Hornsby Zone Cross Country success
Congratulations to our Zone Cross Country Team who participated with great enthusiasm and commitment. Mr Jones, Mrs Bolger and I were extremely proud of everyone. The determination and focus from all competitors was wonderful. Out of the 15 Hornsby Zone schools, Berowra Public School placed 5th, a few points behind Turramurra.

Congratulations to the following runners who will now proceed to the Area Carnival – Carla S (5/6J), Lachlan M (6B) and Matthew C (3/4B); Mackenzie W (5K) placed 7th and is a reserve.

Best wishes to the Area Competitors. If you finish in the top 6 at Area, State is your next event!

Bullying
The National Safe Schools Framework defines bullying as repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Conflicts or fights between equals and single incidents are not defined as bullying. Accidental physical contact is also not bullying. It is an accident. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

In short, bullying is a repeated pattern of harmful verbal, physical or social behaviour which involves the misuse of power. Cyberbullying is bullying through the internet or mobile devices. Last week we were lucky enough to have a visit and talk from Constable Murray, the Youth Liaison Officer, from Hornsby Police Station. Constable Murray spoke to the children about ‘fighting’ bullies with our words, not with physical violence.

Her advice to children when being faced by bullying behaviour is to put your hands out in front of you, say “STOP” in a loud voice; say ‘I don’t like that’ and then leave them and walk away.

One really important fact that she also spoke about was the ages for children to access different applications on the internet. The legal age limit for Facebook, Kik, Instagram and Twitter is 13 years and above; for Snapchat it is 18 years and older.

Never leave computers, laptops, tablets, ipods or mobile phones in bedrooms as this can cause lack of sleep due to interruptions/texts or other media notifications. Always ensure that as a parent you have access to your children’s passwords and logons, so that you can monitor their activities and ensure they are not being bullied or on inappropriate sites. Remember that if you don’t allow certain children into your house to play with your children – do not allow them into your house via the internet!

Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E
Winter Uniform
What an interesting time this month has been with all the warm weather? The cool mornings give rise to very warm
days and then cool evenings. It complicates the wearing of the uniform. The weather will soon change however,
and the cooler weather will be with us. I would like to inform parents that the date where children must be in win-
ter uniform is 10th June (Tuesday after the long weekend).

Parking and Children's Safety
Parents should be aware, and I am confident most would agree, that the observance of parking law has a direct rela-
tionship to the safety of our children. The school takes the approach that drivers will obey parking laws; however,
they may be assisted by some additional signage and the occasional intervention from the authorities. Parents may
have noticed the presence of the police and the Council Parking Rangers on various occasions in the past week or so.
I understand that both authorities are increasing their visibility around schools and, it seems, around specific schools
in particular. Each day that they attend, they visit the office and give us feedback. I am very grateful for their sup-
port. I wish to also inform parents that I will be asking for particular attention to be given to drivers parking in red
No Stopping Zones and doing “U” turns outside the school. Both activities are a direct danger to the children of our
school and will not be tolerated.
With the kerb and guttering work along Berowra Waters Road I would ask parents to be mindful of where they are
parking. Parents have been seen parking on the southern side of the road and calling children to cross the road on
the ‘blind’ corner. Please, I ask you to educate your children to cross safely using pedestrian crossings or else wait
for your child on the school side of the road and cross with them.

Congratulations :
Marco de P (5K) who has been selected to attend the State Music Camp during the first week of term 3, 2014.
Marco learns the piano (grade 5) and the drums. The State Music Camp is being held at The Sydney Academy of
Sport, Narrabeen.
‘The State Music Camp promotes excellence in all forms of music making and provides gifted and talented students
with extension experiences unavailable within their own school or community. In addition to this, students and staff
have a fantastic time in a unique setting for music education.’

Mental maths strategies
We teach children a range of different strategies to add and subtract numbers. By showing them several methods
for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of “number” which
means they understand the relationships between different numbers and why different ways to add and subtract
work well. The goal is that your child will understand many ways to approach a maths problem and will be able to
choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on men-

Di Bower
Principal

Cooking Class
Come along to a fun and informative cooking class run by the Healthy Kids
Association focusing on quick and healthy lunchbox fillers your kids will love.

Where: Berowra Public School Canteen COLA
When: 9:30—10:30am Tuesday 24th June

Cooking Class
Yes I would like to attend the Cooking Class at the canteen on Tuesday 24th June.
_________________________________________ - your name

Please return this slip to your child’s class teacher or the canteen.
PERFORMING ARTS NEWS - Drama - Congratulation to all of our wonderful talented children who performed so well at our drama auditions last Friday. Ben, our judge from the Festival Committee had a smile most of the time so that is a good omen. We will know this week or next if we are accepted into the Arts North Festival of Drama held at NIDA Kensington on either 22nd, 23rd or 24th July. So please keep those dates free. I will let you know our date as soon as I hear.

Thank you parents for your help, support and encouragement and for outfitting your children so splendidly. What a great team we have.

Here’s hoping.
Jennie Smith

Dance - I am very proud to announce that the Girls Dance Group and the Boys Dance Group have both been accepted into the Sydney North Dance Festival. They will be performing at Glen St Theatre, Belrose. Their performance dates are:
- Monday 16th June 12noon (dress rehearsal)
- Monday 16th June 7:30pm
- Tuesday 17th June 7:30pm
- Wednesday 25th June 9:45am
The girls are performing ‘Inspector Gadget’. Will Inspector Gadget save the Mona Lisa? The boys are dancing to ‘Get cha Head in the Game’ from High School Musical. Tickets are now available from Glen St Theatre. They will be showing their dances to BPS students and teachers when they return to school on Wednesday 25th June.
This term 2R, 3P and 5/6J have been having weekly dance lessons with Mrs Lukic. They have been learning and creating dances to songs from movies. On Thursday 26th June they will be performing some dances for our K-6 assembly. Mark this date in your diary and come along to watch them perform.

Kelly Lukic
Dance Teacher

Band - Thank you to everyone for their prompt attendance at band rehearsal. We are ready to start at 8:05am which is fantastic. There are still some musicians who are forgetting their music and spare reeds. Please make sure you have everything you need for band rehearsal. I am still awaiting registration forms from some musicians. Good work everybody.

Any questions or queries? Contact Amanda Gillard 9456 2908, bpsband@hotmail.com or through the school office.

SPORT NEWS - PSSA Netball - Both Junior and Senior teams have had a great season so far. On Friday, our Junior and Senior PSSA netball teams came up against Warrawee P.S. The girls played a great game of netball right up until the final whistle but unfortunately didn't come away with the win this time. I'd like to congratulate the girls for their great attitude and sportsmanship on the court every week.

Miss Griffin

Don’t forget the PSSA draw is on our website.
PSSA Soccer - Results for soccer last week were:
Junior 2-1 W Seniors 2-1 W Girls 1-0 W
Congratulations to all the PSSA soccer teams on their victories against Warrawee Public School.
While every player showed skill and demonstrated sportsmanship, special mention goes to the junior team who have now won all six of their games this season and beat the previously unbeaten Warrawee in a tense match. The senior team welcomed Sam P back into the side and he immediately impressed with a wonder goal from 20 metres out. Hayley’s incredibly chip over the Warrawee goalie proved to be the decisive moment in the girls’ game. Congratulations to everyone.

Mr Jones

Canteen - It’s been a busy first term and I can’t believe it is half way through term 2 already. The sausage sizzle at the Cross Country Carnival went well. A big thank you to Leo Henry for cooking over 400 sausages. Also a big thank you to Chris, Chelsea, Linda and Heather for serving, helping and preparing on the day. Thank you to Chris Chu and her helpers for taking over the canteen while I was on holiday recently, cruising the South Pacific. Then came the Zone Carnival - that was a big day. Thank you to Carol Jones for making delicious scones for the teachers and to Heather, Chris and Tracey for being there the whole day at Rofe Park. Thank you to all my helpers at the canteen. Some go over and above for me and the school and I am very lucky to have you all.

Reminders:
Canteen meeting on Tuesday 10th June.
Sushi Day is on Tuesday 10th June and orders must be in by Friday 6th June, before the long weekend.
The Athletics Carnival is Tuesday 17th June at Foxglove Oval and a canteen will be available for over the counter sales.
There is a Healthy Kids cooking demonstration under the canteen COLA on Tuesday 24th June. The focus will be healthy snack ideas and everyone is welcome from 9:30am until 10:30am.
The canteen is open on Wednesday, Thursday and Friday only. Order lunch at the canteen before school or online via flexischools. The new menu is attached.

Roster
Wed 4/6 D Allen, P Smith Fri 6/6 T White, V Eliasson
Wed 11/6 L Plumridge Thurs 12/6 K Carter, C Stone
Fri 13/6 B Faught, C Jones

Uniform Shop - Welcome to winter! Although some days it doesn’t feel like it. If you need supplies for winter uniforms please see us. We are still waiting on our supply of size 8 long sleeve gold shirts. We are sorry for the inconvenience but we are doing our best to get them here as soon as possible. Don’t forget that being winter, we may be in for some rainy weather. We now stock raincoats that go over backpacks to keep everything dry.

Roster
Monday 9am-10am Thursday 3pm-3:45pm
2/6 B Walton, T Andis 5/6 C Chu, C Harriss
9/6 Public Holiday 12/6 S Drake, T Hogarth
16/6 K Murphy, S Chambers 19/6 A Dawson, N Steele
23/6 V Eliasson, D Allen 6/6 J West, K Krishnaratna

Class Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>KB</td>
<td>James F, Daniel F, Reuban S, Lucy H, Hannah C</td>
</tr>
<tr>
<td>KP</td>
<td>Dominic H, Megan D, Luca D, Dorian T, Zane D, Otis H</td>
</tr>
<tr>
<td>KR</td>
<td>Chais M, Jade V, Keirali H, Benjamin B, Tara T</td>
</tr>
<tr>
<td>1C</td>
<td>Charlotte S, Jarvis I, Jackson C, Anna P</td>
</tr>
<tr>
<td>2P</td>
<td>Emily L, Liam C, Daniel L, Lincoln V</td>
</tr>
<tr>
<td>2R</td>
<td>Orlando J, Tim C, Immy B, Evie P, Millie T, Drew S</td>
</tr>
<tr>
<td>3P</td>
<td>Emma H</td>
</tr>
<tr>
<td>3/4B</td>
<td>Olivia B, Lucy T, Kaelin S, Matthew C, Patrick W, Kiana L, Saxon W</td>
</tr>
<tr>
<td>4P</td>
<td>Diarmuid C, Grace B, Polly V, Daniel W, Guiliano C</td>
</tr>
<tr>
<td>5K</td>
<td>Mackenzie W, Marco D, Taffy M</td>
</tr>
<tr>
<td>5W</td>
<td>Alannah B, James N, Charlotte B, Sophia H, Jeremy J, Francesca N</td>
</tr>
<tr>
<td>5/6J</td>
<td>Byron C, Cameron R, Elin D</td>
</tr>
</tbody>
</table>
**STUDENT PARLIAMENT REPORT** - Last Tuesday, the fundraising committee held a pyjama mufti day to raise money for our very own school parliament so we can buy things that will make the school much more fun for us all and a better place to learn.

But that wasn’t the only thing we raised money for. You all made a difference to some peoples lives who can not afford anything to keep them warm throughout the winter. All together we raised $447 with half going to parliament and half going to The Salvation Army Red Shield Appeal. We would like to thank everyone who brought clothes or blankets to help them. We’re sure you all agree it was a great success and you all had a lot of fun wearing your favourite pj’s to school. It was great to see the whole school including the teachers getting involved.

Thank you for participating in our awesome pyjama mufti day.

Alex W—Student Parliament

**BANKING** - There will be NO banking on the morning of the school Athletics Carnival, Tuesday 17th June. Banking at normal the following week. Sorry for any inconvenience.

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**Proactive Internet Tips**

The list of changes over the past few decades has grown and our children are exposed to so much more. Be alert. It sounds so cliché to say "know where your children are" but it’s truer now than ever.

Because society has changed, **so have the rules**. As parents, we need to be **more vigilant**, not less. We do need to know what our children are doing and not let that false security rule because after all, they are at "home" in their bedroom.

**Recommendations:**

- Leave the computers in the open during the day.
- Shut the computers down at night with passwords.
- Limit the mobile phones to as-needed applications such as "phone only".
- Don't allow your child's mobile phone to go online.
- Try to keep your children involved in out of school activities but realise they still need YOUR supervision.
- Stay connected to your child by asking "What was your favourite part of the day?" instead of "How was school?"
  If you ask "How was school?" you are going to get the non-engaging answer of "Fine". If you ask "What was your favourite part of the day?" You are not letting them get away with "Fine". Ask engaging questions.
- Don’t allow sleepovers without asking specific questions, such as "What will they be doing?" and "Do you have a computer at home?"
- Don’t assume **anything**.
- Remind your child how much faith you have in them to make good choices. When they do make a good choice, be sure to let them know.
- If your older child gets home from school before you do, assign chores you can "see" so you know if they were done or not and what they did with their time.
- Limit video games and online activity to a half hour or dependent on age and if the homework is done.
- Learn online computer lingo. For example, "POS" means "parent over shoulder".
- Work with other parents in a networking formula to keep each other informed.
- Keep up on trends. Ask your kids if they’ve heard of a trend you read about.
- Ensure they are not using internet apps illegally.

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**Book Busters 200 points Awards**

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>2R</td>
<td>Ollie G, Caitlan F</td>
</tr>
<tr>
<td>3/4B</td>
<td>Shamaya V, Matthew C, Ryan J, Eden S</td>
</tr>
<tr>
<td>4G</td>
<td>Hayleigh S</td>
</tr>
<tr>
<td>5W</td>
<td>Joshua A</td>
</tr>
</tbody>
</table>
Persuasive Writing 1A

1A have been writing Expositions in class. Our topic this week was “Children should be able to eat chocolates whenever they want to!”

I strongly believe children should not be able to eat chocolate whenever they want to.

Firstly, you will get really sick because it is not very good for you.
Secondly, it hurts your teeth because there is too much sugar.
Thirdly, you would stop liking chocolates, because you are eating chocolates all the time and you will get a tummy ache. You could run out of chocolate and you will keep buying it more and more and you will waste money on chocolate.

That is why I think you should not eat chocolate whenever you want to!!!
by Emily C

I strongly believe children should be able to eat chocolates whenever they want to

Firstly, it is yummy.
Secondly, it can give you a sugar rush.
Thirdly, it makes you feel good when you are sad.
That is why I think children should be able to eat chocolates all the time.
By Jayden L

I strongly believe children should be able to eat chocolates whenever they want to!

Firstly, because chocolate is so yummy.
Secondly, parents see you and they don’t mind.
Thirdly, if you ask your parents they always say yes.
That is why I think children should be able to eat chocolates whenever they want to!
By Alex J

I strongly believe children should not be able to eat chocolates whenever they want.

Firstly, it has too much sugar and it could make you feel sick.
Secondly, it could make you fat if you eat it all the time.
Thirdly, you could get sick of it.
That is why I think children should not be able to eat chocolates whenever they want to!
By India N
Athletics Carnival 2014

All students at Berowra Public School, from Kindergarten to Year 6 will be joining in the fun at our School Athletics Track and Field Carnival, held at

Foxglove Oval
Tuesday 17th June 2014

(backup date in case of wet weather Thursday 26th June 2014 at Foxglove Oval)

The day will include all the track and field events for our annual Sports Carnival.

During the day all children must stay in their house area.
Please note that the playground will be strictly out of bounds.

YEARS 3 – 6 TIME: 9.00am arrival at school for roll call. Departing on first buses
YEARS K – 2 TIME: 9.20am (normal school time)

COST: $7.00 per child

WEAR: Students should be dressed in their school sports uniform, including their hat and running shoes. Sunscreen is also important for this day. (Running spikes are permitted during races and must be kept in a named bag at the recording table before and after use).

BRING: The children will need to bring their morning tea, lunch and drink bottles in a small labelled bag.

**Canteen will be available for over counter purchases, no lunch orders please.**

The day will conclude at approximately 2.30pm when buses will return to school.

All parents and friends are welcome to attend our Athletics Carnival. We will need parent helpers on the day. If you are available, please complete the attached form and return to your child’s class teacher.

Parents wishing to take their children home from the oval after all the events have concluded must sign out at the recording desk. If you wish your child to leave the oval with another parent you MUST complete the permission note and send it to the class teacher.

Please return PERMISSION SLIPS and PAYMENT OF $7.00 by Tuesday 10th June 2014

Looking forward to a wonderful carnival

Di Bower
Principal
Berowra Public School
Athletics Carnival 2014 - Tuesday 17th June 2014
Consent Form

I hereby consent to my child ......................................... of class ............ attending the Berowra Public School Athletics Carnival at Foxglove Oval on Tuesday 17th June 2014, travelling by bus. In the event of wet weather, the carnival will be on Thursday 26th June 2014 at Foxglove Oval.

Special needs of the child of which you should be aware (eg. allergies, etc)

.................................................................................................................................................................................................

.................................................................................................................................................................................................

To the best of my knowledge he/she has no medical condition, physical disability or injury which puts him/her at risk in participating in the carnival.

I understand this activity has the approval of the Principal.

Signature ........................................... (Parent / Guardian)   Date ....................

At the conclusion of the carnival my child will:

☐ Depart with me (must have name marked off class roll at recording desk)

☐ Catch bus back to school with class teacher

☐ Be in the care of ..................................................... a parent of .............................

(name of parent)  (name of child)

from class ..................

Signature ........................................... (Parent / Guardian)   Date ....................

Parental Assistance
Parent assistance will be required at the carnival. Please tick the box below if you are able to help on the day.

☐ Track and Field Carnival on Tuesday 17th June 2014 at Foxglove Oval
(Wet weather back up date Thursday 26th June 2014 at Foxglove Oval)

Parent Name .......................................................... Child’s Class ............

(Please print)

Parent Signature.......................................................

Please complete and return this permission form and payment to your child’s class teacher by Tuesday 10th June 2014.
NEWS FROM THE PATCH

Autumn saw our veggie garden ready for harvest so in May, K Red set up a produce stall.
We visited the garden patch and harvested spinach, chokos, lemon grass and many herbs.
The children industriously prepared the HARVEST signs and bundled up the produce.
At 3pm the HARVEST market was opened for business with many eager shop keepers.
Thanks to generous donations we raised $50 for the patch which will help us to be sustainable.
Our next HARVEST market will be in late June.
SPECTRA CHALLENGE 2014

SPECTRA (Science Program Exciting Children Through Research Activities) are science based projects that focus on individual interests and skills. Students can select from a variety of activity projects which offer many different and creative opportunities to express their interests in science.

SPECTRA is divided into two age groups: Years 1 – 4 (Junior) and Years 4 – 6 (Senior). Year 4 students can decide which level topics they would like to study. Students complete activities related to their chosen topic at home and return their project to school to be marked. They work to complete enough activities to be awarded a nationally recognised badge or certificate.

The cost of entering the SPECTRA CHALLENGE is $9.00.

The following topics are being offered this year:

**Junior SPECTRA**
- Animals
- Clean and Green
- Fun with Chemistry
- Inventing and Designing
- Moving through Air
- Pets and Gardens
- Rocks, Soil and Sand
- The Sound of Science
- What is it made of?
- By the Sea
- Finding out about ourselves
- Indigenous Science
- Looking at Liquids
- Outdoor Science
- Plants
- Science on the Move
- Water Science
- What will the weather be like?

**Senior SPECTRA**
- Aeronautics
- Animals
- Biodiversity
- Chemistry
- Electricity
- Entomology
- Horticulture and Agriculture
- Oceans
- Polar Science
- Sight, Light and Colour
- Space Science
- The Human Body
- Water
- Active Earth
- Astronomy
- Energy
- Home Chemistry
- Indigenous Science
- Plants
- Science and the Environment
- Sound Science
- Technology, Designing and Engineering
- Tools, Toys and Machines
- Weather and Air

Samples of the topic cards can be viewed at the school office. They can also be viewed at [http://www.asta.edu.au/resources/spectra](http://www.asta.edu.au/resources/spectra)

To be involved in this exciting challenge, students need to hand in the signed permission slip on the attached, to their class teacher, together with payment of $9.00, no later than Thursday 19th June 2014.

Di Bower
Principal

I give permission for my child __________________________________________class _______________
to be involved in the 2014 SPECTRA Challenge.

Level*: Junior / Senior (please circle)

Topic Chosen*: ____________________________________________________________

I have enclosed $9.00 for the cost of the program.

* Please note that projects cannot be ordered without this section of the permission slip completed.

Parent/Guardians Name _________________________________

Signature _________________________________________ Date _________________
Disclaimer: Advertisements placed in THE CREST do not reflect an endorsement or otherwise by Berowra Public School of that product or service. Information in the advertisement is entirely the responsibility of the advertiser.
Berowra Public School Canteen

Open Wednesday, Thursday and Friday

You can now order at [www.flexischools.com.au](http://www.flexischools.com.au) or at the canteen

Winter menu Terms 2 and 3

<table>
<thead>
<tr>
<th>New Breakfast Menu 8.50am-9.10am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option 1: Weetbix x 2 and Milk</td>
</tr>
<tr>
<td>Option 2: Raisin Toast x2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NEW Toasted Jaffles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal bread</td>
</tr>
<tr>
<td>Cheese</td>
</tr>
<tr>
<td>Cheese and Pineapple</td>
</tr>
<tr>
<td>Ham, Cheese and Pineapple</td>
</tr>
<tr>
<td>Ham, Cheese and Tomato</td>
</tr>
<tr>
<td>Baked Beans and Cheese</td>
</tr>
<tr>
<td>Spaghetti and Cheese</td>
</tr>
<tr>
<td>Banana, Honey and Light Cream Cheese</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NEW Special DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday ONLY</td>
</tr>
<tr>
<td>Wedges</td>
</tr>
<tr>
<td>Homemade wedges with light sour cream</td>
</tr>
<tr>
<td>Thursday ONLY</td>
</tr>
<tr>
<td>Beef Burger</td>
</tr>
<tr>
<td>Beef pattice, cheese and sauce BBQ/Tomato</td>
</tr>
<tr>
<td>The Lot - with lettuce, tomato, cucumber and beetroot</td>
</tr>
<tr>
<td>Friday ONLY</td>
</tr>
<tr>
<td>Pumpkin Soup</td>
</tr>
<tr>
<td>Pumpkin soup, garlic bread and juice or milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sandwiches Wholemeal bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gluten free add $1.00</td>
</tr>
<tr>
<td>Add 50c to toast sandwich</td>
</tr>
<tr>
<td>Vegemite</td>
</tr>
<tr>
<td>Cheese</td>
</tr>
<tr>
<td>Ham</td>
</tr>
<tr>
<td>Chicken</td>
</tr>
<tr>
<td>Egg</td>
</tr>
<tr>
<td>Salad - lettuce, tomato, cucumber and beetroot</td>
</tr>
<tr>
<td>Extras lettuce, cheese or tomato</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad - lettuce, tomato, cucumber and beetroot</td>
</tr>
<tr>
<td>Ham and Salad</td>
</tr>
<tr>
<td>Chicken and Salad</td>
</tr>
<tr>
<td>Chicken, lettuce and mayo</td>
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</table>

<table>
<thead>
<tr>
<th>Hot Food</th>
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</thead>
<tbody>
<tr>
<td>Chicken Burger - chicken pattice, lettuce and mayo</td>
</tr>
<tr>
<td>The lot - with tomato and beetroot</td>
</tr>
<tr>
<td>Nuggets (4)</td>
</tr>
<tr>
<td>Snack Pie 85gm</td>
</tr>
<tr>
<td>Travellers Pie 160gm</td>
</tr>
<tr>
<td>Homemade Spaghetti Bolognaise</td>
</tr>
<tr>
<td>Beef Lasagna</td>
</tr>
<tr>
<td>Pizza slab - Margarita or Ham &amp; Pineapple</td>
</tr>
<tr>
<td>Garlic bread</td>
</tr>
<tr>
<td>Tomato sauce / BBQ sauce</td>
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<table>
<thead>
<tr>
<th>Morning Tea</th>
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</thead>
<tbody>
<tr>
<td>Bread stick</td>
</tr>
<tr>
<td>Frozen fruit - portioned frozen</td>
</tr>
<tr>
<td>seasonal fruit</td>
</tr>
<tr>
<td>Garlic bread</td>
</tr>
<tr>
<td>Anzac biscuit</td>
</tr>
<tr>
<td>Muffin - Blueberry or Banana</td>
</tr>
<tr>
<td>Small jelly cup (max 3)</td>
</tr>
<tr>
<td>Sausage roll</td>
</tr>
<tr>
<td>Meatball (1)</td>
</tr>
<tr>
<td>Pizza muffin</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinks</th>
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<tbody>
<tr>
<td>FOCUS water – Raspberry, Lemonade or Fruit Tingle</td>
</tr>
<tr>
<td>Popper - Apple or Apple Blackcurrant</td>
</tr>
<tr>
<td>Plain milk 300ml</td>
</tr>
<tr>
<td>Flavoured milk - low fat Chocolate or Strawberry 300ml</td>
</tr>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Warm Milo</td>
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<tr>
<td>Slushie (varieties)</td>
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</tbody>
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<thead>
<tr>
<th>Chips</th>
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<tbody>
<tr>
<td>Red Rock - Honey Soy or Plain</td>
</tr>
<tr>
<td>Jumpies - BBQ or Chicken</td>
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<tr>
<th>Ice Creams</th>
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<tbody>
<tr>
<td>Icy Pole - Lemonade</td>
</tr>
<tr>
<td>Ice Monies</td>
</tr>
<tr>
<td>Zingers</td>
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<tr>
<td>Juice Tubes</td>
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</tbody>
</table>

If you have any questions or comments or are able to volunteer, please call Teresa 9456 1483
2013-2014 Family Energy Rebate

DON’T MISS THE DEADLINE!
Apply before 5pm Friday 13 June 2014

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

• A $125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.

• A $137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?
To be eligible you MUST:

• Be eligible for Family Tax Benefit A or B during 2012-2013 and have received a relevant payment; and

• Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE

• ONLINE – it takes a few minutes to submit and processing starts immediately.

• PAPER – download a form from the website, complete and submit by email, fax or post.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au

$125* TOWARDS ENERGY BILLS
2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

APPLY ONLINE NOW!
MONEY COLLECTION DAYS

Please note that money collection days at Berowra Public School are Tuesdays and Thursdays only.

For security of payments it would be appreciated if money only be sent to school on these days in a signed payment envelope.

We have only two days a week allocated to receipt money so please remind your child to give it to their teacher in the morning as receipting and banking are completed during the day. Correct money is appreciated as the office is unable to hold change.

Please do not hand payments in after school. Handing money into the office may result in confusion and your child’s name not being marked off as paid for sport, excursions and activities.

Any payments for the choir, drama, interschool sport or extra curricular activities as well as P&C or Support Group fundraisers can also be handed to the class teacher.

Thank you for your cooperation.

NOTES YOU MAY HAVE MISSED

<table>
<thead>
<tr>
<th>Sent Out</th>
<th>Subject</th>
<th>Distribution</th>
<th>Response</th>
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<tbody>
<tr>
<td>2/4</td>
<td>SPECTRA (in The Crest)</td>
<td>Yrs 3 - 6</td>
<td>19/6</td>
</tr>
<tr>
<td>29/4</td>
<td>Term 2 sport</td>
<td>Yrs 3 - 6</td>
<td>8/5</td>
</tr>
<tr>
<td>7/5</td>
<td>Term 2 &amp; 3 PSSA Sport</td>
<td>Reps</td>
<td>22/5</td>
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<tr>
<td>28/5</td>
<td>Canteen Sushi Day</td>
<td>K - 6</td>
<td>6/6</td>
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<tr>
<td>28/5</td>
<td>P&amp;C Mufti Day</td>
<td>K - 6</td>
<td>12/6</td>
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<tr>
<td>28/5</td>
<td>Athletics Carnival</td>
<td>K - 6</td>
<td>10/6</td>
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<td>28/5</td>
<td>Sydney North Dance Festival</td>
<td>Dance Groups</td>
<td>5/6</td>
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<tr>
<td>28/5</td>
<td>Staff Development Day Childcare</td>
<td>K - 6</td>
<td>ASAP</td>
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<tr>
<td>4/6</td>
<td>BPS Disco</td>
<td>K - 6</td>
<td>12/6</td>
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