CROMER COURTESIES: - Knock on the door and say, ‘Excuse me……..’ when you enter a room.

NOTES HOME:  Enriching Your Child’s Reading Experience At Home Information Evening - Kindergarten, Kindergarten P & C Welcome BBQ - Kindergarten, PSSA Teams - Selected Students.

<table>
<thead>
<tr>
<th>W6</th>
<th>Mon 29th Feb</th>
<th>Tues 1st Mar</th>
<th>Wed 2nd Mar</th>
<th>Thurs 3rd Mar</th>
<th>Fri 4th Mar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Yr 6 PCS Leaders Day - ‘Halogen’</td>
<td>• K - 2 Assembly - 1:30pm Hall</td>
<td>• Distribution of P&amp;C car raffle tickets</td>
<td>• School Council 7:30am</td>
<td>• PSSA Round 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• K - 6 Clean Up Aust Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Kindergarten Welcome P&amp;C BBQ 5:00 - 7:00pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W7</th>
<th>Mon 7th Mar</th>
<th>Tues 8th Mar</th>
<th>Wed 9th Mar</th>
<th>Thurs 10th Mar</th>
<th>Fri 11th Mar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• 3 - 6 Assembly 1:30pm Hall</td>
<td>• FIRST Class Parent Meeting 9am in staffroom</td>
<td>• PSSA Round 3</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>W8</th>
<th>Mon 14th Mar</th>
<th>Tues 15th Mar</th>
<th>Wed 16th Mar</th>
<th>Thurs 17th Mar</th>
<th>Fri 18th Mar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Zone Swimming</td>
<td>• K - 2 Awards Assembly 1:30pm Hall</td>
<td>• Sydney North Swim</td>
<td>• School Photos</td>
<td>• PSSA Round 4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• P&amp;C Meeting 7:30pm</td>
<td></td>
<td>• Instrumental Music Meeting 9.00am</td>
<td>• PCS Extension class test</td>
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<tbody>
<tr>
<td></td>
<td>• Harmony Day</td>
<td>• 3 - 6 Awards Assembly 1:30pm Hall</td>
<td>• K - 2 Easter Hat Parade</td>
<td>• Good Friday</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Junior Music Camp</td>
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</tbody>
</table>

Inside

- Principal's Report
- Principal's Awards Yr 3 - 6
- Deputy Principal's Report
- Stewart House Clothing Appeal
- Cyber Safety
- Canteen
- Kids Club News

School Photo Information
Student Health Care Plan
Year 5 and 6 Parent Information
Community News

Contact Details:-

Email: cromer-p.school@det.nsw.edu.au
Principal's Email: maureen.t.gray@det.nsw.edu.au
Web: www.cromer-p.schools.nsw.edu.au
Ph: 9971 0499  Fax: 9971 4635
Cromer Kids Club: 9971 2332
PRINCIPAL’S REPORT

 MUFTI-DAY RESULT
Congratulations, Cromer! As you are aware we had a very successful Mufti-Day last week for Kai and Jack Holland and our wonderful Canteen held a Red Day Special in support of the boys. The Mufti-Day raised $1350 and the sale of Fandangles raised a donation of $500. The combined result was $1850 which is a fantastic effort. Students, staff and parents are sincerely thanked for your support of this very worthwhile cause. I am sure Jack and Kai will appreciate being able to replace some of their prized possessions lost in the recent fire at their home.

PARENT COMMUNICATION
We live in an age where various communication devices appear to dominate some people’s lives. Today it is amazing to see how many people walk around everywhere with an iPhone/Smartphone in their hand. On occasion you can be in a public place and yet overhear conversations of a very private nature that should not be broadcast to all and sundry. Some people also spend a great deal of time on social media networks such as Facebook, Instagram etc.

Cybersafety is something that we take seriously at all schools. Unfortunately some children have Facebook accounts and they are below the recommended age that is 13 years before having an account. If parents allow their children to have access to social media family supervision and rules should be in place to ensure children do not encounter bad experiences that may be damaging. A good rule of thumb is always to think before you write, ensure if relaying facts that you have accurate information and treat others with respect and the way you would like to be treated yourself.

Recently we have had a small number of parents creating Closed Facebook pages under class names without any discussion with the school. In some cases teachers have found out after parents have made enquiries about what has been put on the page regarding class homework and other matters that the school would not encourage. This is upsetting especially when things have been stated that the teacher would not advocate.

The Department of Education advises teachers to not “friend” students or parents on Facebook. We are aware there are a number of Facebook pages with the school's name in it but none of these are endorsed by the school. We believe we provide a great deal of information to parents via the newsletter, our website and School App. It sometimes amazes us when we get queries and we say did you read the Newsletter and get told “No” but another parent said………! and it just so happens what the parent said is inaccurate.

There is a “Supporters of Cromer” Facebook page that is used by parents with information about school events, updates from the Canteen etc. This has been successfully refined over time. There is also a page devoted to past students connected through attendance at CPS in days gone by and other open pages. However, this year we have also had individual parents create class pages as advised above without any discussion with the Class Teachers or the Senior Executive.

I do not think those who have created the pages have thought things through clearly as at this stage the Class Parents have are just being advised who they are. Not all parents want to be involved with Facebook especially those who have had bad experiences in relation to family members who have been upset by what someone has posted about them.

Some people appear unaware that even a Closed Facebook page is searchable. Schools have very strict rules about publishing students’ photographs in any form of media and seek parents’ permission/consent to publish. Recently we have had reports from parents that they have found photographs of their children included in group shots that have been posted on open Facebook pages and no one asked their permission. This is cause for concern. Please remember for the protection of some children their photographs cannot be published under any circumstances.

Our Class Parent Network utilises email communication as the vast majority of parents have email addresses. The school is not in favour of Individual Class Facebook pages as some parents would be denied communication about class activities. Class Parents are a Sub-Committee of Cromer PS Parents & Citizens Association. They will regularly liaise with the Class Teacher/Teachers to make sure accurate information is going home to all parents especially about activities that the children are involved in. Class parents send timely reminders about events to other parents. The Class Parents attend regular meetings with the Senior Executive and are advised of school policy and other matters that need to be distributed via the parent email network. Katy Pratt is co-ordinating the Class Parent Network this year. The first meeting of Class Parents will be held Thursday, Week 7 in the Staffroom at 9.00am.

DRIVER BEHAVIOUR IN THE VICINITY OF THE SCHOOL
All parents are again reminded that drivers need to obey road rules in the vicinity of the school. If yellow lines have been painted next to gutters this means you should not stop or park in that area. We have reports of parents waiting on the pedestrian crossing and blocking buses getting in to collect or drop off children. This is inconsiderate
and could lead to injury of children and adults. Normally when drivers do the wrong thing they are running late for pick-up or have only a small window of time to get their child/children to an appointment or after school activity. Safety needs to be at the forefront of driving behaviour because traffic authorities advise children do not develop road sense until at least 10 years of age. Warringah Council Traffic Committee has been responsible for upgrading signage in the vicinity of the schools in its drawing area.

The school is bounded by four roads: Carcoola Rd, Waroon Rd, Dorothy Ave and Meehan Rd. Buses come and go on Carcoola and Waroon Roads both before and after school and both are key departure and arrival points for large numbers of students. Many parents park on these roads but also on Meehan Rd and Dorothy Ave which are much narrower. Our neighbours on Meehan and Dorothy regularly experience drivers/parents parking across their driveways and this means residents cannot get in or get out of their properties. This is frustrating for our neighbours as they have commitments including collecting their own children but are often hindered by someone doing the wrong thing. Please exercise caution and consideration when driving and or parking in the vanity of the school. This will certainly be appreciated by the school in the interest of student safety and the residents who live on Meehan Rd, Dorothy Ave, Waroon Rd and Carcoola Rd.

Maureen Gray
Principal

PRINCIPAL’S AWARDS YEARS 3 - 6

<table>
<thead>
<tr>
<th>Term 1 Week 4-5</th>
<th>Addison E - 3Q</th>
<th>Luke W - 3Q</th>
<th>Liam H - 3L</th>
<th>Sailor C - 3/4G</th>
<th>Vincent C - 3/4G</th>
<th>Nya B - 3/4G</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bronte E - 4S</td>
<td>Alyssa M - 4W</td>
<td>Georgia S - 4W</td>
<td>Will A - 5G</td>
<td>Tia L - 5F</td>
<td>Sky W - 5F</td>
</tr>
<tr>
<td></td>
<td>Jacob S - 5S</td>
<td>Miesha H - 5S</td>
<td>Jenny Q - 5/6C</td>
<td>Kate S - 5/6T</td>
<td>Riley H - 5/6T</td>
<td>Eve H - 6C</td>
</tr>
<tr>
<td></td>
<td>Hayley S - 6C</td>
<td>Cato F - 6N</td>
<td>Thomas S - 6N</td>
<td>Zoe B - 6S</td>
<td>Jackson L - 6S</td>
<td>James F - K6J</td>
</tr>
</tbody>
</table>

DEPUTY PRINCIPAL’S REPORT

KINDERGARTEN WELCOME BBQ – Friday 4th March

On behalf of our school’s P & C Association, we would like to extend an invitation to all Kindergarten families to attend the Kindergarten Welcome BBQ on Friday 4th March from 5pm – 7pm on the school oval. Thank you to those parents who are assisting with the organisation and cooking of the BBQ and to the Year 6 students who have volunteered to assist with activities on the evening. Nicole Herrmann and I are looking forward to meeting you all next Friday evening.

SCHOOL APP

If you would like to receive messages through the app, please ensure you are signed up for notifications through the settings.

WELFARE @ CROMER

Up to Date EMERGENCY CONTACT Information

In order to keep your children safe and provide appropriate care for them, the school requires accurate and up to date information. Please ensure that any changes to contact details (address, telephone numbers, etc) are made known to the office as soon as possible. This can either be done by clicking the link on the phone app, sending the school an email, or sending a note to the Administration Office.

TIME TO UPDATE HEALTH CARE PLANS

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma, mild and severe allergic reactions, diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.
If your child has a health concern and already has a health care plan developed for them to enable the school to support your child, the school is required to have an updated Health Care Plan. Please discuss this with your child’s doctor and complete the attached Health Care Plan and relevant documentation. If your child has a recent diagnosed health condition, please discuss this with the school.

HEALTH CARE PLANS - Anaphylaxis

What is anaphylaxis?
Anaphylaxis is a severe and sometimes sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen (such as a food or an insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life threatening and always requires an emergency response.

It is important that parents/carers notify the school if your child has an allergy and is at risk of anaphylaxis.

It is the role of you as the parent to:

- Promptly notify the principal if they are aware that their child has been diagnosed as being at risk of a severe allergic reaction.
- Promptly notify the principal if the health needs of their child change.
- Promptly notify the principal if their child has a severe allergic reaction outside of school hours, at home or at another location.
- Inform the principal of any other known learning and support needs, including health care needs, disability or learning or behaviour difficulties which may impact on the management of anaphylaxis.
- Assist in the development of an individual health care plan for school support of your child’s health with the principal or their delegated executive and staff.
- Provide the ‘Severe Allergies-Information from the doctor’ form (see attached) to their child’s doctor for completion, and return the completed form to the school.
- Provide an ASCIA Action Plan for Anaphylaxis completed and signed by the doctor. A new plan is completed by the doctor each time an adrenaline autoinjector is prescribed. It is important that parents provide the school with a copy of the updated plan, or a photocopy of that plan.
- Reinforce relevant aspects of the individual health care plan with your child, where practicable, for example, if your child comes into contact with an allergen at school they must immediately inform a teacher and, if age appropriate, remind the child of the importance of taking their adrenaline autoinjector to school with them.
- Provide the equipment and consumables for carrying out health care support as specified in the student's individual health care plan, including where relevant, the appropriate adrenaline autoinjector.
- Replace the adrenaline autoinjector in a timely manner before it expires or after it has been used.
- Provide written requests for the school to administer prescribed medications where necessary. For example some children are prescribed antihistamine or have other health conditions that require administration of prescribed medications.
- Talk to your child about the most likely times and places they may be exposed to the allergen and how to avoid it.
- Reinforce risk minimisation strategies agreed upon for the school environment with your child, as appropriate.

DATES FOR YOUR DIARY - SELECTIVE HIGH SCHOOL AND OPPORTUNITY CLASS PLACEMENT TESTS

The Department of Education is now able to confirm the Selective High School and Opportunity Class Placement Test dates for the years 2016 to 2020.

Students seeking placement in a selective high school or opportunity class are required to attend a test in the year prior to their placement.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>SELECTIVE HIGH SCHOOL PLACEMENT TEST (for Year 6 students seeking placement in Year 7 the following year)</th>
<th>OPPORTUNITY CLASS PLACEMENT TEST (for Year 4 students seeking placement in Year 5 the following year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>Thursday 10 March 2016</td>
<td>Wednesday 27 July 2016</td>
</tr>
<tr>
<td>2017</td>
<td>Thursday 9 March 2017</td>
<td>Wednesday 26 July 2017</td>
</tr>
<tr>
<td>2018</td>
<td>Thursday 15 March 2018</td>
<td>Wednesday 1 August 2018</td>
</tr>
<tr>
<td>2019</td>
<td>Thursday 14 March 2019</td>
<td>Wednesday 31 July 2019</td>
</tr>
<tr>
<td>2020</td>
<td>Thursday 12 March 2020</td>
<td>Wednesday 29 July 2020</td>
</tr>
</tbody>
</table>

Nicole Herrmann and Julie Johnson
Deputy Principals
**KIDS CLUB NEWS**

Website: www.ooshnb.com.au  
Centre No: 9971 2332 or Office: 9984 8089  
Email: manager@ooshnb.com.au

This week at kids club our theme has been Children’s choice. The children had a brainstorming session to discuss what they would like for the activities this week. In the kitchen we made vanilla fudge slice, caramel slice and mars bar slice. In centre we made origami hearts, dogs, chatterboxes and mushrooms.

Outside in the playground we had a paper plane competition which ran for the week. The children were each given a piece of paper and had to design a plane that would fly the furthest. The children really engaged in the activity and loved the challenge!

Last week as mentioned we had our handball knockout comp going on during the week and our overall champion was Beau B (Year 5). Well done to Beau who won himself a new handball!

Parents, this week we have started a Daily Diary which is situated near the IPADS and gives you an overview of our day at Kids Club. It explains what our experiences were for the day and what we got up to.

Have a great weekend!

Kids Club Staff

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**CANTEEN NEWS**

Trolley Tuesday is back. Starting this coming Tuesday. All items are .50c in the Kindy area.

Don’t forget our daily specials which are freshly made to order. **Monday** – Meatball Sub $5.00, **Tuesday** - Lamb Kofta $5.50, **Wednesday** - Sushi $3.60, **Thursday** – Baked potato with garlic $3.50 or Bolognese $4.50.

Suggestions, Comments, Queries….come along to our next Canteen Committee meeting - Thursday 10th March at 7pm in the School staff room. If you can’t make this one they are held every term in weeks 3 and 7. We cover lots of interesting topics.

**Crunch@Cromer**

**STEWART HOUSE CLOTHING APPEAL**

The Stewart House clothing bag went home with your child last week. Take this opportunity to go through your cupboards for any unwanted clothes. Please make sure you return your bag by Monday 29th February to the bike shed.

Thank you in advance.

Administration

**CYBER SAFETY**

CyberSafety and Digital Citizenship - A Guide for Parents - Bookmark this page!

As your child spends more time on computers, portable devices and mobiles, it is important to understand how to help them stay safe and responsible. You don’t have to be a computer whiz. The great news is there is help out there! Learn about CyberSafety and Digital Citizenship at the Department of Education and Communities website: www.digitalcitizenship.nsw.edu.au. On this site you will find interesting facts, tips and interactive activities to support you and your child.

We have also found a great link to show children about safe searching on YouTube. Although they don't have access to it at school, it's a great quick video to help children surf safely at home.  
https://www.youtube.com/watch?v=tkMPZuNFBs&feature=player_embedded

Happy and Safe Searching!

Ben Tasker

**KIDS CLUB NEWS**

Website: www.ooshnb.com.au

Centre No: 9971 2332 or Office: 9984 8089  Email: manager@ooshnb.com.au

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Parents, this week we have started a Daily Diary which is situated near the IPADS and gives you an overview of our day at Kids Club. It explains what our experiences were for the day and what we got up to.

Have a great weekend!

Kids Club Staff
School Photo Day is Thursday 17 March 2016

Have your child’s school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don’t seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day

- Family envelopes are available at the school office

- If paying by cash please enclose correct money as no change is given on photo day. NO CHEQUES ACCEPTED

- Credit card payments can be made online (please follow instructions on envelope) or by calling our Office prior to the day. Your child will still need to take their envelope with them on the day.

- Sport/Specialty Photo Orders will be organized after photo day on a separate form.
Individual Health Care Plan
Cover sheet

This template forms the cover sheet for an individual health care plan. Additional information and attachments will be relevant to meet the specific health care needs of the student.

The individual health care plan must address the needs of the student in the context of the school and the activities the student will be involved in. Planning must take into account the student’s full range of learning and support needs.

The individual health care plan is developed in consultation with the parent, staff and student, where practicable, and on the basis of information from the student’s doctor, provided by the parent.


The plan will be reviewed on:

NOTE: Individual health care plans should be reviewed at least annually or when the parent notifies the school that the student’s health needs have changed. Principals can also instigate a review of the health care plan at other times.

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
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<thead>
<tr>
<th>Principals Network</th>
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<table>
<thead>
<tr>
<th>Student name</th>
<th>Class</th>
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<table>
<thead>
<tr>
<th>Date of birth</th>
<th>Medicare number</th>
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<tr>
<th>ERN/Student number</th>
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<table>
<thead>
<tr>
<th>Health condition/s</th>
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<table>
<thead>
<tr>
<th>If anaphylaxis, list the confirmed allergies</th>
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<table>
<thead>
<tr>
<th>Learning and support needs of the student (including learning difficulties, behaviour difficulties and other disabilities)</th>
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<table>
<thead>
<tr>
<th>Impact of any of the conditions (as mentioned above) on implementation of this individual health care plan</th>
<th></th>
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<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td>Medication/s at school</td>
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<td>------------------------</td>
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<tr>
<td>Medication supply, storage and replacement. For anaphylaxis this will include the adrenaline autoinjector</td>
<td></td>
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<tr>
<td>Other support at school</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Parent/Carer contacts:</th>
<th>Parent/Carer information (1)</th>
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<tbody>
<tr>
<td>First name</td>
<td></td>
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<tr>
<td>Surname</td>
<td></td>
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<tr>
<td>Relationship to child</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
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<tr>
<td>Home phone</td>
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<td>Work phone</td>
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<tr>
<td>Mobile phone</td>
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<table>
<thead>
<tr>
<th>Parent/Carer information (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First name</td>
</tr>
<tr>
<td>Surname</td>
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<tr>
<td>Relationship to child</td>
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<tr>
<td>Address</td>
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<tr>
<td>Home phone</td>
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<tr>
<td>Work phone</td>
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<tr>
<td>Mobile phone:</td>
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<table>
<thead>
<tr>
<th>Emergency contacts (if parent/carer unavailable)</th>
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</thead>
<tbody>
<tr>
<td>First name</td>
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<tr>
<td>Surname</td>
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<tr>
<td>Relationship to child</td>
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<tr>
<td>Address</td>
</tr>
<tr>
<td>Home phone</td>
</tr>
<tr>
<td>Work phone</td>
</tr>
<tr>
<td>Mobile phone</td>
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</tbody>
</table>
Medical practitioner / doctor contact:

<table>
<thead>
<tr>
<th>First name</th>
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<tbody>
<tr>
<td>Surname</td>
<td></td>
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<tr>
<td>Address</td>
<td></td>
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<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>Mobile (if known)</td>
<td></td>
</tr>
<tr>
<td>Email (if known)</td>
<td></td>
</tr>
<tr>
<td>Fax (if known)</td>
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</tbody>
</table>

Emergency Care

Notes:
An emergency care/response plan is required if the student is diagnosed at risk of a medical emergency at school. For students at risk of anaphylaxis the [ASCIA Action Plan for Anaphylaxis](#) is the emergency response plan. This plan is obtained by the parent from the student’s doctor and not developed by the school.

Emergency Service Contacts: (eg ambulance, local hospital, medical centre)

1.
2.
3.

In the event an ambulance is called, schools can print an ambulance report from within ERN for the student.

Special medical notes.
Any special medical notes relating to religion, culture of legal issues, eg. blood transfusions.

Note: If the student is transferred to the care of medical personnel, eg. paramedics this information, will if practicable in the circumstances, be provided to those personnel. It will be a matter for the professional judgment of the medical personnel whether to act on the information.

Documents attached
Please tick which of the following documents are attached as part of the individual health care plan:

- An emergency care/response plan (for anaphylaxis this is the ASCIA Action Plan for Anaphylaxis)
- A statement of the agreed responsibilities of different people involved in the student’s support
- A schedule for the administration of prescribed medication
- A schedule for the administration of health care procedures
- An authorisation for the doctor to provide health information to the school
- Other documents – please specify. Note: For anaphylaxis this should include strategies to minimise the risk of exposure to known allergens and details of communication and staff training strategies. See the Anaphylaxis Procedures for Schools for further information.
Consultation
This individual health care plan has been developed as part of the learning support plan, in consultation with those indicated below and overleaf and with the knowledge and agreement of the student’s parent/carer. Information has been provided by:

- Student
- Parent/Carer
- GP
- Medical specialist

### Department staff involved in plan development

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### Health care personnel involved in managing the student’s health at school: (eg Community Nurse, Therapist)

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Signature of Parent/Carer: Date

Signature of Principal: Date

NOTES:

*Information in this individual health and emergency care plan remains specific to meet the needs of the individual student named and should not be applied to the care of any other student with similar health and emergency care needs. All individual health and emergency care plans must take into account issues of confidentiality and privacy to ensure information about the student is treated appropriately.*

*The school and the Department are subject to the Health Records and Information Privacy Act 2002. The information on this form is being collected for the primary purpose of ensuring the health and safety of students, staff and visitors to the school. It may be used and disclosed to medical practitioners, health workers including ambulance officers and nurses, government departments or other schools (government and non-government) for this primary purpose or for other related purposes and as required by law. It will be stored securely in the school.*
At Narrabeen, we look at your child’s future like you do and know the importance of a well rounded education. We invite you to experience the vibrancy and essence of our school community.

Open Night highlights:

**Experience guided tours of the schools facilities**

**Meet our School Leaders and Prefects**

**Watch Music and Drama performances**

**View our Faculty teaching and learning displays**

**Participate in Academy Sports Program**

**Receive enrolment information**

**Enjoy light refreshments provided by our senior hospitality students**

**Open Night**

3rd March, 2016

4:30 - 7:30pm

Meet the Principal at 4:30pm | 5:30pm | 6:30pm followed by student led school tours.

Please RSVP at: narrabeen-h.school@det.nsw.edu.au

For more information about Open Day or Enrolments, please contact the School Office or visit the website. www.narrabeen-h.schools.nsw.edu.au

10 Namona St, North Narrabeen, NSW 2101  PH 9913 7820
THE FOREST HIGH SCHOOL – GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES

The Forest High School will be holding our GATS (General Achievement) Test on the following date:

Saturday 12th March from 9.00am to 11.30am

Testing will take place in the school hall. If you are unable to attend on this date a reserve session will also be held on Monday 14th March from 4.00pm to 6.30pm

Students wishing to be placed in our Gifted and Talented class for Year 7 2017 must first sit for this test. The Year 7 G&T class for Year 7 2017 will be determined after close examination of the test results and the students’ NAPLAN results from Year 5. The cost of the test is $40.00, payable on the day. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:
Part 1 – Mathematics – 40 multiple-choice questions
Part 2 – Reading and Language – 40 multiple-choice questions
Part 3 – One writing task

Students are requested to arrive at The Forest High School by 8.45am for a 9.00am start or by 3.45pm for a 4.00pm start. They are also requested to bring a copy of their NAPLAN results on the day of the test. Parents are invited to stay for light refreshments from our Barista program in our common room. If you would like your child to sit for this test please ring The Forest High School on 9451 5111 and register your name, your child’s name, address & phone number. Please register by Friday 4th March.

OPEN NIGHT – Wednesday 9th March 2016 from 6.00pm to 8.00pm

Parents and students are invited to attend The Forest High School Open Night
The evening includes an address from the Principal & School Captains; displays & activities from each faculty; faculty Treasure Hunt; school tours; music, dance & drama performances; teachers & parents will be available to answer questions

MEET THE PRINCIPAL – dates for 2016

Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowall, have a school tour and ask any questions you may have about The Forest High School and starting high school.
Call the School Office on 9451 5111 to book a place or just come to the School Office at 9am on the day

Monday 22nd February – 9am
Monday 21st March – 9am
Monday 16th May – 9am
Monday 15th August – 9am
Monday 24th October – 9am

135 Frenchs Forest Road, Frenchs Forest NSW 2086 Phone: 02 9451 5111 Fax: 02 9976 3293
www.theforest-h.school.nsw.edu.au
Year 7 Academic Placement Test 2017 Intake

Placement in the Year 7 Academic classes at NBSC Balgowlah Boys, NBSC Cromer Campus and NBSC Mackellar Girls Campus is based on supporting evidence of eligibility including the results achieved in the NBSC Academic Placement Test.

Application Forms

Application forms can be downloaded from The Northern Beaches Secondary College website.

http://www.nbsc.schools.nsw.edu.au/curriculum-opportunities/year-7-academic-placements

Closing Dates for Applications for 2017 Intake

- NBSC Balgowlah Boys Campus 4th March 2016 by 4 pm.
- NBSC Cromer Campus 4th March 2016 by 4 pm.
- NBSC Mackellar Girls Campus 26th February 2016 by 4 pm.

Students should sit the test at the NBSC campus they wish to attend in 2017.

Test Date Thursday 17th March 2016 at 9 am

Contacts

NBSC Balgowlah Boys Campus: Lorna Curtis 9939 6942
NBSC Cromer Campus: Lorna Curtis 9939 6942
NBSC Mackellar Girls Campus: Wendy Mailey 9949 2083
Enrolling in high school

Information for primary school parents

Are you beginning to wonder about high school decisions for your Year 4 and 5 child and are not sure of the processes and how the system works?

In response to community demand, Northern Beaches Secondary College, which includes Cromer, Mackellar Girls, Balgowlah Boys, Manly (Selective) and Freshwater Senior Campuses, will be hosting an information evening.

The aim is to assist parents by providing accurate details about the process of secondary school enrolment, what to consider and to also answer any specific questions you may have about local public high school options.

**Details are as follows:**

**Date and time:** 6.30pm – 8pm Monday 29th February, 2016

**Venue:**
NBSC Freshwater Senior Campus Theatre
Harbord Road, Freshwater

**Hosted by:**
Neil Worsley - Northern Beaches Secondary College Principal

**Guest presenter:**
Jason Baldwin – Director, Public Schools NSW – Warringah Network

**Panel members:**
A number of Campus Principals from Northern Beaches Secondary College

**RSVP:** To assist with organisation, participant numbers are limited to 250, so please book a seat online through the trybooking.com via the following URL: [http://www.trybooking.com/Embed.aspx?eid=185043](http://www.trybooking.com/Embed.aspx?eid=185043)
Do you have a child (3-13 years old) with an intellectual disability?

Are you feeling overwhelmed and under stress?

Northern Intellectual Disability Health and the University of Technology Sydney are inviting parents with a child with an intellectual disability, who are experiencing stress to attend one of two different 8-week support groups. Come along to:

- Examine ways of overcoming stress
- Develop skills and implement strategies to reduce stress and its impact on the family
- Improve the well-being of yourself and your family

The groups will be run at Northern Intellectual Disability Health in Cremorne by provisionally registered Psychologists under supervision. There is no cost for attending this group. Groups will be evaluated by questionnaires completed by participants online weekly, and at the beginning and end of the study.

If you would like further information, or to be involved in this research study, please contact us at nhitpsych@gmail.com.

This study has been approved by the Northern Sydney Health District Human Research Ethics Committee. Reference: LNR/15/HAWKE/263, ratified by the UTS HREC. Reference: 2015000570.

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“Siblings of Children with a Disability”

Presented by

Kate Strohm

Director, Siblings Australia Inc.
& Author of "siblings - brothers and sisters of children with disability" (Revised edition 2014)

Date: Tuesday 1st March 2016
Time: 7pm - 9pm Refreshments provided
Venue: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen

The workshop will assist parents to:

- Understand the concerns of siblings
- Identify behaviours that might indicate stress
- Explore factors affecting the adjustment of siblings
- Identify parent’s role in supporting siblings
- Identify other sources of support for siblings
- Meet other parents with similar experiences

Cost: $15 pp

For bookings log on to: http://www.trybooking.com/169955
Please note that the advertisements appearing in this newsletter do not necessarily carry the endorsement of Cromer Public School. The credentials of advertisers have **NOT** been checked by the school. For reasons of child protection, interested parents are strongly advised to closely check the credentials of any person or group advertising activities that would directly involve the participation of their children (e.g. camps, coaching, classes etc.)
Join our team – we’re hiring!

August 9 is Census night and the Australian Bureau of Statistics is looking for 2,500 motivated and community minded Area Supervisors to join our team across Australia.

Area Supervisors:
- Are temporary casual jobs, with flexible working hours
- Will recruit, train and lead a small team of field staff to help deliver the 2016 Census
- Will earn $34.76 per hour (inclusive of 25% loading)

Applications open 1 February 2016. Apply online at abs.gov.au/careers

Make a difference in your community and help shape its future.
DONATION OF SOCCER BOOTS
WE NEED BOOTS!!!!!!
Please send any second hand soccer boots that you no
longer need to the school. They are being collected for a
charity that sends them to remote indigenous communities
in WA and NT.

There will be a box outside the canteen near the lost property for any
donations.

Thank you in advance.

Tennis Whiz
Narrabeen Tennis Centre

• Ages 3yrs to 3yrs
• Fun innovative program that include Tennis and
  Fundamental Motor Skills
• Key learning areas also include literacy,
  numeracy, health & development
• On court learning with parents and children

TERM 1 SPECIAL! Free trial lesson
  Free Racket on Registration

Contact Information:
To book a session or for further information call the office on
0405 424 413 or
email: tmsstapp@optusnet.com.au
Narrabeen has a complete tennis program as well
including Hot Shots see website:

http://www.theireastnpptennischool.com.au

Kids Karate
at Cromer PS

Tuesday Afternoons
3:00pm, 3:45pm & 4:30pm
$12 per class for beginners
boys & girls 5 - 12 years old

Register for a FREE trial class
at keymartialarts.com.au

1300 304 532

Natural body products
Safe & pure - Eco friendly
- Handmade locally

Shop locally. Shop online at
bee pure.com.au

Redgum Book Club
orders close Monday 7 March

Redgum Book Club supports Australian authors, illustrators and publishers to provide books
specifically relevant to our Southern Hemisphere and keep our Australian children’s book
industry strong. They offer a wide range of quality fiction and non-fiction titles and a large
range of educational games and products.

Every order earns books for our school and includes a free gift for your child as a reward for
choosing a great book to read!

Your child will have brought a catalogue home and you will need to order online at
www.redgumbookclub.com.au by Monday 7 March. The website contains thousands of
books from previous catalogues, so please use their search field to browse by author or
series.