The Engadine Public School
WARATAH WHISPERS

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Looking to lease a commercial property?

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This space available for advertising.
Contact the Office for terms.

Kids yoga classes
Yoga Origins (Ikon Arcade, Ikon Street, Sutherland)
5yrs to 8yrs - Start Term 2 - April 21 - Tuesdays 4pm-4.45pm

Some Environment benefits for children and adults:
- Reduced stress from increased self-awareness and self-control
- Improved focus and concentration
- Improved physical health
- Improved emotional health and self-esteem

Invoices are paid in 4 weekly installments

Dance! Fun & Peaceful - everything the Body, Mind and Soul need!
** Suitable for boys & girls **
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Piano Play
Dimity
B Mus B Ed (Dist)

0405024864
pianoplay.weebly.com
pianolessons@hotmail.com.au

'Use the talents you possess, for the woods would be very quiet if no birds sang except the best'
Henry Van Dyke

SHOP 10
ENGLADENE
TOWN SQUARE

KIDS.. $15
HIGH SCHOOL BOYS.. $16
MENS.. $20
SENIOR / PENSIONER.. $15

This space available for advertising.
Contact the Office for terms.
School Representatives

Recently we have had a number of our students contest the opportunity to become Zone representatives in sports activities. We congratulate each student who attempted these trials, as that is an excellent example of taking a risk towards achieving success. As we know, not everyone can be successful at achieving selection and that can be a real let down at times. It is important that children accept that let down without losing their faith in their own ability, and without belittling others who may have achieved success.

These important traits in character make for successful sportspersonship - and are often what makes the difference in others valuing these people as leaders in sports.

Congratulations to Brooke Palmer, who has gained selection in the Zone team in Soccer. Congratulations also to Tye Gander and Baylie Freestone who have gained selection in the AFL team.

Well done to all of these students; we are sure they will be excellent ambassadors for our school!

Cybersafety—Managing unwanted online contact

The internet has opened an unprecedented opportunity for people to communicate and receive information anywhere and at anytime. Through email and social networking, we can engage with people who are both well known, existing friends and new friends that we may never meet face to face or speak with offline.

It is important for your child to understand that as in the offline world, some people online have ill intentions. Unwanted contact is any type of online communication that your child finds unpleasant or confronting. The contact can come from unknown online friends or someone they actually know in the offline world. Consider these steps to help your child manage unwanted contact:

- Encourage your child to raise concerns with you or another trusted adult.
- Block the person contacting your child and change the privacy settings. Don’t respond to the person or give them any attention.
- Keep the evidence. This can be useful in tracking the person posting unsuitable material.
- Contact the ISP, phone provider or site administrator. There are actions they can take to help.
- Visit the Cybersmart Online Helpline (cybersmart.gov.au/report.aspx) to chat with an experienced counsellor or call the Kids Helpline on 1800 55 1800.

New School Sign

It has been very obvious that we have needed a new school sign after the storm of early November 2014. As a result of discussion with the team for insurance, it is exciting to know that we are now able to make serious plans for the replacement of the school sign. We are all looking forward to an improved “face” of the school on the corner of Waratah and Dernancourt Rds.
### School News Cont’d

<table>
<thead>
<tr>
<th>Notes and Money Due</th>
<th>P &amp; C Working Bee: Saturday, 21 March</th>
</tr>
</thead>
</table>
| **Harmony & National Anti Bullying Day**  
Friday, 20 March  add a splash of Orange | **Focus : School Environment**  
Please bring along your cutting implements, gloves, wheelbarrows, shovels to assist in top soilng the 2nd half of our field, moving mulch to garden beds, tiding and weedng gardens and planting garden beds. YOUR HELP IS GREATLY APPRECIATED ! |
| **Cheese & Bacon Roll Day**  
Canteen promotion day on 20 March  
Orders due by 18 March | |
| **Band**  
$110 band fees for Term 1 and $20 instrument hire. Due 20 March | |
| **EOI Multicultural Public Speaking Comp**  
Return form to Mrs Weston by 18 March | |
| **Expression of Interest Debating Team**  
EOI & permission return to Mrs Harris/ Chandler by 27 March | |
| **National Young Leaders Day**  
For selected students 7.30am—4pm.  
Monday, 23 March at Gymea North PS  
Own transport there and back. Cost $20. | |
| **Parent Teacher Interviews**  
Select your preferred times | |
| **Easter Celebrations**  
Easter Hat Parade Thursday, 2 April  
**Mufti Day** Thursday, 19 March.  
Payment for Mufti Day is an Easter egg. | |
| **Kinder Easter Hat Making**  
Making at school - What to bring. | |
| **Election Day BBQ & Cake Stall**  
Help needed and donations of cakes  
Return slip with times available | |
| **K-6 Athletics Carnival**  
Sylvania Waters Wednesday, 22 April  
Permission and $9 due by 30 March | |
| **Linkages—at Engadine High School**  
Now Yr 6 only commencing 25 March | |
| **School Cross Country - Friday 27 March**  
Jnr s 8, 9 & 10,s and Snrs 11 & 12’s | |
| **Debating Team**  
Expression of Interest  
For Yrs 5 & 6. | |

### Key Values - Honesty (Personal Key of Success)

- Honesty: honesty is a virtue and it can be taught to children. Teaching the value of honesty to children is part of the development of both moral and emotional strength. The quality of honesty helps to develop character and solid self-esteem. Teaching children honesty can be a real challenge however, given the examples of dishonesty that they may encounter every day in the world around them. Your example, and your constant feedback about your child's behaviour, can be a powerful influence on your child. Teaching honesty by example is very effective. This is something that both parents and teachers can do. "Do-as-I-do" is a better motto than the proverbial, "Do-as-I-say, not-as-I-do." Teaching by example means conducting your personal and business affairs in an honest and ethical manner. By doing so you will be demonstrating the self-respect that accompanies ethical behaviour. Although we may wish them to be, no child is perfect. It is best to use a no-shaming policy when children mess up. Children will be far more likely to revert to dishonest behaviours if they fear being shamed. Gaining your approval is a strong motivator. Focus on the positives. At school we want our students to be honest about the things they do, and say, to be able to return property they find, and to tell the truth about they actually saw when they witness an event. Being honest means children are developing their trustworthiness. Knowing you can be trusted is a boost to self esteem.

### NAPLAN—Save the Date (YEARS 3 and 5 STUDENTS)

- 12 May: Language Conventions and Writing
- 13 May: Reading
- 14 May: Numeracy (See our School Notes on Website)

### ICAS — NSW Uni Tests

**Due by 26 March.**

No late entries will be accepted after this date.
Throughout the school year, teachers focus on developing skills to building positive relationships among peers—some children learn these through experience and others need to be taught these skills specifically in order to apply them. The focus of our teaching points will last for blocks of two weeks, and will be placed in the newsletter.

Social Skills Topic 2: Including Others

Dos
☑️ Remember that if you refuse to allow others to join your games, you will hurt their feelings. Feelings are important!
☑️ Look around you and see if anyone looks like they would like to be part of your game. They may show this by asking if they can play or by just standing near by themselves.
☑️ Smile and say something like “Why don’t you play too?”, in a friendly voice.
☑️ Find ways to make the game or activity adapt or change to allow another person to play or take turns to play.

Don’ts
☑️ Don’t ignore people who may like to be included in your game.
☑️ Don’t think that your group of friends will be wrecked if you invite someone else in to join your games, sometimes.

Parents, we ask that you too go through these skills with your children, and discuss the dos and don’ts. Perhaps you can ask them if they have tried some of the strategies and what the result was. Children learn best when they are supported from both school and home with a consistent message. Your assistance is greatly appreciated.

Financial Planning

Parents who would like a schedule to assist budgeting are referred to our School Notes, Whole School, section on our Website.

Advertising

Now taking advertising for Term 1.

Rates are $60 per term for advertising on the front page of this newsletter. Please contact the office for further details.

Crossing Supervisor and Gate Opening Times

The crossing on Cambria Avenue is manned from 8.30—9.30am and 2.45—3.45pm by the appointed RTM Crossing Supervisor who will open the Cambrai gate at 3.20pm. Please do not ask for this gate to be opened early. If you need to come in earlier, please come through the Office. The other school gates will be opened shortly after the bell at 3.30 by the teacher on duty. Please be patient as the teacher needs to take care of her class and make his/her way to the gate. Please note that the Dernancourt gate will be closed just before the bell in the mornings for safety reasons.
### School News - Cont’d

<table>
<thead>
<tr>
<th>School Photos</th>
<th>Banking News</th>
</tr>
</thead>
</table>
| **Thursday, 26 March**  
Correct full school uniform required. | Please bring your deposit books on Thursdays. Your banking will be processed and returned to you on Fridays. |

### Easter Celebrations

**Thursday, 19 March**  
- Easter egg donation for Mufti Day  
- Return raffle tickets & money  

**Monday, 30 March**  
- Wrapping night 6.30pm to 8.30pm  

**Thursday, 2 April**  
- Easter hat parade  
- Raffle is drawn

### Open Day

**Wednesday, 29 April**  
9.45—11.15am  
Tour of our school’s facilities for new families with children commencing school in 2016.

### Mufti Day

**Thursday, 19 March**  
Payment is an Easter egg to be made into a basket for the raffle.

Please remember on mufti days that thongs, sandals, singlets and midriff tops are not suitable for school mufti.

### Uniform Shop - Opening Hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45am</td>
<td>New Opening Times Wednesday, Thursday &amp; Friday ONLY</td>
</tr>
<tr>
<td>9.30am</td>
<td>Second Hand Uniforms WANTED</td>
</tr>
</tbody>
</table>

**Orders can be left at the Office anytime.**

This year the date for all students to change over to winter uniforms is **Monday, 11 May 2015**.

### Harmony Day

**Friday, 20 March**  
Not a mufti day  
Wear a splash of Orange with your sports uniform like orange socks, hair ribbons, shoelace, hat, etc as part of Harmony Day & National Anti Bullying Day activities.

### Cheese & Bacon Roll Day

**Friday, 20 March**  
Cheese & bacon roll and a drink of your choice for $4.50.

Canteen will resume for Term 2 on **Thursday 23rd April.**

### Canteen Open Times

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45am</td>
<td>Cheese &amp; Bacon Roll Day Friday, 20 March.</td>
</tr>
</tbody>
</table>

*Cheese & bacon roll and a drink of your choice for $4.50.*
Depression Proofing your kids
Andrew Fuller

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression.

Unfortunately once someone has experienced depression, they are at far greater risk of feeling that way again.

While I can't guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

Sadness is not always bad
Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don't live whole lives.

We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won't be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

Lower the amount of stress
Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can't avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

Find some good friends
Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily
What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are the good fats so if you are hesitant about eating them don't be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

Have some sources of “Flow”
We experience “flow” when we get involved in an activity that captivates us. At the end of these types of activities people often think, “Where did the time go?” There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares and worries.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

Belong to the karma club
Decide to increase good will in the world by doing something positive for someone else. Try this out for one week. Pick someone you know and try to “knock their socks off” as much as possible. Give them compliments, greet them exuberantly and take time to be with them. You'll be amazed at how much benefit you get from increasing someone else's happiness.

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School News - Cont’d

Skoolbag

How To Install Skoolbag On Your Smartphone

**iPhone & iPad Users**
1. Click the “App Store” icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click “Free” then “Install”.
4. If iPad, change the drop list to “iPhone Apps”, your school will then be visible, click “Free” then “Install”.
5. When installed click “Open”.
6. Select “OK” to receive push notifications, when asked.
7. Click the “More” button on the bottom right of the App, then “Setup”.
8. Toggle on the Push Categories that are applicable for you.

**Android Users**
You must first have signed up with a Google Account before installing the app.
1. Click the “Play Store” button on your Android Device.
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the “Install” button.
5. Click “Accept” for various permissions (please note, we do not modify any of your personal data on your device).
6. Click “Open” when installed.
7. Click the “More” button on the bottom right of the App, then “Setup”.
8. Toggle on the Push Categories that are applicable for you.

Don’t forget to like us on Facebook! Like

Find out more at www.skoolbag.com.au
### Engadine PS Uniform Shop - Order Form

**Child's Name & Class:**

**Parent's Name & Ph No.:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sizes</th>
<th>Cost</th>
<th>Qty</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bags</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Bag</td>
<td></td>
<td>$40.00</td>
<td></td>
<td></td>
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<tr>
<td>Excursion Bag</td>
<td></td>
<td>$12.00</td>
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<tr>
<td>Library Bag</td>
<td></td>
<td>$10.00</td>
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<tr>
<td><strong>Hats</strong></td>
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<tr>
<td>Broad Brim Black - Logo</td>
<td>55, 57, 59cm</td>
<td>$12.00</td>
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</tr>
<tr>
<td><strong>Jackets</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fleezy Zip Maroon with Embroidered Emblem</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$28.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drybodz Rain Poncho</td>
<td>Med / Large</td>
<td>$15.00</td>
<td></td>
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</tr>
<tr>
<td>Maroon Spray Jacket</td>
<td>6, 8, 10, 12, 14, 16</td>
<td>$20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Microfibre Two Tone Jacket **</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$60.00</td>
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<tr>
<td><strong>See note below</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Jumpers</strong></td>
<td></td>
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<tr>
<td>V Neck Fleecy Marron with Embroidered Emblem</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$22.00</td>
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<tr>
<td><strong>Track Pants - Unisex</strong></td>
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<tr>
<td>Maroon Microfibre with pinstripe **</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$35.00</td>
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<tr>
<td><strong>See note below</strong></td>
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<tr>
<td><strong>Polos</strong></td>
<td></td>
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</tr>
<tr>
<td>Short Sleeve Sky Blue with Screen Print Emblem</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$18.00</td>
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<tr>
<td>Long Sleeve Sky Blue with Screen Print Emblem</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$20.00</td>
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<tr>
<td><strong>Shorts</strong></td>
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<tr>
<td>Grey - Boys</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$16.00</td>
<td></td>
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</tr>
<tr>
<td>Check - Girls</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$25.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports, Microfibre - Unisex</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$22.00</td>
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<tr>
<td><strong>Pants</strong></td>
<td></td>
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</tr>
<tr>
<td>Slacks Maroon - Girls <em>Old Style</em></td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$38.00</td>
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<tr>
<td>Bootleg Pants Maroon - Girls <em>NEW</em></td>
<td>4, 6, 8, 10, 12, 14, 16, 18</td>
<td>$22.00</td>
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<td></td>
</tr>
<tr>
<td>Grey, Double Knee - Boys</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$20.00</td>
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<tr>
<td><strong>Tunics</strong></td>
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<tr>
<td>Maroon - Girls Winter</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$48.00</td>
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<tr>
<td>Check - Girls Summer</td>
<td>4, 6, 8, 10, 12, 14, 16</td>
<td>$42.00</td>
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<tr>
<td><strong>Socks</strong></td>
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<tr>
<td>Girls - Blue</td>
<td>9-12, 13-3, 2-8</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys - Grey</td>
<td>9-12, 13-3, 2-8</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>Child 9-12, Youth 2-7, Lge 8-11</td>
<td>$10.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tights - Black</td>
<td>4-6yrs, 7-10yrs, 11-14yrs</td>
<td>$8.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please enclose full payment with your order. Cheques made payable to: **TOTAL**

**Engadine Public School Uniforms**,

**Note:** Microfibre tracksuit pants and jacket are ordered once per year in March. Limited stocks are held by the uniform shop.
**Community News**

**Election Day BBQ & Cake Stall**

**Please help!**

We are organising a BBQ and cake stall on Election day – Saturday, 28 March 2015 to fundraise for our wonderful school.

We need donations of cakes, cupcakes, slices, biscuits and muffins to sell on the day.

We need volunteers for 1.5 hr shifts to:

* cook the bbq
* collect the money
* work on the cake stall.
* make the egg & bacon rolls and sausage sandwiches.

All foods coming to the cake stall must be wrapped and all ingredients listed. These can be left at the school office on Friday, 27 March before 3.00pm or at the stall on Saturday morning.

**Your help is very much appreciated!**

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**Menai Warriors Rugby Union Club**

**2015 REGISTRATIONS**

The Menai Warriors Junior Rugby Union Club has been successfully offering a fun and rewarding rugby experience for kids in the Menai, Sutherland, Revesby, Holsworthy and Engadine areas for nearly 15 years. This year we now have a seniors side for the first time.

Our home ground at The Ridge playing fields, Barden Ridge offers modern facilities and parking amongst the best in south-western Sydney.

In 2014 we had great success across all teams, with our premiership-winning U16 team becoming the Menai District Junior Sports Team of the Year. Many players have gone on to represent honours including Sydney and ARU Junior Gold Cup teams.

**PLAYERS WANTED – ALL AGES**

Opportunities to play in all age groups from U8 to Seniors are available. No prior rugby union experience necessary.

**FRIDAY NIGHT GAMES**

Many of the minis and juniors games take place on a Friday night. This allows kids to try rugby in addition to their current winter sport, and assists in balancing other family demands.

**NO TACKLE for U6 and U7**

As a safe and fun way to introduce boys and girls to rugby, these age groups play two handed tag. Led by qualified coaches, the focus is on skills and enjoyment.

**MINIS AND JUNIORS REGISTRATIONS**

Saturday 31st Jan and Sunday 1st February - Menai Marketplace

**SUNDAY 8TH FEBRUARY - WOOLWORTHS REVESBY**

**SENIORS REGISTRATIONS** - Now being taken

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**Heathcote High School**

**Year 7 2016**

**Out of Area Applications**

Application forms can be collected from the EPS Office and need to be lodged with your Expression of Interest forms.

For more information contact Heathcote High School on 9520 9488

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**Part-time work that makes a difference**

Be paid to help keep kids safe, and your community will thank you. Age and experience no barrier.

**Interested?**

Search for ‘School Crossing Supervisor’ at jobs.nsw.gov.au
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easter Monday</strong></td>
<td><strong>Easter egg hunt!</strong></td>
<td>We will be having an Easter egg hunt in our backyard! Any Easter egg bag donations would be greatly appreciated.</td>
</tr>
<tr>
<td><strong>Tuesday 7th</strong></td>
<td><strong>Water fun day</strong></td>
<td>Due to popular demand we are having another water fun day these holidays! Don’t forget your towel, swimmers and a change of clothes if you would like to join!</td>
</tr>
<tr>
<td><strong>Wednesday 8th</strong></td>
<td><strong>Bowling!</strong></td>
<td>We will be playing a game of bowling at AMF bowling and having yummy hot dog or fries and a drink for lunch! Don’t forget to bring money if you would like to play some games! Cost $25</td>
</tr>
<tr>
<td><strong>Friday 10th</strong></td>
<td><strong>Putt planet</strong></td>
<td>We will be catching the train to putt planet to play indoor putt putt! Cost $23</td>
</tr>
<tr>
<td><strong>Monday 13th</strong></td>
<td><strong>Movie day!</strong></td>
<td>We will be catching a bus to Miranda cinemas to watch a movie. Make sure you bring all your movie snacks! Cost $23</td>
</tr>
<tr>
<td><strong>Tuesday 14th</strong></td>
<td><strong>Wax hands</strong></td>
<td>Come and make you very own colourful wax hand to take home! Cost: $20</td>
</tr>
<tr>
<td><strong>Wednesday 15th</strong></td>
<td><strong>Pizza picnic!</strong></td>
<td>We will be having pizza and a drink for lunch and walk down to the school to have a picnic today. Cost $10</td>
</tr>
<tr>
<td><strong>Thursday 16th</strong></td>
<td><strong>Menai indoor sports centre.</strong></td>
<td>Let’s get active! We will be catching a bus to Menai indoor sports centre to play some sport activities with their trained staff. Cost: $20</td>
</tr>
<tr>
<td><strong>Friday 17th</strong></td>
<td><strong>End of holiday’s big breakfast!</strong></td>
<td>We will be making a big breakfast for lunch today! We will be having bacon, eggs, baked beans and toast! Cost $5</td>
</tr>
</tbody>
</table>
Afghanistan and Middle East Memorial Service, Engadine War Memorial on 21 March 2015

On 21 March 15, a National Commemoration for the end of Operation SLIPPER will take place. Op Slipper was Australia’s whole-of-government mission in Afghanistan and the Middle East, which commenced in October 2001.

In Sydney it will include a Parade along George and Bathurst Streets, commencing at 10.00am, followed by a Commemorative Ceremony held around the Pool of Reflection at the ANZAC Memorial, Hyde Park, commencing approximately 1130am. There will be a fly-past during the course of the Parade and the Reviewing Officer, the Governor of NSW, on the steps of the Town Hall, will take the salute.

For those unable to attend the parade, the Engadine RSL Sub Branch will be conducting a memorial service at the War Memorial commencing at 10.00am.

The purpose of these events is to provide the public with the chance to thank all those who deployed as part of the International Coalition Against Terrorism; Recognising their commitment and remembering those who paid the ultimate sacrifice.

Enquiries to the Engadine RSL Sub Brach Secretary on (02) 95485106 or Engadinersl@gmail.com
THE BEST HOLIDAYS HAPPEN AT CAMP

✔ Relaxing   ✔ Fun  ✔ Great value  ✔ Safe

Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids' and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, slip’n’slide, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids’ Day Camps start from $47. Family Camp weekends start from $63 per day for kids and $96 per day for adults (kids under 5 attend free; cost includes accommodation, meals and activities).

Bonus! Residential Kids’ Camps include supervised transport from:
- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brooklyn
- Mooney Mooney.

dsr.nsw.gov.au/kidscamps
dsr.nsw.gov.au/familycamps
13 13 02
facebook.com/nswsportandrecreation
Communhity News

Being a Mum

This three-hour program will help mothers to become more mindful parents and build skills to encourage closer relationships with their children.

You will learn to:
- understand yourself as a mum
- connect with your children
- discipline children in a positive way
- bring out the best in your children

Monday, 11 May 2015
9.30am to 12.30pm
Venue: Interrelate, Shop 1C
383-385 Port Hacking Road, Caringbah NSW

Bookings essential - Phone 8522 4450

Relating as Stepfamilies

This one day workshop assists couples to manage the demands of life as a stepfamily.

It will assist parents to:
- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

Saturday 16 May 2015
9:30am to 4:30pm
$75 per couple
Venue: Family Relationship Centre
383 Port Hacking Road South, Caringbah 2229

Bookings essential - Phone 8522 4450
Morning tea & afternoon included.
One hour lunch break provided.

Seasons for Growth

This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

Children will learn:
- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

Wednesday afternoons, 4:00pm to 5:00pm
29 April – 24 June 2015
(Includes party week)
Venue: Interrelate, Shop 1C
383-385 Port Hacking Road, Caringbah NSW
Cost: $50 per child

Bookings essential - Phone 8522 4450

Engadine Crusaders Football Club

U7 players wanted - Boys and Girls

We are offering FREE registration or this week only for any new U7 players only to sign up with Engadine Crusaders FC

Please contact our registrar asap
registrar@engadinecrusadersfc.com