Principal’s Message

Vacation

Our current school term ends this Friday and, while I am always happy to have a break and spend more time with my family, I understand it can be a difficult time for some families with both parents working or trying to think of things to entertain kids with for two weeks. We all need to keep our kids safe in the holidays so supervision is important. Always know where your children are and discuss safe places to play. Our Before and After School Care group run holiday care at Girraween which may help some families.

There is NOT a staff development day at the beginning of next term. School begins for students and teachers on Tuesday 7 October as Monday is a public holiday. Have a safe and relaxing break.

Kindergarten 2013

We need to finalise our Kindergarten enrolments for 2015 early next term. We have orientation occurring on Monday 3 November and need to know our total numbers prior to that date. If you have a child starting next year, or know a neighbour that hasn’t informed the school, please do so quickly.

Kindergarten orientation will be a little different this year. All 2015 kindergarten will need to attend two sessions (Monday 3/11/14 and Monday 10/11/14). Parents will need to attend an information session on the 3/11 but only need to drop off their children for the second session. The children will spend both sessions in the classrooms.

I also hope to identify the 2015 Kindergarten teachers before the orientation dates so that you will have a chance to meet them on the day.

Have a safe and happy holiday.

Sports News

Summer PSSA News

Round 6 – Friday 19th September

- Softball vs Metella Road @ Darling Street
- Tee ball vs Metella Road @ Darling Street
- Newcombeball vs Wenty White @ Beresford Road PS
- AFL Reds vs Girraween @ Binalong Oval (field 5)
- AFL Blues BYE this week

Bus 3 – AFL Reds going to Metella Road then onto Girraween Oval and then onto Binalong Oval

Soccer jerseys return

All boys and girls who were given a soccer jersey to compete in for winter PSSA are requested to return the jersey to Mr Wicks ASAP by the end of this week. Please ensure the jersey is washed and placed into a plastic bag with your name clearly marked on the front.

Parking

Please make sure that you do NOT use the driveway where the garbage bins are at the front of the school as a drop off zone for your children. It becomes extremely dangerous when you then reverse out of that spot when there are so many children around.

Upcoming Events

Sept

19th Sept Last Day of Term

Oct

Mon 6th Public Holiday
Tues 7th First Day of Term 4

Money Due

<table>
<thead>
<tr>
<th>Due Date: The end of term</th>
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<tbody>
<tr>
<td>Hip Hop Dance classes for Kindergarten, 5/6D and 5/6W</td>
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<table>
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<tr>
<th>Due Date: 24th November</th>
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<tr>
<td>Stage 2 Party Day Money</td>
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<table>
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<tr>
<th>Due Date: ASAP Limited spaces available</th>
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<tbody>
<tr>
<td>School Swimming Scheme</td>
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</table>

Assemblies

| Friday 19/09 9.00am | Years 3-6 4/5L |
Library News
Thank you to the wonderful parent who donated a cash payment to the library for new resources. We have purchased some ‘in demand’ titles for our students.

Kids Matter
As a result of our survey information an information wall for parents has been completed in the foyer of the library. Information includes:

- Child development
- Children with disabilities
- Dealing with anxiety
- Depression
- Events within our local community
- ADD
- Finding assistance
- Men’s health
- How to eat well

This information will change on a regular basis so make sure you keep checking in! If there is a topic that you would like information about don’t hesitate to ask. If we don’t already have it, we will find it for you.

Rule of the Week
Week 10 – Be Safe – I use computers sensibly

Jump Rope for Heart
Well done to all the families who have already started getting sponsors. We have already raised $945 online!!! Due to wet weather the Jump Rope Team were unable to showcase their talent and have rebooked for next term. As a result we have changed our Jump Off day to the 6th November. On this day there will be skipping based activities for the students to complete and we will have a showcase of our own talented students. So if you haven’t started practicing, now is the time. YouTube has some great Jump Rope for Heart skipping skill demonstrations to help you on your way.

P & C News
A big thank you to everyone who came along and supported the Father’s Day breakfast last week. We hope you all had a wonderful morning spending time with your children.

Thank you to all the kids who shopped with us for the Father’s Day Stall. It’s always fun to see the kids shopping and discovering great things for their loved ones.

Upcoming Events:

- Spring has sprung and it’s time to get our grounds looking great, again! Look out for rescheduled WORKING BEE information, COMING SOON!!

- November 29th - This year the P&C will be sponsoring a Christmas Day Market and Portrait Day. If you know anyone who would like to hold a stall on this day could you please contact Beth at beresfordrdpandc@y7mail.com

- Look out for more information regarding portraits! These will make a great Christmas presents!

Do you have any ideas or suggestions for the P&C? Email us at beresfordrdpandc@Y7mail.com or come along to our meetings. They are held the first Tuesday of the month, 7.30pm, in the staff room.

Stage 3 Canberra Camp
Travel dates 9 – 12th September 2014

Last week, students from our school recently undertook an educational tour of our national capital Canberra. While on our camp we participated in a variety of educational programmes focused on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their national Capital as part of their civic and citizenship education. To assist our parents in meeting the cost of our trip to Canberra the Australian Government will be contributing funding of $20 per eligible student under the Parliament and Civics Education Rebate (PACER) programme toward the travel expense incurred. This contribution will be paid directly to the school upon completion of our camp.

We the staff at Beresford Road Public School would like to thank the Australian Government for their support of our camp through the PACER programme.

Over the page are some student’s personal experiences about the activities undertaken whilst we were on camp.
At camp, we spent four days doing lots of fun activities, we went to Questacon and even the snow. Before we went to the snow we had to stop at a store where they give you clothing to go to the snow. At the snow we had a snow man competition. We went to the snow at Perisher and Blue Cow. We stayed at Cooba in Berridale where we had a disco and a trivia night. At the Disco we were dancing and having all sorts of fun.

It took us just about 3 ½ hours to get to Canberra. For breakfast we could have eggs, toast and bacon. For lunch we could have a sandwich to choose from ham or chicken, you could also get an apple some water and a muesli bar (you could have apricot or choc chip). When going to faraway places we would watch a movie, we had lots of choices about what we watched.

We went to Parliament House and went into the Senate and the House of Representatives. In the Senate there a 76 senators and in the House of Representatives there are 150 members of parliament. The Senate is red in colour and the House of Representatives is green and that originates from the English system.

At Questacon there was a slide called the free fall it was 7 metres high and you had to hold a bar and then let go. They had lots of fun science things to do.

We also went to a sport place called the AIS where you could see Australian athletes that train for their specific sports. At the AIS they also had a place where you could play games like basketball and soccer.

That’s why we think Canberra is a fun place to go.

Massi Gabucci 5/6D
When I got to school on Tuesday at 6:20 in the morning I was very nervous about leaving to camp. I saw the bus arrive and it gave me an exciting feeling! I boarded the bus and sat next to Mrs Doran. I couldn’t believe that the day I’ve been waiting months for has finally come! I fastened my seat belt and waited for instructions and before I knew it we were leaving on our way to Canberra! About an hour or two later we arrived at McDonald’s and had a bite to eat and again we jumped on the bus, this time I was next to Mrs Leverett and we were back on the road.

It took a while but we arrived at the National Australian Museum. We saw many amazing artefacts and many historical machines that had a story of their own. My personal fave was the Giant Wombat! It was huge, I thought to myself that it would probably be the size of a small car! After about an hour we left and headed to our next stop.

Soon we were exhausted having visited the Unknown Soldier’s tomb in the War Memorial, the Mace in Parliament House and so many more I can’t even remember! Finally we got to our motel. We were given the numbers for our room. We were sent to find our rooms and get ready for bed I was so tired I could fall asleep forever if I could.

Thursday, we got up in the morning and packed the stuff we needed for the day and we boarded the bus and left for the mountains. On the way there we saw lots of road kill (dead animals) and as we got closer to Mt Perisher we saw heaps of snow and when we got there it was so cold! It felt like 0 degrees but it was actually minus 11! We had to take an underground train to Mt Blue Cow because there was a blizzard at Perisher. When we got there we were frozen stiff and were also excited. We straight away had a snow ball fight! You’d expect the snow to be powder but NO they were ice crystals! My hands went numb. The next day we went home sweet home!

Alyssa Caran 5/6L
Whilst we were at camp we went to McDonald’s at Sutton Forrest as our first stop. We had breakfast there and left for our journey that took 3 ½ hours. Here are some of the activities that we think that were fun. One of our experiences at our first stop to the National Museum was awesome. It was cool looking at the artefacts like Pharlap’s (the famous racing horse) heart, old fashion cameras and so on…

Our first hotel was in a town called Warrumbateman about 30 minutes’ drive south west of Canberra. For dinner we had chicken schnitzel, salad and chips with sauce. After that we had dessert which was ice cream with a choice of syrup. We slept there overnight and got up in the morning and left. Next we went to Cooba Motel in Berridale and stayed there for 2 nights. We had trivia and disco night whilst we stayed there. They had a games room that we could play in for trading an item of our possession.

On Thursday we went to the snow. We had lots of fun throwing snow balls and making houses and snowman. They supplied us with gear to keep warm. It was very cold. We were supposed to go on the ski lifts but there was a blizzard and it was closed due to safety concerns.

On our last day, we went to AIS (Australian Institute of Sport) and Questacon where we got to do out 7m vertical drop and the earthquake house simulator. At Questacon, we got to play with the robot in the front foyer and look at other devices and mechanisms that were full of physics related principles.

After that, we drove the 3 ½ hours to Sydney and arrived back to school approximately 6:30pm and went home with our parents.

By: Jaden Truong and Nina Furtado. 5/6W
INFANTS SPORTS CARNIVAL

Congratulations Gilmore for your athletics carnival victory! Thank you to all the parents who attended, assisted and participated. It was a great day and we were lucky that the sun came out to play.

1st Gilmore
2nd Mackellar
3rd Lawson
4th Paterson

Miss Miller and Mrs Ledbrook
Infants Sport Carnival Co-ordinators

<table>
<thead>
<tr>
<th>Kindergarten Race Winners:</th>
<th>Year One Race Winners:</th>
<th>Year Two Race Winners:</th>
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<tr>
<td><strong>Boys:</strong></td>
<td><strong>Boys:</strong></td>
<td><strong>Boys:</strong></td>
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<tr>
<td>1st- Levi Bugeja</td>
<td>1st- Kingston Lake</td>
<td>1st- Hamed Dadyar</td>
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<tr>
<td>2nd- Daniel Blanche</td>
<td>2nd- Joshua Marks</td>
<td>2nd- Alex Pollitt</td>
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<td>3rd- Kash Matthews</td>
<td>3rd- Curtis Hassan- Vassallo</td>
<td>3rd- Kayden Haddad</td>
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<tr>
<td><strong>Girls:</strong></td>
<td><strong>Girls:</strong></td>
<td><strong>Girls:</strong></td>
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<tr>
<td>1st- Lavenia Ratucoka</td>
<td>1st- Mya Yaghi</td>
<td>1st- Lotus Haladus</td>
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<tr>
<td>2nd- Amy Lockwood</td>
<td>2nd- Mia Bosnjak</td>
<td>2nd- Salma Sardar</td>
</tr>
<tr>
<td>3rd-Dakotah Reid</td>
<td>3rd-Ava Moses</td>
<td>3rd- Ela Muhammedoglu</td>
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</table>
KF enjoyed being dressed up and having visitors on Book Parade Day.
KF have put in a great effort at gymnastics!

Last term we did an experiment about how plants absorb their nutrients.

First we planted the seeds in soil. Then we put them in the sun, watered them.

We have been learning about living things.

This term we grew our own plants from seeds.

We had a fantastic time on our excursion to Calmsley Hill City Farm!

We also had an exciting visit.
How to Survive School Holidays without Yelling or Smacking!

Tips For Parents...

Kids really look forward to school holidays but parents often can’t wait until the school holidays are over. This is usually because they are physically, emotionally and financially exhausted by the time school goes back. You may find you get so angry and frustrated that you are yelling at or smacking your children more than usual. Yelling and smacking often makes you feel as out of control as the kids. Here are some ideas about what you can do when the kids behaviour is getting you really worked up.

→ Get in the car, wind up the windows and scream!
→ Go for a brisk walk (with or without the kids).
→ Have a bath/shower.
→ Count to 100 very slowly.
→ Punch a pillow.
→ Write about how you are feeling.
→ Call a friend.
→ Put yourself in time-out.
→ Put yourself in your child’s shoes, how would you like to be treated?
→ Send them to a neighbour’s or friends until you calm down.
→ Water the plants or do some gardening.
→ Listen to your favourite music.
→ Look through your kid’s baby photos.
→ Play a game of footy/cricket with the kids.

If you are having ongoing difficulties with your child’s behaviour, you may wish to contact the Intake Counsellor, Community Counselling Team, Liverpool Health Service on 9828 4844 between 1 and 5pm.
The Uniform Shop will be open on the following days:

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<td>21/10/14</td>
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<td>2:45pm – 3:30pm</td>
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<td>Monday</td>
<td>03/11/14</td>
<td>Kindy Orientation 9:00am – 10:30am</td>
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<td>05/02/15</td>
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Beresford Road Public School Merit Cards Presented on Week 8 & 9

**Blue Certificate**

- Emre Caylak
- Nathan Isaacs
- Sarah Cassar
- Jack Brame

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<td></td>
<td>Emrran Dadyar</td>
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<td>Mahalia Café</td>
<td>Arha Patel</td>
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<td>Tevita Lesuvua</td>
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<td>Amani Al Mosawe</td>
<td>Jonah Howell</td>
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<td>KM</td>
<td>Jada Hollis</td>
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<td>Jordan Pereira</td>
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<td>Jack Montagnoli</td>
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<td>Olivia Cho</td>
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<td>Gabriella Szaak</td>
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<td>Aliesha Galea</td>
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<td>1L</td>
<td>Ye Eun Choi</td>
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<td>Kahan Jhaveri</td>
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<td>Kiara Poullos</td>
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<td>2S</td>
<td>Sarah Kaur</td>
<td>2/3E</td>
<td>Aryan Shah</td>
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<td></td>
<td>Lucy Topic</td>
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<td>Joseph Curtale</td>
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<td>3/4L</td>
<td>Ethan Crawley</td>
<td>3/4P</td>
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<td>Henry Barr</td>
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<td>Jessica Hey</td>
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<tr>
<td>5/6D</td>
<td>Romina Scarpignato</td>
<td>5/6L</td>
<td>Karl Khouiss</td>
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<tr>
<td></td>
<td>Ethan Hakimi</td>
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<td>Leila Sultani</td>
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<td>Yad Jauher</td>
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<td>MCZ</td>
<td>Tara Firth</td>
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<td>Abby Sissi</td>
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**Sport Awards**

- Nichola Jenkins
- Dylan Concha-Attard
- Avegail Matutina
Road safety around your child’s school

Your child’s safety depends on you

Drop off and pick up by car

- Make sure your children are in an appropriate child car seat that is fitted and used correctly.
- Stick to the 40km/h speed limit in a school zone as children are about.
- Look for buses pulling out – watch for flashing wig wag lights.
- Always park and turn legally around schools.
- **Avoid dangerous manoeuvres** such as U-turns and three-point turns.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Drop your children off and pick them up on the school side of the road in your school’s designated drop off and pick up area. Calling out to them from across the road is dangerous – they may run to you without checking for traffic.
- It’s safest for children to get out of the car on the **kerb** side of the road to be away from passing traffic.
Cool Kids Music Company

Excellence in Group Primary School Music Tuition

Drums & Ukulele

Group Music lessons held at school

- Group music tuition at your school
- Caters for Years 1-6
- Weekly, 30 minute lessons
- Music books included
- $110 per term, per student, per instrument (incl GST)
- Sibling or multiple instrument discount available*
- End of year concert, reports, certificates and prizes
- Equipment included for use during the lesson
- Instruments available for purchase for home use*

For more information please call 0457-6-MUSIC
0457-6-68742 or visit www.coolkidsmusic.com.au.
Alternatively, return the slip below to your school office.

*Availability/Conditions apply. Website under construction.

Cool Kids Music Company @ Beresford Road Public School

Enrolment Form

Child’s Name: ______________________ Year: ________
Phone: ____________________________ Parent Signed: __________

- Not all programs / instruments guaranteed to you, so preference numbers are required.
- Music books are provided (if available). If the copy is lost, a replacement book is $11.00.
- It is preferred that each child does not bring their own instrument as this is prohibitively expensive.
- Any child who wishes to change between instruments, may be charged an additional $10.00 administration fee.
- Instrument cost of $150.00 per term per instrument, must be paid at commencement of term.
- If you wish to discontinue lessons, notification in writing to tutor or via email, must be provided on or before the end of term.

AUSTRALIA'S YOUTH PRESENTS
A SELF DEFENCE KARATE
AND SAFETY AWARENESS PROGRAM
FOR BOYS AND GIRLS AGES 6 TO 16
IN HOLLROYD COUNCIL AREA SINCE 1994
WEBSITE AT http://karate-kids.com.au

DEVELOP SELF CONFIDENCE
HELP CONCENTRATION
BUILD COORDINATION
MAKE NEW FRIENDS
BUILD SELF ESTEEM
IMPROVE STUDIES

ONLY $12.00 PER WEEK!
WITH A $25.00 DEPOSIT PER TERM
AND EXCEPTIONAL FEE
SELF DEFENCE: ONLY AT MARRICKVILLE
WE SPECIALISE IN CHILDREN'S KARATE
AUS DRIFTER KID AWARDS

AUSTRALIA'S YOUTH
SELF DEFENCE KARATE

LOCATION: GREYSTANES PUBLIC SCHOOL, GREYSTANES
781 NERRELANDS RD, NEAR CORNER OF KUPPA ST.
CLASSES ARE EVERY SATURDAY FOR 10 WEEKS (EACH SCHOOL TERM),
NEW STUDENTS CAN ALSO JOIN ON 11 OCTOBER, 2014.

Term 4 2014

Enrolments Now Being Taken
Classes for Boys and Girls 2 years and above

School Holiday
Gymnastics Clinics
For school aged boys and girls

Come and experience the fun and excitement of gymnastics

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW

Full Day Sessions (9.00am-3.00pm) $45.00 per day
Half Day Sessions (9.30am-12.30pm) $35.00 per session

September 22nd – 26th and September 29th – October 3rd

Book now on 9620 8323 or sydgyms@hotmail.com
Unit 7/32 Artisan Rd Seven Hills
Unit 5/1a Gibbon Rd Seven Hills
www.sydneygymnastics.com.au
Physiotherapy Services
- Injury Prevention
- Muscular Strains and Sprains
- Sports Rehabilitation
- Taping and Bracing
- Headaches
- Hydrotherapy
- Clinical Pilates
- Dry Needling

Speech Pathology Services
- Speech
- Language
- Voice
- Stuttering
- Literacy
- Eating & Drinking

Dietitian Services
- Diabetes
- Specialised Healthy Eating & Meal Plans
- Heart Health (Reducing Cholesterol & High Blood Pressure)
- Digestive Health (Crohn’s Disease, Celiac Disease, IBS)
- Women’s Health (Pregnancy, Menopause, Osteoporosis)
- Weight Loss / Weight Gain
- Malnutrition
- Men’s Health
- Sports Nutrition

Beresford Road Public School does not endorse any item or service advertised in this newsletter