



Moss Vale High School

Respectful, Safe and Responsible Learners

21 Narellan Road MOSS VALE NSW 2577 • PO Box 137 •

T: 02 4868 1717 • F: 02 4868 2787 •

E: mossvale-h.school@det.nsw.edu.au

29 July 2016

Year 10 PDHPE Dance Off



... and the winners were :

Rebecca Heyhorn and Nicholas Reader



Moss Vale High School website : www.mossvale-h.schools.nsw.edu.au

NEWSLETTER

Principal's Report

School Captains and Leadership Team

Our School Captains and Leadership Team have been selected for 2016-2017 after a very exhaustive process. **The students were expected to submit a lengthy written application with their teachers' supporting comments, engage in a panel interview with select staff and present a two minute speech at a full school assembly that formed the basis for the whole school vote.** All components of the process were taken into consideration and the outcome was not decided based solely on any one component. The successful candidates for the four positions of School Captain are **Olivia Yearsley, Matilda Hoare, Luke Webb and Joshua Huggett.** The Senior Leadership team will consist of these four Captains, **Beau Hanrahan, Ryan Jones, Brooke Fitzgerald, Hannah Whatman, Lachlan Finlayson and Liam Reed.**

Congratulations to all of these exceptional Year 11 students who performed well throughout the entire election process. I am proud of each of them and believe we have a very strong Leadership Team. The students will be inducted at our next school assembly and parents will be invited to join us.

Thank you to Mrs Norris, Mr Vandenberg, Ms Lidgard and Mr Carlyon for being part of the selection panel and for all their hard work. I know how difficult it was to choose only four Captains out of such a strong candidature.

Deputy Principal 2017

After being privileged enough to be appointed to the position of Principal at Moss Vale High School, I needed to run a merit selection panel to appoint the substantive Deputy Principal for 2017. Again, this was a highly competitive field and a challenging selection process. I am pleased to announce that the successful candidate is Mr Matthew Carlyon, our current Head Teacher PDHPE. Mr Carlyon will step into the full-time permanent position at the start of 2017 which will then lead us to yet another merit selection for the Head Teacher position. I would like to thank the panel for assisting me in this lengthy and rigorous process. The panel consisted of Mrs Ros Sparks (our P&C representative), Ms Kellee Evans (the Aboriginal Education Consultative **Group representative**) **Ms Heidi Caws (the Director's representative from Belmore Park High School)** and Ms Helen Campbell our staff representative.

Night of M.A.D.D.NESS (Music, Art, Dance & Drama)

I was once again very proud of our talented students who performed in a variety of creative and performing arts items. The evening included a wide range of performances and talents, including vocal, musical, drama, visual arts and even a lip sync battle! It was a student versus teacher battle, performed to Spice Girls and Backstreet Boys. The teachers won the battle due to the outstanding performances of Mr Adam Dubois, Mr Andrew Drummond, Ms Maddy Baard and Mr Jeremy Donaldson. Thank you to all the CAPA staff for their hard work in organising such an entertaining and successful night.

Merit System

Congratulations to all of our recent Merit Award recipients who will receive their certificates at our next school assembly:

Green Award : Jamaya Blake, Beau Haskins, Ryan Johnson, Alex Lawson, Zoe Murray, Felicity Smart, Mickey Thompson, Connor Withers, (Year 7) and Bonnie-Jane Johnson (Year 12)

Bronze Award : Amelia Barrington, Cassidy brown, Colin Cooksley, Maizy Evans Laura Elliott, Emma Gouros, Kelsey Jenkins, Makayla Jones, Olivia Jones, Sarah Moore, Jackson Miller, Hannah Mulcahy, Isabel Nash, Amber Wood (Year 7) and Grania Malady (Year 8).

Silver Award : Matthew Johnston (Year 7), Clayton Deleeuw, Joel Douglas, Amy Green (Year 8), Andrew Zveglic (Year 10), and Alexander Allen and Daniel Field (Year 12).

Gold Award : Caitlin Miller and Amy Webb (Year 8)

Platinum Award : Cameron Clay (Year 9).

Patricia Holmes
Principal

Acting Deputy Principal's Report

"Successful education is a positive partnership between the students, parents and the school"

In these days of fantastic technology we have been able to maintain communication to a point not imaginable 15 years ago. Unfortunately, this ease of communication has become an increasing problem to the running of schools in the past few years.

All schools are required by common law to follow two acts which means that schools' have clear policies to follow!

- (1) **loco parentis**, Latin for "in the place of a parent" refers to the legal responsibility of a person or organization (in this case Moss Vale High School) to take on some of the functions and responsibilities of a parent. ***In simple terms "while at school the role of teachers is that of a parent"***
- (2) **Duty of Care**. A duty of care is the legal obligation to provide reasonable care while performing any acts or making any omissions that could foreseeably harm others. The duty encompasses a wide range of matters, including (but not limited to) –
 - *the provision of adequate supervision*
 - *ensuring grounds, premises and equipment are safe for students use*
 - implementing strategies to prevent bullying from occurring in school, and
 - providing medical assistance (if competent to do so), or seeking assistance from a medically trained person to aid a student who is injured or becomes sick at school. *"NSW Department of Education Policy"*

At Moss Vale High School we have had an increase in the number of situations which make it difficult for the school to follow the two Laws above.

- (1) Students who are contacting parents about issues without notifying staff. The first we hear is parents fronting the office – if you turned this situation around and school dealt with issues and did NOT notify the parents, I know they would be justifiably upset!
- (2) Students who are contacting other people who arrive on the school boundary at recess or lunch (with no school or parent permission or knowledge)
- (3) Parents using mobile phones and social media to contact their children directly. In many cases while in class!
- (4) Parents being involved in "Social Media" conversations involving their children!

In simple terms, if parents do this, it will make it more difficult for the school to maintain adequate supervision and safety under our "Duty of Care".

Students and Parents need to understand that we are not banning students and parents from communicating BUT ask that the Departmental Process of contacting the school through the front office or staff be followed.

NOTE - School Phone Number 4868 1717

We are so lucky to have a wonderful, efficient and responsible SASS (Front Office) Staff that will do everything in their powers to make sure messages get to your child or teacher!

Mr Craig O'Brien
ACTING DEPUTY PRINCIPAL



SHOPPING TRIP!!

Saturday 10th September

Cost: \$65 per person

(\$20 deposit will be required)

includes the bus trip up & back, Morning Tea,
Afternoon Tea & Lunch

Stores will includes Homewares, Clothing,
Chocolate, Toys & many more!!
Prizes to be won throughout the day!!

Bus will pick up from the car park on Elizabeth Street behind
IGA and drop back at the end of the day.

All money raised will go to



with 100% of the funds put back into the local community.

**If you're interested in coming along,
please see Joy at the Service Desk ASAP.**



Southern Highlands Campus Open Night: 17 August

A world-class university, right on your doorstep.

Find your *why*

Come along to our campus open night at the number 1 university in NSW and find your why. We'll answer all of your questions about our courses, entry requirements and applications, pathways to uni, costs and scholarships.

Wednesday 17 August 6.00 pm - 7.30 pm

UOW Southern Highlands Campus, Kirkham St, Moss Vale (second entrance after TAFE campus entrance)

<https://highlands.uow.edu.au/open-night/index.html> – visit to register

Year 10 Dance Off

“And we danced

And we cried

And we laughed

And had a really, really, really good time

Take my hand, let's have a blast

And remember this moment for the rest

of our lives.....”



The winners – Nicholas Reader and Rebecca Heyhorn

- Quote from an anonymous Moss Vale High School Year 10 PDHPE student.

Not really, but should we have asked our Year 10 PDHPE students about their feelings over the last term as they progressed from novice through to expert Latin American Dancers we believe they would somewhat reflect these Macklemore lyrics.

Having touched on Partner Dance in Year 9 as a small taster, it was with extreme excitement for some and heavy hesitance for others that the traditional Moss Vale High School Year 10 Dance unit popped up half way through Term 2.

Feelings surrounding this, however, shifted rapidly and became unanimously positive as students dressed to the nines for their annual Year 10 Dance assessment day and burnt the school hall floor up in the subsequent 'Dance Off' with such energy and class, that competitors on 'Dancing with the Stars' would have to watch their back.

The Year 10 dance unit at Moss Vale High School, you see, is a special one. One steeped in years of tradition, and one that only seems to get better each and every year. It is a practical assessment that students at Moss Vale High School have twirled, hot stepped and cha cha cha'd through for over 20 years, in fact, there may just be a number of parents with students now at the school who had completed this dance unit also.

Mr Luke Vandenberg states: “I am so proud of this year’s cohort. To see students who were shy and reserved at the beginning of the unit, dress in suits and ties and heels and dresses for a school assessment, and dance their way through the Samba, Cha Cha and Jive with confidence and competence and genuinely enjoy themselves is pleasing to see. Students develop these reliant working relationships with each other and it is amazing to see how the entire year group jump on board and strive to learn all dances and give their best efforts on the day of assessment. Year 10 develop in maturity and responsibility throughout the unit as partners must rely on each other in order to learn each and every step to the best of their ability.”

Traditional dances are given a modern twist as the PDHPE teachers teach Year 10 boys and girls Latin American dances to contemporary pop songs currently charting at the time. Mr Vandenberg states “Students love moving to the beats of current songs and keeping it modern is key to the success and longevity of this task I believe” Year 10 Samba'd to Meghan Trainor's “Me Too”, Cha Cha'd to The Veronica's “In My Blood” and Jive'd to the 80's classic “Wake Me Up Before You Go-Go” by Wham.

Vandenberg - “Its hard to go past Wham's classic for the Jive. The speed of it along with the upbeat nature of the dance goes hand in hand with the song and gives the dance a fun 80's theme. This is the only song that stays the same year in, year out”

As students progress through each dance on the day, they are judged based upon timing, steps and rhythm and those who achieve outstandingly in all areas are invited to compete in the dance off as a culminating event. Judged by a panel of peers, students Jive their way across the hall floor, complete with dimmed lighting and flashing disco lights, the event really is a sight to behold. Students are progressively knocked out until we are left with our overall winners.

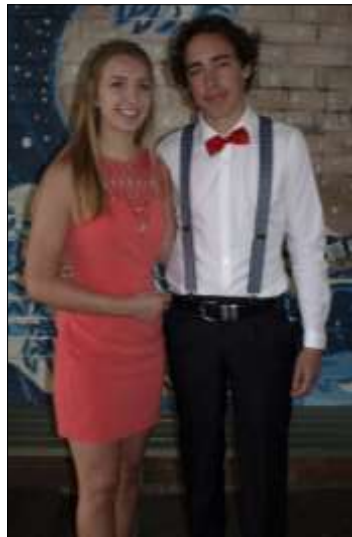
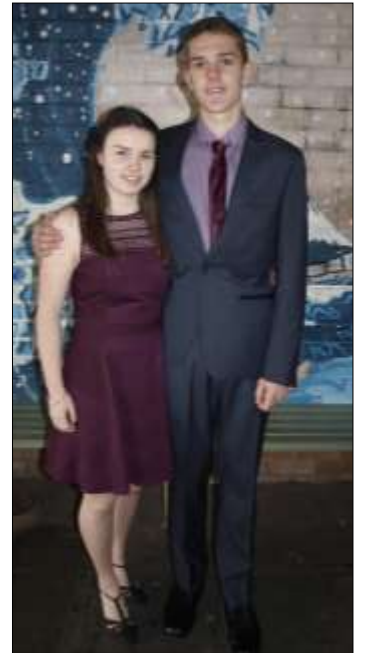
Congratulations to Rebecca Heyhorn and Nicholas Reader (pictured on front cover) who were our last pair standing on the day, only just beating Katie Hall and Benjamin Brittle who also deserve to be commended for their outstanding efforts.

As students go to huge efforts to dress up in theme for the day a best dressed award is also presented. This award went to Caitlin Hallam and Ethan Deleeuw who were both elegantly dressed to impress in a white flowing ensemble and classic bow tie look. The decision was a very difficult one and took the entire PDHPE staff panel their lunchtime and a little bit extra to decide upon. Special mention here must also go to Katie Hall and Benjamin Brittle, Nikhil Kumar and Megan Mulcahy and Nic Mant and Carmel Franklin, though it would be negligent to not give credit to the entire year group!

Another outstanding year of dancing and memories that will be remembered for the rest of our lives. Congratulations Year 10, you have done yourselves, the Moss Vale High School PDHPE staff and our entire school proud.



Year 10 Dance Off 2016





Building Resilience for Parents

Sunday 21st August 2016

Building Resilience is a program designed for parents and or care givers living in challenging circumstances to learn and share about the importance of self-care and the elements that build resilience within yourself and your children.

Participants will explore how to create inner peace, manage feelings better and how to easily incorporate relaxation into their everyday life.



Time: 9:30am - 2:45pm
Location: Quest for Life Centre
 13-33 Ellsmore Rd, Bundanoon
Bookings: Call Danielle Johns
 1300 941 488 or email
 danielle@questforlife.com.au

Quest for Life Foundation
 13-33 Ellsmore Rd (PO Box 718) Bundanoon NSW 2578
 T: 1300 941 488 or 4882 6025 F: 4883 6632 W: questforlife.com.au
 ABN 79 603 747 153. CFN 43576. Supported by NSW Health



Moss Vale High School UNIFORM SHOP

(Located next to the School Canteen)

Winter Jackets are now
back in stock

\$65



Healthy • Active • Happy • Kids

Could your kids do Go4Fun?

- ✓ Free program for kids aged 7-13 above a healthy weight
- ✓ Families learn healthy eating and exercise with fun games
- ✓ Builds confidence and self-esteem
- ✓ After school during in each term in an encouraging environment
- ✓ Qualified and enthusiastic leaders



Enrol in a program near you today!

Locations include:

- Mount Annan
- Eagle Vale
- Bankstown
- Macquarie Fields
- Campbelltown
- Liverpool
- Fairfield
- Revesby
- Moss Vale
- Tahmoor
- Bowral/Mittagong

Contact:
 1800 780 900
go4fun.com.au
 or Claire Southwood-Jones on 9780 2811



House Championship

The House Championship is a new and exciting whole school initiative implemented in 2016 to motivate and engage all students and staff members within their rebranded houses.

Following all our sporting carnivals, competition has moved into the areas of academic and behavioural excellence.

With the Gibraltar Blues leading our House Championship heading into the end of Term 2 on 11 points, The Morton Green Machines 2nd on 9 points and equal 3rd on 5 points the Carrington Reds and Belmore Yellows, our next collection of points could really make or break the future prospects of any of our four houses.

Academic and behavioural excellence is evident in the House Championship through the presentation of our digital Vivo rewards to students for consistently achieving and upholding our classroom and school rules, values and expectations. The collection of Vivo rewards by students tallies up over the term per house based upon the house the awardee represents. Data was collected and put through the various processes of analysis and upon completion of this, our Term 2 Vivo House champions were

*** A faint drum roll sounds as you read this ***

1 – Morton Greens, who were awarded 15,875 vivos. Morton receive 4 more points for the House Championship table !

Congratulations to **Kaila O'Maley** (357 vivos), **Sarah Moore** (327 vivos) and **Isabel Nash** (314 vivos) who were the leading vivo earners for the Green House in Term 2.

2 – Carrington Reds, who were awarded 15,725 vivos. Carrington receive 3 more points for the House Championship table !

Congratulations to **Matthew Johnston** (431 vivos), **Eoin Ellis** (390 vivos) and **Aidan Ellis** (380 vivos) who were the leading vivo earners for the Red House in Term 2.

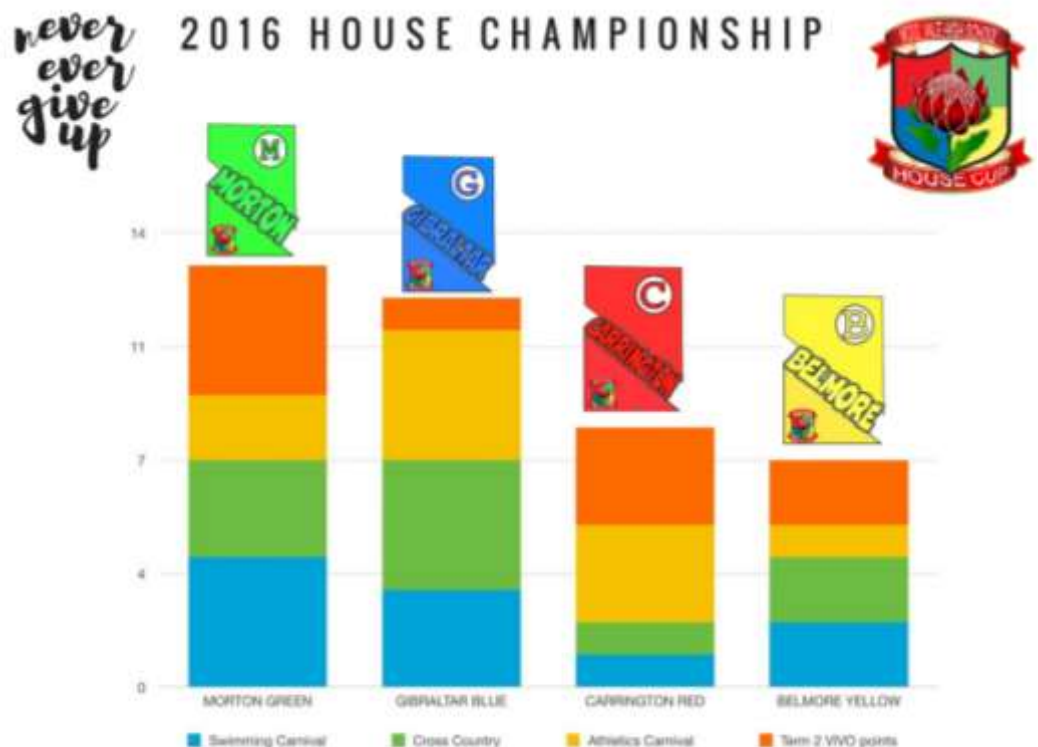
3 – Belmore Yellows, who were awarded 15,600 vivos. Belmore receive 2 more points for the House Championship table !

Congratulations to **Amber Wood** (373 vivos), **Hayley Ryan** (342 vivos) and **Colin Cooksley** (317 vivos) who were the leading vivo earners for the Yellow House in Term 2.

4 –Our current House Championship leaders, Gibraltar Blues finish 4th in the Term 2 vivo table. Gibraltar were awarded 15,325 vivos and will receive 1 point towards the House Championship table.

Congratulations to **Amy Webb** (383 vivos), **Joshua Carter** (351 vivos) and **Rachael Behan** (332 vivos) who were the leading vivo earners for the Blue House in Term 2.

With all these points added to our house table it now looks like this:



Need help with:

- Reading? - Writing? - Maths? - Specific subjects?
- Not sure if you're on the right track?

Or do you want to be a volunteer tutor?

FREE tutoring Wednesdays and Thursdays 3:30pm - 5:30pm at Highlands Youth Hub, Park Rd Bowral, for all 12 - 18 year olds. Snacks provided. Supervised by a youth worker.

Call 4801 0885 or txt **0414 207 571** for more information and to register.




Wingecarribee Children's Services presents

Saving Our Adolescents

with Maggie Dent



From her extensive experience of working with adolescents for more than 30 years parenting author and educator Maggie Dent has created an innovative, dynamic seminar for families, schools and communities to build resilience and connectedness in 12-25-year-olds. Adolescents need adult allies to help them navigate the tricky waters of the teenage years – the art of guiding, and encouraging empowerment while strengthening self-esteem and personal autonomy is one that can be learned. This seminar explores the shift in raising children to raising adolescents, and what works and what won't.

Venue: Highlands Golf Club, Home Hwy, Mittagong
Date: Saturday 10th September 2016
Time: 2pm-4.30pm
Cost: \$30

Bookings are essential as places are limited. Please RSVP by 1 September to WSC Children's Services Coordination Unit – 02 48 612866 or email Familydays@wsc.nsw.gov.au



www.maggiedent.com **Maggie Dent**
only morning tea

BUNDANON TRUST

150 YEARS BUNDANON RURALSTEAD

SITWORKS 2016 – Ghostings
 Free Event. Saturday 24 September.

Come along to Bundanon to experience contemporary art, interesting conversations and great family activities.

Make some magic lantern slides, ghostly puppets and more. Sit back fireside in the evening and listen to ghost stories, maybe share your own.

Gates open 12 noon and family workshops run until 4.30pm. You can even camp on site for only \$10 per person (kids under 12 are free).

Check out bundanon.com.au for more info.



Under 18's Open Mic Night



Friday 19th August - 6.30 – 10pm

This night is for under 18's who are looking opportunity to perform in a public venue in front of their friends, family and the community. Come along and share your passion for music or comedy. Perform 1 or multiple acts, BYO instruments.

Bring your friends and family along and enjoy a light meal and listen to other young muso's and comedians entertain us all.

Bookings recommended

Night begins at 6.30pm and will finish around 10.00pm.

Student Menu

- Soup \$10
- Chicken Caesar Salad \$15
- Chicken Schnitzel Burger & Chips \$15
- Beef Burger & Chips \$15
- Chips \$5

Selection of Deserts
Cold Drinks / Milk Shakes / Coffee / Tea

For more information on the event, please call
Jen Biggs on 0457 046 946

Glass Café Mittagong Ph: 4672 2640 - fb: theglasscafe Mittagong
118 Main Street Mittagong
www.glasscafe.com.au




HELP US SECURE FUNDING TO IMPROVE OUR FACILITIES

OUR SCHOOL/CLUB SCORES

5%

PLUS

of your purchases are paid back to us to improve our facilities*

*Conditions apply

YOU SCORE

LOYALTY BENEFITS:

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- ▣ Exclusive offers
- ▣ VIP shopping nights
- ▣ Member only competitions

ALL YOU NEED TO DO

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1. Join Team Amart, Amart Sports loyalty program today instore or online at teamamart.com.au. It's FREE to join!
2. Select our school/club on your account profile. It's important! If you're already a Team Amart member, simply add us to your account profile.
3. Ensure you swipe your loyalty card **EVERY** time you shop at Amart Sports.
4. And that's it, with every purchase you make at Amart Sports, we secure funds to improve our facilities.



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TEAMAMART.COM.AU**



HIGHLANDS Drive Safe[®]

Your LOCAL award winning driving school

- * Lessons for beginners to advanced lessons
- * Older driver lessons & assessments
- * Rehabilitation driver training and assessments
- * FREE Keys 2 drive lesson - see webpage
- * Gift vouchers available










**** NEW ****



RMS SAFER DRIVERS COURSE

held every month over one weekend

5 hr course = 20 hrs in logbook*

see website for details *conditions apply

www.highlandsdrivesafe.com

Facebook: Highlands Drivesafe

Phone to book : 0428844473



**Triple P
Positive Parenting Program**

A free, 7-part series workshop designed for parents of teenagers

This course includes information on:

- Positive parenting
- Encouraging appropriate behaviour
- Managing problem behaviour
- Dealing with risky behaviour
- Implementing parenting routines

Dates: Wednesdays 17th August – 21st September 2016
 Time: 6:30pm – 8:30pm
 Where: Tahmoor Community Centre – 6 Harper Close, Tahmoor

For information and bookings please contact Kyla on 4683 2776 or Devika 041729885




ROBERTSON BURRAWANG CRICKET CLUB is now taking registrations for the upcoming summer competitions. We hope to field teams in all age groups from U8s Milo Cricket and U10s T20 Smash (both on Thursday nights), to the U12s, U14s and U16s competitions held on Saturday mornings. The competition runs from October - March (with a break for School Holidays) with games commencing at 8.30am, and the majority of matches are played locally.

We also have senior teams who require additional players for their Saturday afternoon games.

We are a great family-oriented club and our registration fees are amongst the cheapest in Highlands Cricket.

To register your interest, or for more information, please contact Aaron on 0421 452 167 or aaronazz@hotmail.com

CAMPBELLTOWN TERM 3, 2016

WORKSHOP BOOKINGS 4628 0044

Concessions may apply dependent on financial circumstances

<p>WOMEN AS MOTHERS* WAM offers a supportive & nurturing environment for new mothers to make new friends whilst sharing parenting experiences, coping strategies & encouraging realistic expectations of themselves & their relationships. Topics include Becoming a mother & the needs of baby, Motherhood myths, Changing Relationships, Self Care and Baby Massage.</p> <p>5 non-consecutive Wednesday mornings 9:30am - 11:45am 10, 17, 31 August & 7, 14 September CatholicCare, 35A Cordoux St, Campbelltown *facilitators trained by Karitane</p> <p>Workshop Fee: \$15 per session</p> 	<p>CIRCLE OF SECURITY Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.</p> <p>6 Tuesday (non consecutive) mornings 9:30am - 11:45am OR 6 Tuesday (non consecutive) afternoons 1:00pm - 3:15pm 9, 16, 23, 30 August, 13 & 20 September CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>	<p>KIDS & BULLYING This course aims to help parents better understand a range of issues associated with bullying and cyberbullying and to equip them with strategies on how to best deal with them.</p> <p>2 Wednesday mornings 9:30am - 11:45am 20 & 27 July CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>
<p>MENTAL HEALTH FIRST AID Teaches adults how to provide initial support to those who are developing a mental illness or experiencing a mental health crisis.</p> <p>Wednesday 6 July & Thursday 7 July CatholicCare, 35A Cordoux St, Campbelltown, 9:30am - 4:30pm Workshop Fee: \$198 includes manual and lunch both days.</p> <p>YOUTH MENTAL HEALTH FIRST AID Teaches adults how to provide initial support to youth who are developing a mental illness or experiencing a mental health crisis.</p> <p>Wednesday 3 August & Thursday 4 August 9:30am - 4:30pm CatholicCare, 35A Cordoux St, Campbelltown Workshop Fee: \$198 includes manual and lunch both days.</p>	<p>123 MAGIC AND EMOTION COACHING This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present and consistent as a parent.</p> <p>3 Monday (non consecutive) mornings 9:30am - 11:45am 29 August, 12 & 19th September OR 3 Monday (non consecutive) afternoons 1:00pm - 3:15pm 29 August, 12 & 19th September CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>	<p>KEEPING KIDS IN MIND A post-separation parenting program which helps parents learn how to deal with the emotional and practical issues of parenting after separation. The program helps explore grief and loss and the impact separation has on parents and their children.</p> <p>5 Monday mornings 25 July & 1, 8, 15, 22 August, 10:00am - 12:30pm OR 5 Thursday evenings 6:30pm - 9:00pm 18, 25 August & 1, 8, 15 September CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$20 per session</p>
<p>GRASSROOTS PARENTING This program, for parents of children aged 5-12 years, covers: child development, behaviour and management of safety, play and nurturing the whole family.</p> <p>Primary School Aged Children - 22 July Child development, discipline, consequences, communication, negotiating, safety and play.</p> <p>Nurturing the Whole Family - 29 July Self esteem, family resilience, assertiveness & nutrition.</p> <p>2 Friday afternoons: 12:00pm - 2:30pm CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>	<p>MY KIDS AND ME A program for parents who have had their children removed from their care. It explores grief and loss and the impact on parents and children. Helps participants to develop strengths and build support networks.</p> <p>7 Thursday mornings 10:00am - 12:00pm 28 July & 4, 11, 18, 25 August, 1 & 8 September Claymore Community Centre Cnr Gould & Dobell Rds, Claymore Workshop Fee: No Fee OR 7 Friday mornings 9:30am - 11:45am 5, 12, 19, 26 August 2, 9 & 16 September CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>	<p>BRINGING UP GREAT KIDS This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours. Participants will learn mindfulness techniques to increase awareness of thoughts and feelings.</p> <p>4 non-consecutive Wednesday afternoons 1:00pm - 3:15pm 10, 17, 31 August & 7 September CatholicCare, 35A Cordoux St, Campbelltown</p> <p>Workshop Fee: \$15 per session</p>  <p>Limited childcare may be available</p>

NOWRA TERM 3, 2016

WORKSHOP BOOKINGS 4421 8248

Concessions may apply dependent on financial circumstances

123 MAGIC & EMOTION COACHING

This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present and consistent as a parent.

3 non-consecutive Wednesday mornings
10:00am-12:30pm
20 July, 3 & 17 August
CatholicCare
55 Worrige Street, Nowra—No childcare

OR

3 Tuesday mornings
10:00am - 12:30pm
6, 13 & 20 September
Sanctuary Point Connect
41 Idlexild Avenue, Sanctuary Point—Free child care

Workshop Fee: \$15 per session

POPPY PLAYGROUP

For parents with mental health issues and their children from 0 - 5 years. Parents can enjoy play time with their children and then have discussion time about different parenting issues in a relaxed and supported environment.

5 non-consecutive Friday mornings
10:00am - 12:30pm
22 July, 5, 19 August & 2, 16 September

CatholicCare
68 Shoalhaven St, Nowra

Workshop Fee: No Fee

Mothers should bring a healthy snack/lunch for the child and something for themselves to share with the other mothers.

CIRCLE OF SECURITY

Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.

6 Tuesday mornings
10:00am-12:30pm
19, 26 July 2, 9, 16 & 23 August

CatholicCare
68 Shoalhaven St, Nowra

Workshop Fee: \$15 per session
Childcare: \$5 per family



Family & Relationship Support - Offering a range of workshops and parenting programs throughout the community to assist adults, children and young people.



WOLLONGONG TERM 3, 2016

WORKSHOP BOOKINGS 4227 1122

Concessions may apply dependent on financial circumstances

YOUTH MENTAL HEALTH FIRST AID

This course teaches adults how to provide initial support to youth who are developing a mental illness or experiencing a mental health crisis.

Wednesday & Thursday, 14 & 15 September
9:30am - 4:30pm
Xavier Centre, 38 Harbour St, Wollongong
Workshop Fee: \$198
incl manual/lunch both days

KEEPING KIDS IN MIND

A post-separation parenting program which helps parents learn how to deal with the emotional & practical issues of parenting after separation. The program helps explore grief & loss & the impact separation has on parents & their children.

5 Tuesday mornings
10:00am - 12:30pm
9, 16, 23, 30 August & 6 September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$20 per session

MY KIDS & ME

A program for parents who have had their children removed from their care. It explores grief & loss & the impact on parents & children. Helps participants to develop strengths & build support networks.

7 Monday mornings
10:00am - 12:30pm
25 July & 1, 8, 15, 22, 29 August & 5th September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session

ROLLERCOASTER 8-12 YEARS

Assisting children who are experiencing change & loss as a result of family separation. Helps children to understand & develop strategies for anger management & problem solving & understand & feelings & emotions.

8 Tuesday afternoons
4:00pm - 5:00pm
26 July 2, 9, 16, 23, 30 August & 6, 13 September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session

123 MAGIC & EMOTION COACHING

This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present & consistent as a parent.

3 Friday mornings
10:00am - 12:30pm
29 July & 5 & 12 August

OR

3 Thursday evenings
6:30pm - 9:00pm
1, 8, 15 September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session

WOMEN AS MOTHERS*

WAM offers a supportive & nurturing environment for new mothers to make new friends whilst sharing parenting experiences, coping strategies & encouraging realistic expectations of themselves & their relationships. Topics include Becoming a mother & the needs of baby, Motherhood myths, Changing Relationships, Self Care and Baby Massage.

5 Friday mornings
10:00am - 12:00pm
19, 26 August, 2, 9, 16 September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session
* facilitators trained by **Karitane**



GRASSROOTS PARENTING

This program, for parents of children aged 5-12 years, covers child development, behaviour & management of safety, play & nurturing the whole family.

Primary School Aged Children - 21 July
Child development, discipline, consequences, communication, negotiating, safety & play
Nurturing the Whole Family - 26 July
Self esteem, family resilience, assertiveness & nutrition

2 Thursday mornings
9:30-11:45am

CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session

CIRCLE OF SECURITY

Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships & increased capacity to handle their emotions. This program is a must for all parents.

6 Thursday mornings
10:00am - 12:30pm
4, 11, 18, 25 August & 1, 8 September
Mount Warrigal Public School, 2 Hogarth Ave, Mount Warrigal
Workshop Fee: \$15 per session

OR

5 Thursday evenings
6pm-8:30pm
4, 11, 18, 25 August & 1 September
CatholicCare, 25-27 Auburn St, Wollongong
Workshop Fee: \$15 per session



Limited childcare may be available

TO : <u>MOSS VALE HIGH</u>	<u>NOTE OF ABSENCE</u>
Date : _____	Address : _____
Roll Class : _____	Year : _____
Please excuse the absence of my son/daughter : _____	
on (dates) _____	
Total number of days absent : _____	
The reason for the absence/s <i>(this reason must be specific, not just "he/she was sick")</i> : _____	
Parent Name : _____	
Parent Signature : _____	Date sent : _____

TO : <u>MOSS VALE HIGH</u>	<u>NOTE OF ABSENCE</u>
Date : _____	Address : _____
Roll Class : _____	Year : _____
Please excuse the absence of my son/daughter : _____	
on (dates) _____	
Total number of days absent : _____	
The reason for the absence/s <i>(this reason must be specific, not just "he/she was sick")</i> : _____	
Parent Name : _____	
Parent Signature : _____	Date sent : _____

CHANGE OF ADDRESS / CONTACT DETAILS	
NAME :	Roll Class : Year :
NEW ADDRESS : PO BOX	
New Phone No's : Home : Work (M) :	
Mobile (M) : Work (F) : Mobile (F) :	
Email :	
DATE YOU CHANGED ADDRESS :	
PARENTS / GUARDIANS NAMES YOU ARE LIVING WITH :	

OFFICE USE ONLY	
CHANGED ON	
ERN	
EMERGENCY CARD REPRINTED	
BUS Co	
RECEIVED NEW BUS FORM	