

Northlakes High School Newsletter

"Opportunities for future success"



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Issue. 20

December, 2014

Principal's Report:

This week I have taken twelve staff to Melbourne to begin training in a very significant program which we are beginning to implement in 2015. It is called Achievement via Individual Determination, AVID. It has already been trialled at Tuggerah Lakes Secondary College, Berkeley Vale and Tumby Umbi campus, with outstanding results. I am very excited about the program. During the week, Mr Glachan is relieving Principal.

We have had a very successful Orientation program this year, with many Year 6 students coming over to the High School in small groups, and on Wednesday all Year 6 students and their parents.



I am very proud of the extent of our program, and the positive impact on our Year 7 of 2015. Special thanks go to Ms Byrnes, Head Teacher Welfare, and Ms Davis, Year 7 Adviser for 2015, for the effort they have put into this process.

Last week most of Year 10 were at Work Experience. Reports reflect the positive nature of this exercise, as it exposes students to work places and career options. Ms Hewett is to be congratulated for her work in this program.

The end of Term 4 is an extraordinarily busy time of year for high school staff, as we finalise all sorts of things for 2014, and plan, program and implement new structures for 2015. Our last week involves some major staff development, particularly as we begin the implementation of AVID, and review teaching practices. We are also reviewing our House structure, and will be involving students in this. The impact of this has been very significant this year, and we are keen to ensure its effectiveness is expanded.

I would like to wish everyone a safe and happy holiday period and look forward to seeing you all in 2015.

Yours in Public Education
Merrilyn Rowley
Principal

Library Report

Congratulations to those students who completed the Premier's Reading Challenge! Your certificates have arrived and will be handed out on assembly. Special congratulations to Tim Stanford and Jarred Keegan, both from Year 7, on achieving a Platinum Award for many years of completion of the Premier's Reading Challenge. Tayla

Hanley-Brown from Year 9 has made an outstanding effort in achieving a Gold Award. Congratulations to those students who completed the challenge and have an awesome time at Luna Park!

Mr Freebody
Librarian (Relieving)

English Report

On Wednesday in Week 7, Mrs Reay and Mr Freebody took Year 12 English Studies on an excursion to Sydney to complement their 'We Are Australian' unit of work. We caught a train down to the city, walked around and looked at the various sites such as Darling Harbour and the Queen Victoria Building. Finally, we were treated to a ferry ride all around the Harbour, where we were lucky enough to see many of Sydney's top sites and attractions, such as the Opera House and the Harbour Bridge.

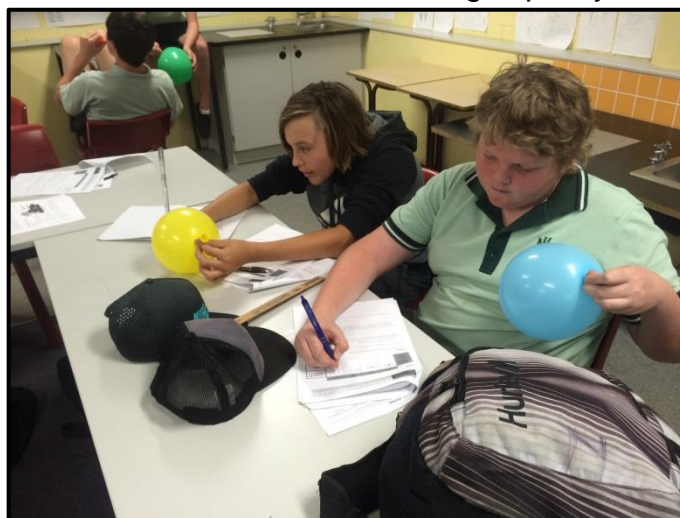


The students were very well behaved and represented Northlakes High school spectacularly. Thanks for a great day Year 12!

Science Report

It's been a very productive 2014 in the Science department; we have had many opportunities to enhance the learning of our students. The students have competed in the Science and Engineering challenge visited the Museum of Human Disease and also the Sydney Aquarium and have benefited from all the extra work the staff has put in to assure the quality of every lesson.

We have had some staff changes with the return of Ms Pidgeon and also having Ms Schmidt expertise in the Marine Sciences has been a huge benefit to our students. We are really sorry to announce that Ms Schmidt will be leaving us next year to fill a position at Mackillop which is their gain and our loss. We would like to publicly thank Ms Schmidt for all the hard work she has put in and wish her well. Year 8 and 9 have been studying the human body this term. While investigating the different body systems we have dissected kidneys, hearts and even eyeballs. Year 8 also used balloons to find out their own lung capacity.



Year 10 have been preparing for the HSC by revising some of the Chemistry and Biology content. During the study of chemical reactions and experimental design the students conducted the classic cola and Mentos experiment. 10WK discovered that diet cola produces a much larger reaction than regular cola.

Year 7 have been learning about the features

of our solar system. During this topic they have looked extensively at the features and role of our moon.



7GT have created the phases of the moon using Oreo cookies. Some of the most delicious posters ever created!

Year 9 have started the Australian Curriculum and have been learning about Human Diseases and now have started units on Energy, Light and Sound and also the Electromagnetic Spectrum.

We have started our work regarding the wetlands at Charmhaven. We had a field day run by Mrs Fulwood and Mark Atwool from the Environmental School Rumbalara at Gosford. They took a party of twelve students and conducted an environmental survey of the wetlands. Apart from the heat it was a very successful day and it was a huge benefit for the students who will take Biology next year and our senior Earth and Environmental Science students. We are looking to do more studies in the area which will include a night survey of animals. All the work done will be passed onto the appropriate agencies for collation. Mrs Fulwood is starting up a junior Landcare group next year for all students. She is hoping to have a lot of students involved in different programs for example a bug watch and also possum counting. All the work done is for a purpose to eventually monitor and look after our local wetlands which in turn will look after our lakes. Mrs Fulwood would like to thank the students in her Science club who have met every Tuesday

and completed some pretty awesome things. We built 4 different types of working volcanoes. We built an Earthquake City out of recycled materials and are in the process of making a model of a tsunami. These students are what makes Northlakes High such a wonderful place to work at.

The agriculture farm is winding up for the holidays with meat and eggs for sale. Lastly on behalf of the Science Faculty we would like to wish all students and their families a wonderful joyous Christmas and a safe new year. We are all looking forward to another productive year in Science.

Creative and Performing Arts/Language report

Fourteen students from Year 10 and 11 Drama participated in a Drama Workshop, on Thursday the 20th of November. The two hour workshop was run by professional actor Nathan Lovejoy from the Belvoir Street Theatre. Nathan has experience in film, television and musical Theatre.



The students were activity engaged and enjoyed the energy that he brought to the workshop. They were able to gain insights about the life of an actor and were inspired to get started on their monologues for the HSC course. Miss Koteczky and the students are looking forward to hopefully working with Nathan again in the future.

On Monday the 24th of November Miss Koteczky took her Year 12 Dance class to The Entrance High School to participate in a HSC Dance Workshop with presenter David Spurgeon. The students from Northlakes High School and other schools on the Central Coast participated in learning about the appreciation component of the course, as well as participating in a practical workshop, to further develop their compositions. The students received a lot of insight on the preparation needed for their HSC exams next year. Miss Koteczky is very proud of the student's cooperation and participation in the workshop. Students also enjoyed a drama production at the Belvoir Street Theatre Sydney on Wednesday 3rd December, the excursion was supervised by Mrs Brimbecom and the production itself was free of charge to students. At the conclusion of the performance, actors took questions from the audience, to further enhance the understanding of the play. Activities such as this, are aimed at providing more participation and engagement with the Performing Arts. Friday 28th November saw students

accompanied by Mrs Davis, attend the Japanese Film festival in Sydney, it also included lunch in Chinatown.

These cultural events are targeting language fluency and a greater cultural awareness amongst students. Our hope is that Language be seen in the community, as a vital link to the rest of the world with Japanese, Indonesian and French being offered at the school.

Upcoming events include a senior concert for the school Period 4 Wednesday 10th



December, as part of a development program for Years 11 and 12 Performing Arts students. The opening of Miss Leffley's Visual Arts GATS class exhibition will be held on Monday 8th between 2.30 and 4.30pm. The exhibition will be held in Artroom 2 and light refreshments and afternoon tea will be available. Sunday 30th November, I attended a Teachers Preview at Maitland Regional Gallery and collected works that the school had provided for the FACE exhibition earlier in the year. It demonstrates our strong commitment, to providing the best possible learning opportunities to students at Northlakes High School. I am looking forward to our new Year 7 and hope that they will feel at home and ready to explore their musical, artistic and performing talents.

I would also like to thank, Mr. Wilkinson's VET entertainment class for their audio and lighting support of the San Remo Neighbourhood Centre's Christmas Carols Night at Northlakes Primary School. Students of particular note were Kate Pope, Johnno Richards, Brandon Rondon, Caleb Hilier (a non- VET student) and Angel Danzante, who were present on the night. I would like to thank Mr Carl Pope (Kate's Dad) for his support, equipment and expertise, which he gives free of charge and enhanced the school's support of this important community event. In a supervisory role at the venue was myself and the irreplaceable and alacritous Mr Williamson Head Teacher Vet, a vital pillar of integrity and honesty that's reflects the real core values of teaching at Northlakes High School. It was great to see members of the local community come up and talk to him in appreciative terms.

Seeing it is Christmas, the Creative and Performing Arts/Languages staff would like to wish everyone a very Merry Christmas and a Happy New Year. See you in the New Year.

Mr. Les Brimbecom
Head Teacher Creative Arts/Languages

TAS Report

Year 7 Technology Textile class have been making owl cushions this term. They have now started making bags to be used as pouches for baby kangaroos, wombats and possums for WIRES.



The bags in this photo were made by Jarrod Phillis, Luke Ward with some help from Anaru Woodham.

Year 8 Technology Textile class have been tie-dyeing and doing patchwork cushions this trimester.



TTC Hospitality have made gingerbread houses to celebrate nearing the end of their Certificate II.



Careers News

WORK EXPERIENCE AND MOCK INTERVIEWS

We had a highly successful week for Year 10 with over $\frac{3}{4}$ of the Year out on Work Placement. Many students have gained work over the Christmas through this, and every employer was very impressed with the students' presentation and behaviour.



Mrs Hewett also had the task of organising the mock interviews with Year 10 and community members. Some of the feedback was exceptional, and one person who had also been to other schools said our student's shone in appearance and presentation.

Teaching & Learning Report

In 2013, all Year 8 students were tested and graded on the 'Place Value' aspect outlined on the Numeracy Continuum. Students were graded against the 'expected level of achievement' on the continuum and grades ranged from 'Way Above Expectation' to 'Way Below Expectation'.

Students then received intensive interventions aimed at raising their understanding of, and practical skills in numeracy, leading to an improvement in their use of numeracy in a range of



subjects including Science, History, Geography, Technology and Applied Studies and PDHPE.

These students have recently been re-tested.

The majority of students improved. The number of students at 'below' or 'well below' fell by 77%, and the number 'at expectation', 'above expectation' and 'well above expectation' rose by 478%. We are very pleased with these results.

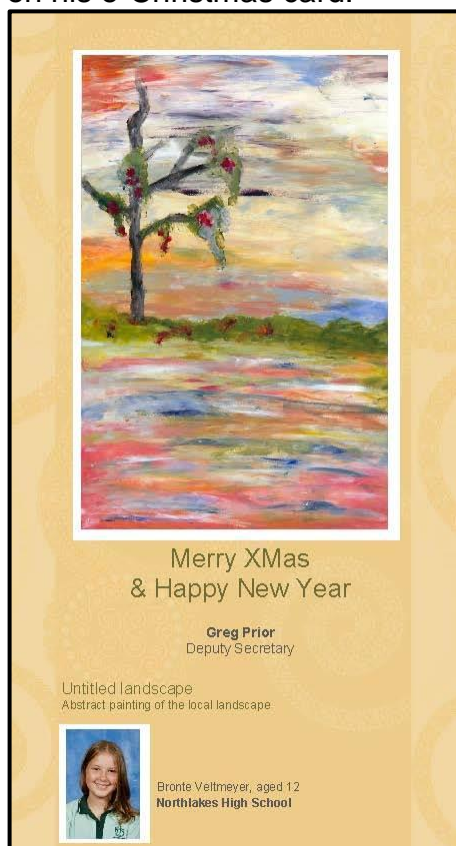
Numeracy information can be found on the DEC parent help website: go to Schools A-Z, and then click on Maths A-Z.

<http://www.schoolatoz.nsw.edu.au/homework-and-study/maths/maths-a-to-z#n>

There is a link to this website on the Northlakes High School web page.

Art Work Selected

Each year The Department of Education & Communities see an abundance of fabulous works submitted by talented students from across the state, and this year Greg Prior, Deputy Secretary chose the artwork entered by Bronte Veltmeyer, one of our ex-students to feature on his e-Christmas card.



Community News

Attached to this newsletter is the Epicentre Community Bulletin from the San Remo Neighbourhood Centre. The Epicentre will be closed from 19th December till 12th January 2015.

DATES TO REMEMBER


8/12/14	Luna Park Excursion for PTR students
8/12/14	Visual Arts Exhibition – C Block 3-4:30pm – All Welcome
10/12/14	Year 7 Ancient Egypt Day
10/12/14	Wizard of Oz Excursion – support unit
10/12/14	RAW Challenge Doyalson
11/12/14	Year 7 – 10 Presentation 9-11am
12/12/14	House Group Excursion to Erina Fair for ice skating and movies
12/12/14	Padoty – Photography exhibition the Entrance High School 7pm
17/12/14	HSC Results available
18-19/12/14	Staff Development Days
19/12/14	Uniform Shop Open 10-12pm
2015	
26/1/15	Australia Day Public Holiday
27/1/15	Staff Development Day
27/1/15	Uniform Shop 10:00-12:00pm
28/1/15	Year 7,11,12 Start
29/1/15	Year 8,9,10 Start



the epicentre

Core of Community

P. 02 4390 7888 F. 02 4399 2398 E. info@sanremo.org.au W. www.sanremo.org.au

28 Brava Ave SAN REMO NSW 2262 www.facebook.com/sanremocommunity 

Summer Edition 2014

San Remo Neighbourhood Centre will be closing for Christmas on Friday the 19th December 2014 and returning on Monday the 12th January 2015

The Epicentre

The year has seen many successful courses, programs and projects implemented that we are proud of. Central to the success of the organisation is our dedicated volunteers and partners. Thank you to everyone who has contributed and supported so many children, young people, families and residents. 2015 is shaping up to be another unique year with its own challenges as we respond to community need. We are confident that with your continued support our organisation can maintain its reputation as a valued community asset.

Christmas time is about family, friends and giving. For some of us, this time of year is the favourite; it is the time when we can relax and eat way too much. For others though, Christmas time can be a real struggle and often a lonely time. Issues around financial security, mental health and social isolation effect many people in our community especially over the Christmas break. For the past 6 years we have run a Christmas Toy and Hamper Appeal for families in need. The hampers and toys are distributed through our Emergency Relief program and also our new Community Restaurant.

A special thank you to Northlakes Public, Northlakes High and Blue Haven Public schools for their support and donations. The gift of giving can brighten up a child's life.

Food for Thought

Special Christmas Luncheon

Our Local Community Restaurant
12th December 2014

Ask Kerry for Details - Phone 4390 7888



Share a meal

and a chat at your
Local Community Restaurant

Every Friday @ San Remo
Neighbourhood Centre

Opens for Lunch at 11.30am

For more information phone 4390 7888



Annual Christmas Toy Appeal

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



San Remo & Blue Haven

Community Christmas Celebration

Northlakes Public School
Wednesday 3rd December, 5pm - 8pm



LINKS
Youth Support Service

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**
- 'Actually I can' mental health program - **Tuesdays, Wednesdays and Fridays**
- Let's talk choices a program promoting positive & healthy choices - **Wednesday**
- The UNIT boys group exploring integrity, self-respect, manners and independent living skills - **Thursdays**
- Community Drug Action Team (CDAT) **Next meeting 11am Monday 2nd February in the Links Youth Cabin**
- Junior CDAT young people taking action on drug and alcohol issues in the community with events, community engagement and youth initiatives
Next meeting 10am Wednesday 4th March in the Links Youth Cabin
- Breakfast Club - Providing breakfast to Northlakes High & Northlakes Primary School students for a healthier start to the day.
Wednesdays, Thursdays & Fridays from 7.30am.

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 & to be aware of your personal intuition & your physical environment - **Thursdays.**
- Back to School Packs – assisting students in need with basic stationary items.

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 & Life Plans
- Love Bites & Sex and Ethics - Healthy Relationships

Learning Group

Free tutoring for year 7 students

Beginning in February

Providing students with skills to develop studies plans, gain homework support & help with assignments

Summerland Point & Gwandalan Transport Project

Sluggo the community bus will transport people on a return service from Gwandalan & Summerland Point to Tuggerah Westfield's for anybody needing to get to a job.

Times are still to be confirmed.

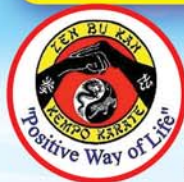
Contact Corrina on 43907888 for more information.

School Holidays The Sluggo express to Westfield Tuggerah for shopping, movies, café's & time zone, cost \$4 per person.
Wednesday 14 January & 21 January.

The Sand n surf Beach Run cost \$4 person.

Friday 16 January & 23 January. Limited spaces available

Contact Corrina on 43907888 to book your seat.



Zen Bu Kan Kempo Karate

Martial arts classes for ages 6-12 years.

At San Remo Neighbourhood Centre, Monday's at 3:30pm. \$8 per child or family discount. Great for boys & girls. Karate,

self-defence, weapons, mma, respect & discipline. Lots of fun & meet new friends. Contact: Morgan 0468 934 252

Checkout our facebook page

Zen Bu Kan Kempo www.zenbukankempokarate.com.au



Goats

Going off at the swamp

Family Festival

Sunday 12th April 2015, 9am - 5pm

Koala Park, Delta Electricity
Scenic Drive, San Remo

Organising committee meeting Tuesday 27th January
All welcome.

Breakfast Club

Wednesday's, Thursday's & Friday's from 7.30am
San Remo Neighbourhood Centre.

Students Only.
During school term only.

Donations of
bread, milk and
milo appreciated.

Our Place



Peer Support
Safe
Environment
Social
Connections
Fun &
Friendship

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

Thursday
February 5th
& Wednesday
March 18th,
4.30pm - 6pm
Cost \$2

Emcee and Stage Management

WORKSHOPS

Starting Monday February 9th
in the Links Youth Cabin



After School Care and Vacation Care

Blue Haven OOSH Service operates from Blue Haven Community Centre and is a fully accredited child care service catering for primary school children.

After School Care operates from 2pm to 6pm, Monday to Friday during school terms providing a range of exciting activities and a healthy afternoon tea.

Vacation Care operates during the school holidays from 8am to 6pm Monday to Friday and provides a program of fun and entertaining activities.

Our next Vacation Care commences on 5th January 2015. We have 2 fun excursions organised to Muckabout and to the new Metro Cinemas at Lake Haven. We also have an exciting Reptile show with lots of snakes and lizards.

Please phone for a booking as places are filling up fast. Parents and carers can be assured of their children's safety as they play, learn and socialise under the friendly guidance of our experienced educators.

CCB (Child Care Benefit) is available through Centrelink. Your CCB is used to calculate and considerably reduce your daily fees making child care an affordable option.

Please phone Tracy for any enquires on 43 992242 or email oosh@sanremo.org.au



Local Employment Access Project

Individual Appointments

Individual appointments are available at LEAP. We can work with you to help find and access employment and /or training.

Come and meet with the friendly LEAP team and we can work together to overcome challenges which are making it hard for you to move on with your life - particularly if

these are affecting your employment or training options. **Contact us on 43 90 0897 to find out more.**

Think Outside The Square

This popular program will re start in 2015. 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 and Kanwal Community Centre

Dates not set as yet, please call LEAP on 43900897 or email: leaptobluehaven@sanremo.org.au

to book in or for more information. (you do not need to attend all sessions)

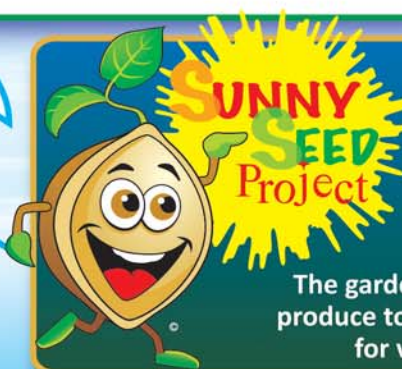


DRESS FOR SUCCESS®
SYDNEY

Women are invited to contact us if they need a high quality outfit for an important occasion such as a job interview or beginning a training course/education. **Contact us at LEAP on 43 90 0897 to find out more about this free service** – you won't be disappointed.



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.**



Sunny Seed Garden Project recently harvested a variety of fruit and vegetables and is in the process of planting its summer 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.



Volunteering Options

Phone on 4390 7888 to get involved

A facilitator for the Home Maintenance for Women Course – This group is run for women wanting to learn the ins & outs of using tools around the house. It's structured & directed to ensure that participants get an understanding of core maintenance skills.

Gardeners at Sunny Seed Garden – The garden always needs extra pairs of hands to help out with various activities. All skill levels & backgrounds welcome.

Help out with the GOATS Festival – The first organising committee meeting will be held on Tuesday 27th of January at San Remo Neighbourhood Centre. Everyone is welcome & encouraged to get involved.

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.**

Services



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 and can assist people with a disability and their carers. **Phone: 4324 2355 for an appointment or information.**

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.

Bicycle Repairs and 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.

Coming in 2015

Expression of Interest for a Sewing Class / Cultral Quilt Project 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.**

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.**

Anger Management A series of free workshops for both men and women to learn skills in dealing with anger issues in everyday life. **Sessions are from 9.30am-12pm on Mondays for 8 weeks starting February 9th, please phone Interrelate on 43 63 8050 to register your attendance.**

Self Esteem & Communication A 6 week program that focuses on the origins of self-esteem and learning essential communication skills. The program assists participants to:

- Value themselves and be more confident
- Improve their self-awareness
- Improve their communication skills
- Be more assertive

Held on Thursday mornings from 9.30 - 12.30 on the 19th & 26th of February and 5th, 12th, 19th & 26th of March at the San Remo Neighbourhood Centre. Phone 4390 7888 to register.

Domestic Violence Support Group 9 week program, **Wednesdays mornings in Term 1, 2015, please phone 43 90 7888 for more information.**

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.**

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.**

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.

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. **Every 2nd Wednesday at 2pm, Cost is \$2, returns February 11th 2015.** **For more information contact San Remo Neighbourhood Centre on 4390 7888**



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.**

Our Place A social group for young people with special needs and their parents or carers **Thursday 5th February & Wednesday 18th March, 4.30pm - 6pm, Cost \$2, Phone 4390 7888 for more information.**

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, Community Restaurant Share a Free meal and a chat at your local community Restaurant **Friday's @ San Remo Neighbourhood Centre, opens for Lunch at 11.30am, returns Friday 30th January 2015** **For more information phone 4390 7888**

Multicultural Group Bus Trips Last Friday of each month. Cost \$5, seats are limited, bookings essential. **Next bus trip to Black Butt Reserve, Newcastle on 27th February 2015.**



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.

SAN REMO
NEIGHBOURHOOD CENTRE



Our Sponsors

Advertise
here for
\$60

48mm x 70mm

Annual
Christmas
Tree
Appeal

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

Advertise
here for
\$120

98mm x 71mm

coles
SANREMO

**ADVERTISE DIRECT TO YOUR
LOCAL CUSTOMERS**

My boss thinks print ads are not effective.

Please help me keep my job and call on
4390 7888 or click the link
info@sanremo.org.au

Our Current
Distribution
10,000

the epicentre
Core of Community



Enrolling Now

**Years 9 and 10
Secondary College**

- ✓ NO UNIFORM
- ✓ NO HOMEWORK
- ✓ NO BULLIES

where students choose to learn

a smaller personalised learning approach

etaustralia
SECONDARY COLLEGE

Ph: 4323 1233
Limited Places

When: 10th December

Time: 4pm-5pm and 5:30pm-6:30pm

Bookings Essential, Register by Friday 5th December,
email@etaustralia.com - www.etaustralia.com

123 Donnison Street, Gosford

**Graphic
Design**

Printing & illustration

Free quotes



**Ph: 4390 8637
or**

0412 211 664

mail@lcdesign.bz

LC design
(Laurence - Close Design)

