



# The Bay Times

Neutral Bay School News  
Term 3 - Week 10 2018



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## Term 4 - Week 1 2018

Monday 15 October	Students return to school Junior Band	7.45am
Tuesday 16 October	Senior Band Junior Choir Life Education lessons commence	7.45am 8.00am
Wednesday 17 October	Chamber Group Mixed Dance Group Orchestra Bay Choir Senior Dance Group Junior Band	7.00am 8.00am 8.00am 8.15am 8.30am 11.50am
Thursday 18 October	Concert Band Peer Support	7.45am 9.20am
Friday 19 October	Senior Band Senior Choir	7.45am 8.00am

## Term 3 - Week 10 2018

Monday 24 September	Junior Band Festival of Choral Music	7.45am 7.00pm
Tuesday 25 September	Senior Band Junior Choir	7.45am 8.00am
Wednesday 26 September	Chamber Group Mixed Dance Group Orchestra Bay Choir Senior Dance Group Junior Band	7.00am 8.00am 8.00am 8.15am 8.30am 11.50am
Thursday 27 September	Concert Band Peer Support Winning House Day	7.45am 9.20am
Friday 28 September	Senior Band Senior Choir Last day of Term 3	7.45am 8.00am



County Fair



Athletics Champions

## Term Dates

2018	TERM 1: Tuesday 30 January - Friday 13 April
	TERM 2: Tuesday 1 May - Friday 6 July
	TERM 3: Tuesday 24 July - Friday 28 September
	TERM 4: Monday 15 October - Wednesday 19 December



## Principal's News

### Thank you and farewell

Today sees the last day as my role of Acting Principal of NBPS before I return to my position at Mosman PS. Over the 16 weeks that I have had the privilege of leading the school I have witnessed the outstanding educational setting that it is. The students, staff and parents all contribute to making NBPS a very special place. I congratulate Mrs Goodsell and wish her all the very best in her role as Principal.

Please come and meet Mrs Judy Goodsell at 7pm on Wednesday 17 October at 7.00pm in the music room. The P&C meeting will follow at 7.30pm.

### Libbie Jamieson - After School Care

After 25 years Libbie Jamieson is leaving Neutral Bay After School Care. She has been an asset to the Neutral Bay community and a reassuring presence throughout the years. We thank Libbie for her tireless effort and commitment to the centre over all her years. Libbie will be sorely missed by the entire school community.

### County Fair

Thank you for your support of our school Carnival. An enormous number of hours had gone into the preparation of the event from Sharmila Soorian, Vanessa Baumer-Rowley and a dedicated team who worked hard to ensure a successful day. Thank you for all the parents and staff who gave time on the day to assist, and the many generous people and businesses who donated items. It was wonderful to see our school and wider community join us for a wonderful Neutral Bay social event.

Please see Community News on page 8 for photos of the County Fair.

### Winning House

The winning house for Term 3 is Boyd on 24 points. The students in the winning house for Term 3 will celebrate this Thursday 27 September. The following events are planned for each stage:

Kindy - Additional Buddy Time

Year 1 & 2 - Mufti Day

Year 3 & 4 - Lunch and games at Kindy Land

Year 5 & 6 - Lunch and games at Forsyth Park

Students in Boyd received a note on Monday with details of the events.

### Principal for the Day

Thank you to Nadine W (2V), Lauren W (4A) and Claire W (6B) who led the school on Friday 21 September as Principal for the Day. The Principals started the day by selecting a song that was played over the speakers and got everyone grooving to lines. They completed a school tour for prospective families to the school and shared their experiences of the many valuable opportunities at NBPS. Their day was extremely busy as they completed the following tasks; completing messages for the office staff, several tasks for the deputy principals, finalising and determining the winning house for the term, sorting out prizes for Jump Rope for Heart as well as having a very important Principal Meeting over a smoothie. Thank you girls for the outstanding job you did in leading



### Lost bird Found Project

Thank you to all the students who have donated the bird they made for the project. The launch of the Lost Bird Found project will be held on Monday 8 October at 10am – 11.30am in Civic Park, 200 Miller Street, North Sydney. Parents and students are welcome to attend.

### Primary Proms Concert

Congratulations to the students in the Junior Choir for their wonderful performance in the Primary Proms Concert held at the Sydney Town hall this week. Thank you to Mrs Howells and Miss Blackie for their work in preparing the choir.

### Chess

Congratulations to the chess team for their excellent performance at the Interschool Chess Challenge. The winning team members were:

- Lawrence H 5M
- Ewan O 6S
- Darien H 5A
- Chelsea H 4D
- Toby H 6S

Congratulations to our girls team who won the NSW playoff over the weekend. They will be representing NSW at the Australian Schools Teams Championships. The players were:

- Chelsea H 4D
- Sophia S 6K
- Vanessa Z 5C
- Sarah W 3S
- Yuexi 6B

## Dance

Congratulations to Lilyana W (6S) who came first place in the Cabramatta Moon Festival Dance Battle on Sunday. Lilyana also participated in the Hangzhou Global Qipao Festival Cultural Exchange Program on Saturday.

## 6B at the State Library

The students in 6B had the amazing opportunity to attend the opening of the John B Fairfax Learning Centre at the State Library on Monday 24 September. I received a phone call the following day to congratulate the students on their impeccable behaviour and manners. Congratulations 6B on representing NBPS and making us proud. The students were featured in the Sydney Morning Herald and you can view the article here -

<https://www.smh.com.au/entertainment/books/no-shushing-state-library-of-nsw-opens-the-door-to-children-20180924-p505lv.html>



## Principal Awards

Congratulations to the students who received Principal Awards this term. Further details are on page 5 of this week's Bay Times.

## Reading

The holidays are a great time to enjoy reading together with your child. It's timely that we remember that regular reading routines are essential to developing effective reading habits. I encourage you to set aside time every day when you and your child can read together and discuss your favourite parts of a book.

## Spring Holidays

We wish all students and families a safe and enjoyable Spring holiday. The holidays commence on Saturday 29 October. The students return to school on Monday 15 October.

**Nadia Tobia**  
Acting Principal

## Butterfly Foundation

Neutral Bay will be hosting a parent presentation by the Butterfly Foundation on Wednesday 24 October from 6.00pm – 7:30pm and all parents and carers are encouraged to attend.

Body image is consistently reported as one of the top three concerns for boys and girls. With increasing media and social media attention on appearance and diet, it can be difficult for parents to know how to support children as they move through childhood into the teenage years. This parent workshop aims to empower parents so they feel better equipped to help their child to develop and maintain self and body confidence.

The parent workshop seeks to answer the following questions:

- Why is developing a healthy body image important?
- What influences my child's body esteem?
- How should I respond if my child talks negatively about themselves or others?
- What should I do if my child is showing signs of unhealthy eating and exercise behaviour?
- How can I be a good role model?
- Where can I access further information and support?

This is a fantastic opportunity to learn how to respond to any concerns about body image and build self-confidence through role modelling and a healthy relationship with food and exercise.

Please RSVP at the school office on 9953 1978 by Monday 22 October. For more information, you can visit <https://thebutterflyfoundation.org.au> or contact Ms Carnegie.

Genevieve Carnegie  
Deputy Principal (Rel.)

## Sport House Points



	Boyd	Gilmore	Milson	Warung
<b>Week Total</b>	4	1	3	2
<b>Term Total</b>	24	20	22	17

## Stars of the Week



Congratulations to Daniel B (5R) for receiving an A+ (High Distinction) in his Grade 3 AMEB Piano Examination. Very well done, Daniel!



Congratulations to Anita Z (6C) for representing NBPS and NSW in the Football Australia Championships. She had a fabulous week, scoring and assisted in many goals. Well done for your fantastic effort Antia!



## Neutral Bay School Website

The Department of Education is in the process of releasing a new school website for all public schools. In the next few weeks our school website will be undergoing changes with new content uploaded in stages and some existing attachments being moved or updated. We ask for your patience in this process and hope you enjoy our brand new look.

## Uniform Shop News

### New Uniform Orders

The **ONLY** method of purchasing new uniforms is through Flexischools: [www.flexischools.com.au](http://www.flexischools.com.au). **We do not offer over the counter sales.** Orders are packed by volunteers and delivered to your child's class by Year 5 and 6 students. Questions? Please contact Sarah at: [nbpsuniformshop@gmail.com](mailto:nbpsuniformshop@gmail.com)

You will also find lots of great uniform information here: <http://www.neutralbay-p.schools.nsw.edu.au/community/uniform-shop>

### LAST ORDERS FOR TERM 3

Orders received by 4.30pm Thursday 27 September will be delivered on Friday 28 September. After this, there will be no deliveries until school returns for Term 4. So that you're all set, we strongly urge you to order anything you need now!

### Exchanges and Returns

Details of the exchange/return process are included with all deliveries. **If we do not have the required information, we cannot refund or exchange your item/s.** All returned items must be unworn with tags still attached; we accept exchanges/returns up to 30 days after date of purchase only.

### Volunteers for Kindy Night

We are looking for parent volunteers to help the 2019 Kindy parents with their uniform orders on Thursday 8 November between 5.30 and 8pm. Please email Sarah at [nbpsuniformshop@gmail.com](mailto:nbpsuniformshop@gmail.com) if you can lend a hand on the night.

### Second-Hand Uniform Sales

If you would like to buy second-hand items outside of our set sale dates, please email Lyndsey at [nbpssecondhand@gmail.com](mailto:nbpssecondhand@gmail.com), detailing the item/s you would like, size, child's name and class. Lyndsey will confirm the order to you, stock dependent, and have the order delivered to your child's class.

### Second-Hand Donations

We welcome donations of washed, wearable, **unstained uniforms** (we do not accept hats or tights). Please place your items in the uniform shop box next to the office window. Thank you!

### The Uniform Shop Volunteer Team



## Principal Awards Term 3 2018

Kindergarten

Samuel C	KC	Zoe J	KC	Scarlett G	KD	Emma S	KD
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Year 1

Tyler C	1B	Kiara N	1C	Matthew B	1K	Scarlet Q	1M
Eric J	1B	Cillian R	1C	Keaton H	1K	Sophie Z	1M
Aiden L	1B	Ethan S	1C	Eloise M	1K	Zosia H	1T
Zoe C	1C	Olivia H	1G	India O	1K	Ethan T	1T
Poppy J	1C	Bailey R	1G	Annabelle R	1K		
Rafael L	1C	Abi S	1G	Alfred Y	1K		



Year 2

Henry K	2C	Hannah P	2H	Bianca B	2R	Amelia P	2R
Jamie L	2C	Maya V	2H	Alexandros B	2R	Lachlan P	2R
Catherine T	2C	Ruby W	2H	Ben F	2R	Hasan S	2V
Jackson W	2C	Leo G	2H	Ava G	2R	Selwyn Z	2V
Alisa S	2D	Mitchell C	2J	Aiden L	2R		
Lukas I	2H	Sirikit A	2R	Dante M	2R		



Year 3

Lachlan C	3B	Rachel C	3D	Olivia D	3K	Sienna S	3S
Ava K	3B	Charlotte G	3D	Oscar S	3K	Saskia U	3S
Gianna P	3B	Lucia R	3D	Lucinda W	3K	Sarah W	3S
Giselle U	3B	Liam W	3D	Aston C	3S	Annabelle C	3T
Sophia B	3D	Erin C	3K	Nita N	3S	Audrey M	3T
Danny C	3D	Eamon C	3K	Aaliyah P	3S	Katy T	3T
Jemma W	3T						



Year 4

Phoebe D	4A	Jasper R	4A	Ruby O	4C	Rose B	4S
Charlotte F	4A	Grace S	4A	Jolyon P	4C	Chloe C	4S
Makayla H	4A	James W	4A	Kitty S	4C	Emily C	4S
Sjena K	4A	Tristan A	4C	Jessica S	4D	Tara D	4S
Dylan L	4A	Samuel H	4C	Sofia H	4D	Vincent T	4S
Joshua L	4A	Samuel K	4C	Weiya K	4D		
Krish P	4A	Charlie N	4C	Olivia M	4D		



Year 5

Kayla W	5A	Jacob H	5B	Lachlan B	5C	Daniel B	5R
Francoise B	5B	Lachlan H	5B	Anna W	5C	Andreas K	5R
Jamie G	5B	Jiana S	5B	Lauren M	5M	Yukimi N	5R
Zavier G	5B	Joel A	5C	Lucian S	5M		



Year 6

Gabe C	6B	Jocelyn W	6B	Chelsea L	6F	Zoe B	6S
James F	6B	Luana F	6C	Ryan P	6F	Joe G	6S
Cara H	6B	Willow G	6C	Lucy R	6F	Peter H	6S
Yumi K	6B	Claudia S	6C	Drew M	6K	Sophia N	6S
Alex M	6B	Izzy A	6F	Claudia O	6K	Sunny Q	6S
Hugo N	6B	Patrick B	6F	Max P	6K	Lilyana W	6S
Luke P	6B						



## Stage News

### Kindergarten News

We have been busy coding in Kindergarten. We are having a lot of fun learning how to program our own interactive stories using ScratchJr. We can snap together graphical programming blocks to make our characters move forwards, backwards and even jump. We have added characters, using our own voices and inserted photos of ourselves (and Tom) to make the characters come to life. In the process, we are working together to problem solve, design projects, and express ourselves creatively on the iPads.



### Stage 1 News (Years 1 & 2)

1K enjoyed a fantastic excursion to Vaucluse House this week, along with 1C and 1B. Year 1 have been learning about Past and Present as part of our History unit. On our excursion, we got to explore the history of Vaucluse House as well as the vegetable garden, animals and garden grounds. Students in 1K described the rooms in the house as beautiful, magnificent and sparkly. We even got to try on clothes that the children who lived there 160 years ago would have worn. 1K enjoyed playing games of the past including hoops, skittles and quoits. It was a great way to end a busy and excellent Term 3.



Miss S. Cooper - KC Class Teachers

Miss M. Kessler - 1K Class Teacher



## Stage News

### Stage 2 News (Years 3 & 4)

4S are enjoying learning about the benefits of eating a variety of fruit and vegetables throughout the month of September. 'Fruit and Vegetember' runs over the last four weeks of Term 3, where school students have the opportunity to engage in various classroom activities which encourage them to eat more fruit and vegetables. We learnt that only one in twenty Australian children and adults eat enough serves of fruit and vegetables in their everyday diets. 4S have truly embraced 'Fruit and Vegetember' by trying lots of new fruit and vegetables at home and in their lunchboxes at school. Each time we try a new fruit or vegetable we add a sticker to our class 'Fruit and Vegetember' poster. So far, we have over fifty stickers! Our involvement in this program has included writing detailed information reports after researching the five food groups and benefits of eating a variety of fruit and vegetables in our diets, presenting our research during an assembly and creating an artwork in celebration of eating lots of fresh fruit and vegetables this month. Here are some examples of our wonderful artworks and writing. We hope to encourage people to continue to embrace the challenge of trying as many new types of fruit and vegetables as they can.



Miss E. Smith - 4S Class Teacher

### Stage 3 News (Years 5 & 6)

On Monday 24 September, 6B had the honour of being one of only two classes invited to the opening of the new John B. Fairfax Learning Centre at the State Library of New South Wales. This was a very special event which included various activities: a talk from author Libby Hawthorn, drama and art workshops, historical puzzles and creative construction, all using their new state-of-the-art technology. After lunch and the cake cutting, we listened to speeches from Dr Vallance (Chief Librarian, NSW State Library), The Honourable Don Harwin (New South Wales Minister for Arts) and John B Fairfax. A very memorable day.

There are more photos available for the day on the State Library website: <https://www.sl.nsw.gov.au/>



Mrs C. Brown - 6B Class Teacher

## P&C News

### County Fair - Thank you!

A great big thank you to all who came along to the County Fair last Saturday. It was lovely to see the school community support this event and we hope you enjoyed the day. There was lots of food, games, rides, stalls and friendly faces to catch up with.

The County Fair wouldn't be a success without all of you who volunteered on the day. The Class Coordinators, supported by the Year Coordinators, did a wonderful job of rallying their class parents to fill the roster, organised some amazing posters and worked tirelessly through Fair Day. So, thank you to the Class Coordinators and to all who volunteered and all who came and supported the County Fair.

The County Fair was a very successful day from a fundraising perspective with a total revenue of \$67,864.30 raised to support the school. This amount doesn't include the online auction.

This year our online auction will be running from the beginning of Term 4 when you can bid on all the wonderful prizes that have been donated to the school. If you would like to donate there is still time to do this and advertise your business at the same time. Please contact [sharmila.soorian@ihug.com.au](mailto:sharmila.soorian@ihug.com.au) with any questions.

Thanks again to our wonderful volunteers,

County kind regards

Vanessa Baumer-Rowley

Fundraising and Events Coordinator

Neutral Bay Public School P&C

### Hot chips and BLTs - Friday 28 September

After a very successful day selling most the french fries at our pop up stall on Monday we have decided to just do them this Friday only as the canteen will be closed for last day of term. Our P&C pop up stall will also be selling BLTs (bacon, lettuce and tomato rolls) for \$3 each.

To give us a rough guide as to how many to prepare, if your child is planning on buying a BLT, can you have your children write down their name & class on a paper bag and hand it into the canteen on Thursday please.

### County Fair Hay

There are only 3 bales of hay from our county fair, if you are interested in purchasing a bale for your garden, we are happy to sell them to you for \$14 instead of returning them back to the produce store. Please contact Vanessa on [nbpspandcevents@gmail.com](mailto:nbpspandcevents@gmail.com) if you are interested in buying one.

### Farewell to Acting Principal Nadia Tobia

The P&C would like to extend our thanks, on behalf of the school community, to Nadia Tobia who has been with us for the past six months. Principal Tobia quickly immersed herself in the busy place that is Neutral Bay Public School. We thank her for her hard work and dedication to the teachers, students and wider community during her time with us and wish her well for the future.

### Happy Holidays

It's been a busy term. We wish you all a happy and safe holiday.

### Coming up next

Online Auction (32 auctions) starts	Week One Term Four
P&C Meeting	Wednesday 17 October







**MARIST**  
CATHOLIC COLLEGE  
NORTH SHORE

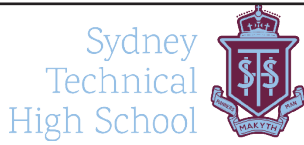
### OPEN AFTERNOON FOR BOYS & GIRLS

Wednesday 17 October 2018  
4pm - 5.30pm

- Meet our staff and college leadership team
- Hear about our educational vision and offerings
- Learn about the integration of girls and the co-ed transition of our community

### Experience Co-Education in the Heart of North Sydney

270 Miller Street, North Sydney NSW 2060  
P: 9957 5000 E: reception@maristcollege.com  
www.maristcollege.com



Sydney  
Technical  
High School

### INFORMATION MORNING Prospective Year 7 Students 2020 Tuesday 16 October 2018 at 9.15am in the School Auditorium

Sydney Technical High School, established in 1911, has a proud tradition of student achievement. The school prepares young men who are scholarly and socially responsible. Features of the school include languages, music, visual arts, debating, public speaking and sport. Teaching and learning programs feature higher order thinking and are recognised as best practice in gifted education. The school actively promotes an environment in which student welfare, tolerance of others and strong community values support each student reaching his potential.

Enrolments: Students seeking entrance into Year 7 must participate in selection procedures organised by the Department of Education. For further information contact the High Performing Students Unit on 1300 880 367 or email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au).

**SYDNEY TECHNICAL HIGH SCHOOL**  
686 Forest Road Bexley 2207  
[www.sths.nsw.edu.au](http://www.sths.nsw.edu.au)

Enquiries to the School: 9587 5899  
An Academically Selective School for Boys



### OUR TERM 4 PROGRAMS

[catholiccarebb.org.au/brochures](http://catholiccarebb.org.au/brochures)

TIMING INTO KIDS	INFANT MASSAGE MAMMIS	TRIPLE P PARENTING	INFANT MASSAGE NAKEMEMEN	KEEPING KIDS IN FIRM	INFANT MASSAGE BECKYLEE
For parents of primary school children on how to develop your child's emotional intelligence	For pre-crawling babies, up to 7 months. Run by a certified infant massage instructor	For parents of children aged 2-9 years providing practical answers to everyday questions.	For pre-crawling babies, up to 7 months. Run by a certified infant massage instructor	For parents experiencing conflict after separation and want to understand how to support their child	For pre-crawling babies, up to 7 months. Run by a certified infant massage instructor
<b>Tuesday's</b> 16, 23, 30 October & 6, 13, 20 November 10.30am - 11.30am	<b>Tuesday's</b> 16, 23, 30 October & 6, 13, 20 November 10.30am - 11.30am	<b>Wednesday's</b> 10, 17, 24, 31 October & 7, 14, 21 November 10.30am - 12.00pm	<b>Wednesday's</b> 17, 24, 31 October & 7, 14, 21 November 10.30am - 12.00pm	<b>Tuesday's</b> 30 October & 6, 13, 20, 27 November 6.00pm - 8.30pm	<b>Saturday's</b> 10, 17, 24 November & 1 December 10.30am - 12.30pm
<b>Naremburn Family Centre</b> 40 Naremburn Avenue, Naremburn	<b>Community Northern Beaches</b> 12 Wentworth Street, Manly	<b>Avon Recreation Centre</b> 59 Old Barrenjoey Road, Avon	<b>Naremburn Family Centre</b> 40 Naremburn Avenue, Naremburn	<b>Naremburn Family Centre</b> 40 Naremburn Avenue, Naremburn	<b>Northern Beaches Family Centre</b> 160/20 Dale Street, Brookvale
Cost: \$1000	Cost: FREE	Cost: FREE	Cost: FREE	Cost: \$1000	Cost: FREE
P: (02) 9425 8700 E: info@ccatholiccarebb.org.au	P: (02) 8545 2600 E: info@ccatholiccarebb.org.au	P: (02) 8545 2600 E: info@ccatholiccarebb.org.au	P: (02) 9425 8700 E: info@ccatholiccarebb.org.au	P: (02) 9425 8700 E: info@ccatholiccarebb.org.au	P: (02) 9425 8700 E: info@ccatholiccarebb.org.au

### SCHOOL HOLIDAY WORKSHOPS



Think Club Australia provides experiential workshops for the inquisitive, problem-solving, creative and capable primary school child. Our one day, hands-on workshops are enjoyable, fun and interesting.

For more information on our workshops or to book please visit our website:  
[www.thinkclubaustralia.com](http://www.thinkclubaustralia.com)



**MONDAY 8TH & TUESDAY 9TH OCTOBER 2018**

9am - 3.30pm, Sydney Boys High School, Moore Park, Sydney

RESERVE BANK OF AUSTRALIA

**SCHOOL HOLIDAY ACTIVITIES** SPRING 2018

Check out our activities for primary school students this school holiday.

- Get an interactive presentation on the new \$50 banknote and discover banknote security features.
- Explore the Museum with a treasure map and learn about the history of Australia.

What to bring: A correct banknote to try and your children can follow along with the interactive presentation. Cost: FREE - Bookings essential. Email: [reservemuseum@rba.gov.au](mailto:reservemuseum@rba.gov.au) Phone: (02) 9551 9162

Reserve Bank of Australia Museum  
Ground Floor, 61 Martin Place  
Sydney NSW 2000

To find out more, visit: [www.reservemuseum.gov.au/events](http://www.reservemuseum.gov.au/events)

Spring session times:  
Tuesday 2 October, 11.00 am - 12.30 pm  
Thursday 4 October, 11.00 am - 12.30 pm  
Friday 5 October, 11.00 am - 12.30 pm  
Thursday 11 October, 11.00 am - 12.30 pm

**Kids Learn to Sail with Tackers**

Where: Royal Sydney Yacht Squadron, Pool St, Kirribilli  
When: School Terms and Holiday Camps  
Contact on row: 9017 0154

[www.rsyys.com.au/tackers](http://www.rsyys.com.au/tackers)

**whoosh club**

Fun and enriching holiday experiences

View our current holiday workshops at [whooshclub.com.au](http://whooshclub.com.au)

**PCYC NORTH SYDNEY SCHOOL HOLIDAY PROGRAM**

FOR KIDS, NEED TO GO FROM 9AM-4PM BOOK-INTO 3 OR MORE DAYS AND GET 10% OFF

Book in September to receive early bird offer of \$55 per child per day

**MINI OLYMPICS**  
Develop your own mini-olympics, competing on a range of modified Olympic events.

**FOOTBALL WORLD CUP**  
Develop your own football world cup, competing on a range of modified Olympic events.

**MINI NINJA WARRIOR**  
Develop your own mini-ninja warrior, competing on a range of modified Olympic events.

**BARBECUE BOWLS**  
Develop your own barbecue bowls, competing on a range of modified Olympic events.

**MULTI SPORT GALA DAY**  
Play a range of sports, including basketball, netball, soccer, and more.

**LASER WARRIORS**  
Join in the action and thrill of laser tag. Playing a variety of capture the flag missions, each with a different theme and objective.

**THE GREENS**  
Join in the action and thrill of laser tag. Playing a variety of capture the flag missions, each with a different theme and objective.

PCYC NORTH SYDNEY  
Early bird price \$55 per child per day

20% per child when booked in September 30

[pcycnsw.org.au/north-sydney](http://pcycnsw.org.au/north-sydney) 0299552944 [northsydney@pcycnsw.org.au](mailto:northsydney@pcycnsw.org.au)

**Part-Time Casual Needed - HoldMyPhone**

Up to 12 Hours per Week

Role: Administrative support - assisting with stock management, packing web orders for courier collection, phone assistance to web customers and helping to maintain a tidy and functioning office.

While there is flexibility in the work schedule, it is essential that the successful applicant be regularly available to work 4 hours on Wednesdays and Thursdays.

Energy, good organisational skills, consistent attention to detail, pleasant phone manner and the ability to work with minimal supervision within a small business team are essential attributes for this role.

Location: Neutral Bay (bus stop at front door)

Office hours: 8:30am to 4:30pm weekdays, closed public holidays.

Please email a CV and short paragraph as to why you would suit this role to: Robin at [rdanielson@neovox.com](mailto:rdanielson@neovox.com)

Short-list applicants will be contacted by phone to arrange an interview. \$23.00 per hour, inclusive of superannuation.

**Glenaeon OOSH - Holiday Care Program**  
121 Edinburgh Road, Castlecrag, & 5a Glenroy Ave, Middle Cove, NSW 2068  
Thurs 27<sup>th</sup> Sept to Tue 16<sup>th</sup> Oct 2018

	Mon 1 <sup>st</sup> Oct	Tue 2 <sup>nd</sup> Oct	Wed 3 <sup>rd</sup> Oct	Thurs 27 <sup>th</sup> Sept	Fri 28 <sup>th</sup> Sept
CLOSED Bank Holiday	CLOSED Bank Holiday	<b>Kayaking &amp; Water Fun Bus Excursion</b> Learn fun facts about kayaking and water safety as well as caring for pets and wildlife.	<b>Animal Care</b> Learn fun facts about animal care and safety as well as caring for pets and wildlife.	<b>Art, Craft &amp; Cooking</b> A relaxed day of a variety of art & craft, cooking & games	<b>Bush Walk &amp; Bush Craft</b> Please ensure good walking shoes and 50% safe clothing
CLOSED Bank Holiday	<b>SENIORS</b> Kayaking & Bush Exploration	<b>SENIORS</b> Animal Care / Seniors Art Zone	<b>SENIORS</b> Bush Team Challenge	<b>SENIORS</b> Make treats to sell at the fair... Then Sponge Toss & Pillow Fight!	

Friends - PLEASE DO invite your friends from other schools. All are welcome! Cost: from \$80 /day  
More Details & Enrolment at: [www.glenaeonoo.com.au](http://www.glenaeonoo.com.au) Email: [glenaeonoo@gmail.com](mailto:glenaeonoo@gmail.com) Hours: 8:15am to 5:30pm  
OOSH NSW Pty Ltd

## CHILDREN'S MINDFULNESS PROGRAM

peacefulkids@innermindhealing.com



### Helping children deal with

...insecurity, nervousness, fear, worry, stress & anxiety.  
...preparing for high-school  
...friendship issues & more

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to alleviate anxiety & stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that provides children with the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress.

### Aims of the Peaceful Kids Program

- To lessen anxiety and stress
- To develop emotional intelligence, build resilience and coping strategies
- To learn how to self-calm/self-regulate and manage stress build up

### Program structure

- 'Peaceful Kids' is an 8-week program for children participating in small groups of approx 6-8 participants.
- Sessions are 1 hour.
- Sessions include learning a range of mindfulness strategies, meditations and positive psychology exercises.

### Parental involvement

- Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home. Parental support for time to practise strategies and meditations at home to help your child incorporate them into their daily lives.

### Children learn about

- the basic theory of Mindfulness and how it affects the brain and lessens stress and anxiety
- the different ways to practice Mindfulness and integrate it into daily life
- feelings and how they relate to anxiety and stress levels
- understanding stress and how it relates personally to individuals
- understanding triggers for stress and how to calm down when feeling stressed
- physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- worrying and how it affects their happiness
- different types of thinking that increase anxiety or lessen anxiety
- noticing their own self-talk and how this affects worrying and stress levels
- creating a balanced lifestyle including taking time out to be in the flow

### Children learn life skills

- A range of Mindfulness meditations
- Positive psychology exercises and techniques to lessen worrying
- Coping strategies, problem solving & preventative strategies for stress
- How to face challenges and fears step by step
- How to be attuned to their own bodies & minds
- Be in the flow and enjoy more of the present moment

HELP YOUR CHILD

...learn how to deal with stress and worry

and be able to

self-calm

...learn valuable mindfulness and coping strategies

...gain confidence to thrive with a more positive outlook





## 'Peaceful Kids' Program

Neutral Bay Public School 2018

Term 4, Week 2

### Enrolment/permission form

Places are  
Limited

<input type="checkbox"/> 3.20 - 4.20 pm	Monday
<input type="checkbox"/> 4.20 – 5.20 pm	

<input type="checkbox"/> 8.00 – 9.00 am	Tuesday
<input type="checkbox"/> 3.20– 4.20 pm	

**Program Cost: \$345**

8 sessions with resource materials /booklets & gift bag (no refunds)

Please complete checklist ✓ below

- I give permission for my child to participate in **the Peaceful Kids program** in a small group of aprox 6-8 students.
- I understand the program will be **run by Dorothy Skalski (Peaceful Kids Facilitator)**
- My child will attend each week for **8 weeks**.
- I have noted the program commences Term 4, Week 2**
- I have **read the information above** outlining the content and outcomes of the program including parental support.
- I understand payment is required on receipt of an invoice, prior to commencement.

**Please sign and return your completed form via email or phone jpeg to:**

**[peacefulkids@innermindhealing.com](mailto:peacefulkids@innermindhealing.com)**

Parent details:

Parent full name:
Parent email:
Parent contact phone number:

Participant details:

Student full name:
Class:                      Age:

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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