

# CARLINGFORD Public School

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Principal: Mr Neil Hinton



Parents, This Newsletter Is For Your Attention Supplied Free With The Help Of The Advertisers And The P & C Association.

Newsletter 3

13 February 2018

## PRINCIPAL'S MESSAGE

### MEET THE TEACHER EVENING

Our 'Meet the Teacher Evening', will be held tomorrow, Wednesday February 14 in your child's classroom. What a great place to spend Valentine's Day.

This is a great opportunity to find out what lies ahead for the 2018 school year, with grade programs, class routines and expectations discussed. I look forward to seeing you all.

Please note Mrs Edgley's meet the teacher session will not take place tomorrow. It will be held later this term.

### Wednesday, February 14 (in Classrooms)

Grade	Time
1 - 2	4:00 - 4:30pm
3 - 4 (except 3/4B)	4:45 - 5:15pm
5/6 & Kindergarten	5:30 - 6:00pm

As there will be no supervision provided for toddlers and siblings, parents are asked to take their children to the session with them or if possible leave them at home under the care of an adult.

### SWIMMING CARNIVAL

Last week's swimming carnival was a great success. The results, as follows have been compiled by Mrs Castelletti and Mr Boyd. Qualifying students will represent our school at the Parramatta/Merrylands zone carnival on Thursday, March 1 at Merrylands Pool.

## DIARY DATES

### *2018 - Term 1*

#### Week 3

**Tues Feb 13** – Stage 3 Dance

**Wed Feb 14** – Meet the Teacher Evening

#### Week 4

**Mon, Feb 19** – P&C Social Evening & Meeting, 7:00pm (Library), Sydney West Soccer

**Tues, Feb 20** – Stage 3 Dance

**Fri, Feb 23** – Summer PSSA Sport commences

#### Week 5

**Mon Feb 26** – Yr 2-6 AFL Clinic

**Tues Feb 27** – Stage 3 Dance

**Wed, Feb 28** –

**Thurs, Mar 1** - Parramatta/Merrylands Zone Swimming Carnival

**Fri, Mar 2** - PSSA, Clean Up Australia Day, Yr 6 High School Application Expression of Interest Meeting 3:30pm to 4:00pm in 5/6B

*For your information, a calendar of term dates is available on Sentral.*



Education &  
Communities

<b>100m Freestyle</b>
Girls
1. Jenny Lee
2. Zoe Stephens
3. Bianca Wang
Boys
1. Malik Amin
2. Luke Lee
3. Jayden Lee
<b>50m Freestyle</b>
8 Girls
1. Lithara Alwis Samarkoon
2. Hain Song
3. Sarah You
8 Boys
1. Leo Lee
2. Marcus Wong
3. Timothy Kim
9 Girls
1. Emily Callagher
2. Ellie Stephens
3. Sabrina Sultana
9 Boys
1. Luke Lee
2. Samuel Lee
3. Eric Huang
10 Girls
1. Bianca Wang
2. Alesia Sultana
3. Alexis Tucker
10 Boys
1. Jayden Lee
2. Lewis Wong
3. Anibal Vinaroz Rizaldos
11 Girls
1. Jenny Lee
2. Zoe Stephens
3. Same era Moon
11 Boys
1. Malik Amin
2. Finn Parlevliet
3. Jayden Zheng
12 Girls
1. Lauren Lubrano
2. Salote Fiefia
3. Charlotte Gathercole
12 Boys
1. Zachary Elliott
2. Darren Nguyen
3. Joshua Chee
<b>Breaststroke</b>
Junior Girls
1. Bianca Wang

2. Emily Callagher
3. Punara Alwis Samarakoon
Junior Boys
1. Jayden Lee
2. Luke Lee
3. Leo Lee
11 Girls
1. Zoe Stephens
2. Jenny Lee
3. Sameera Moon
11 Boys
1. Malik Amin
2. Jayden Zheng
3. Isaac Wong
Senior Girls
1. Lauren Lubrano
2. Charlotte Gathercole
3. Jasmin Petersen
Senior Boys
1. Joshua Chee
2. Zachary Elliott
3. Darren Nguyen
<b>Backstroke</b>
Junior Girls
1. Bianca Wang
2. Grace Baker
3. Alexis Tucker
Junior Boys
1. Jayden Lee
2. Luke Lee
3. Leo Lee
11 Girls
1. Jenny Lee
2. Zoe Stephens
3. Sameera Moon
11 Boys
1. Malik Amin
2. Finn Parlevliet
3. Isaac Wong
Senior Girls
1. Lauren Lubrano
2. Charlotte Gathercole
3. Sabrina Ruhe
Senior Boys
1. Zachary Elliott
2. Darren Nguyen
3. Joshua Chee
<b>Butterfly</b>
Junior Girls
1. Bianca Wang
2. DNF
3. DNF

Junior Boys
1. Luke Lee
2. Jayden Lee
3. Leo Lee
11 Girls
1. Jenny Lee
2. Zoe Stephens
3. DNF
11 Boys
1. Malik Amin
2. Finn Parlevliet
3. Riley McKenzie
Senior Girls
1. Lauren Lubrano
2. Charlotte Gathercole
3. DNF
Senior Boys
1. Joshua Chee
2. Zachary Elliott
2. Darren Nguyen
<b>Individual Medley</b>
All Age Girls
1. Jenny Lee
2. Zoe Stephens
3. Lauren Lubrano
All Age Boys
1. Malik Amin
2. Jayden Lee
3. Finn Parlevliet

### **WEEKLY ASSEMBLIES**

This year our K – 2 and 3 – 6 assemblies will be held fortnightly. They will be held at 2:20pm on Thursday afternoon in the school hall.

3 – 6 assemblies will take place in odd weeks (this week), with K – 2 occurring in even weeks (next week).

### **READING RECOVERY / LEARNING SUPPORT - 2018**

This year our LASTs (Learning Assistance Support Teachers) are Mrs Tillett (5 days) and Mrs Gathercole (1 day). The Department of Education funded Reading Recovery Program which has run at our school since 2010 has been discontinued by the DoE. This year the DoE has provided funding for every school to initiate Literary intervention programs tailored to the needs of the school.

Mrs Tillett will be giving one-to-one intensive reading tuition to a small number of Year 1 students for 30 minutes per day.

Mrs Tillett and Mrs Gathercole will also work with small groups of targeted students experiencing difficulty in Literacy and Numeracy.

Under Department of Education funding, we have employed Mrs Catt and Miss Elliott as SLSOs (School Learning Support Officers), who will offer additional support to students with high needs.

### **ENGLISH AS AN ADDITIONAL LANGUAGE OR DIALECT (EAL/D) – 2018**

This week our EAL/D programs have commenced. Under this program, assistance is given to students of a non – English speaking background who require additional support in English proficiency. Our EAL/D staff this year are Mrs Lau, Miss Belme, Mrs Welsh, Mrs Jenkins and Miss Chohan. At times students may be withdrawn from class for intensive tuition, or the EAL/D teachers will support the students in their own classroom, working in a team teaching situation with the classroom teacher. English is an additional dialect or language for over 70% of our students.

### **‘ALL IN ONE’ NOTE**

This week an ‘all in one’ note will be sent home. Each year, we need to obtain permission/ agreement from parents for a number of policies/ contracts operating in the school. Rather than sending home an individual note for each item, we have grouped them together in one note. The ‘all in one’ note requires parental signatures (sometimes after discussions with your child) on the following policies:

- Code of behaviour for technology/internet
- Website and social media publishing
- Permission for the release of student information
- Premier’s Reading Challenge
- 2018 Scripture/Ethics classes
- School Gardening
- Video conferences
- Anti-Bullying Student Agreement

Please discuss with your child the Code of behaviour for technology / internet and the Anti - Bullying student agreement so your child is aware of the expectations required of them and the consequences of non compliance. Signed notes are to be returned to your child’s class teacher by Friday February 19.

## **CPS ANTI BULLYING PLAN & STUDENT AGREEMENT**

Carlingford Public School prides itself on being a place where all students feel happy and safe, physically and emotionally. To help ensure this happens, we have an Anti - Bullying Plan in place.

This plan is available for viewing on our website along with a Powerpoint presentation delivered at a parent presentation last year. The plan outlines expectations for students, teachers and parents. The plan emphasises the schools 'zero tolerance' of bullying and emphasises that it is a team effort to stamp out bullying and all parties have a role to play.

To remind students of their role in keeping our school a safe and happy place, all children in Years 1 – 6 will receive an 'Anti-Bullying Student Agreement' as part of the 'all in one' note to be discussed with their parents, signed and returned to school by Friday February 23. Teachers will also discuss the student agreement form in class as well. Once returned to school, the form will be kept on file for the year. Where necessary the form can be referred to if any issues of inappropriate behaviour arise. These agreement forms will be sent home this week.

## **COMPUTER USE & INTERNET POLICY**

This week a Computer Use and Internet Policy for 2018 will be sent home to all parents and students as a part of the 'all in one' note.

The agreement outlines rules for the acceptable use of the schools computers and internet. Parents are asked to read the agreement with their children discussing and explaining each rule with them. Students are then asked to sign the agreement to indicate they agree to the conditions of use, while parents are also asked to sign, confirming that their child/ren are familiar with the policy.

Please return the signed 'all in one' note to your child's teacher by Friday February 23. Students will not be able to use the school computers until this document is returned.

## **HINDU SCRIPTURE CLASSES**

This year we will be offering Hindu Scripture classes for K-2 and 3-6 students.

This is an additional scripture class running for students at Carlingford Public School. If you would like your child to participate in Hindu

Scripture classes please visit the school office to obtain a permission note for this class or alternatively mark your preference on the 'all in one' note referred to above.

Permission notes will need to be signed by this Friday February 16.

## **ICAS COMPETITION**

Our school will be offering Year 2 - 6 students the opportunity to participate in the 2018 ICAS Assessments. ICAS is an independent, skills-based assessment program for primary and secondary school students conducted by the University of New South Wales. Year 2 students will have the opportunity to participate in Mathematics, Spelling and Science. Six competitions are available for Years 3 – 6; Digital Technologies, Science, Writing, Spelling, English and Mathematics.

For more information on ICAS, please visit: <https://www.eaa.unsw.edu.au/icas/about>

Competition dates and entry costs are outlined below. Please refer to the note that will come home with your child this week. This note, together with entry money must be returned to the school office no later than Friday February 23. Late entries cannot be accepted.

Subject	Year	School Sitting Date	Fee
Digital Technologies	3-6	Tuesday, 8 May 2018	\$9
Science	2-6	Tuesday, 29 May 2018	\$9
Spelling	2-6	Tuesday, 12 June 2018	\$12
Writing	3-6	Thursday, 14 June 2018	\$18
English	2-6	Tuesday, 31 July 2018	\$9
Mathematics	2-6	Tuesday, 14 August 2018	\$9

## **P & C MEETING SOCIAL EVENING**

Our first P&C meeting for the year will be held on Monday February 19. The meeting begins at the special time of 7:00pm in the Library. All parents and carers are welcome to attend P&C meetings. These meetings provide you with an insight into the operations of the school and offer the opportunity to have input into future directions.

Following our P&C Meeting will be our 'Social Night' evening commencing at 7:30pm. The evening is a great opportunity to come along and meet some of our staff, parents and community members in a social and relaxed atmosphere.

After this initial meeting, P&C meetings will be held on the third Monday of each school month, commencing at 7:30pm in the library.

### **BEFORE/AFTER SCHOOL CARE OPTIONS**

I am well aware that there are many families are on a waiting list for before/after school care with Carlingford Multipurpose Learning Centre. Unfortunately there are strict guidelines as to how many students we can offer places to and at this stage we are limited to approximately 60 places. This will increase dramatically once our school upgrade is completed in 2020. If you wish to discuss your waitlist options, please contact the Carlingford Multipurpose Centre on (02) 9872 6155 or [cmplearningcentre@bigpond.com](mailto:cmplearningcentre@bigpond.com).

A number of activities are offered by external providers at our school after hours which serve as an alternative to after school care.

A table of these activities has been included below for your information.

<b>Activity</b>	<b>Day/Time</b>	<b>Contact</b>
Chen Feng Chinese Language Classes	Tuesday 3.30-5.30pm Saturday 1pm-3pm	0404 021 988 Sunny
Sky Graphic-Drawing Classes	Monday 3.30pm-5.00pm	0404 088 571 Richard Yuen
Lion's Taekwondo & Martial Art Academy	Monday 3.30pm-4.30pm Wednesday 3.30pm – 4.30pm	0450 330 420 Lion
Sydney Academy of Chess	Thursday 3.15pm-4.15pm	9745 1170 Brett Tindall
Football Sydney Group Soccer Training	Wednesday 3.25pm-4.25pm	0424 949 049 Ehsan Popal

Another company has contacted me regarding after school care. 'Kicks' after school care is based at Carlingford Village. Students are collected from school at 3:25pm. Students are provided with a healthy afternoon tea, given an opportunity to complete their homework,

participate in martial arts/leadership lessons and have supervised recreation time. 'Kicks' is open until 6:30pm. For more details please refer to attached flyer at the rear of today's newsletter and contact Kicks directly.

### **'NO PARKING 8 – 9:30am' - KEELER STREET MORNING DROP OFF**

The section of Keeler Street from the pedestrian crossing down to the tennis court is marked with signage stating "NO PARKING 8 – 9:30am". In this zone you are allowed to stop for a maximum of 2 minutes only between the hours of 8 and 9:30am. Essentially this is a 'kiss and drop' zone. Legally parents must stay within 3 metres of the vehicle and cannot leave the vehicle unattended. The purpose of this zone is to increase parking availability and traffic flow. Disobeying this signage attracts a fine in excess of \$180

### **DROPPING OFF /COLLECTING CHILDREN**

Please note that there is no pedestrian access through the school's tennis court car park. Please use the pedestrian gates located in front of the library and at the side of the school administration building.

Parents are also asked not to walk their children through the pre-school car park. Please walk down to the gates mentioned above. I realise parents dropping pre-schoolers at the Multipurpose Learning Centre have to use this area to drop off and collect their children. Our children's safety is our priority. Car parks and children are not a good combination.

Parents using these areas as a short cut set a poor example for our students and potentially put them at risk. Your co-operation is much appreciated.

### **PLAY EQUIPMENT**

Please note that students (and toddlers) are not permitted to play on the play equipment (Akshaye's playground and older equipment) before and after school. There is no teacher on duty during these periods and if there is an accident, injuries would not be covered under insurance. I know it is tempting to let your children play there, but in the interests of safety, your co-operation would be much appreciated.

Neil Hinton  
Principal

## BOOK NOOK

Welcome to the library column for 2018.

### **BORROWING**

Book borrowing will commence this week (12/02/17) for all grades so please make sure library bags are clean and in school bags on the correct day. Kindergarten students will receive a new school library bag as a gift from the school during their first week of borrowing.

Borrowing days are as follows:

Monday: 1G, 2E, 1C, KMG, KG

Tuesday: 5/6B, 3/4B, 4R, 4Y

Wednesday: 2K, 2J, 1/2N, KL, KR, 1M

Thursday: 5/6R, 5/6W, 5/6M, 5/6P

Friday: 2B, 1F, 1L, KH, KT, 4S, 3N, 3M, 3E

Borrowing limits are as follows:

Kindergarten: 1 book

Years 1-2: 2 books

Years 3-4: 2 books

Years 5-6: 2 books

Books may be borrowed for one week. Should a student need to reborrow a book because they haven't finished it, they simply place the book in the reborrow box during their scheduled library lesson and they may extend their loan for a week. As a school our goal for the student's borrowing is for them to retain one book borrowed in their tote tray for classroom reading and one book may be taken home for pleasure. As soon as either book has been read, the student may then come to the library before school, after school or during lunchtimes when the library is open to return that book and borrow a new one. We are encouraging students in 2017 to choose books that challenge them both in the skills of decoding and comprehension.

### **OVERDUES**

There are only a few students in the school that have still not returned their books from last year. Even though many reminders were sent out before the year's end these students will be unable to borrow this year until the overdue book is returned or payment is made to cover the cost of purchasing the same title new, as per the School Library Policy.

### **BOOK CLUB**

As a school we participate in the Scholastic Bookclub program. Twice a term Bookclub flyers are sent home with your child.

There is no obligation to purchase books for your child but if you do, a percentage of total sales is donated to the school library for use to purchase library resources.

There is one brochure that covers all the age groups. To find age appropriate books, look to the sidebar which indicates the age group that the books on that page will suit.

Should you wish to purchase a book, simply complete your order online. Once your purchase has arrived at the school it will be distributed to your child in class.

If you have any questions regarding the ordering process, please don't hesitate to see me in the library.

Issue 1 Book Club flyers were distributed by class teachers last week and are handed out one week prior to collection.

So that means **Issue 1 will close on Thursday 15th February, 2018 at 3:15pm. All orders must go through the LOOP Ordering System. No money will be collected at the school.**

Ordering is simple and safe.

Follow the instructions for the LOOP Ordering System on the order form. The students don't need to handle money or bring in paper orders.

Due date posters will be displayed in classrooms notifying students when bookclub orders close.

As a rule, it is usually one week from the date the flyers were distributed by class teachers.

Finally, if there are any parents that can assist in the unpacking and distribution of the books ordered through book club, please see me in the library. You would need to devote a few hours each time the orders arrive, twice a term.



Introducing



# Book Clubs LOOP for Parents



AVAILABLE  
AS AN APP!

**LOOP** is Scholastic Book Clubs **Linked Online**  
**Ordering & Payment** platform for Parents.

If you want to pay by credit card for your online Book Club order, **LOOP** makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP) or download our iPhone and iPad app from the App Store or get it on Google Play for Android.

- For a quick start, just click on **ORDER** in the top menu or **REGISTER** first to save your details for next time
- Select your school and your child's class
- Add your child's first name and last initial (so the school knows who the book is for)
- Enter the item number from the Book Club catalogue
- You can order for multiple children at once if they attend the same school
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date
- There's no need to return paper order forms or payment receipt details to your school!



Helena Castelletti  
Teacher Librarian

## CANTEEN

Thursday 15/2/18	B Sultana
Friday 16/2/18	B Sultana, L Johnston, S Ooi
Monday 19/2/18	B Sultana

Pancake day was a great success yesterday. For those few who may have missed out, I will have some **LIMITED** pancakes selling at recess this week. A big thank you to Linda and Joyce who gave up their Monday morning to help out!

Just a reminder that some prices of lunch items have increased so check the menu for the new price changes.

If you would like to volunteer in the canteen, please fill out a form or pop in to see me at the canteen window on a Monday, Thursday or Friday.

Belinda Sultana  
Canteen Manager  
0402 911 533

## UNIFORM SHOP

Our Uniform Shop will open during the following hours for Term 1 2018.

### Term 1

Thursday 22 February	2:30pm to 3pm
Thursday 8 March	9am to 10am
Thursday 22 March	2:30pm to 3pm
Thursday 12 April	9am to 10am

If you cannot attend the shop during the trading hours, orders can be placed by submitting an Order Form, (available on the school Website or from the Office). Orders must be to the school office by Wednesday each week at 3pm for Thursday/Friday delivery.

We trust that these ordering options provide you with good flexibility. For all uniform inquiries, please contact our team

[cpspcuniformshop@gmail.com](mailto:cpspcuniformshop@gmail.com).

## BAND

We are still recruiting new members for the 2018 training band! We have vacancies for flutes, trumpets and a saxophone. There is still availability for a rental trumpet and a saxophone.

Band rehearsals are on Monday mornings 8 - 9 in the Hall. Email [cpsbandpnc@gmail.com](mailto:cpsbandpnc@gmail.com) for more info.

## P&C

The Annual General meeting for the P&C will be held on Monday March 19 at 7pm in the school Library. All Committee and Office Bearer positions become vacant at this meeting. If you have an interest in taking part in the P&C for 2018, please see the attached flyer.

## ITEMS OF INTEREST

MARSDEN HIGH SCHOOL  
WINGBOURNE ST. WEST RYDE  
P. 9874 6544  
WWW.MARSDEN-HIGH.SCHOOL.NSW.EDU.AU

OUTSTANDING OPPORTUNITIES

S.T.E.M

ROBOTICS

CREATIVE & PERFORMING ARTS

TALENTED SPORTS PROGRAM

DEBATING

ACADEMIC EXCELLENCE

OPEN NIGHT  
6 MARCH 2018  
4:00 - 7:00PM

@MARSDENHS

## TRY HOCKEY

Hockey is a team sport played by girls & boys. It is great for fitness and hand-eye coordination.

The winter hockey season runs from April to August and we have teams from under 7 (aged 5+) to under 17.

The TRY HOCKEY program is run in two one-hour sessions.  
Participants learn basic skills in a fun and inclusive environment.

**When:** Monday 5th and 12<sup>th</sup> March 5:30pm to 6:30pm  
**Where:** Pennant Hills Park Hockey Field, Britannia Street, Pennant Hills  
**Fee:** \$20

**\*\* Players must wear shin pads and mouth guard \*\***

An equipment pack can be purchased for \$40 (hockey stick, ball, shin pads & mouth guard) or bring your own



Register: [www.ndhockey.com.au/shop/](http://www.ndhockey.com.au/shop/)  
Enquires: Sarah 0403 202 383

## CENTRAL EASTWOOD RUGBY



### REGISTER NOW

- Rugby for all ages under 6s to under 17s
- "Safe, Inclusive, Fun"
- Under 6s & 7s - no tackle
- Under 8s & 9s - modified rules

Register online at [www.centraleastwoodrugby.com](http://www.centraleastwoodrugby.com)

FB: DUNDAS VALLEY JUNIOR RUGBY UNION CLUB



Registration at Vikings Sports Club 35 Quarry rd, Dundas Valley February 17 & 24, 11.00 - 2.00



Dundas Valley Junior  
Rugby Union Club

Under 6 to Under 15  
teams

Phone 9631 5369

OR

Email  
[dvju@hotmail.com](mailto:dvju@hotmail.com)

\$100.00  
REGISTRATION



PLAY RUGBY, MAKE FRIENDS, BE ACTIVE, HAVE FUN!



# Annual General Meeting

*Carlingford Public School P&C Association*



## Notice of Meeting

The Annual General Meeting for Carlingford Public School P&C Association will be held on **Monday 19 March at 7pm** in the Library, to be followed by the March meeting.

Nominations are open for all positions as the 2018 Committee vacates their positions.

Taking on a role with the Committee is a great way to contribute to your school.

If you are interested in taking on a role with the P&C, please complete the Nomination Form available from the office and submit it to the school office by 3pm on Friday 16 March 2016.

Nominees should contact me to seek an outline of the responsibilities of a P&C role before nominating:

Suzanne Williams (President)

[suzwill@gmail.com](mailto:suzwill@gmail.com) or 0416 293 279.

If you would like the opportunity to vote on P&C matters as they arise throughout the year, please come along to the AGM to register (with a gold coin donation) as a Committee member.

**When:** 19 March 2018

**Where:** Library

**Time:** 7pm

### **Bubs in Bloom**

**For children aged 0 - 3 years & their parents/carers**

Bubs in Bloom is a new supported playgroup which offers children the opportunity to engage in experiences that will begin to prepare them for the transition to Pre School/ Long Day Care; including following routines, developing concentration, group participation, listening skills, following instructions, independence and self – help skills, respect for others and responsibility for their belongings and for completing tasks.

#### **Bookings required**

**WEDNESDAYS 21/02/18– 28/03/18**

**09:30am - 11:30am**

**Riverstone Public School (Cottage), Elizabeth St  
Riverstone**

**Contact:** Melissa on 9627 3511

### **Circle of Security**

**For parents with children aged between 0 - 12 years**

This 6 week Parenting Program is based upon decades of attachment research to give parents relationship tools which will provide a new way of understanding your child's needs and giving them lasting security and how your own responses can best meet those needs.

According to attachment research the quality of the child's early attachment is related to the relationship with their parent/ caregiver which develops the child's internal working models influencing child's capability to regulate their emotions, manage their behaviour, have successful relationships as well as future academic ability.

#### **Limited childcare, Bookings are required**

**TUESDAYS 20/02/18– 27/03/18**

**10:00am - 12:00noon**

**Quakers Hill Public School, Medlow Dr, Quakers  
Hill 2763**

**Contact:** Tanya on 8805 7207 or Dhanya on 9627 3511

### **Women as Mothers**

**For all first time mothers with infants aged between 0 - 6 months.**

The first few months of a baby's life leads to many adjustments for mother and family. The WAM group provides a nurturing, supportive environment for new mothers to share their parenting experiences and coping strategies, socialise and to encourage realistic expectations of themselves and their relationships.

This transition to motherhood program will explore:

- The birth experience
- Myths of Motherhood
- Losses and gains
- Enhancing infant play and developments
- Relationships and communication
- Self-care and massage

#### **Bookings required**

**THURSDAYS 22/02/18– 22/03/18**

**10:00am - 12:00 noon**

**Riverstone Public School (Blue Building), Elizabeth St  
Riverstone**

**Contact:** Eva on 9627 3511

### **SHINE for Women**

SHINE Women is a unique personal development, and group mentoring course, for women only.

Over the 6 week period of the course program, and through the use of inspirational, practical and engaging discussion along with experiential activities, the course will take you through a journey of self-awareness where you will discover greater insight into all you can achieve and all that you are destined to be.

**To book your place please contact:** Zahra on 8805 7288

### **Move & Groove Music Group**

**For children aged 1 - 5 years and their parents/ carers**

Our Music Playschool group is an early childhood development program that utilises active music making, singing and movement to facilitate the physical, cognitive, emotional and social components essential for early child development.

It can assist your child with developing their social and emotional skills and increase your child's speech development, whilst strengthening the bond between you and your child.

#### **Bookings required**

**FRIDAYS 23/02/18 –30/03/18**

**10:00am - 12:00 noon**

**Vinegar Hill Memorial Community Centre Rouse Hill  
Town Centre, 29 Main St, Rouse Hill NSW 2155**

**Contact:** Jess on 9627 3511

### **Bringing Up Great Babies**

The 'Bringing Up Great Babies' program uses ideas of mindfulness and reflection to support parents/ carers to review and enhance their interaction and connection with their children. Through the program parents/ carers of 0-3 year olds will explore:

- Important messages that children communicate to their parents & how they do this
- The importance of building self-esteem in children
- Ways for carers/parents to take care of themselves and to find support when they need it

#### **Limited childcare, Bookings required**

**MONDAYS 19/02/18 – 26/03/18**

**10:00am - 12:00 noon**

**Quakers Hill Uniting Church, 32 Highfield Rd  
Quakers Hill**

**Contact:** Alice or Imelda on 9626 6620

### Additional Supports:

**KidsHelpLine** – 24 hours free call for Children and Adolescent: 1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**1800 Respect** (1800 737 732) ... (02) 9819 6565 or 1800 424 017 (outside Sydney) – **Sexual Assault service**

**Lifeline Australia** - 13 11 14 - Crisis Support and Suicide Prevention

**The Reach Out site** provides young people with the information, help, support, advice and connections <http://au.reachout.com>

**Beyond Blue** - National Depression Initiative  
<http://www.beyondblue.org.au>

**Black Dog Institute**-  
<http://www.blackdoginstitute.org.au>

**Using Positive Psychology** – Dr Martin Seligman  
<http://www.authentic happiness.sas.upenn.edu/default.aspx>

**Medicare rebates for services provided by psychologists and information for clients.:**  
[http://www.psychology.org.au/medicare/fact\\_sheet/](http://www.psychology.org.au/medicare/fact_sheet/)

**Medicare Australia and information as to the services provided by Medicare:**  
<http://www.medicareaustralia.com.au/>

**For Easy Claim information:**  
<http://www.medicareaustralia.gov.au/public/claims/easyclaim.jsp#N10067>



### Child, Youth & Family Support

Raising a family is an important job, but it can also be the most difficult. Together we can assist you to explore the strengths and skills you have within your family and identify changes or improvements that you would like made by setting goals and/or locating specialist services to achieve improved outcomes.

Other Services include:

- Financial Counselling
- Aged Care & Housing
- Child & Adolescent Counsellor

### Contact us on:

**WESLEY FAMILY SERVICES**  
**UNIT 437-14 LEXINGTON DRIVE**  
**BELLA VISTA NSW 2153**

**E: [thehills@wesleymission.org.au](mailto:thehills@wesleymission.org.au)**

**P: 8805 7201 F: 8805 7298**



# Wesley Family Services

## Parent & Child Activities Calender

