

# Northlakes High School Newsletter

"Opportunities for future success"



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## From our Principal:

### Central Coast Public Education Awards



Northlakes High had the wonderful opportunity this week to host the Central Coast Public Education Awards. Members of the school communities of every primary and high school on the Central Coast were recognised for achievements.

I have a fantastic staff who helped to pull it all together. Ms Fiona Kennedy, Head Teacher Welfare, helped oversee the organisation. Our Creative and Performing Arts staff, Mr Marshall Wilkinson, Ms Tina Koteczky and Ms Clair Brimbecom oversaw our performers and the organisation of the hall.

Our P&C bought the new (huge) fan for the hall – thank you especially to Angela Bambey, Jackie Bryant and Michelle Whitehead. Our Hospitality team of Dale De Waal, Gerry O'Mahoney, Chantelle Drummond, Jo Jager

and Tracey Viles catered for over 400 guests with 4,000 separate items of food! My General Assistants, Mr Peter Reed and Mr Ray Bulger, have worked solidly for a month, including on weekends, to paint, clean, fix and install things. The school's cleaners also put in extra time to ensure the hall was ready for such an event. I am highly grateful to you all.



### Award Winners

The three staff we recognised this year are:

- **Ms Simone Byrnes** – Head Teacher Welfare. Simone is a long standing member of staff. She is extraordinarily competent in all areas of welfare. Simone has been responsible for the wider range of programs in the school to support our 140 Aboriginal students. She has also relieved as Deputy Principal.
- **Ms Tina Koteczky** – Tina has brought Dance to a very high level in this school.

She has involved many students in the Central Coast Dance Festival and Starstruck. In September, two students', Tahlia Harris and Tamira Bayley, are dancing in the State Competition at the Seymour Centre. She is always highly professional and is an outstanding teacher.

- **Mrs Petronella (Ruth) Schofield** – Ruth is working in our school as a para-professional. She has supported our programs while we were funded by the National Partnerships Program. She is a key staff member in assisting staff to access and analyse data and make fully informed educational decisions. She is also a highly competent member of our Work, Health and Safety team.



Congratulations to our award winners: Simone Byrnes, Petronella Schofield and Tina Koteczky

### Korean Visit

We farewelled our 30 Korean visitors on Wednesday 6/8/14. It was a highly successful visit, allowing two very different cultures time to get to know each other. The visit was very competently co-ordinated by Ms Fiona Davis and Mr James MacKinnon. A highlight was the Aboriginal experience organised by Mrs Simone Byrnes. The damper cooked on sticks, and golden syrup were big hits. Thank you also to Mr De Waal's Year 9 Hospitality class, which

catered for the farewell assembly. All students will receive a Principal's Award.



### Primary School Discovery Days

In Week 3 our Relieving Deputy Principal, Mr Boake, co-ordinated visits by Year 6 from our three local primary schools. It gave them the opportunity to experience lessons in some of our specialist facilities, and is the beginning of our annual program to transition students into High School.



I thank Mr Boake and the teachers who took classes of Year 6 students.... Ms Pidgeon, Ms Leffley, Mr Mansfield, Mr O'Mahoney and Ms Drummond. We also had some Year 9 student leaders involved, who did a great job – they are all receiving a Principal Awards.

### Trial HSC

The past 2 weeks also saw Year 12 completing their Trial HSC. In most cases this completes their assessment schedule.



It is very important that Year 12 not actively pursues a study and revision program, attending school every day. Staff will be making sure that students have all the support possible to ensure their final results are as good as they can be. A lot can be achieved in the next two months! Mrs Garside organised a session with university presenters this week to assist them.

*Yours in Public Education*  
*Merrilyn Rowley*

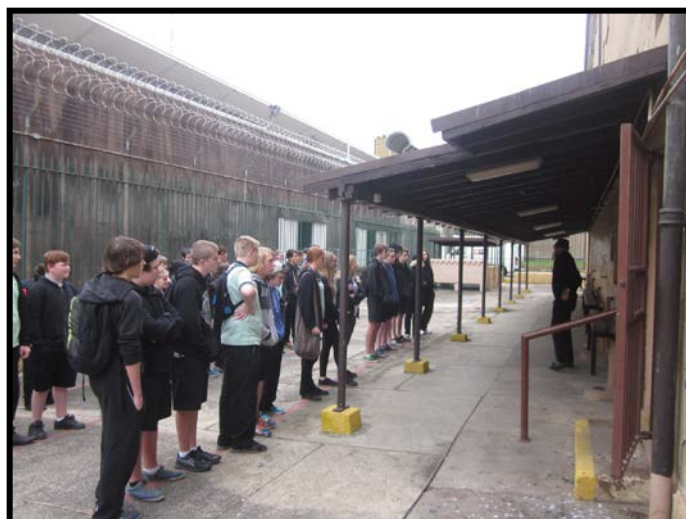
### **HSIE Report**

At the end of July, Year 10 Northlakes students were divided into three groups to attend the Sydney site excursion.



The students walked across the Sydney Harbour Bridge and down to the Rocks, around to the quay for lunch then up to the Botanical Gardens, in for a quick look at the Sydney Library, St Mary's Cathedral, The Domain escalator then through Hyde Park and down to China Town before heading home on the train with the Sydney commuters. The day was very tiring but most enjoyable.

On Wednesday 13th August 2014, Year 9 went to Maitland Gaol for a site study excursion. The tour guide is a an ex inmate, who told the students some incredible stories about the experiences and daily life in the gaol. The students were extremely interested and their behaviour was exceptional.



The day was annual event for Year 9 that has become a Northlakes tradition.

### **Creative and Performing Arts/ Languages Report**

I would like to congratulate the Year 12 Dance students and their teacher Miss Koteczky on completion of the Practical component of the HSC for this year. The focus now, is their theory component and with hard work and commitment, students should achieve the level we are expecting. This year we have instituted a Year 12 concert devoted to showcasing their talents to the rest of the school. On Wednesday 13th August in the school hall, all staff and students and staff of Year 10, 11 and 12 were invited to watch these performances. The concert was an extraordinary display of the talent and expertise, of both students and staff of the current Year 12. Thank you to the performers and audience, for the success of this initiative.

Speaking of HSC commitments the Music practicals, Japanese oral and submission of Visual Arts Bodies of Work are fast approaching. Students in these courses should be aware of the upcoming deadlines and prepare accordingly. The Bodies of Work are due to their Visual Arts teacher Mr Brimbecom by 2.30pm Monday the 25th August. At that stage students should supply their Process Diaries and Bodies of Work and complete the appropriate paperwork. This is only the first part, as this is only half of the external

assessment conducted by the NSW Board of Studies Teaching and Educational Standards. The rest is the written component of the course. please keep this in mind when preparing for your HSC.

Success stories include two dancers being included in the State Dance Ensemble and Jacob Thomas going through to the second round of the Arts Unit Talented Youth Program. Selected performers at the Regional Educational Awards held at the school on Tuesday 12th August, Miss Koteczky, Dance/Drama teacher winning the school's teaching award on the same night, Emily Gough and Jessica Howe of Year 7 for their selection in the FACE exhibition at Maitland Regional Gallery with the opening at 1pm Sunday 24th August. Bronte Veltmeyer with her works being included in Operation Art, to open at the Armoury at Homebush Bay in September.



Congratulations Bronte

Two of our students, Zac Kime in Year 9 and Samantha Head in Year 12, picked up awards for their photographs in the San Remo Neighbourhood Photographic Competition. Samantha Head also won the Peoples' Choice Award at the Wyong Shire Photographic Competition. On August 20th at Laycock Street Theatre at Gosford three selected acts, two music and one dance item, will be on the program for Central Coast Showcase. Tickets

are available through the theatre. Overall our students are representing the school and community at all levels and we should be very proud of their achievements and commitment to the Arts.



It only emphasises the importance of the Arts as expression of the people for the people, by encouraging creativity in our community. Not just seeing it as an added frivolous burden, but an important adjunct to the mainstream mandatory courses offered by the Department of Education and Communities and the NSW Board of Studies Teaching and Educational Standards. It was overwhelming to see the response to the Photo and Digital Media course offered to Year 8 on their Subject Selection Night. Considering the success of previous photographic students, we look forward to the development of these students.

I would also like to personally acknowledge the support and expertise of Year 11 student Kate Pope, in preparing and supporting the production of the Regional Awards Night and Year 12 Showcase and wish her all the best in her upcoming tour performances. It is students like this that make Northlakes High School a great place to teach.

*Les Brimbecom*

*Head Teacher Creative and Performing Arts/  
Languages*



## Science Report

This term Year 10 have been studying Genetics and Evolution. During these topics students have been busy extracting DNA from fruit, using toothpicks to model Natural selection, making chocolate fossils, using M&M's to learn about carbon dating and making models of DNA from lollies.



## English Report

### Year 11 Macbeth Excursion

On Thursday 15th August the Year 11 Advanced English class attended an excursion to see a Performance of Shakespeare's Macbeth with Miss Smith and Mr Freebody. The excursion was held in the Playhouse Theatre at Sydney Opera House by The Bell Shakespeare. All students were extremely well behaved and practised proper theatre etiquette during the performance. We all enjoyed the modern twist that was put on the classic version including Facebook, Skype and a touch of Jerry Springer, with the inclusion of the traditional Shakespearean language. Afterwards we all enjoyed lunch at Circular Quay before heading home. I would like to thank all students for their co-operation and behaviour both on public transport as well as well as in the theatre.



*Miranda Smith - English*

### Monty Pryor Visit

On Thursday 7th August Monty Pryor came to our school. We had 120 lucky students come and watch Monty perform. He told us funny stories about frogs and how to scare people with them and how to get away with tormenting siblings (Monty has seven sisters!).



He even talked to us about his famous novel, My Girragundji and how we should all consider writing our own stories for fun too! We all learned so much from his stories. Finally, Monty played his didgeridoo for us. It was amazing to hear all the different sounds he made while he played it, such as a kangaroo. We even yelled out for an encore, which Monty happily did for us. It was a great performance and thank you Monty Pryor for coming to our school and letting us learn new things.

*Kaylah Ross - Year 11*

### Book Week

Don't forget BookWeek is in Week 6 for Year 7 and 8! Grab a permission note from the English Department and pay your \$5 at the student window.



We will have activities for the whole day, including performances, drama games and poster making. Don't forget about our used book sale, where you can keep a book for a gold coin donation and our sausage sizzle lunch. Get your costume ready and prepare for a great day!

Year 7- Tuesday 19th August

Year 8- Thursday 21st August

### **Samcheok Korean Visit**

Our visitors from Samcheok region in South Korea had a wonderful time with their host families and school buddies at Northlakes High School. We thank everyone involved for making the visit such a success.

On Friday 1st August we visited the Australian Reptile Park. The students were able to cuddle a koala and a very curious kangaroo joined us for lunch.



Another highlight of the visit was in the school's Aboriginal garden. Our visitors were treated to dance and didgeridoo performances from Kyle Freeman and our own students. This was followed by damper on a stick cooked over an open fire. We know it must of tasted great because many of the children went back for seconds.

Many tears were shed as the Korean students boarded the bus last Wednesday morning. We know our students gained a lot from this experience and we encourage them to stay in contact with their friends in Samcheok!

*Mrs Davis and Mr MacKinnon*

### **P & C News**

As always the P&C have been kept busy contributing and promoting our wonderful school. Over these last few weeks we have helped in the process of nominating outstanding staff members to receive a Central Coast Public Education Award. We would like to congratulate Simone Byrnes, Tina Koteczky and Ruth Schofield for receiving this honour.

The P&C purchased a speculator fan and had it installed in the school hall. This space can become extremely hot however we are sure this will be a great asset to our school and provide much more comfort for upcoming events.





Our new fan purchased by the P & C

We have committed more funds to help pay for new advertising on a Busways bus for the next year. Last year's bus was well received within the community and we believe it creates a sense of pride within our school community. Please look out for this in the near future.

As many of you may be aware our school hosted students from Korea recently. I decided to take one of the teachers (Derrick) out on a Saturday and show him what life is like on the coast. Derrick was so impressed with our beaches, football and seafood and enjoyed a snippet into everyday life within an Aussie family. It was great for me and my son to hear about his culture and share ours.



Our next meeting will be on Tuesday 19<sup>th</sup> August at 3:30pm in the Language Centre. We extend a very warm welcome to any parent or carer who would like to attend. These meetings can be of great benefit to you and your family. Look forward to seeing you there.

*Michelle Whitehead*  
Northlakes High School P&C President

## Dance Report

I would like to congratulate the HSC Dance students on the completion of their practical exams. Last Thursday Ashleigh Donaldson, Holly King, Emma Moran and Sharntae Welling completed 80% of their HSC course through a practical examination.



As a requirement the students have to teach younger students a composition and I would like to congratulate Alex Bowen, Tamira Bayley, Tahlia Harris, Casey Clegg, and Claudia Compton on their participation in this. Their consistent effort and hard work is greatly appreciated by both myself and the Year 12 students.

I would also like to commend the efforts of the Dance Ensemble for their performance at the Education Awards on Tuesday afternoon. The students presented themselves professionally and their performance skills were outstanding. The audience were mesmerised and I was extremely proud of all of you.

*Miss Koteczky*  
Dance Teacher

## School Attendance

In schools across Australia a small number of students are frequently absent from school for no good reason. Northlakes High School is not

immune to this and we are always concerned when we see pattern of absence happening for some students.

When a habit of missing school develops for students, particularly in the early years of high school, it can have a serious impact on their learning, as well as their career choices and further study options.

For some students who have unavoidable significant absences due to illness or special circumstances, extra support is essential to ensure success for these students. The Year Advisor and Welfare Team will put in place the necessary support to ensure success. We ask parents to keep us informed of any circumstances that impact on a student's attendance and participation in learning.

The Welfare Team at Northlakes High School wants every student to experience success and reach their full potential. We take our responsibility very seriously and are really concerned when we see habitual absence in the way of any student's success.

We need the active support and encouragement of all parents and carers to ensure successful outcomes for all students. Without active cooperation from parents our capacity to turn around habitual absence behaviour is limited.

If you have any concerns about your child's attendance or comfort level at school please contact one of the following staff on 4390 0555:

- **Attendance Co-ordinator** – Mrs Jodene Garside
- **Head Teacher Welfare** – Ms Simone Byrnes or Mrs Fiona Kennedy
- **Deputy Principal** – Mr Warren Welham or Mr Matthew Boake
- **Student Support Officer** – Mrs Amanda Morgan

**IT'S NOT COOL TO SKIP SCHOOL!**

## **National Partnership News**

Mr Stafford has begun working with selected Year 9 students in small groups in the Library Seminar Rooms. Student feedback shows that these students appreciate the chance to improve their numeracy skills in a tutorial setting.

From Week 6, Mr Stafford and Mrs Schofield will assist some Year 9 maths teachers in delivering a new style of lessons, splitting classes into groups of three and rotating students through activities in the classroom and a computer lab. These lessons will run once a fortnight in four Year 9 classes.

HSC students are reminded to revisit the Elevate website before commencing their final HSC preparation timelines. The Elevate student resource page has videos; practice questions (by topic) and tips to make HSC preparation more effective. Students can also ask questions on a variety of topics – look under the 'ask' tab for answers to hundreds of questions about study, referencing, dealing with family issues and other topics.

Students are able to download a free copy of the book 'A Guide to Student Success'.

Go to

<http://au.elevateeducation.com/students/login/>

**Username:** HSC

**Password:** pacco

*Jan Curran*

**Expressions of Interest for Disability Provisions (formerly known as Special Provisions) for 2015 Higher School Certificate (HSC) due end Term 3, 2014**

What are disability provisions?

Disability provisions are granted to provide students who have disability needs with practical support in the Higher School Certificate examinations. Students' disability needs may include learning, medical, vision or hearing difficulties, etc.



Examples of provisions may include: Braille or large print papers, use of a writer and/or reader, extension of test time, rest breaks, use of a personal computer, separate exam supervision, individual supervision, and permission to take medication.

Anyone who is interested, please contact staff in Teaching and Learning (Mrs Curran, Miss Hsu, Miss Neal, Mrs Bayly) by end of Term 3.

### Welfare News



Northlakes High School is a registered Purple School and on the 29th August we will be celebrating this by wearing something purple along with our uniform.

Purple Schools intentionally build and foster school environments which:

- embrace diversity and ensure all expressions of gender and sexuality can exist safely
- are void of cultures that instil fear for one's identity
- do not allow actual, or perceived, sexuality or gender identity to determine a student's safety or ability to belong
- are actively inclusive, safe and supportive of every student.

We hope to have a representative from The Wear It Purple Organization come and talk to the students. We will have Miss Corrina Peck from the Links Cabin come and workshop with students in break times. They have loads of information on services and groups our students are able to access. Corrina and the Gen Q group will be holding a photo booth for students with lots of fun extra's.

## BREAKFAST CLUB RAFFLE

We are raising funds to provide breakfast to our school community. We operate out of the Community Centre every Wednesday, Thursday and Friday. The number of students using this service is on the rise and we need assistance to keep this programme running.

**Tickets are available from WELFARE for a cost of \$2 each or 3 for \$5.**

1st Prize – Car Service to the value of \$150

2nd Prize – Large 4 piece painting

3rd Prize – Timber photo box

4th Prize – Large plush teddy bear

5th Prize – Novelty condiment picnic table

6th Prize – Novelty condiment picnic table

*Amanda Morgan*

*Student Support Officer*

### DATES TO REMEMBER

19/8/14 Year 7 Book Week - \$5

19/8/14 P&C Meeting 3:30pm in Language Centre

20/8/14 Central Coast Showcase- Laycock Street Theatre

20/8/14 First Aid Certificate Course - \$70

21/8/14 Police Youth Liaison visit Year 12

21/8/14 Year 8 Book Week - \$5

25-29/8/14 Year 11 Hospitality & Entertainment work placement

27/8/14 Science & Engineering Challenge

29/8/14 Wear it Purple Day

# You can now Make Online Payments!

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of our schools website by selecting [\\$ Make a payment](#)

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number. These are not used at our school, please leave blank.**

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

**NOTE: Payments must be made before 6:00pm for the school to receive the funds the next day, i.e. pay before 6:00pm on Monday, and the school will have the funds on Tuesday morning, if the payment is after 6:00pm the school will have the funds the following day. Also all excursions are limited, so it will be based on a first in first served basis. If you do make a payment and the excursion is full you will receive a full refund.**

## INCENTIVE

Every Parent who makes any sort of payment between 12/8/14 and 12/12/14 will be entered into a draw. The prize will be an advance of \$200 on subject contributions for your student in 2015.

For any enquiries regarding the Online Payment process please contact the School Administration Office.



# 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)



**LEAP**  
LOCAL EMPLOYMENT ACCESS PROJECT

### Local Employment Access Project

**THINK OUTSIDE THE SQUARE:** Looking for Work? Finding it a confusing maze?

LEAP, The Salvation Army's Employment Plus and The Benevolent Society invite you to come along to our Think Outside The Square group. This relaxed regular morning can:

- Increase your confidence and skills
- Help with resume, cover letter and other job application necessities
- Assist you to access training
- Introduce you to other jobseekers - great for sharing ideas and experiences

Upcoming times/dates: 10am - 12 noon on June 11 @ Blue Haven Community Centre. To reserve your spot or for more information call **4390 0897**. Don't forget LEAP offers individual appointments with Holly our Case Coordinator. She will help you to overcome challenges in your life, particularly barriers to employment or training. For all other enquiries call **Margot on 0481 266 575** or **Holly on 0401 336 101**.

### 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



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



Our OOSH Service is located at Blue Haven Community Centre. We offer a diverse range of creative and stimulating play experiences for primary school children at both our After School Care and Vacation Care programs. Fun and educational activities are provided by trained educators in a safe, caring environment. After School Care is open Mon - Fri until 6pm, with afternoon tea provided. Vacation Care operates in the holidays between 8am and 6pm. Bookings for July School Holidays are now open. CCB is available for fee reduction for eligible families.

Blue Haven  
**OOSH**  
Service

Call Tracy on 4399 2242 or email [oosh@sanremo.org.au](mailto:oosh@sanremo.org.au)



# Services



**LINKS**  
Youth Support Service

- 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.

**SAN REMO**  
NEIGHBOURHOOD CENTRE