

# The Rocks Report

NEWSLETTER OF NORTH ROCKS PUBLIC SCHOOL



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2021 ~ Term 1 - Week 4 At NRPS we value RESPECT, RESPONSIBILITY, SAFETY, HONESTY

2021 TERM 1 DATES		
Monday	15 <sup>th</sup> February	Debating Workshop
Tuesday	16 <sup>th</sup> February	7:30pm P&C Meeting
Wednesday	17 <sup>th</sup> February	Meet the Teacher Night: K-2 and Support Unit
Thursday	18 <sup>th</sup> February	Meet the Teacher Night: Years 3-6
Monday	22 <sup>nd</sup> February	School Photo Day
Tuesday	23 <sup>rd</sup> February	Sibling Photos
Monday	1 <sup>st</sup> March	Swimming Carnival – Competitors Only (Dence Park Aquatic Centre)
Thursday	4 <sup>th</sup> March	CHPSSA Zone Swimming Carnival – Riverstone Pool
Tuesday	16 <sup>th</sup> March	7:30pm P&C Meeting
Wednesday	17 <sup>th</sup> March	Year 1 Excursion: Schoolhouse Museum
Friday	19 <sup>th</sup> March	Year 1 Excursion: Schoolhouse Museum
Thursday	1 <sup>st</sup> April	LAST DAY – TERM 1
Friday	2 <sup>nd</sup> April	GOOD FRIDAY

## FROM THE PRINCIPAL:

It is pleasing to report that students and staff have settled well into their 2021 class routines. I must make special mention of our new Kindergarten students who have been very quick to understand and settle with the concept of attending school each day and the quality of work I have observed within their classrooms is very impressive. At the end of last year, I shared with staff the Department of Education's priority that "every student is known valued and cared for" and my thoughts and vision around the concept of excellence and the need to have our students striving to improve and succeed. Research has shown that along with high quality teachers, a significant predictor of a child's educational success is the level of expectation his or her teachers have. As such, the school is clearly focussed on ensuring high expectations for excellence underpins all we do and our partnership with the school community in making this a reality is highly valued. Later in this newsletter I have outlined the priorities of our new 2021-24 School Improvement Plan which we hope will bring about transformational change to the quality of the teaching and learning cycle across the school and the levels of achievement for every child. Feedback on these priorities is welcomed by accessing the 2021-24 proposed Strategic Directions from the link below.

<https://sites.google.com/education.nsw.gov.au/nrpsstrategicdirections/home>

## MEET THE TEACHER EVENINGS

Thank you to all parents who attended our first Meet the Teacher session last night and to those who will attend the Year 3-6 Meet the Teacher sessions tonight. We hope the information was both interesting and informative and gave a clear picture of the expectations and programs which are being implemented in all classrooms. If parents have specific student needs or concerns to discuss with the class teacher, I encourage you to please contact the school to make an appointment at a mutually agreeable time.

## ROAD SAFETY REMINDER

It is timely to remind the school community of the importance of adhering to all road rules, especially in and around school zones. The tendency for people to double park in Lawndale Avenue when dropping off and collecting students is placing children and others at grave risk if they suddenly move between the two parked cars. This week I spoke with Castle Hill Police who informed me of a car moving off whilst a child was still exiting the vehicle. They have also indicated random patrols around the school will be increased.

Similarly, I ask parents to please ensure children who are riding bikes or scooters to school or anywhere else, do so with a correctly fitting helmet placed on their head. It is staggering to see children on bikes with their helmet hanging from the handle-bars. Having witnessed the tragic results of a car and bike collision some year ago, I cannot force the importance of helmets enough. Please help keep the children safe.

## SCHOOL IMPROVEMENT PLAN 2021-2024

The 2021-24 School Improvement Plan is currently being finalised for publication at the end of Term 1. The Strategic Directions we are taking at North Rocks Public School include;

Student Growth & Attainment

Feedback, Data and Collaborative Practice

Wellbeing, connectedness and Engagement

Within these strategic directions, a number of high-level initiatives are being developed to deliver improvements in learning and wellbeing in order to meet and exceed the targets set for our school.

Through delivery of the school plan it is anticipated that by the end of 2024:

78.5% of students are achieving expected growth in Numeracy and 76.7% are in top two NAPLAN bands

71.9% of students are achieving expected growth in Reading and 79.2% are in top two NAPLAN bands

96.1% of students are attending school greater than 90% of the time.

I recommend visiting our school's Strategic Directions website through the link below or from our school website for more information. <https://sites.google.com/education.nsw.gov.au/nrpsstrategicdirections/home>

## RESPECTFUL COMMUNICATIONS

Sadly, we recently had an incident whereby a staff member was approached inappropriately by a member of the school community leaving the staff member quite shaken. Thankfully, an apology was received from the person involved, but please remember every individual has a right to expect a safe, respectful workplace and educational facility for their children. Below, I have provided a copy of the Department of Education's School Community Charter which outlines the components of Collaboration, Respect and Communication expected from all members of the school community. Please take a few minutes to read over the charter so all community members adhere to its message and ensure our learning environment is supportive and collaborative.

## NEW K-2 PLAYGROUND

Though it has taken almost sixteen months to get to this point, it is wonderful to confirm the new K-2 playground has been completed and is in use daily by the students. They love the mini-soccer field and new goalposts as well as the sandstone walls, seats and stepping stones that meander through the garden. The quality of workmanship delivered by Southern Star Landscaping is exceptional and the final product exceeds all expectations. This playground redevelopment was only possible through the generous support of the North Rocks P&C Association who funded \$100,000 towards the playground and I'm sure it will keep the children entertained and engaged for many years to come.



## SCHOOL PHOTOS

School Photos will be held next Monday, 22<sup>nd</sup> February. This is always an exciting event and all children are asked to wear correct summer school uniform for their photos and though payments have all been made online, children will still need to return their photo envelopes to school on the day. Please be aware family photos are scheduled separately and will take place on Wednesday 23<sup>rd</sup> February.

## PRIMARY ETHICS VOLUNTEERS REQUIRED

The weekly delivery of Special Religious Education and Primary Ethics has a long standing, important place with our school. Over the years, the Ethics program has become particularly well supported with over 100 students wishing to participate in 2021. Unfortunately, there is a significant shortage of volunteers willing to be trained to deliver Ethics and as a result a number of students cannot access the program. In fact, at this point in time we only have two Ethics teachers working within the school. As such, I strongly encourage people who can offer an hour or so each Tuesday morning to consider becoming an Ethics teacher. Full training is offered through the Primary Ethics organisation and I know you will find the experience interesting and very rewarding. Please access the link below for more information about Primary Ethics and the details of how to volunteer. <https://primaryethics.com.au/volunteer/>

## 2021 SWIMMING CARNIVAL

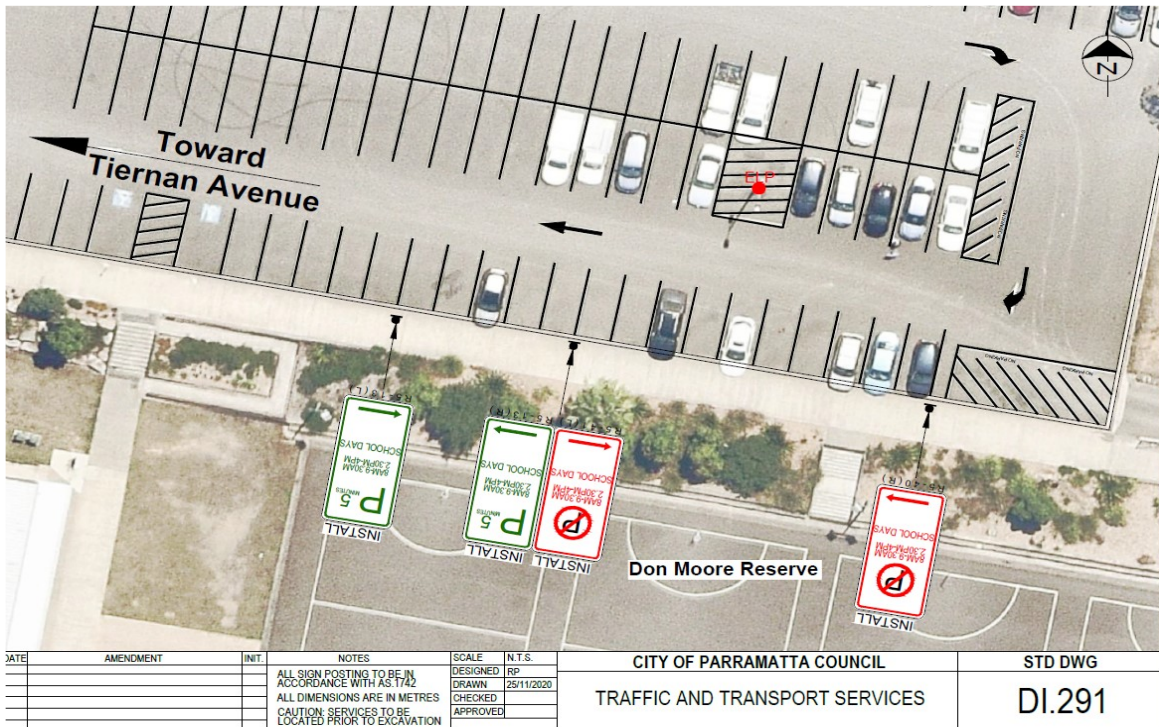
Our 2021 Swimming Carnival will be held on Monday 1<sup>st</sup> March at Dence Park Aquatic Centre. This year the carnival will be for **competitors only** as Covid 19 restrictions mean no spectators are permitted to attend the carnival.

## NEW KISS & DROP ZONE – DON MOORE RESERVE

Earlier this term the school was advised by Parramatta Council that a new set-down and pick-up area (Kiss & Drop Zone) will be established in the Don Moore Reserve car park to improve safety for our students arriving and departing school. The Parramatta Traffic Committee resolved:

*That the angle car parking spaces located on the south side of Don Moore Reserve car park be restricted with a “No Parking 8am-9:30am and 2:30pm-4pm School Days (12 spaces) and P5Minutes 8am-9:30am and 2:30pm-4pm School Days (5 spaces) restriction as shown in the sketch below.*

It is expected new signs will be installed in the next two weeks and I thank the community in advance for complying with these new parking arrangements in the interests of keeping children safe.



Mr R. Ieroianni  
Principal

## MERIT AWARDS 2021

Kyle LIN

3L



## School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work together with the school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**



We create **collaborative** learning environments

We all play **a part**

We work **in partnership** to promote student learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



## Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

# High Performance Corner



Does your child have high academic potential? Are they a high performer?

Each fortnight, members of our Opportunity Class team will share some information about high performing children, along with some tips and activities to engage your child in high potential activities at home.

## High potential, gifted or highly gifted?

What do we mean by high potential, gifted and highly gifted students?

High potential students are those whose potential exceeds that of students of the same age. They may benefit from an enriched or extended curriculum and learning opportunities beyond the typical level of their age peers.

Gifted students are those whose potential significantly exceeds that of students of the same age. They typically develop talent and achieve mastery notably faster than their age peers.

Highly gifted students are those whose potential vastly exceeds that of their age peers. Highly gifted students may require specific and significant curriculum adjustments to meet their learning and wellbeing needs.

Mrs Olivia Petre (Assistant Principal - High Potential and Gifted Education)

## K-2 with Ms McCorquodale

The Australian Museum is a favourite in our family for an easy day trip. Their current exhibition should please any dinosaur fans in your household and it runs until 14 March. Remember to check COVID guidelines closer to the time!

<https://australian.museum/exhibition/tyrannosaurs-meet-the-family/>



## 3-6 with Mrs Mitchell

The best way to engage your child in writing is to have them write about a topic that matters them – one they are truly passionate about. "What matters?" is an online writing competition open to students in years 5-12. What Matters? is a 'catalyst for young thinkers and young writers to develop a perspective, a point of view, on where we're heading as a society'. Inspired by Gough Whitlam's commitment to involving young people in the shaping of Australia's future, the competition is currently open to school students in years 5 to 12 from Australia. Responding to the simple question 'what matters?', entrants are free to express their views on any matter they care about. Competition guidelines can be found [here](#). Your child can enter their writing into the competition [here](#) (click on the Enter Now button). You can explore the website to see what students have written in previous years of the What Matters competition. The competition closes on the 14<sup>th</sup> of May 2021.

*"For the children of Australia... the answer is to involve the creative energies of our children and our youth in a creative, concerned community."* — GOUGH WHITLAM, 1972

## Actions for Heros

Last year, students in 5M had the opportunity to speak with Dr Katrin Seeher from the World Health Organization. Their ideas helped contribute to the creation of a book called, 'My Hero is You' which has been shared worldwide. A copy of the book can be found [here](#). We are excited to share the accompanying guide for parents who are reading 'My Hero is You' to children.

'Actions for Heroes, a Guide for heart-to-heart chats with children' gives advice to adults about how to have heart-to-heart chat with children and educate them about coping with COVID-19- related stressors and changes. It explains how adults can create safe spaces for children to openly share their feelings, including their fears and worries about the coronavirus, and frustrations at their changed daily lives. The guide also directs adults on how to promote positive actions that children can take to protect themselves and others. A copy of 'Actions for Heroes, a Guide for heart-to-heart chats with children' can be found [here](#).

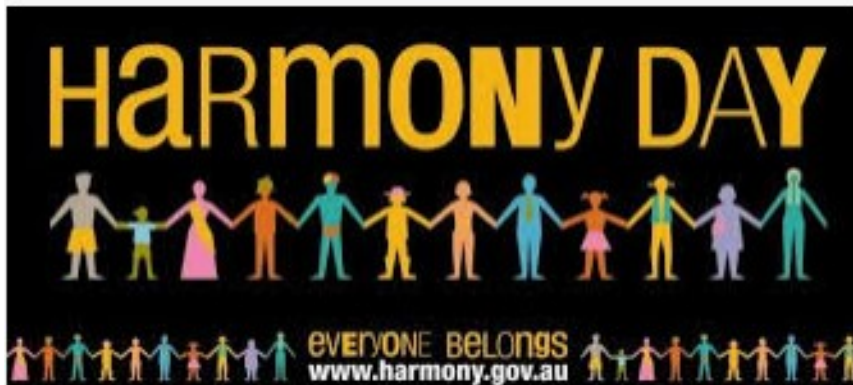


## DEPUTIES REPORT

### HARMONY WEEK—EVERYONE BELONGS

This year we will have our school celebration for Harmony Week on Thursday 25th of March.

Students are invited to wear something orange, if your child does not own orange clothing then please send them in regular school uniform. As part of the celebration we will also be offering a special picnic lunch that will be available through the canteen. Orders for this will be able to be made through flexischools. More information will be forthcoming over the next few weeks!



### SPLASH AND DASH COLOUR RUN

Our wonderful P and C have organised for us to participate in the “Splash and Dash” colour run. This will take place in week 10 of this term and we are very, very excited! The event promises to be lots of fun for our students and will be a fundraiser to support the great work done throughout our school by the P and C. One recent example of how funds raised by the P and C are used is our upgraded K-2 playground! It is amazing!

Further information on the date, how to join in the fun and gain sponsorship will be sent out very soon. There are great prizes on offer as students raise money to support our school.





## DEPUTIES REPORT

### NRPS UNIFORMS

Welcome to all of our new students and families to North Rocks Public School. As we have many new families we felt it was timely to republish our school uniform information. Please see the guidelines below. Our school uniforms can be purchased online through Midford.

#### **Here are the Summer guidelines:**

**Boys:** Grey shorts with blue shirt and grey socks. School sloppy joe, soft-shell jacket or track-suit jacket. Black shoes.

**Girls:** Summer tunic or summer skort with school blue blouse and navy socks. School sloppy joe, soft-shell jacket or tracksuit jacket. Black shoes.

#### **Sport (K-6)**

**Boys:** Pale blue school polo shirt with royal blue sports shorts or track pants and white socks.

**Girls:** Pale blue school polo shirt with royal blue sports shorts or track pants and white socks.

#### **Hat**

School hat or school sports cap only

#### **Here are the Winter guidelines:**

**Boys:** Grey long trousers (or shorts) with blue shirt and grey socks. School sloppy joe, soft-shell jacket or tracksuit jacket. Black shoes.

**Girls:** Winter (checked) tunic or Winter (checked) skort with school blue blouse and navy socks/full tights. School sloppy joe, soft-shell jacket or tracksuit jacket. Black shoes.

#### **Sport (K-6)**

**Boys:** Pale blue school polo shirt with royal blue sports shorts or track pants and white socks.

**Girls:** Pale blue school polo shirt with royal blue sports shorts or track pants and white socks.

#### **Hat**

School hat or school sports cap only

#### *Please Note:*

- ⇒ Sports uniform should only be worn on Sport's Day. (These will be confirmed at "Meet the Teacher" evenings)
- ⇒ Black school shoes may be leather style or a full black runner (not boots)
- ⇒ Hats must be school hats
- ⇒ Shirts for girls and boys are buttoned and collared (not skivvies – although these can be worn underneath)
- ⇒ Branded tracksuit tops / jackets are not school uniform
- ⇒ Socks are grey for boys and navy blue for girls



## DEPUTIES REPORT

# North Rocks Public School UNIFORM



Soft Shell Jacket



Fleece Jumper



Short Sleeve Open Neck Shirt



Long Sleeve Shirt



Grey Shorts



Winter Skort



Summer Skort



Navy Sports Cap



Round Bucket Hat



Boys Full Elastic Waist Trouser



Navy Girls Pants



Summer Dress



Winter Tunic



Tights



Black School Shoes



Navy Girls Socks



Grey Boys Socks



Track Zip Jacket



Sports Polo Shirt



Navy Sports Shorts



Navy Tracksuit Pant

## Communication Platforms

North Rocks PS uses a number of communication platforms. The following table briefly summarises their intended purpose.

	<p>Schoolstream App</p>	<p><b>Our primary communication platform. Information, alerts, notes and reminders are pushed out to mobile devices through our School Stream App. Parents can also use Schoolstream to send in absence notes.</b></p>
	<p>Signmee</p>	<p>Signmee is an online service which allows <b>NRPS to create and send online forms that can be filed, paid and signed by parents without the need for printing</b> and returning paper forms to school.</p>
	<p>North Rocks Public School Website</p>	<p>The school website is a public <b>platform with important information</b> about our school as well as department notices.</p>
 <p>Google Classroom</p>	<p>Google Classroom</p>	<p><b>Used by class teachers</b>, mainly in Years 3-6, to communicate and set work for students. Students can log into their Google Classroom to show their work to their parents.</p>
	<p>Official North Rocks Public School Facebook page</p>	<p>This Facebook page is to be used as a platform to <b>celebrate school and student achievement</b>. We welcome your support in making this page a positive and supportive forum to celebrate all of the good things at North Rocks Public School.</p>
	<p>Official North Rocks Public School P &amp; C Facebook page</p>	<p>This Facebook page is <b>used by the P&amp;C to celebrate events, make announcements and advertise P&amp;C initiatives</b>. This information is also available in the newsletter.</p>



## North Rocks Public School

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359 North Rocks Road Phone: 9871 1772  
North Rocks NSW 2151 Fax: 9872 1448  
Email: [northrocks-p.school@det.nsw.edu.au](mailto:northrocks-p.school@det.nsw.edu.au)

### SCHOOL PHOTOGRAPHS 2021

The North Rocks Public School photograph days for 2021 will be on –

- **Monday, 22<sup>nd</sup> February** for class photos, School Parliament and House Captains
- **Tuesday, 23<sup>rd</sup> February** for Siblings
- **Wednesday 24<sup>th</sup> February** for Year 6 group photo

Each student will receive a photo envelope for their class photo and individual portrait. **Please complete the envelope and return it to your class teacher on photo day Monday 22<sup>nd</sup> February.**

Sibling envelopes will need to be collected from the front office. **Please note the online payments for sibling orders are closed by 8.30am on the photo day.**

You are encouraged to pay online at –  
[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au) – online code is **X1214EL44NR**

If paying cash – only bring on the day in the photo envelope.

Full school uniform must be worn on the day.

For any other queries please contact the School Photographer -

Email – [enquiries@theschoolphotographer.com.au](mailto:enquiries@theschoolphotographer.com.au) or Call – 02 9674 9824

Mrs. S Pollitt  
Assistant Principal



## North Rocks Public School P&C Report

### TERM 1, WEEK 4, 2021

What a busy week this week is with Meet the Teacher! Some of you have been very lucky to check out our new building (including us!) for the first time too!

### P&C MEETINGS & MYTHS!

The Parents & Citizens (P&C) meet at 7.30pm on the 3rd Tuesday of every month during term dates.

Since COVID, we have moved to online meetings via Zoom and we are hoping to meet face to face during the year as restrictions allow. We will be looking to have Hybrid style meetings for those that aren't physically able to attend the evening, but still would like to be a part of the meetings.

MYTH #1—you *do not* need to be a financial member to attend P&C Meetings

MYTH #2—if you attend meetings, you *will not* be given a job (unless you volunteer for one!)

MYTH #3—We are not a cliquey bunch and welcome everyone at all meetings!

Should you wish to become a financial member, the \$1 fee is due prior to our next meeting on 15th March. Login to [Flexischools](#) to pay.

### K-2 PLAYGROUND UPDATE

The team from [Southern Star Gardens & Landscaping](#) worked hard over the holidays completing our new playground! We will add some more photos on our Social Media pages for you to check out too!!



John Bolwell, Jaythene Hiscock, Kaili Metani,  
Melanie Smith, Nicole McGowan & Karen MacGregor  
NRPS P&C Executive

### P&C MEETINGS

**When:** P&C Meetings are held on the 3rd Tuesday of every month during term dates.

**Time:** 7.30pm

**Where:** currently held via Zoom from the comfort of your home!  
Everyone welcome

### EMAIL NEWSLETTER

[Sign up here](#)

### CONTACT US

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

### CONNECT WITH US!

[NRPS P&C Facebook Page](#)

[NRPS P&C Instagram](#)

[NRPS P&C 2nd Hand Uniforms](#)

[NRPS P&C 2nd Hand Instruments](#)

### CONNECT WITH YOUR YEAR!

[NRPS K-6 Support Unit](#)

[NRPS Kindy, 2021](#)

[NRPS Year 1, 2021](#)

[NRPS Year 2, 2021](#)

[NRPS Year 3, 2021](#)

[NRPS Year 4, 2021](#)

[NRPS Year 5, 2021](#)

[NRPS Year 6, 2021](#)

### NRPS ALUMNI

[NRPS Year 6, 2020](#)

[NRPS Year 6, 2019](#)

[NRPS Year 6, 2018](#)

## CANTEEN MENU—2021

### Salad Boxes



**Caesar salad**  
- lettuce, ham, toasted bread,  
parmesan & light dressing \$5  
add chicken.....\$1.90  
add a boiled egg.....\$1  
- **GF** - no croutons or dressing  
Chicken Caesar Wrap .....\$6

**Mini Salad V.GF** lettuce,  
cucumber, tomato, carrot...\$3  
**Super Salad V.GF** lettuce,  
tomato, carrot, cucumber,  
cheese.....\$5

**Mega Meal Salad V.GF**  
lettuce, tomato, carrot,  
cucumber, cheese, beetroot,  
pineapple.....\$5.50

**Greek Salad V.GF**  
lettuce, tomato, cucumber,  
olives, feta, red onion.....\$5.50  
- with chicken.....add \$1.90

**To any salad...**  
add ham or egg.....\$1ea  
add chicken...\$1.90.....tuna \$2

**Fresh seasonal Fruit Salad**  
**V.GF**  
small \$4.50  
large \$6.50



### Sandwiches & Wraps



**gluten free bread add \$1.50**  
Wrap add \$1  
Focaccia add \$1.50  
Toasted add .50c

**Vegete**.....\$2  
**Cheese**.....\$2.50  
**Light ham**.....\$3  
**Ham & cheese**.....\$3.50  
**Egg and mayo**.....\$3.50  
**Tuna and mayo**.....\$4.50  
**Chicken and mayo**.....\$4.50  
**Salad - lettuce, carrot,**  
**tomato, cucumber**.....\$4  
**add cheese** 50c  
**carrot** 50c cucumber 50c  
**pineappl** 5 50c lettuce 50c  
**tomato** 50c beetroot 50c

### Toasted Focaccia

**Chicken - with freshly**  
cooked chicken breast,  
cheese, tomato & baby  
spinach .....\$6

**Vegetarian V** baby spinach,  
tomato, mushroom, carrot,  
pineapple & cheese.....\$6

### Sushi



**Chicken**.....\$4  
**Chicken & avocado**.....\$4  
**Chicken & cucumber**.....\$4  
**Tuna**.....\$4  
**Tuna & avocado**.....\$4  
**Tuna & cucumber**.....\$4  
**Beef**.....\$4  
**California**.....\$4  
**Vegetarian**.....\$4  
**Plain rice**.....\$4  
**Cucumber**.....\$4  
**Avocado**.....\$4  
**Salmon**.....\$4.50  
**Salmon & avocado**.....\$4.50  
**Salmon & cucumber**.....\$4.50  
**Prawn**.....\$4.50

### Baby sushi box

**Chicken**.....\$4  
**Tuna**.....\$4  
**Avocado**.....\$4  
**Cucumber**.....\$4  
**Salmon**.....\$4.50

### Rice paper rolls

**Vegetarian**.....\$4.20  
**Chicken**.....\$4.20  
**Tuna**.....\$4.20  
**Beef**.....\$4.20  
**Salmon**.....\$4.50  
**Prawn**.....\$4.50

**GF** gluten free  
**V** vegetarian

### Hot Food (lunch)



**Lean beef and salad burger**  
lettuce, tomato & tomato sauce...\$5  
**Lean chicken and salad burger**  
freshly cooked chicken, lettuce,  
tomato & mayo .....\$5  
**Fish and salad burger - oven**  
baked crumbed fish, lettuce,  
tomato & mayo.....\$5  
**add cheese** 50c  
**beetroot** 50c **pineapple** 50c

### Pizza melts

-burger base, passata & cheese...\$2.50  
- add ham \$1 **chicken**.....\$1  
- add tomato 50c **pineapple** 50c  
mushroom 50c capsicum 50c onion 30c  
baby spinach 50c **olives** 30c  
**add gluten free base** 75c

**Chicken snack pack** freshly cooked  
chicken, carrot, cucumber, roll and sauce.  
.....small \$4.50 /large \$5.50

**Fish snack pack - oven baked fish,**  
carrot, cucumber, roll and sauce.... \$4.50

### Pasta

**penne napolitana V**.....\$4.80  
**macaroni cheese V**.....\$4.80  
**pasta bolognaise** .....\$4.80  
**Fried rice V**.....\$4

## NORTH ROCKS SCHOOL BAND JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2021 and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a **band demonstration** at school that highlights the different instruments available for tuition. After this demonstration they will receive a green *Expression of Interest* note providing introductory information.

What do you need to do?

1. Carefully read the green *Expression of Interest* and then register your child's interest in joining the band online at <https://www.teachingservices.com.au/eoi>
2. Once you register online a TSA tutor will meet your child to help them assess which instrument they are most suited to\*\*
3. The results of this instrument trial will be sent home with enrolment information

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

*\*\*Instrument trials will take place within strict COVID-safe guidelines and will include a basic aural and rhythm assessment among several other activities which measure your child's suitability for each instrument.*



(02) 9651 7333

[enrolments@teachingservices.com.au](mailto:enrolments@teachingservices.com.au)

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





Level 1 30A George St, Burwood 2134  
Office: (02) 9745 1170

## CHESS!!

Learn to be a chess champion! Coaching for students at North Rocks Public School is held on:

Years K-4: Tuesdays from 12:50pm to 1:30pm, starting on 2 February 2021

Years 5-6 & Advanced: Thursdays from 8:00am to 8:50am, starting on 4 February 2021

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.



## WANT TO PLAY NETBALL? JOIN CARLINGFORD FLAMES



### Registrations now open!

**E: [carlingfordflames@gmail.com](mailto:carlingfordflames@gmail.com)**  
**[www.facebook.com/carlingfordflames](https://www.facebook.com/carlingfordflames)**

**\$100 NetSetGO (7-9 years)**  
NetsetGo is played on Saturday mornings  
at Brush Farm Park  
Claim your \$100 Active Kids Rebate for  
school aged children

**\$210 - Juniors (10-17 years)**

**\$230 - Seniors (18+ years)**







**THE HILLS**  
Sydney's Garden Shire

**THE HILLS SHIRE COUNCIL**  
3 Columbia Court, Norwest NSW 2153  
PO Box 7064, Norwest 2153  
ABN 25 034 494 656 | DX 9966 Norwest

## IMPORTANT PUBLIC NOTICE Regional Fox Baiting Program

Please be advised that a fox baiting program will soon commence in the local area in conjunction with Greater Sydney Local Land Services. The aim of the program is to protect native wildlife including threatened species from fox predation.

1080 poison baits will be laid in the following Reserves:

- Eric Mobbs Reserve; Excelsior Reserve and Ted Horwood Reserve Managed by The Hills Shire Council

Foxoff® poison baits (containing 1080)

will be buried in the above listed Reserves between

Monday 15<sup>th</sup> February – Wednesday 3<sup>rd</sup> March 2021

Foxoff® is designed specifically for fox control. Trained staff will undertake the baiting. Baits will be buried 10cm under the ground to reduce the risk of non-target poisoning.

### **WARNING:**

- 1080 poison is lethal to dogs and cats
- The above listed bushland reserves will be closed to dogs (including dogs walking on a lead), during and up to 4 weeks after the fox baiting program.
- Dogs on leads can return to these reserves on Friday 2<sup>nd</sup> April 2021
- In an emergency contact The Hills Shire Council on 9843 0555

Signs stating "1080 FOX POISON LAID IN THIS AREA" and "Dogs (& Cats) are prohibited" will be displayed in the relevant parks and reserves to notify the public about the program.

Please contact the following agencies for further information, or if you notice that one or more of the signs has been vandalised or is missing:

The Hills Shire Council on 9843 0555

Greater Sydney Local Land Services 1300 795 299



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## Enrolment 2021

Students may also start in Term 4, subject to availability.

### Learn *Music* on Keyboard at School

***Music theory. Learning to play keyboard.***  
***Music games. Fun introduction to music.***

**To enrol: the slip on the right may be filled out and returned to the school office via your child or online before FRI 30 OCT.**  
[www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)

Violin Incl. Piano (VIP) Music est. 1984 (02) 9411 3122 (during school term)

- ♪ Convenient at-school venue ♪
- ♪ Small group; 45-min weekly lesson ♪
- ♪ Competitive rate ♪
- ♪ Instrument not required initially ♪
- ♪ Limited vacancy! ♪

VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

I am interested in my child/ children learning the keyboard at school.

Child's name Class (2020)


Mobile:

Email:  @

Parent's Signature:

Date:

*Existing students no need to re-enrol*





**CARLINGFORD FLAMES NETBALL CLUB**



## NETBALL COME & TRY DAYS

**with Carlingford Flames Netball Club**

FREE

FREE

December 12th at Brush Farm Park 3-4pm  
December 19th at Don Moore Reserve 3-4pm  
January 23rd at Don Moore Reserve 3-4pm  
ages 6+

**Come along and learn some Netball skills in a safe and fun environment from current players who love the game**

Please email us at [cflamescoach@gmail.com](mailto:cflamescoach@gmail.com) to let us know when you're coming



## BAULKHAM HILLS NETBALL CLUB EST 1966

**BAULKHAM HILLS SPORTS CLUB NETBALL DIVISION**

**REGISTRATIONS OPEN 4 JANUARY FOR SEASON 2021**

### **GIRLS TURNING 5YRS & 6YRS IN 2021 NET SET GO SKILLS**

10 week program held on a Wednesday afternoons during Term 2  
There are no competition games

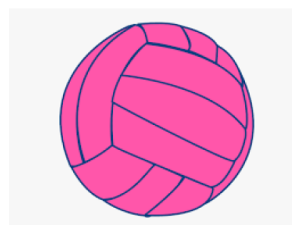


### **GIRLS TURNING 7YRS, 8YRS & 9YRS IN 2021**

One training session during the week  
Competition games on Friday evenings

### **GIRLS TURNING 10YRS THROUGH TO SENIORS**

One training session during the week  
Competition games on Saturday



Training is held at Ted Horwood Reserve, Renown Road, Baulkham Hills  
(opposite Baulkham Hills Sports Club)

On either a Tuesday, Wednesday or Thursday afternoon/night

Competition games held at:- Baulkham Hills Shire Netball Complex, Wellgate Ave Kellyville

Competition commences Friday 16<sup>th</sup> April / Saturday 17<sup>th</sup> April

Register early to avoid disappointment

Mark your calendar, Check our web site ([bhnc.nsw.netball.com.au](http://bhnc.nsw.netball.com.au)) or facebook page, or  
register your interest at [juniorregistrar@bhnc.com.au](mailto:juniorregistrar@bhnc.com.au)

**REGISTRATION WILL BE OPEN TO PLAYERS WITH EXPERIENCE AND NEW PLAYERS**

**WE TEACH YOU TO PLAY AND ENJOY NETBALL!**



let's play netball