Dear Parents,
7th August 2015

Our Tutti concert was an amazing event! Those who attended will attest to the outstanding performances from our students in music, art and drama and the wonderful artworks on show before the concert. Congratulations to the many students from CCPS who contributed in one or more of these areas – we have such talented singers, dancers, actors and artists! I wish to acknowledge and thank Sarah Smith, Robyn Sullivan and Jeff Mesina who were our part of the Tutti Committee and the CCPS teachers who contributed in one way or another to making this concert and art show such a fabulous one. Here are a few photos: the artwork followed a broad theme of ‘circus’ and the first two show the huge tiled mosaic completed by students from all 4 schools of the North Harbour Learning Community:
Healthy Lifestyle Program – Year 1

Year 1 students have been enjoying learning about healthy lifestyles this year. In the last week of Term 2, students participated in school workshops to learn about the healthy food pyramid, allergies and intolerances, and maintaining an active lifestyle. The most exciting activity though occurred when students put their knowledge into practice by making their own healthy pizzas! Many thanks to Helen Eldershaw and her team of parents for their help in coordinating the day!

This term, the Year 1 students were privileged to have Rebecca Raymond present a talk to the students about nutrition and rainbow eating (eating a variety of coloured vegetables and fruit). The students all enjoyed learning about healthy snacks and are very excited to “eat a rainbow” each day.

Congratulations

Kristina Spano (Sen H) recently competed at the NSW State Gymnastics Championships for National Level 5, in Women Artistic Gymnastics. She competed in Beam, Bars, Vault and Floor. Kristina came 6th on the Beam for her age group (Division 2) and achieved a Personal Best on the floor. Congratulations, Kristina – this is outstanding!

This level of excellence doesn’t come easily. Kristina currently does 14 hours of Gymnastics per week. She has already been advised she will be going up to the next level soon which will see her doing an additional three.

Going forward, Kristina has been chosen to represent her club, Manly Warringah Gymnastics, at the National Club Championships to be held in Bendigo, Victoria 17th to 19th September. Only 6 girls were chosen in her level out of 22 girls. We wish you all the very best, Kristina.

Jeanette Cope
Principal
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Monday</th>
<th>10th August 2015</th>
<th>ICAS Maths 8.00am</th>
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<tr>
<td>Tuesday</td>
<td>11th August 2015</td>
<td>Y5,6 - Australian Museum Science Festival - 8.30am for roll call</td>
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<td>Wednesday</td>
<td>12th August 2015</td>
<td>Athletics Carnival</td>
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<td>Tuesday</td>
<td>18th August 2015</td>
<td>Backup Athletics Carnival</td>
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<td>Wednesday</td>
<td>19th August 2015</td>
<td>Kindy 2016 Information Evening</td>
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<td>Friday</td>
<td>21st August 2015</td>
<td>Science Under the Stars</td>
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<td>Monday</td>
<td>24th August 2015</td>
<td>Opera Australia Presents “CINDERELLA” at School</td>
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Paper Plane Competition Finals

The finals for the inaugural CCPS Paper plane competition were held this Thursday. An enthusiastic supporting audience of students ate lunch on the grandstand at the basketball courts while they watched the 12 slightly nervous but excited finalists achieve amazing feats with just a piece of folded A4 paper. All the finalists (see list below) had qualified with throws of at least 12 metres and this was their chance to achieve their personal best and aim for the top distance in the school.

Nicholas Malolakis (Sen S) just snuck past Harry Wood (Sen S – 24.40 metres) with his last throw of 24.75 metres! Sam Harrop (Sen H) was third with a throw of 22.43 metres and Finn Fogarty (Senior M) came in fourth with 20.68 metres. Almost all of the finalists improved on their earlier throws and will now be practising hard for their performances at the University of Sydney event on the 29th of August. They will compete against the best fliers from schools across Sydney and the region. We wish them all the best!

Jeff Mesina & Anjali Rao
**Finalists**

Tom Harrop      Sam Harrop
Macklin Houe     Ethan Waite
Robbie Gordge    Luke Smith
Harry Wood       Mitchell Dempsey
Stuart Peters    Leo Joyce-Thompson
Finn Moushigian  Nicholas Malolakis
Charlie Foster   Aiden Saraceno

**Whooping Cough**

A person who attends Castle Cove Public School has been diagnosed with Whooping Cough (pertussis).

**What are the symptoms?**
Whooping cough usually starts with a runny nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air. Whooping cough can cause a severe illness in young children particularly those aged under 6 months.

**How is it spread?**
Whooping cough is usually spread by direct contact with the droplets from the nose and throat of an infected person produced whilst coughing. People at greatest risk of getting the illness are those who have had a considerable amount of face-to-face contact with a person with the disease. Whooping cough can occur in people previously vaccinated.

**What should parents do?**
Anyone developing symptoms should consult their local doctor and mention that there has been a case of Whooping cough in the school. Children who are diagnosed with Whooping cough need to stay away from school until they have taken 5 days of a special antibiotic.

For further information please refer to the attached NSW Health factsheet on whooping cough or go to [http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx) or contact the Northern Sydney Public Health Unit on 9477 9187.”

**Office News**

**Lost Property**
We are constantly picking up lost property from around the school and are amazed at the number of items **that are not labelled!** Every endeavor is made to return property to its owner but it is impossible to do so without a name. Please spend a few moments over the holidays to check your child’s jackets, hats and lunch containers and label them. All lost property that does not have a name is donated to the second hand clothing pool.
“Real humanity is shown when we care for others” - Professor Fred Hollows

The Fred Hollows Foundation is keeping Fred’s vision alive through The Fred Hollows Humanity Award which recognises Year 6 students who follow in his footsteps by showing care and compassion for others.

After three successful years in the ACT the Award is expanding into NSW with the support of NSW Premier Mike Baird.

Teachers, principals, parents and members of the community are encouraged to nominate a compassionate Year 6 student through the online nomination form by August 21. It’s a great opportunity for students to be recognised outside the sporting and academic realm.

All nominees and their parents will be invited to a presentation ceremony in Sydney to announce the NSW winner.

To nominate a student and learn more about the award go to www.hollows.org.au/humanityaward
**Saturday 22nd August**

11am - 4pm

Hornsby Girls' High School, Edgeworth David Ave

- Cultural performances in music and dance
- Menorah, origami and face painting
- Hornsby Rotary Book Fair for Lifeline
- Robots' display - Trash and Treasure

Opposite Woodfield Shopping Centre

- Huge international food fair
- Cake stall - New dates

**KENDALL ROAD CASTLE COVE 2069**

**SCHOOL SECURITY UNIT KENDALL ROAD CASTLE COVE 2069**

**SCHOOL SECURITY UNIT (24 HOURS) 1300 880 021**

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**Castle Cove DENTAL**

**PRESENTS:**

**NUTRITION TALK BY:**

Michelle Cheeseley-Hodge - A Healthy View

**St Thomas Willoughby Hall (High St)**

Wednesday 23rd August from 6:30pm

**low sugar**

"There will be a casual display without and "healthy treats" for savouring and donations.

We are limited in the number of tickets available for this by the book in advance.

This event is supported by Castle Cove Dental.

RSVP to info@castlecovedental.com.au or call 9437 7222 to secure your spot.

*Prices are for parents only for children under 12 guests as there will be incredible treats!*

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**The Flat Castle**

At Castle Cove Public School

One Kandall Road and Rousebridge Ave

**SOME GREAT NEWS FROM THE KIDS CASTLE**

**BEFORE AND AFTER SCHOOL CARE VACANCIES NOW AVAILABLE**

Permanent or Casual bookings available for both

Before and After School Care - every day - Monday to Friday!

**PLUS - VACATION CARE HAS ARRIVED!**

The schedule for the Spring School Holidays is on the website... get in early and secure your spot.

Monday 21st September to Friday 2nd October 2015

**VISIT THE WEBSITE FOR MORE DETAILS:**

www.tcocc.com.au

Not yet signed up for The Kids Castle? No problem! Drop in and visit one of our friendly staff for further details.
Learn Keyboard and Guitar at Castle Cove Public School

Enrolment for Term 3
Great songs! Musical activities! Cool music knowledge!

Keyboard
K - Y6 welcome!

Guitar
Y2 - Y6 welcome!

Smart kids Love Music!

- Convenient school venue
- Small group: 45 min weekly lessons
- Competition entry: $15 per session
- EFT incl. Please deposit prior payment to the school office
- Instrument not required initially

To enrol please
Call 9411 5122

www.castlecovepublicschool.nsw.edu.au

AFTER SCHOOL DANCE CLASSES FOR 2015

New Dancearama Dance Academy

Tuesday’s
Boys Dance Crew: 3.30-4.15pm (Year 2+)
Girls Dance Crew: 4.15-5pm (Year 3+)
In the School Hall

For more info
Contact Dancearama
On Tel: 0402 385177
Dancearama97@ymail.com
WWW.DANCEARAMA.COM
COMpletely Free!
Go4Fun
Healthy Active Happy Kids
With each passing week I could see
my son gaining confidence and
showing interest in
physical activities.
Elizabeth Chemissou, Go4Fun parent.
A Free 10 Week Program for Kids aged 7 to 13 Years
and Their Families to Become Fitter, Eat Healthier
and Improve Their Self Esteem.

WHEN
Wednesdays
4.30pm-5.30pm
Starts 22nd April

WHERE
Fix Australia
319 Penshurst St
Chatswood

REGISTER NOW
Freecall 1800 780 900 or GO4FUN.COM.AU

School Security Unit Kendall Road Castle Cove 2069
School Security Unit (24 Hours) 1300 880 021

- "I was concerned my daughter was doing too many after-school activities. He suggested we try Go4Fun. He thought this would help her keep those lessons. I was asked why I chose it because drama classes tend to be boring. We're definitely coming back. It's worth the money." - Lisa, Mum.

We give kids Confidence through Drama
Register for a Free trial Drama Class
KIDS UPFRONT
Drama Academy
Castle Cove Public School
Open day for term 1, 2021
Mondays in the Hall
10am-12pm 1-2pm 2-4pm
Wednesdays in the Hall
9am-11am 11am-1pm

www.kids upfront.com.au - 9953 4040

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Castle Cove Branch

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- Fun Spanish for Kids Club for 5-12 year olds
  At CASTLE COVE PUBLIC SCHOOL / ALSO NEAR
  BY AREAS
- Lots of fun activities, drama, music & games
- Experienced and enthusiastic teacher
- Supported by fantastic fun activities online at Babbelzone
  SPANISH is enrolling now
  French/Italian/German/ Mandarin

Kids love our Fun Languages clubs. Send us an email or give us a
P. 0435 931 696
s.eliezer@tfcubs.com.au