From the Principal’s desk
Welcome back everyone!
I trust you all had a restful break. The children are all excited to be back at school and look to be ready for another busy term of learning. It feels a little bit strange without our Year 5 & 6 children here but they’re having a great time at the Sport & Rec Centre at Point Wolstoncroft on the beautiful Lake Macquarie. There are 11 weeks in this term, which finishes for the children on Wednesday 16th December.

Warm Weather
Thankfully, yesterday’s warm weather has moved on and we’ve managed to cool down a bit. We had a job trying to slow down our energetic children during recess and lunchtimes though. It is important that the children wear their Balgowlah North hats to school each and every day. If they do not have a hat, they will sit under the trees in a passive play area. You may also wish to apply sunscreen to your children before they arrive at school. The school has a supply of sunscreen but you may feel more comfortable with a tried and tested brand you use regularly at home.

Lend Lease Volunteers
I would like to thank the team of Lend Lease volunteers who worked here on the last Thursday of last term. They were able to plant some murrays and add mesh around the bottom of the 3W and 3J classrooms and build a retaining wall where we are widening the path leading to our top oval. They also laid the concrete path in preparation for our additional gate in our Kiss and Drop Zone. On the subject of Kiss and Drop, thanks to Katie Piper (older sister of Chloe, 3J) for her artwork on our new banners – they look great!

New Canteen
Our new canteen operators, Dan & Nina, commenced their new role on Tuesday and we welcome them to the Balgowlah North school community. I am looking forward to the new direction they are preparing for our school canteen. Lunch orders are still made online through Flexischools and you can see the new menu later in this newsletter. Dan and Nina are interested in your feedback so pop in and say hello whenever you get a chance.

Welcome Mrs Carroll
I am pleased to welcome Mrs Sascha Carroll to our school on a more permanent basis. Sascha has worked here over the course of this year in a casual capacity and is now teaching 4Y until the end of the year. Welcome Mrs Carroll!

Enrolments and Departures
To aid our 2016 planning, please complete any Kindergarten enrolment paperwork ASAP or let the office know if your children will not be be returning in 2016. Thank you to the families who have already passed on this information. We need the latest enrolment information available so we can have an accurate picture for our staffing and class numbers.

Owen Taylor, Principal

 https://www.facebook.com/balgowlahnorthps

 https://twitter.com/BalgowlahNthPS

Manning Street, North Balgowlah
T 9949 4499    F 9949 7832 E balgowlah-p.school@det.nsw.edu.au

Term 4 Week 1
Wednesday, 7 October 2015

Balgowlah North PS
A love of learning
Important Dates
09 October  Stage 3 Students return from camp
19 October  P&C Meeting 9.00am
21 October  K-2 Fun Sports Day
22 October  Gala Concert

PBL Focus
Be Responsible – Listen to others

From the Deputy Principal's Desk
Welcome back to our final school term for 2015! I hope you have had the opportunity to spend some quality time together as a family over the Spring break. It was wonderful to see so many smiles and excited children arrive at school ready for another great term of learning.

Kindergarten Orientation – School visits
This term we will be holding our Kindergarten 2016 Orientation school visits on Friday 30th October, 6th and 13th November. All students enrolled for Kindergarten in 2016 are invited to participate in activities in the current Kindergarten classrooms. For the first visit on Friday, 30th October parents are requested to collect an information pack from the hall prior to proceeding to the classroom. This pack will contain your child’s name tag which will need to be worn on each visit. We ask parents to then join us in the hall for a presentation from key personnel on starting the school journey. Parents will then be able to collect their child at 10.50am. On the third Friday (13th November) after dropping your child off, you are invited to join us in the hall to purchase school uniforms, tour our after school care centre “Kulkuna”, finalise administration and chat to current parents and staff.

K-2 Sports Fun Day
Our fingers are crossed that the weather will be sunny and warm for our annual Sports Fun Day on Wednesday 21st October from 9.30 – 12.30 on the top oval. There will be a variety of sport activities as well as age races throughout the morning. Parents are welcome to join us on the top oval from 9.30am to cheer on your youngest school members as they strive to achieve their personal best. Thank you to Mrs Spooner, Mrs Kelly, Mrs Mason for organising this event.

ICAS Mathematics Competition
Congratulations to all our students who sat the ICAS Mathematics competition.
The results for this competition are:
Year 3
Credit: Phoebe Barnes, Daniel Bott, Cameron Dennison, Cristian Herold, Micah Jones, Mats Kwakernaak, Max Linden, Hayley Ling, Jaime Loh, Barnaby Merrill, Hayden Pang, Abigail Rowe, Hugo West, Angus Williams, Jaime Young-Thompson

Year 4
High Distinction: Oliver Mace-Smith
Distinction: Scarlett Davies, Stanley Martin, Mischa McCulloch, Natasha Woodward, Matthew Young-Thompson
Credit: Ashleigh Barton, Jessica Dalton, Alice Davidson, Finn DeMars, Isabella Feros-Salisbury, Samuel Griffiths, Liberti Lorence, Ella Maryska, Alyssa Medved, Josh Tucker.

Year 5
Distinction: Leah Burton, Hamish Simington, Karin Sun
Credit: Chloe Barnes, Tara Flack, Jessica Hargreaves, Mia Jarrett, Tighe Jones, Amy Ling, Chloe Mason, Olivia Phillips, Thomas Rouse, Jamie Stoddart

Year 6
Distinction: Anthony Schiro, George Berry, Zach Ottawa
Credit: Lara Frawley, Jack Giffin, Beatrix Jones, Max Pike, Mia Schwartz

Assembly
This week’s assembly will be led by 3T. The University of NSW Competition English certificates will also be presented. We look forward to parents joining us, please be seated by 2.20pm in the hall.
Marita Nieuwenhuis
Deputy Principal

Clothing Pool Sale
Clothing pool sale on Tuesday 13th October from 3.15pm until 4.15pm.
Jenny Burgess
Parent Volunteer
TENNIS TERM 4
Tennis will commence next Friday, week 2 (16/10/15). Permission notes can be obtained from Ms Turner or on the school website and need to be returned to Ms Turner by Tuesday 13th October. All students doing tennis must remember to bring their own tennis racquets. If you are able to walk to or from the courts with us please let Ms Turner know ASAP. We leave the school grounds at 1.30pm and return at 2.45pm from the Wakehurst Tennis courts.

Permission notes can be obtained from Ms Turner or on the school website and need to be returned to Ms Turner by Tuesday 13th October.

Katherine Turner

Tennis will commence next Friday, week 2 (16/10/15). Permission notes can be obtained from Ms Turner or on the school website and need to be returned to Ms Turner by Tuesday 13th October. All students doing tennis must remember to bring their own tennis racquets. If you are able to walk to or from the courts with us please let Ms Turner know ASAP. We leave the school grounds at 1.30pm and return at 2.45pm from the Wakehurst Tennis courts.

Permission notes can be obtained from Ms Turner or on the school website and need to be returned to Ms Turner by Tuesday 13th October.

Katherine Turner
Musical Notes

Band Information Evening
We look forward to parents joining us on October 12th at 6.00pm for our Band Information Evening. The evening is aimed at parents of 2015 Year 2 and 3 students who will make up our Junior Band and our String Ensemble in 2016. The meeting will run for approximately 1 hour and include:

- A brief description of the band and Strings programs
- An explanation of the process to join the programs in 2016
- The chance to meet our Band Director and members of the Committee
- The opportunity to ask any questions you may have about the program
- Information about instrument hire through the school and other agencies
- Show bags containing further information and documents for signing up

Please put the date in your diary if you are considering your child for the 2016 program.

Important Dates:
11th October – Sunday afternoon workshop
   Concert Band Tour (12-3pm)
12th October – Information Evening and
   Committee Meeting (6-7pm then 7-8.30pm)
15th October – String Ensemble play at K-2
   Assembly
15th October – Concert Band cake stall
20th October – Blow tests
22nd October – Gala Concert – all bands and strings. Overflow Blow tests if needed
26th -28th October - Concert Band Tour (Depart
   6am 26/10 return approx. 5pm 28/10)
5th November - Intermediate and Concert Band :
   Assembly performance
19th November – Senior Strings Assembly
   Performance
7th December - Junior Band performance at Stage
   1 presentation day (Approx11.30am)
8th December - Intermediate and Concert Band
   performance at Stage 2 (9.30am)
   Stage 3 Presentation assemblies. (11.30am)

Jenny Mercer
Band Liaison
### Canteen Menu 2015

**SANDWICHES:** Wholemeal Bread

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>$2.60</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Ham and cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham, cheese and tomato</td>
<td>$3.15</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$2.10</td>
</tr>
<tr>
<td>Tomato, lettuce, cucumber, carrot and beetroot (V)</td>
<td>$3.15</td>
</tr>
<tr>
<td>Egg and lettuce</td>
<td>$3.15</td>
</tr>
<tr>
<td>Tuna, mayonnaise and lettuce</td>
<td>$3.15</td>
</tr>
<tr>
<td>Tomato</td>
<td>$2.10</td>
</tr>
<tr>
<td>Gluten free bread</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**HOMEMADE SUSHI:** – All gluten free

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna, avocado and cucumber</td>
<td>$3.70</td>
</tr>
<tr>
<td>Chicken and cucumber</td>
<td>$3.70</td>
</tr>
<tr>
<td>Teriyaki tofu and vegetable</td>
<td>$3.70</td>
</tr>
<tr>
<td>Baby box cucumber (8 pieces)</td>
<td>$3.70</td>
</tr>
<tr>
<td>Baby box avocado (8 pieces)</td>
<td>$3.70</td>
</tr>
<tr>
<td>Baby box Tuna (8 pieces)</td>
<td>$3.70</td>
</tr>
</tbody>
</table>

**SALADS:** – All gluten free

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad with roasted vegetables</td>
<td>$4.80</td>
</tr>
<tr>
<td>Chicken Caesar salad</td>
<td>$4.80</td>
</tr>
<tr>
<td>Fresh fruit salad</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

**BURGERS (FRIDAYS):**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef burger with homemade tomato sauce and salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Chicken schnitzel burger with guacamole, mayonnaise and salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Veggie burger with homemade tomato sauce and salad</td>
<td>$5.00</td>
</tr>
</tbody>
</table>
Canteen Menu 2015

HOT LUNCH: All Homemade

Pasta Bolognese ................................................................................................................................. $4.80
Butter chicken with rice (GF) .................................................................................................................. $4.80
Macaroni cheese (V) ............................................................................................................................... $4.30
Fancy fried rice (Vegetarian option available) (GF) ................................................................................ $4.80
Chicken pesto pasta (homemade pesto, nut free) .................................................................................... $4.80
Roast vegetable pesto pasta (V) ................................................................................................................ $4.80

Mixed vegetables with fresh, homemade pesto, nut free

SNACKS:

Piece of fruit (apple, banana, mandarin)(GF) .......................................................................................... 80c
Yoghurt (Greek style sweet yoghurt)(GF) ................................................................................................... $2.10
Yoghurt & muesli (Greek style sweet yoghurt with homemade muesli) ......................................................... $3.20
Yoghurt & berries (Greek style sweet yoghurt with seasonal berries) (GF) ................................................. $3.20
Homemade fruit muffin of the day ............................................................................................................. $2.10
Homemade trail mix .................................................................................................................................... $2.10

Rolled oats, sultanas, dried apricots, shredded coconut, honey, butter

Seaweed pack (GF) .................................................................................................................................... $1.10
Popcorn (plain) (GF) ................................................................................................................................. $1.60
Anytime snack box ....................................................................................................................................... $3.70
Cheese, crackers, grapes, veggie sticks, yoghurt & muesli

Muesli bar .................................................................................................................................................... $1.10
Cheese and crackers ..................................................................................................................................... $1.60
Veggie sticks with hommus ........................................................................................................................ $1.80
Steamed rice cups and soy sauce (GF) ......................................................................................................... $1.70
Garlic Bread (half roll) ................................................................................................................................ $1.00

DRINKS:

Nudie Fruit Juice (Apple, Orange, Tropical) ............................................................................................. $2.50
Plain milk ..................................................................................................................................................... $1.70
Soy milk ....................................................................................................................................................... $1.70
Rice milk ...................................................................................................................................................... $1.70
Flavoured Milk (Chocolate, Strawberry) ..................................................................................................... $2.50
600ml Water ................................................................................................................................................ $2.50
350ml Water ................................................................................................................................................ $1.90

Fun Sports Day

Wednesday 21st October
9.00am – 12.40pm

Top Oval at Balgowlah North Public School
Join in the fun at the K-2 Fun Sports Day and picnic lunch.

Parents, family and friends all welcome.
Don’t forget to bring your fold out chair and waterproof picnic blanket. Dress up in your child’s house colours to show your support.

Some of the novelty activities may include:
- Parachute
- Egg and spoon race
- Sack race
- Parent race (if time available)

ALL STUDENTS NEED TO WEAR THEIR SPORTS UNIFORM, INCLUDING HOUSE T-SHIRT AND THEIR **HATS**.

*If it is wet, the carnival may be postponed til Wednesday 28th October.*

Emphasis of the day will be ‘to have fun’ and ‘to join in’.
Gala Concert 2015
Thursday, October 22\textsuperscript{nd}
6.30pm
School Hall
Performance Groups:
Junior, Intermediate and Concert Bands
Year 2, 3, 4 and 5 Choirs
String Ensemble, Recorder Ensemble,
Individual Performers
Junior Dance, Senior Dance, Drama Ensemble
Term 4 Week 1

Wednesday, 7 October 2015

**Vocal Arts Centre**

**Hey Kids! Join Our School Holiday Singing Program!**

You’ll get to sing all the latest pop & rock hit songs & perform them in a concert for family & friends! Songs by Adam Lambert, The Script, Ed Sheeran, Guy Sebastian, Imagine Dragons, Meghan Trainor and tons more!

**Venue:** The Balgowlah Uniting Church 123 Condamine Street Balgowlah

**Ages:** 6 to 13yrs - $250

**Course Dates:**

- Tuesday 22nd Sept - Friday 25th Sept 2015
- 10% early bird discount closes Friday Aug 28th

The week will culminate in a concert performance on Friday 25th for family & friends!

Call 9976 5552 E: info@vac.org.au for bookings/enquiries

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**ENROL NOW!!**

**PAY-AS-YOU-GO**

No Direct Debit
No Contracts

Seaforth Community Centre
Cnr Baringa Av and Koobilya St
MONDAYS Juniors: 6:00pm

Forestville Senior Citizens Centre
Cnr Warringah Rd and Starkey St
WED Juniors: 5:00pm

Also Beacon Hill and more

**Phone:** 04 1300 4094

**www.tkma.com.au**

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**FREE PARENT EVENT**

**How to Help Your Child Thrive at High School**

This event is a Kids First Community Service Seminar.

Want your child to thrive at high school?

- Moving to a high school means big changes for both of us.
- This seminar will provide information on the unique transition your child will need to make from being a student to being a learner in the new environment.
- It will provide advice and strategies to help you and your child to manage the transition.

**TUESDAY**

- 27 October 2015
- 7.30pm – 9.30pm

To reserve your place, book online at www.kids-first.com.au/highschooltransition

Or call Kids First on 9938 5419

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**SCHOOL HOLIDAY ACROBATICS AND GYMNASICS PROGRAM**

**Brookie Show**

Sat 17 Oct

10am - 4pm

Brookvale Oval

Free Entry

- Come and be part of the circus fun. Watch the Space Cowboy swallow swords! Laugh at the mini motorcycle stunts, see the antics of crazy street performers or fly through the air on the trapeze.

- Plus more:
  - Brookie Balloons Competition
  - Earth Dinosaur Puppets
  - Cartoon Rider
  - Circus Pop Space
  - Market and Pop Up Art Stalls

Visit our website for more details and information.

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**Proudly supporting Balgowlah North Public School**

9907 0722