

Northlakes High School Newsletter

"Opportunities for future success"



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Issue. 7
May, 2015

Principal's Report:

We welcomed three new staff this term:

- Ms Tamaryn Dunne, Head Teacher English. Ms Dunne is a highly experienced English teacher who has come to us from Rouse Hill
- Ms Lynda Purchase, School Counsellor. Ms Purchase has worked with us in the past, and we are very pleased at her permanent appointment
- Ms Genevieve Henry, who joins our Learning and Support Team as a new appointment.

Our start to the term has been very disjointed and hectic, as a result of the major storm in Week 1. While we lost power for two days, with the consequent loss of internet and phones, and the need to throw out all perishables, we did not have too many leaks. However, fallen and falling trees certainly were a big issue, and made many areas of the school unsafe. We still have the oval closed, as it has been too wet to allow heavy vehicles on it to clear debris. I thank all families for their forbearance and understanding.

We have had to reschedule some Year 12 assessment tasks; students have been fully informed and will sign appropriate paperwork.

Many in our community were also deeply saddened by the tragic death of Piper and William Kulk, who attended Budgewoi Public School. Northlakes High School is continuing to assist their family in any way we can. We have

received some wonderful donations for Daniel (Year 7) and his family.

We have also set up links on our website for anyone to donate to charities supporting the efforts in Nepal, which has suffered horrific damage. Thank you to Miss Leffley for the links.

Year 7 had a great camp at Collaroy, organised by Ms Davis, Year 7 Advisor. These events are an important opportunity for students to meet other students, have fun, and experience being away from home for a few days (a first for a number of them!).



Year 7 students participating in activities at camp

Last Tuesday we had a dozen University of Newcastle students in to work with our students. 8Q participated in an AIM HIGH Mentoring session organised by Ms Hewett. Years 9 and 10 AVID classes had their first experience of the AVID tutoring program. I

visited all groups and was very impressed with their involvement and interest in the programs.



8GQ in a mentoring session with University of Newcastle students

Years 11 and 12 have the opportunity in period 3 every Tuesday to work with the University mentors. They are well aware of the program; Mr Freebody has been mentoring many students. We are encouraging all Year 11 and 12 students who do not attend TAFE to remain at school and participate in this.

Ms Hewett, SRC co-ordinator, will be organising leadership training and other activities this term. Amongst other things, students will help analyse the information we have from our 'Tell Them From Me' survey this year, which came from the responses of 750 students. We have now had data from this program for three years. It is very important, and has helped me to 'shape' the school, education expectations, academic experience and social work our students want.

I will be holding a morning tea open parent forum on Thursday 28th May from 10.00am. All parents are welcome to come and discuss any aspect of school life!

Yours in Public Education

Ms M Rowley

Principal

Year 7 Report

We have had a very challenging start to Term 2. I hope all of our families have been able to get back to normal after the terrible storms.

We were very lucky that the weather improved in time for the Year 7 camp at the Collaroy Centre on Sydney's Northern Beaches.



We had a great time and I would like to congratulate all of the students who made the most of this opportunity. I will be sorting through the hundreds of photos that I took and putting together a slide show so that everyone can see all the fun activities our students (and staff) participated in. A number of photos are currently on the school website.





I have many lost items from camp waiting for owners to collect them. This includes 4 towels, a doona cover, sheet, pillow cases, a blanket, sleeping bag, socks, jacket and t-shirts. Someone must be missing these items!

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 Language Centre order to receive a Year Advisor Commendation.

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 undertake 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 7 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 now the cooler weather has arrived. 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'.

Immunisation catch up will be next Monday, 11th May.

If you have any questions, please feel free to contact me on 43900555 or Fiona.davis4@det.nsw.edu.au

Fiona Davis
Year 7 Advisor

Year 8 Report

Welcome back to Term 2. It was an unsettled start to the term due to the storms however we are back into it and working hard in class. There will be a blitz on work books over the next couple of weeks. Students are expected to bring their book for each lesson along with a pen and any other equipment required for that subject. Writing on scrap pieces of paper is not beneficial to their learning as they will not have a central location to refer back in order to engage in study and revision for examinations.

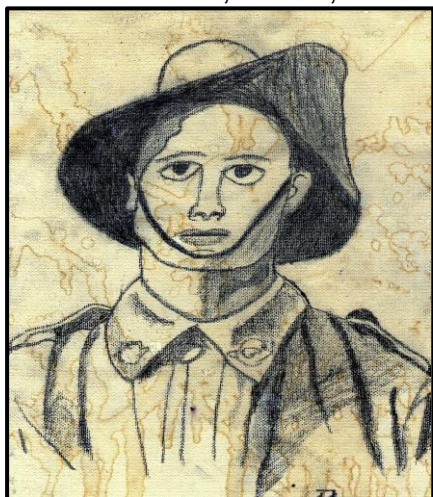
I would also like to remind all parents that each student is assigned Mathematics homework online. The website is <http://mathsonline.com.au/>

Students log in with their usernames and passwords they have been assigned with to complete each task set by their classroom teacher. The student's progress and effort is monitored by their teacher.

I would like to congratulate a few students in Year 8 for their outstanding participation in extracurricular activities within the community such as those who represented our school in the ANZAC march at Doyalson.

Well done to Bailey Grant who despite the wet weather on the weekend participated in the Interschool horse racing event, held in Scone. He received 1st place in the Bending race, 2nd in the Barrels race and 3rd in his final event. This is a great achievement. Congratulations to Jarred Keegan who participated in the Great War and Me competition to commemorate the Centenary of Anzac Day. NewsLocal with the support of the Minister for Veterans Affairs; invited Years 7 to 10 to tell their story in the form of artworks, articles and videos of the life and experiences of a soldier, sailor, nurse,

medic or animal that served in World War I. Jarred wrote a fictional article about his great, great uncle who fought in Messines, France in



WWI. The artwork was a drawing of his great, great uncle taken from a real photograph. Jarred had his essay and artwork displayed and should be commended for his efforts. Well done Jarred.

If you would like to view the works visit http://media.dailytelegraph.com.au/pdf/Great-War-and-Me_web.pdf

If you have any enquiries, please feel free to contact me on 43900555 or email Kerry.bissaker@det.nsw.edu.au

Kerry Bissaker
Year 8 Advisor

Year 9 Report

Welcome back to Term 2! It has been a very busy start to the term with the half yearly examinations getting underway. It is important for students to revise their work in order to achieve their personal best. I wish them all the best of luck!!

Next week (Week 4) Year 7 and 9 will undertake the NAPLAN tests. These will take place on Tuesday 12th, Wednesday 13th and Thursday 14th May, so it is important that all students arrive at school before rollcall and essential they bring their calculators (calculators are available from the canteen for \$30.00).

As winter is fast approaching I would like to remind parents and students that tights are not part of our school uniform and not permitted unless they are worn under a skirt. If families need help with purchasing uniforms they can contact our Welfare Team who might be able to assist.

Students are reminded to see their teacher if they think they deserve a Gotcha for 'doing the right thing'. Also, teachers give out commendations to students who continually try their best in the classroom, and once they have received 5 of these, students are entitled to a Year Advisor Award. As students in Year 9 might be seeking part-time employment, a Year Advisor Award looks great in their Resume, and will undoubtedly impress potential employers.

Wishing everyone a safe and productive term.

Sue Fulwood
Year 9 Advisor

Year 10 Report

Welcome to Term 2! I hope everyone is recovering well after the storms that caused such havoc a few weeks back. Year 10 are settling in well after a delayed start to school. Most reports about classwork and behaviour have been quite positive.

Many faculties across the school are holding half – yearly or assessment tasks in order to finalise Year 10 Half Yearly reports. Please see the school website or assessment booklet that was handed out to students in Term 1 for further details. It is important that each student prepares for these assessment tasks in order to receive the best possible report they can. Classroom behaviour and work ethic are also considered in school reports.

Winter uniform is coming into effect. Students are reminded that no tights are to be worn. Appropriate black pants or stockings are suitable attire. NHS school jumpers or plain black jumpers are considered acceptable tops to be worn in winter. As usual, black enclosed shoes are required.

Students will soon complete a Year 11 subject selection survey. Please keep an eye out for further information regarding selection of senior subjects, subject selection night and general information.

As usual, if there are any questions I can be contacted at school on 43900555. I aim to be in contact with you as soon as possible.

Erin Lawson
Year 10 Advisor

Year 11 Report

Welcome back to Term 2.

This term Year 11 students will receive numerous Assessment Tasks and assignments across all subjects, so it is expected that this term will be very busy. In order to **not** receive an N-Award warning letter, it is imperative that students seriously attempt ALL given tasks and hand in all assignments **on time!** If any student is absent on the day of an assessment task, they will require a medical certificate in order to be able to sit the task upon their return. Missing an assessment task without a medical certificate will result in the student being given **zero** for that task. All rules and requirements for assessment tasks and the HSC can be found in the Assessment booklet

that all Year 11 students received as well as via the Board of Studies website:
<http://www.boardofstudies.nsw.edu.au/>

I have been monitoring Year 11 attendance levels and unfortunately, a significant amount of Year 11 students have achieved less than the required 85% attendance rate. I am in the process of interviewing these students and in many cases calling home to inform parents of this issue. The Board of Studies requires that students achieve a minimum of 85% attendance in all subjects, so please be mindful of this. If a student has a prolonged absence from school, they are required to catch up on all missed work upon return in order to avoid an N-Award warning letter being issued.

Please know that we are now unable to change any subjects for any students for the remainder of the Year 11 Preliminary course. Students will have an opportunity to 'drop' a subject at the end of Term 3 this year before commencing the Year 12 component of their HSC.

The Senior Jackets for our year group have been ordered and are expected to arrive in the school early Term 3. They look very smart and I look forward to seeing the students wear them proudly.

Please remind your son/daughter to communicate to me **any** issue they may be having in regards to managing their school work. I am here to help out in any way I can.

Jovannah Knight
Year 11 Advisor

Year 12 Report

In late 2014 several members of Northlakes H.S. staff were sent to Melbourne to undertake training in the AVID educational program. This is an American educational program which has the stated aim of lifting student's results through the use of inquiry, reading, writing, organisation & collegial cooperation. These

skills then enable students to perform to a higher level and thus enhancing student results, which then, in turn, can allow entry in University. This program is highly successful in the USA.

This program is now running in some classes at Northlakes H.S. in Years 9 & 10. Year 12 students have been offered the opportunity to participate in part of this program. They have been offered the opportunity of group tutorials with Mr Freebody from our English Faculty, run at times which suits both students and teacher. Additionally, Years 11 & 12 students have the opportunity to participate in tutorials run by students from Newcastle University, who have been trained in the AVID program. These tutorials are run in Period 3 on Tuesdays. In these tutorials students have the opportunity to seek assistance from the university students about any problems they may have in their subjects.

Unfortunately, the number of senior students who are participating in these tutorials, especially on Tuesday period 3 is disappointingly small. I am asking parents and carers to encourage their students to look at this opportunity and give it a try. Students who are participating are seeing real benefits from their participation.

As we move into the last half of the HSC year I ask parents and carers to encourage their students to develop a program of revision, study, practice writing and examination of past HSC papers, which are available on line from the Board of Studies web site. Participation in these home based programs can make a real difference in HSC results.

After much talking, many phone calls and many emails, as well as discussions with four different manufacturers, I can, at last claim that, the Year 12 hoodies have now, thankfully, been ordered.

Ed Seaby
Year 12 Advisor

Languages Report

Students in Year 7 Language classes are currently working on research assessment tasks, beginning with definitions of country specific cultural features. This will be followed shortly by an at-home research task. Students can choose an aspect of the culture associated with the language they are learning and create an informative PowerPoint on that topic. This has been done very well in the past and teachers are looking forward to some new and original topics to be covered this year.

Stage 5 Japanese language students are about to complete their first reading assessment task. After this they will be working on birthdates (months and days of the month).

Both Year 12 Beginners and Continuers have been taking a practical approach to kanji practice by selecting a set of 10 symbols every week followed by a test to ensure they have learnt them.

今 時 半

Year 12 Continuers Japanese language students had a reading task late last term and all students completed the task successfully. I am extremely pleased with their efforts and the hard work they consistently put in during class. We had a lovely lesson in the final week of term one drinking green tea, eating green tea flavoured cake and watching a favourite Anime Totoro.

Mrs Davis

Teaching and Learning Report

New Faculty Member

The Teaching and Learning faculty would like to welcome Ms Genevieve Henry who has been appointed as Learning and Support teacher. She replaces Ms Eunice Hsu. We would also like to thank Ms Yvonne Alley for her excellent service in the position until the vacancy was filled. Ms Alley has been a valuable member of the Teaching and Learning

faculty for a number of years and continues to support us in a casual capacity.

Supported Learning Programs

A number of programs commence this term, with students being withdrawn from class to undertake studies designed to boost basic skills levels. Improving basic skills in literacy and numeracy enables students to improve their outcomes across all subject areas. **Students involved in these courses have received permission notes and parents are asked to sign these as soon as possible and have their child return the notes to the Teaching and Learning staffroom. Parents requiring further information are most welcome to phone the Teaching and Learning faculty.** Programs include:

Withdrawal Reading: Fluent reading improves comprehension capacity. Students revise letter sound correspondence, practise breaking down multisyllabic words, engage in repeated reading to improve fluency levels and undertake reading a variety of texts. Students also learn comprehension strategies.

Quicksmart: A number of students have completed the 10 week program which commenced in Term 1. Forty students from Year 7 will now begin the 30 week program undertaking studies to improve automaticity in multiplication and division with some students working on addition and subtraction. All students learn strategies to improve their abilities to solve numerical word problems. Quicksmart continues to be a very successful program at Northlakes High with Quicksmart students recording excellent growth in NAPLAN Numeracy as well as improved performance in Maths classes.

Maths Extension: We are very pleased to be able to welcome back Mrs Simone Dinnery, a very talented Maths teacher who is currently working with students across a variety of years to improve basic numeracy skills as well as extending student understanding of key

concepts in the Maths curriculum. Students attending these sessions demonstrate improved performance in Mathematics classes. Senior Maths students are strongly encouraged to attend tutoring sessions on Tuesday afternoons in the library with Mrs Dinnery. These sessions are provided by the school free of charge.

Peer Tutor: This program involves Year 10 students tutoring Year 7 students to improve reading and comprehension skills and takes place each day in the library during roll call. Year 10 students undertake a TAFE course to become skilled tutors and receive a TAFE Certificate in *Reading Tutoring*. The program runs from the beginning of Term 2 until the end of Term 3. Students read *authentic texts* (texts related to studies they undertake in each Key Learning Area of study) and thus improve their subject knowledge as well as improving their reading fluency and decoding skills.

Students participating in Withdrawal Reading, Quicksmart and the Peer Tutor programs receive a report at the end of the year detailing their improvements in basic skill acquisition.

Mrs Jan Curran
Head Teacher Teaching and Learning

Elevate Education is coming to Northlakes High in May

Elevate is Australia's largest provider of study skills programs to Australian secondary schools, working annually with over 350 schools and 45,000 students. Founded in 2001, Elevate has spent the last 10 years benchmarking the habits of the country's top students. This research has identified 17 areas where the habits and study processes of the top students differ from middle and lower performing students. Elevate seminars introduce students to these 17 'top student' skills.

Elevate seminars are presented by young students who have recently 'faced and aced' the final years of high school themselves. They will be at Northlakes High School in Week 5 to address all years. Senior students who have experienced Elevate seminars rate the experiences very highly and report that they learnt valuable skills they would be able to apply to their studies. Junior students learn skills that help them develop essential work habits and study skills which assist them to improve their outcomes across all subject areas.

Students seminars are as follows:

Year 12 – Ace Your Exams & Memory Mnemonics

Year 11 – Memory Mnemonics & Time Management

Year 10 – Student Elevation

Year 9 – Memory Mnemonics

Year 8 - Junior Time Management

Year 7 – Study Skills Kick Start

Community News

Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

Financial literacy

Does your child need help with business and economics? Here's info on credit cards, how to be responsible spenders and savers, and make consumer choices.

Find out more:

[http://www.schoolatoz.nsw.edu.au/homework-](http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/business-and-economics/credit-cards)

[and-study/other-subjects-and-projects/business-and-economics/credit-cards](http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/business-and-economics/credit-cards)

Help with ratios

Homework is full of tricky maths questions. Brush up on some of the maths terms your child uses in the classroom. This glossary gives straightforward explanations and illustrated examples.

Find out more:

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

Term 2 Planner

We have attached Term 2 Planner, keep it posted in a convenient location, to help you and your child keep up with this very busy school.

Food Allergy Week 17-23 May

Did you know that 1 in 10 babies born in Australia will develop a food allergy? The Food Allergy Week website has lots of great information, ideas and resources to help you be more allergy aware.

Find out more:

<http://www.foodallergyaware.com.au>

Year 10 subject selection

In Year 10 students are asked to select subjects for Years 11 and 12. Here are some tips to help your teen choose well.

<http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/year-10-subject-selection>

Choosing a mobile phone

What should you consider when choosing a mobile phone for your child? Here are some ideas to help you through the process:

<http://www.schoolatoz.nsw.edu.au/en/technology/using-technology/choosing-a-mobile-phone>



NORTHLAKES HIGH SCHOOL PLANNER TERM 2, 2015

	Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
April	1A	20 Staff Development Day	21	22	23	24	25/26
April/May	2B	27 Anzac Day Year 7 camp Starstruck rehearsals	28 Year 7 camp	29 Year 7 camp	30	1	2/3 Gosford Show
May	3A	4 Yr 11 Work placement const & enter till 15/5/15	5 National Teachers Appreciation Day	6	7 Open touch trials	8	9/10 Mother's Day
May	4B	11 AECG Meeting Vaccinations Yr 11 & 12 Yr 7&8 catchup	12 NAPLAN	13 NAPLAN University shield gala open rugby	14 NAPLAN	15	16/17
May	5A	18 In Concert Town Hall	19	20 Yr 7 Sydney Museum Elevate senior students	21 Elevate Junior students	22 Zone cross country Buckey Shield gala day u14Rugby	23/24
May	6B	25	26 National Sorry Day Reconciliation week till 3/6/15	27 Starstruck Rehearsal	28 Parent Forum 10am	29	30/31
June	7A	1 Yr 11 Work placement Retail all week Hands of sea assembly	2	3 Year 8 Taronga Zoo	4 Yr 7 Aboriginal Students -Uni	5 Yr 7 anti graffiti day World Environment Day Central Coast Showcase	6/7
June	8B	8 Queen's Birthday	9	10 Starstruck	11 Starstruck Regional cross country	12 Starstruck	13/14 Starstruck
June	9A	15 Yr 11 Work placement Hospitality all week	16	17	18 Yr 9 Skywalk Sydney Centrepont	19	20/21
June	10B	22	23 Central Coast Careers Pathway expo	24 Zone athletics	25 Yr 10 Aboriginal students - Uni	26	27/28
June/July		29	30	1	2	3	4/5
July		6	7	8	9	10	11/12

Uniform shop opens every Friday 10:00am – 12:00pm

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 

Autumn Edition 2015

The Epicentre

The **17th Annual Goats Family Festival** once again proved to be an amazing day! The event featured the incredible talents of over 40 local and interstate bands and performers. Lots of stalls, rides and sunshine kept everyone entertained. We were also honoured to receive a special visit from country music legend Kasey Chambers. We would like to thank and congratulate the 2015 Goats organising committee and everyone who helped make the day a huge success. Several young people were recognised for their extraordinary contribution to the event. Aimee Baker won the Citizenship Award, and Jacob McGuire, Braydon Hosking and Jade Taylor were awarded Encouragement Awards. We can't wait until next year!

The Epicentre brings you more new activities and programs in Term 2. We are hosting two worthwhile parenting skills programs. Share The Love will facilitate 'Northern End Young Parents Group', a group program looking at learning essentials skills for strengthening your family and home. Baptist Care Central Coast Family Centre will facilitate 'Playful Matters', a group program looking at our play and our children's play. We are also excited to launch the Work and Development Program. The WDO program gives eligible participants the opportunity to pay off their SDR fines by participating in unpaid work and skills and development programs. Details on these new ventures the following pages.



Food for Thought



Share a meal and a chat at your
Local Community Restaurant
 Open for lunch every Friday 11:30am
 @ San Remo Neighbourhood Centre
 For more information phone 4390 7888

Managing Anger

Develop skills to manage strong emotions and anxiety related to anger using relaxation, mindfulness, debriefing and meditation. Recommencing Term 3. For Term 2 programs on the coast call Peter on **0425850131**.

Northern End Young Parents Group

Learn essential skills to help you build and strengthen your family and home, including:

- Basic organisation: shop smart, snack smart, routines
- Budgeting
- Back to basics cooking
- "Me time"
- Self-esteem & Communication
- Self-care & more

Sessions will be held on Wednesday mornings from 10am -12pm, starting 22nd April.



Reduce your fines

If you have outstanding fines with the State Government you may be eligible to take part in our Work and Development Order (WDO) program.

A WDO may allow you to work off all or part of your fine by taking part in:

- Voluntary work
- Financial or other counselling
- Life skills and training courses
- Mentoring programs (for people under 25)

To find out if you are eligible to apply for a WDO phone 4390 7888 to make an appointment

Playful Matters

Learn parenting skills based around your play and your children's play:

- How we play with our kids
- Child development
- Healthy attachment

The program will be held on Thursday mornings from 9.30am, starting 14th May, and will run for 6 weeks.



CatholicCare
 Diocese of Broken Bay



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 appointment.

headspace – mental health appointments available 9am, 9.15 am & 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 20th April 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 Monday 20th April 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.

- 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

Self Defence for Girls

Free classes - Thursdays

Classes are aimed at developing self-confidence, gaining an understanding of personal safety and being aware of your personal intuition and environment.

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. **Saturdays in Term 2.**

Contact Corrina on 43907888 for more information.



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



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.



Peer Support
Safe
Environment
Social
Connections
Fun &
Friendship

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

Thursday
April 30th
4.30pm - 6pm
Cost \$2

Koala Safe

is an Aussie startup creating a healthier internet for kids.

KoalaSafe is parental controls in a box. It provides time limits, age inappropriate app & site blocking, Youtube & Google SafeSearch, as well as parental insights - across all devices in the home.

Parental Insights allows parents to know where their children spend their time on the internet. It also provides historical comparisons so you can know if your child's behaviours have drastically changed - a leading sign of cyber bullying.

KoalaSafe is currently taking orders on Kickstarter at <http://koalasafe.com/kickstarter>





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 29th June to the 10th July 2015. We have fun excursions planned so please find us on facebook.

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 enquiries 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.**

Community Services Course

Do you want a career in community services but not sure where to start? This may be the program for you!

- Offers 5 Units from Cert II Community Services and 7 units from Cert II in Skills for Work and Vocational Pathways
- Relaxed, flexible environment for students
- You may be eligible for fee exemption or a reduced fee

Blue Haven Community Centre on Tuesdays and Wednesdays each week, 9am - 2pm.

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 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.



Time Banking

Do you wish you had an extra pair of hands to help out? Are you keen to help in your community or perhaps already do so by volunteering with an organisation? Then Timebanking is for you. Timebanking is an online community that provides support and is currently being utilised in 70 communities across NSW. It's as simple as volunteer an hour, receive an hour: by giving one hour to helping another member like having a cuppa and a chat or teaching someone how to crochet or helping in the garden; you get one hour of time which can be used to receive services that are of personal value such as dog walking, ironing, painting, admin, language tuition.... you're only restricted by your imagination. To learn more go to www.timebanking.com.au or pop into the centre.

Financial Counselling

Are you finding it difficult paying your bills?

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

New in Term 2

Northern End Young Parents Group Learn essential skills for strengthening your family and home including budgeting, back to basics cooking, basic organisation skills, self-esteem and communication, building strong relationships with your children and self-care. Facilitated by Share the Love and other special guests. Sessions are from 10am -12pm on Wednesdays for 10 weeks, starting 22nd April.

Playful Matters A group program looking at our play and our children's play; how we play with our kids, child development and attachment. Sessions are from 9.30 - noon on Thursdays for 6 weeks, from the 14th May. Facilitated by Tracie from Central Coast Family Centre - Catholic Care. Contact Tracie on 43 56 2624.

Gentle Exercise Group A gentle exercise group for over 50s and seniors helping to strengthen and tone muscle, improve balance and stability, and enjoy a new energy level. Held on Fridays from 12.30pm - 1.30 pm. Cost is \$5.

Anxiety Group We are taking expressions of interest for an anxiety group program. This program will look at increasing knowledge of anxiety and panic attacks and developing skills to help deal with anxiety in everyday life.

Learn to speak Chinese We are taking expressions of interest for a Chinese language course. Will be held Tuesdays.

Computer Basics Workshops We are taking expressions of interest for a computer basics course. Learn how to send emails, search the internet, create word documents and other basic computer skills.

Please phone 43 90 7888 to register your attendance for any of these programs unless otherwise stated.

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 ideas. Tutored by Jana Colvin. 9:30am-11:30am. \$5 per class.

Sit & Sew/ Cultural Quilt Project A regular sewing group for those who would like to learn how to sew or for people who enjoy sewing and would like to be with a group of fellow sewers. Every Monday from 12 - 2.30pm. Cost is \$2.

Home Maintenance for Women A new program at the San Remo Community Men's Shed. Do you have a home maintenance or wood work project you need a hand with? Monday afternoons from 12.30pm.

Zen Bu Kan Kempo Karate Martial arts classes for ages 6-12 years. Every Monday at 3.30pm. Cost is \$8 per child or special family discount. First Class free. Contact Morgan on 0468 934 252

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, 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.**

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 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, anxiety and fatigue, maintain & increase energy levels, increase body awareness & improves balance and coordination. 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. Held every 2nd Wednesday, 2 - 3.30pm. Cost is \$2. Phone 43 90 7888 for more information.



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. Next group Thursday April 30th, 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 11:15 - 12 noon. \$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.**

Multicultural Group Bus Trips Last Friday of each month. Cost \$5, seats are limited, bookings essential. Please phone 43 90 7888 to register your attendance. **Next bus trip to Black Butt Reserve, Newcastle on 24th April.**



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





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