From the Principal's desk

Thanks for a great start to the year!
I would like to thank everyone for helping to ensure such a smooth start to the 2015 school year. Our teachers and administrative staff have worked hard to ensure we hit the ground running and our boys and girls have returned from their holidays excited and ready to learn. Our new Kindergarten children have settled into school extremely well; it seems they have been here for weeks. Thanks to our fabulous parents for their support and positivity as we settle into a new year of learning.

Parent Information Evenings
Parent information sessions will be held next week for all classes. All parents are encouraged to attend these important sessions. Class teachers will outline class programs, procedures, expectations and ways in which parents can support their children at home. All meetings will begin in the school hall and then move on to individual classrooms. Stage newsletters for Term One will come home as a hard copy this week and will also be available on the website in the Newsletters & Notes section.

The times and dates are as follows:
Monday, 9th February at 6pm: Early Stage One (Kindergarten)
Monday, 9th February at 7pm: Stage One (Years 1 & 2)
Tuesday, 10th February at 6pm: Stage 3 (Years 5 & 6)
Tuesday, 10th February at 7pm: Stage 2 (Years 3 & 4)
Parent teacher interviews, where you can discuss your individual child’s needs and progress, will take place at the end of this term.

RFF Programs
Our release from face to race (RFF) programs this year will be science, music and sports skills. Each child K-6 will participate in these programs for 40 minutes each week. Mrs Littlefield and Mrs Pond will be taking science and Mrs Malar will continue as our specialist music teacher. Mrs Kelly and Mrs Adams will be conducting our sports skills program. The K-2 children can wear their sports uniform on their sports skills days but the 3-6 children will need to bring their runners in their school bag on these days. All 3-6 children will wear their full sports uniforms on Fridays.

Drive Safely Around Our School
Please drive safely around our school, especially during the busy drop-off times in the mornings and afternoons. Our children are incredibly precious and we do not want any accidents to happen. Make sure you are hyper-vigilant and don’t exceed the 40km/h School Zone speed limit.

Pedestrian Crossing
We only have one official pedestrian crossing at our school. The designated crossing is on Bardoo Avenue and is monitored each day by an RMS crossing supervisor. There is a ‘wombat crossing’ on Manning Street on which cars still have right of way. Manning Street is very busy as many cars use it as a shortcut to the Wakehurst Parkway. The bend near Warringah Street is a particularly hazardous place to cross the road. Please set a good example for our children and always cross at the official crossing.

Parking – No Stopping Zones
A reminder that drivers are not permitted to park in ‘No Stopping’ zones. We have had a number of instances where community members have parked illegally. Stopping your car in these zones may result in a $298 fine and two demerit points.

Medical Action Plans
If your child had a medical action plan in our school office last year it is important that you update the plan for 2015. Please bring updated plans to the office as soon as possible. If you have any questions please contact Kerrie in our school office.

School App
Don't forget to sign up for our app:
1. iPhone, iPad and iPod Touch app: http://tinyurl.com/pguwtf7

Owen Taylor
Principal

https://www.facebook.com/balgowlahnorthps    https://twitter.com/BalgowlahnthPS
**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>9th February</td>
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<td>10th February</td>
<td>Parent Information Night</td>
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<td>Stage 2 – 7.00pm</td>
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<td>11th February</td>
<td>P&amp;C Meeting</td>
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<td>17th February</td>
<td>Swimming Carnival</td>
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<td>20th February</td>
<td>PSSA commences</td>
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**From the Deputy Principal’s desk**

It was wonderful to see all our students return to school last week eager and ready to learn. We also welcomed our new Kindergarten students on Monday 2nd February for their first full day at school. Congratulations to our Years 1-6 students on settling back into school routines so quickly. Teachers have commented favourably on how the students have demonstrated a positive approach to their new classes and activities. After visiting the Kindergarten classrooms I am confident they will settle quickly under the care of our talented and caring Kindergarten team. Student supervision does not begin at school until 8.30am, when teachers are officially on duty. We request that children play either on the front asphalt or bottom grassed playground (outside our kindergarten block) where a teacher is on duty. The ovals and primary play equipment is not open for play in the mornings.

**Reading Tutors**

Our Learning Lab reading program at Balgowlah North is based on the MultiLit program developed at Macquarie University. It aims to teach students, who are struggling with their reading, a bank of 200 sight words and the necessary “word attack” skills to become accurate and fluent readers. Becoming a tutor at BNPS involves a small group training session with Mrs Watson, our STLTA teacher, and ongoing support in your sessions with students from Grades 1 -2. If possible, tutors are asked to commit at least one hour a week, this can be on a share basis with another parent. Tutors invariably find the process of working with our students to be a rewarding one. Your help would be greatly appreciated!

Our tutor training session is being held in the Learning Lab on Friday 6th February at 9.00am. A love of reading is one of the greatest gifts we can give our children. If you have the time, and are interested in joining our tutor program, please contact Mrs Watson on 9949 4499 for more information.

**Scripture and Ethics Classes 2015**

Scripture and Ethics classes will commence on Thursday 26th February. If you would like your child to be placed in a different Scripture class for 2015 please complete the form on the school website or on the school app. The note should be returned to your child’s classroom teacher by Monday 9th February. Kindergarten students were provided with this note in their Information Pack last year.

Please be advised that children are able to move out of our Ethics classes but we are unable to take any further children into the classes. All ethics classes are full for 2015. If you are interested in becoming an Ethics teacher please contact our coordinator Mrs Monique Tompson on Email: moniquetompson@bigpond.com Mobile: 0410 646 736.

Children will remain in their chosen scripture class for the remainder of the year.

**Crunch and Sip**

This term we are trialling the Crunch and Sip program across the school. The Crunch & Sip program is an easy way to help kids stay healthy and happy! Teachers will be explaining the program in detail at the Parent Teacher evenings next week. The program will commence from Monday 16th February.

Crunch & Sip is a daily break, at a set time, to eat fruit or salad vegetables and drink water in the classroom. This promotes physical and mental performance and concentration in the classroom. Vegetables such as a carrot or celery stick, cherry tomato, capsicum, snow peas, a quarter of apple or green beans are the most suitable.

‘Fruit’ products (e.g. fruit leather, fruit roll-ups, fruit bars or similar) kiwi fruit, oranges, fruit canned in syrup or jelly or with artificial sweeteners, potato crisps or olives are not permitted.

Each child brings a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration.


**K –2 Assembly**

This Thursday 5th February we will be holding our first K – 2 Assembly for 2015. The assembly will commence at 2.20pm in the hall. All parents and visitors are most welcome to join us.

**Band program**

BNPS band program for our year 3-6 students commenced on Monday 2nd February. All bands have begun rehearsals It is now time to dust off the instruments and get to bed a little earlier for those early morning starts. Congratulations to our Training band students who had their instruments organised in time for the first rehearsal this morning with Mr Bullough. All band rehearsals are conducted in the school hall. Our band directors are Miss Cassie White and Mr Angus Bullough.

Marita Nieuwenhuis
Deputy Principal

MUSIC
Welcome back to another exciting year with music!

Year 2 Choir
Children in Year 2 are most welcome to join the choir. The Year Two choir will practise Thursday first half lunch with Miss Yore in the library.

Junior Choir
Children in Years 3 and 4 are welcome to join the Junior Choir. Practise will be held each Monday, first half lunch in the Music Room.

Senior Choir
Children in Years 5 and Year 6 are welcome to join the Senior Choir. Senior Choir members will practise Thursday morning from 8am in the music room.

Recorder
Children in Years 4, 5 or 6 are welcome to join the recorder ensemble. This group will prepare for the State Festival of Instrumental Music at the Opera House. Practise sessions will be held first half lunch on Tuesdays in the music room.

Margaret Malar
Music Teacher

Ride2School Day
On Friday the 13th of February it is National Ride2School Day. It would be wonderful if your child or family could ride their bikes to school on this day. Any child who rides their bike to school at any time throughout the year must see Mr. McCall for a bike license. The following road safety rules must also be followed:

- Your must wear a helmet when riding your bike-it is the law.
- Your child’s helmet must comply with the Australian standards. It must be securely fitted and fastened to their head.
- Ensure your child wears a helmet whenever playing or riding on wheels- bikes, scooters, rollerskates, rollerblades or skateboards.
- Take special care at driveways and intersections. Follow the ‘STOP! LOOK! LISTEN! THINK!’ procedure.

Children who ride to school on Ride2School Day will receive a road safety sticker.

Tess Burns

Positive Behaviour for Learning

Balgowlah North Public School follows the Positive Behaviour for Learning (PBL) philosophy which encourages all our students to live our school motto “Love of Learning”.

We demonstrate our love of learning at Balgowlah North by being safe, respectful, responsible learners in all that we do.

Our Expectations.

We expect all members of our community to:

Be Safe    Be Respectful    Be Responsible

The PBL philosophy operates on the understanding that all students need to know and understand the expectations.

New Members of staff 2015

Simone Hall KS
Anna Harris 2H/N
Tony Saunders 4S

https://www.facebook.com/balgowlahnorthps https://twitter.com/BalgowlahNthPS
Congratulations to our newly appointed house captains.

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<tr>
<th>Houses</th>
<th>Captains</th>
<th>Vice Captains</th>
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<tr>
<td>Kangaroos</td>
<td>Charlie Brown / Zoe Lemlin</td>
<td>Jack Giffin /</td>
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<td>Shante Lai</td>
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<td>Wallabies</td>
<td>Max Pike / Evie Coulter</td>
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<td>Tess Johansson</td>
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<td>Koalas</td>
<td>Cam Mace / Matilda Daniels</td>
<td>Will Klem /</td>
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<td>Angie Taylor</td>
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<td>Wombats</td>
<td>Jake Osmond / Jamie Brown</td>
<td>Max Gibson /</td>
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<td>Zoe Johnstone</td>
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Thank you to all students who nominated for their roles – all house coordinators were very impressed with the speeches. We wish you all the best in your new leadership role.

3-6 Sport
Year 3-6 sport takes place every Friday afternoon. Year 4 – 6 Students can trial for PSSA (Primary School Sport Association) sport teams which travel each Friday to compete against other schools in the Manly Warringah area. Students who do not get selected for teams or who do not wish to be part of a PSSA team will be engaged in a variety of different sports activities at school. Due to the larger numbers of students in the school this year, we will not be trialling year 3 students for PSSA teams. However, if we require extra numbers for particular teams we will hold trials on a separate date for year 3 students if needed.

In-school Sport
Children who stay at school will take part in a variety of sports activities and games throughout the year.

Tennis
Children may choose to play tennis at an additional cost. The children walk to the tennis courts and are coached by their staff.

PSSA
At the beginning of each PSSA round (Summer/Winter) we decide on which sports codes (Eg. Eagle Tag, Netball and League) and how many teams we can enter due to the number of children interested in each sport. The number of teams we enter will depend upon the number of staff to coach, referee and manage the teams. This will vary each year.

Once sports have been chosen we will conduct trials for all children interested. Junior teams (10 years and under) and Senior (11 and 12 years).

At Balgowlah North Public School we believe and encourage participation and enjoyment should be just as important as the competitive nature of the competition.

Our PSSA sports:-
Summer
Eagle Tag – Boys /Girls
Volleyball/Newcomb Ball -Boys/Girls
Tee-Ball /Softball
Cricket -Boys
Winter
Soccer – Boys /Girls
League
Netball/Netta (Year 3)
Susie Stock
Sports Coordinator

Swimming Carnival
Our annual swimming carnival will be held on Tuesday 17th February at Manly Boy Charlton Swimming Centre. The carnival will commence at 10am sharp and conclude at approximately 2.00 pm. The carnival is open to all students aged 8 and over and is extended to students who will turn 8 years old in 2015. If your child does not have a house swimming cap they can purchase one from Mrs Stock for $3.

As we have done in previous years, judges will ensure our students swim using the correct stroke technique in accordance with the PSSA Zone guidelines. It is important that students are aware that they will be disqualified if they are using incorrect technique during the carnival. If you are able to offer any assistance during the carnival please contact us by Friday 13th February 2015.

This year we are trialling a computer program which is compatible with those used in Zone and District carnivals. We require all students to pre-enter, to ensure they are able to compete in the correct events and that the carnival runs as smoothly as possible. Please fill in the form which has been sent home with your child, (or can be found on the school website in Notes/Sport). It will be extremely difficult to make changes on the day, so if they select an event, they will be expected to compete. Please return the form to Mrs Kelly by Friday 6th February.

Please be advised that a $4.00 spectator’s fee applies to any member of the general public who wish to view the swimming carnival. Spectators are to enter via the new entrance on Kenneth Road. The Swim Centre does not allow students to swim in the 25m or toddlers pool, whilst the carnival is in progress.

Thank you and we appreciate your support.

Susie Stock & Kerry Kelly
Sports Coordinator PE Teacher
Term 1 Week 2

Wednesday, 4 February 2015

Waste Free Wednesday
Don’t forget that every Wednesday we are promoting our Waste Free lunches. Each class aims to win the Waste Free title for that week. Please see the information below to help your child pack a Waste Free lunch.

CANTEEN ROSTER

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CANTEEN VOLUNTEERS NEEDED

JOIN OUR EASY ONLINE ROSTERING SYSTEM TO BROWSE THE AVAILABLE SHIFTS

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OR SCAN THE QR CODE ABOVE

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

COMMITEE: CHAIRPERSON: Biggitte Campbell, SECRETARY: Shelley Buckley, TREASURER: Alexandra Tucker, ROSTER MANAGER: Petra Mazarakis
COMMITTEE MEMBERS: Liz Appleton, Bronwyn Norris, Tanja Muller
CANTEEN MANAGER: Mylene Stegman, NEWSLETTER: Tara Linden

Enquiries: Mylene 9949 4499

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VOLUNTEERS URGENTLY NEEDED!

Please help by doing one shift per term

A waste free lunch is a great way to reduce the amount of packaging we use and therefore the amount going to landfill. Cutting out plastic wrap and using reusable containers all help you to have a waste free lunch.

Waste Free Lunch

Waste Free Lunches and snacks have:
- Lunch boxes and containers that are reusable.
- Drink bottles that are refillable and reusable.
- Food packaging that is reusable, compostable, or recyclable.

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Term 1 Week 2

Balgowlah Physie
Dance and exercise for all ages

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- Flexibility and fitness
- Physie is FUN!

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MONDAY’S 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

Claim your free tennis or multisport lesson

Offer available to all new kids

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- Free bus pick up from Seaforth and Manly Vale Schools on Wednesdays at 3pm
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or call 9938 1831

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