

Mount Kuring-gai Public School News

Leeming Street, Mount Kuring-gai NSW 2080
T (02) 9457 9088 F (02) 9457 8691
E-mail: mtkuringga-p.school@det.nsw.edu.au



TERM THREE - WEEK 5

AUGUST 2019

PRINCIPAL'S MESSAGE:



I can't believe we are nearing the end of Term 3. Time certainly flies when you're working hard and having fun!

Since the last newsletter, we have been very busy, with lots of extra-curricular activities, including excursions, Mountain Fest, SASS week, Father's Day, band performances, fundraisers, science experiments and more!

I would like to thank the hardworking P&C and extra helpers, who put in so much time and effort to support the students at MKPS. The funds you raise will be used to resource and support the school, but it is your involvement, time and efforts that contributes to a positive school culture and a sense of belonging for us all – priceless! The MountainFest is a mammoth undertaking and all was done with a smile, despite the wet weather. During the preparations, the P&C also went out of their way to recognise the SAS (School Admin and Support) staff during SASS week AND organise a Father's Day stall AND organise a band performance at Asquith Girls HS! Truly, you are amazing and we thank you!

Saturday 21st to Friday 27th September is International Week of Deaf People!

This year's theme is "Sign Language Rights for All". Auslan is the official sign language used by the Australian deaf community. But it is important to note that, like most cultures around the world, Indigenous Australians also have their own sign language, which they have been using for 65,000 years. Indigenous sign languages are an important part of traditional culture and in many mobs were used by both deaf and hearing people to make sure that all in the community could connect and communicate equally. What a wonderful thing!

We have been preparing a video and other resources to use with everyone at our school to learn some basic Auslan signs that we would use in the school setting – not just for this week of recognition, but throughout the years. I would like to thank Senay, who works with us on Thursdays, for her contribution with this project.

International Week of Deaf People 21 – 27 September 2019

The National Week of Deaf People (NWDP) is a weeklong national celebration of Deaf individuals and the Deaf Australian community.

It is an opportunity for deaf people to:

- Celebrate their community, language, culture and history
- Make the public aware of their local, state and national Deaf communities
- Recognise their achievements



MKPS Weekly Calendar

WEEK 10

- | | |
|---------------|---|
| Sep 23 | Art Club with Mrs Slade |
| Sep 24 | Tuesday 24th - Year 6 Mini Fete
Junior Choir with Mrs Tudor
Senior Choir with Mrs Slade |
| Sep 25 | AUSLAN group with interested
Year 5 and 6
Junior Dance Group with Mrs Connolly |
| Sep 26 | Debating at Afternoon Tea |
| Sep 27 | END OF TERM 3
PSSA League Tag
Star of the Month
Senior Dance Group with Miss Brown 9am
Garden Club with Miss Hindmarsh |

R U OK Day

Thanks to Miss Wargren and Mrs Els for their organisation and to all the staff for their efforts to run this important day to raise awareness and encourage people to check in with each other – particularly if you see changes in their normal behaviours.

I was so proud to see some of our senior girls come up with an initiative to recognise positive friendly behaviour and made up boxes for each classroom. Sophie A, Maisie W and Lara O all from 5/6S, prepared packs of nomination forms for students to

“NomiMATE” someone for showing characteristics of a good friend. We know that good vibes breeds more good vibes, so this will contribute to our supportive and inclusive culture here at MKPS – Thanks girls!



WELLBEING

We have developed a draft wellbeing policy for MKPS and are now in the ‘consultation stage’ where our school community can comment and make suggestions. Thanks to Mrs Tudor who created a PowerPoint overview which was presented at the last P&C meeting. The parents in attendance supported the policy and we will present to the students in the final week of this term and ask them for feedback too. We will then begin the ‘trial period’ starting next term so that we can finalise our procedures to officially put into action as of next year. We will share a summary of the policy with all parents this week, so have a read and either let us know via the school email if you want to comment/question now or wait for the survey which will come out next term.

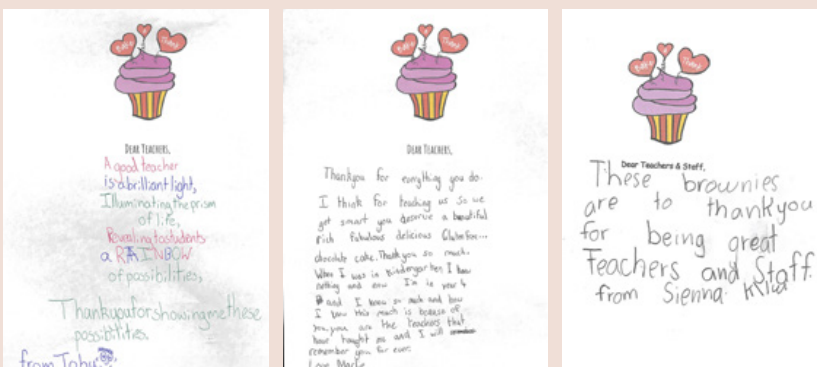
Sensory Garden

Unfortunately, we were unsuccessful in our bid for a community grant which we had planned to use for a sensory garden. We received around 1300 votes, which is great for our little school. Again, I would like to thank Mrs Whiting and all those who contributed to the preparation of the submission – many hours went into it, which is greatly appreciated. We will now try our luck with some other grants and see how we go. I’ll keep you posted!

Stay safe in the holidays and remember that Term 4 the Staff Development days are at the end of the year, so **we start back on Monday 14th October.**

Warm regards, Mrs Greta Hughes

Bake a Thank



SAVE THE DATE - Grandparents Day Week 3 of Term 4 29th October

There will an opportunity to share student learning in different areas. We have also arranged to have a book fair from The Children’s Bookshop, Beecroft.

Buddy Reading Program

Buddy Reading started in Week 5 this term after expressions of interests were handed in by our 3-6 students. I was overwhelmed with how many enthusiastic students we have at MKPS who are willing to take on such an important leadership role in our school.

The Buddy Reading Program is a Reading Intervention and Leadership program where selected Early Stage One and Stage One students are paired with a Stage Two or Stage Three peer tutor.

The Buddy Reading program will take place Mondays, Tuesdays and Thursdays from 11:30-11:40 during eating time.

Peer tutoring develops children's:

- Self esteem
- Sharing and kindness

- Understanding of fairness
- Creative and Critical thinking
- Role-taking and communication skills
- Improvement in attendance and self esteem
- Reading, writing skills and language development
- Opportunities for leadership and social responsibility
- Social behaviours, interpersonal and communication skills
- A heightened sensitivity to younger student's needs and concerns

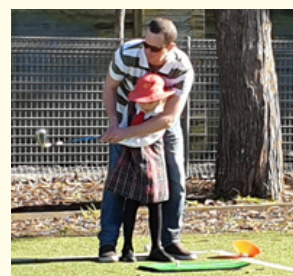
Research also shows that the gains for the tutors often outdistance those of the students receiving assistance. I look forward to a successful Buddy Reading program and would like to thank our wonderful Stage Two and Stage Three students who are volunteering their time to be part of the program.

Nicole Tudor



Fathers Day Breakfast

We had glorious weather for our Fathers' Day Breakfast on Monday 2nd September. The students had a wonderful time with their dads, uncles or grandfathers building some amazing Lego creations, playing some golf, flying paper aeroplanes, playing Uno and sharing a story.



Public Speaking Competition

On Tuesday, 17th September, we had our annual Public Speaking Competition. Thank you to Mrs Wasowski, Mrs Hughes and Aidan Scott from OOSH for being our judges. Also, a huge thank you to Amy and Joel for being our student choice judges. They took on the role with maturity and dedication.

Congratulations to the following students for making it to their Stage Finals for Public Speaking.

Early Stage One – Ariana F, Cooper M and Isadora G

Stage One – Lachlan D, Kate L, Finn M, Gina M, Harrison R, Lucinda R, Billy R, William S, Dulcie T and Audrey W

Stage Two – Claire K, Sentulia M, Jack R, Emma S-L, Florence T, Taylor W, Maxwell W

Stage Three – Jessica B, Pippa O, Surmayi P, Jamison R, Maisie W, Toby Y

Our judges had a very tough time deciding on winners for each stage as the quality of speeches was of a very high standard. We would like to make special mention to Audrey and Pippa for the fantastic progress they have made throughout the year in their confidence and delivery when public speaking.

The results from the competition are as follows:

Early Stage One Winner – **Isadora G**

Early Stage One Student Choice – **Ariana F**

Stage One Winner – **Harrison R**

Stage One Student Choice – **Dulcie T**

Stage Two Winner – **Florence T**

Stage Two Student Choice – **Jack R**

Stage Three Winner – **Jamison R**

Stage Three Student Choice – **Maisie W**

Congratulations!



PSSA Winter Competition

Last term saw the conclusion of the Winter PSSA season. This year we had five teams entered with Jnr and Snr Boys Soccer, Open Girls soccer and Jnr and Snr Girls Netball.

Congratulations to all of the students who took part and represented Mt Kuring-Gai Public School proudly. Thank you to Mrs Slade, Mrs Connelly and Mr Ireland for the time and dedication you have put into coaching the soccer teams.

A HUGE congratulations to the Junior Girls Netball Team, who took out the Premiership this season. This is a first for Mt Kuring-Gai Public School and something that the girls should be very proud of. For more than half of this team, it was their first PSSA netball experience! The team played the Semi Finals and Grand Final on the same day at Montview Netball Courts. They had a convincing win against Wahroonga in the Semi's (who had beaten them during the season) and then played against Hornsby North, who were undefeated this season, in the Grand Final. What a match it was! At full time the scores were level and the game went into extra time. It was goal for

goal but the girls managed to grab a two point lead in the dying minutes and held on to take out the Premiership at full time.

It was a day I'm sure the girls won't forget and I certainly won't! I am extremely proud of the way they conducted themselves on and off the court; showing great sportsmanship, teamwork and determination. A great win; well done girls!

Mrs Todd



Farm Excursion

On Friday the 23rd of August, Kindergarten went to Golden Ridge Farm to continue their learning about living things. The students had the opportunity to feed a baby goat, hold baby chicks, ducks and rabbits and feed lots of different farm animals.

Here are some comments from the students about the day...

"I really liked feeding the goats. They were funny."

"My favourite part was milking the cow."

"It was fun to go and pat the goats and lambs. I called them Zig Zag, Carmel and Stripy."

"I liked going on the bus."

"The most fun was when get gave bread to the goats."

"I liked holding the bunny because it was so soft and cute."

"I knew how to hold the chickens because we had them at school. They were my favourite."

We all had such a fun day together. Thank you to the parents that came along with us!



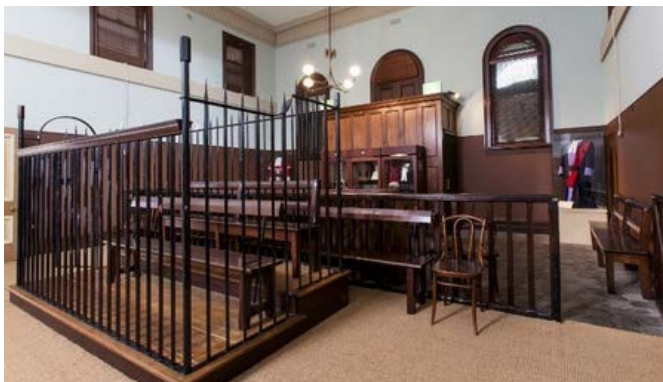
Stage 3 Excursion:

Stage 3 Excursion by Harry L 5/6S

On Tuesday 10th August stage 2 and stage 3 both went on excursions but I'm not in stage 2 so I will only talk about what stage 3 did. 8:45AM was an early start for our excursion. The bus left at 9:10AM and we were finally moving. When we at the Police Justice Museum we were greeted by one of three overall guides. We were shown a video from 1910 showing Captain Thunderbolt, a widely known bushranger stealing a horse from a man, later in the video Captain Thunderbolt helped a young man who was getting hurt on a farm by an older man. This showed that Thunderbolt was not only a bad person, he had kindness in his heart as well.



We then split up into three groups and were shown around the three-building museum. My group were first shown a variety of weapons from the 1870s. Later we were shown a containment cell that Captain Thunderbolt might have been held in. We were then showed the progression of technology used by the police at 1870s to early 1900s.



To finish our visit to the museum we played parts in a re-enactment of the trial of John Vane, a bushranger who pleaded guilty of stealing from a carriage. I was acting as the crown prosecutor and I got to wear a wig with long hair. John Vane was proven not guilty because of the benefit of the doubt.

After the interesting visit to the Police Justice Museum we started the short walk to the Botanical Gardens. The smell of the harbour wafted into my nose as I sat down to eat my lunch. After we had eaten lunch we had a bit of time to play around and roll down the big hills near the front gate of the gardens. After we ate and played we had to sketch something from our surroundings. The rustling of the leaves on the trees were very relaxing. This was our last activity before we took the very loud bus ride back.

Police and Justice Museum Excursion by Cooper D 5/6S

On Tuesday stage three went to the Police Justice Museum in the city. The workers all gave us an introduction to the museum. Then they all gave us a question to answer at the end of our tour which was: In being a bushranger what were the consequences?

Then the guide guided us around and showed us the many different weapons and bushrangers there were. She took us to a waiting cell fit for two people which was basically a cell prisoners waited in until it was their turn to go to court.

Then we all walked to the entrance of the Botanical Gardens and ate lunch and played games like: rolling down the hill races, hide and seek, tip and the most fun... chase the bin chickens!

We then had a walk and saw many different varieties of flowers and plants. We sat down in front of the sea and we had to sketch the trees and plants that were around us.

Later on we went back on the bus and left to go back to school. We were lucky to have gone on this amazing and fun excursion!



Police & Justice Museum by Rex B 5/6S

Yesterday Stage 3 went to the Police & Justice Museum. We got to go inside a holding cell! It only has 2 beds, no windows, a metal door and only one light! Also, fifteen people can stay inside there! We also got to see "Gold Rush" guns like a revolver and a rifle! Also a few melee weapons were there like a walking stick as a knife known as stiletto!

After that we went to the Botanic Gardens. We were chasing the 'bin chickens'! When we were going back to the bus, we also saw eels in the pond!!! On the bus I saw 2 motorbike cops and 3-5 ambulances. It was a fun day.



Reptile Park

On Thursday 22nd August the Year One and Year Two students went on an excursion to the Australian Reptile Park. For many, it was their first visit, but even for those who had been there many times, it turned out to be a WILDLY wonderful day!

Here are some comments from the students about the experience...

"I had so much fun seeing the night house."

"The animal show was awesome. We got to touch different animals. The koala was so soft and the alligator was rough. The snake skin was cold and smooth."

"The rapping spider in the Spider World. He was so funny and made spiders seem less scary."

"Having lunch because I had my favourite sandwich. My favourite sandwich is ham and cheese."

"Hearing the dingoes howling was so cool!"

"The Spider World was my favourite because the lightning and thunder was the best. There was a toilet filled with cobwebs and fake spiders."

"Seeing the Tassie devils because they were cute."

"The Lost World of Reptiles inside the crocodile mouth was incredible because the giant crocodile pharaoh has red eyes and smoke coming from his mount. It was funny and scary."

"Elvis the crocodile was huge. He didn't look real when he was lying outside the water with his mouth open."

"Making leaf boats and floating them in the stream was so much fun."

"Hugging kangaroos."

"Feeding the kangaroos and stopping them from eating the food in our bag."

Clearly it was an amazing day and everyone, not only had a great time, but learnt a lot about our wonderful Australian animals. Our brave students and teachers faced many of their fears and showed great bravery too.

Thank you to the wonderful parent helpers who joined us. You were all fantastic tour guides. We appreciate your help, input and enthusiasm.



R U OK Day

On Thursday the 12th of September the students at MKPS recognised and learnt about R U OK Day. This is an important day that reminds us that every day is the day to check R U OK? The students created a mural by sticking a picture of themselves on the letters R U OK. This was then hung up in the office windows as a reminder that, as a school, we need to look out for each other. Students also participated in a range of activities including identifying people who they can trust,

discussing what makes a good friend, learning a fun wellbeing song and discussing the signs of someone who is not okay. Two students in 5/6S were inspired to create a special box for each of our classrooms where students would nominate people who were being a good friend. Their aim is to keep spreading kindness and encouraging people to support each other. If you would like more information about R U OK Day then head to their website <https://www.ruok.org.au/>

Amelia Wargren
Wellbeing Team Coordinator



Star of the Month

K/1W ran the August Star of the Month assembly. The students completed and read out their writing about the chickens that we had from the Henny Penny Hatching Program. They then invited the whole school to join in the Chicken Dance with them. K/1W had a lot of fun running the assembly. Thank you to all of the parents who came to watch us!



Interschool Debate

Monday the Interschool team competed against Mount Colah in their last debate for the year. The topic was "That young Australian's would rather watch than get involved." Mt Kuring-Gai were the negative team and posed very strong arguments and demonstrated some very solid rebuttals. The team took the win this week.

A special mention to this team is needed. They were all beginner debaters this year and had a bumpy start to their season however they persisted. I have watched their confidence and their quick thinking skills grow and grow over the debate season and I am extremely proud. Congratulations and well done to both the Premiers team and the Interschool team. Looking forward to 2020!

Mrs Connolly



Open Girls Soccer

We had an amazing 2 terms of playing soccer we may not have won a game, but we have all had fun, learnt new skills and we love our coach Mrs Connolly. We would like to say a BIG thanks to our training coach Steve "Coach" Ireland. Who came every Thursday morning to train with the open girls team and junior boys and senior boys to work on our ball skills. We all love playing soccer and enjoyed sharing your passion and enthusiasm for soccer.

We can't wait for next season! Thanks to everyone for supporting us during our soccer season.



Mountain Fest

Minute to win it was a success due to our very competitive teachers not to mention the children of Mt Kuring-gai Public school who “just had to beat their teacher.” Despite the rain the fun was endless. It was wonderful to see so many happy faces and to hear the laughter of everyone involved.



Our wonderful dance troupe also performed and both Mrs Connolly and Miss Brown were extremely proud of their efforts through the term to learn another routine and their commitment to the troupe. The troupe have been asked to perform at the St Bernard’s bush fair on Saturday 26th of October.



Stage 2 excursions

Last week stage 2 were fortunate to explore the Sydney museum to extend their learning within their history unit. Students had the opportunity to study paintings and artifacts from the era of colonisation. After the museum the students had lunch and explored the beautiful Botanical garden where the students were able explore their skills of sketching to create living landscapes.



Have Your Say on Before and After School Care

The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, a parent web form has been established by Service NSW that will enable parents to tell the department about their specific care needs and to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required.

Have your say today at <https://www.service.nsw.gov.au/basc>.



Zone Athletics Carnival

On Friday 13th September, over 40 students from Mt Kuring-Gai Public School competed in a range of track and field events at the Zone Athletics Carnival at Narrabeen.

Some notable performances included our 200m sprint finalists, Mia Fieramosca, Oliver Ashley, Keira Smith and Cooper Jurotte. Congratulations to Cooper who ran a fantastic race to place second in the 200m final. This will see Cooper go on to compete at the Area Athletics Carnival at Homebush at the beginning of Term 4.

Congratulations also goes to Oliver Ashley who placed third in the 12yr boys Discus and to our Junior Boys Relay who put in a blistering performance to make the finals. They then went on to place third overall in a very exciting race, only narrowly missing out on progressing through to Area.

Thank you to Miss Hindmarsh for managing our team for the day and to all the parents who came along and cheered on the students. I would also like to congratulate all of our students for their wonderful attitude, effort and performance throughout the event.

Our students are simply outstanding!



MKPS School Band

For the second year in a row, our Performance Band was invited to perform at the Asquith Girls High Schools Musicale. It was great experience for our students to be on stage in front of such a big audience, and boy did they rise to the occasion! Simply outstanding!

They also participated in a combined band finale (with other local primary school bands with Asquith Girls and Boys High school bands) which was amazing.

Thank you to all the kids for being so wonderful, and their parents for enabling the experience for them.

Belinda Robson
MKPS Band Committee



Share Our Space - The countdown is on!

Our school space will be open for the respectful use of our community. If you are on-site, please keep an out to help look after our school and remember to play safely.

2020 OOSH enrollment is open!

Limited places available. Don't forget to enrol for OOSH and place a wait list request if you require care for Term 1 2020. (not applicable if your child already has an existing booking unless you require more days).

Register for My Family Lounge to enrol at OOSH:
https://mtkuringga-p.schools.nsw.gov.au/supporting-our-students/before_and_after_school_care.html

Any queries please contact our Centre Manager Kara Ussher mkps.oosh.staff@gmail.com or phone 0475911376.

OOSH AGM Wednesday 16 October 6.30pm in the OOSH room.

All OOSH parents are welcome!

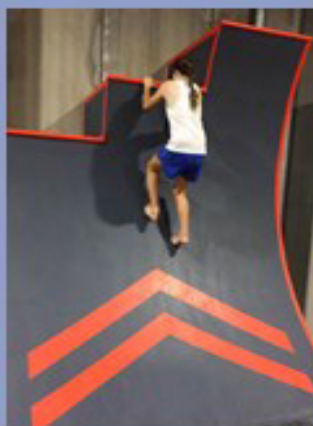


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Weekend Open Sessions
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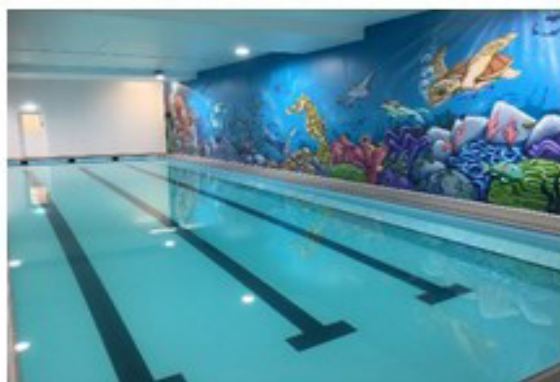
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Bake a Thank

Bake a Thank is an opportunity for students to take the time to bake for our teachers. A little gift of morning tea to show them how much we appreciate everything they do for us. Teachers should be celebrated more than just one day a year on World Teachers Appreciation day.

Everyone can get involved and have their week to say THANKS.

Please talk to Maisie (5/6S) in the playground or email bakeathank@gmail.com and you can select a week that you would like to bake for our teachers.

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Emma Armstrong & Tamara Sharps
Physio & Occupational Therapist: The impact of poor posture, fine and gross motor skills

Sara Balmer
Psychologist: What is neuro feedback and how can it help?

Andrew Pennington
Intergrative GP: Nutrition supplements & mental health in children.

Celeste Riach
Occupational Therapist: Sensory Processing Disorder: the new ADHD?

Anders Hansson
Psychologist: How to support the anxious child

Lauren Reinhardt
Speech Pathologist: Ages and stages of the communicative journey

Teri Wright
Chiropractor: Retained primitive reflexes, milestones, the nervous system and cranials

ALL NEW CONTENT

Mt Kuring-gai Public School

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	New Savings Account	Open a new savings account and earn your community \$5
	New Piggy Saver Account	Open a new Piggy Saver Account as part of your schools Piggy Saver program and earn your school \$5
\$10	Weekly Piggy Saver Deposit	Deposit your schools Piggy Saver's each week and earn your school \$5
	Personal Loan Quote	Get a quote for a secured or unsecured personal loan of at least \$10,000 and earn your community \$10
	New Credit Card	Switch to or get a new credit card through Bendigo Bank and earn your community \$10
\$25	New Term Deposit	Take out a Term Deposit of 1 month or more and at least \$10,000 and earn your community \$10
	Property Loan Quote	Get a quote for a Home or Investment loan of at least \$250,000 and earn your community \$25
\$150	New Term Deposit (100k+)	Take out a Term Deposit of 1 month or more and at least \$100,000 and earn your community \$25
	Personal Loan	Settle on a secured or unsecured personal loan of at least \$10,000 and earn your community \$150
\$500	Property Loan	Settle on a Home or Investment loan of at least \$250,000 and earn your community \$500

Bank for your School

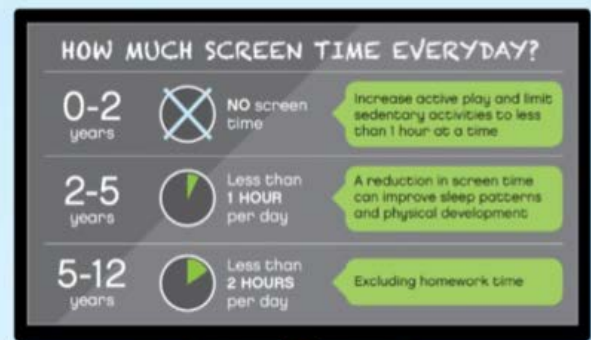
Live Life Well @ School

TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

Try to sit less and move more!



Types of screens?



More information at:
healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

NetSetGo

REGISTRATIONS NOW OPEN

TERM 4, 2019

Positive Introduction to Netball
For 5-10 year olds
Netball Australia's only Junior Program
Accredited Coaches
Weekly Program



Asquith Magpies Netball Club's
9 week Suncorp NetSetGo program sessions will be held weekly on **Monday afternoons 5:00-6:00pm** commencing **Monday 21st October 2019**

at **Montview Netball Courts Hornsby Heights.**
Cost is **\$75***.

*Active Kids Vouchers can be redeemed
*Discounts will apply for all players that have participated in club competition netball this year

All registered participants receive a size 4 netball, Suncorp NetSetGo T-shirt and a pack of Suncorp Netball Trading Cards.



Player registrations online at:
www.asquithnc.nsw.netball.com.au

Contact Kimberley ph: 0414 208 870
email: coachingAMNC@gmail.com



BUSH SCHOOL

LEARN TO SWIM CLUB

A voluntary community organisation
much cheaper than other swim clubs

Kids Aged 4-12
Saturdays
November to March
Qualified Instructors
Active Kids Voucher
Family Discount
Season Prices from \$135

www.bushschoolts.org

Wahroonga Public School, 71 Burns Rd, Wahroonga NSW 2076



Hornsby Ku-ring-gai Basketball Association
Your local not for profit community sports provider



BASKETBALL FOR EVERYBODY

CAMPS, SKILLS CLASSES AND WEEKLY GAMES



October School Holiday Camps

Camps for all boys and girls in school years 1 to 6
See the **DEVELOPMENT** menu on our website for information.

Learn how to play

Weekly Classes for all boys and girls in school years 1 to 6
See the **DEVELOPMENT** menu on our website for information.

Weekly Competition Games

After school competitions played at the Thornleigh Indoor Sports Stadium (The Brickpit) between 5:00pm and 6.30pm
School years 1&2 Boys and Girls games played Mondays
- School years 3&4 and 5&6 Girls games played Tuesdays
- School years 3&4 and 5&6 Boys games played Wednesdays
.....just get a group of friends together and start playing!
See the **REGISTERING** menu on our website for information.



Website: www.hornsbyspiders.com.au
Phone: 9980 6255
Email: info@hornsbyspiders.com.au

NSW Department of Education

Before and After School Care

Have your say

The NSW Government is committed to increasing the provision of before and after school care.

Have your say at

<https://www.service.nsw.gov.au/basc>

Online feedback closes December 2019



(Affiliated with HKHDCCA)

Coaches' Association
 In partnership with
 Northern District Cricket Club (NDCC)
School Holiday Cricket Clinics
 October 2019



Mark Taylor Oval
 Waitara & Park Ave, Waitara
 Wed 2nd & Thu 3rd Oct
 8.30 am to 2.00 pm

George Thornton Reserve
 View St. West Pennant Hills
 Tue 8th & Wed 9th Oct
 8.30 am to 2.00 pm

The fun is back this summer, with the Coaches' Association holding its ever popular school holiday clinics for junior cricketers. We cater for boys & girls (6-14 years), and all ability levels, from beginners to representative players. At each clinic, you can expect:

- Fun games and activities
- Small groups
- Skill development
- Individual video analysis
- A certificate and prizes at the end of each clinic

Registration includes a shirt and cap, and we provide all equipment for those who don't bring their own. We provide a fantastic opportunity to learn new skills in a fun environment, run by leading coaches with Cricket Australia Level 3, 2 or 1 accreditation.

REGISTRATION IS ONLY \$120 per clinic, or \$170 for two clinics.
 (Discounts are available for players who have attended previously, or for one or more siblings)

REGISTER HERE - <http://bit.ly/CA-rego-Oct-19>

Enquiries:
 Josh Miller - HKHDCCA Secretary | josh.673@hotmail.com | 0434 820 806
 Bruce Wood - HKHDCCA President | bgwood@optusnet.com.au | 0412 688 629




HOLIDAY GYMNASTICS

OCTOBER 2019

We have a **BRAND NEW** range of holiday gymnastics programs for all ages and ability levels!
 More days, more choice, more programs!
 Member and non members welcome.

All programs run by fully qualified gymnastics coaches.

Holiday FUN A full day program for children 5-12 years that is guaranteed FUN!! The days are themed, with lots of games, gymnastics circuits, activities and much, much more!

GymSKILLS A 3 hour program for children 5-12 years, or Senior GymSKILLS for 13+ years (great for Senior Advanced, Senior Recreational and new members). GymSKILLS aims to develop select Core Skills with the use of multiple drills and progressions to achieve the specific skill!

FreeG + Tumble, Tricks & Flips (TTF) A 3 hour program for Junior's 5-12 years and Senior's 13+ years, combining tumbling, aerial and acrobatic skills with FreeG - A parkour style gymnastics class!

Open Gym The ultimate - a 1 hour non structured 'free play' style session for Junior's 5 - 10 years and Senior's 11-17 years.

Come and join the FUN!

For more information and to view our full program visit our website at
www.hornsbyrslgymnastics.com.au

PROGRAM COSTS:
 1hr Program = \$10 members and non members
 3hr Program = \$25 member / \$30 non member
 6hr Program = \$45 member / \$50 non member

BOOKINGS ESSENTIAL @ WWW.HORNSBYRSLGYMNASTICS.COM.AU

HORNSBY RSL YOUTH CLUB GYMNASTICS
 PH: 9476 6689 EMAIL: INFO@HORNSBYRSLGYMNASTICS.COM.AU



CENTRAL COAST KIDS DAY OUT

at NARARA VALLEY HIGH SCHOOL

Sunday 3rd Nov
 10am-3pm

celebrating ME

KIDS SHOWS, SPORTS & GREAT ENTERTAINMENT, STALLS, INTERACTIVE WORKSHOPS/ACTIVITIES

encouraging our children to have a strong sense of identity & self worth

Central Coast Kids Day Out 2019 is Proudly Sponsored by:

ELDERSLICE FOUNDATION

NSW Education & Communities

7.7 Foundation

Central Coast KDO Kids Day Out

cckdo.org

CONNECTING FAMILIES WITH SOCIAL SERVICES

This being our 20th year we would like to thank our past and present sponsors.



DON'T BE SCARED

Come along to our FREE

Kids Gardening Classes

11am Mon 30 Sept - Fri 4 Oct
 & Tues 8 - Fri 11 Oct

No classes will be held on Mon 7 Oct
 Kids under 5 must be accompanied by an adult

flowerpower





**MAKE A DIFFERENCE,
BECOME A CARER TODAY.**



Same, but different kinds of families needed for foster, kinship, emergency, respite care, guardianship and adoption.

Caring for those who care for kids.

myforeverfamily.org.au | 1300 782 975

Free BBQ for teenagers



Tuesday afternoon from 3pm-5pm at Berowra Skate Park

The team of team at StreetWork are providing a free BBQ for teenagers each Tuesday during the school term at the Berowra Skate Park.

The initiative is an attempt to promote local youth services in the area and possibly enrol in StreetWork's mentoring program assisting kids to stay in school, and to access mental health, drug counselling, legal and accommodation supports.

Drop by to say hello and get yourself a free sausage sandwich or a cup of noodles in wet weather.

For more information check them out on Instagram at [streetworkaus](https://www.instagram.com/streetworkaus) or call Tom on 0473 578 273.





Holiday Program Guide





Gymnastics / Ninja School Holiday Program

GYMNASTICS – have fun using our foam pit, trampoline, sprung floor, novelty climbing wall, bars, beams, softplay playground and more!

NINJA – use our HUGE ninja course with cargo net, quintuple steps, floating doors, warped walls and more... all done in one day of fun!

Mini Ninja (Open Sessions) - 5 years and under

This open session is available for Ninjas from age 5 years and under. Sessions available each day – check website for times.





Ninja / Parkour (Open Sessions) DROP and CONQUER - 5 years+

Commit and conquer our HUGE Ninja Course and Parkour Centre! Warped walls, cargo nets, floating doors, spider wall and loads more! Supervised by our Ninja Coaches, sessions available every day of school holidays.

Gymnastics / Ninja / Swimming Holiday Program

SWIMMING – including pool fun, safety skills and stroke correction (These structured sessions are under the coaching, guidance & teaching of our qualified swim instructors)



GYMNASTICS – have fun using our foam pit, trampoline, sprung floor, novelty climbing wall, bars, beams, softplay playground and more!

NINJA – use our HUGE ninja course with cargo net, quintuple steps, floating doors, warped walls and more...
Swimming, Gymnastics and Ninja all in one day!

Ninja / Parkour (Open Sessions) DROP and CONQUER - 16 years+

This open session is available for participants aged 16 years and over. Challenge yourself on our course against older ninjas! Bookings essential.





Secure your bookings via www.movingbodies.com.au
 Hamley Rd, Mt Kuring-gai NSW 2080
02 9457 7732

GROW IN KNOWLEDGE

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