From the Principal’s desk
Growing Numbers
I met with a group of parents last week to discuss our accommodation issues here at school as our enrolment numbers continue to grow. Demographers’ figures predict the school will have 800+ children enrolled by 2018, which means an extra five or six buildings will need to be added to our site in the next few years. This working party will meet regularly and work with our DEC Assets Unit to plan how we manage this expected growth. I thank them for their time and expertise in this important planning process.

Debating
As part of the Premier’s Debating Challenge, our debating team travelled to Middle Harbour Public School on Monday. The topic was ‘that Saturday sport should be compulsory for all primary school aged children’. After an unfavourable coin toss, we had to argue in favour of this topic. Our team of Mary, Josh, Eliza and India prepared strong arguments and spoke very well but the adjudicator awarded the debate to the negative team on the strength of their rebuttals. Our final debate of the competition will be versus Seaforth PS here at school next Monday at 2pm. Good luck team!

Learning Lab
Mrs Watson desperately requires parent volunteers in the Learning Lab to help run this fabulous program. If you can spare an hour or two between 9 and 11am on Monday, Tuesday, Wednesday or Friday, please leave a message for Mrs Watson via the school office. All training will be provided and I know you will find the work enjoyable and rewarding.

Indigenous Day
We are all getting excited about our Indigenous Day next Wednesday. Our visiting Aboriginal group, Koomurri, will work with all the children from K-6 for the whole school day. The children will rotate through the activities in their house groups. The day begins in the hall with a ‘Welcome to Country’ ceremony and corroboree and concludes with a farewell concert in the hall from 2:30pm. Parents are most welcome to attend the afternoon session. It will be great to see all the children, and teachers, dressed in the Aboriginal colours of red, black and yellow.

PSSA State Knockout
At 2pm next Monday we will be hosting the fourth round of the NSW Senior Girls Netball knockout competition. We will be playing a very competitive Newport side and we would welcome your support on the sidelines. Good luck to all the girls involved.

P&C Meeting
Our P&C meeting will be held next Wednesday 30th July from 7pm in our school library. If you would like to be more involved and hear the latest about what is happening here at school, I would encourage you to come along to the meeting.

Lost property
The lost property areas outside Miss Tait’s and Miss Wells’ rooms are both overflowing. If your child has lost clothing, please check in these areas. We have many items which are not labelled with children’s names. Please label all of your children’s clothing, lunchboxes and other personal possessions. Thank you to Mrs Rowena Casper for her continued efforts to return lost property items to their owners.

Owen Taylor
Principal

https://www.facebook.com/balgowlahnorthps  https://twitter.com/BalgowlahNthPS
Important Dates

23rd July  
2015 Kindergarten Information Night

24th July  
Drama group perform at NIDA

29th July  
ICAS English competition

30th July  
P&C Meeting

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Star of the Week

Thomas Klem

On Friday 18th July Thomas Klem competed for Balgowlah North Public School at the NSWPSAA cross country at Eastern Creek. The 8/9 year olds race was made up of 78 competitors from across the state of NSW. He ran extremely well and achieved fourth place. Awesome accomplishment, Thomas! We are so proud of you!

From the Deputy Principal's desk

UNSW English Competition
The UNSW English Competition test will be held 29th July (next Tuesday) commencing at 8.00am.
Students will need to be at their designated room at 7.50am for an 8.00am start. The test cannot be delayed for students arriving late, so it is important to be on time with 2 pencils (2B pencils) sharpener and eraser.
Year 3 – 6W classroom
Year 4 – 4N classroom
Year 5 – 5M classroom
Year 6 – 6C classroom

Assembly
It is a K-2 assembly this week and KR will be leading.

You Can Do It
Last term, students K-6 were learning about the foundations of You Can Do It program by identifying the Keys for Success and Happiness. We will be working through the curriculum units for each of the 5 Keys, starting with resilience, for Term 3.

Resilience
Resilience means knowing how to stay calm and being able to stop yourself from getting extremely angry, down, or worried when something "bad" happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behavior when you are very upset so that you bounce back from difficulty and return to work or play.

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Emotional Resilience

Things to Say to Encourage Emotional Resilience Behaviour

- "You didn't let yourself get too angry."
- "You've learned how not to get too nervous."
- "You didn't let that setback stop you from trying."
- "Even though you didn't do as well as you wanted, you are still positive."
- "You seem to have handled that negative event without overreacting."
- "Knowing your own limits helps."
- "You see, you can get through the tough stuff!"
- "You chose not to upset yourself about what happened."

Eliminate the Following Types of Thinking

- Self-Downing: Don't put yourself down when something bad happens.
- Needing to be Perfect: Mistakes are normal along the road to success. It doesn't have to be perfect.
- Needing Approval: Don't be too worried about what others think of you. You are you. I can't Do It: If you think you can't, you can't.
- I Can't Do It: Believing things you don't like to do is the key to your success.
- Being Intimidated: Others do not judge people too good to find out more about them.

UNSW Science Competition
Congratulations to our Year 3 students for achieving the following results:
**Distinction:** Matthew Young-Thompson, Edward Martin, Oliver Mace-Smith
**Credit:** Josh Tucker, Morgan Jones, Tyler Campbell, Finn de Mars.

We apologise for omitting these students last week.
ICAS Science Certificates will be presented at our 3 – 6 assembly in Week 3, 31st July.

Education Week
2014 marks the 60th anniversary of the first Education Week. The tagline for the original 1954 Education Week was: "Lighting the way to a better world" and the same slogan has been adopted for this year's anniversary celebration. Education Week allows Public Schools to showcase and highlight the quality and diversity of education right across NSW.

As part of the celebrations, we will hold our annual Open Day on **Tuesday 9th September**. Parents are invited to join in activities with their child and their child's classroom teacher.

9.00 – Book Week Parade
10.00 – Open classrooms
11.00 – Morning Tea with students, bring a picnic rug and enjoy a snack with your child.

More details will follow in future newsletters.

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https://www.facebook.com/cgowlahnorthps  
https://twitter.com/BalgowlahNhPS
*Life is like a camera. Just focus on what’s important and capture the good times, develop from the negatives and if things don’t work out, just take another shot.*

Anon

Marita Nieuwenhuis
Deputy Principal

Library News
Welcome back to Term 3. This is one of our busiest terms in the school library as it is when we celebrate Book Week. The theme for Book Week this year is *Connect To Reading* and the official date is week 6, however we have a variety of activities planned which reflect this theme throughout the term. Some of these activities include our annual book week parade, The Great Book Swap which will involve raising money to support Indigenous literacy and a film festival held in the library at lunch time show casing book trailers made by some of our Year 6 students. We will give you more information about the exciting things planned closer to the time.

The Premiers Reading Challenge finishes on the 22nd August which means there are about 4 more weeks to read the books and register them on the Premiers Reading Challenge website. This term year 3 and 4 will be coming to the library for a double session every second week. 3S,3E, 4W and 4N are coming on odd weeks and 3T, 4J and 3P are coming on even weeks. The children are now allowed to borrow 4 books each time they come to the library. We have started an exciting new research project about Australia’s National Parks and World Heritage sites which links with their classroom theme of Sustainability. The children are very excited by this theme and have wonderful ideas about how we can protect the environment.

We have a number of children with overdue books at the moment. Children are not allowed to borrow new books if they have books out on loan. We would very much appreciate your help with assisting your children to remember their books on their library day so they can continue borrowing.

Debbie Horsley & Nicole Grover

**Band News**
Information for all parents of the school: Band Recruitment for 2015

**Junior Band**
This year there will be a change in the schedule for recruitment of the new Junior Band, 2015. It will occur this term, Term 3. New members will commence tutorials in Term 4 for 8 weeks and have a band rehearsal at the end of term. All information regarding new members wishing to join the band will be communicated in this space and you can also go to the School’s Band website to find out more about the band program and further details. Log into [http://www.bnpsband.com.au](http://www.bnpsband.com.au)

As a lead-up to the Band Information Evening there are a few events the children and parents can involve themselves in to help decide whether you would like to be a part of the school Band Program.

**6 August: Open rehearsal. Concert band** Any child who is considering joining the band program is invited to a rehearsal to see what is involved at a typical morning rehearsal. It will commence at 7.45am – 8.45am. Parents and students may sit and watch for any length of time. Questions will be answered at the Information Evening.
19 August: Open rehearsal. Junior band. 7.45 – 8.45 As above

25 August: Band information Evening. School hall 7pm. Parents and students welcome.

**2 September: Blow test.** This is a short assessment of your child’s suitability for individual instruments.

**UPCOMING EVENTS**
14 August: K – 6 Assembly String Ensemble performing
29 August: *Father’s Day breakfast.* The Junior Band will be performing.
14 September: Battle of the Bands. Concert Band only
18 September: K-6 Assembly. Concert Band performing
14 October: Gala Night. Concert and Junior band performing.
6 November: K-6 assembly. Junior Band performing
15 November: Both bands performing at the Fun Fair.
9 December: *Presentation Day.* Junior Band performing
9 December: *Presentation Day.* Concert Band performing

A Band Information Booklet will be available on-line with all details of the program in the near future.

**Semester 2 Band Fees**
Semester fees are due and can be paid by cheque, Eftpos or through Flexi-schools. Please pay as soon as possible.

Jenny Mercer
School Liaison

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**SPRING CARNIVAL NEWS**

**Your Child could Sing Live on Stage at the Carnival?**

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https://www.facebook.com/cgowlahnorthps  https://twitter.com/BalgowlahNthPS
Sports Report
Date: 27th June 2014
Round: 7 & Round 8 for Boys Soccer

Girls Soccer

<table>
<thead>
<tr>
<th>Senior A</th>
<th>Senior B</th>
<th>Junior A</th>
<th>Junior B</th>
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<tbody>
<tr>
<td>Curl</td>
<td>Curl</td>
<td>Curl</td>
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<tr>
<td>North</td>
<td>North</td>
<td>North</td>
<td>North</td>
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</tbody>
</table>

Opponent

Score
0-0 draw
0-0 draw
1-0 loss
2-1 loss
0-0 draw
Best & Fairest
Madison Bulloch
Evie Coulter
Netta

Boys Soccer

<table>
<thead>
<tr>
<th>Senior A</th>
<th>Senior B</th>
<th>Junior A</th>
<th>Junior B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cromer</td>
<td>Manly</td>
<td>Cromer</td>
<td>Manly</td>
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<tr>
<td>Village</td>
<td>Village</td>
<td>Village</td>
<td>Village</td>
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</tbody>
</table>

Opponent

Score
5-0 loss
7-0 loss
3-0 loss
3-0 loss
Best & Fairest
Euan Loh
Charlie Henderson
Hayden Ashcroft
Ben Hessell

Netball

<table>
<thead>
<tr>
<th>Senior A</th>
<th>Senior B</th>
<th>Senior B</th>
<th>Senior C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balgowlah Heights</td>
<td>Curl North</td>
<td>Manly West</td>
<td>Manly West</td>
</tr>
<tr>
<td>Carbon Heights</td>
<td>North</td>
<td>West</td>
<td>West</td>
</tr>
</tbody>
</table>

Opponents

Score
16-5 (win)
2-9 (loss)
15-5 (win)
0-10 (loss)
Best & Fairest
Zali McKay
Mia Sablatnig
Georgia Becker
Olivia Treeby

Athletics Carnival
The Balgowlah North Public School 2014 Athletics Carnival is fast-approaching with three weeks to go before the carnival on Wednesday 13th August. The carnival will once again be held at Narrabeen Sports Academy starting at 9.30am sharp and concluding at approximately 2.15 pm. Please note this altered start time is half an hour earlier than last year. This year the carnival is going to include the field event finals (high jump, long jump and shot put) as well. Qualification for the finals will be determined in PE lessons with Mrs Kelly or lunchtime trials with Mrs Kelly and Ms Stock. The carnival is open to all students turning 8 years old in 2014.

If you are able to offer some assistance to help on the day please make contact with me with your availability.

Susie Stock

BOOKS WANTED

“So many books, so little time” Frank Zappa

Take this opportunity to clear out your bookshelves. We would like books in good condition of any genre. Drop to 11 Alto Ave Seaforth and leave in box front door.

PRIZES

Have you got an unwanted gift product or service from your business, use of a holiday home, or anything to donate to be used as prizes at the Spring Carnival? Large or small - don't hesitate to contact us.

bnps2014carnival@gmail.com

Big Night Out Fundraiser

From 7.00pm Saturday August 16 Balgowlah RSL with 80's covers band Money Dust. Tickets $40 per person includes canapes, smartcash with a bit of glam tickets available on flexiselling.com any enquiries contact Bnps2014Fundraiser@gmail.com

https://www.facebook.comcgowlahnorthps https://twitter.com/BalgowlahNthPS
School Banking
Welcome to all the new bankers who have joined the program recently. We look forward to another term of great saving, with now over 300 bankers!

Term 3 Prize Redemption
This term students can order their prizes at the banking desk Week 3 (Thur 31st July) and week 7 (Thur 28th August). The prizes can then be collected from the banking desk when they arrive (usually allow 2 weeks for delivery). Students must have 10 tokens to order their prize.
The additional prize available this term is a swim bag.

Any queries or concerns please come and see us outside the library on Thursdays between 8.30 and 9 am.
Remember - we can’t accept deposits after the 9 am bell.
Happy saving!
Yogi Johnstone
0402780167

Book Club
Book club orders should be returned to the school office by Friday 1st August. Cheques are made payable to Balgowlah North Public School.
Gwen Hunt

Interrelate Program Parents and Students
Years 3-6
Interrelate will be holding two information sessions at school on Tuesday 2nd September.
Session 1 – ‘Where did I come From?’
(Y3-6) 6 - 7pm
Session 2 – ‘Preparing for Puberty’
(Y5/6) 7.15 – 8.15 pm
These sessions are invaluable, engaging, informative and fun.
Everyone is encouraged to attend.
Booking Form: See Website
Due to increasing costs, we have had to increase some of our prices. We need 3-4 people in the canteen each day to be able to deliver over 250 lunch orders on time. If you have some time, please sign up to volunteer at: http://www.signupgenius.com/go/10c0e44adea28a2ff2-bnps3
BNPS Canteen Committee

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**Please note:**
- Ages 4-6 to receive a 20% discount when parents are present.
- Ages 7-10 to receive a 10% discount when parents are present.

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**Key to timetable:**
- **Tennis age 6-10:** is a social development program using red ball and courts - classes are 45 minutes
- **Tennis age 6-10:** is an accelerated development program using orange/green ball and courts - classes are 1 hour
- **Performance Squad (12-18 yrs):** are for able ranked players - squads are 2 hours
- **Tennis Term 2 Group Coaching - social tennis without classes are 45 minutes
- **Adult Term 1 Clinic:** Monday 16:30 - Thursday 16:30
- **Adult Term 2 Clinic:** Monday 16:30 - Thursday 16:30
- **Multiple ages 5-8:** receive access to all fundamental motor skills - classes are 45 minutes
- **Multiple ages 5-10:** deliver a high intensity sports specific program - across tennis, basketball and soccer - delivering total athletic development - classes are 1.5 hours

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**CANTERBURY ROOSTER**

JOIN OUR EASY ONLINE ROSTERING SYSTEM TO BROWSE THE AVAILABLE SHIFTS

www.signupgenius.com/go/10c0e44adea28a2ff2-bnps3

**OR SCAN THE QR CODE ABOVE**

**ROSTER ENQUIRIES EMAIL:** petracanteen@optusnet.com.au

**PLEASE DO THE RESPONSIBLE THING, IF YOU CAN’T MAKE IT, PHONE OR SWAP, PLEASE BRING AN APRON!**

**COMMITTEE:** Chairperson: Brianna Campbell; Secretary: Shelley Buckley; Treasurer: Tanya; Junior Manager: Patrice Kalis; Senior Manager: Tyrell; Coach: Sarah Round

**CANTERBURY ROOSTER:** 101-103 Union Road, Canterbury

**CANTERBURY ROOSTER MANAGER:** Mylene Stigman

**NEED HELP? CALL:** Mylene 0409 2049 4492

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**Volunteers Urgently Needed!**

Please help by doing one shift per term.

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**Proudly supporting Balgowlah North Public School**