

# The Forestville Flyer

Monday, 9 December, 2019

Term 4 Week 9

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

Tue 10 Dec	Yr 2 Swimming finishes	Wed 18 Dec	Year 6 Graduation 1.30pm in the Hall
Tue 10 Dec	Presentation Day – Year 3-6 9.30am	Wed 18 Dec	Last day of Term 4
Tue 10 Dec	Last day of student banking	Thu 19 Dec	Staff Development Day No Students
Wed 11 Dec	Kindy Presentation Day – 9.30am Yr 1 Presentation Day – 11.30am	Fri 20 Dec	Staff Development Day No Students
Wed 11 Dec	Choir lunch	Tue 28 Jan	Staff Development Day
Thu 12 Dec	Year 2 Presentation Day – 9.30am	Wed 29 Jan	Year 1 – 6 Students commence Term 1
Fri 13 Dec	Year 6 Dinner Dance	Mon 3 Feb	Kindergarten – commence Term 1
Mon 16 Dec	Stage 3 Picnic at Davidson Park	Tues 4 Feb	First day of School Banking
Mon 16 Dec	Picnic Day at school for Kindergarten, Stage 1 and 2	Fri 7 Feb 2020	Swimming Carnival
Tue 17 Dec	Forest Idol		

## Principal's Report

### CAROLS EVENING

Huge, hearty congratulations to all of our students across the school for their fabulous performances on Friday evening at the Carols Night. The bands and strings groups played with gusto, and all of our choirs and vocalists did an outstanding job entertaining a very happy and positive crowd of parents, family and friends. What a fabulous testament to our wonderful community to see so many families prioritising our school event and enjoying the opportunity to celebrate the festive season, our music programs and have time together in this end of year event.

Enormous thanks to Alison Fleming the band president, and her wonderful team for initiating the evening and for their hard work and dedication in making the event so fantastic. Thank you to all of our conductors and Tim Collins for managing the sound system and performances and to Jess Brown for her positivity and dedication to the choirs and vocalists. We even had a visit from Santa.....only Forestville could be so important he would go out of his way to be here.....and let us in on a few of his secrets!

## Principal's Report



### **PRESENTATION DAYS**

It is a very busy time of year for students and staff as we prepare for the presentation days. It is important that these ceremonies reflect the respect that we all have for the huge amount of work our students have done in 2019 and for their achievements. Please ensure your children come dressed in full school uniform for these events.

### **HOME READERS / LIBRARY BOOKS AND RESOURCES**

Please return all home readers and library books to school by the end of this week as we need to complete a stocktake of resources. Any other school resources which students may have borrowed can be returned at the same time. It is important that we have our resources returned as we need to move into 2020 with adequate supplies for the students moving into their next grade.

### **PICNIC DAY / FOREST IDOL**

Picnic day is next Monday across the school. Please ensure your child wears clothing that has covered shoulders and wears safe footwear and sunscreen.

## Principal's Report

Forest Idol is on next Tuesday. This is a wonderful opportunity for students to design their own performances. Information relating to Forest Idol will be given to the children this week so they can get prepared. This is a fun, end of year activity for all students to either participate in or enjoy.

### GIVING TREE



Our Giving Tree outside the school office has many lovely gifts under it which have been donated by families. There are still some tags which need a present attached to them. Our community has so much and are incredibly generous, so it would be wonderful to spread the joy of Christmas to others outside our school by providing a gift.

The gifts will be picked up this Thursday by Lions Club representatives. Thank you to all who have generously donated.

### GROWTH MINDSET- *INTEGRITY* – The moral compass

During your child's growing up years, success is often defined by academic scores and extra-curricular accomplishments. And while these measures are important.

Children are not born with integrity or the behaviours we associate with it, including humility, social responsibility, and the courage to stand up for what they believe is right. It is derived through a process of cultural socialization—influences from all spheres of a child's life.

This process begins at home and is supported by schools. While kids are influenced by many out-of-home factors in today's world, research shows that families are still the primary teachers of integrity and the behaviours associated with it.

#### Ways to grow your child's integrity:

1. Have and articulate strong family values – develop a moral vocabulary.
2. Reward respectful behaviour
3. Explore consequences
4. Be a role model: – respond with integrity.
5. Teach digital etiquette and citizenship.
6. Share meaningful stories - much is learned through narrative.
7. Instill self –efficacy: – teach them to believe in themselves.





## Principal's Report

Thank you for your support

**Louisa Wellings**  
Relieving Principal



## P & C

### **Buying Gift Cards online = raising money for our school**

Forestville Public have been offered a unique opportunity to raise funds for the P&C through a local Forestville Public School family business this Christmas.

This Christmas (or for any occasion) instead of buying Gift Cards at the Supermarket, we would like to encourage you, your family and friends to buy them online at [www.giftcardexpress.com.au](http://www.giftcardexpress.com.au)

When you do, Forestville Public School P&C will receive 50% of the profit from each gift card sold. All you have to do is enter **PCFCODE** when you buy on [www.giftcardexpress.com.au](http://www.giftcardexpress.com.au).

Gift Card Express is the largest website of all digital and plastic gift cards in Australia and they will deliver eGift cards to your inbox or have the plastic cards delivered to you or your loved one's door.

The more people who buy Gift Cards from this site using **PCFCODE** in the Promotion Code section means the more funds will be raised for the School's P&C.

This potentially can be a great fund raiser for the school, so please tell your family and friends to buy from [www.giftcardexpress.com.au](http://www.giftcardexpress.com.au)

## From the Office

### **STATEMENT OF ACCOUNT**

Term 4 Account reminders were emailed to all families with outstanding fees a couple of weeks ago. Prompt payment would be appreciated before the end of term.

## From the Office

### **SKOOLBAG APP**

Please download the SKOOLBAG app to your device to keep up to date with school newsletters and notifications. **Please make sure you are subscribed to your current Year Group and remember to update this in the New Year.**

The following link will assist you with:

- How to find Notices and Newsletters
- How to locate and subscribe to Groups
- How to locate the E forms
- How to find the school's latest notifications
- How to locate archived notifications

<https://skoolbaghelp.zendesk.com/hc/en-us/articles/360000573975-How-to-locate-the-features-in-the-new-SkoolBag-app>

### **Stationary Requirements for 2020**

Your child's stationary list for 2020 was sent home last week and was also posted on the school website.

**Orders placed after the 8 December will occur a \$12.95 delivery fee.**

## Student Banking

**Tomorrow, Tuesday 10 December** will be the final school banking morning for 2019.

The Commonwealth Bank are not delivering any more Rewards this year. Children who are about to make their 10<sup>th</sup> deposit have the opportunity to order from the limited stock available and it will be delivered next year or they can wait until the new rewards are released in 2020 and place their order then. We have had some fantastic savers here at Forestville. If your child is not already banking and would like to in 2020, simply pop into your local branch during the school holidays to open their account and they will be ready to go in the new school year.

**The first banking day for 2020 will be Tuesday 4<sup>th</sup> February.**

Well done to all our awesome savers this year and a big thank you to our team of Volunteers who have kept it going!

## Student Achievement

### **Writing Champion**

Congratulations to Alesha in 4E for finishing 2nd in the recent writing competition hosted by the Seven Steps of Writing Program. Over 400 entries were received and they deemed Alesha's book review on why she doesn't like the book Rainbow Magic - or any other fairy book for that matter - one of the best!

# Band News



## Forestville Band 2019

### 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)

### PERFORMANCE DATES

**Yr 3-6 Presentation Day** - Tuesday 10 December 9.30-11.00am Concert Band performance

**Kindi Presentation Day** - Wednesday 11 December 9.30-10.30am Training Band performance

**Yr 2 Presentation Day** – Thursday 12 December 9.30-11.00am Intermediate Band performance

**Hire Instrument Return** – Friday 13 December 8.00-9.00am

### LAST REHEARSALS FOR 2019

The last Stage Band Rehearsal for Year 6 students will be Wednesday 4 December

The last Training Band Rehearsal will be Tuesday 10 December

The last Concert Band Rehearsal will be Tuesday 10 December

The last Stage Band Rehearsal for Year 5 and new students will be Wednesday 11 December

The last Intermediate Band Rehearsal will be Thursday 12 December

### HIRE INSTRUMENT DROP OFF

If you hire an instrument from the school please return your instrument to the school hall between 8am and 9am on Friday 13 December.

### 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

## Strings News



### Term 4

Player of the Week – Helaani J – 3I



Hello Strings Community

How good was Carols last week? Don't forget to thank the band committee members who organised the event, we'd love to have it again next year!

We'll be performing at the presentation days this week, don't forget to send instruments in. **Presentation day performances Week 9:** Year 3-6 on Tuesday 10th December Senior Strings performing; Year 1 on Wednesday 11th December Beginners performing and Year 2 on Thursday 12th December Juniors will be performing.

**Seniors Strings Audition:** for Junior Strings Wednesday 11th December from 9am

I'll be sending out details to those who are participating in the Sydney Strings Centre **Instrument Rental Program** in 2020 later this week.

We have sourced some additional on-site tutors for 2020. See the updated list below:

<b><i>Onsite tutors:</i></b>
Violin & Viola - Summer Friedland – info@bravomusic.net.au (PH: 0423 130 848)
Cello - Paul Taylor -peetaylor@yahoo.com.au (PH: 0416 209 202)
Double Bass – Jess Brown - forestville- p.school@det.nsw.edu.au (PH: 9452 5444)
Violin - Lu Guo – gluo702@gmail.com Friday after school
Violin & Viola - Miguel Sonnak – miguelsonnak@gmail.com (PH: 0490 405 411) Wed after school

Please note that from **next** year (Term 1 Week 1 2020) Junior Strings Rehearsals will be on a WEDNESDAY's 3.15pm-4.15pm.

Any questions please contact

**Kylie Lake - Strings President**

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

# Uniform Shop

## CALL OUT FOR 2ND HAND UNIFORMS!!!!

Summer stocks in our 2nd hand uniform shop are low, if you have any uniforms to donate please leave at office.

We cannot accept hats!

New hats are available in office, for those who need one in a hurry!

New uniforms available online or in store from Pickles, our uniform supplier.

### PLEASE CHECK LOST PROPERTY FOR MISSING ITEMS.

Label all drink bottles and lunch boxes with name and class, it makes it easier to return items!

2nd hand Uniforms are available through the school – please contact Bronwyn on 0424 513 527.

### ORDER ONLINE

<https://www.picklesschoolwear.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 - 0424 513 527



**PICKLES BROOKVALE**  
Shop Online: [picklesschoolwear.com](http://picklesschoolwear.com)

### DECEMBER 2019 - EXTENDED TRADING HOURS

We are located at Unit 8, 42-46 Wattle Road, Brookvale until Friday 6 December  
Re-open on Monday 16th December at new address: 43 Carter Road, Brookvale

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 9am-5pm	3 9am-5pm	4 9am-5pm	5 9am-6.30pm	6 9am-5pm	7 CLOSED FOR MOVING
8 CLOSED FOR MOVING	9 CLOSED FOR MOVING	10 CLOSED FOR MOVING	11 CLOSED FOR MOVING	12 CLOSED FOR MOVING	13 CLOSED FOR MOVING	14 CLOSED FOR MOVING
15 CLOSED FOR MOVING	16 RE-OPEN AT 43 Carter Road 9am-5pm	17 9am-5pm	18 9am-5pm	19 9am-6.30pm	20 9am-5pm	21 LAST DAY 9am-1pm
22 ☺	23 ☺	24 ☺	25 ☺	26 ☺	27 ☺	28 ☺
29 ☺	30 ☺	31 ☺	1 ☺	2 ☺	3 ☺	4 ☺
5 ☺	6 ☺	7 ☺	8 ☺	9 ☺	10 ☺	11 ☺
12 ☺	13 ☺	14 ☺	15 ☺	16 ☺	17 ☺	18 ☺
19 Last Day for Online Orders CLOSED	20 ☺	21 ☺	22 ☺	23 ☺	24 ☺	25 ☺
26 ☺	27 ☺	28 ☺	29 ☺	30 ☺	31 ☺	1 ☺

#### LAST DAY FOR ONLINE ORDERS IS SUNDAY 19TH JANUARY 2020

Orders placed online after the 19th January 2020 cannot be guaranteed for delivery or pickup before school resumes 30th January 2020.



Please do not leave purchasing uniforms to the week before school starts as we cannot guarantee:  
 • Postal delivery service in the final week  
 • Sticking availability  
 Order and pay for your uniforms securely online. Delivery can be via Australia Post, or delivered to your child's classroom during term time free of charge.

Shop Now

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



**PICKLES BROOKVALE**  
Shop Online: [picklesschoolwear.com](http://picklesschoolwear.com)

### JANUARY 2020 - EXTENDED TRADING HOURS

Welcome to your uniform shop, PICKLES BROOKVALE  
We are located at 43 Carter Road, Brookvale

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 CLOSED	30 CLOSED	31 CLOSED	1 CLOSED	2 CLOSED	3 9am-5pm	4 9am-1pm
5 CLOSED	6 9am-5pm	7 9am-5pm	8 9am-5pm	9 9am-6.30pm	10 9am-5pm	11 9am-1pm
12 CLOSED	13 9am-5pm	14 9am-5pm	15 9am-5pm	16 9am-6.30pm	17 9am-5pm	18 9am-1pm
19 Last Day for Online Orders CLOSED	20 ☺	21 ☺	22 ☺	23 ☺	24 ☺	25 ☺
26 ☺	27 ☺	28 ☺	29 ☺	30 ☺	31 ☺	1 ☺

#### LAST DAY FOR ONLINE ORDERS IS SUNDAY 19TH JANUARY 2020

Orders placed online after the 19th January 2020 cannot be guaranteed for delivery or pickup before school resumes 30th January 2020.



\* NO ONLINE ORDERS GUARANTEED SHIPMENT OR DELIVERY BEFORE SCHOOL RETURNS.  
 Please do not leave purchasing uniforms to the week before school starts as we cannot guarantee:  
 • Postal delivery service in the final week  
 • Sticking availability  
 Order and pay for your uniforms securely online. Delivery can be via Australia Post, or delivered to your child's classroom during term time free of charge.

Shop Now

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



## Forest Bites Canteen



### Volunteer Roster Weeks 9

Monday	Tuesday	Wednesday	Thursday	Friday
9 December Dolly M	10 December	11 December Hazel S	12 December Renee G Volunteer needed	13 December Luci H Lee M

Thank you to all the volunteers who have helped in the canteen this year. Tania and Kim could not run the canteen without all your help.

**The canteen will be closed for cleaning from Monday 16 December.**

#### 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

#### 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.

Any families that are leaving Forestville at the end of 2019, can email Munchmonitors, at [admin@munchmonitor.com](mailto:admin@munchmonitor.com), to close their accounts and obtain a refund of any funds still in your account.

**Forest Bites canteen is proudly sponsored by McGrath Forestville**

# McGrath



**BOOK NOW**  
**SPLASH CITY**  
**SUMMER CAMP**  
**JANUARY 2020**

EXPERIENCE THE COOLEST CAMP ON THE PLANET  
KINDY - YEAR 6 8:30 AM - 3:30 PM DAILY

GET MOTIVATED DURING THE JANUARY 2020 SCHOOL HOLIDAYS AT OUR 2-DAY SUMMER CAMP. LET US BRING THE BEACH TO YOU WITH OUR WILD WATER SPORTS PLUS OUR USUAL SERIES OF TRADEMARK SPORTS

**KILLARNEY HEIGHTS HIGH**  
STARKEY STREET KILLARNEY HEIGHTS  
15 & 16 JANUARY

**NBSC SENIOR CAMPUS**  
HARBORD ROAD FRESHWATER  
22 & 23 JANUARY

EARLY BIRD OFFER  
**SAVE 10%**  
OR  
USE YOUR 2019 CREATIVE KIDS VOUCHER BEFORE DEC 31

**8** BOOK NOW  
MOTIV8SPORTS.COM.AU  
0402 281 842

**Piano**  
**Small Group piano lesson at Forestville Public School**  
**Enrolment students for 2020**  
*Lesson at school since 2003*



Us our **special piano book** with **Digital Piano**, learn piano **easily and fast**  
Cost \$27 per 45 min Pay by Term, start lesson to end of term. **Piano Book (\$14)**  
*Creative Kids Voucher Available*

*New Students 1<sup>st</sup> lesson free  
K/G to Year 8, Teacher pick up*

**Wednesday 8:00-8:45. 12:25-1:35. 3:15-4:00**  
*At School Music*

**Email:** [je-music@live.com.au](mailto:je-music@live.com.au) + Mobile  
*School & child name*  
**Or SMS:** 0424 614 591 + *School and child Name.*



Sing Your Heart Out  
Holiday Workshops

A high-quality singing workshop with experienced, fun, and inspiring singing teachers! Learn how to sing solo, sing in a group, build your confidence and perform on stage! Kids love performing in the concert on the final day!

**Monday 20th to Thursday 24th January. St Kieran's Parish Centre, 2 King St Manly Vale. For children aged 5 to 12 years.**

For more information and to enrol, call Natasha on 0425 297 827 or visit SYHO.INFO



**CREATE SOMETHING GREAT!**

**bricks 4 kidz**

**CREATIVE KIDS**  
Sydney Northern Beaches

**Summer Holiday Workshops**  
Collaroy - Balgowlah - Forestville

[Bricks4Kidz.com.au/sydney-northern-beaches](http://Bricks4Kidz.com.au/sydney-northern-beaches) 0476 884 100



**Forestville Public School**

# HuaXia CHINESE CULTURE after school program

INFORMATIVE • CHINESE CULTURE • FUN LEARNING




**Our Classes Offer:**

- ✓ Experience in Chinese Culture
- ✓ Excellent Teachers
- ✓ Fun activity
- ✓ Group learning & 'Students Centre' teaching

**Course Fee:**  
\$12 Per Child  
(Limit 15 Participants)  
Mob: 0432010777  
Vanessa

Time: Mon & Fri  
3:15pm - 4:45pm

HuaXia Chinese Culture School  
www.huaxiachinesecultureschool.org.au

Made with PosterMyWall.com  
Gifty Block

# School holiday



**ACROBATICS AND GYMNASTICS PROGRAM**

**Times:** 9 am – 1pm or 3.30 pm  
**Ages:** 4+  
**Place:** 5A/106 Old Pittwater Rd, Brookvale  
**Cost:** \$45/half day or \$65/day

**PICK YOUR DAY(S) !**

**DECEMBER**

Thu	Fri	Mon	Tue
19	20	23	24

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




**GALLERY 307 ART SCHOOL** 2019-2020 Summer Holiday Program

Week 1 19,20,23 Dec • Week 2 8-10 Jan  
Week 3 13-17 Jan • Week 4 20-24 Jan



Visit our website for program information and bookings  
[www.gallery307artschool.com.au](http://www.gallery307artschool.com.au)

307 Sailors Bay Road, Northbridge NSW 2063  
Phone: 9958 1298 | Email: [info@gallery307artschool.com.au](mailto:info@gallery307artschool.com.au)

# School holiday



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**Ages:** 4+  
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**Cost:** \$45/half day or \$65/day

**PICK YOUR DAY(S) !**

**JANUARY**

Tue	Wed	Thu
14	15	16
21	22	23

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



### Umbrella Nine Co Pty Ltd

We are a new Family Bouldering Centre on Sydney's Northern Beaches. Think rock climbing, but without the ropes!

#### Where are we?

Rooftop, Blue P5 parking right next to HCF.  
Warringah Mall  
Opening December 14, 2019

Bookings can be made on our website  
[www.umbrellanineco.com.au](http://www.umbrellanineco.com.au)



### Parents Support Group

A parent-led support group has been set up to connect parents at the school with children who have learning disabilities or difficulties. Its aim is to offer friendship and support and where possible, share appropriate knowledge and experiences. Although there are Sydney-based support groups out there and there is a lot of information available online, this is an opportunity to connect on a personal level, confidentially, within the school community. If you'd like further information, please contact the School Office.

2020  
code2make  
Calling all  
TINKERERS,  
MAKERS and  
INVENTORS

Computer Aided Design  
3D Printing | Circuits |  
Microcontrollers | Coding  
Robotics | Virtual Reality

Before-school workshops  
FPS Steam Hub

Tues | Wed | Thurs | Fri  
Y5-6 Y4-5 Y3 Y2

REGISTER  
YOUR  
INTEREST  
NOW

Want to know more/ register?  
[www.code2make.com](http://www.code2make.com)

PHILIP PULLMAN'S  
GRIMM TALES

Adapted for the stage by Philip Wilson

An immersive theatre experience for 5-12 year olds  
15 Jan - 22 Feb 2020  
9.30 am, 11.30 am, 1.30 pm daily  
Glen Street Theatre, Belrose

TICKETS \$20 - \$25  
BOOK NOW  
[glenstreet.com.au](http://glenstreet.com.au) | 9975 1455  
Transaction fees may apply

MSTYP MARIAN ST THEATRE FOR YOUNG PEOPLE  
Glen Street Theatre  
St Ives  
In association with Nick Hearns Books



# Community News

## Vacation Care Fun Children's Services



Bookings for Summer 2020 school holidays open soon!

Thu 19 Dec – Tue 28 Jan, 7:30am – 6pm  
Cromer, North Curl Curl, Forestville & Manly Vale



We have some sizzlin' hot activities this summer with lots of exciting excursions and a heap of action planned in-centre activities to keep children happy and occupied.

We are open before Christmas and offer care all through to the Pupil Free Day in January.

Daily fee is \$72 (Child Care Subsidy available)

Also on offer these holidays.....

### Pre-school vacation care at Manly Vale

Is your child about to start primary school in 2020? Get in quick to secure a spot for our popular pre-school vacation care program in Manly Vale.



[www.northernbeaches.nsw.gov.au](http://www.northernbeaches.nsw.gov.au)  
[vacationcare@northernbeaches.nsw.gov.au](mailto:vacationcare@northernbeaches.nsw.gov.au)  
Ph: 9942 2312



## Play League Stars at Ferrets in Feb 2020

Fun fitness program designed to keep kids smiling and sweating....



4 weekly sessions Tuesdays from 4-5pm  
Starting Tuesday 4/2/20. Concluding 25/2/20.  
Costs \$49 per child. Each session run by qualified League Stars coaches. Join us at your local junior league club – Forestville Ferrets – End of Currie Road, Forestville.



Visit [www.forestvilleferret.com.au](http://www.forestvilleferret.com.au) for more information

[playrugbyleague.com](http://playrugbyleague.com)



# Junior SCIENCE ACADEMY

## BLAST OFF INTO THE WORLD OF STEM at MACQUARIE UNIVERSITY

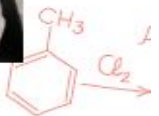
Join our exciting science, technology, engineering and maths programs for Years K- 7 during the school holidays in December and January.

- Class topics include robotics, learning about dinosaurs, flight, astronomy, volcanic eruptions, DNA, maths, how to analyse blood for diseases & why animal poop is so fascinating! And many, many more.
- Our classes are designed to teach concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.

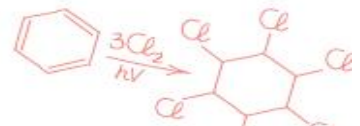
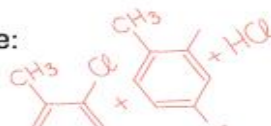


Creative Kids vouchers (value \$100) can be claimed for any robotics or coding class. Apply through ServiceNSW for your child's voucher.

Drop off	8.30am – 9.30am
Activities	9.30am – 4.30pm
Pick-up	4.30pm – 5.30pm
Cost	\$126.50



Want more information? Visit our website:  
[mq.edu.au/about/holidays](http://mq.edu.au/about/holidays)



**Live Life Well @ School**

**Try for 5!**



5 serves of  
vegetables  
each day

One serve =  
1 cup salad

or

1/2 cup cooked veg

or

1 medium potato

Developed by Murrumbidgee Local Health District

**Try veggie sticks for Crunch & Sip**  
*(cucumber, capsicum, celery and carrot are great options)*

Discover new ways to add veg to  
your day, visit:

[www.tryfor5.org.au](http://www.tryfor5.org.au)



Health  
Northern Sydney  
Local Health District