

# Northlakes High School Newsletter

"Opportunities for future success"



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Security No: 1300 880 021

Issue. 16  
October, 2014

## Principal's Report:

Welcome to Term 4! I hope all families enjoyed their Spring break. Students are returning to an important Term with Year 12 undertaking their HSC examinations and all other year groups preparing for end of year exams and assessments. It is important students continue to remain focussed and motivated towards their studies and important they come to school prepared to learn. I ask that all parents please ensure you have checked your child has exercise books for all subjects that will last them until the end of term and continue to have appropriate stationary to complete their work such as pens, pencils, rulers etc...

## Year 12 Award Recipients

It was a wonderful turn out with all of our Year 12 students, and their Parents, Grandparents, Carers and Families.



We also inducted our Captains and Leaders for 2015. Our Special Award recipients for 2014 are:-

Caltex Best All-rounder - Rhys Gosper  
Reuben F Scarfe Award for Commitment - Sharntae Welling

RH Strike Award - School & Community Service Award - Nicholas Hill  
Victoria Whitney Award - Jimi Russell  
Jill Hall Citizenship Award - Luke James  
ADF Award for Leadership and Teamwork - Taylah Gilmer  
Support Unit Award - OPAL Award - Jake Slapp & Matthew Lloyd  
Aboriginal & Torres Strait Islander Award - Taylah Gilmer  
Creative & Performing Arts Excellence Award - Jacob Thomas  
Sport Awards - Sportswoman of the Year - Koree Hungerford  
Sportsman of the Year - Joshua Glachan  
Sportsmasters Award - Nicholas Guendoul  
Senior Contribution to Sport - Blake Malligan  
Girls Sports all-rounder - Taylah Tudehope  
Boys Sports all-rounder - Jake Summer  
ACHPER Award - Beau Keywood  
Dux of Northlakes High School 2014 - Jimi Russell

We have some staff changes this term. Ms Rowley is on leave for 6 weeks, which means I am relieving as Principal. Mrs Simone Byrnes is relieving as Deputy Principal for Years 8, 10 and 12 during this time.

We welcome Mr Dean Lappas as our new Head Teacher Mathematics. Mr Lappas comes with significant experience and is an asset to our Maths faculty. We welcome Mr Roy Goodenough back to Northlakes High School as Head Teacher Support. Mrs Megan Lubinski



Education &  
Communities

and Mrs Jodene Garside are relieving as Head Teacher's Welfare and Mr Wilkinson is relieving as Year 10 Year Adviser.

As always, if you would like to make an enquiry to the school please call our friendly office staff on 4390 0555 and they will direct the call to the appropriate staff member.

*Yours in Public Education*

*Mr Warren Welham*

*Principal (Relieving)*

## Deputy's Report

Welcome back to our students and families for what is already shaping up to be a very busy and productive Term 4. I was fortunate to accompany the Allunga students on their rewards excursion to Time Zone and Tuggerah Cinema. The students represented Northlakes High School extremely well and from all accounts thoroughly enjoyed themselves. Well done Allunga!



I would like to congratulate Hayley McDonnell on her selection in the NSW Lawn Bowls team. Hayley is a very talented sportsperson and her selection is a real achievement.

Mental Health has had a high profile this week in the media. It continues to be an issue that impacts on our students and the broader community. The ABC has aired some insightful programs based around mental health this week with the aim of promoting awareness and starting a discussion. We are really fortunate at Northlakes to have a quality team to support students living with mental health issues. For more information on how we can support your student, please click on this link, or contact the school.

<http://www.mentalhealth.wa.gov.au/events/mentalhealthweek.aspx>

*Mr Matt Boake*

*Deputy Principal*

## Pink Day!

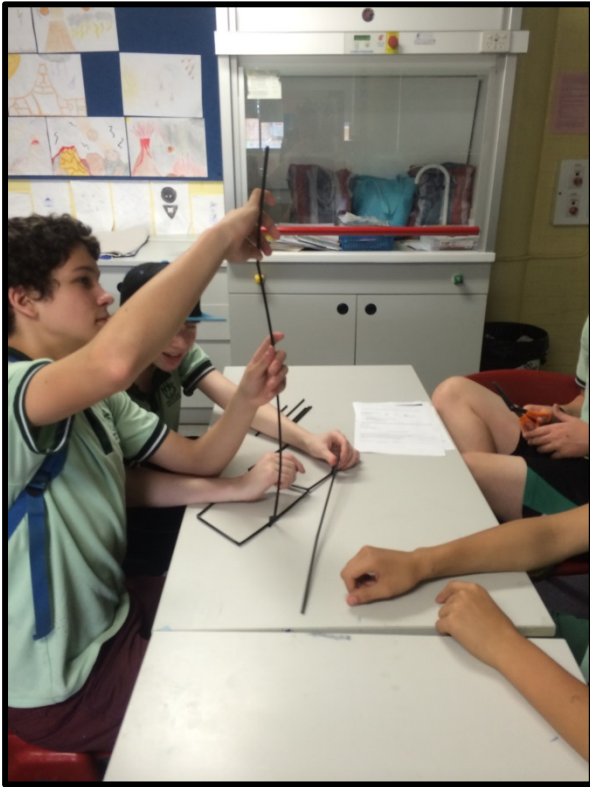
Northlakes High School will hold a pink day on Monday 20th October. Students are permitted to wear pink clothing in exchange for a gold coin donation. One of our ex-students, Kate Mills, approached our school to support her in an aim to help save more lives, stop cancer, and encourage others to follow in her footsteps. On the 8th and 9th of November Kate will participate in a very special event called 'The Weekend to End Women's Cancer', benefiting the Chris O'Brien Lifehouse. She will be walking 60km in two days with thousands of other women and men to honour those we have lost, celebrate survivors and raise much needed funds for cancer research. We are very proud of Kate and wish her all the best for this endeavour. (If you would like to make an additional donation, please put it in an envelope with Kate Mills name on the front).

## Science Report

At the end of last term 8WH took part in an Engineering Challenge. In small groups they were asked to build the tallest freestanding tower using limited resources. Exhibiting great skills in teamwork, planning and



communication, they achieved some fantastic results.



Year 9 and 10 Science students travelled to the Museum of Human Disease at the University of Technology in Sydney. Students loved the Museum. Not only did it offer some great links with the Science curriculum, but it was full of interesting and confronting specimens that kept students' attention. The students were amazed at teeth and hair found in an ovary, and they all were impressed with the collection which is about 100 years old. The tour consisted of a content-specific introductory lecture and worksheets to guide students through the Museum experience.



Year 9 have been studying Control and Coordination. During this topic they have investigated the function of their nervous system and its role in coordinating the body's responses to different stimuli. In this experiment students had to test the ability of their teammates to differentiate between different numbers of toothpicks while blindfolded. A lot of fun.



The marine studies students enjoyed a lovely day at the Sea Aquarium at Darling Harbour. It was a pleasure to spend the day with the students as they were exceptionally well behaved. We caught the train down and had a tour of the aquarium followed by lunch and then home. The students were impressed with the diversity of the sea, the fairy penguins and the sharks proved to be a hit with the students.

## Agriculture Report

The Agriculture students have been very busy this past term. Students are currently constructing an environmentally sustainable garden area which will contain 12 raised garden beds all constructed from recycled pallets. Also there will be a range of fruit trees, a pond and a native bee hive. Students will be able to develop skills in the areas of plant production while learning about the importance of the interactions between different organisms within an Agriculture system.

Students also recently attended the Singleton Beef Competition where our students came 4th out of 15 very competitive schools. Students received two steers in March this year and had to halter train, groom, feed and condition the cattle in preparation for the show.



Students also participated in a farmer's challenge where they had to eat a dry Weatbix, eat a lolly from a bowl of flour and race around a track pushing their team captain in a wheelbarrow. All students had a very enjoyable two days.

Other things that have happened recently on our school farm include: the birth of 8 new piglets, an experiment testing the effects of different chicken diets on growth rates and the building of rabbit cages for our meat rabbit production.



Also some of the keen students participated in the processing of our meat chickens. Students plucked, gutted and portioned the chickens in preparation for the BBQ. Students then taste

tested their produce which got thumbs up on quality and flavour.

*Mr Shane Pankhurst*  
*Shane Pankhurst*  
*Science/Agriculture Teacher*

## **Year 11/12 News**

I would like to begin by welcoming all students back to Term 1 of their HSC studies. This year promises to be a year filled with happiness, stress and achievement. For parents who are about to experience the HSC for the first time, support and understanding are the key words for the next 12 months.

I am still taking orders for senior jackets or jerseys and will do so, until later in the term, parents and carers are asked to remind their students to see me to order their jacket as soon as possible.

Congratulations go a Year 11/12 student, who would like to remain anonymous, on her success of gaining a part time position with a national organisation, the question is will they be able to balance the heavy school, study and work load. Whether or not they accept the position, they deserve the recognition of winning such as prestigious position.

*Regards*  
*Mr Ed Seaby*  
*Year 11/12 Advisor.*

## **Careers Report**

Another busy term has flown past for Careers. Year 10 had the difficult task of picking their subject choices for their senior years during the term. It was well represented with over fifty parents attending with the child to help with the process. I would like to thank all the teachers, parents and students for their co-operation throughout this stressful process. We at the school endeavour to ensure that all students have a variety of subjects to choose from, not all subjects meet the process of choice. Year 10 mentors and mentees also had their excursion to Sydney to look at the Australian,



Film, and Television and Radio complex through the week. The excursion also took the students down around the Rocks and Sydney Opera house area.



We had a beautiful sunny day and the students took advantage of this and had lunch at the Moore Park Complex.

Year 12 had their Resilience Day with Newcastle University and Ms Jodene Garside their Year Advisor commented on it as a huge success for the students that attended. I would like to thank Ms Garside for all help with this event while I was away. Year 12 students need to be on top of all the emails that I have been sending in regards to Early Entry, University entries, scholarships available and jobs that come through the school. Parents please check with your children in regards to these matters or contact Ms Jodene Garside or myself at the school, Ms Lois Hewett at Northlakes High School 4390 0555.

Year 7 & 8 played the Real Game in the Language Centre this week for their Career Lesson. We looked at WHO AM I and the World of Work for Year 7.



Students had a check list of Statements to tick if they agreed, disagreed or did not know. This proved an interesting task as students came up against words such economic recession, financial activity, redundancy and retraining. To adults these are common words so it is difficult for young students to understand the explanation of economic recession etc.

Year 8 looked at the Wish List cloud and had to cut and paste photo copies of their Accommodation price included transport, and all other items that interested them e.g. hobbies, sport and recreation. Some have amazing wish lists other were more practical. Then Year 8 were handed a career card were they had to work at a day in the life of that career. This also proved to be an interesting concept for some.

When your children arrive home ask them about their wish list and the world of work, and you may be amazed at their answers. I would like to thank all the staff who supervised and took part in this event.

*Ms Lois Hewett*

*Careers & Transition Advisor*

## Community News

### HSC-university pathways

Talented students can begin their university studies while still at school. They can study by distance with the option of a weekend residential, or attend university on campus for an early experience of the university environment.

Find out about the courses on offer:

[www.boardofstudies.nsw.edu.au/syllabus\\_hsc/pathways.htm](http://www.boardofstudies.nsw.edu.au/syllabus_hsc/pathways.htm)

### Career options

Is your child trying to decide on a career pathway? These videos show 25 young apprentices and trainees telling inspirational stories while on the job.

Find out more:

<http://www.youtube.com/playlist?list=PL78g8W>

[mjFKvFrtgPCB5CalbSAJCX7MAh&feature=plcp](http://mjFKvFrtgPCB5CalbSAJCX7MAh&feature=plcp)

### A degree at TAFE

If your child has decided to embark on a degree course at TAFE in 2015, remember their application needs to be in by October 26.

Go to the application:

<http://www.highered.tafensw.edu.au/applying-and-fees/how-to-apply.html#.UHJaLK5Nt8E>

### Discussion Percussion – Music Work Shop

For young people 12-18 years, come jam with us at LINKS Youth Support Service Youth Cabin, San Remo Neighbourhood Centre, Brava Ave, San Remo on Wednesday's 15th, 22nd and 29th Oct from 2:30 till 5:00pm. For more information call Corrina on 43 907 888.

### Wyong Library News

The Anne Frank exhibition is coming to Tuggerah library. Also did you know your child can get help with their homework via an email. Just go to [www.wyong.nsw.gov.au/library](http://www.wyong.nsw.gov.au/library) for more information.

### Dates to Remember

13-7/11/14	Year 12 HSC exams
17/10/14	Yr 7 & 8 Girls' Netball Gala Day
20/10/14	Pink Day – Wear pink clothing for a gold coin donation
22/10/14	Youth Eco Summit
11/11/14	Year 11 Presentation 9-11 <b>Please note new date!</b>
11/11/14	P&C Meeting 3:30pm
3/12/14	Year 7 Orientation Day
11/12/14	Year 7-10 Presentation Day

## Cultural Exchange Information



### Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?



**Can you host Airi from Japan?**

Age: 16  
English: Fair  
Interests: Tennis, Playing the piano, skiing and playing the flute

"I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself."



**Can you host Rafael from Brazil?**

Age: 15  
English: Good  
Interests: Traveling, photography, trekking, swimming, walking

"I'm very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it."



**Can you host Hanna from Germany?**

Age: 17  
English: Good  
Interests: Music, dragon boating, swimming, Zumba and cooking

"I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English."



Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

**Can your family host one of the above students? If so, we'd love to hear from you!**

**For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:**  
Phone: 1800 023 982 Email: [aust.hosting@afs.org](mailto:aust.hosting@afs.org)  
Website: [www.afs.org.au/host](http://www.afs.org.au/host)

## TAKE HOME A BIG BROTHER OR BIG SISTER!

Let's get organised early!


Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2015 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Austria, Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Call your local coordinator today on: 0429406126 to request some student profiles, and capture the spirit of family and friendship!



# the epicentre

Core of Community

P. 02 4390 7888 F. 02 4399 2398 E. [info@sanremo.org.au](mailto:info@sanremo.org.au) W. [www.sanremo.org.au](http://www.sanremo.org.au)

28 Brava Ave SAN REMO NSW 2262 [www.facebook.com/sanremocommunity](http://www.facebook.com/sanremocommunity) 

## Spring Edition 2014

### The Epicentre

At the heart and core of the epicentre is our amazing team of volunteers who support all programs in so many different ways. We say here that you have to be a little bit silly to work here, as the canvass changes so rapidly and many times over the course of the day. People helping people, that is people who are fulfilled through volunteering and importantly, people who want to make a difference and help others in need.

A big thank you to our volunteers at the community restaurant who have made a simple soup and sandwich into a family luncheon.

### Northern Lights

#### Holiday Family Fun

Monday 29th at  
Northlakes Primary School  
10am to 2pm,  
Kindifarm,  
Community Stalls,  
Activities  
and Lots of Fun

### Breakfast Club

Wednesday's, Thursday's and Friday's at the Neighbourhood Centre.

Donations of food such as bread, milk, milo etc would be much appreciated.



Pink Ribbon Breakfast  
Morning Tea  
at 10am, Monday, 27th October

### Australian Hearing

#### Free Hearing Checks

10am - 12 noon,  
October 20TH.

### Annual Christmas Tree Appeal

Donations  
of toys needed.  
Please deliver to  
San Remo  
Neighbourhood Centre

San Remo  
& Blue Haven

### Christmas Celebrations

Northlakes Public School  
3rd December  
5pm - 8pm  
Volunteers Needed

### Food for Thought

Share a Free meal and a chat at your  
local community Restaurant

Friday's @ San Remo  
Neighbourhood Centre

Opens for Lunch at 11.30am

For more information  
phone 4390 7888



### Being a Dad

Monday's 9.30am to 12pm  
October 20th & 27th - November 3rd

Nobody said being a dad was easy, this three week parenting course is for Dad's with children aged between 0 and 16. Being a Dad program is an opportunity for dads to learn how to better connect with their children. It's free and morning tea will be provided.

Please RSVP to Hayden or Leisa  
at San Remo Neighbourhood Centre  
on 4390 7888





# Services



For young people aged 12-17 years

**Having hassles? Need someone to talk to?**

See the LYSS team in the Youth Cabin.

Open Monday to Friday 9am - 4pm. Drop in or make an appointment.

- Case Management
- Skills Development Group Work
- Support, Referral, Advocacy, Information
- Crisis Intervention and Behaviour Management

**Youth Health GP – Free access to general medical services for young people 14-24yrs, 9.00am - 12.00pm Every Friday. Drop in or make an appointments.**

**Headspace – mental health appointments available 9am and 10.15am Tuesdays**

## Skills Development Groups

- Reality Check behavioural program - **Thursdays**
  - Boyz to Men mentoring program - **Thursdays at the Men's Shed**
  - GenQ support group for GLBTQI young people - **Wednesdays**
  - Flip Side anger management program - **Mondays**
  - 'Actually I can' mental health program - **Tuesdays, Wednesdays and Fridays**
  - Let's talk choices a program promoting positive and healthy choices - **Wednesday**
  - The UNIT boys group exploring integrity, self-respect, manners and independent living skills - **Thursdays**
  - Drumbeat challenging emotions, establishing positive relationships using Djembes Drums - **Thursdays**
  - Community Drug Action Team (CDAT) - **Next meeting 13 October, 11am**
  - Junior CDAT young people taking action on drug and alcohol issues in the community with events, community engagement and youth initiatives - **Next meeting 3 November, 2.30pm**
  - Breakfast Club – 7.30am Wednesday, Providing breakfast to Northlakes High and Northlakes Primary School students for a healthier start to the day. **Thursdays and Fridays.**
- We are looking for volunteers to help out with the Breakfast Club**  
**Please call Corrina on 43907888.**
- Self Defence for girls FREE classes aimed to develop self-confidence, gaining an understanding of personal safety and to be aware of your personal intuition and your physical environment - **Thursdays.**
  - Percussion Discussion young people using percussion instruments to raise awareness of mental health issues. **Wednesday 2.30 – 5.00pm**
  - Back to School Packs – assisting students in need with basic stationary items.
  - **October is Mental Health Month**

**To register for programs or any enquiry call Corrina on 4390 7888**

## Other Programs

- Decision Precision - Positive Life Choices
- Don't Worry B Happy - Bullying Program
- Coaching Young People for Success Career and Life Plans
- Love Bites and Sex and Ethics - Healthy Relationships

## Events

- San Remo/Blue Haven Christmas Event - 3 December
- San Remo Neighbourhood Centre Wishing Tree - Please Donate NEW toys for children and young people.
- GOATS Family Festival – 12 April 2015

## Coming Soon

- Our Wonder Years Worksho - children understanding their journey into adolescents, November
- Year 6 Transition Program - November
- Emcee & Stage Management Workshops - February
- Learning Group - February FREE tutoring available for Year 7 students. Providing students with skills to develop study plans, gain homework support & help with assignments.



## Local Employment Access Project

**Practice your job interview skills**

Let us know if you are interested in coming along to a "mock" job interview morning – it's as close to the real thing as an actual job interview!

Following the overwhelmingly positive response to our first job interview morning held a couple of months ago we are keen to offer this experience to job seekers before Christmas comes knocking on all our doors and we end up in 2015 before we know what has happened!

Date: Tuesday 11 November

Time: From 10.00 (finish time depends on number of participants)

Place: LEAP @ Blue Haven Community Centre

To find out more or book in (bookings absolutely essential) **Phone: 4390 0897 / email [leaptobluehaven@sanremo.org.au](mailto:leaptobluehaven@sanremo.org.au)**

## Think Outside The Square

This popular program continues on for 2014 until the end of November. This free, relaxed flexible program supported by LEAP, Salvation Army Employment Plus and Benevolent Society can:

- Increase your confidence and skills
- Assist you to access training
- Help with resume, cover letters etc
- Introduce you to other job seekers – great for sharing ideas and experiences

At two locations in Northern Wyong Area: LEAP @ Blue Haven Community Centre: 8 October & 12 November  
Kanwal Community Centre: 29th October, 26 November. Time: 10 – 12 (includes morning tea)

**Contact LEAP on 43900897 Email: [leaptobluehaven@sanremo.org.au](mailto:leaptobluehaven@sanremo.org.au) to book in or for more information.**  
**(you do not need to attend all sessions)**







## Zen Bu Kan Kempo Karate

Martial arts classes for ages 6-12 years of age.

Held at San Remo Neighbourhood Centre  
every Monday at 3:30pm. \$8 per child or special family discount.

These classes are great for kids, boys and girls.

Karate, Self-defence, weapons, mma, respect, discipline,  
Will have lots of fun and meet new friends. Contact: Morgan 0468 934 252

Checkout our facebook page zen bu kan Kempo  
[www.zenbukankempokarate.com.au](http://www.zenbukankempokarate.com.au)



## Our Place



Phone: 4390 7888

Young people  
to be accompanied  
by a parent  
or carer

A social group  
for young people  
with special needs  
and their parents  
or carers

Peer  
Support Safe  
Environment  
Social Connections  
Fun & Friendship

Tuesday  
October 9th  
in term 3,  
4.30pm - 6pm



### After School Care and Vacation Care

Blue Haven OOSH Service operates from Blue Haven Community Centre.  
Our Service meets the National Quality Standards and Regulations.

After School Care is open from 2.00pm to 6.00pm Monday to Friday during School Term.

Vacation Care is open from 8.00am to 6.00pm Monday to Friday during School Holidays.

We provide a range of fun activities to enhance your child's wellbeing and development.

Parents and carers can be assured of their children's safety as they socialise and play all day.

- CCB (Child Care Benefit) is available. Your CCB is used to calculate and considerably reduce your daily fees. This makes Childcare for your child/ren more affordable.

Example of CCB - 108.70% = \$4.75 an afternoon per child for After School Care with afternoon tea provided

Example of CCB - 108.70% = \$18.15 per day per child for Vacation Care

- Grandparents may be exempt from fees if they are eligible through Centrelink as primary carers.

Please phone Tracy for any enquires on 43 992242 or email at [oosh@sanremo.org.au](mailto:oosh@sanremo.org.au)

## Restoring HARMONY PROJECT

Free graffiti buckets are available  
for community members  
wishing to remove graffiti from  
their property.

Call us on 4390 7888 or come  
into the Centre  
to organise a bucket.

## Tale for Dale

An afternoon tea will be  
held in memory of Dayle  
Walker. Sadly, Dayle  
passed away from a long  
battle with ovarian cancer.

Please come along and  
help raise funds for Dayle's  
favourite charity, Ovarian  
Cancer Australia.

Wednesday 15th October  
Time: 3pm  
San Remo Neighbourhood  
Centre

## Financial Counselling

Are you finding it difficult paying your bills?

Financial counselling is a free community service available  
to support people experiencing financial difficulties.

Financial counsellor may help you to  
understand your rights and responsibilities, find  
options to manage financial difficulties & negotiate  
with lenders. They can also offer budget counselling  
& information sessions. Phone: 4329 4477 for more  
information or to make an appointment.



Sunny Seed Garden Project recently harvested a variety of fruit  
and vegetables and is in the process of planting its winter  
crop. If you're interested in gardening and would like  
to get involved, please call 4390 7888.

The garden also sells its fresh produce to  
the local community for very low prices.





**Legal Aid** Free, confidential legal advice in civil law matters such as housing law, consumer law, discrimination, social security & health. **Phone 4324 5611 for an appointment or information.**

**Emergency Relief** If you require assistance to make ends meet **contact the Centre on 4390 7888.**  
Tuesdays & Thursdays by appointment only.



**Community Garden** New members welcome. Open Mondays, Tuesdays, Thursdays and Fridays at 1-3 McCrea Boulevard, San Remo. **Contact Andrew on 4392 5606.**

**Problem Gambling Service** Available by appointment on Thursdays. **Phone 4351 0116 for bookings or details.**

**Disability Advocate** Central Coast Disability Network has an advocate worker based at the Centre every 2nd Thursday from 10am to 2pm and can assist people with a disability and their carers. **Phone: 4324 2355.**

**Volunteering** Our volunteers are the backbone to our organisation. We have over forty volunteers who contribute various skills to our projects. If you're interested in volunteering, give us a call! **Breakfast Club currently needs volunteers.**

**Personal Counselling** Get help dealing with difficult emotions or life experiences including grief and loss, relationship difficulties, stress, anxiety, anger and self confidence.  
Low cost appointments available on Fridays during the day.  
**Phone 4390 7888 for an appointment.**

## What's On

### This Term

**Bicycle Recycling** The Centre is a drop-off and distribution centre for recycled and reconditioned bikes for those in need. Your donation of bikes or bike parts can help someone get to work or school, or just enjoy riding a bike!  
**For more details call Kerry on 4353 4613.**

**Expression of Interest for a Sewing Class** We would like to hear from people in the community who would like to attend a regular sewing class. This class will be for beginners who would like to learn how to sew or people who generally enjoy sewing and would like to be with a group of fellow sewers. If this sounds like you, **please register your interest on 4390 7888.**

**Pens Writers Group** The group will meet every 2nd Wednesday at 2pm, Cost is \$2.  
**For more information contact San Remo Neighbourhood Centre on 4390 7888.**

**Zen Bu Kan Kempo Karate** Martial arts classes for ages 6-12 years of age. Held at San Remo Neighbourhood Centre every Monday at 3:30pm - \$8 per child or special family discount. **Contact: Morgan 0468 934 252.**

**Food For Thought** Share a Free meal and a chat at your local community Restaurant. Friday's @ San Remo The Centre, Commencing 1st August 2014. **Opens for Lunch at 11.30am. For more information phone 4390 7888.**

**Northern Lights** Holiday Family Fun. Monday 29th at Northlakes Primary School - 10am to 2pm  
Kindifarm, Community Stalls, Activities and Loads of Fun.

**Pink Ribbon Breakfast Morning Tea** 10am Monday 27th October.

**Australian Hearing - Free Hearing Checks** 10am - 12 noon, 20th October.

### Monday's

**Shed Happens - San Remo Community Men's Shed** Open 8am - Noon on Mondays, Wednesdays, Fridays and Saturdays so come and check us out. Bring a project, bring a mate or just turn up with enthusiasm.

**The San Remo Local Art Group Classes - Beginners to Advanced** Learn about painting with acrylics. Help is given with your own subjects or ideas. Class tutored by Jana Colvin. 9:30am-11:30am. \$5 per class.

**Parkinson's Support Group** For people with Parkinson's Disease or their friends, family and carers. Support, information and a chat. 3rd Monday of the month from 1pm - 3pm. **Phone Cheryl on 4390 0761.**

**Alcoholics Anonymous** Meets Mondays at 7:30pm and Sundays at 10am at the Centre. Find a new direction.

**Northern Wyong Community Drug Action Team (CDAT)** Working to address drug and alcohol issues through projects, education & information. The CDAT initiated the community garden, parent and young person checklist for parties, park beautification, welcoming signs to San Remo, Rock against Drugs, and supports the GOATS Family Festival as a drug and alcohol free event. The CDAT meets bimonthly. **Contact Karen on 0409 591 489.**

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**Being a Dad** Nobody said being a dad was easy, this three week parenting course is for Dad's. It's free and morning tea will be provided. **Monday's 9.30am - 12pm, October 20th, 27th and November 3rd.**  
**Please RSVP Leisa at San Remo Neighbourhood Centre on 4390 7888.**



# What's On



## Tuesday's

**Local Art Group - Beginners to Advanced Class** Learn about painting with acrylics. Help is given with your own subjects or ideas. Class is tutored by Jana Colvin. 12:30pm - 2:30pm. \$5 per class.

**San Remo Friendship Playgroup** Are you wanting to meet other parents? Pop in for a cuppa and meet some new faces in your area. Facilitated with organised activities including nature collages, play dough, painting and play equipment. 9:30am - 12noon. All families welcome. \$2.50 per week. Bring a piece of fruit to share for morning tea. Contact Barbara on 0423 295 610.

**Tai Chi Qigong** Qigong and Tai Chi both assist inner strength, increased flexibility & boost the immune system. Practicing Qigong & Tai Chi can help to reduce stress, maintain & increase energy levels, increase body awareness & improves balance and coordination. Practitioners report less tension, depression, fatigue and anxiety. 11.30am to 12.30pm. \$6 per class.

**Our Place** A social group for young people with special needs and their parents or carers **Tuesday 9th October** 4.30pm - 6pm, Cost \$2, Phone 4390 7888 for more informaion.

## Wednesday's

**Drama Class for Primary School Students** Drama is a wonderful way to gain confidence in self-expression and creativity. It can help to develop communication and memory skills whilst having fun. For Primary School Students in Yrs. 3, 4, 5 & 6 from 4pm to 5.30pm. Drama classes for K to 2 are also on offer from 3pm to 4pm. Call Danielle from XtrAct Drama Academy on 0413 392 802 to book or enquiries.

**Food Addicts (FA) in Recovery Anonymous** Are you having trouble controlling the way you eat? Are you underweight? Overweight? Obsessed with food, weight, or dieting? You are not alone. Today there is a solution. No dues, fees or weigh-ins. This meeting is held every Wednesday 6.30pm at the Centre. For more information call Sharan on 0419 201 056 or Gracie on 0402 280 413.

**Pens Writers Group** We're encouraging all poets, essayists, novelists & scribblers in the community to get involved and get writing. The group will meet every 2nd Wednesday at 2pm, Cost is \$2.



## Thursday's

**Euchre Card Group** A friendly group play euchre every second week. Phone Doug on 4399 2641. Fortnightly from 9:30am-12noon. \$3 per session.

**Narcotics Anonymous** This group meets every Thursday evening from 7.15pm to 9.15pm at the Centre. "If you want to use DRUGS, that's your business. If you want to STOP, that's ours". Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. We are only interested in what you want to do about your problem and how we can help. Please call Scott H on 0468 890 175.

## Friday's

**Zumba Gold®** Easy to follow and no experience is necessary so any age and ability can participate. Our qualified instructor Jodi Willett will lead you through the session at a comfortable pace. From 11:15am to 12 noon. Pay \$9 per class.

**Hatha Yoga** Gentle stretching and relaxation to unwind your mind and body. Tutored by Margaret Nowland. From 9:30am-11am. \$9 per class.

**Food For Thought** Share a Free meal and a chat at your local community Restaurant Friday's @ San Remo Neighbourhood Centre, **Opens for Lunch at 11.30am. For more information** Phone 4390 7888

**Multicultural Group Bus Trips** Last Friday of each month. Cost \$5, seats are limited, bookings essential.



The Centre is available for private functions such as weddings, engagements, 21sts, special occasions or club meetings. Costs available on application, special rates for children's parties. 'Sluggo' our 12 seater bus is also available for community use.

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