From the Principal’s desk

Thank you!

This is our final newsletter for 2015. I would like to thank all of the members of our school community for another wonderful year! The boys and girls have learnt and matured so much in the last twelve months and the teachers and office staff have enjoyed watching them grow and develop. We have a fantastic group of children at our school and I’m really proud of their efforts this year.

Fundamental to our kids’ success is the educational partnership with our parents and caregivers. I’d like to thank Monique Tompson, our P&C President, and all the members of the P&C who have been very supportive during the year. I’d also like to thank those parents and friends who have given up their time to volunteer in the classrooms, in the Learning Lab, on excursions and for scripture or ethics lessons. Your involvement is valued and appreciated.

I’d like to thank our fabulous office and support staff – Colleen Tobler, Kerrie Nugent, Debbie Elder, Amanda Baker, Ann Parkinson, Howard Tempest, Jim Zappia, Marilyn Warne & Michelle Fighera – for the marvellous job they do to make the school run so smoothly and efficiently. I’d also like to thank the professional, hardworking and dedicated teaching staff who regularly go above and beyond the call of duty to ensure our children receive the rich, authentic learning experiences they deserve. I thank them all for their devotion to the students of Balgowlah North. And finally, to Mrs Nieuwenhuis and the executive team whose educational leadership and expertise is an important driving force within the school.

I would like to say farewell to the following teachers and thank them for their work here at BNPS over the years. Mrs Stergiotis, Miss Smith and Mrs Parsons are all commencing maternity leave and I wish them and their partners all the best on the impending birth of their babies. Two of our teachers are moving schools. Mr Saunders has been appointed to Cammeray PS and Ms Hannan has been appointed to Allambie Heights PS. I thank them for their service this year and wish them all the best for their future teaching careers.

I’d like to wish all our families all the best for the Christmas and holiday period and I look forward to working together with you all in 2016.

Term Dates

The last day of school for the children is next Wednesday 16th December. School resumes for the children in Years 1 - 6 on Thursday 28th January. The new Kindergarten children will start on Tuesday 2nd February following their Best Start interviews.

Reports

Our reports will go home via pupil post this Friday. I have enjoyed reading them all and I think you will find them interesting and insightful. Thanks to the teachers for their work in preparing the reports.

K-6 Assembly tomorrow

Our last K-6 assembly will be held tomorrow from 2:10pm in our school hall. We have many principal’s awards, banners, medals and citizenship awards to present. We will also introduce our captains and school leaders for 2016.

Canteen

Our canteen will be open for business up to and including the last day of school. The menu won’t be as extensive as usual, you will need to check on Flexischools to see what is available.

Presentation Day Assemblies

We held our Presentation Day Assemblies for the children in Years 1 - 6 along with our Kinder Graduation earlier this week. Mrs Nieuwenhuis did a wonderful job organising the events and it was great to see so many parents in attendance. As always, the children behaved respectfully throughout all assemblies. Congratulations to all the award winners for their achievements and hard work throughout this year.
Year 6 End of Year Activities
Our Year 6 Farewell will be held this Friday night here at school. The evening commences at 6:30pm and we look forward to having the parents here for the last dance from 8:30pm. The Year 6 Farewell Assembly will be held next Wednesday 16th at 2pm in the hall. This year’s Year 6 have had a terrific final year at BNPS and we wish them all the best for high school and beyond!

P&C Executive
Last week I mentioned we had two new people elected to the P&C Executive in charge of fundraising. I got it half right, it should have read Yogi Johnstone and Meaghan Croll not Yogi Johnstone and Meagan Clarke. Apologies for the oversight.

Owen Taylor
Principal

Important Dates
10th December – K-6 Assembly at 2.10pm
14th December – K-2 Picnic Day
16th December – Students last day
Year 6 Assembly 2pm

From the Deputy Principal’s Desk
Benefits of under scheduling your child
With the school holiday break fast approaching and the inevitable guilt we suffer as parents for not doing enough for our children perhaps it is time to look from another perspective. Rather than over scheduling our children maybe we should try a little bit of under scheduling.

At a glance:
• With the best of intentions, parents sometimes make their children’s lives too busy with extra curricular activities.
• Overscheduled children can become tired and stressed, particularly when there is added pressure to achieve.
• Free time at home allows children to learn emotional resilience.
• Simple low cost props help with free time.

Balance is the key to happy children
Recent research shows that extracurricular activities can add a lot to children’s social and intellectual development, but too much emphasis on achievement can create stress. Balance can be beneficial for all involved.

Kathy says many parents simply get caught up – starting with a soccer class, then introducing a music class because it’s good to begin young, and next thing the week is packed.

"It's important for parents to learn that it's OK to sometimes say 'no' to activities. They shouldn't feel guilty. Kathy Walker, Author and education consultant, says "Over-scheduling is a problem not only in its own right – kids get tired and their parents get tired rushing them from one thing to another – it’s also a downside that children aren’t learning the skills that are important in the early childhood and primary years."

Simple pleasures of free play
Allowing free time for children to play on their own, making up games and activities, can help kids to be comfortable in their own company, teach them how to cope with boredom and importantly, foster their imagination. Kathy calls it emotional resilience.

"There's no safer, better place to learn how to play [on your own] and bounce back and get on with things, than in your own home. That's very important in life to learn how to bounce back and have a go and self-initiate."

To that end, Kathy says a couple of props around the house can help. Little kids love to get dressed up. Bigger kids like to have access to board games, Lego and other building materials.

PBL Focus
Be Safe - Excursions
week is probably plenty, given that five days a week is pretty full-on anyway." And of course, when parents are no longer ferrying kids from one activity to the next, there’s the added bonus of more family time for everybody.

**Girl Code**

Today, more girls and women are using technology than ever before. But relatively few are playing a role in creating this technology or are pursuing studies in science, technology, engineering and mathematics (STEM) – Intel.

Over the holidays, GIRLCODE Workshops are being run at a number of venues by trained teachers, for girls aged between 10 – 14 years. The aim is to give girls a space to discover, play and learn through technology in a safe, limited number and nurturing environment. A place to explore STEM education.

If you are interested in finding out more about these great workshops, which include coding, robotics, electronics, 3D printing and E-Textiles follow the link below.

http://www.girlcode.net/workshop-info-and-registration.html

**Lost Property**

Please check the Lost Property containers located in KC and 5M this week. All items not claimed by their owners by next Tuesday will either be donated to the uniform shop or disposed of.

Wishing all our families a wonderful holiday.

Marita Nieuwenhuis
Deputy Principal

**Musical Notes**

I wish to thank all the students, conductors, parents and band committee members for a fantastic year of music and learning. The bands and string ensembles have made wonderful progress as is evidenced in their performances over the year. There have been so many highlights this year, Navy Band, Opera House performances, workshops with Forest High School, Band Camp, Northern Beaches Music Festival, Band Tour, Battle of the Bands to name a few. 2016 is already shaping up to be another exciting year with the Police Band visit, workshops and concert with local high schools and other exciting musical opportunities for our students.

I would like to say a heartfelt thank you to our hardworking and visionary band committee, many hours have been spent organising these events and providing exceptional opportunities for the students. To our students – we are all very proud of your musical achievements this year and remember to keep practicing over the holidays.

**2015 Music**

A reminder that print music issued by the school is legally required to be returned before the end of the school year, i.e. after the student’s last rehearsal or performance for the year. 2015 music can be left in the boxes marked “Music 2015” located in the school office.

**Band Shirts**

Could all band shirts be returned to the band room by the end of term.

**Musician of the Month**

Could all trophies please be returned to the school office this week.

**Important Dates:**

**2015**

10th December – “Salaka” Drumming Workshop for all band members. 10.00am – 11.00am School Hall

**2016**

Band rehearsals will commence in 2016 from 8th February. Time: 7.30am set up for 7.45am start.

Junior Band – Tuesday 9th February
Senior Band – Monday 8th February
Concert Band – Monday 8th February

Marita Nieuwenhuis
Acknowledgement of Achievement
Our congratulations go to India Moore who left Balgowlah North Public School last year and moved on to Mackellar Girls High School. India has continued her journey with the Australasian Maths Olympiad competition and recently received a Trophy for ‘Highest Individual Score’ and a team pin for finishing in the top 10% in the senior category. It is wonderful to hear about and acknowledge the academic achievements of all our students both past and present.

Sports Assembly
On Friday afternoon we had our Year 3-6 sports assembly. This assembly celebrated the achievements of individuals on Friday afternoon sport who play PSSA, School Sport and Tennis. We also acknowledge the achievements of our Junior and Senior Sports Persons of the Year. A tough decision was made by all coaches to award their most valuable and fairest players, with so many deserving students to choose from. Congratulations to this year’s medal recipients:

<table>
<thead>
<tr>
<th>SUMMER SPORT</th>
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<tbody>
<tr>
<td>Sport: Softball</td>
<td>Name of winner</td>
<td></td>
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<tr>
<td>Senior A</td>
<td>Amy Ling</td>
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<tr>
<td>Sport: Tee-ball</td>
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<tr>
<td>Junior A</td>
<td>Isabella White</td>
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<tr>
<td>Senior B</td>
<td>Mia Foley</td>
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<tr>
<td>Sport: Volleyball</td>
<td></td>
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<tr>
<td>Team 1 Girls A</td>
<td>Paige Etherington</td>
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<tr>
<td>Team 2 Girls B</td>
<td>Emily Wesley</td>
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<tr>
<td>Team 3 Boys</td>
<td>Rigby Whearty</td>
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<tr>
<td>Sport: Newcombe Ball</td>
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<tr>
<td>Team 1</td>
<td>Matthew Young-Thompson</td>
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<tr>
<td>Team 2</td>
<td>Matthew Burgess</td>
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<tr>
<td>Sport: Eagle Tag (girls)</td>
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<tr>
<td>Senior A</td>
<td>Jamie Brown</td>
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<tr>
<td>Junior A</td>
<td>Indiana Mace</td>
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<tr>
<td>Senior B</td>
<td>Darcie McDermott</td>
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<tr>
<td>Junior B</td>
<td>Jessie Dalton</td>
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<tr>
<td>Senior C</td>
<td>Olivia Smith</td>
<td></td>
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<tr>
<td>Sport: Eagle Tag (boys)</td>
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<tr>
<td>Senior A</td>
<td>TJ Herring</td>
<td></td>
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<tr>
<td>Junior A</td>
<td>Max Clarke-Moar</td>
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<tr>
<td>Senior B</td>
<td>Jack Giffin</td>
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<tr>
<td>Junior B</td>
<td>Jack Jones</td>
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<tr>
<td>Sport: Cricket</td>
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<td></td>
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<tr>
<td>Senior</td>
<td>Lucas Grange</td>
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<tr>
<td>Junior</td>
<td>Stanley Martin</td>
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<tr>
<th>WINTER SPORT</th>
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<tbody>
<tr>
<td>Sport: Netball</td>
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<tr>
<td>Junior A</td>
<td>Scarlett Davies</td>
<td></td>
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<tr>
<td>Junior B</td>
<td>Sophia Gudman</td>
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<tr>
<td>Junior C</td>
<td>Molly Allen</td>
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<tr>
<td>Junior D</td>
<td>Zoe Skold</td>
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<tr>
<td>Senior A</td>
<td>Tehama Levasa</td>
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<tr>
<td>Senior B</td>
<td>Jessica Hargreaves</td>
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<tr>
<td>Senior C</td>
<td>Holly Coulcher</td>
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<tr>
<td>Sport: Soccer (girls)</td>
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<tr>
<td>Senior A</td>
<td>Annabel Gallagher</td>
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<tr>
<td>Junior A</td>
<td>Leah Burton</td>
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<tr>
<td>Senior B</td>
<td>Tess Johansson</td>
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<tr>
<td>Junior B</td>
<td>Tilly Johansson</td>
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<tr>
<td>Sport: Soccer (boys)</td>
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<tr>
<td>Senior A</td>
<td>Riley Coates</td>
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<tr>
<td>Junior A</td>
<td>Oscar Bellevue</td>
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<tr>
<td>Senior B</td>
<td>Charlie Brown</td>
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<tr>
<td>Junior B</td>
<td>Jack Jones</td>
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<tr>
<td>Sport: Rugby</td>
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<tr>
<td>Senior A</td>
<td>Dylan Kagho</td>
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<tr>
<td>Senior B</td>
<td>Hamish McElellan</td>
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<tr>
<td>Junior B</td>
<td>Stanley Martin</td>
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<tr>
<td>Sport: School Tennis</td>
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<td></td>
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<tr>
<td>Team 1</td>
<td>Samuel Stodart</td>
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<tr>
<td>School Sport:</td>
<td></td>
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<tr>
<td>Tennis</td>
<td>Yasemin Kaya</td>
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Sports Person of the Year
- Senior: Riley Coates
- Junior: Thomas Klem

Well done to all our students who played with passion and zeal to support our winners. We certainly have an outstanding range of skilful sportsmen and women. A big thank you to our dedicated teachers and parents who have spent many hours coaching and umpiring over the course of the year, without their dedication to the sports program it wouldn’t be possible. Congratulations to everyone at BNPS on a fantastic year in sport. You should all be very proud of your achievements.

Susie Stock
Guest presenters Naomi Scott from Manly SLSC and Stella Maris College and Luke Parkinson from Warringah Cricket Club and ex BNPS student, with all the PSSA medal winners.


Recipient of the Achievement in School Sport Award, Yasemin Kaya and recipient of the Tennis Award, Sam Stodart, with Naomi Scott and Luke Parkinson.

Junior Sportsperson of the Year, Thomas Klem and Senior Sportsperson of the Year, Riley Coates with Naomi Scott and Luke Parkinson.
Genius Hour in Year 6
Students across the grade have been involved in Genius Hour Projects this semester. A passion or topic of personal interest inspired many of our students to develop their learning to a deep level and many of the results have been extraordinary.
Some of the big questions the students responded to include – How and why has fashion evolved from the 1960s to today? How can I create nutritious and delicious food? How does space impact on the way we live on Earth? How and why do we need to build sustainable housing? How can I improve the quality of my drawing techniques and teach others to improve? How are ‘blueprints’ created and why are they essential? How has dancewear changed since the 1980s and can I design and create my own range?
We have loved sharing your learning journey from the inception of an idea to the completion of a presentation and even a product in some cases. We are very proud of your effort and achievements, Year 6.

Bev Wetzler and Susie Stock

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THE FOREST HIGH SCHOOL – GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES

The Forest High School will be holding our GATS [General Achievement] Test on the following date:

Saturday 12th March from 9.00am to 11.30am

Testing will take place in the school hall. If you are unable to attend on this date a reserve session will also be held on Monday 14th March from 4.00pm to 6.30pm

Students wishing to be placed in our Gifted and Talented class for Year 7 2017 must first sit for this test. The Year 7 G&T class for Year 7 2017 will be determined after close examination of the test results and the students’ NAPLAN results from Year 5. The cost of the test is $40.00, payable on the day. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:
Part 1 – Mathematics – 40 multiple-choice questions
Part 2 – Reading and Language – 40 multiple-choice questions
Part 3 – One writing task

Students are requested to arrive at The Forest High School by 8.45am for a 9.00am start or by 3.45pm for a 4.00pm start. They are also requested to bring a copy of their NAPLAN results on the day of the test. Parents are invited to stay for light refreshments from our Barista program in our common room. If you would like your child to sit for this test please ring The Forest High School on 9451 5111 and register your name, your child’s name, address & phone number. Please register by Friday 4th March.

OPEN NIGHT – Wednesday 9th March 2016 from 6.00pm to 8.00pm

Parents and students are invited to attend The Forest High School Open Night
The evening includes an address from the Principal & School Captains; displays & activities from each faculty; faculty Treasure Hunt; school tours; music, dance & drama performances; teachers & parents will be available to answer questions

MEET THE PRINCIPAL – dates for 2016
Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowell, have a school tour and ask any questions you may have about The Forest High School and starting high school.

Call the School Office on 9451 5111 to book a place or just come to the School Office at 9am on the day

Monday 22nd February – 9am
Monday 21st March – 9am
Monday 16 May – 9am
Monday 15 August – 9am
Monday 24 October – 9am

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Cnr Baringa Av and Koobilya St
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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

HOLIDAY CAMPS

Week 1:
14th - 18th Dec 2015
Week 2:
11th - 15th Jan 2016
Week 3:
18th - 22nd Jan 2016

TIME:
9:00am - 12:30pm - Tennis
12:30pm - 1:00pm - Lunch
(o)nal)

SCHEDULE:
9:00 - 10:30am - Tennis skills
10:30 - 11:00am - Recess
11:00 - 11:30am - Multi-sports
11:30 - 12:30pm - Games and Matchplay

PRICING:
$30/day, $125/week (5 days)

WHAT TO BRING:
hat, drink, recess, and
racquet (free hire available)

Book online at www.wakehursttennis.net.au
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