Seaforth 2092

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Web: www.seaforthpublicschool.com

Sing · Act · Dance!

Perform in a Show

'The Magical Faraway Tree' April Holiday Camps

Stella Maris College, Manly
Monday 15th to Thursday 18th April



We give Kids Confidence
Ages 5 to 13 years, 9:00am to 3:00pm
Before and After Care from
8:00am to 5:30pm included
Book online:
www.kidsupfront.com.au
(02) 9553 4040

**kids
upfront**
DRAMA ACADEMY

Learn *Music* on the keyboard at School

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



- ♪ Convenient at-school venue ♪
- ♪ Small group - 45 min weekly lesson ♪
- ♪ Competitive rate - \$29 per session (GST Incl.) ♪
- ♪ Instrument not required initially ♪

**To enrol, please call 9411 3122 or visit
www.learnmusicatschool.com.au
Limited vacancy!**

Violin Incl. Piano (VIP) Music est. 1984 www.learnmusicatschool.com.au

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**EVERY DAY
INCLUDES
NERF BATTLES,
FITNESS GAMES,
FITNESS TESTING,
TUMBLING FUN
&
SPECIAL
CRAFT ACTIVITY**

**AGE: 5 YEARS
AND OLDER**

MON 15	Easter slime making
TUE 16	Easter cupcake decorating
WED 17	Easter basket making
THU 18	Easter plaster painting
FRI 19	Good Friday - closed
MON 22	Easter Monday - closed
TUE 23	Make your own ninja stress ball
WED 24	Choice of plaster painting or slime making
THU 25	ANZAC Day - closed
FRI 26	Make your own kite

**15 - 26
APRIL
2019**

REGULAR DAY 8.30AM - 3.30PM \$65 - includes morning tea & lunch
EXTENDED DAY 8.00AM - 5.00PM \$80 - also includes afternoon tea
\$10 sibling discount

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NOW!**

Unit 10, 25 Frenchs Forest Road East
FRENCHS FOREST

located in Allambie Grove Business Park

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MANLY WARRINGAH BASKETBALL
ASSOCIATION

POTTER LEAGUE SEMESTER 1 2019

DEVELOPMENT LEAGUE

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

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



Schedule and cost:

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

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

To Register: <https://www.trybooking.com/ZSGU>
Registration closes-sun 24th Feb 2019, 7pm



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

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

Ages: 5-7yrs., 1:30-2:30

7yrs and up, 2:30-3:30

Venue: Northern Beaches

Indoors Sports Centre

Cost: \$10 per child.

For more info go to

www.manlybasketball.com.au



SATURDAY LEARN TO PLAY
STARS: SAT 9TH FEB 2019

Easter Holiday Camps

15th April– 29th April 2019



Join our Holiday Camps and play soccer indoors on grass

CLINICS FILL FAST, SO BOOK NOW!

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cryuff Cut', 'Ronaldo Chop', or learn how to do an 'Oxford'!
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football

Half Days 9.00am-12:00pm | Full Days 9.00am-3.00pm | Extended days 8.30am-5.30pm

For 5-14 year olds

Book from 2 days to 10 days



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BECOME A HOST FAMILY IN JULY 2019!



REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

HEAR FROM A HOST MUM

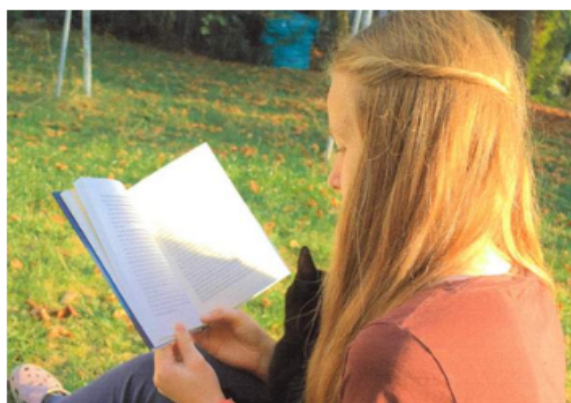
"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children."

Host mum, Candice.

CAMILLA (16) ITALY

Ciao!

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!



MORE PROFILES: WEP.ORG.AU/HOST

WEP.ORG.AU/HOST / 1300 884 733 / INFO@WEP.ORG.AU



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

Kristy Smith
 0408054554
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 Sign up for junior footy **play.afl**

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 RAIDERS RUGBY



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 BANTRY RESERVE, SEAFORTH

QUESTION? PRESIDENT@RAIDERSRUGBY.COM.AU

Interested in playing hockey in 2019?



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

Specially modified games for our younger age groups so that you can learn the game!

Friendly grass competition at Curl Curl each Saturday (New players welcome in any age group).



Fast and furious turf competition played at grounds across Sydney.

'Come and try' skills sessions 20th & 27th March
 All newcomers welcome.

Registrations now open!

For further information visit our website

www.revolutionise.com.au/manlyhockey or contact us at manlyjuniorhockey@gmail.com



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GOOOAL!

**Play Football with
Seaforth FC in 2019**

**Register online now at
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**Family discounts
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