Dear Parents

Last Sunday the church celebrated the Exaltation of the Holy Cross. Why do Catholics hold a day of celebration over the cross? Is it because we believe as Joan Chittchester put it that, “Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight”. We do not wish difficult lives on anyone but Jesus has taught us that from adversity great growth can be achieved.

A huge thankyou must go to all who were involved in last weekend’s fundraiser “Rock of all Ages”. From the organiser Lisa Caterina (an amazing job!) to those who stepped in to assist and prepare, the gift wrappers, those who: made such generous donations, bought and sold raffle tickets, led and assisted in the artwork making, buyers of the artwork and those who bought tickets, dressed up and had a wonderful time. A big thank you to Micro, the band. I really thought Michael Hutchence had made a guest appearance. Thank you so very much for putting your time, efforts and monetary assistance into making our school a better place for your children. The money raised will go towards providing technology for our library.

Last week the staff farewelled Father Luke who took a break from his studies in Poland to look after our parish while Father George has been away. Father George will be back shortly after his extended break.

Our Dollars and Sense Club has finished for the year and the children will be having a presentation at assembly this Friday. Straight after assembly, they will give a presentation for parents in the library – come along to see what they have learnt about financial planning, mortgages and their growing financial vocabulary!

The holidays will begin on Friday and extend until Wednesday the 8 October. Please enjoy the break from routine with your children and have some special family time without the rush. Have a safe and happy holidays. A reminder that the children will return in their summer uniforms after the holidays. Please see our parent handbook especially regarding hair and jewellery for girls and hair length and style for boys. Hats are essential every day. The uniform shop will open this afternoon and Friday morning before closing for the holidays.

Next term: Our library is well on its way to becoming a community hub where you can have cake and book covering on Fridays, a chat re books with Mrs Harrison, a lunch club two days a week for children and a meeting point for parents, KidsMatter teams etc. A parent library is being developed and parenting and child information books are able to be borrowed. One of the community initiatives we would like to begin is to have coffee with the Principal. This is a relaxed format short meeting for about 40 minutes after assembly on a Friday. The first will be held on 17 October after assembly. The format will be simple - just a chat and chance to meet. Later if we feel this is a good idea then we’ll schedule more and if parents feel the need then we can schedule topics for conversation.

Please see the Seasons for Growth parent flyer at the end of the newsletter as it is a support for parents in difficult times.

**Forward Planner**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thur 18 Sep</td>
<td>Yrs 5&amp;6 Cricket, AFL and Netball Gala Day</td>
</tr>
<tr>
<td>Fri 19 Sep</td>
<td>Last day of term</td>
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<tr>
<td></td>
<td>Tue 7 Oct Staff Development Day</td>
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<td>Wed 8 Oct Students return (Summer uniform)</td>
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</tbody>
</table>

Our full school calendar can be accessed on our school website on the Significant Dates page: [here](#)

Yours sincerely

Julie Caldwell
PRINCIPAL
**Positive Behaviour For Learning**

Our PBL focus for this week is: **CARE FOR OUR SCHOOL**

**Respectful Relationships**

Our Respectful Relationships focus for this week is: **FIND TIME FOR SOMEONE ELSE**

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**Religious Education News**

**Mini Vinnies**
Virpi Tuite is planning to travel to East Timor early next term to visit our sister school in Tasi Fatin. The Mini Vinnies Team is preparing some photo posters that Virpi will take with her so the students in Tasi Fatin can see our school and students.

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**Be with Me Today, O Lord.**

May all I do today begin with you, O Lord.
Plant dreams and hopes within my soul,
revive my tired spirit:
be with me today.

May all I do today continue with your help, O Lord.
Be at my side and walk with me:
Be my support today.

May all I do today reach far and wide, O Lord.
My thoughts, my work, my life:
make them blessings for your kingdom;
let them go beyond today,

O God Today is new unlike any other day,
for God makes each day different.
Today God’s everyday grace falls on my soul like abundant seed,
though I may hardly see it.

Today is one of those days Jesus promised to be with me,
a companion on my journey,
And my life today, if I trust him,
has consequences unseen.
My life has a purpose.

"I have a mission..."
"I am a link in a chain,
a bond of connection between persons.
God has not created me for naught...
Therefore I will trust him.
Whatever, wherever I am, I can never be thrown away.
God does nothing in vain.

"He knows what he is about."

(Author: J. H. Newman)

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**Dates to Remember**

12 Oct  Confirmation Reflection Day 1-4:30pm at Mater Maria
15 Oct  Yr 6 lass Mass at 9:15am
18 Oct  Confirmation at 11am and 12:30pm at Sacred Heart Church

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**Good News of the week**
If you have any Good News or if you need our prayers, please see me at school, contact me by phone.

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**PARISH WEEKLY BULLETIN** can be found [here](#)

**Christine McBryde – Religious Education Co-ordinator**
“Rock of All Ages”, what a fantastic night had by all.

A big thank you to Lisa Caterina, Rebecca Molinaro and all their helpers, thanks to all those who donated wonderful prizes and of course the children's artwork - put altogether made for a very happy and successful night. You can never underestimate the amount of work that goes into organising our major fundraiser every year, all done by parent/carer volunteers. We thank you all.

A few special mentions:

- Craig N for taking on the role of MC and Auctioneer and doing a great job
- many thanks to each parent for their involvement from donating prizes for hampers, purchasing raffle tickets, helping decorate the event to coming along on the night and having a fun night with fellow school parents
- special thanks to Micro for keeping us entertained and rocking until late into the evening
- Our children for all the hard work and effort put into the children's artworks
- with your efforts we were able to raise over $20k

Thank you - Businesses
La De Da Restaurant & Bar
The Bayview Golf Club
Noosa Blue Resort
The Aqua Clean Team
Cinque Cucina e Caffe
Mexicano
Limani Restaurant
Terrace Restaurant Newport Arms
Bare Bodz Beauty
Carol Gibbons Photography
Pacific Podiatry
Quay Restaurant
Shear Indulgence
Blondes and Bows Hair Artistry
Lisa Portelli Catering

Thank you - Micro (band)

Thank you parents
Stephanie M
John and Rebecca M
Kim L
Maria Romeo-K
Margaux Z
Zoe W
Sjaan S
Janelle O
Selina N
Craig and Tatiana N
Pam A
Louise E
Suzy C
Sonja S

Kay N
Kathy V
Juliana and Anthony J
Rebecca and Brendan C
Tracey O
Leonie S
Anna R
Karen L

Thank you - Artworks
Jackie B
Jess L
Susie D
Yvette D
Karen L
Michelle D

On behalf of the P&F we wish you all a safe and happy holiday.

Lynette Suchanek - P&F Secretary (shpandf@gmail.com)
Parent to Parent / Diocesan Parent Council

Ideas for the school holidays:

- Go to the Pop-up Library in the laneway between the Library and the Memorial Hall in Mona Vale on Saturday 20 September 11am-4pm.
- Until Monday 22 September, Mona Vale Library has a display of photos about people from our local area who served during the First World War and featuring seven WWI veterans who were either born in the area or moved to Pittwater in later life.
- The Australian National Maritime Museum has an exhibition called "War at Sea" about the Australian Navy in WWII.
- Visit the Chinese Garden in Darling Harbour.
- Catch a ferry from Manly to Circular Quay and back. Family Fun Day tickets for unlimited travel on buses and the Manly Ferry are $2.50 per person on a Sunday. Check out www.transportnsw.info for details (eg not available on the fast Manly ferry).
- Go and see some historical buildings: take a ghost tour at the Quarantine Station in Manly, walk up to Barrenjoey Lighthouse (open every Sunday from 11 to 3pm).
- Read some books. Learn to play chess or play some board games like scrabble or monopoly.

Enjoy the holidays!

Eloise Critchley and Leonie Scarlett - DPC reps

You can visit the Diocesan Parent Council website here.

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Morning Kiss & Drop Zone Roster

Thanks to the fantastic parents who have generously given of their time this term to be on the Kiss and Drop Roster. More volunteers are still needed particularly on a Friday.

If you would like to volunteer please contact Selina on 0416 157 198 or email nicholsselina@gmail.com.

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>6 October</td>
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<td>13 October</td>
<td>14 October</td>
<td>15 October</td>
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<td>Anna R</td>
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<td>20 October</td>
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<td>Lisa D</td>
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<td>22 October</td>
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<td>Selina N</td>
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<td>24 October</td>
<td>25 October</td>
<td>Karen L</td>
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**What are your child’s strengths?**

Do you know what your own strengths are?

Paula Robinson presented an informative seminar last week for the Diocesan Parent Council (DPC).

Paula explored how just like physical health, Mental Fitness needs to be worked on everyday ... you can work on your Strength, Endurance, Flexibility and it helps to be part of a positive Team.

Her practical and proactive strategies based on solid research have been developed into a series of activities on the DPC website Wellbeing Page.

This week focuses on STRENGTHS ... it includes a 15 minute survey to find your top 5 strengths, an 8 min video explaining how our character develops and 2 easy activities to do with your children this week.
Messages from the Office

Lost school clothing – we have many parents enquiring about lost jackets and hats. Could everyone please check clothing to ensure it belongs to your child. Many items reported lost are clearly marked with a child’s name.

Email - All correspondence from the school is now sent home via email. If you find you are no longer receiving our emails, your mailbox could be full.

School Buses – information on bus numbers and routes can be found on the Sydney Buses website here. Just select Sacred Heart from the drop down menu and navigate.

Golden Jubilee 2015

Next year is Sacred Heart School’s 50th anniversary - our golden jubilee. An anniversary school book will be made to commemorate the past 50 years and the future year of 2015. A committee will be formed with various positions to help put this historical school book together.

Should you wish to discuss this further, please contact Marie Nero 0410 566 777, Judi Woodward 9999 3264 (Wed & Fri. mornings) or see Julie Caldwell.

Information can also be emailed to the school: shmv@dbb.catholic.edu.au

Judi Woodward and Marie Nero

Parenting Program

Seasons for Growth® Parent Program:
Supporting your child following separation and divorce

Term 4 - Parent Invitation

In recent times, the Seasons for Growth® program for children and young people who have experienced change, loss and grief has been offered at Sacred Heart. For many years, parents whose children have participated in the Seasons for Growth® Young People’s Program have been asking ‘Is there a program that can help parents, too’?

The Seasons for Growth® Parent Program has been developed to meet this need. The program provides an opportunity for parents who have experienced separation or divorce to reflect on the experience from their child’s perspective, and to explore ideas and strategies that might help support their child/ren through the changes happening in their family.

The Seasons for Growth® Parent Program: Supporting your child following separation or divorce is a small group program for 6-12 parents. The program will be held over 2 x 2 hour sessions and is for parents only. The program provides helpful information about:

1. How children react to change and loss
2. What you can do to help your child
3. Communicating with your child
4. The Seasons for Growth® approach to understanding and managing change, los and grief
5. Caring for yourself as a parent and a person.

Fiona McCallum will facilitate either evening or morning sessions dependent on the availability of interested participants. Fiona coordinates the Seasons for Growth® programs for Good Grief and is a member of our parent community.

For more information or to express your interest taking part in the Seasons for Growth® Parent Program, please contact Fiona on (02) 8912 27000 or by email at fiona.mccallum@goodgrief.org.au.
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week and the school holidays:

Harris J | Tyler F | Alessia M
Jackson Y | Finlay M | Emily W
Ryan O | Thomas B | Ava Crick
Patrick D | Marnie H | Brianna N
Michael N | Lola S | Lucie R
Luca C | Charlotte S | Elle S
James McC | Abbey T | Annika O
Jon-Luca N | Molly M | Elena C
Mark S | Cayla S | Lauren W
Hayden W | Zoey M
Jack W | Jessica W

School Awards - Last Week

<table>
<thead>
<tr>
<th>Class</th>
<th>Names</th>
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<tbody>
<tr>
<td>KN</td>
<td>Gabriel K, Indi M, Bodhi P</td>
</tr>
<tr>
<td>1F</td>
<td>Amelia L, Thomas G</td>
</tr>
<tr>
<td>2D</td>
<td>Lauren Kelly, Ella May</td>
</tr>
<tr>
<td>3R</td>
<td>Alex M, Jasmine W</td>
</tr>
<tr>
<td>4F</td>
<td>Jonathan T, Alice R</td>
</tr>
<tr>
<td>5B</td>
<td>Ethan Z, Sienna M</td>
</tr>
<tr>
<td>6M</td>
<td>Ruby-ose U, Sam B</td>
</tr>
<tr>
<td>3-6S</td>
<td>Arturo V, Lachlan C, Kori C</td>
</tr>
</tbody>
</table>

Principal’s Awards: Jack M, Lucina T

Canteen News

<table>
<thead>
<tr>
<th>Date</th>
<th>Roster</th>
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<tbody>
<tr>
<td>6/10</td>
<td>PUBLIC HOLIDAY</td>
</tr>
<tr>
<td>Thur 9/10</td>
<td>Clare E, Simone K, Geraldine T, Kirsten W</td>
</tr>
<tr>
<td>Fri 10/10</td>
<td>Gloria M, Kylie M, Helen K, Vanessa S</td>
</tr>
</tbody>
</table>

Hello everyone

We would like to thank all our term 3 volunteers for your much needed help and support in the canteen. We look forward to seeing you all again in term 4.

We would like to wish all Sacred Heart families a fabulous holiday break!

Save the Date: Our annual volunteer thank you morning tea has been locked in. Please note down Tuesday 18 November from 9am in the school hall. Invitations will be sent home in term 4.

Kay & Marie – Canteen Coordinators
The closing date for entries to be lodged online is **Monday 13th October**.

**School Procedures for Catholic Worldview - Through the Lens of a Child Photo Competition**

The 2014 Photographic Competition categories are **People, Places, Nature or Animals**. Children are allowed to submit only one photograph.

This year it will be much easier to manage as The School Photographer has an online entry system set up. The school will only have to publicise the competition to the children and then each child will be able to enter with an adult’s assistance on the website.

Children will need to rename their photo with their name, category, name of artwork eg Jane Smith  Nature Sunday Sunset. To enter the photograph parents need to go to the website – www.theschoolphotographer.com.au and click on the Peninsula Catholic Community of Schools logo. They will then be prompted to select their school from a dropdown list, enter the password photo and upload their photo.

**Conditions of Entry**

- Public exhibition and/or publication of selected photos will occur; photos may be displayed on the school’s websites.
- Entrants in the competition agree that PLCCS ‘schools’ reserve the right to use all images entered in the competition for on-going promotional and educational purposes.
- The ownership will remain that of the photographer, however by entering the competition, you agree all rights to payment for copyright, royalty or any other purpose are waived for each and every photograph entered.
- All efforts will be made to provide appropriate acknowledgement of the photographer whenever photographs are used for the purposes outlined in the Conditions of Entry.
- If people appear in your photos, please gain permission for the photo to be displayed and published.
- The Entrant indemnifies the ‘Schools’ against all damages, losses, costs and expenses in the permissions mentioned above.
- By entering the Competition, all entrants and/or their representative(s) consent to the use of their first name, schools and year level, photograph, voice and/or image for any publicity and marketing purposes, commercial or otherwise, in all media used by the ‘Schools’ without payment or compensation, throughout the world in perpetuity.

A panel of judges from The School Photographer will choose winning photos in each category and an overall winner.

**Prizes** - All winners will receive a framed print of their winning entry

- First Prize in each category - $50.00
- Second Prize in each category - $25.00
- Third Prize in each category – framed print
- Overall winner - $100.00

The presentation of prizes will take place at an assembly at Maria Regina Catholic Primary School Avalon on **Friday 31 October at 9.00am**. Each school will receive a poster collage of winning entries.

Any enquiries please email Cathy Penning
cathy.penning@dbb.catholic.edu.au
The Annual General Meeting of the Sacred Heart P&F Committee will be held immediately after the P&F meeting in Term 4 on 29th October 2014 @ 7.30pm in room KN. The P&F meeting / AGM is an important opportunity for our school community to engage in, and discuss, the ongoing operations and functional needs of our school community.

At the AGM, all positions on the P&F Committee will be available for nomination and election. Nominations are called for from any parent who would like to participate in the running and development of the P&F Committee.

Positions on the Executive are usually held for a three year term. The positions to be voted on at the AGM are:

- President
- Vice-President
- Treasurer
- Secretary
- DPC Representative
- Parish Liaison Representative
- Social Justice

The Committee members of the P&F shall not hold office for more than three consecutive years in the same position, however members may nominate for an alternative position. The following members will be vacating their roles at the end of 2014:

- Lisa Caterina stepping down
- Lynette Suchanek stepping down
- Leonie Scarlett stepping down
- Cathy Kellick stepping down

The following Committee members have indicated that they will nominate/re-election in 2015:

- Juliana Johnston seeking re-election to President
- Rebecca Capell seeking re-election to Vice President
- Rebecca Molinaro seeking re-election to Joint Treasurer
- Eloise Critchley seeking re-election to DPC Representative
- Virpi Tuite seeking re-election to Social Justice Representative

The following positions will become vacant at the end of 2014. Nominations welcome.

- Joint Treasurer
- Secretary
- Joint Social Justice
- Parish Liaison Representative

Handover will be provided by former members to new members.

This information is provided in the interests of transparency. All Committee positions are declared vacant at the AGM and the current Committee members actively step down from the above positions, irrespective of whether or not they are seeking re-election.

Please feel free to contact a Committee member if you would like to discuss a position you are considering nominating for or want to find out more about it or the Committee in general.

If you would like to nominate for a position, please complete the slip below and return to the school office.

**Lynette Suchanek, P&F Secretary (shpandf@gmail.com)**

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**NOMINATION FORM FOR ELECTION TO SACRED HEART P&F COMMITTEE 2015**

I nominate ......................................................... for the following position on the 2015 P&F Committee:

- [ ] President
- [ ] Vice-President
- [ ] Treasurer
- [ ] Secretary
- [ ] DPC Representative
- [ ] Parish Liaison Rep
- [ ] Social Justice

................................................................. ................................................................. .................................................................

Signed  Print Name  Date
Community Notices

MONA VALE LONG LUNCH

SATURDAY 20 SEPTEMBER 2014
BUNGAN LANE (North) MONA VALE, 11AM TO 4PM

Pittwater Council is hosting a long lunch at Mona Vale on Saturday 20 September 2014 at Bungan Lane at Mona Vale.

- Hot food
- Live Music
- Fun activities for the children
- Fitness in the park from 9am (Village Park)
- Mini market

For Information: Nikki Griffith on 9970 1165 or email nikki_griffith@pittwater.nsw.gov.au

SCHOOL HOLIDAY PROGRAM - Pittwater Council
Please find below the link on our website to the September/October 2014 School Holiday Brochure. www.pittwater.nsw.gov.au/holiday_activities

SCHOOL HOLIDAY PROGRAM - Singing
BERRY HALL NARRABEEN TRAMSHED - SEPTEMBER 24-26 & OCTOBER 1-3
9am – 3pm each day. 3 DAYS $300 or 1 DAY $120
Bring – morning tea, lunch and a water bottle
The students will learn to sing from the diaphragm, warm up the voice, sing as an ensemble, solo singing and learn to sing harmonies and HAVE LOADS OF FUN!! TO BOOK EMAIL appletoncindy@hotmail.com or call 040581197

SCHOOL HOLIDAY PROGRAM - Manly Warringah Gymnastic Club
School Holiday Program 22/9 to 26/9 and 29/9 to 3/10. 10% discount for MWGC club members. Minimum age 5 years. More information available at www.mwgymclub.com

SCHOOL HOLIDAY PROGRAM - Mona Vale Tennis Centre – Goodwins Tennis
School holiday tennis camp, Kitchener Park, 22-26 September 2014
Bookings and payments online: www.monavaletennis.com.au, Tel: 9979 6772 or 0410 523 726

NSW Government – Northern Sydney Local Health District
Child and Adolescent Parenting Education – Term 4, 2014
Sydney Olympic Park School Holiday Program

Sydney’s largest school holiday program returns this spring and celebrates 10 years! There's a bumper 60+ fun-filled activities to keep your kids active, outdoors and entertained.

A range of activities are free or under $20, making it affordable to discover Sydney’s most exciting playground this holidays!

Archery – Kids on Target & Little Archers
All Day Holiday Recreational Program
Art, Cooking, Writing Workshops
Cheerleading & Gymnastics
Circus skills & Flying Trapeze
Fizzics Science Workshops
King Tut’s Mystery Maze show - FREE
Sport & Adventure Camps
Sport Star and Dance Star- FREE
....and lots more

Full details at www.kidsintheapark.com.au

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SCHOOL HOLIDAY TENNIS CAMP
Venue: North Narrabeen Community and Tennis Centre
2-10 Woorarrah Ave North Narrabeen

Date: 29th Sept - 3rd Oct 2014

Program:
- Instruction on all strokes
- Singles and doubles (Round Robin format)
- Final Day: McDonald’s Lunch provided & Presentation of awards

What to bring:
- Racquet (if you have one)
- Hot and sunscreen
- Food: lunch and drinks

Fee: (Incl GST)
Full Day camp (9am-3pm) $160
Half Day camp (9am-12:30pm) $140
Daily Rate – Full Day $50
Half Day $40

Enrolment Form: ½ Day camp □ Full camp □
Pupils Name: ___________________________ D.O.B: __________
Parents Name: ___________________________ Phone: __________
Address: ________________________________
Email Address: ___________________________
Playing experience: _______________
Right Handed □ Left Handed □
Amount Enclosed: _______________

1. The undersigned, being parent or legal guardian of the above-named, hereby take full responsibility whilst attending this camp and understand that Goodwin’s Tennis Academy will do the utmost for their care.
Signed: ___________________________

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MANLY WARRINGAH BASKETBALL CAMP
Tues 30th September, Wed 1st and Thurs 2nd October 2014
Venue: North Narrabeen Community Centre
Special Guest Coaches

Basketball Camp
$70
This is a 5 day camp ONLY

Please complete and forward to
Email: camp@northnarrabeen.com.au
Tele: 99515562

Due to administration & coaching, camp enrolments must be received by 3pm Friday 26th September 2014.
Photos may be taken on the day of camp to place on our website. Please advise staff if you do not want your child photographed.

REFRESH YOUR SKILLS • IMPROVE YOUR GAME • HAVE SOME FUN

Age: __________
Name: __________
Address: __________
Phone: __________
Email: __________
Teacher: __________
School: __________

Health Concerns (e.g. diabetes, epilepsy):

Mother’s Name: __________
Father’s Name: __________

Emergency Contact: __________

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Go4Fun
Healthy • Active • Happy • Kids

It's so wonderful to have my active, happy, motivated and confident 10 year old boy back.

Cate Latham, Go4Fun parent

A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.

WHEN
Tuesdays
4.00pm-6.00pm
Starts 14th October

WHERE
Pittwater Sports Centre
1525 Pittwater Rd
North Narrabeen

NSW Health
Northern Sydney Local Health District

FREECALL 1800 780 900 OR GO4FUN.COM.AU

REGISTER NOW

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If you wish to enrol your daughter at Stella Maris College, Manly for **Year 7 2017**, we need to receive the Enrolment Application Form no later than Friday 31 October, 2014.

The Enrolment Application Form can be downloaded from our website [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au).

If you would like to visit our College, tours can be booked by contacting the College Registrar, Mrs Kerrie Dudley on 9976 1802.