

# MOWBRAY NEWS

Term 4 , Week 1  
17 October 2018

## PRINCIPAL'S REPORT

### **Welcome Back!**

I hope everyone had a restful and enjoyable holiday. We are back into full-swing for an exciting and busy term 4.

### **Staffing Changes**

As Mowbray student numbers grow our staff are also growing! At the end of last term we had an Assistant Principal panel, our successful candidate was *Mrs Jessica Van Amersfort* who is currently teaching at Epping Public School. Jessica will be visiting our school in term 4, but will be officially starting at Mowbray in 2019.

Recently we had a teaching staff panel, we have been lucky enough to secure another teacher from this panel *Greg Williams-Veazey* who will also be joining us in 2019.

Our lovely AP Kasey-Lea McGill has been successful in her application for a job closer to home. As of Monday 19 October, she will be working at North Kellyville PS. We wish Kasey-Lea all the very best with her new position and know that although she has enjoyed her time at Mowbray, she will appreciate the sleep-in every morning. Miss Claire Houston will continue teaching 5/4M and Heather Munro will be supervising Stage 2. Sarah Kay will be supervising RFF staff.

I know that all our community will make these new staff members feel very welcome and wish Miss McGill every happiness in her new role!

### **Philippa (Phil) Hartman**

In the middle of term 2, one of our teaching staff Philippa Hartman went on unexpected leave. Phil was diagnosed with breast cancer and has since undergone treatment before major surgery. As a staff we have rallied to support Phil, her strength is amazing and I am pleased to say she is planning to come back to MPS in week 8 this term.

One of our school parents Lisa Skarott has organised a message board where our community can send through messages of support. Thank you Lisa!

If you would like to post a message please follow this link <https://groups.google.com/d/forum/get-well-philippa-hartman> We look forward to having Phil back later this term and in 2019!

### **Bike Racks**

The bike racks are installed and ready to go, we are just awaiting a signage panel before they officially open on Monday 22 October. In this newsletter is a bike safety agreement for parents and students to sign giving permission for use of the racks. Please fill in the agreement and return to your child's classroom teacher. *Please note: the school takes no responsibility for the security of bicycles.*

### **An exciting event for all our community**

Raising children in the digital age poses challenges for parents. To help navigate some of these hurdles we are having a guest speaker Dr Kristy Goodwin to come and present to our students. Stage 2 will focus on the topic "Healthy & Happy Online" and Stage 3 will focus on the topic "Attention Please". Both sessions will give essential and practical information about how students can develop healthy digital habits.

We will also be holding a session for parents on **Monday 12 November at 7pm in the school hall**. This session will be based around the topic "Raising Your Child in a Digital World". This session will help parents make informed decisions about how to best manage screen time at home as well as touch on the concepts discussed in the student sessions. Most importantly, there will also be time for parent questions. This session will be open to Mowbray parents as well as the wider community. Please secure your \$10 ticket quickly so you do not miss out! <https://www.trybooking.com/YOSW>

### **Attention year 5 Parents – Application for Selective High School for 2020.**

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, using specialised teaching methods and materials at the appropriate level.

If your child is in Year 5 and you would like to apply for Selective High School in 2020, please return the form at the back of this newsletter as your *intention to apply* advice to the school (this form was also sent home 17 October). You will also need to apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> **BEFORE 12 November 2018.**

### **SRC**

Our SRC is focused on sustainability for term 4 2018. We are looking forward to a term of projects that help us focus on sustainable practices for our school and community.

**CAROLINE ALFORD**  
**PRINCIPAL**

## **OFFICE NEWS**

**Term Accounts** - There are still some outstanding accounts from Term 3. Could these please be finalised ASAP. Term 4 accounts will be sent out shortly.

**Extra-Curricular Photos** – There is a folder in the office with the group photos of all the extra-curricular activities. Please feel free to come and have a look.

**SUE LEECE**  
**ADMIN MANAGER**

**TERM 4 – DATES TO REMEMBER****WEEK 2**

Tuesday 23 October	K-6 Assembly – presented by KB
Thursday 25 October	School Tour – 8.30-9am Music Tour to Tumut
Sunday 28 October	Music Tour returns

**WEEK 3**

Monday 29 October	GenReady Parent Info Evening – 6-8pm
Thursday 1 November	Kindergarten 2019 Orientation - 9.30-11am
Friday 2 November	Surf Ed Beach Day – Stage 3

**CONGRATULATIONS** to the following students who will receive their awards at the K-6 School Assembly on Tuesday 23 October – presented by KB).

**School Banners**

Class	Name
3S	Harry M, Celeste G
3LP	Cecilia L
5/4M	Tobey N
5K	Will E

**Gold Awards**

KB	Jake S, Sebastian J
KM	Jacob N
KS	Yug J, Sara K, Benyamin DK, Elaria G
KA	Thomas Mc, Phoebe T, Abella MM
KT	Kaitlyn L, Davinya N
KF	Jet H
1M	William R
1K	Sienna DB
1PC	Penny E
2H	Charlotte L
3S	Lisa N, Luca A
4H	Juliet R
5A	Jack E
5K	Tal A
6M	Jamie M, Dominic AH



## SCHOOL NEWS

### GOLD at Nationals!

During the holiday break my family travelled to Perth for the 2018 Youth Wrestling National Championship. It took a while to travel to Perth by plane and we had a great time pre-comp to enjoy Perth and Fremantle. Sam Silman (ex Mowbray) also competed.

On Sunday 7<sup>th</sup> October the National Competition was held with competitors coming from all around Australia.

Phoenix, Ryder, Zenon, Harmony and Lennox all competed in their respective weight for age category representing NSW and themselves. After wrestling our competitors we all managed to win all of our fights! That meant that we all won GOLD and all became a 2018 National Champion! An incredible performance from the one family!

#### Harmony C 3LP



### Area Athletics Carnival

At the end of term 3 a number of stage 3 students were successful in making it to the Area Athletics Carnival to represent the North Shore Zone.

Congratulations to Zac E, Jude B, Ashton C, Joshua P, William T, Giovanni C and Sebastian T for their fantastic results.





## SCHOOL NEWS

### LIGHT THE NIGHT

On October 14<sup>th</sup> our Junior Performance Ensemble, Senior Performance Ensemble and Boys Hip Hop Ensemble were invited to take part in the Leukaemia Foundation 'Light the Night' celebrations.

Light the Night is an inspiring twilight walk hosted by the Leukaemia foundation where family, friends, and the community come together and shine beautiful lanterns of hope. All funds that were raised from Light the Night go towards providing support and services to beat blood cancer.

Rhiannon Payne



## SCHOOL NEWS

### Lane Cove Fun Run

At the end of last term some Mowbray students went in the Lane Cove Fun Run.

Mowbray PS did extremely well and won the InterSchool Plate which is awarded to the primary school with the fastest 4 runners in the 5km event.

Well done to all kids and families involved!



**GenReady**

*Making uncomfortable conversations comfortable*

## Bringing Families Together

**GenReady has been invited to present an evening for Mowbray Public School students and their parents/caregivers on Monday 29<sup>th</sup> October 2018**

**Bringing Families Together** initiates conversations within families, ensuring all information is up to date, correct and relevant. This will be an evening of facts and fun, with two 45 minute sessions **“Where Babies Come From”** at 6:00pm to 6.45pm, followed by **“Puberty Ready”** at 7:00pm to 7.45pm.

**Save the date!** Bookings can be made by following the link below. No credit card payments will be accepted on the night and bookings close 27<sup>th</sup> October at 6pm. Cash payments will be accepted on the night. <https://www.trybooking.com/395849>



## MOWBRAY PUBLIC SCHOOL

### EXTRA-CURRICULAR ACTIVITIES 2018

Below are the Extra-Curricular activities that are held at the school, but not run by the Mowbray Staff. They are third party organisations that have permission from the school to run their activities.

For more information about any of these activities below, please use the contact information provided.

Event	Description	Day / Time	Contact
<b>Basketball</b>	At Step Up, we live and breathe basketball - an exciting, engaging sport that can be enjoyed by both boys and girls at all levels. Our Professional coaches specialise in helping kids embrace their love of sport, fair play and basketball.	<b>Wed + Thurs</b> 3:15pm (yrs 1-4) 4:00pm (yrs 3-6) <b>Friday</b> 3:15pm (KINDY)	<a href="mailto:mowbraypsbasketball@gmail.com">mowbraypsbasketball@gmail.com</a>  <a href="https://www.signupgenius.com/go/30e044ba9aa2ca57-mowbray5">https://www.signupgenius.com/go/30e044ba9aa2ca57-mowbray5</a>
<b>Tennis</b>	CPA Tennis focuses on group coaching, team based activities and games designed to improve self-confidence, gross motor skills and the ability to rally in a fun environment. Advanced skills applied with age and ability.	<b>Mon – Fri</b> 8:00---9:00am 3:15 – 4:15pm 4:15 – 5:15pm 5:15 – 6:15pm <b>Sat</b> 9, 10 & 11am	Gian Arpino 0412 387 276 <a href="mailto:gian@gpatennis.com.au">gian@gpatennis.com.au</a> <a href="http://www.gpatennis.com.au">www.gpatennis.com.au</a>
<b>Karate</b>	Key Martial Arts classes are engaging, fun and equip students with skills that they will carry with them on life's journey. Our energetic instructors teach boys and girls practical safety awareness and self-defence skills in a caring and supportive environment. Through specially designed games, drills and activities we help our students develop confidence, self-esteem, improved focus while teaching practical self-defence skills.	<b>Friday</b> 3:15pm + 4:00pm (Begin: age 5-7) 4:45pm (Begin: age 8+) 5:30pm (Inter) 6:15pm (Advanced)	Key Martial Arts <a href="http://www.keymartialarts.com.au">www.keymartialarts.com.au</a> 1300 304 532
<b>Keyboard</b>	Violin Incl. Piano (VIP Music) caters group music lessons on the keyboard to primary schools across the Sydney metropolitan region. By holding lessons at school, we offer maximum convenience to our students and their parents.	<b>Friday</b> 1:00 – 1:45pm	9411 3122 <a href="mailto:vipmusic@iinet.net.au">vipmusic@iinet.net.au</a>
<b>Spanish Lessons</b>	Provides Spanish lessons to all the kids in a fun and interactive way. Using the communicative approach kids will be immerse in the Spanish World where they will be building their communication skills on the first day	<b>Monday</b> 3.25-4.30pm	<a href="mailto:Jimena@spanishclasses.com.au">Jimena@spanishclasses.com.au</a>  0468 648 834
<b>French Lessons</b>	The Language Company is a leading language education provider for children, teens, and adults. Based on best practice from around the globe, our language courses are designed to help all students reach their full potential	<b>Tuesday</b> 3.25-4.30pm	The Language Company <a href="http://www.thelanguagecompany.com.au">www.thelanguagecompany.com.au</a> 8005 1237
<b>Mandarin Lessons</b>	The Language Company is a leading language education provider for children, teens, and adults. Based on best practice from around the globe, our language courses are designed to help all students reach their full potential	<b>Wednesday</b> 3.25-4.30pm	The Language Company <a href="http://www.thelanguagecompany.com.au">www.thelanguagecompany.com.au</a> 8005 1237

## Bicycle Safety Guidelines

### What does Transport for NSW say?

- Since 23 July 2018, children under 16 years of age are allowed to ride on a footpath (increased from children under 12 years of age). Allowing children under the age of 16 on the footpath will help keep them safe until they have the skills, decision making and knowledge of the rules to ride safely on the road.
- An adult rider who is supervising a bicycle rider under 16 may also ride with the young rider on the footpath. Children aged 16 or 17 can ride on the footpath when accompanied by a child under 16 and a supervising adult.
- When riding on a footpath, riders must keep left and give way to pedestrians.

### Parents and carers are responsible for:

- How your child travels to and from school
- Maintaining your child's bicycle. Bicycles must be in a good, safe working order and by law must be fitted with a working brake and a bell
- Ensuring your child correctly wears an Australian Standards approved helmet every time they ride a bicycle
- Teaching your child the bicycle road rules. These are outlined in Transport for NSW *Information for parents and carers about safety on wheels – The law and safety advice for bicycles, foot scooters, skateboards and rollerblades* brochure
- Completing the *Parent and carer agreement*, issued by our school

### Students who ride bicycles to school are responsible for:

- Completing a *Bicycle rider's agreement* issued by our school
- Dismounting before entering the school grounds
- Using the school bicycle entry and exit points via Hatfield Street pedestrian entrance only
- Walking bicycles on school grounds
- Storing the bicycle in the bicycle rack. Bicycles must be locked with a chain and padlock supplied by the bicycle owner. Bicycles and helmets are brought and stored at school at the owner's risk

Parents and carers will be notified if their child does not follow the school's bicycle safety guidelines.

Students may be banned from bringing their bicycles onto school grounds if they breach school rules.

Caroline Alford  
Principal

Endorsed by:

Matt Hodgekiss  
P&C President

More information is available from:

1. Transport for NSW:
  - [NSW road rules, bicycle laws and penalties in NSW](#)
  - [Helmet and safety gear](#)
2. Department of Education:
  - [Safe Travel - riding](#)



## Bicycle Rider Agreement

I, \_\_\_\_\_ of class \_\_\_\_\_

- Have read and talked about the school *Bicycle safety guidelines* with my parents or carers
- Understand the information provided
- Will wear my helmet correctly when riding my bicycle to and from school
- Will keep my bicycle well maintained
- Will give way to all pedestrians on footpaths, crossings and cycle paths
- Will walk my bicycle across the road at safe places and pedestrian/traffic crossings
- Will walk my bicycle on school grounds
- Will secure my bicycle with a lock and chain in the bicycle rack
- Understand that the principal may stop me from bringing my bicycle to school if I do not follow the rules
- Bring my bicycle and helmet to school at my own risk

Student signature: \_\_\_\_\_

Parent/carers signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Parent/Carer Agreement

I approve my child (name) \_\_\_\_\_ of class \_\_\_\_\_ riding his/her bicycle to and from school.

- I take responsibility for my child riding to and from school
- I have read and talked about the school's *Bicycle safety guidelines* with my child rider
- My child will correctly wear an Australian Standards approved helmet when riding a bicycle to and from school
- I have reviewed the *Guide to bicycle maintenance* and understand that it is my responsibility to keep the bicycle well maintained and roadworthy.
- I have reviewed the *Guide to correctly fitting a helmet* and understand that it is my responsibility that my child wears their helmet correctly
- I understand the principal may ban my child from bringing their bicycle onto school grounds if the school's rules are not followed
- I understand that bicycles and helmets are brought to school at the owner's risk

Parent/carers signature: \_\_\_\_\_

Parent/carers name: \_\_\_\_\_

Date: \_\_\_\_\_

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## A guide to bicycle maintenance: Eight point safety check

Feature	What are you checking for?	Maintained
Bell or horn	<ul style="list-style-type: none"> <li>rings or sounds clearly and loudly</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes	<ul style="list-style-type: none"> <li>bike wheel does not rotate when brakes are applied</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes pads	<ul style="list-style-type: none"> <li>pads are not worn down</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Chain	<ul style="list-style-type: none"> <li>should be well oiled and not sag</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Front white reflector	<ul style="list-style-type: none"> <li>is secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Red rear reflector	<ul style="list-style-type: none"> <li>is secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Tyres	<ul style="list-style-type: none"> <li>firm tyres</li> <li>tread not worn and no canvas showing</li> <li>no bulges or cuts</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Yellow wheel and pedal reflectors	<ul style="list-style-type: none"> <li>are secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

Source: Adapted from *Safety Town*

### What is the right size of bicycle?

The right sized bicycle:

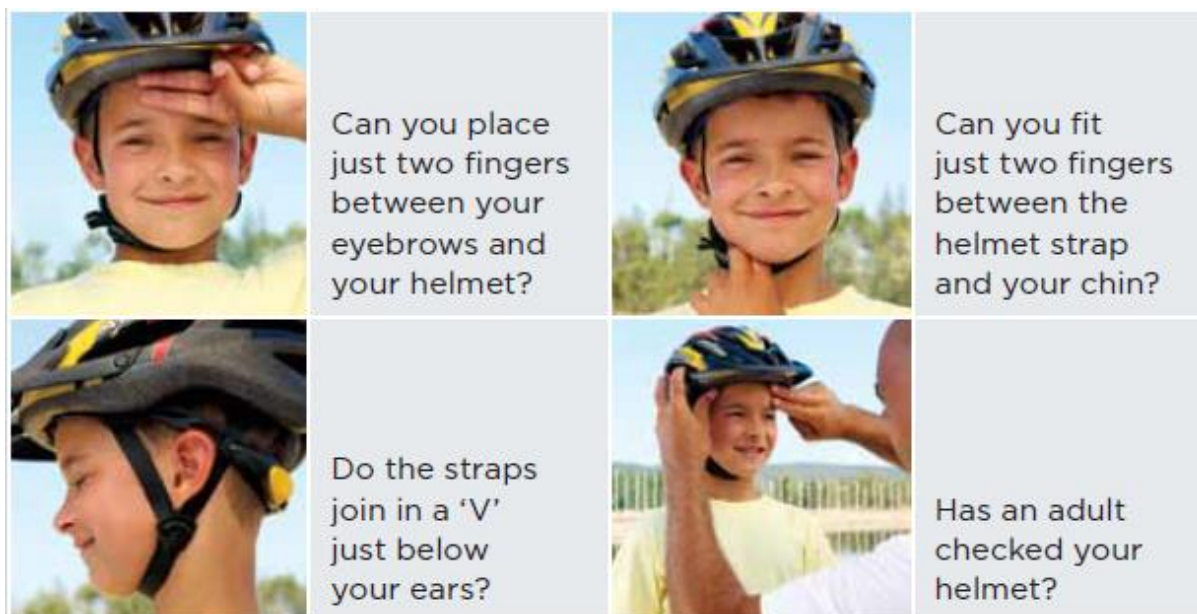
- is comfortable for the rider
- allows for the arms to be slightly bent as the body leans slightly forward holding the handlebars
- has controls within reach
- allows the rider's feet to just touch the ground when the rider is sitting on the seat
- allows the rider to straddle the crossbar with both feet flat on the ground. There should be about 3 cm between the bicycle and the rider's crotch for a light or medium weight road bicycle. For a BMX or mountain bike there should be a 10 cm gap. If there is no crossbar, make the test from where the crossbar would be.
- has a level seat

If not, the bicycle is either too small or too big and is unsafe.

### What is required by law?

A bicycle must be fitted with a working horn or bell and at least one working brake.

## Always wear a helmet when you ride



NSW Centre for Road Safety, Transport for NSW: [Information for parents and carers about safety on wheels: The law and safety advice for bicycles, foot scooters, skateboards and rollerblades](#)



# Raising Your Child in a Digital World

WITH  
**Dr Kristy**  
GOODWIN



Dr Kristy Goodwin, a digital parenting educator, author and researcher (& mum who also deals with her kids' techno-tantrums), translates the latest research about how technology is shaping childhood into essential information for confused and concerned parents. Dr Kristy helps parents make informed decisions about how to best manage screen-time at home (so that it doesn't always end in 'scream time')... and no she won't suggest that you ban the iPad, or unplug the TV!

Parents will understand the latest risks to kids' online safety (including current cyber-safety threats, pornography exposure, introduction of phones and social media), as well as the health and learning

implications of young kids (4-12 years) growing up in a world of screens. Kristy will share her simple formula to calculate healthy screen-time limits and will arm parents with a host of strategies and ideas to prevent techno-tantrums and to help kids develop healthy technology habits. Dr Kristy will explain how technology is impacting kids' learning, sleep, social, language, play, physical skills and their vision, hearing and posture and will arm parents with practical strategies about how to best raise kids in a digital world. Parents will learn how to get the most out of their child's screen-time so they can finally ditch the guilt and guesswork.

## SEMINAR DETAILS

**DATE:** 12 November 2018

**TIME:** 7pm - 9pm

**LOCATION:** Mowbray Public School

**AUDIENCE:** All parents in the community

**COST:** \$10 per ticket

**TICKETS:** [www.trybooking.com/YOSW](http://www.trybooking.com/YOSW)



Dr Kristy Goodwin is a leading digital parenting educator, researcher, author & former teacher (and mum who deals with her kids' techno-tantrums). She translates the latest research into essential and digestible information and tips, for parents, educators and health professionals so that they can safely navigate the digital terrain... without suggesting that kids be 'digitally amputated'! Kristy has spoken at and consulted with schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.

*Proudly Hosted By* Mowbray Public School



MOWBRAY PUBLIC SCHOOL  
**P&C  
ASSOCIATION**

*Together is better*



Join us for an afternoon of entertainment and activities for the family followed by carols and finishing with a spectacular fireworks display!

**! SAVE THE DATE !**  
**Saturday 8 December - 3.30pm til 9pm**

If you are interested in having a stall at the event, please contact  
[events@mowbraypandc.org.au](mailto:events@mowbraypandc.org.au)





Enrol by 30th Oct and  
get 1 WEEK FOR FREE!

Taking enrolments for  
2019 NOW!



你好  
HELLO



HABLA  
ESPAÑOL?



## AFTER SCHOOL PROGRAM EXTRACURRICULAR CLASSES - SCHOOL HOLIDAYS

MONDAY TO THURSDAY FROM 3-6:30PM / A DIFFERENT CLASS EVERY DAY

FREE TRIAL CLASS AVAILABLE ON REQUEST

5-8  
9-12  
YEARS OLD

Give your children the opportunity to discover new passions,  
explore new activities, develop new skills, feel confidence,  
and make new friends with similar interests.

- Languages (Mandarin & Spanish)
- Visual Arts
- Performing Arts
- Cooking
- Dance
- Karate
- Coding

### What we offer

- School pick-up  
(check availability with us)
- Extracurricular class included
- Healthy snacks
- Supervised homework  
& Group tutoring

Secure your spot! Limited spaces, contact us now!

[www.kidscircle.com.au](http://www.kidscircle.com.au)

[info@kidscircle.com.au](mailto:info@kidscircle.com.au)

Carolina 0468354372 Grace 0405195225

28 Chatswood Ave, Chatswood, NSW 2067







**GV**  
**At**  
**GREENWICH**  
**VILLAGE**  
**ARTS**  
**TRAIL**

**3 & 4 NOVEMBER • SAT & SUN • 10AM - 4PM**

A great day out at Greenwich Village Arts Trail.

Now in its 7th year, there are 25 artists across 21 sites.  
Chat to artists, ask questions about their work, and see how they work.  
Take the opportunity to buy quality artwork direct from the artist - paintings, sculptures, pottery, children's book illustrations, hand-printed textiles, photos and jewellery.  
Cafes, picnic spots & parking available plus a FREE SHUTTLE BUS around Greenwich.  
Maps available at Greenwich local shops, FB or [www.greenwichvillageartstrail.com.au](http://www.greenwichvillageartstrail.com.au)

## Learn Music on the Keyboard at school

**Enrol to start Term 4 or  
Register Interest for 2019**



***Music theory. Learning to play keyboard.  
Music games. Introduction to music.***

- 🎵 Convenient at-school venue 🎵
- 🎵 Small group - 45 min weekly lesson 🎵
- 🎵 Competitive rate \$29 per session (incl. GST) 🎵
- 🎵 Limited vacancy! 🎵

**Call 9411 3122  
or visit our website to enrol**

VIP Music est. 1984 [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)

## **IS MY CHILD READY TO START SCHOOL?**



**Sydney  
Therapy  
& Co.**

Speech  
Language  
Literacy  
Life Skills

### **SCHOOL READINESS COLLECTIVE: A PARENT & EDUCATOR EVENING**

**WHEN:** Thursday 15th November 2018 from 6:30 pm

**WHERE:** Unit 6, 46 Burns Bay Road Lane Cove

**COST:** \$10 includes light refreshments

### **THE PARENTS' DILEMMA**

Presented by Sydney Therapy & Co's speech pathology & occupational therapy team. We will provide insight into school readiness for your child.

**BOOK HERE:** [www.trybooking.com/YMDQ](http://www.trybooking.com/YMDQ)

**[WWW.SYDNEYTHERAPYCO.COM.AU](http://WWW.SYDNEYTHERAPYCO.COM.AU)**

**0449 619 182**



## Lane Cove Youth Orchestra and Hunters Hill High School invite music students to participate in the LCYO “Red Earth” Christmas Concert



### A fantastic opportunity to play with the Orchestra at the picturesque Hunters Hill High School and help raise funds for farmers in Gunnedah

Students in Years 5 and 6 at public schools within the Hunters Hill catchment who play orchestral instruments are invited to play with the Lane Cove Youth Orchestra in a series of rehearsals and the “Red Earth” Christmas concert. Participation is free, as is the concert. However, we will be asking for a donation for drought relief, for Lane Cove’s sister town, Gunnedah. Details of the rehearsals are as follows:

Rehearsal	Date	Time	Location
1 <sup>st</sup> rehearsal	Monday, 5 November	5.45-8.00pm	Hunters Hill High School
2 <sup>nd</sup> rehearsal	Monday, 26 November	5.45-7.00pm	Lane Cove Public School
3 <sup>rd</sup> rehearsal	Monday, 3 December	5.45-7.00pm	Lane Cove Public School
4 <sup>th</sup> rehearsal and Performance	Monday, 10 December	5.45-6:30 pm Concert: 7.00-8:00pm	Hunters Hill High School

Students will be invited to attend the entire 1<sup>st</sup> rehearsal at which the program of music will be distributed and the entire 4<sup>th</sup> rehearsal and concert. They are also encouraged to attend the first half of the LCYO’s regular rehearsals up until 7 pm.

For further information please contact Tim Manefield at  
[keekstim@gmail.com](mailto:keekstim@gmail.com) or 0432 466 088

Hunters Hill High School

Lane Cove Youth Orchestra



# Kids' Yoga

## Leaves of change Children's yoga

**Term  
4**  
Yoga classes

**Movement**

**Mindfulness**

**Meditation**

15 Elizabeth St, Artarmon

**Sundays 21st Oct - 16th Dec**

Children aged 4 - 7 years 3:00 - 3:50 pm

Children aged 8 - 12 years 4:00 - 4:50 pm

\$162 for a 9 week term

(All mats & props provided)

**Sibling discounts apply**

**First class free for new students!**



## Why kids' yoga?

- Kids' yoga is fun
- improves concentration
- promotes emotional wellbeing
- enhances physical health (balance, strength & flexibility)

## Jessica Brown

**BEd (ECE) - MINED**

Jessica is a Primary School Teacher & Children's Yoga Instructor. She hopes to foster a calmer and more mindful generation of children.

To register please contact  
[jessica.brown16@live.com.au](mailto:jessica.brown16@live.com.au)

[facebook.com/leavesofchangechildrensyoga](https://facebook.com/leavesofchangechildrensyoga)



# TRENT ZIMMERMAN MP

Federal Member for **North Sydney**

invites you to the

# eSafety Forum

with Special Guest

## Julie Inman Grant

Australian eSafety Commissioner



*Julie Inman Grant*  
Australian eSafety Commissioner

The forum will cover what you need to know to keep you and your family safe online and will include topics such as:

- Technology trends and what young people are doing online
- What we can do when things go wrong online including cyberbullying and image-based abuse
- Parenting strategies to help manage technology

**Where:** Arts & Cultural Common,  
Monte Sant' Angelo Mercy College  
128 Miller Street, North Sydney NSW 2060

**When:** Tuesday 30 October 2018

**Time:** 6:30pm for a 7:00pm start

**RSVP:** By Monday 29 October 2018  
<https://www.trybooking.com/YGGK>  
or Phone 9929 9822

*There is no charge for this event*

*There will be limited parking at the school as well as on nearby streets.  
Parking is also available at the North Sydney Council Car Park on Ridge Street.*

 Level 10, 2 Elizabeth Plaza, North Sydney NSW 2060  9929 9822  [trent.zimmerman.mp@aph.gov.au](mailto:trent.zimmerman.mp@aph.gov.au)

 [trentzimmerman.com.au](http://trentzimmerman.com.au)  [trentzimmerman](https://www.facebook.com/trentzimmerman)  [trentzimmermanmp](https://www.instagram.com/trentzimmermanmp)

Authorised and printed by Trent Zimmerman MP, Liberal Party of Australia, Level 10, 2 Elizabeth Plaza, North Sydney NSW 2060.



## Intention to apply for Year 7 entry to a selective high school in 2020

Dear Parent/Carer

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 14 March 2019**.

If you would like to have your child considered for Year 7 selective high school entry in 2020, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from mid-September 2018 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>. The application website opens at that link on **9 October 2018** and closes on **12 November 2018**. **You must apply before the closing date.**

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 9 October 2018.

You must submit only **ONE** application for each student.

**Remember: the tear-off slip below is not an application and the school cannot apply on your behalf.**

Yours sincerely

*Caroline Alford*  
Principal

Cut along the dotted line and return the completed slip below to this school by **Wednesday 24<sup>th</sup> October**.

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you **intend** to apply.

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.**

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

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## Intention to apply for Year 7 entry to a selective high school in 2020

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I intend to apply for selective high school entry in Year 7 in 2020 through the High Performing Students Unit website between 9 October 2018 and 12 November 2018.

☐ Yes

☐ No

Signature of parent/carers: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you **intend** to apply.

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.**

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>