Term 3 Week 3 - 30 July 2014

Dear Parents

Many thanks for your welcome back. It is good to be here. Many thanks to Mrs Jayne Wheen and Mrs Fiona Ngamu for stepping into the roles of Principal and Assistant Principal while I was away. They have both done an extraordinary job at a very busy and sorrowful time. On my return I was deeply saddened to hear of the death of Phil Ovens (parent and regular acolyte at mass), Tim Nicholas (brother of ex-students) and Ashley Wren (teacher) all ex members of our community. I thanks Mrs Wheen for attending to the pastoral concerns for staff and for attending the funerals of these valued members of our community. We will keep them in our prayers. Please also keep in your prayers Mrs Kathy Gee, principal of Maria Regina Avalon, whose mother passed away this week.

Thank you to Mrs McBryde and staff for her organisation of the Grandparents Day Mass. It is obviously a special day in our calendar. Please give our thanks to the many grandparents and special friends of our children who attended. Congratulations to the enterprising young people whose grandparents were unavailable but who invited special people in their lives to "stand-in" for the day. They were honoured to be invited.

Many people were very interested in my travels while I was away. During the first week of our trip I travelled with Father George, Father Ziggy from Pymble, five other Broken Bay principals and members of the Pittwater Parish. Together we walked the last 115 kilometres of the Camino Way in Northern Spain. It was a wonderful experience to walk with a small group amongst the hundreds of pilgrims on the road. The sense of shared purpose was inspiring. Each day we walked over twenty kilometres and then shared the Eucharist at the rest point for the evening. As part of the walk we would often pray for others by carrying a stone for the day. The photo displayed shows the marker at 55 km where I prayed for the community of Mona Vale and placed the rock. Our final destination was the Cathedral at Santiago de Compostela. We received our pilgrim certificates and attended the mass along with about 3000 other pilgrims that day. One of the best parts of the trip was to be immersed in the culture of a country where the majority of the country is Catholic, and where Catholic traditions are the norm in everyday life.

Term 3 Curriculum Notes can now be accessed on our school website on the Curriculum Notes page: here

Our Athletics Carnival will be held this Friday. The weather report predicts clear but very cold weather. Please pack warm jackets as it can be very cool at the Athletics Field. A hard copy of the program is being sent home today. A copy will also be emailed with this newsletter.

Year 2 family mass will be held this Saturday evening. Confirmation enrolment will take place after the mass.

Many thanks to Mrs Harrison who attended the Pittwater Council Traffic Plan meeting on behalf of the school. Council are seeking to try and alleviate some of the congestion and parking problems in Mona Vale. They are
seeking opinions and advice from the schools, local residents and local businesses to make changes. I will be having further meetings with Pittwater Council next week regarding the specific concerns of traffic around our school.

Congratulations to our Year 3 and 4 Rugby League Team who represented Sacred Heart at the State Carnival in Penrith on Monday. The boys made it through to the Semi-Finals which is an excellent achievement at this level of competition. Thankyou Nick Bohm for coaching the team and Sarah Jane Reilly for managing the boys.

Kieran Einspinner shared her knowledge, experience and memorabilia of the Commonwealth and Olympic games with the children last Thursday. They were shown Olympic torches and were fascinated by the journey the flame takes in order to reach its destination. We saw pictures of the flame in the air, underwater and even being propelled out of the water. We have placed a copy of the PowerPoint on the school website to give children the opportunity to share this with their families at home. Thank you Kieran for a wonderful presentation.

Sixty students have been selected for the local Touch Football competition next Wednesday, 6 August at Rat Park. Thank you to Peter Smyth, Mrs Wheen and Mrs Munro for organising this extra opportunity for our students. Good luck and we hope you have a fun day.

Our next P and F meeting will be held next Wednesday. It will be a meeting with a twist. Often we ask for parent support. This evening will be a showcase of the parent support within the school. Please see invitation in this newsletter.

School Photos will be held next Friday. Students should wear their full winter uniform on Friday. Please return photo envelopes to school asap if you would like photos.

**Upcoming Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, 1 Aug</td>
<td>Athletics Carnival - Narrabeen Sports Academy</td>
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<tr>
<td>Wednesday, 6 Aug</td>
<td>P&amp;F Meeting (7.30pm)</td>
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<tr>
<td>Thursday, 7 Aug</td>
<td>Kinder Zoo Excursion</td>
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<tr>
<td>Friday, 8 Aug</td>
<td>School Photos</td>
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</tbody>
</table>

Yours sincerely

**Julie Caldwell**

PRINCIPAL
Positive Behaviour For Learning

Our PBL focus for this week is:

CARE FOR BELONGINGS

Respectful Relationships

Our Respectful Relationships focus for this week is:

BE A GOOD LISTENER

Religious Education News

Year 2 Family Mass
All families are invited to join us on Saturday Night at 5pm to celebrate mass. Year 2 students will be preparing and participating in their family mass. All families are welcome to join us for a sausage sizzle afterwards.

Wrap With Love
During this term students can choose to participate in our Friday knitting club to knit squares for “Wrap with love”. These squares will be joined together to make blankets that are distributed to communities in need.

If you know of anyone who has been knitting squares we would happily accept them to contribute to the blanket making at Sacred Heart. They can be dropped into the school or parish office.

Dates to Remember
Saturday 2 August Year 2 Family Mass and Confirmation enrolment at 5pm, Sacred Heart Church
Wednesday 6 August Year 1 Class Mass at 9:15 Sacred Heart Church
Wednesday 13 August Year 2 Class Mass at 9:15 Sacred Heart Church

Prayers
Please continue to keep in your prayers the Ovens, the Wren, Nicholas and Mueller(cousins to Nicholas’s) Families.

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.

Christine McBryde – Religious Education Co-ordinator

Pittwater Parish News

PARISH WEEKLY BULLETIN can be found at: http://www.pittwaterparish.org/stop-press

RCIA Program – Pre-Invitation - To all parents (catholic or not) interested in our Catholic faith tradition
We are happy to announce that we shall start our next RCIA program of our Parish in early September 2014. RCIA stands for “Rite of Christian Initiation of Adults”.

We are a team of enthusiastic Catholics who have been running these sessions since 2007, and Fr George has encouraged us again to share our faith with interested parties this year who feel drawn to our tradition and want to learn more about it.

There are 23 (informal) evening sessions starting in early September and ending at Easter for those who want to become Catholic and join our Church (or simply want to learn more about our faith). Together with other Catholics we share our faith and our experience with the participants and what it means today to follow Jesus in our tradition and how rewarding this can be.

Here is a testimony:

“... I enjoyed every piece of it, from the simple fact that I met tremendous people ... to the deepest knowledge of our faith explained nicely, so completely. My intimate relationship with God went from nothing to an incredibly enjoyable daily need”.

For further information please contact the Parish Office (9997 7311).
Grandparents Day

There was such a buzz around the school on Friday. The children were excited to show their Grandparents their work and around their classrooms. The hall was a hive of activity and beautifully decorated with artwork and tributes to Grandparents. The tables were overflowing with goodies and the urns were certainly getting a workout. Thankyou class mums and parents for helping to make this a day to remember.

After morning tea we celebrated Mass with our grandparents. The church was bursting at the seams and we hope all of our Grandparents and friends left knowing how much they are loved and appreciated.
Band Parents - Thank you for your support in your musician’s attendance at the two band practices these last couple of weeks, resulting in a sensational performance on Grandparents Day. Congratulations everyone on a wonderful performance.

The children in both Training Band and Concert Band have shown dedication and thorough preparation in the repertoire

Clare McFadden - Band Co-ordinator
**Library News**

**Book Week - Week 5, 11-15 August 2014**

This week in Library I have been helping the children with costume ideas for the Book Character Parade on **Thursday 14 August**. Some character ideas can be found at [www.kidspot.com.au](http://www.kidspot.com.au)

Each year it is our tradition to CREATE a costume representing our favourite character from a book. I am always amazed at the efforts by every family and just can’t wait to see everyone’s costumes this year!

**Poster Competition**

Children can make a poster with the Book Week theme **CONNECT TO READING**. Posters will be judged during week 5 and prizes awarded to most original. Posters must contain the words “Connect to Reading”, name and class. Entries are now open and close in week 5. ‘Connect to Reading’ posters can be handed in at any time.

**Premier’s Reading Challenge**

The Challenge finishes at the end of August. For information visit the 2014 NSW Premier’s Reading Challenge website. Over 60 students have completed the challenge, extending themselves and their love of reading. I feel so proud when a child finishes as I see their confidence grow and the look of satisfaction and achievement in their eyes. Give it a go, there is still time!

**This week in Library**

We have been loving the Shortlisted book ‘The Swap’. You can read a Children’s Book Review by Susan Stephenson at [www.thebookchook.com](http://www.thebookchook.com)

The Swap is a children’s picture book written by Jan Ormerod, illustrated by Andrew Joyner and published by Little Hare, an imprint of Hardie Grant Egmont (Australia 2013). I've previously reviewed Ormerod’s delightful 101 Things to Do with Baby and When an Elephant Comes to School.

When a baby is born, little brothers and sisters are not always enthusiastic about the new arrival. Such is the case with Caroline Crocodile. Her baby brother is smelly, dribbles, is no fun and takes up all the room in Mum’s lap. So she decides to swap him for a new model. The Baby Shop assistant enters enthusiastically into the idea, and supplies her with different babies. Alas, those babies turn out to have their problems too! Ormerod tells such a fun tale, and there’s humour for adult readers too - like when Caroline complains that the chair-eating Baby Panda is a fussy eater, or the assistant suggests that twin baby tigers would be: “Twice the fun!” Yeah, right! I can hear every parent saying.

*Melonie Harrison - Teacher/Librarian*

**P & F News**

Exciting times ahead! Come and join us on 6 August, share a drink and nibbles and brainstorm the future of your P&F. We welcome all your ideas, and would love to see you there. Details follow in this newsletter.

Don’t forget to keep bringing in your money from selling chocolates and any unsold chocolates, I believe we have amazing results with some students selling up to seven boxes on their own. We still have 13 boxes left to be sold, so drop into the office if you would like another box.

Lastly Rock of the Ages is approaching, goods for the hampers need to be in by Friday.

*Lynette Suchanek - P&F Secretary ([shpandf@gmail.com](mailto:shpandf@gmail.com))
Do you volunteer at school? Do you help out in class? Do you work in the Canteen? Are you a Class parent? Do you help with school sporting days? Do you assist with your child’s homework and learning? Do you cover books? Did you sell chocolates?

If you answered yes to any one of these or help in any other way at school then it is time to stand up and be acknowledged!

Sacred Heart P and F would like to formally invite you (and all parents) to a ‘Parent Contribution Acknowledgement Evening’.

Where: Sacred Heart School

When: Wed 6th August 7:30pm

(Drinks and nibbles provided)

We would love for all to come, mingle, share ideas and help us evolve!

First Aid Program for Students – Yrs 3 and 4

St John has been invited to deliver their First Aid in Schools Program to students in years 3 and 4. This is free program St John (NSW) is offering to Primary Schools, to provide school aged children with first aid skills they can use in the event of an emergency.

The course will be run on Monday 18 August for years 3 and 4, is 45 minutes duration and is delivered to class groups. Students should wear their sports uniform on this day. Topics covered include:

- Checking for Danger, Response and Sending for Help (calling 000)
- Checking the Airway and Breathing
- Putting a casualty into the Recovery position (practical session);
- Burns
- External Bleeding (practical session)
- Nose Bleeds

A Certificate of Attendance will be issued to each child.

The First Aid in Schools Program is delivered by St John (NSW) Volunteer Educators who are over 18 years of age, have undergone both a Criminal Record Check and Working with Children Check and completed a Prohibited Employment Declaration with St John (NSW).
Happy Birthday

Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>4F</td>
<td>Declan T, Clare E</td>
</tr>
<tr>
<td>5B</td>
<td>Niamh McG, Bella W</td>
</tr>
<tr>
<td>6M</td>
<td>Samara T, Paul C</td>
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<tr>
<td>3-6S</td>
<td>Lachlan C, Alex W</td>
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School Awards - Term 3 Week 2

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<tr>
<th>Class</th>
<th>Names</th>
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<tr>
<td>KN</td>
<td>Zara W, Isabel B</td>
</tr>
<tr>
<td>1F</td>
<td>Kailani F, Beau L</td>
</tr>
<tr>
<td>2D</td>
<td>Bailey J, Alana R</td>
</tr>
<tr>
<td>3R</td>
<td>Ava D, Adrian S</td>
</tr>
<tr>
<td>4F</td>
<td>Declan T, Clare E</td>
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<tr>
<td>5B</td>
<td>Niamh McG, Bella W</td>
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<tr>
<td>6M</td>
<td>Samara T, Paul C</td>
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<tr>
<td>3-6S</td>
<td>Lachlan C, Alex W</td>
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<tr>
<td>KP</td>
<td>Sienna B, Charlotte C-B, Molly H,</td>
</tr>
<tr>
<td>1T</td>
<td>Indiana L, Georgie C, Imogen P</td>
</tr>
<tr>
<td>2M</td>
<td>Hannah S, Brooke K</td>
</tr>
<tr>
<td>3W</td>
<td>Ava C, Alice T</td>
</tr>
<tr>
<td>4M</td>
<td>Mia S, Tahnee R</td>
</tr>
<tr>
<td>5S</td>
<td>Kiarna O, Emma D</td>
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<tr>
<td>6W</td>
<td>Liam M, Tom B</td>
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Principal’s Awards: Alex P (6M), Caitlin W (6W)

Canteen News

Canteen Roster (start 9.30am - finish 1.45pm)

<table>
<thead>
<tr>
<th>Day</th>
<th>Names</th>
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<tbody>
<tr>
<td>Mon 4/8</td>
<td>Amber L, Sharon T, Jackie B, Nicole W</td>
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<tr>
<td>Thur 7/8</td>
<td>Lydia N, Raylee K, Leanne Y</td>
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<tr>
<td>Fri 8/8</td>
<td>Cathy K, Leonie S, Chantelle B, Colette B</td>
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Sushi: Due to renovations over the next 3 weeks our sushi supplier will be closed. We have requested another outlet to supply us with our orders and at the same cost until our usual supplier is back on board.

Manual lunch orders: If you are placing a hot or large lunch order which includes a drink may we ask that you supply an extra bag with your child’s name and class included. The main issue we are facing is when we don’t have a second bag the drink is then loose in the lunch baskets with no name and a risk of them being misplaced.

Kay and Marie - Canteen Co-ordinators

Uniform Shop News

Broken School Bag Zippers: If anyone has a broken zip to be fixed on their bag, please bring it to the Uniform Shop as soon as possible and I will get them fixed next term.

Opening Hours: Monday and Friday mornings - 8.30am to 9.00am
Wednesday afternoons - 2.30pm to 3.00pm

Lost Property

Would everybody please check their childrens’ jackets and hats to ensure they have not taken another child’s clothing by mistake. Jackson Y (1F) and Jaime Y (4F) are missing several jackets (with their names on them): v-neck sloppy joe, fleecy jacket and sports jacket.

If you find these items would you please return them to the school office.
School Photos

School Photo Day is Friday 8 August 2014

Please wear full WINTER UNIFORM, not sports uniform.

Photo envelopes will be sent home tomorrow and every student must RETURN their envelope with payment or an online reference number by THURSDAY 31 JULY 2014.

- Please check that your child’s name is spelt correctly on the photo envelope.
- Do not seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given. Cash, cheques and money orders only on the day.
- Credit card payments can be made online (see instructions on envelope). Your child will still need to return their envelope to school by Thursday 31 July 2014.
- All late orders received by MSP Photograph after photo day are subject to a $20 late fee.

Sports News

Expression of interest - Year 5 and Year 6 Girls Netball Carnival
We will be selecting a netball team of Year 5 and 6 girls to represent Sacred Heart at a carnival in Penrith.

Please see the expression of interest note attached to this newsletter if your daughter would be interested in trialling for this team.

Term 3 Sport Skills Development Program – Years 3-6
Last term, Mrs Munro with the help of some wonderful parents, organised a very successful weekly sporting program for the Years 4-6 students. The students chose from a variety of sports on offer including Gymnastics, Tennis, Rugby League, Touch Football, Netball and Creative Movement. Many of the students walked to and from Kitchener Park each Thursday afternoon to attend their chosen sport, whilst other sports were run at school. The students participated enthusiastically in all the sports and thoroughly enjoyed the activities. We were very proud not only of their levels of participation, but also of the excellent behaviour the children displayed whilst travelling to their sport and when interacting with coaches and parents.

We are looking forward to this term’s Thursday Sport program beginning tomorrow afternoon for students in Years 3-6, with AFL, Cricket, Tennis, Gymnastics, Creative Movement and Netball all on offer.

Please ensure children remember to bring any extra equipment required for their sport.

Attached to this newsletter you will find the Sacred Heart Code of Conduct for Junior Sport. We would appreciate it if you could take a minute to read through and discuss the expectations stated with your child.

Summer Soccer at Rat Park – HALF PRICE !!!
Sacred heart has been given “Player Registration” for the 2014 season with Football SSG. The voucher is valued at $140.00.

If you would like an opportunity to save 50% please see the school office to purchase a voucher for $70. There is one school fundraiser voucher available for each age group – under 6 yrs to under 12 years. Money raised will go towards our sport program.
29th July 2014

Expression of interest - Year 5 and Year 6 Girls Netball Carnival

Over the coming weeks we will select a Girls Netball Team to represent Sacred Heart at a Netball Carnival on 2nd September at Penrith.

Preference will be given to the Year 6 girls as it is their last year at Sacred Heart. Year 5 girls may be selected based on positions required.

Selections: Mrs Sheehan and Mrs Wheen will use information provided regarding club grading along with observing the girls in some trials games prior to the team selection.

Should you daughter be selected please be aware:

- Parents will be responsible for arranging transportation/car pool to and from the Carnival.
- Parents will be asked to attend the Carnival as a staff member will not be attending on this day.

If you are interested in participating in trials for selection please complete the attached slip and return to Mrs Wheen by this Friday.

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

EXPRESSION OF INTEREST - YEAR 5 & YEAR 6 GIRLS NETBALL CARNIVAL

Please complete and return to Mrs Wheen by Friday 1st August.

Students name .............................................................................................................. Class .................................................................

<table>
<thead>
<tr>
<th>Which Netball Club does your daughter currently play for?</th>
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<table>
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<tr>
<th>What grade is your daughter currently playing?</th>
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<table>
<thead>
<tr>
<th>Age</th>
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<tr>
<th>Preferred Position – 1st Preference</th>
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<th>Preferred Position – 2nd Preference</th>
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Parents signature ................................................................. Date: ..................................
Code of Conduct for Junior Sport

At Sacred Heart we care for ourselves, others and our environment when participating in sporting activities at school or at outside venues.

Players…

- Play by the rules.
- Never argue with an official. - if you need clarification, have your captain, coach, manager or teacher approach the official during a break or after the competition.
- Work equally hard for yourself and your team - your team’s performance will benefit — so will you.
- Be a good sport - applaud all good plays whether they are made by your team or the opposition.
- Show respect to and acknowledge opponents and officials - (e.g. shake hands before and after the game and say things like ‘good luck’, ‘thanks for the game’, ‘thanks ref’, ‘three cheers for …’).
- Cooperate with your coach, team mates and opponents - without them there would be no competition.
- Participate for your own enjoyment and benefit - not just to please parents, teachers and coaches.
- Play fair — no verbal abuse of officials, sledging other players (including vilification) or deliberately distracting or provoking an opponent.
- Respect the rights, dignity and worth of all participants - regardless of their gender, ability, cultural background or religion.
- Travel safely and respectfully to off-site venues – stay to the left when walking in crowded, public places. Respect older members of the community. Sit wholly in your seat and travel quietly on buses. Speak to bus drivers politely.
- Handle sporting equipment with care – use balls, racquets and other equipment sensibly and safely. Return all equipment used to the correct place at the end of the game. Care for equipment as if it was your own.
- Speak to a teacher or other adult if you have an issue, feel unsafe or are concerned about someone else’s behaviour during sporting activities.

I agree to abide by this code of conduct

Name:..................................................................................................................

Signature:.................................................. Date:..............................................
Sacred Heart Fundraiser

ROCK OF ALL AGES

Sacred Heart School Fundraiser

Save the Date!

Our major fundraiser will be held on **Saturday, 13 September 2014** at Bayview Golf Club. Invitations will come home early Term 3 and tickets will then go on sale.

**Rock of All Ages is not** a sit-down dinner, so no need to arrange tables this year.

**RAFFLES PRIZES:**  **We are in need of some major prizes for raffle.** Some suggestions: Weekend away, Apple Products – iPad, iPod, Red Balloon Voucher, Dinner Vouchers, Photography Vouchers, Camera. Please contact Lisa Caterina on 0421 364 898 in regard to this.

Items will be collected **no later than Friday 1st August 2014**

**Tickets go on sale soon so start organising!**

**Kindergarten – BEACH HAMPER:** beach towels, beach games, beach bag, beach chairs, beach umbrella, beach mat/rug, sunscreen, beach cafe vouchers, surf board, surf mat, picnic ware, goggles, flippers, snorkel, wahoo beach toys, surf shop vouchers, cancer council shop vouchers,

**Year 1 – GOURMET KITCHEN HAMPER:** Gourmet food- olives, Gourmet tea, Teapots & cups, coffee, coffee pots & cups, Gourmet Biscuits, Chocolates, Nougat, Tea Towels, Place Mats, Platter, Table Runners, Vouchers – Butcher, Alfresco Emporium, Thomas Dux, Recipe Books, Food Related Magazine Subscriptions.

**Year 2 – DAD’S HAMPER:** BBQ Tools, Apron, Stubby Holder, Picnic Chairs, Vouchers - Car wash, Golf, Magazine, Subscriptions, Book, iTunes Voucher, Bunning’s, Flower Power, Dinner

**Year 3 – MUMS’S HAMPER:** Hand Creams, Hair Products, Bath – Bath salts, Bubble bath, Body Wash/Lotion, candle, Vouchers – Dinner, Pamper – Facial, Nails, Hairdresser, Massage, Gym pass, Pilates or Yoga Sessions, Gift Shop, Magazine Subscription.

**Year 4 – HOME HAMPER:** Howard storage, Candle, Reed Diffuser, Voucher – Flower Power, House Cleaning, Carpet Cleaning, Window Cleaning, Oven Fairy, BBQ Fairy, Painter for the day.. (offer your services for a day or half day)

**Year 5 – GAMES:** Board Games, Cards, Pool Games, Beach Games, Puzzles, Sudoku Books, Vouchers – EB Games, Ten Pin Bowling

**Year 6 KIDS SPORT FUN:** Nerf Water Guns, Wahoo Toys, Tennis Racquet, Cricket Bat, Bocce, Pool Toys, Football, Soccer Ball, Basketball, Netball, AFL, Tickets for sporting events, Vouchers – Rebel Sport, Mike Pawley’s.
FREE TRIAL – FIRST CLASS, ALL WELCOME

Martial Methods is a unique program designed and conducted by an Occupational Therapist and Exercise Sports Scientists. The program uses a range of Martial Arts styles including Taekwondo and Western Boxing techniques to develop muscle tone, coordination, midline crossing, balance, gross motor skills, regulation/sensory processing and fitness, in a fun way, while developing specific skills. Self defence is included in each class. Class sizes average approximately 20 students with 2 Instructors. One hour classes are conducted weekly on Tuesday and Wednesday afternoon from 3:00pm to 4:00pm during the school term, at Sacred Heart School Hall. Students are provided with a uniform and all equipment is supplied. Martial Methods grading system and syllabus is approved by the International Martial Arts Alliance. Students are graded twice a year. Grading involves a choreographed ceremony where students receive a certificate and new coloured belt representing their next skill level.

Please contact Kids OT on 9451 5735, should you wish your child to trial or enrol in the classes.

MANLY WARRINGAH PRIMARY BASKETBALL COMPETITION – The Potter League
New basketball completions starts this term. Players wishing to start should register and train on a Saturday. The new competition starts this Saturday (players can join at any time).

- Learn to Play
- Excellent coaches – Ages 7 & Under (2.30-3.30pm)
- All Girls(2.30 – 3.30pm) Ages 8 & above (3.30 – 4.30pm)
- $150 per play includes registration, insurance, game fees, playing singlet, matching coaching, court hire and referees

Come on down and have some fun! Registration forms are available from the school office.

NORTHERN BEACHES INDOOR SPORTS CENTRE - JACKSONS RD, WARRIEWOOD
ENQUIRIES: MWBA - 9913 3622
Community Notices

CREATE YOUR OWN CRICKET MOMENT

PLAYCRICKET.COM.AU

Kids OT is a private Paediatric Occupational Therapy practice based in Frenchs Forest. We offer assessment and intervention services for individuals and groups of children in our clinic and in schools. We specialise in learning difficulties, sensory processing, motor skills and social skills. Please contact us for more information, screening, assessment or intervention services.

Phone: 9451 5735
Email: admin@kidsoft.com.au
Address: Suite 13, Level 1, Forestway Shopping Centre, Cnr Warringah Rd & Forestway, Frenchs Forest NSW 2086

Parenting children with AD/HD

A 6 session parenting program for parents of primary school aged children with AD/HD

Would you like to learn how to:

- Understand ADHD behaviours and how it impacts on family dynamics?
- Develop a more positive relation with your child?
- Use new strategies in managing ADHD type of behaviours?
- Build your child’s self esteem?
- Better communicate with your child’s school?

This group program has a practical approach with lots of room for discussions, practice and reflection, with a focus on self-care. The course is suited for parents who have a child who has recently been diagnosed with ADHD, or those who are in the process of being diagnosed.

Where Manly Warringah Pittwater Community Aid
3 Goonoo Road
North Narrabeen

When Monday nights from 6.30-8.30pm - start date: 4th August 2014

Presenters Godofrave Hofman-Valkvyl & Sue Johansson
(highly qualified and experienced parent educators and community workers)

Costs $180

Contact: For more information and to book: Godofrave on 0425 256 989 or info@goodfamilylife.com.au (Places are limited to 10 participants)