

# The Forestville Flyer

Monday, 9 September, 2019

Term 3 Week 8

Address: 7 Melwood Ave, Forestville, 2087 Ph: 9452 5444 Email: [forestvill-p.school@det.nsw.edu.au](mailto:forestvill-p.school@det.nsw.edu.au)

Website: [www.forestvill-p.schools.nsw.edu.au](http://www.forestvill-p.schools.nsw.edu.au)

## DATES TO REMEMBER

Mon 9 Sep	Dancesport Gala Evening	Wed 23 Oct	Band Evening – School Hall
Tue 10 Sep	K-2 Sports Day	Thu 24 Oct	Rugby Union – Forestville vs Killarney Heights
Tue 10 Sep	Kindy Tour – 9.30am	Thu 24 Oct	Kindy 2020 Orientation No. 2
Fri 13 Sep	2 <sup>nd</sup> Hand Uniform Sale	Fri 25 Oct	School Disco
Mon 16 Sep	P & C Meeting – in the school Library	Mon 28 Oct	P & C Meeting
Tue 17 Sep	Primary Proms Performance	Thu 31 Oct	Musica Viva – Yrs 3-6
Wed 18 Sep & Thu 19 Sept	School Photos	Fri 1 Nov	Kindy 2020 Orientation No. 3
Wed 18 Sep	Kindy 2020 Parent Information Night	Sat 2 Nov	Parents Trivia Night
Thu 19 Sep	Enrichment Day – Year 5 selected students	Mon 25 Nov	P & C Meeting (last one for the year)
Fri 20 Sep	Speechmakers Finals	Tue 3 Dec	Sports Assembly – Years 3-6
Tue 24 Sep	Strings Recital	Fri 6 Dec	Xmas Carols Soiree
Thu 26 Sep	Girls Soccer Gala Day	Sat 7 Dec	Xmas Tree Sale
Fri 27 Sep	Last day of Term 3	Tue 10 Dec	Presentation Day – Years 3-6
Mon 14 Oct	First day of Term 4 – Students return	Wed 11 Dec	Kindy & Year 1 Presentation Day
Tues 15 Oct	Sport Photos	Thu 12 Dec	Year 2 Presentation Day
Wed 16 Oct	Kindy 2020 Orientation No. 1	Fri 13 Dec	Year 6 Dinner Dance
Tue 22 Oct	Year 2 Swimming commences		

## Principal's Report

### RUN FOREST RUN

What a wonderful event was our annual FUN RUN. We had a visit from Forrest Gump, there were super heroes and many colourful characters who made the day special by entering various events. I would like to thank our wonderful P&C, especially our 'Run Forest Run' coordinators Kathryn Fletcher and Bronwyn Barlin for their dedication and commitment to the school and the event. I would also like to thank every volunteer who assisted with announcing, marshalling, organisation, food and amusements. It is truly a community event and it was wonderful to see so many students and their families participating.

# Principal's Report

**CONGRATULATIONS** to Wilson from 6M who sold the most raffle tickets and won the Luna Park pass for 4.







## **NEW SRC AND LEADERS INITIATIVE**

Last week our school managed to collect 2 large bins full of recyclable plastic and carton containers. Beginning from this week each Year 6 classes will be allocated a week to stack the plastic bottles or containers and we were hoping that some community members will volunteer to return the bottles and containers for the school. The SRC and school leaders will be explaining that we want NO alcohol containers brought in from home by students and NO glass at our assembly today and on Friday.

If you have containers at home that can be returned for 10c that are not glass or alcohol containers and would like to donate them to this initiative please send them with your child who can deposit them in the yellow bins. Cans and plastic bottles must not be crushed. The website below explains which containers are acceptable. If you would like to return your bottles and donate the refund to the school this would be greatly appreciated also.

The students are very excited about using our rubbish to raise funds and will report back to our community about this project in future newsletters.

<https://returnandearn.org.au/>

## **BENNELONG CONCERT**

Our senior choir students performed as part of the combined choir in the Arts Unit Bennelong Concert at the Opera House last Wednesday evening. The whole evening was absolutely wonderful and our choir students' performances were thrilling. Ms Costa and I were very excited to be part of the audience. I would like to thank both Miss Brown and Mrs Mackenzie for their encouragement and work with our students to ensure they could be part of this amazing event.

## **NORTH SHORE PRIMARY SCHOOL MUSIC FESTIVAL**

All of our bands performed over the weekend at the North Shore Primary Schools Festival in Chatswood. I was greeted at school this morning by 3 very proud students who presented their plaque from the 2019 Festival. Congratulations to all band members who attended and represented Forestville so well. These performance opportunities allow our students to present their learning and musicianship to an audience and I would like to thank the band committee and all families for ensuring students attended. I am always so proud of our school and students. Thank you also to our conductors

## **GROWTH MINDSET- Building resilience in partnership**

The students we teach and the children we're raising are going to have to face the real world at some time. They're going to experience feelings of disappointment, frustration and upset throughout the course of their life. As parents and educators, we cannot – and we should not – continually rescue them from potential hurts and harm. If they're constantly rescued they'll never learn to draw on their own resilience. They'll never learn the many and varied strategies they need to manage these moments as teenagers and adults.

## Principal's Report

Resilience doesn't mean abandoning our children or asking them to detach from their feelings. Resilience is about putting life's everyday events and adversities onto a scale of importance. It's normalising them as part of life's experience. We need to show our children that certain moments are inevitable and frustrating, but in order to succeed in this world, we need to move on and deal with our feelings and learn from the situation.

As their 'guides' both teachers and parents play a vital role in building children's capacity to deal with everything life throws at them and provide them with the knowledge, strength and skills to manage.

The school has just purchased a range of new BOUNCE BACK materials to assist us in providing activities and learning in areas of personal development and resilience building.

The link below gives an overview of this resource.

<https://pearson.com.au/educator/primary/browse-resources-online/teacher-resources/bounce-back/>

Thank you for your support

**Louisa Wellings**  
**Relieving Principal**

## Deputy Principal's Report

### **The Tell Them From Me parent survey (Term 3, 2019)**

This Term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

## Deputy Principal's Report

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 26 August and 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

To access the survey for our school go to: <http://nsw.tellthemfromme.com/fpsparent>.  
More information about the survey is available at: <http://surveys.cese.nsw.gov.au>.

Frequently answered questions about the survey can be found at:  
[https://surveys.cese.nsw.gov.au/images/FAQs/TTFM\\_Parent\\_Survey\\_FAQs\\_Parent\\_and\\_Carers\\_T3\\_2019.pdf](https://surveys.cese.nsw.gov.au/images/FAQs/TTFM_Parent_Survey_FAQs_Parent_and_Carers_T3_2019.pdf)

The survey is available in 23 languages.

Bring Your Own Device (BYOD) for Stage 3 parent survey.

We are following up our initial parent forum held in June this year with a parent survey in our effort to gain further feedback on our proposal to introduce a BYOD policy for Stage 3 students from next year. In addition to a FAQ page, there is a lot of information about a BYOD program, digital literacy and syllabus requirements on our school website here: <https://forestvill-p.schools.nsw.gov.au/supporting-our-students/towards-byod-for-stage-3.html>.

We invite all parents, particularly parents of Year 4 and Year 5 students to complete the survey to help us determine whether we will proceed with implementing the BYOD program in 2020. You can access the survey using the same link: <https://forestvill-p.schools.nsw.gov.au/supporting-our-students/towards-byod-for-stage-3.html>

**Cathie Howe**  
**Deputy Principal**

## From the Office

### **ENROLMENTS FOR 2020**

If you have a child ready to start school next year or know of any neighbours or friends who have a school aged child for 2020, please pick up an enrolment form from the school office as soon as possible. Our next Kindergarten tour is on tomorrow, Tuesday, 10 September from 9.30am to 10.30am. Please enquire in the school office or visit our website.

### **CHICKENPOX & INFLUENZA B**

We have had several reported cases of Chickenpox and Influenza B in the school community. If your child is suspected of having either of these illnesses, seek medical advice and please keep them home during the infectious period and while they are still unwell. Please view a fact sheet on our website for further information.

## Run Forest Run

Wow! What an amazing day we all had yesterday! Thank you so much for your support! We had nearly 1000 runners out in the beautiful bushland and crazy winds!

The success of events like these depends so much on the generous commitment by a small team of volunteers, supported by the school, students, local business and the wider community. What a fabulous community we live in.

Our special thanks go to Kathryn Fletcher, who stepped into the role as one of our VPs this year and took on the responsibility of co-ordinating the Run, Fair and Raffle. We also thank the rest of the Committee of Bron Johnson, Nicollette Shearer, Michelle Joosse, Emma Thompson, Greg Smith, Annemarie Greaves, Michelle Worthley, Pdraig Hurley, Jennifer Holbrook, Bronwen Jeffreys, Luci Hamley, Erin McKnight.

Thank you to Sue Rose-Skitt for updating our advertising banners and sending out all communications to class parents and to class parents for forwarding all the messages to parents.

A huge thank you to all volunteer parents who were course marshalls on the road/trail, cooked/served on the BBQ, made sandwiches for sale, manned the silent auction and jumping castles, helped set up/pack up.

Heartfelt thanks to Year 5 teacher Renee Phegan and her band of students for creating, setting up and manning all their fun stalls which raised a total of \$764.90. Also a big thank you to all the students' parents who helped their kids get their stalls organised.

Thank you to parent Nick Stewart from Skipping Stone Photography for taking photos of the run start/finish, and to Mrs Chiu for taking photos of the fair.

Thanks to the school staff for their support with set-up, collation of raffle tickets and marketing support: Louisa Wellings, Cathie Howe, Katy Costa, Lisa Atkins, Petra, Liz, Andrea, Monty.

Thanks to our run organisers, Lisa Murphy from Bare Events plus Simon Hamilton & Henry van Heerden from Challengeworks.

We also thank Forestville OSH After School Care for their support, F45 for the warm-ups and Brian Fairweather, Ray White as our MC. Thank you to Tim from Forestville Tennis for setting up the courts and taking donations from keen players.

Our final thanks to the local businesses that donated items for our Silent Auction - Bargain Pest Control, Football Academy, Blooms The Chemist, Koch & Co, Cocco Rocco, Natural Beauty, Skin Fresh, Warringah Aquatic Centre, Jen's Beauty Studio, Forestville Tennis Centre, Rivers, Manly Surf & Slide and A&A Arbor Tree Service.

## Run Forest Run

Thank you to NB Fresh for donating all the fruit at the finish line.

It was wonderful to be supported by Mayor Michael Regan at the start line of the 10km/4km runs and MP Zali Steggall for prize giving 10km/4km and at the start line of the 2km run.

If you haven't looked up your run time yet, you can click on this link

<https://www.multisportaustralia.com.au/races/15642>

**Emma Thompson**

**P & C President**

## Run Forest Run Results

Here are the results from our fabulous Run Forest Run. Congratulations!

### 2km Run

Male Under 6 - T. Maljaars

Female Under 6 - G. Hurley

Male 6 years - B. Jansen

Female 6 years - E. Hearn

Male 7 years - Z. Williams

Female 7 years - P. Cullimore

Male 8 years - B. Roome

Female 8 years - C. Stante

Male 9 years - M. Bregozzo

Female 9 years - M. Bonasera

Male 10-11 years - O. Dowbiggin

Female 10-11 years - E. Gibson



### 4km Run

Male Under 8 - L. Jeffs

Female Under 8 - A. McCullough

Male 8-12 - J. Pickering

Female 8-12 - R. Solomon

Male 13-15 - J. Solomon

Female 13-15 - A. Stevenson



### 10km Run

Male - M. Reddie

Female - R. Macneish



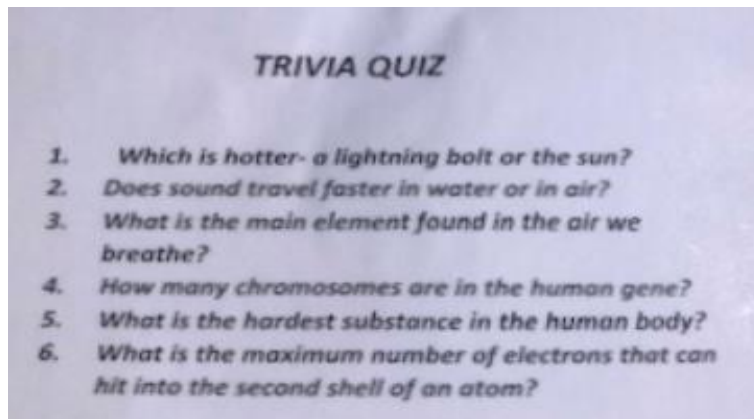
# Run Forest Run





## Run Forest Run

A massive thank you to all the Year 5 students and parents who helped contribute to the Year 5 fair stalls. You all did such a great job and created a fantastic atmosphere at Run Forest Run.



The answers to the questions from the trivia stall are:

1. Lightning Bolt
2. Water
3. Nitrogen
4. 46
5. Tooth Enamel
6. 8

The winner of the thong throwing competition was Erik Jansen with a huge throw of 43.75m and runner up was John Farrant with 42.4m (even though both throws might have been slightly impeded by the bushes!). Erik, you can collect the Kids Paradise voucher and the golden thong from the school office.

**Renee Phegan**  
**Classroom Teacher**

## School Photographs

School photos are on **Wednesday, 18 September and Thursday, 19 September**. These photos include: classes, band, choir and strings groups, family photos, Year 6 prefects, music captains and monitor positions as well as debating teams and SRC Semesters 1 & 2. Sport teams and dance and sport captain photos will be in Term 4.

School photo envelopes were sent home two weeks ago. This also included envelopes for family photos. Please return your envelopes to the class teacher prior to Thursday, 12 September.

If you are having family photos taken, please start arriving on Wednesday, 18 September from 8.00am. The photographers will keep photographing until the bell goes at 9.00am.

Online payments – parents can order and pay online through the MSP website ([www.msp.com.au](http://www.msp.com.au)). Instructions are included on the back of the envelopes. Credit and Debit cards from Mastercard and Visa are accepted. All parent queries to MSP Photography on 9499 6555.

## School Photos Schedule

Group Set Up Wednesday 18 <sup>th</sup> September			
Time	Class/Team Name	No.of students	Teacher Name
8:00	Family Photos		Sonya Cordaiy to supervise
8:45	Staff photo + Senior, Junior & Beginner Strings		SS - Conductor Mark Stevens
9:00	Yr 6 Photo	105	Mrs Wellings, Ms Costa, Mrs Mackenzie, Mrs Cavell, Mr Guzman
9:30	KI	17	Mrs Shannon Inglis
9:45	KF	18	Ms Jen Fergus
10:00	KS	17	Mrs Glenda Scutt
10:15	KH	16	Mrs Kylie Hicks
10:30	1HM	23	Mrs Amanda Hill-Mork & Mrs Heleena Micklejohn
10:45	3I	29	Ms Molly Ingram
11:30	3S	30	Ms Isabelle Selwyn
11:40	3C	30	Mrs Tracy Stevens
11:50	3/4M	31	Mrs May Chiu
12:00	4P	30	Ms Megan Parsons
12:10	4T	30	Ms Tess McAllister
12:20	4E	30	Mr James Ellis
12:30	5PB	29	Mrs Renee Phegan, Mrs Erin Burdett
12:50	Year 2 Choir	46	Ms Jess Brown
1:15	Stage 2 and Senior Choir	36 + 36	Ms Jess Brown
1:40	SRC Semester 1 and 2	44 in each	Ms Jess Mountford (Sem. 1 & 2) Ms Brittany Norman (Sem. 2)
2:20	Training Band	30	(C) Leemin Luu Mrs Tracy Stevens (T)
2:50	Stage Band	16	(C) Tim Collins Mrs Anne Mackenzie (T)

## School Photos Schedule

Group Set Up Thursday 19 <sup>th</sup> September			
Time	Class/Team Name	No. of students	Teacher Name
8:00	Family Photos		Katy Costa to supervise
8:40	Concert Band	40	(C) Matthew Hurditch Mrs Anne Mackenzie (T)
9:10	1Y	23	Ms Megan Young
9:20	1A	22	Mrs Jessica Argent
9:30	1K	21	Ms Arian Kuner
9:40	2B	23	Ms Brittany Norman
9:50	5A	29	Ms Nicole Amery
10:00			
10:10	5W	29	Mr Chris Williamson
10:20	5/6K	30	Ms Katy Costa
10:30	6M	30	Mrs Anne Mackenzie
10:40	6C	31	Mrs Carolyn Cavell
10:50	6G	30	Mr Christian Guzman
11:30	2M	24	Ms Jess Mountford
11:40	2NZ	23	Mrs Anahid Zouian, Mrs Kirsty Nicoll
11:50	2L	24	Mrs Sarah Lodge
12:00	K-6L	8	(T) Ms Tanya Lancaster (SLSO) Mrs Yvette Banks
12:10	K-6V	5	(T) Ms Jodi Vallack (SLSO) Ms Alice Meale
12:20	K-6P	5	(T) Mrs Liz Purvis (SLSO) Mrs Jo Robinson
12:30	School Captains, prefects, Library, flag, sound monitors + Dance, Strings, Band and Choir captains	All taken as separate groups	Mrs Wellings - all photos Mrs Vassios also with Library monitors
1:40	Debating Teams	2 teams of 4	Mrs Carolyn Cavell
2:40	Intermediate Band	30	(C) Christine Young (T) Ms Tess McAllister



## PSSA Trials

This coming Friday, 13 September, all students in Years 3-6 will be involved in either School Sport or PSSA trials. All trials will be held at Melwood Oval and a **note from home is not required for this excursion.**

The PSSA teams for Term 3/4 are:

Boys T-ball (Years 4 and 5)- Mr Ellis

Boys softball (Years 5 and 6)- Miss Amery

Junior Eagle Tag (Years 3 and 4)- Mr Williamson

Senior Girls Eagle Tag (Years 5 and 6)- Mrs Cavell

Girls Cricket (Years 4, 5 and 6)- Miss Ingram

Because of constraints on venues and resources only a limited number of students will be selected for teams. Whilst we encourage all students to trial, they should be aware that not every student will make a team.

Please contact **Mr Ellis** if you have any questions

## Forest Killarney Football Club Girls Gala Day

On Thursday, 26 September we will be entering some teams in the small sided FKFC Girls Football/Soccer Gala Day.

This week we will have trials for girls in Years 3 and 4 on Monday, 2 September at lunch on our oval. On Tuesday, 3 September girls from years 5 and 6 will trial. Please do not wear studded boots to the trials, running/sand shoes will be fine.

## Rugby Union – Annual Match vs Killarney Heights Primary School

On 24 October we will be playing a Girls 7's and Boys 15 a side Rugby Union against Killarney Primary.

Year 5 and 6 boys and girls who are interested in attending trials this Thursday after school should meet Mr. Ellis at recess on Monday to get a permission note.

Any questions should be directed to **Mr. Ellis.**

## Band News



### Forestville Band 2019

#### PRIMARY SCHOOLS FESTIVAL

Well done to our Training Band, Intermediate Band and Concert Band on their wonderful performances at the Primary Schools Festival this week at Chatswood High School.

They all sounded awesome!



#### CHRISTMAS CAROLS NIGHT – SAVE THE DATE!

Forestville Band will be hosting Forestville Public School's Community Christmas Carols Night on Friday 6<sup>th</sup> December from 6-8pm. More details to follow soon.

#### CONCERT BAND EXTRA REHEARSAL

An extra rehearsal has been called for the Concert Band on Friday 6<sup>th</sup> September at 12.50pm. Please make sure all students bring their instruments this day. Thank you.

#### TEAM APP

We strongly suggest all band families download the TEAM APP and join up – the cost is free and it is a great way to stay up to date with all news and communications. If you need help downloading the app please contact Alison on [fpsbands@gmail.com](mailto:fpsbands@gmail.com)

#### REHEARSALS

If you are not able to attend a rehearsal or performance please let your band coordinator know asap so they can forward this onto the conductors, this way they know who will be absent and can plan the rehearsals and performances accordingly.

Rehearsal times are as per below table;

Band	Rehearsal Day / Time
Intermediate Band	Monday 7.30-8.45am Thursday 3.15-4.15
Training Band	Tuesday 7.30-8.45am
Concert Band	Tuesday 3.15-4.15pm Thursday 7.30-8.45am
Stage Band	Wednesday 3.15-4.15pm

#### Future Dates to put in your diary;

##### Primary School Festival

Sunday 15<sup>th</sup> September 1.00pm NSWEE Spring Festival – Stage Band

**Concert Band Performance for Year 2 Students at school - Tuesday 17<sup>th</sup> September 2.30pm**

## Band News

**Stage Band School Photo** – Wednesday 18<sup>th</sup>

September 2.45pm

**Training Band School Photo** – Wednesday 18<sup>th</sup>

September 2.50pm

**Concert Band School Photo** – Thursday 19<sup>th</sup>

September 9.00am

**Intermediate Band School Photo** – Thursday 19<sup>th</sup>

September 2.30pm

**Band Committee Meeting** – Wednesday 25<sup>th</sup>

September 7.45pm Forestville RSL

**Band Soire** - Wednesday 23<sup>rd</sup> October 6.30pm –

8.30pm – All Bands, Forestville Public School

**Training Band Registration for 2020** – Monday 4<sup>th</sup>

November 6.30pm

**Christmas Carols** – Friday 6<sup>th</sup> December

**Concert Band Community of Schools** –

Wednesday 20<sup>th</sup> November 6.30pm Killarney

Heights High School

**Band Committee** [fpsbands@gmail.com](mailto:fpsbands@gmail.com)

## Strings News



### Term 3

**Player of the Week: George R – 1HM**

Hello Strings Community;

What a windy day yesterday! The children performed well at Run Forest Run despite the weather:





## Strings News

### Upcoming Activities

TERM 3:

**Strings Recital Evening** (including solo performances) All Groups at the school hall Tuesday evening 24 September 6pm. Those doing solos please send your selected performance choice to Farheen by 30 August, we will organise practices with the accompanist the week prior.

TERM 4:

**Strings Camp** 13-14 November (nb:beginners 14 Nov only)

**Killarney Community of Schools** Seniors only Wed 27 November evening

**Christmas Carols** All Groups (with band and choir) Friday 6 December

**Bookings TBC** presentation days performances, information night for 2020

ORCHESTRA: We are finalising numbers for our Combined Concert Band and Senior Strings Orchestra, for a performance on 27 November in the evening. Rehearsals will be on Thursdays 3.15pm-4.15pm the month prior. If you are interested in participating, please get in contact with Kylie on the details below.

Any questions please contact

**Kylie Lake - Strings President**

fps.strings@gmail.com ph: 0414 666 711

## Uniform Shop

**SECOND HAND SALE THIS FRIDAY 13 SEPTEMBER FROM 8.30 am TO 9.30 am.  
CASH ONLY.**

Any donations of clothing can be left at the school office. Please remember we can not resell used hats.

If you would like to purchase new items, please go to Pickles online or visit them in store at Brookvale. Purchases online are delivered to the school on Thursdays.

New hats are available for purchase at the school office.

### ORDER ONLINE

<https://www.pickleschoolwear.com/shop?school=forestville-public-school>

Please note that if order online to be delivered to the school, there is no delivery fee.

**Bronwyn Barlin**

0424513527

# Canteen

## Forest Bites Canteen



Hi everyone,

Thanks to Sally Watson who has passed the baton on to me (Rebecca Dunn) to take on the role of Canteen liaison on the P & C. Many thanks for all your work over your time Sally and thanks for making this process as easy as possible for me to take on.



### Volunteer Roster Week 8 & 9

Monday	Tuesday	Wednesday	Thursday	Friday
9 September Dolly M	10 September	11 September Hazel S	12 September Renee G Rebecca D	13 September Lee M Jacqui P
16 September Tamara L Mel S	17 September	18 September Karen S	19 September Michelle J Philippa W	20 September Sheanagh Volunteer needed

We are still looking for helpers in the Canteen and realise that you may not be able to commit to a full day, so perhaps you can come in for a shorter shift? 9-10am or to bag the lunches? Any small amount of time will be greatly appreciated!

We have introduced three new occasional items to the canteen menu that meet the NSW Government criteria for food sold in canteens.

### Twisted Yoghurt

Choc Vanilla  
Strawberry Vanilla  
\$2.00



### Gingerbread Folk

\$1.50



### Volunteers

If you can't make your shift, please contact other volunteers from the list (2<sup>nd</sup> page of your roster).

### Contact details for the Canteen Managers:

Tania Laytham (Monday, Tuesday & Friday) 0414 528 534

Kim Egelton (Wednesday, Thursday) 0412 254 310

## Canteen

Order online with Munch Monitor

[www.munchmonitor.com](http://www.munchmonitor.com)

School ID: Forestville, Password: munch2087

There is an account-keeping fee of \$3.65 per parent per account per term, payable via your online account. For assistance, contact [help@munchmonitor.com](mailto:help@munchmonitor.com), call 1300 796 190 or visit us in the canteen.

Rebecca Dunn, Canteen Coordinator

Forest Bites canteen is proudly sponsored by McGrath Forestville

# McGrath

## Community News

### RETURNED AND SERVICES LEAGUE OF AUSTRALIA Forestville Sub-Branch

#### REMEMBRANCE DAY EDUCATION GRANTS PROGRAM

The grant, worth \$1,000, is open to applicants from the school who will be entering Year 7 in 2020, to assist with cost of school uniforms and computer equipment as they transition to high school.

Eligibility criteria and application form can be found on the link.

<http://www.forestvillersl.org.au/school-grants/>



The poster features a cartoon boy in a green shirt and shorts performing a handstand. The text 'School holiday' is in large, colorful, bubbly letters at the top, and 'Spring' is in similar letters below it. The AAGI logo is in the bottom left corner. The program title 'ACROBATICS AND GYMNASTICS PROGRAM' is in bold black text. Below this, there are two boxes: one with program details (Times, Ages, Place, Cost) and one with a calendar for October. At the bottom, there is contact information and a QR code.

**ACROBATICS AND GYMNASTICS PROGRAM**

**Times:** 9 am – 3.30 pm  
**Ages:** 4+  
**Place:** 5A/106 Old Pittwater Rd,  
Brookvale  
**Cost:** \$65/day

**PICK YOUR DAY(S)!**

OCTOBER				
MON	TUE	WED	THU	FRI
1	2	3		
8	9	10		

Please bring your morning tea, lunch and drink bottle with you.  
Wear sporty clothes.

[info@aagi.com.au](mailto:info@aagi.com.au) / [www.aagi.com.au](http://www.aagi.com.au)  
or call on 9938 2017





# Community News

## RESILIENCE IN KIDS



### Build your child's resilience!

- School holiday camps
- Before / after school workshops
- Child and parent coaching

Social and emotional skills for everyday children experiencing everyday challenges | K-6

Holiday camps at Collaroy Plateau, Roseville, Neutral Bay and the Inner West

After school workshops at Collaroy Plateau, Curl Curl, the Lower North Shore and the Inner West

We explore confidence, friendship, emotions, the inner voice, positive psychology and more through art, craft, drama and games! Fun and play-based

[www.resilienceinkids.com.au](http://www.resilienceinkids.com.au) | [hello@resilienceinkids.com.au](mailto:hello@resilienceinkids.com.au) | 0406 776 800



## RESILIENCE IN KIDS



## bricks 4 kidz

### School Holiday Workshops LEGO & Robotics

[Bricks4kidz.com.au/sydney-northern-beaches](http://Bricks4kidz.com.au/sydney-northern-beaches)

0476 884 100

## GIRLS CRICKET – COME TRY DAY



**BRING A FRIEND 9.45am 15 SEPTEMBER at DAVID THOMAS**

Cricket Skills and Games - Prizes - WBBL Players

Face Paint - Hair Spray - Music - BBQ & FUN



Manly Warringah Junior Cricket Association  
[www.mwjca.com.au](http://www.mwjca.com.au)  
[girls@mwjca.com.au](mailto:girls@mwjca.com.au)



All Girls Cricket Come Try Day

All girls registered master blasters, u11, u13 & u15's are invited to bring a friend or two, a younger sister, your winter sports team register on [www.trybooking.com/BFBNR](http://www.trybooking.com/BFBNR)

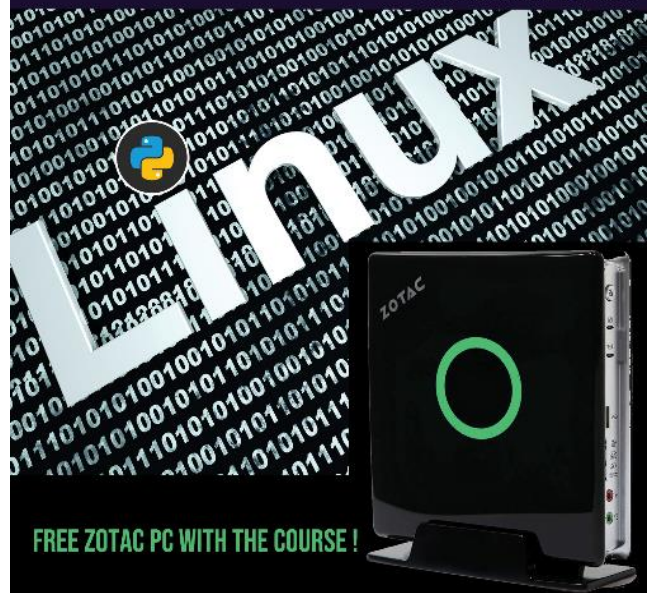


JOIN THE FUN AT YOUR LOCAL CLUB  
REGISTER AT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)



## NEXGEN LINUX & PYTHON CODING VACATION CAMP

- FOR SCHOOL YEARS 6+ (AGE 11 AND UP)



FREE ZOTAC PC WITH THE COURSE!

4 days 8-11 Oct 19 @ Forestville Public School

Learn Linux Basics & Python Game Development

Creative Kids Voucher & Bring a Friend Discount !!

Cost: \$380 inc GST\*\* (10% BAF Discount)

## NEXGEN CODECAMP

WEBSITE: [NEXGENCODECAMP.COM.AU](http://NEXGENCODECAMP.COM.AU)  
EMAIL: [PETE@NEXGENCODECAMP.COM.AU](mailto:PETE@NEXGENCODECAMP.COM.AU)  
TEL: 1800 840 956

\* Students will be provided with a Zotac PC which they will use and keep at the end of the course  
\*\* Nexgen Codecamp is a registered Creative Kids Provider plus 10% Bring a Friend (BAF) discount

Registration link to help with catering (sausage and drink)  
<https://www.trybooking.com/book/event?eid=545887&>



**WAKEHURST**  
Netball Club

# LET'S DO THIS

LEARN THE NETBALL BASICS, GET OUTSIDE AND MAKE SOME FRIENDS.  
PLAY SUNCORP NETSETGO AT YOUR LOCAL CENTRE.

Ages 5 to 9  
Boys and Girls

NEW DATES



**VENUE**  
Wakehurst Netball Club, Lionel Watts Netball Courts.


**SESSION DAYS & TIMES**  
Each Friday 4:15 to 5:15. (Wear NetSetGo shirt and bring a drink bottle)

**START DATE**  
13th September 2019 for 8 weeks (2 week break over school holidays)

**CONTACT**  
Nicole Carter president@wakehurstnetball.com.au  
Active Kids vouchers accepted. Must be redeemed at registration.  
Register online at wakehurstnetball.com.au




WAKEHURST



St Martin's Primary School  
**Outdoor Cinema**  
presents  
**SHERLOCK GNOMES**

**Saturday 14 September 2019**  
Gates open 5.00pm, Movie starts 6.30pm  
[facebook.com/StMartinsPrimary](https://facebook.com/StMartinsPrimary)



**Thinking Nippers This Summer?**



**Join North Steyne Nippers!!**

For a Season of Fun, Making New Friends and Learning Lifesaving Skills.

**Nippers starts Sunday 13<sup>th</sup> October @ 9:30am.**

Registrations are open at North Steyne Nippers for children aged 5-13. Activities include beach sprints, flags, swimming, board paddling, novelty events and Surf Education programs.

**Registration Day:  
Sunday September 15<sup>th</sup>  
9 am – 12 noon**

Detailed information visit: [www.northsteyneslsc.com.au](http://www.northsteyneslsc.com.au)



New Enrollments or Renewal can be completed online at: [www.sls.com.au/join/](http://www.sls.com.au/join/)

Questions: Brian Mariotti 0434 321 826 or Hillary Burrows 0419 676 876

email: [nippers@northsteyneslsc.com.au](mailto:nippers@northsteyneslsc.com.au)  
93-95 North Steyne, corner Pine Street, Manly

**FAMILY FUN DAY**  
at the NSW Parliament  
October School Holidays!

**FRIDAY  
11 OCTOBER  
10 am to 3 pm**

**MEMBER FOR A DAY**

**Member for a Day:  
What would you say?**

Free fun educational activities at Australia's oldest Parliament for children from 4 to 12 years.

Follow the children's trail; enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers and places rarely open to the public; give your first speech as a Member of Parliament in the chambers; be entertained by roving musicians.

**FREE ENTRY**  
Activities  
10.00 am to 3.00 pm  
Location  
6 Macquarie Street – opposite Martin Place

The public café will be open.

Sausage Sizzle \$3.00 per person



FREE ENTRY • All Welcome  
E: [dps.education@parliament.nsw.gov.au](mailto:dps.education@parliament.nsw.gov.au)  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)  
Parliament of New South Wales,  
6 Macquarie Street, Sydney

GROUP BOOKINGS FOR 10 OR MORE ESSENTIAL  
9230 2047



## REGISTER TO BECOME A MANLY NIPPER NOW

Join Manly Life Saving Club Nippers this summer and enjoy a fun activity based program that will educate you about surf safety and awareness.

Nippers is a great way for kids to build confidence and learn valuable life skills and knowledge in a safe beach environment. On the way, kids make new friends and have the opportunity to participate in competition events. Nippers who successfully complete the program are awarded a Surf Rescue Certificate and with further training can become qualified surf lifesavers.

### How to Register

All nipper renewals can be done online:  
[manlylsc.com/nippers/how-to-join/](http://manlylsc.com/nippers/how-to-join/)

You can use Active Kids vouchers for all online regos.

All new nippers, including US first time nippers can attend one of two registration days:

**Time:** 8.30am-12.30pm  
**Date:** Sunday 8th and 15th September 2019  
**Venue:** Manly Life Saving Club (upstairs)  
**Bring:** Proof of nipper age (passport or birth certificate)

### More information

Find further details about registration including starting age, age categories, pool swim certificate requirements, merchandise and fees by visiting the Nippers homepage on the Manly Lifesaving website at:

[www.manlylsc.com](http://www.manlylsc.com)



## Live Life Well @ School

24 HOURS IN A DAY

How do you  
make  
your move?



- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- **Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids.  
Search 'Movement  
Guidelines' at [health.gov.au](http://health.gov.au)



Health  
Northern Sydney  
Local Health District



Contact: Kate Martin, Registrar - Manly Nippers  
Email: [nippers@manlylsc.com](mailto:nippers@manlylsc.com)