

# Northlakes High School Newsletter

"Opportunities for future success"



Find us at: Brava Avenue, SAN REMO NSW 2262 T (02)4390 0555 F (02) 43991792  
Email [northlake-h.school@det.nsw.edu.au](mailto:northlake-h.school@det.nsw.edu.au) [www.northlake-h.schools.nsw.edu.au](http://www.northlake-h.schools.nsw.edu.au)

Security No: 1300 880 021

Issue. 7  
May, 2014

## From our Principal:

Dear Parents, Carers and Students,

### NAPLAN

We have had a very good start to Term 2. Years 7 and 9 have completed the NAPLAN tests. Staff were impressed with the motivation and effort of most students. While this is only a couple of hours from a student's year, the data does provide us with valuable information about our progress in helping individual students, as well as whole year groups. In our recent 'Tell Them From Me' survey results; students reported increased awareness of explicit teaching in all curriculum areas. Hopefully this will also be reflected in student results.



Year 9 during NAPLAN testing

## Stage 6

Over two days, four staff, including both Deputy Principals, interviewed all Year 11 students. The focus was on their progress, and involved discussion on attendance, work ethic, motivation and goals. For a number of students there will be immediate follow-up with our Careers Adviser Ms Hewett, or other agencies. We will be interviewing all of Year 12 in the near future. All senior students have been invited to attend Careers information days, and study days. We encourage and support students to explore their options for their future, whether in work or study, by experiencing work experience, liaising with a mentor teacher, consulting their Year Advisor or Careers Advisor and researching courses available through TAFE, Universities or other providers.

## Attendance

On Monday 12th May, no Year 12 students were late to school. Fantastic! We continue to actively support students in achieving their personal best; attendance is the first factor in this! I am very encouraged that on most days less than 2% of students are late.

## School Improvements

Within the next few weeks we will have:

- A new kitchen, including all new appliances in the Support Unit.
- CCTV throughout the whole school, with 24 hour monitoring. This includes internal and external areas and the Farm area.
- New seating and garden areas near the oval.

- Electronic sign in the quadrangle for daily notices to students.

## Parents and Citizens Federation

Early this week the Department of Education and Communities notified the public of significant changes to the P&C Federation. Our schools P&C will continue, as it always does, providing great support to our school and our community and reflecting our school's values. Please note that the P&C Meeting has been moved forward a week to 27th May at 3:30pm in the Language Centre. We only hold one a term, and there is no fundraising involved, so this is a great opportunity to come along and find out what is happening in our school. We are still looking for a Treasurer, so if you have been thinking of volunteering some of your time, please come along and find out more.

## Uniform

We have a very attractive uniform, and most of our students wear it all the time and look great.

### Note:

- The uniform shop is open every Friday from 10:00am till 12:00pm. We are trialling a new pair of black pants for \$25.00. These look lovely on both junior and senior girls, (and look much better than tights!). We also have plenty of jumpers in stock for the colder months approaching. Your child can also purchase uniforms any day of the week from the canteen in the morning if they have the correct money and size.
- Our Welfare office has spare shorts and skirts if students wear shorts or skirts that do not conform to the school's uniform length requirement. Thank you to Kinetic Creations for their donation of skirts for our clothing pool.
- Students out of uniform are losing their House points!

## Positive Behaviour for Learning (P.B.L.)

Mr Welham and I are presenting a report to all Hunter and Central Coast Principals on the

very positive impacts of the P.B.L. program in our school. Linked to the new House system, revamped Orange and Red Card monitoring, and a variety of other measures, we have seen huge improvements in attendance, engagement and students' positive evaluation of the school. It is very gratifying to see and great to be able to share this information in our wider educational community.

## Outstanding Students

- Brittany Egan Year 12 2013 has been awarded an Australian Vocational Student Prize for 2013 in recognition of her achievement in Year 12. This is awarded by the Department of Education, Australian Government.
- Jacob Thomas Year 12 2014 has been invited to audition for the DEC Talent Development Foundation.
- Bailey Grant Year 7 2014 was recently awarded Champion Over-All Rider at a Combined Schools Riding Event in Scone.



Bailey Grant with his horse 'Bailey Horse' in Scone

- Principals Awards for Honesty and Integrity, given to students who display these valuable attributes, have recently been given to Brayden Hosking, Jasmine Whiting, Abbie West, and Brittany Sherwood.
- Our Entertainment Industry Vocational Education students have undertaken to manage the setting up of the hall for all big events. This includes moving tables and chairs,

music equipment, lights and sounds. Recently this group set up for NAPLAN exams. Thank you very much Alana King, Kate Pope, Ryan Laing, Shannin Wyborn, Tyler Denyer and Tahlia Hodder.

- Our Senior Indigenous Oz Tag Team won the Boomerang Cup for the second year in a row and our juniors were runners up.



Northlakes Senior Indigenous Oz Tag Team

**Merrilyn Rowley**  
**Principal**

## Year 7 Report

It has been great to hear many students have received postcards for recognition of positive behaviour and learning. Many Classroom Commendations have been awarded to students for outstanding academic work in the classroom. Students need to collect 5 commendations and present them to me in the TAS staffroom in order to receive a Year Advisor Commendation. These awards reflect the level of achievement for our current Year 7 students and potentially many more ongoing successes in the future.

Student's focus has shifted back towards the classroom with NAPLAN and other in class assessment tasks. Throughout this term, all students in Year 7 have received assignments and other in class assessment tasks, which do require students to complete some preparation at home. Students should be designating some time each night to complete class activities or

reading over work completed throughout the day.

During Week 6 Kim Smith, our new Police School Liaison Officer will be visiting our Year 7 students to discuss the importance of the appropriate use of social media, cyber safety and sexting.

During Week 8 Warner Youth Education will be delivering a program to Year 7 students to enhance Wyong Shire Councils existing Graffiti Management Strategy in the area of prevention. It is a highly engaging and entertaining program designed to prevent youth from undertaking a range of anti-social behaviours with a focus on tagging, and provides them with crucial life skills.

I would like to remind students about wearing the correct school uniform, especially with the cooler weather fast approaching. If your child does not have the correct uniform please send a note into school with your child to explain. This will prevent your child from receiving consequences for being out of school uniform.

I would also like to remind parents that if your child is away from school please send in a note explaining their absence. All absences need to be explained and you have 7 days to contact the school before it is recorded as 'unexplained'.

If you have any questions, please feel free to contact me on 43900555 or

[Kerry.bissaker@det.nsw.edu.au](mailto:Kerry.bissaker@det.nsw.edu.au)

Thankyou

**Kerry Bissaker**  
**Year 7 Advisor**

## Year 8 Report

Welcome back to Term 2! Year 8 students are starting to settle in to the term and I would like to thank everybody and comment on how wonderful they all look in their uniforms. Don't forget though, as winter and the cold comes along black jumpers and pants /jeans are a part of the uniform and the wearing of tights (which a lot of Year 8 girls are doing) are definitely not



uniform and will attract disciplinary action. I would like to advise that these tights can be worn as long as the student has a skirt over them. **Tights without a skirt are NOT school uniform.**

As mentioned last newsletter I am looking forward to taking Year 8 on our second camp, through the same organisation, Outdoor Educational Activities. We will be going to Forster Adventure Land and the camp is extending on the activities we completed at Morisset. Further information will be issued in the next few weeks. The camp is planned for November and a payment plan will be set up so we can have more students go on the camp and it will not be a big burden on the families. One thing that I must stress is the deposit for the camp will not be taken unless all school fees have been paid. With the payment plan in place it will give parents the opportunity to pay their fees and also the camp over a long period of time. The information will be sent out very soon. I wish everyone a safe and happy term and if you have any concerns about your child at school please don't hesitate to call me. As I have said, I am always available and promise to get back to you as soon as possible.

**Sue Fulwood**  
**Year 8 Advisor**

## **Year 9 Report**

Hello all, I hope you enjoyed your Easter break – and the wonderful weather we were all lucky to have! Year 9 have had a wonderful start to Term 2. Pupils are working hard to prepare for their assessment and half yearly examinations. Students are reminded that their teachers are currently writing their half yearly reports. These reports will be very handy for students who have turned 15 years old and are looking for their first job.

The weather is fast becoming cooler – and warm clothing is required. TIGHTS are not acceptable clothing attire. Correct pants must

be worn, along with enclosed shoes and black jumpers.

In Week 3, all Year 9 students sat the NAPLAN test. I was most impressed to see and hear reports of excellent behaviour from students. Well done Year 9 – your hard work and concentration will pay off with your results! Year 9 Dance students have been working hard for their upcoming Starstruck performances. I was lucky enough to see the dances at last terms concert. The groups were wonderful and really a credit to their year.



**Year 9 Dance students**

Special mention must also be given to the Year 9 Music classes. It is wonderful to see students excelling in their chosen electives.

Once again, if you need to contact me please do not hesitate. I will aim to return your enquiry as soon as possible. You can contact me on 43900555.

**Erin Campbell**  
**Year 9 Year Advisor**

## **Year 10 Report**

Fifty students in Year 10 are preparing to go to the Ourimbah Campus of Newcastle University to do a 'Step Up' program. This will be a great experience and I believe it's time for students to think seriously about their future direction. I'd love to hear any feedback about the day.

The results from the "Tell Them From Me" survey was very interesting to me. Whilst boys in Year 10 are feeling engaged with the content

in their classes, it appears that girls are less so. I'm wondering if girls are pondering their future enough and have created clear goals in their minds. If you have a daughter who seems disinterested in school of late, please get in touch and let me know. I'm hoping to hear from enough that I can put together a group of girls that can work out a strategy to improve this.

Meanwhile, on the same day a lot of our Year 10 girls are going to Newcastle to continue preparations for Star Struck 2014. I'm really looking forward to this fantastic event.

I've sent home a note for Year 10 camp to Port Stephens. It's sure to be a terrific experience as was last year's camp. I know the cost is high, however, there are a lot of great activities included. Fees need to be paid too if your child wants to attend. Fees are essential to the school's smooth running. Also, by Year 12, if you haven't paid fees for your child they are at risk of not being able to attend the Year 12 Formal. So, if you pay a little bit regularly, this may help. If you are experiencing any financial difficulties please let me know. The activities included are: Shark and Ray Centre, 4WD tour along Stockton Bight, sand boarding and beach time, Moonshadow Dolphin Watch Cruise, Murrook Culture Centre, Aboriginal Discovery Tour, and a climb of Tomaree Headland. Can I please have the \$50 deposit paid by the 11th of June to secure numbers. Thank you for your support in this camp. The students really do get so much from camps including a sense of belonging and enjoyment.

As always, please contact me at school on 4390 0555 or via email [megan.lubinski@det.nsw.edu.au](mailto:megan.lubinski@det.nsw.edu.au) and catch me up on any issues.

**Megan Lubinski**  
**Year 10 Advisor**

## **Year 11 Report**

Congratulations go in this report to a number of Year 11 students who have excelled in differing arenas. Congratulations go to Jade Freebody

who was one of 20 young people from NSW who have been selected to participate in the Outward Bound Leadership Young Leaders course, which will be conducted in Canberra in late May.

Congratulations also go to Kate Pope, Zeke Woof and Jacob Thomas who have earned selection into the Talented and Performing Arts Concert, they will perform at the Laycock Theatre in Gosford.

**Regards Ed Seaby**  
**Year 11 Advisor**

## **Year 12 Report**

Year 12 have had a productive start to Term 2. They have received their half yearly reports and are able to discuss their results and outcomes with their subject teachers. Your child's report can also be viewed on our Parent Portal. Feedback is an important part of any study and can improve results for their next tasks or exams. The BOSTES have released the timetable for the HSC. Just go to <http://www.boardofstudies.nsw.edu.au/events/>

Remember to continue recording dates of all tasks and exams in your diaries or calendars to help you keep track of when these are due.

The 2014 HSC Rules and Procedures booklet has information about the HSC. It is a legal document. Please see me if there are any issues.

Year 12 uniform is looking good. It is wonderful to see all Year 12 students taking responsibility and pride in being senior members of this school. As it cools down seniors are reminded that they are only to wear black jumpers or their senior jackets.

Just a reminder that all Year 12 students are not permitted to leave school grounds during breaks or free periods unless you have an appointment or TAFE. Appointment notes need to be taken to the office before school for an early leavers pass. During your free periods you are encouraged to use the library

resources to research and complete tasks or make study notes for your exams.

Some exciting news is that the Year 12 Formal has been booked and a deposit paid for the 15th November at 6pm at Koorindah Waters Golf and Resort. The cost of a formal ticket is \$85.00 with a non-refundable deposit of \$50.00 to be paid to the front office as soon as possible. A policy at Northlakes High School is that all school fees are to be paid in full before the remainder of the formal total can be paid. The Year 12 Formal invitation will be given out to students by the end of May with all details. Any concerns please contact me.

'Step up' Mentoring Program is continuing with all Year 12 involved, utilising the experiences of their mentors in areas such as study, time management etc.

Outside the TAS staffroom is a Year 12 noticeboard which is constantly updated with valuable information for Year 12 students. Please check regularly for any information that may apply to you.

Attendance at school is to be above 85% in all classes. All days absent must be explained with a note from your parent/carer. If a Year 12 student's attendance falls below 85%, a letter will be sent home and students take the risk of failing that subject/s. Please see me if you are having problems with attending classes or school before it is too late.

#### **Dates to remember:**

- 29th May 2014: Sydney Careers Expo (50 positions: see Ms Hewitt for more information)
- 30th May 2014: Singleton High School HSC Seminar Day (students selected)
- 25th June 2014: \$50 deposit Year 12 Formal
- 25th June 2014: Central Coast Careers Expo @ Avondale
- 18th September 2014: Year 12 Graduation Assembly
- 15th November 2014: Year 12 Formal

Please do not hesitate to call or email ([jodene.garside@det.nsw.edu.au](mailto:jodene.garside@det.nsw.edu.au)) me if there are any concerns. Remember I am here to support Year 12 and their families in any way I can.

**Jodene Garside**  
**Year 12 Advisor**

#### **Support Unit Report**

On Thursday 1st May, 2014, 14 students from our Support Unit, Ms Parkes, Mr Moriceau, Mrs Anderson and Mrs Hardy travelled to Gorokan for a cricket challenge with some of the students from Gorokan High. Gorokan won however, all students had a great time. The game was held in the school hall and all students enjoyed a sausage sizzle enabling them to socialise with students from another school. The students were very excited to see Mr Glasson, our former relieving head teacher. It was a wonderful day for all involved.



- The Support Unit have some very exciting news. After over twenty years since the Support Unit was established, we are going to have a brand new kitchen installed. This will greatly enhance our ability to continue with our



Food Technology programs as well as staff morning tea, 'Super Summer Salads' and 'Sensational Soups' from the soup kitchen.

- The 'Sensational Soups' program has had a 'sensational' start with the first week of the soup season. We would like to thank our wonderful staff for their ongoing support.

- Last Friday 9th May, 2014, the Support Unit sold herbs and Mothers' Day flowers. Thank you to Mrs Parkes for your organisation. Succulents were also sold and we would like to thank Mrs Murray for her organisation.



- The IOJ and IOS class continue to work in the garden to bring it back to its former glory. Thank you once again to Mrs Parkes for overseeing this program.

- Mr Quodling and Mrs Anderson have been putting in a fine effort in order to prepare some of our students for the upcoming NAPLAN tests. His ongoing efforts are very much appreciated.

***Kristie Pafumi & Rhonda Rossetti***  
***Head Teachers Support***

## **Teaching & Learning Report**

The start of term has been extremely busy for all involved with Teaching & Learning. As we start to settle into the middle of the year, new

and exciting opportunities are offered to students to help them outside of the classroom that will, as a result, improve performances in the classroom!

Peer Tutoring has commenced for selected students. This is designed to give students from Years 7 and 8 extra time during roll call to work with students from Years 10 and 11 in reading. The students from Years 10 and 11 have acquired a TAFE based certificate that helps them to deliver this very worthwhile program.

Groups are also currently being drawn up to start both corrective and withdrawal reading. This allows selected staff members to work with smaller groups, which help in remedying reading issues that have been identified through testing earlier in Term 1 of this year. This is a terrific chance for students to work on their reading which, as they progress through life, will certainly be beneficial!

'Quicksmart' is a program used in our school to help develop Numeracy skills. The school has been able to secure extra staff trained in the implementation of Mathematics/Numeracy. Once again this allows students to be withdrawn from class to work in smaller groups. This will assist these students to gain confidence and experience and will then have the flow-on effect of helping the whole school as their abilities improve through their high school journey.

Finally, we would like to recognise the efforts of Years 7 and 9 who have been involved in and completed the "National Assessment Program Literacy and Numeracy" – NAPLAN! This can be a stressful time for families and students (and schools). As a cohort Years 7 and 9 of 2014, have accepted the challenges of NAPLAN and handled the whole process to a standard that was above all expectations. We are certainly proud of them!

***Mr Glachan***

***Head Teacher Teaching & Learning***

## HSIE Report

Term 2 has started with a new driver behind the wheel of the Geography/History faculty. Mrs Tracey Moore has stepped into Head Teacher position, with Mr Seaby assisting whilst Ms Bromley helps in the English faculty. The changes are only temporary with no interferences to the students study. All years are being tested in class during the week of the NSW NAPLAN Testing. The assessments are a necessary part of the student's education and the results are used for report writing.

Excursions are being formalised and at present the following are:

- Year 8 to Taronga Park Zoo – Wednesday 25 June 2014 – cost \$30.00
- Year 9 to Maitland Gaol – Tuesday 11 June 2014 – cost \$26.00
- Year 10 to Sydney Walk – Wednesday 30th or Thursday 31st July or 1st August 2014
- Year 10 to Norah Head Beach – Monday 1st or Tuesday 2nd September 2014 – cost \$20.00
- Year 11 Preliminary Studies of Religion to St Mary's Cathedral & Australian Jewish Museum Wednesday – 18th June 2014

If you have any questions or issues regarding your student in this faculty, please do not hesitate to make an appointment to speak with their teacher.

**Tracey Moore**  
**Head Teacher HSIE (acting)**

## Science Report

Students have settled well into Term 2 with our senior students all preparing for the HSC which is not that far away. Teachers are offering tutoring in a number of senior courses and

students would be well advised to take up the offer. It may be run after school or in breaks and would be a great benefit to all senior classes.

Recently two of the Science staff, Mr Geoff Fleming and Mrs Sue Fulwood submitted an application to Wallarah Community Foundation in conjunction with Wallarah Coal Project. The application was about a project to restore, rejuvenate and monitor our own wetlands at Wallarah Creek Charmhaven. We are very excited to announce that we were awarded five thousand dollars to assist the faculty to get it up and running and eventually including the monitoring in our Senior Science, Biology and Environmental Science curriculum. The students currently travel to Newcastle to do a mandatory study on a wetlands. With this money we will be given an opportunity to look after our own backyard. We are hoping this project will promote a ownership and custodial role over our area as well as helping to maintain a healthy environment. Half Yearly examinations are currently planned for week 4, this will be for all junior classes from Years 7-10.

The Agriculture farm is thriving this term. The students will be growing hydroponic cucumbers as well as trout and they were also successful again this year with a crop of crysthananums for mother's day. We would like to welcome the arrival of our new steers and our students are at the minute trying their hand at training them. The way the farm looks and operates is really impressive and we would like to acknowledge all the hard work Mr Pankhurst has put in to have it this way. Well Done.

**Geoff Fleming**  
**Head Teacher Science**

## School Sports Report

### Boomerang Shield

Congratulations to the junior and senior teams that competed in the Central Coast Oz Tag Boomerang Shield Day. Both teams were



made up with indigenous, non-indigenous male and female students. The junior team went through undefeated, and unfortunately lost the Grand Final 5-4 after going into extra time.



**The Northlakes Junior Oz Tag Team**

The senior team also went through to the Grand Finals and won 4-0. All students played with great sportsmanship, and the junior man of the match went to Jake Saunders, and the senior man of the match went to Jake Summer.



**The Northlakes Senior Oz Tag Team**

We have now reclaimed the perpetual trophy, proving that boomerangs really do come back.

### Inter-School Horse Sports Day

Congratulations to Bailey in Year 7 for competing in an inter-school horse sports day.



Bailey woke up at 3:30am yesterday, and travelled 2 ½ hours to Scone with his horse 'Bailey horse'.

The Bailey's team pulled off CHAMPION OVER ALL with 1st in Rider Class 1st and 5th in Hack, 1st in Bending, 1st in Barrels, 1st in Snake Race, and 2nd in Cloverleaf with top riding and great sportsmanship from Bailey's team to be over all CHAMPIONS!

### **Chaplaincy Dinner**

On Thursday 1st May 2014, we held a special Chaplain dinner hosted by Hope Unlimited Church in Charmhaven to celebrate School Chaplaincy across our region. The night included a Silent Auction, Testimonies from Lisa (Mother) and Lachlan Bellenger (Year 9).



**Lachlan Bellenger speaking at the Chaplaincy Dinner**

The dinner gathered around 120 Guest which included Principals, Pastors, Parents, Students and Chaplains, our regions Deputy Mayor Karen McNamara and our very own Warren Welhem (Deputy Principal NLHS). The response from all was one of excitement and anticipation for what is ahead in the world of Chaplaincy.

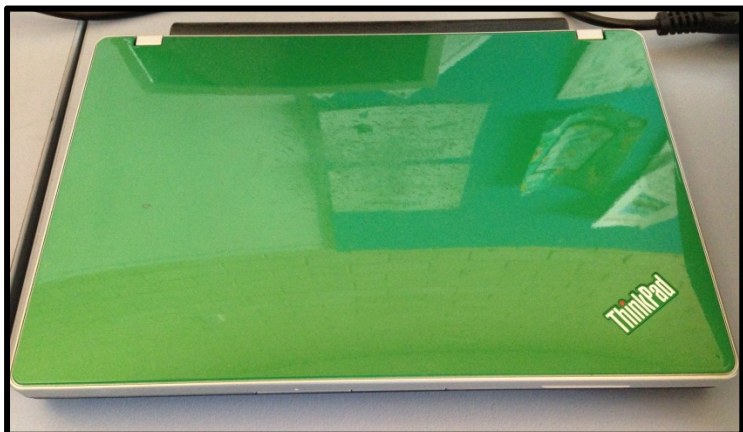
I would like to thank all who were involved in making this great night such a success.

**Matthew Adams**  
**School Chaplain**

## Canteen Report

The canteen is running well, however we are always looking for volunteers, if you can spare a day, please contact Leanne on 4390 0555. We have mini potato pies for \$1.20 and mini garlic bread for \$1.50 through the winter months.

## Battery Check on Green Laptops



An email was sent to all Year 12 students with information regarding a battery recall on some of the batteries associated with Edge 11 (green) laptops. If you need more information see Mrs Bryant in Room D60. Thank you.

## Have you returned your medical details form?

Just a reminder that if you have not returned your medical details update form, to do so as soon as possible. We will be having our draw for \$200.00 on the last day of Term 27/6/14.

## Kids, social media and privacy

Regardless of your child's age, the world may



already know a lot more about them than you suspect.

According to recent research:

- 92% of children under the age of 2 have a digital shadow (- it starts with proud parents posting newborn baby photos on Facebook or Instagram)
- a quarter of Australian children 8 - 12 years old use Facebook, but the minimum age for a user is 13 years.
- more than 20 per cent of tweens publish photos of themselves on Instagram
- young people 14 - 19 have an average of 453 fans, friends or followers on social media.

2014 Privacy Awareness Week, 4 - 10 May 2014, is a good time to review your family's privacy settings and discuss online security. You'll find lots of practical information and resources to share with your kids at [www.ipc.nsw.gov.au](http://www.ipc.nsw.gov.au)

## Lost and found

Large silver faced watch and a silver bracelet have been found. Please go to the student windows to claim.

## SUPPORTING OUR COMMUNITY

If you know of a local in the community, or an ex-student making a difference in our area, please let us know.

This week's feature is Bluey's Takeaway. A mother of 2 students from our school, Chantel Anderson is managing the local corner store 'Bluey's Take-away' at Swan Rd, Blue Haven, which re-opened 6 weeks ago. If any Parent or student mentions that they are from Northlakes High School they will receive a 10% discount.



## Community News

### 2014 Century Challenge Cycle Tour

The Rotary Club of Erina is currently organising the 2014 Century Challenge Cycle Tour. This is our major fund raising effort to support our community projects.

Each year we have a Family ride for children over 9 - 18 years. Also a Kids Challenge bike ride for young riders aged 4-12 years.

This event will be held on Sunday 18th May within the grounds of Mt Penang Parklands. There are lucky rider prizes, novelties, sausage sizzle and a variety of other activities.

### Celia Lashlie - Speaker

Celia Lashlie, international bestselling writer, story teller is coming to the Shire to share her experience of raising boys from her book – He'll be okay: growing gorgeous boys into good men."

Cecilia has extensively researched and documented how to raise boys in a world where trouble beckons at every turn. How do you make sure they learn the 'right' lessons, stay out of danger, find a path to follow? How do you ensure they'll be OK? After years working in the prison service, she knows what can happen when boys make the wrong choices. She also knows what it's like to be a parent - she raised a son on her own and feared for his survival.

**When:** Thursday June 5th, 2014, starting at 6 pm

**Venue:** St Peter's Catholic College, Gavenlock Road, Tuggerah

Bookings are essential, contact any Wyong Shire Library to secure to your place.

**Entry fee:** \$ 5.00 per person, prepayment is preferred when confirming your booking

## DATES TO REMEMBER:

19/5/14	AECG Gorokan High School 5:00pm
20/5/14	Year 7 AIM High excursion at school
20/5/14	Global leadership conference SRC students
21/5/14	Volunteers expo Niagara Park 10am -1pm
21/5/14	Starstruck Rehearsals
21/5/14	Year 10 AIM High Excursion
22/5/14	Parent Forum – in the Library 7:00pm
23/5/14	Central Coast Dance Festival Rehearsal
23/5/14	Walk safely to school day
26/5/14	Year 12 Work Placement IDT- all week
26/5/14	National Reconciliation Week & National Sorry Day
27/5/14	I believe program – Yr 7 Aboriginal students
27/5/14	P&C Meeting 3:30pm in the Language Centre
28/5/14	I believe program – Yr 8 Aboriginal students
29/5/14	Public Education Day
29/5/14	Starstruck Rehearsals
29/5/14	Yr 12 Careers Expo & Workshop – Sydney
30/5/14	Zone Cross Country
30/5/14	Year 12 HSC Seminar Day Singleton
30/5/14	Support Unit –Come try day





# 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) 

## Autumn Edition 2014

### Introduction to The Epicentre

**The Epicentre** is a not-for-profit organisation that acts as a community hub where the community can access services, information and referrals.

We encourage community development through empowering local residents to actively participate in their own communities. Formerly, our organisation was known as San Remo Neighbourhood Centre, however, operation of the activities that occur at the Neighbourhood Centre are only one facet of what our organisation does. Our change of name reflects the growing nature of our role at the core of community activity – much like the epicenter of an Earthquake.

Check out our website for more details about the changes [www.sanremo.org.au](http://www.sanremo.org.au)

### BIGGEST MORNING TEA IS COMING!

San Remo Friendship Playgroup is hosting morning tea on Tuesday May 20th as a part of their usual playgroup activities. This is a great opportunity to help raise awareness and money for cancer research.

All are welcome, for further details contact Barbara on 0423 295 610



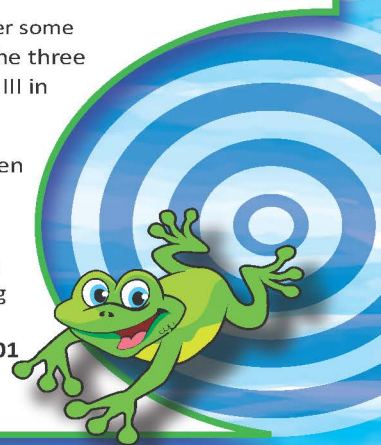
### Local Employment Access Project

LEAP is excited that in partnership with ET Australia we are able to offer some great new local training here at Blue Haven Community Centre. The three day a week training will provide a "dual qualification" - certificate III in

Home and Community Care and a certificate III in disability.

If you are interested in finding out more please contact our partner ET Australia on 4323 1233. They will then be able to give you more details of the information session to be held at Blue Haven Community Centre which you are required to attend if you would like to undertake the training right here in local community.

We are excited to announce that LEAP and Dress for Success Sydney have brought Pack and Send Outreach to Blue Haven Community Centre. For local women, receive at least one personally selected outfit including shoes, jewellery and bag for that important occasion such as a job interview, beginning a job or starting a training course. **For all other enquiries please call Margot: 0481266575 or 43900897 or Holly: 0401 336 101** or drop into the Blue Haven Community Centre, Apsley Court Blue Haven.



Are you going back to work or study?  
Do you need After School Care?



CCB is available for fee reduction through Centrelink for eligible families. After School Care is open Mon - Fri until 6pm with afternoon tea provided. Fun activities in a safe and caring environment where children are cared for by trained educators. An afternoon snack is provided plus an active sports program.

Vacation Care operates from 8am to 6pm in school holidays.  
To make an enquiry call Tracy on 4399 2242 after 2pm on weekdays



# Services



**LINKS**  
Youth Support Service

For young people aged 12-18 years and their Families

**Having hassles?**

**Need someone to talk to?**

Come and 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, Pregnancy Support and Behaviour Management

**Youth Health GP – Free access to general medical services for young people**

**14-24yrs, 9.30am - 12.00pm fortnightly. NOW OPEN appointments necessary.**

## Skills Development Work Groups

Flip Side - Starting May

Reality Check Behavioural Program - **Mondays and Thursdays**

Boyz to Men Mentoring Program - **Thursdays at the Men's Shed**

Gen Q Support Group for GLBTQI young people - **Wednesdays**

Community Drug Action Team Activities - **Ongoing**

'Actually I can' Mental Health Program - **Thursdays**

Study Group Homework Support - **Tuesdays**

Drumbeat - **Thursdays**

Self Defence for Girls - **Thursdays**

Breakfast Club - **Wednesdays, Thursdays & Fridays**

## Other Programs Offered

Coaching Young People for Success - Career and Life Plans

• Love Bites - Sex, Ethics and Healthy Relationships

• Volunteers for breakfast club are required

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

**Legal Aid** Free, confidential legal advice in civil law matters such as housing law, consumer law, discrimination, social security and 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.

**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.**

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

**Community Garden** New members welcome.

Open Mondays, Tuesdays, Thursdays and Fridays at 1-3 McCrea

Boulevard, San Remo. **Contact Andrew on 4392 5606**

**Restoring HARMONY**  
PROJECT

come into the Centre to organise a bucket.

Free graffiti buckets are available for community members wishing to remove graffiti from their property. Call us on 4390 7888 or

## Financial Counselling

**Are you finding it difficult paying your bills?**

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

Our volunteer financial counsellor may help you to understand your rights and responsibilities, find options to manage financial difficulties and negotiate with lenders. They can also offer budget counselling and information sessions.

**Phone Lee for appointments at the San Remo Neighbourhood Centre PH:43907888.**

Appointments are limited.

## 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.**

## GOING OFF AT THE SWAMP!

GOATS 2014 was a test of endurance, commitment and sound work ethics by all the young people. The rain didn't dampen spirits, the commitment from the bands and performers was commendable all bands and performers turned up.

The young emcees and stage managers all worked through torrential rain and are to be applauded, the volunteers with the oldest at 83 and the youngest at 8 are an inspiration and we are so grateful. Against all adversity, the stage and sound guys from Silhouette Sound and our volunteer sound guys on the entertainment stage, kept going because they believe in GOATS and the young people. They also went the extra mile helping bands on and off the stage. Although families with small children didn't brave the rain, the stages were still packed with people. Thank you to everyone for their contribution. GOATS went off in its true meaning of the word- Going Off At The Swamp and congratulations to every young person and committee member who made GOATS once again a very successful day.



# What's On



## New 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.

### Free hearing screenings at San Remo Neighbourhood Centre

We've partnered with Australian Hearing Toukley to encourage the local community to get their hearing checked. These checks are a fast way to make sure your auditory health is in order. Appointments are for adults particularly those aged over 60 and take 15 minutes. Screenings will be held on June 2nd, call us to make an appointment on 4390 7888.

### Expression of Interest for a Sewing Class

We would like to hear from people in the community who would like 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.

### Celebrating our volunteers - National Volunteers Week

A morning tea with local federal member Jill Hall will be held on Friday May the 9th at 12pm in recognition of the invaluable contribution volunteers make to our community. To RSVP call Jill on 4390 7888 or email [jillian@sanremo.org.au](mailto:jillian@sanremo.org.au)

## 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 1:30pm - 3:30pm.

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 and 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 040959148



## Tuesday's

### The San Remo 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 and boost the immune system. Practicing Qigong & Tai Chi can help to reduce stress, maintain and increase energy levels, increase body awareness and improves balance and coordination. Practitioners report less tension, depression, fatigue and anxiety. 11.30am to 12.30pm. \$6 per class.



# What's On



## Wednesday's

**Woodworking and Home Maintenance for Women** Are you interested in learning woodworking skills? Do you have a particular project in mind but you can't get access to the equipment to make it happen? Workshops are run each week at the San Remo Community Men's Shed on Wednesdays at 1:30pm. A great place to build your skills, learn basic home maintenance and how to use tools to make your idea come to life.

**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. Also a new drama class for Kindergarten to Year 2 is on offer. 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.

## 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.

**Fun & Friendship all Ages Group** This group meets every 2nd Thursday of the month. The group is for people of any age, male and female and can offer you the opportunity to share common interests with like minded people and enjoy get togethers, picnics, outings and workshops at a small weekly fee depending on activity. Call the Centre to find out what is on.

**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 0468890175.

## 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. Pre-book and pay \$40 for a 5 week block or 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.

**Multicultural Group Bus Trips** Last Friday of each month. Meet at the Centre at 9:30am, cost is \$5 per person to cover petrol + any entry costs. Seats are limited, a deposit is essential for a seat on the bus.

## TAX Help

From July to October  
**Do you earn less than \$50,000?**

You could be eligible for  
**Free help with your tax return.**  
Tax Help is available on Fridays,  
starting from Friday 19th July.



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.



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.