Minx Hair and Body Group
28 Station Street Engadine
95200511

$305.00 worth of services
Ten foils, root colour, tonner
cut and style, treatment
For only $99.00.

This space available for advertising.
Contact the Office for terms.
## 2015

### Term 1

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td>26 School Photos</td>
</tr>
<tr>
<td></td>
<td>26-31 Parent Interviews</td>
</tr>
<tr>
<td></td>
<td>27 Cross Country</td>
</tr>
<tr>
<td></td>
<td>30 Wrapping night 6.30pm</td>
</tr>
</tbody>
</table>

### April

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Parent Interviews</td>
</tr>
<tr>
<td>2</td>
<td>Easter Hat Parade and Last day Term 1</td>
</tr>
<tr>
<td>3</td>
<td>Good Friday</td>
</tr>
</tbody>
</table>

### Term 2

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>20 Staff Development Day</td>
</tr>
<tr>
<td></td>
<td>21 Students return</td>
</tr>
<tr>
<td></td>
<td>22 Yrs 3-6 Athletics Carnival</td>
</tr>
</tbody>
</table>

## Harmony Day and National Anti-Bullying Day

Principal: Hendrika Green

What an array of accessories were observed on Friday as students and teachers came dressed with orange accessories in celebration of Harmony and Anti-Bullying Day. Students gathered for a special assembly in the hall to view a video of their Harmony Day performance—a culmination of all classes making a video of a “movement” to symbolise harmony and the subsequent editing to put the film together. Congratulations to all students who took part, who assisted in designing the choreography and who performed well, in harmony as a team to produce such a great product!

## Wonderful Workers at Our Working Bee.

![Image of students working]

## Sports Reports

Last week we advised that Tye and Baylie had progressed to Zone level trials. Congratulations to Tye, who has now also been shortlisted for the Regional Team. Well done.

## Assemblies

Assemblies held FORTNIGHTLY On Even Weeks, Tuesday at 2:30pm

## Canteen

Canteen closed Monday and Tuesdays.
### School News Cont’d

#### Notes and Money Due

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Teacher Interviews</td>
<td>Select your preferred times</td>
</tr>
<tr>
<td>Easter Celebrations</td>
<td>Easter Hat Parade Thursday, 2 April</td>
</tr>
<tr>
<td>Election Day BBQ &amp; Cake Stall</td>
<td>Help needed and donations of cakes</td>
</tr>
<tr>
<td>K-6 Athletics Carnival</td>
<td>Sylvania Waters Wednesday, 22 April</td>
</tr>
<tr>
<td>School Cross Country - Friday 27 March</td>
<td>Jnr s 8, 9 &amp; 10, s and Snrs 11 &amp; 12’s</td>
</tr>
<tr>
<td>Debating Team</td>
<td>Expression of Interest For Yrs 5 &amp; 6. Permission due by 27 March</td>
</tr>
<tr>
<td>School Photos - Friday, 27 March</td>
<td>Return photo envelope to teacher by Monday, 23 March</td>
</tr>
<tr>
<td>Family Photos</td>
<td>Collect special envelope from Office. Bring it on the morning and hand to photographer.</td>
</tr>
</tbody>
</table>

#### P & C Working Bee : Saturday, 21 March - Thank You Everyone!

**Working Bee**

**HUGE THANKS**

Focus : School Environment

What an amazing team of helpers – huge thanks, to P & C, staff and volunteers who laboured, rain and shine, on Saturday to improve the look of our school. The ANZAC garden was tilled and filled with soil prior to replacement of mulch, and all the mounds of mulch on the rear playground are now spread. After 7 ½ hours the teams went home – an incredible achievement for our school. Many were there who did not feature in photographs—we thank you all for your much valued support!

#### 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)

#### Key Values - Open Minded (Social Key to Success)

Being open-minded can be really tough sometimes. Most of us are brought up with a set of beliefs and values and tend to surround ourselves with people who share the same values and beliefs. Therefore, it can be difficult when we’re faced with ideas that challenge our own and, though we may wish to be open-minded, we may struggle with the act of it from time to time.

**Letting go of control.** When you open your mind, you free yourself from having to be in complete control of your thoughts. You allow yourself to experience new ideas and thoughts and challenge the beliefs you currently have.

**Experiencing changes.** Opening up your mind to new ideas allows you to take the opportunity to change what you think and how you view the world. Now, this doesn’t mean you necessarily will change your beliefs, but you have the option to when you think with an open mind. When you open your mind and allow yourself to see things from others’ perspectives, you allow yourself not only to recognise potential mistakes you’ve made, but also to make new mistakes. Doesn’t sound like much fun, but it’s actually a great thing to fall and get back up again.

**Strengthening yourself.** Open-mindedness provides a platform on which you can build, piling one idea on top of another. With an open mind you can learn about new things and you can use the new ideas to build on the old ideas. Everything you experience can add up, strengthening who you are and what you believe in. At EPS we want our students to be open-minded, to value the opinions of others and to try new ways of doing things—and to develop their own strengths as a result, in informed decision making.

#### Safetytown website – A Road safety education program

This innovative website reinforces the road safety messages that children are learning at school. It provides practical strategies to help families learn how to be safer pedestrians and road users.

The seven key road safety messages cover pedestrian safety, car passenger safety, bus passenger safety and safety on wheels (bicycles, foot scooters, skateboards and rollerblades).

For further details, visit [https://www.safetytown.com.au](https://www.safetytown.com.au)

#### From the Office

Please return underwear and other clothing provided to your child when they have had an “accident”.

We have a very limited supply of items to use for this purpose and when these items have not been returned we find we are unable to help the next child with the correct size.
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**

<table>
<thead>
<tr>
<th>Dos</th>
<th>Don’ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Remember that if you refuse to allow others to join your games, you will hurt their feelings. Feelings are important!</td>
<td>✓ Don’t ignore people who may like to be included in your game.</td>
</tr>
<tr>
<td>✓ 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.</td>
<td>✓ Don’t think that your group of friends will be wrecked if you invite someone else in to join your games, sometimes.</td>
</tr>
<tr>
<td>✓ Smile and say something like “Why don’t you play too?”, in a friendly voice.</td>
<td></td>
</tr>
<tr>
<td>✓ Find ways to make the game or activity adapt or change to allow another person to play or take turns to play.</td>
<td></td>
</tr>
</tbody>
</table>

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.

**Newspaper skills**

**Practise to be a journalist**

This website could definitely make practising writing and spelling more interesting for all of us. Make a newspaper clipping with your own headline and story. Your child may even start imagining themselves as a publisher or journalist. [http://www.fodey.com/generators/newspaper/snippet.asp](http://www.fodey.com/generators/newspaper/snippet.asp)

**Advertising**

**Now taking advertising for Term 2.**

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**

**School Photos**

**Thursday, 26 March**
Correct full school uniform required.

**Easter Celebrations**

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

**Thursday, 2 April**
- Easter hat parade and raffle is drawn

**Uniform Shop - Opening Hours**

8.45am to 9.30am **Friday, 24 April** (first Friday of Term 2)
Orders can be left at the Office anytime.

**Second Hand Uniforms WANTED**
The Uniform Shop is always happy to accept donations of second hand items in good condition. If you have any items you wish to donate, please bring them into the Office or direct to the Uniform Shop when it is next open.

**Open Day**

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

**New Opening Times**

Wednesday, Thursday & Friday ONLY—Closed Monday & Tuesday

**Canteen Open Times**

**New Opening Times**

Wednesday, Thursday & Friday ONLY—Closed Monday & Tuesday

**Canteen News**

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

**Canteen Roster - Term 2 2015**

<table>
<thead>
<tr>
<th>Week Starting</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-April</td>
<td>No Canteen</td>
<td>Anitha Hoad</td>
<td>Belinda Pepe</td>
</tr>
<tr>
<td>27-April</td>
<td>Carla Kovacs</td>
<td>Shirley Keats</td>
<td>Cherlyn Hare</td>
</tr>
<tr>
<td>4-May</td>
<td>Tamara Johns</td>
<td>Melissa Pearce</td>
<td>Michelle Slyney</td>
</tr>
<tr>
<td>11-May</td>
<td>Kellie Caspersonn</td>
<td>Suzanne Dymond</td>
<td>Bec Bullock</td>
</tr>
<tr>
<td>18-May</td>
<td>Erin Hic</td>
<td>Jasmin Barnes</td>
<td>Lyndal Carter</td>
</tr>
<tr>
<td>25-May</td>
<td>Jody Mielke</td>
<td>Kirsty Merrill</td>
<td>Kirsten Spry</td>
</tr>
<tr>
<td>1-June</td>
<td>Carla Kovacs</td>
<td>Lee Johnston</td>
<td>Kristin Buckley</td>
</tr>
<tr>
<td>8-June</td>
<td>Tamara Johns</td>
<td>Donna Webb</td>
<td>Karen McGowan</td>
</tr>
<tr>
<td>15-June</td>
<td>Kellie Caspersonn</td>
<td>Vanessa Collinson</td>
<td>Sharon Reynolds</td>
</tr>
<tr>
<td>22-June</td>
<td>Kelly-Ann Ottaway</td>
<td>Megan Hall</td>
<td>Allison Emanuel</td>
</tr>
</tbody>
</table>

If you cannot make it on your day please organise to swap with somebody else. If this is not possible please leave a message for Deidre at the school.

Thanks for your continuing support of the canteen, the children love to see you there.
#### Engadine PS Uniform Shop - Order Form

**Effective 1/8/14- 30/6/15**

<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>
</tr>
<tr>
<td>Excursion Bag</td>
<td></td>
<td>$12.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Library Bag</td>
<td></td>
<td>$10.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hats</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broad Brim Black - Logo</td>
<td>55 57 59cm</td>
<td>$12.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Jackets</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fleecy 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>
<td></td>
</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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>See note below</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Jumpers</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>V Neck Fleecy Marron with Embroidered Emblem</td>
<td>4 6 8 10 12 14 16</td>
<td>$22.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Track Pants - Unisex</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maroon Microfibre with pinstripe **</td>
<td>4 6 8 10 12 14 16</td>
<td>$35.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>See note below</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Polos</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
<td></td>
</tr>
<tr>
<td>Long Sleeve Sky Blue with Screen Print Emblem</td>
<td>4 6 8 10 12 14 16</td>
<td>$20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shorts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grey - Boys</td>
<td>4 6 8 10 12 14 16</td>
<td>$16.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check - Girls</td>
<td>4 6 8 10 12 14 16</td>
<td>$23.00</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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pants</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slacks Maroon - Girls <em>Old Style</em></td>
<td>4 6 8 10 12 14 16</td>
<td>$38.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bootleg Pants Maroon - Girls <em>NEW</em></td>
<td>4 6 8 10 12 14 16 18</td>
<td>$22.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grey, Double Knee - Boys</td>
<td>4 6 8 10 12 14 16</td>
<td>$20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tunics</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maroon - Girls Winter</td>
<td>4 6 8 10 12 14 16</td>
<td>$48.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check - Girls Summer</td>
<td>4 6 8 10 12 14 16</td>
<td>$42.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Socks</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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: [Name]  

**Engadine Public School Uniforms**  
**Microfibre tracksuit pants and jacket are ordered once per year in March. Limited stocks are held by the uniform shop.**
## School News (Cont’d)

### EASTER MONDAY PUBLIC HOLIDAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Easter egg hunt!</td>
<td>We will be having an Easter egg hunt in our backyard. Any Easter egg hunt donations would be greatly appreciated.</td>
</tr>
<tr>
<td>Wednesday 8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Water fun day</td>
<td>Due to popular demand we are having another water fun day these holidays! Don’t forget your towel, swimsuits and a change of clothes if you would like to join!</td>
</tr>
<tr>
<td>Thursday 9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Bowling!</td>
<td>We will be playing a game of bowling at AMF bowling and having yummy hot dogs or fries and a drink for lunch! Don’t forget to bring money if you would like to play more games! Cost: $25</td>
</tr>
<tr>
<td>Friday 10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Putt planet</td>
<td>We will be catching the train to putt planet to play indoor putt putt! Cost: $3</td>
</tr>
</tbody>
</table>

Monday 13<sup>th</sup> 
Movie day!  
We will be catching a bus to Miranda Cinemas to watch a movie. Make sure you bring all your movie snacks! Cost: $23

Tuesday 14<sup>th</sup>  
Wax hands  
Come and make your very own colourful wax hand to take home! Cost: $10

Wednesday 15<sup>th</sup>  
Pizza picnic!  
We will be having pizza and a drink for lunch and walk down to the school to have a picnic today! Cost: $10

Thursday 16<sup>th</sup>  
Menai indoor sports centre.  
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: $10

Friday 17<sup>th</sup>  
End of holiday’s big breakfast!  
We will be making a big breakfast for lunch today! We will be having bacon, eggs, baked beaves and toast! Cost: $5

## Community News (Cont’d)

### AST Surf School Presents

**Surf Groms**

- **5-12 yrs**
- **Surfing Australia Accredited Water Safety and Surfing Program**

**Vegemite Surf Groms**

**Easter holiday Program**

Available online now

Starting from April 6th
At North Gong, Bulli beach & The Farm

Come down and join the fun!
Learn to surf with us!

**Website:** [www.surfgroms.com.au](http://www.surfgroms.com.au)

To find out more:
- **1800 711 189**
- **info@australianssurftravels.com.au**

### ROLL UP YOUR SLEEVES AND GIVE BLOOD

**Mobile Blood Service visiting:**

**Engadine Tavern**  
50 Station Street (enter via rear of hotel)

**Thursday 16 April**  
1.30pm – 6.30pm

**Drink up!** Have 3 or 4 glasses of water or juice in the hours before you donate!

**Eat!** Have a good sized breakfast or lunch

Please bring photo ID with you

To make an appointment call 13 14 95

or visit donateblood.com.au

**Australian Red Cross**

**BLOOD SERVICE**
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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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 representative 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

Saturdays 31st January and Sundays 1st February – Menai Marketplace

Saturdays 8th February – Woolworths Revesby

SENIORS REGISTRATIONS—Now being taken

Visit us / Contact us at:

menairugby@yahoo.com.au

www.menai.rugbywrt.com.au

Facebook

Elliott Howie (President) 0412 133 119

Neil Apolloni (Vice President - Minis) 0408 322 111

Brien Russell (Vice President - Seniors) 0447 361 534

Competitions commence March / April 2015

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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

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Transport Roads & Maritime Services
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
SKATING FUN
Sip on some skates or blades and get involved in some radical skating action! Beginner and advanced learn to skate classes that focus on a variety of disciplines. We will also be rocking and rolling with our Roller Disco including lots of games and prizes. Skate hire available but limited.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>To Enrol:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4+ years</td>
<td>$10.00 per person per session, $2.00 Skate Hire</td>
<td>Call Shannon on 9527 1598 or SMS only 0417 020 876 Email: <a href="mailto:trnc_shannon@hotmail.com">trnc_shannon@hotmail.com</a></td>
</tr>
</tbody>
</table>

READY STEADY GO MULTI SPORTS HOLIDAY PROGRAM
Ready Steady Go Kids is Australia’s largest multi-sport and exercise program for preschoolers. This two-hour holiday program includes a variety of fun skills and games from some of our favourite sports including soccer, basketball & cricket.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>To Enrol:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 7 years</td>
<td>$30.00 (healthy morning tea provided)</td>
<td>Bookings are essential: Contact Blake on 0466 841 422 or email: <a href="mailto:Blake@readysteadygokids.com.au">Blake@readysteadygokids.com.au</a></td>
</tr>
</tbody>
</table>

WHAT’S ON OFFER

MULTI SPORTS FUN CAMP
9.00AM - 3.00PM (pick-up times apply)
Experience fun filled days of sports, games and activities in a safe and enjoyable environment. A selection of the following sports will be on offer: Basketball, Soccer, Cricket, Dodgeball, Football, Frisbee, Netball, Tee Ball, Hockey and Handball.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 - 12 years</td>
<td>$42.00 single day or $36.00 multiple days</td>
<td>Morning tea, lunch, water bottle, sports shoes and sports clothes</td>
</tr>
</tbody>
</table>

KIDS CLUB
Games, activities and sports focusing on enjoyment and participation while developing motor skills.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 7 years</td>
<td>$14.00 per child morning session or $12.00 per child afternoon session</td>
<td>Sports clothes, joggers and water bottle. Morning tea and lunch required for all day session</td>
</tr>
</tbody>
</table>

LEARN TO PLAY BASKETBALL
Develop the skills of the game while gaining an understanding of the rules.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 10 years</td>
<td>$14.00 per child</td>
<td>Sports clothes, joggers and water bottle</td>
</tr>
</tbody>
</table>

LEARN TO PLAY CRICKET
Want to hit the ball like Warne or bowl as fast as Johnson? Come and learn the basic skills of cricket in a fun relaxed environment where you will master the art of bowling, batting, fielding and wicket keeping through drills and modified games.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 12 years</td>
<td>$14.00 per session</td>
<td>Sports clothes, joggers and water bottle</td>
</tr>
</tbody>
</table>

LEARN TO PLAY NETBALL
A fun introduction to netball. Come along and learn skills, rules and play development games in a fun and social environment.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 12 years</td>
<td>$14.00 per child</td>
<td>Sports clothes, joggers and water bottle</td>
</tr>
</tbody>
</table>

REMOTE CONTROL CARS
Experience the thrills that Remote Control racing has to offer including fast laps, time trials, all in races, jump ramps and much more. It’s fun and racers of all abilities are welcome.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 - 12 years</td>
<td>$11.00 per child</td>
<td>Your own car</td>
</tr>
</tbody>
</table>

LEARN TO PLAY SOCCER
Ronaldo, Canii! This is the start of your soccer career in this fun introduction to indoor soccer. Develop the skills of the game while gaining an understanding of the rules.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 12 years</td>
<td>$14.00 per child</td>
<td>Sports clothes, joggers and water bottle</td>
</tr>
</tbody>
</table>

KARATE
Learn the skills and disciplines of an ancient martial art from one of the best. Under the direction of Tony Hall (7th Dan, Australian National Coach and former Australian National Coach). Participants who sign up with Ishinryu for a term receive $30 off their joining package! Group bookings also available.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Cost</th>
<th>To Enrol:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; above</td>
<td>$15 per session, $25 for two siblings</td>
<td>Contact Ishinryu Karate on 9527 6915</td>
</tr>
</tbody>
</table>

BUBBLE SOCCER
It’s the latest craze and loads of fun. There are no rules except to get the ball into the goal. Anything goes! No experience necessary.

<table>
<thead>
<tr>
<th>Height</th>
<th>Cost</th>
<th>Bring:</th>
</tr>
</thead>
<tbody>
<tr>
<td>150cm tall</td>
<td>$14.00 per child</td>
<td>Sports clothes, joggers and water bottle</td>
</tr>
</tbody>
</table>
**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

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**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

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**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

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**Enriching Lives - FREE Perinatal Support Program**

Are you pregnant or have you recently had a baby and live in Sutherland Shire?

Would you like to meet other new and potential new mothers, twice a month, while being supported and listened to in a supportive environment?

The program is aimed at providing you with the resources, peer support and knowledge you need to help you enrich your life and that of your child.

You will learn some new skills and make some new friends, learning supported, nourished and ready to face the excitement of being a new mum.

**When:** 1.30pm - 2.30pm twice a month on Wednesday from 11th March to 23rd Sept 2015

**Where:** Caringbah 2229 (5 minute walk from the station)

**To Register:** Group numbers are limited to 20 so be quick if you are interested in participating in the 6-month program. Registrations close: 5pm Fri 27th February 2015. Childcare costs will be covered.

Contact: Rosanna, Community Development Manager, Gwynne Community Aid on 9524 9559 or cem@gsa.nps.org.au for more information.