



# Belrose Public School

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Belrose OSHC Centre  
Phone: 0430 247 493

TERM 1, WEEK 9

NEWSLETTER DATE: 25 March 2021

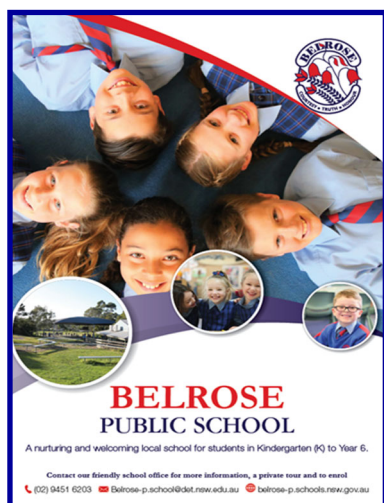
## Dates

### Term 1 2021

|                  |   |
|------------------|---|
| Monday 29 March  | Awards Day assembly 9.30am  |
| Thursday 1 April | Mufti/Play clothes<br>Easter hat Parade from 2:30pm<br>Last day of Term 1 |

### Term 2 2021

|                    |  |
|--------------------|--|
| Tuesday 20 April   | Students return<br>K-2 Sportspro Gymnastics begins |
| Wednesday 21 April | Cross Country 11.20am                              |
| Thursday 22 April  | 9:30am-11:00am<br>Kindergarten 2022 Open Day       |
| Friday 23 April    | PSSA continues<br>K-2 Excursion 'Pete the Sheep'   |
| Monday 3 May       | Assembly with Cross Country<br>ribbon presentation |



**TERM 2 SPORTS UNIFORM**  
**EACH TUESDAY—K-2**  
**EACH THURSDAY—YEARS 3,4,5 AND 6**  
**EACH FRIDAY—ALL CHILDREN**

## Principal's Message

### TERM 1 CELEBRATION OF LEARNING AWARDS ASSEMBLY

Date: Monday 29 March, 2021

Time: 9:30am

We are looking forward to hearing the Performance Band and K-2 choir. This assembly will also feature students presented with certificates for Creativity in Learning and Literacy as well as the Swimming medallions and trophies.

#### UNIFORM

Term 2 is a time when we traditionally transition to our school winter uniform. If the weather is still warm and the summer uniform is preferred, the children may wear this uniform until the long weekend on Monday, 14 June. This is a reminder that the correct uniform is: Grey short socks for the boys and white socks with the sports uniform. White short socks for the girls and white socks with the sports uniform. All children are expected to change their socks following PSSA. Shoes to be worn are all black so please make your next purchase with this in mind.

#### SENSATIONAL DISCO AND GELATO DAYS AT BELROSE PS

We had a very high turnout for the disco. A special thank you Bec Keiller and the many parent volunteers for organising the disco and staying to sign children in and out, sell some fun items and for preparing and making their dinner. 'Bop till you Drop' superbly entertained the children with games and dancing. Thank you to the teachers who stayed back at the school and shared the enthusiasm with the children. The gelatos were a delight on a cold and wet Autumn day! We look forward to watching the Easter hat parade next Thursday.





Join us for an **Open Morning** at  
**BELROSE PUBLIC SCHOOL**  
 Thursday 22 April, 2021 | 9.30am-11am  
 We invite you and your children to experience our wonderful school. Meet the Principal, enjoy a short performance from our students, visit our Kindergarten classrooms for a fun activity, and tour our extensive grounds. **All Welcome!**



(02) 9451 6203 | Belrose-p.school@det.nsw.edu.au | belrose-p.schools.nsw.gov.au | www.facebook.com/BelrosePublicSchool/

**OPEN MORNING FOR PARENTS AND PRESCHOOLERS OF 2022**

Date: Thursday 22 April

Time: 9:30am

Our visitors will be greeted by our leaders at the gates and led to the hall to be entertained by the K-2 choir. Come to hear from Max and Lucy, our Captains, Bec Keiller, our P&C President and staff. Bookings are not required.

**K-2 GYMNASTICS AND EXCURSION**

To supplement the Key Learning Area of Personal Development, Health and Physical Education all of our Kindergarten, Year 1 and 2 children will be participating in 45 minute gymnastics lessons from Term 2 with a specialised instructor and their teacher. All K-2 children will be setting off to Glenn Street Theatre by bus on Friday of week 1 with a permission being sent home shortly.

**CROSS COUNTRY**

As we have teachers completing their Parent/Teacher interviews until the end of this term, the timetabling of the Cross Country will be next term:

Wednesday, 21 April from 11:20am

Alternative day is Tuesday 27 April from 9:30am

**TOYS AT SCHOOL**

At the moment the younger children are enjoying bringing in collector cards ie Pokemon and playing with them. Although the trading of these cards is one of their prime purposes, we have told the children that we will not be permitting the trading of these as this is causing some friction and disruption within the classroom following an unfair 'deal' at recess or lunch. Mrs Green has asked the kindergarten children to not bring these items to school. Thank you for your support with this matter. The NSW Government announced a ban on mobile phones in primary schools during school hours since 2019 and these devices remain in children's bags throughout the day.

**NAPLAN 2021 FOR YEARS 3 AND 5**

Information has been sent home regarding the NAPLAN tests for term 2. Practice online tests have been completed to familiarise the students with the format of the tests as well as to test our IT. Tests will take place in Term 2, Week 4.

Tuesday 11 May—Writing online for Year 5 and paper test for Year 3

Wednesday 12 May—Reading and Conventions of Language

Thursday 13 May—Numeracy

**TRAFFIC MEASURES ON COTENTIN ROAD**

The Road Safety Officer from Northern Beaches Council has communicated with us that they will replace all No Stopping Signs and install 4X No Stopping Unbroken Yellow Kerb Lines.

I would like to wish you all a safe and happy Easter holiday break. Our next newsletter will be in Week 1 of next term.

Belinda Zorian



## Sport News

### CROSS COUNTRY

The annual cross country carnival has been postponed this year due to the unsafe conditions for participants. We will hold the carnival on the second day back Wednesday, 21 April from 11:20am with a third date of Tuesday 27 April from 9:30am, if required. We will require parent volunteers to hand out wrist bands and to be support crew along the course to ensure safety of the students. We would need volunteers from 11.00am. If you would like to volunteer, please email Mr Warren directly [mark.warren@det.nsw.edu.au](mailto:mark.warren@det.nsw.edu.au).

### GIRLS FOOTBALL (Soccer)

Congratulations to Leanne P who made it through the Zone trials for football (soccer) and will represent Belrose at the Combined Sydney North Sub-Regional Trials with North Shore Zone this coming Tuesday. We wish Leanne the very best.

### PSSA Competition this week (subject to cancellation due to saturated grounds)

#### Cricket

Belrose V Kambora at Wyatt Oval

#### Softball/T-Ball

Belrose V Kambora at Belrose PS

### PSSA draw

Round 6 - 26 March

Belrose V Kambora at Belrose PS/Wyatt Oval

Round 7 - 23 April

Belrose V Killarney Hts at Killarney Hts PS/Oval

Round 8 - 30 April

Make up round if needed

### SWIMMING CHAMPIONS

Our wonderful Swimming Age Champions will be presented with their trophies at our special Awards Day on Monday 29 March starting at 9:30am.

Zone Swimming Age Champion – Emma C

School Swimming Age Champions

|                            |           |
|----------------------------|-----------|
| Junior Age Champion Boy    | Ben G     |
| Junior Age Champion Girl   | Emma C    |
| 11 Years Age Champion Boy  | Matthew C |
| 11 Years Age Champion Girl | Holly L   |
| 12 Years Age Champion Boy  | Lucy C    |
| 12 Years Age Champion Girl | Matthew J |

Mark Warren

Assistant Principal/Sports Coordinator

## Library News

"Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve and contribute to improving our quality of life " by Sidney Sheldon.

### PREMIER'S READING CHALLENGE

Well done Elena in 4/3K for completing the Premier's Reading Challenge. She is the first student at our school to have completed the Premier's Reading Challenge. Keep going everyone else, you have plenty of time to complete it.

### BOOK COVERING

Thank you to Mrs Rojas and Mrs Baptista for helping with book covering this term.

### ENHANCING OUR BORROWING IN OUR LIBRARY

K-2 are required to have a library bag and 3-6 students are no longer required to use a library bag to borrow. K-2 students are allowed to borrow 2 books and 3-6 are allowed a maximum of 3 books to borrow every week. Each week, all students are expected to borrow books.

Happy Easter everyone and have a lovely break.

K.Wedlock

Teacher Librarian

## P & C News

Wow! The rain did not stop our partying atmosphere. The disco and gelato day both went off well. Thank you so much for all the parents who volunteered at the disco and thank you to our school community for supporting these awesome events.

Our fundraising is off to a great start.

So far we have raised over \$3000 from these 2 events.

Don't forget the Easter raffle tickets are \$5 each or 3 for \$10 and can be bought at the office or at the Easter hat parade next Thursday 1 April.

The canteen will be open on the afternoon of the Easter hat parade for some snacks and yummm gelato.

Don't forget our holiday quadrangle working bee from the 10-14 of April we would love to see lots of families come even if you can only spare an hour. Please let me know if you can help out on any of these days.

Thank you to Lee and Jeanette for all the hard work, time and effort you put into the canteen.

Our next step in our quest to reduce single use plastics is the deletion of the individual sauces. Please tell your children tomato sauce is still available from a reusable sauce container at the counter.

Remember get your raffle tickets! it's a wonderful prize just in time for the Easter holidays.

Rebecca K

P & C President

### CANTEEN ROSTER

|              |              |
|--------------|--------------|
| Friday 26/3  |              |
| 9.30-11.30am | Jacque Power |
| 12.00-1.30pm | Jacque Power |



### UNIFORM SHOP OPENING TIMES

Thursday afternoon - 2.45pm to  
3.15pm

## INSIGHTS

## Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

## INSIGHTS

## Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

### Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

### Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

#### 'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

#### 'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

## Lost Property

Outside the school office is a trolley with lost property including water bottles, lunch boxes and clothing.

Many of these items are unnamed so we are unable to return your property. Please check that your child's items, including clothing (particularly jumpers), are clearly labelled so we can return to your children. Check out the trolley for your missing items!

You are cordially invited to attend

## Open Morning 2021

*Friday 23 April* – 9.00am to 10.00am

Subject to Covid-19 Guidelines

See website for updates

[www.davidson-h.school.nsw.edu.au](http://www.davidson-h.school.nsw.edu.au)

Commencing at 9.00am

To attend this event go to  
[www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)  
 and make a booking using the code **zgfgc**



**Davidson**  
HIGH SCHOOL



Mimosa Street, Frenchs Forest  
 Phone: 9451 0022  
[www.davidson-h.school.nsw.edu.au](http://www.davidson-h.school.nsw.edu.au)

**HOLIDAY WORKSHOP**  
 ACRO - JAZZ - LYRICAL - HIP HOP - BREAKDANCE

YOU'RE INVITED TO JOIN US FOR A DAY OF DANCE WORKSHOP FOR STUDENTS 7-12 YEARS

FRIDAY 16TH APRIL 9am-4pm  
 @BROOKVALE DANCE CENTRE  
 3/7 ORCHARD RD, BROOKVALE

\$120 LIMITED SPACES - REGISTER ONLINE  
[WWW.BROOKVALEDANCECENTRE.COM/PORTAL](http://WWW.BROOKVALEDANCECENTRE.COM/PORTAL)

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BROOKVALE *Dance* CENTRE

**HOLIDAY WORKSHOP**  
 BALLET - JAZZ - HIP HOP - ACTIVITIES

YOU'RE INVITED TO JOIN US FOR A DAY OF DANCE WORKSHOP FOR STUDENTS 3-6 YEARS

FRIDAY 16TH APRIL 9am-12pm  
 @BROOKVALE DANCE CENTRE  
 3/7 ORCHARD RD, BROOKVALE

\$50 LIMITED SPACES - REGISTER ONLINE  
[WWW.BROOKVALEDANCECENTRE.COM/PORTAL](http://WWW.BROOKVALEDANCECENTRE.COM/PORTAL)

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5  
6



# School holiday autumn

**ACROBATICS AND GYMNASTICS PROGRAM**

*Pick your day or days!*

|               |                                       |                          |
|---------------|---------------------------------------|--------------------------|
| <b>Times:</b> | Half Day<br>9am - 1pm                 | Full Day<br>9am - 3:30pm |
| <b>Ages:</b>  | 4+                                    |                          |
| <b>Place:</b> | 5A/106 Old Pittwater Rd,<br>Brookvale |                          |
| <b>Cost:</b>  | Half Day<br>\$45                      | Full Day<br>\$70         |

**APRIL**

|            |            |            |            |
|------------|------------|------------|------------|
|            | 6          | 8          | 9          |
| <b>MON</b> | <b>TUE</b> | <b>WED</b> | <b>THU</b> |
| 12         | 13         | 14         | 15         |
|            | 16         |            |            |

Please bring your morning tea, lunch and drink bottle with you. Wear sporty clothes.

**info@aagi.com.au / www.aagi.com.au**  
or call on **9938 2017**




**Koolkidzz** School Holiday Program  
Masada College  
Visit [koolkidzz.com.au/st-ives](http://koolkidzz.com.au/st-ives)

ART COOKING DANCE SPORT DRAMA

**LOCATION**  
9-15 Link Rd, St. Ives NSW 2075

**HOW TO BOOK**  
Go to [koolkidzz.com.au](http://koolkidzz.com.au) and click the Register button at the top of the page

**DATES**  
- Week 1 - 6 to 9 April 2021  
- Week 2 - 12 to 16 April 2021

**HOURS**  
Monday to Thursday: 8:30 AM - 5:00 PM  
Friday 8:30 AM - 3:30 PM

**FEES (BEFORE SUBSIDY)**  
Standard Fee: \$88.00  
[Child Care Subsidy Fee Estimator](#)

**EARLY BIRD**  
Early Bird Daily Fee\* \$76.00  
\*Offer expires on March 22nd, 2021. [T&C's APPLY](#)

**CONTACT US**  
02 9539 6836  
[info@koolkidzz.com.au](mailto:info@koolkidzz.com.au)

**DOWNLOAD OUR GUIDE FOR FAMILIES HERE**



# HOLIDAY CAMPS

DUE TO POPULAR DEMAND, WE ARE INTRODUCING CLIMBING HOLIDAY CAMPS

WEEK 1 - TUESDAY 6TH & WEDNESDAY 7TH APRIL  
WEEK 2 - MONDAY 12TH APRIL & TUESDAY 13TH APRIL

9AM-4PM  
Climbing, Games and a Hoyts Movie  
Movies tbc closer to the time

LIMITED NUMBERS - \$105

BOOK ONLINE TO SECURE YOUR PLACE  
[WWW.UMBRELLANINECO.COM.AU](http://WWW.UMBRELLANINECO.COM.AU)

**UNCO**  
umbrellanineco



**If u like ART** SCHOOL HOLIDAY ART WORKSHOPS

**Ages 5 to 14**

**Tuesday 6th to Friday 16th April**  
Half & Full Day Workshops Available See program at [www.ifulikeart.com](http://www.ifulikeart.com)  
If u like ART is located at 1a Powells Road Brookvale

**Book now!** Call **0409 569483**  
Email [daphne.katos@bigpond.com](mailto:daphne.katos@bigpond.com)