

# Rose Bay Public School

## Newsletter

24<sup>th</sup> June 2015



### *Dates for Your Diary*

#### June

- 26 Red Nose Day
- 26 PSSA Sport Concludes
- 26 Working Bee and Garden Produce Sale in the garden 3:30pm
- 26 Last Day of Term 2

#### July

- 14 Student Return for Term 3
- 17 PSSA Commences
- 22 OC Placement Test
- 28 Athletics Carnival
- 29 Senior Band Assembly Performance

#### August

- 3-7 Week of Tastes
- 4 Violin Concert & Rehearsal
- 10-12 Create East
- 11 SCPSSA Athletics Carnival
- 12 Kindergarten Farm Excursion

## Enrol now for Kindergarten 2016



We are currently processing applications for 2016

Please send enrolment forms back as soon as possible!



Last Day of Term 2

Friday 26<sup>th</sup> June

First Day of Term 3

Tuesday 14<sup>th</sup> July





Thank you to all those who returned money for the P&C's major school fundraiser – Rose Bay's World Cup.  
**As of Wednesday 24th June we have raised**  
**\$26,816.55**

While just short of our target, this is \$26,816.55 that we did not have 3 weeks ago! This money will be used to buy iPads that will be enjoyed by the all the students.  
Tremendous effort Rose Bay students!

If you still have money to return, please do so through the office.  
Everyone will still receive a thank you gift.



**TOP MONEY EARNERS:** Cooper S, Charlotte J, Georgia B, Milla F, Jack F, Rafael W, Jonah B

**\$30 DRAW WINNERS:** Henry S, Logan M, Sara Z, Noah J, Tia H, Woody P, Joe M, Eike K, Thomas A, Pepper D, Charlie B, Sofia M, Kian C, Oliver C, Alix A, Jonah F

**\$100 DRAW WINNERS:** Ashton S, Maxie S, Oliver B, Zach Z, Summer H, Toby N, Jodi F, Lily M

Special mention to IB that returned all their sponsorship forms and will be enjoying an ice block treat this week.

**Congratulations to all the participants and prize winners!**

# THANK YOU

Community Partners & Event Sponsors



Major Sponsor



Major Supporters



Supporters







## Canteen Corner

### Super Soups

Roasted Pumpkin is now part of the daily soup menu, which will become a regular weekly feature. The hot soups which are available every day are a winter lunch time hit.

Here are some of our soups:

Cup-A-Doodle-Soup Daily Specials - \$3.00  
Takeaway 1 Litre 'Soup of the Day' - \$10  
(GF, SF, DF)

Monday - Vegetable & Lentil  
Tuesday - Roasted Pumpkin  
Wednesday - Creamy Potato, Leek & Corn  
Thursday - Tomato & Basil  
Friday - Roasted Carrot, Coriander & Coconut

Teacher Serving- \$5



Don't forget you can also take home a litre of the daily soup special to have at home too for just \$10, quite the bargain for a good cooked meal. Teachers and parents have certainly been making the most of this take-home service!

### Did You Know...

All of our soups are made from scratch, with no nasties, nada, zilch! They are full of vegetables, more vegetables, lots of wholesome goodness and of course plenty of love too! Feedback has been overwhelmingly positive and we thank everyone for that.

### Love Food's Sugar-Free Blueberry & Banana Muffins

#### Ingredients for 12 muffins

2 Bananas (Medium Sized)  
1 Egg  
½ cup Water  
½ cup Vegetable Oil  
2 tsps. Vanilla Bean Extract  
2 cups Wholemeal SR Flour  
1 heaped tsp Cinnamon  
1 cup Frozen Blueberries

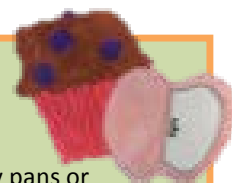
#### Method: Ready in less than 30 minutes!

Preheat your oven to 190 degrees and line a muffin tray with patty pans or lightly grease the tray with vegetable oil.

In a bowl, mash the bananas then add the egg, water, oil and extract and beat lightly until mixed. In a separate bowl, mix the flour and cinnamon then create a well, slowly mix into the well the wet ingredients until mostly smooth but don't over beat it, there will be lumps of banana. Lastly, stir in the blueberries gently and spoon into the patty pans.

Bake for about 15 minutes or until a fork comes out clean from the center of the muffin. Once done, turn off the oven and let the muffins sit for a few minutes before removing from the tray and cooling on a wire rack.

*Angelika Says...These muffins are bursting with blueberry goodness, are sugar free and still delicious! Some muffins are just an excuse to eat cake, but this recipe offers plenty of fiber, making them a good snack to keep you feeling full for longer. You could further boost the fiber and protein content by adding seeds or a sprinkling of nuts.*



Go to [flexischools.com.au](http://flexischools.com.au) for easy online ordering.

[www.lovefood.co](http://www.lovefood.co)



0406 818 066

## ROSE BAY PUBLIC SCHOOL MENU



Fresh, Colourful, Nourishing & Sugar Free Food



**Cup-A-Doodle-Soup Daily Specials** - \$3.00  
**Takeaway 1 Litre 'Soup of the Day'** - \$10  
 (GF, SF, DF)

Monday - Vegetable & Lentil  
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Teacher Serving - \$5



### DRINKS

**Cheeky Monkey Smoothie** - (GF) Mixture of Banana, Berries, Mango & Milk \$3.50  
**Tutty Fruit Juice** - (GF, DF) Mixed Fresh Fruit & Vegetable Pressed Juice \$2.50  
**CoCo Nuts! Water** - (GF, SF, DF) \$2.00

**Moo Milk** - \$2.00  
**Cocoa Crush Milk** - (LF, SF) \$2.00  
**Strawberry Milk** - (SF) \$2.00  
**Water** - \$1.00



### Key

GF - gluten free  
 SF - sugar free  
 DF - dairy free

### SNACKS

**KA POW! Ball** - (WF, DF, SF) Homemade Oat Ball with Seeds & Dried Fruit - \$2.50

**POP! Popcorn** - (GF, DF, SF) - \$1.50

**Tamar Valley Yoghurt** (SF) - \$2.00

Mix Berry, Strawberry, Passion fruit, Raspberry, Citrus Cheesecake & Mango

**Seaweed** (GF, DF, SF) - \$1.50

**Bliss Ball** - (WF, DF, SF) Dried Fruit, Oats & Rolled In Coconut - \$2.00

**Veggie Sticks with Hummus** (DF, SF, GF) - \$2.50

**Pretzels** (SF) - \$1.50

**Seasonal Fruit Cup** - \$2.50

**Steamed Corn** - \$2.00

**Edamame in A Cup** - \$1.50

**Muffin** - Banana/Blueberry - \$2.00



### LUNCH

**Googie Egg Cup** (GF, SF)

Eggs With Grated Veggies, Herbs & Topped With Melted Cheese \$3.50

**Oodles of Noodles** (GF, SF, DF)

Rice Noodles with grated Vegetable, Herbs & Soya Sauce \$4.00

Teacher Serving \$6

**Classic Toasties**

Tomato - Cheese - Pineapple - Shredded Chicken \$3.50

**Fresh Rolls** (Organic SF Wholemeal or GF, SF bread)

Chicken Rolls + Any Salad Item(s) \$5.00

Egg Rolls + Any Salad Item(s) \$4.00

Cheese Rolls + Any Salad Item(s) \$3.50

Salad items: Tomato, Carrot, Cucumber, Beetroot, Lettuce, Gherkin



**Hot Potato Hot Potato!** (GF, SF) - Fillings: Mexican, Beef & Veggies and Cheese & Tomato \$4.00

**Salads** (GF, SF, DF) - \$4

Creamy Coleslaw Salad

Roasted Potato Salad - Roasted Potato, Edamame Beans & Egg Salad

Veggie Sticks - Selection of Vegetables with Hummus

Chicken Salad - Shredded Chicken with Lettuce, Cucumber & Tomato

Teacher Serving \$6



**Daily Specials** - \$5.00

Teacher Serving - \$6

Monday Mexican Madness - Selection of Mexican Dishes

Tuesday Teriyaki - Chicken Curry with Rice & Vegetables

Wednesday Turning Japanese - Salmon & Avocado, Veggie Sushi, Chicken & Lettuce

Thursday - Green Monster Pesto Pasta (nut free) Macaroni with Bolognese & Vegetables

Friday - Happy Hamburger




For full online menu go to

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

## P&C News



### Sportathon

June is Sportathon month. Thank you all for the amazing response to the Sportathon Fundraiser. A huge thanks to all of the children, teachers and parents who made the event such a success and also to the sponsors for prizes, equipment and time, such a great effort.

Cindi Shaw and Lisette McDonald have done an incredible job organising the event volunteers, the prizes, the money collection and all the administration that goes on behind the scenes. They have been tireless in this effort and we cannot thank them enough.

A huge thank you to Alex Abrahams and all the parent volunteers who have stood in the wet and wintery playground collecting money over the past three weeks, to the office staff for their support and assistance with the collection, Belinda Johnstone for graphic design and Georgie Beck for photography.

Her Majesty The Queen (aka Costa Georgiadis) and Yianni did a wonderful job adding a touch of pomp and ceremony to the games.

### Canteen

Great to see the new canteen up and running. I've had some fantastic feedback from parents and children who are loving the warm, friendly approach of Verena and Angelica. Hope your children are enjoying the healthy homemade food as much as mine.

### Next big event

Our next big event coming up in September is Fathers Day. Please let us know if you have a great idea for an event that you would like to run for this very special day. Email us on [rosebaypc@gmail.com](mailto:rosebaypc@gmail.com)

### Goodbye and thank you Mandy Suppre

Sadly, we say goodbye to our Vice President Mandy Suppre who is leaving for an overseas adventure at the end of the term. Mandy, you have contributed so much to our school, coordinating events such as last year's parent fundraiser, the markets earlier this year and being involved in steering the P&C in its support of the school. We have valued your input so much and will sorely miss you.

The next P&C meeting is scheduled for Tuesday 11th August at 7pm in the Library.

Wishing everyone in the Rose Bay Public School community a safe and happy school holidays.

**Lisa Cahill**  
**P&C President**

## Debating News

In round one and two of the Bondi district debating competition, both our junior and senior debating teams had great success in defeating their opponents from Clovelly Public School. The junior team, Amelia, Matthew, Grace and Romy debated the topic that 'Homework should be banned' whilst the senior team, Tara, Rachel, Sunny and Alix debated that 'Students should be required to wear school uniforms.'

In round two against Bondi Public School, the junior team, Matt, Lilas-Mae, Taylor and Zoe debated that 'Movies are better than books' whilst the senior team, Josh, James, Nathan and Indiana debated 'Reality t.v. does more good than harm.'

Well done to both teams on their success and congratulations to all students on their efforts.

Miss Metwally  
Debating coordinator  
Miss Williams



## Multicultural Public Speaking News

On Thursday the 18<sup>th</sup> of June, Rose Bay Public School was host to the District Multicultural Public Speaking Competition. Jake N and Darcie S were representing Stage 2 whilst Matthew C and Tara L were representing Stage 3.

Jake's topic was "Multiculturalism at school" whilst Darcie's topic was "Same but different". The impromptu topic was 'Hard work.' They both received Highly Commended awards which is fantastic.

Tara spoke about 'Refugees' and Matthew's topic was 'Words can hurt.' Their impromptu topic was 'Time is running out.'

Congratulations to all students on their efforts.

Miss Metwally  
Public Speaking Coordinator





## DIRECTIONS IN **music**

Inspire, Create, Perform.

### Rose Bay Public School Band Program

#### Band News

We are rapidly approaching the end of term and our Winter Band Bash on **Tuesday 23<sup>rd</sup> June**. Please make sure all your efforts are going into practising the music for this concert so that we end the term on a high. Final rehearsals are taking place this week where you shall be getting some of the music for next term. All tutorials start back in **week 1**, with Senior Band rehearsals starting on **Tuesday 14<sup>th</sup> July** and Junior Band rehearsals starting in **week 2 Monday 20<sup>th</sup> July**. Have a great holiday!

#### Upcoming performance in Term 2!

- Junior and Senior Band – Winter Band Bash, 23<sup>rd</sup> June

#### Term 3 Performances!

- Assembly Performance, Senior Band – Week 3 Wednesday 29th July
- NSW Band Festival, Senior Band – Week 3 Sunday 2nd August
- Junior Spotlight, Junior Band – Week 9 Monday 7th September

#### What to practise!

- **Junior Band** – Junior Band should now be starting to look at the exercise on page 10 in your red books as well as *Beethoven's Ninth* and *Power Rock*
- **Senior Band** – Continue to work on *Let it Go* from term 1 as well as your new pieces of music, *The Spook*, *Trolls* and *Happy*.

#### Practice tip – Take care of your instrument!

Your musical instrument will serve as your friend as you continue your studies. It isn't enough that you're a good player, you must also have an instrument that is of good quality and in top condition. Take care of your instrument; if you feel it's starting to have problems, don't wait, and get it checked immediately.

#### Section of the week!

This week it goes to the.....**Low Brass section!!!**

**Richard Sandham**

RBPS Program Manager

## Winter

### School Uniform

As the weather gets a little cooler a few colourful hoodies and jumpers have made their way to school. Wearing a school uniform is an important part of school life. The students at RBPS look fantastic when they are all in school uniform! I strongly encourage students to wear their school uniform each day, and would appreciate parents and caregivers supporting this.

### Medication at School

Medication cannot be given unless it has been **prescribed by a doctor** and is accompanied by the signed and dated permission slip '*Administering of Medicine to School Students form*' available from the Office.

Only prescribed medication in the **original container**, will be given.

**Do not send medication with your child.**

**The school staff do not administer Panadol, cough mixture or over the counter medication.**

### School Absence

If your child is sick or absent please email the school directly.

[rosebay-p.school@det.nsw.edu.au](mailto:rosebay-p.school@det.nsw.edu.au)

We will forward messages to the class teacher.

Or contact the school office on  
9371 4800



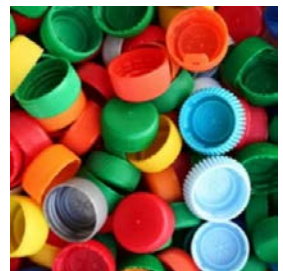
As we begin preparing for Art by the Bay 2015 ...

### 'BACK TO THE FUTURE'

We would appreciate our families collecting and donating odds and ends that can be used to create our artworks.

- + Buttons and beads
- + Material scraps – keys, metal scraps
- + Drop sheets
- + Newspapers
- + Glass jars with lids
- + Wool, Yarns, rope
- + Coloured plastic bottle tops
- + Old papers, street
- + Directories, maps
- + Old ceramic plates and cups

We would appreciate it if all donations can be placed in the tubs outside the 3S classroom.



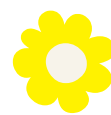
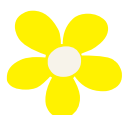


# Enrol now for Kindergarten 2016



We are currently processing  
applications for 2016

Please send enrolment  
forms back as soon as  
possible!



# Kindergarten experiment with.....

...the Ipad!!





# 1ST NEW YEAR'S RESOLUTION... SAVE SAVE SAVE!

- ☒ Refinance
- ☐ Investment property
- ☐ Overseas holiday
- ☐ Buy beach house
- ☐ Upgrade car

Refinance your home loan with 1st Street and be rewarded with a \$500\* rebate. We have the knowledge and relationships to get you the best rate in the market.

\*Conditions Apply

**1ST STREET**

HOME LOAN SPECIALISTS

**1300 17 87 87**

## Selling or leasing in 2015?

We'll add value to your real estate transaction

Hart Estate Agents is proud to be a  
**Community Partner**  
of Rose Bay Public School

To further show our support, we will donate to the school  
each time we are engaged by a RBPS family  
\$500 if we sell your property  
\$200 for each property you give us to manage.



**Hart**

Alex Hart  
**0418 245 018**  
hartestateagents.com.au

## TO ALL ASPIRING PERFORMERS

DO YOU THINK YOU CAN BE 'THE VOICE' OR  
LAND THAT STARRING ROLE IN A MUSICAL THEATRE PRODUCTION?  
YOU NEED A COACH THAT'S DONE IT ALL!

singing coach **ANGELA AYERS** vocal stylist

Specialised classes  
singing - breathing technique - performance skills - movement - drama  
FOR FURTHER INFORMATION PLEASE CALL

**0404 - 597 - 532**

EMAIL ANGELA AT: [a.ayers@bigpond.com](mailto:a.ayers@bigpond.com)

Now taking on students\* in the Eastern Suburbs  
Private & Group Classes

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CLASS  
FREE

ANGELA has starred in many of Australia's most successful musicals  
A CHORUS LINE - GUYS AND DOLLS - JERRY'S GIRLS - JOSEPH - HAIRY MAELARY  
plus numerous television programmes and commercials

## The Ballet Class

Royal Academy of Dance Registered

Offering classes at Rose Bay Public School and many  
more venues in the Eastern Suburbs

Offering Classical Ballet, Modern, Jazz,  
Tap, Contemporary, Musical Theatre,  
Character, Stretch/Pilates/Ball Work

For all ages from  
Mums & Bubs to Major  
Students and Adults



Postal address: 9 Shaw Street, North Bondi 2026

Ph/Fax: 02 9365 5221

[www.theballetclass.net.au](http://www.theballetclass.net.au)

Music is part of a well-rounded education

## ENROLLING for 2015 Keyboard lessons

Lessons at school  
on Thursday afternoons

Instruments & activities are provided in the class, \$19.25/wk.  
Individual lessons are also available.



Contact: 0402 780 130

[ariamusicsschool@gmail.com](mailto:ariamusicsschool@gmail.com)

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



## Callanan Academy of Dance

Ballet and Irish Dancing

Age 3-Adult

Eastern Suburbs

Moira Callanan 0430083981

[Callananacademyofdance.com.au](http://Callananacademyofdance.com.au)









## PARKS CLINIC

established 1990

12 Junction Street Woollahra  
phone 9389 4512  
email [info@parksclinic.com](mailto:info@parksclinic.com)  
[www.parksclinic.com](http://www.parksclinic.com)

Dr Henry Luiker

**psychologists** help kids\* with sad, angry,  
anxious or confused feelings  
(\*and their families)

## PARKS CLINIC

established 1990

12 Junction Street Woollahra  
phone 9389 4512  
email [info@parksclinic.com](mailto:info@parksclinic.com)  
[www.parksclinic.com](http://www.parksclinic.com)

Dr Ann Rémond

**speech & language pathologists** help kids  
communicate better

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12 Junction Street Woollahra  
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email [info@parksclinic.com](mailto:info@parksclinic.com)  
[www.parksclinic.com](http://www.parksclinic.com)

Mari Carmen Escribano  
Linda Nelson

**occupational therapists** help kids with writing,  
coordination, sequencing & organisation

## BO-PEEP KINDERGARTEN



- DOVER ROAD, ROSE BAY
- 8.30AM-3.30PM
- LIMITED SPOTS AVAILABLE
- COMPETITIVE FEES

**CALL: 9371.9364**

## ROSE BAY PUBLIC SCHOOL AFTERNOON MULTI-SPORTS TERM 3

*ROSE BAY MULTI-SPORTS* is a sports and games orientated program aimed at promoting sport for enjoyment and the development of vital fundamental movement skills.

The program is designed to provide children with the opportunity to:

- Enjoy a variety of games and activities
- Attempt new skills in a positive environment
- Further develop existing skills
- Engage with their peers in a fun setting
- Succeed

With who? Mrs Mills – Qualified Physical Education Teacher with a Bachelor Degree in Human Movement and Health Education.

Where? The RBPS school hall

When?

Mondays	Grades 2, 3 & 4	3.20pm – 5.00pm	Week 2 – Week 10	\$180
Thursdays	Grades K, 1 & 2	3.20pm – 5.00pm	Week 1 – Week 10	\$200

N.B - Monday sessions begin in Week 2 as Monday Week 1 is a Staff Development Day

Cost? Is shown in the above table.

For an alternative payment scheme, please contact me via email.

Reservations? Grades K, 1 & 2 (Thursday) <http://www.trybooking.com/134770>  
Grades 2, 3 & 4 (Mondays) <http://www.trybooking.com/134772>

There is a limit of 25 children per Class to ensure maximum involvement.

Contact? For all enquiries, please contact Mrs Mills at  
[rbmultisports@gmail.com](mailto:rbmultisports@gmail.com)



IFIT KIDS TERM 3, 2015

TERM 3 WILL COMMENCE **MONDAY 13th JULY 2015** -  
CONCLUDE **FRIDAY 11th SEPTEMBER 2015**.

COST: \$180 PER TERM (9 WEEKS)  
\$320 FOR 2 SESSIONS.

### The benefits of physical activity for children

Some of the benefits of physical activity and exercise for children include:

- Improve cardiovascular fitness (heart and lungs)
- Achieve and maintain a healthy weight
- Improve posture
- Better sleep
- Boost self-esteem and confidence
- Improve concentration
- Help relaxation
- Build strong bones and muscles
- Improve balance and develop skills
- Maintain and develop flexibility
- Opportunities to make friends and enhance social skills.