

The

CREST

TERM 1 WEEK 5

ISSUE 42

FEBRUARY 26, 2025



UPCOMING EVENTS



SCHOOL

Thursday FEB 27: Backflips Against Bullying

Wednesday MAR 12: NAPLAN starts



P&C

Tuesday MAR 11: Canteen Pizza Day

Thursday APR 4: P&C Disco



SPORT

Thursday MAR 6: Skellern Cup Senior Girls



EXCURSION

Wednesday APR 2: Leadership excursion

SCHOOL CALENDAR LINK

[LINK](#)

CONTACT US



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NSW 2081



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Security Hotline: 1300880021

QUOTE OF THE DAY

"Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life." - Shakuntala Devi

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COVER: This year students in Year 5 have an opportunity to join the Media Team which meets every Wednesday at lunchtime.

QUICK LINKS

OUR
WEBSITE



UNIFORM
SHOP



THEIR
CARE



FACEBOOK
LINK



SCHOOL
BYTES



CANTEEN
ONLINE



PRINCIPAL'S REPORT

Welcome Back!



Vicky Wallace
PRINCIPAL

Hello Berowra Public School families!
What a wonderful week we've had together!

Monday was the perfect day for our 2025 Berowra Public School Swimming Carnival. The sun was shining, and the kids were excited. Congratulations to all our swimmers who competed in the Swimming Carnival! Your hard work and sportsmanship shone brightly. Well done to those who made it to the Zone Swimming Carnival. It was great to hear the houses cheering on the swimmers and it was fantastic to see our parents and community supporting our school from the stand. A huge thanks to Mr Griffin for his organisation, to Mrs Kitchener for organising buses and the teachers for supervising. To our wonderful parent helpers Ashlie R, Deb C, Claire D, Greg C, Karen N and Wayne Bingham for his expertise as timekeeper, thank you so much for volunteering. We couldn't do it without you!

On Tuesday afternoon and evening, we held Meet the Teacher 2025. It was heartwarming to see our families come together at the Meet the Teacher event, enjoying a sausage sandwich and great conversations. Parents attended information sessions, had the opportunity to meet the teachers for the Stage and to ask questions. Families also enjoyed a BBQ and were able to relax and chat with other parents. A huge thanks to the teachers for organising the information sessions, Mrs Lukic and Mrs

Mitchell for cooking the BBQ and the teachers who helped with the BBQ and supervising the playground. It was a fantastic team effort and so lovely to see so many parents attend!

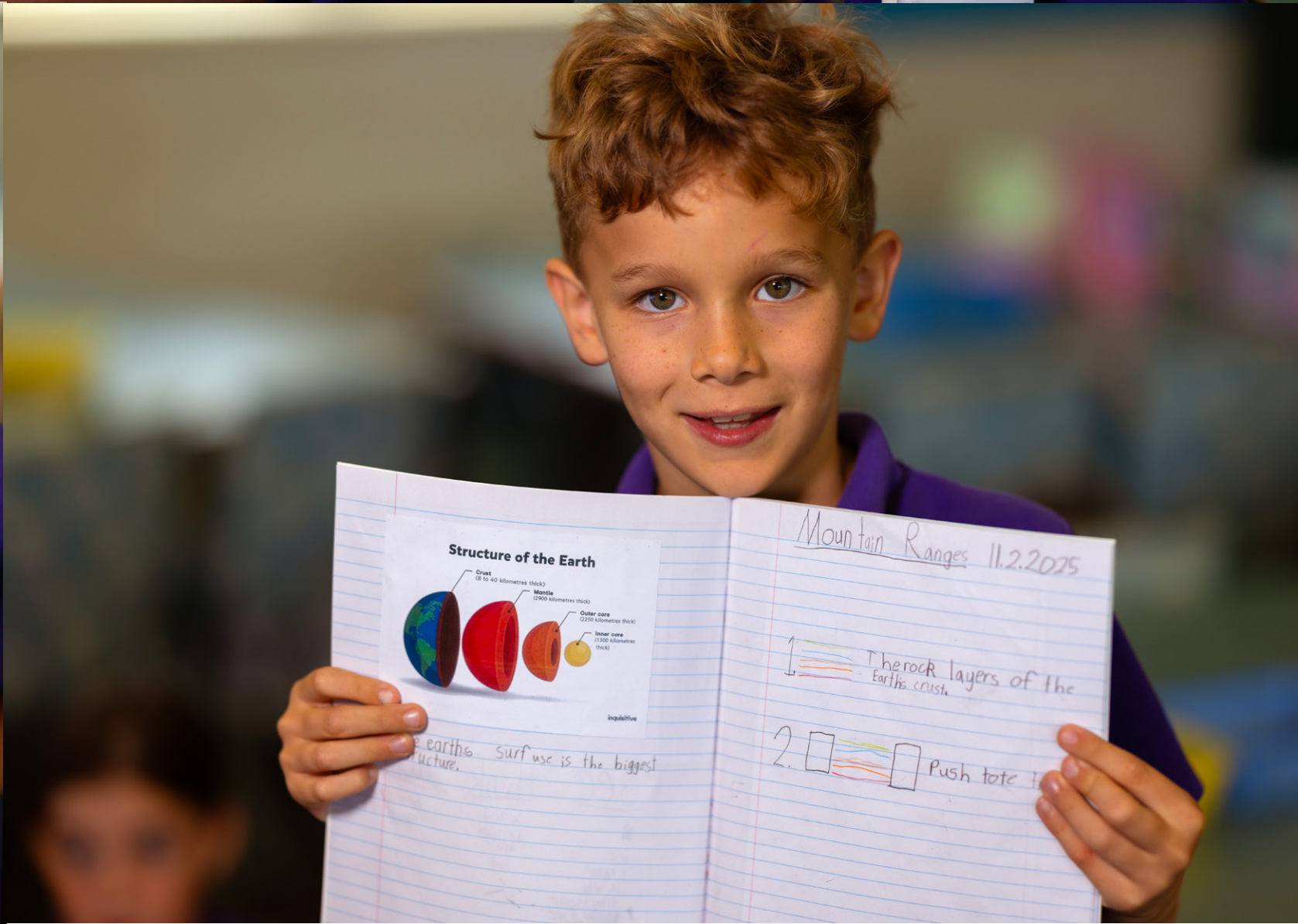
We're excited to send 60 students to a junior and senior boys soccer gala day, Sutton Cup this week and during Week 6 we will be sending our junior and senior girls to participate in Skellern Cup. These days are very valuable for our students, our parent community support them, and they address aspects of our High Potential Gifted Education (HPGE) students in the physical domain.

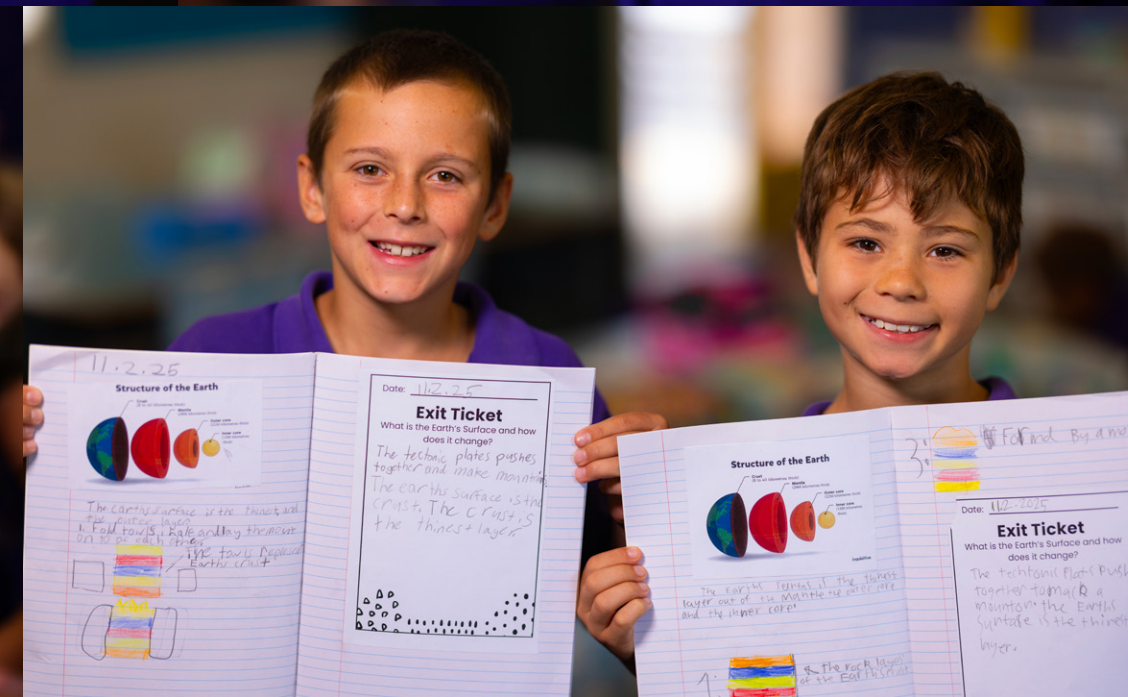
We're committed to creating a safe and supportive environment for all our students. Our upcoming incursion on anti-bullying is an important step in this journey. Students K-6 will attend Backflips on Bullying which is part of our school wide Anit-Bullying 2025 Plan. Parents and caregivers can find out more about the program by visiting the link below. Our Berowra Public School Anti-Bullying Procedures located on our website include important information and links to resources to help when dealing with bullying. Please remember to always report incidents of bullying to your child's classroom teacher so that any issues can be resolved promptly. [LINK](#)

We love hearing from you! Please feel free to reach out to us with any questions or concerns. Have a great rest of the week and enjoy the last couple of days of February!

welcome
to
stage two
featuring
3/4L







SUTTON CUP

A GALA DAY TO REMEMBER

The Sutton Cup Gala day was played at NTRA grounds in North Turramaurra.











BEROWRA PUBLIC SCHOOL

SWIMMING

CARNIVAL

HORNSBY AQUATIC AND LEISURE CENTRE







SENTRAL SMS ABSENCES 2025

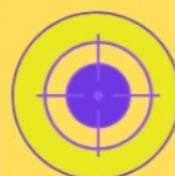
SMS notifications for
absent students will begin
Monday 17th February.

YOU RECEIVE AN SMS

Respond to the message
for that date only.



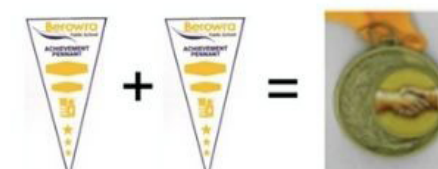
YOUR CHILD WILL BE ABSENT FOR MORE THAN ONE DAY.



Use **Sentral Parent Portal** to
enter the range of dates. This is
the preferred and fastest option.
Email the school absences as the
last option.

REMINDER: SAVE YOUR CERTIFICATES

Berowra Public School Award Flowchart



TWO Pennants equals **ONE** Medal



THREE Honour Certificates equals **ONE** Pennant



FOUR Merit Certificates equals **ONE** Honour Certificate

Hand your certificates into the office
when you have earned an Honour
Certificate, Pennant or Medal.



BEROWRA PUBLIC SCHOOL MEDIA TEAM

We are currently forming a new Media Team for 2025. Everyone in Year 5 is eligible to join. The Media Team meets every Wednesday at lunch. Together we document the life of our school through photography and video and celebrate our school's achievements

COMMITMENT

The Media Team will run for the whole year. We meet at lunchtime on Wednesdays every week and you will need to attend every meeting if possible. At major events such as the sports carnivals you will be asked to capture photos and video footage for our website and newsletter.

PRODUCTION VALUES

You will learn how to create high quality video projects and productions. This means using professional lighting and microphones to make your video projects look and sound professional.

TV NEWS PACKAGE

You will learn how to design and edit a complete news

package using iMovie and your iPads following a template. You will also have a chance to document how you learn in class and make videos about important issues you feel strongly about.

BADGE

All Media Team members will receive an official BPS Media Team badge that you will wear with pride.

PBL updates

Membership of the Media Team is an important leadership role. The school is entrusting in you to show our school in a positive light. One very important responsibility of the Media Team is to create videos to change or reinforce positive attitudes and behaviour through PBL videos on various topics.

“Let their voices be heard!”



BEROWRA PUBLIC SCHOOL MEDIA TEAM



AUDITION

Year 5 students who are interested in joining must submit an **audition video**.

TASK: Media Team audition video

Students must make a short video. There are 3 options.

1. Prepare a short video presentation on why you should be selected: what special skills and qualities do you have?

OR

2. Prepare a video demonstrating your camera/editing/interviewing/writing/research skills on a topic of your choice.

OR

3. “The Day that Changed My Life”. Make a dramatic video about a day you’ll never forget.

Videos should run for no more than 30-60 seconds. Students must prepare this video presentation in their own time, not class time.

DATE DUE: Wednesday 16 March.

Please bring your video to school on a thumb drive (clearly labeled with your name and class) and hand it to your teacher or Mr Rutherford in the library.





STAGE THREE

DANCE

Mrs Lukic and 5/6A in the hall trying out some signature dance poses.







Artwork by Matt Ottley

NSW Department of Education

2025 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.edu.au

Digital Partner



Supporter



This fortnight's Smiling Mind focus is Attention

At Home Activities

K-2

The more you practise belly breathing the more you will train your brain and your body to learn how to calm down and focus. Identify three times when you will use this breathing exercise over the next week, and note how you feel before and after. For example, if you are having trouble sleeping or if something at school is bothering you.

Stage 2

Brain Break

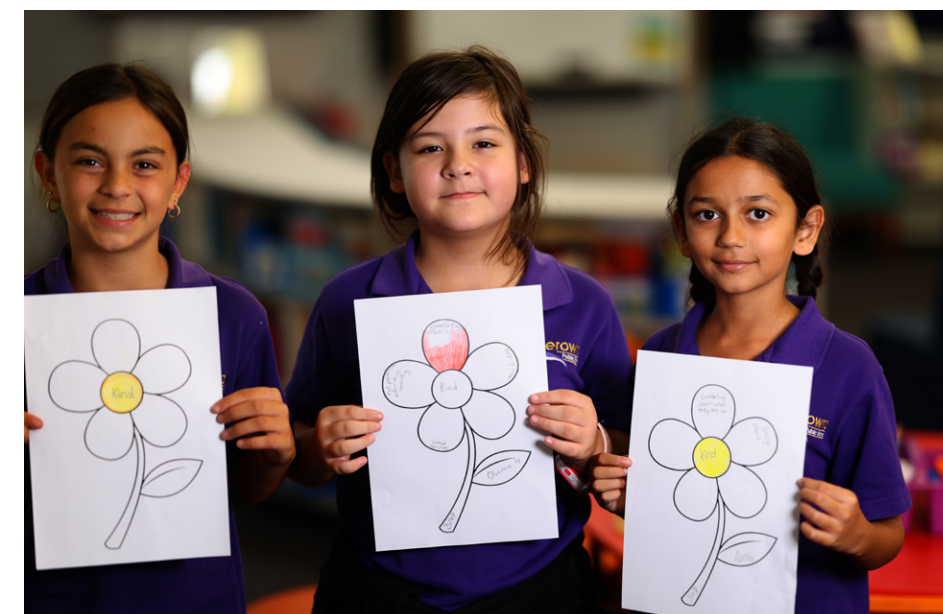
Sometimes our brains need a break to focus and re-set our attention. One way of doing this is noticing when you are feeling unfocused, stopping and taking three deep breaths with your eyes closed. Try practising this brain break 3 times this week when you feel unfocused. Afterwards write about the experience. How did you notice that you were unfocused? What did it feel like to focus your attention just on your breath? How did you feel afterwards?

Stage 3

Has there been a time when you noticed that you were distracted and were able to bring your attention back to the task you were working on? Write about this experience. Where did your mind wander to when you were distracted? What did it feel like when you brought your attention back? Remember that we can always choose when to focus our attention and it is a skill we can get better at through practice.

Smiling Mind website

<https://www.smilingmind.com.au>





SCHOOL UNIFORM



We would like to remind families of the correct school uniform for all students. This uniform was designed by Berowra Public School students, promotes a sense of belonging and creates a positive identify for the school community.

Girls Summer Uniform

Purple polo shirt with school logo
Completely black Skort/shorts (no logos)
White socks that are below mid calf
Completely black school shoes
Black polo fleece jacket
Wide brimmed school hat

Girls Winter Uniform

Purple polo shirt with school logo
Completely black Skorts, shorts, jazz pants or trousers (no logos)
White or black socks
Completely black school shoes
Black polo fleece jacket
Wide brimmed school hat

Boys Summer Uniform

Purple polo shirt with school logo
Completely black shorts (no logos)
White socks that are below mid calf
Completely black school shoes
Black polo fleece jacket
Wide brimmed school hat

Boys Winter Uniform

Purple polo shirt with school logo
Completely black Shorts or trousers (no logos)
White or black socks
Completely black school shoes
Black polo fleece jacket
Wide brimmed school hat

Sports Uniform

House colour polo shirt
Completely black shorts or skorts (no logos)
White socks that are below mid-calf and track shoes
Wide brimmed school hat



Logos - School logo only on clothing, socks and hats, no other logos should be seen.

Shorts – Shorts must be of an appropriate length. Bike shorts and short shorts are not appropriate for school.

Tights and Leggings – Black tights and/or leggings are only to be worn under school uniform.

Jewellery – Bracelets, necklaces, rings, and earrings (other than studs or small sleepers) are not permitted to be worn at school. Watches can be worn and in the case of Smart Watches, must be on 'school mode', as per the BPS mobile phone procedure.

Make-Up – Make-up is not permitted to be worn at school unless necessary for school performances.

Accessories – Nail polish or false nails are not permitted to be worn at school. Hair that touches the shoulder must be pulled back. Small hair accessories are permitted in the school colours of purple, yellow and black.

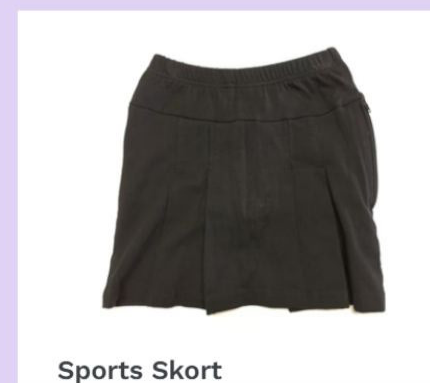
Please label all student belongings clearly and check the labels regularly.



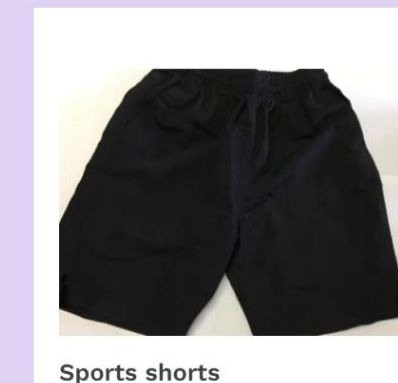
Blocker shorts



Girls black skort



Sports Skort



Sports shorts

Uniform shop link

<https://uniformshop.bps.org.au/>

Why Multi-Age Classes Work:

- ❖ The number of students affects class composition – executive and teaching staff decide on the class structure which best suits the needs of the students and school.
- ❖ The new K-6 syllabus documents have established multi-age class scope and sequence and units of work to support teachers and students.
- ❖ No 'one' group is seen to be disadvantaged – all classes in each stage will be given the same opportunities, expectations and strategies.
- ❖ A 1997 report Multi-Age Classes in NSW found that these classes based on educational principles do not disadvantage students academically and actually benefit them socially and emotionally.
- ❖ Even within the same class, children will be at different levels. Teachers recognise this and differentiate the learning in all classes so that students are accessing the curriculum and learning at their level.
- ❖ Research has shown that children become more confident, can operate better as part of a group, are more assertive, become more independent learners and better problem-solvers. They also make friends outside of their standard age-groups, and develop tolerance & diversity.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn

education.nsw.gov.au



Make friends



Build skills through fun



This fortnight's Smiling Mind focus is **Awareness** At Home Activities

K-2

Brush your teeth mindfully

This is a great way to pay attention to all the feelings and sensations you experience and to train your brain to focus. Every time you brush your teeth, pay attention to the feeling of the brush against your teeth, the sensations in your mouth and movement of the brush. What can you notice?

Stage 2

Balancing

Did you know that it takes a lot of awareness to balance? Find a small object that fits in your hand, and then focus your attention on trying to balance it on the back of your hand, then, move the object so that you are balancing it on only three fingers, then two, and then only one! Take a moment to write down what you noticed when you balanced the object on different parts of your hand.

Stage 3

Mind Body Connection

'Automatic pilot' happens to everyone - sometimes our mind just wanders off. Take a moment to get comfortable with a pencil or pen and some paper. Think about a time when you noticed you were on 'automatic pilot' and reflect on how you were able to use what we learnt in class to be more mindful. Describe this experience by writing it down.

Smiling Mind website

<https://www.smilingmind.com.au>

Berowra RSL Sub-branch's

YOUTH CLUB BAND

A local community band
for players 10-24 years

Playing at ANZAC Day & other community events.

Develop performance skills, build friendships & have fun.

Join us!

Rehearsals

Wednesday 6-7pm

Berowra Heights

Contact us to find out more
and come for a free trial

rslyouthclubband@gmail.com



WEDNESDAY
26 FEBRUARY 2025

OPEN NIGHT

5.30PM TO 8.30PM



OPPORTUNITIES TO MEET WITH OUR
TEACHERS, SEE EXCITING FACULTY DISPLAYS,
JOIN GUIDED TOURS AND ATTEND A
Q & A SESSION

Please note: Out of Area Enrolments are subject to NSW Department of Education Out of Area Enrolment Policy