Dear Parents

I am sure you will join me in wishing our new Principal, Mrs Suellen Garey (beginning 2015), our very best wishes and welcome to Sacred Heart. I’m sure you have all received notification today that the position has been filled. We are very blessed to have someone of Suellen’s experience and calibre appointed to the school. We have sent a welcome basket of flowers and an invitation to meet the community at a later date to begin the handover procedure for next year.

Congratulations to Mrs Lisa Firman and her husband James who had an early surprise birth of their triplets, Elise, Patrick and Sophie. The triplets are in Canberra Hospital (the only neonatal intensive care beds available for them at the moment). Please keep Lisa and her family in your prayers.

Yesterday Simon Hyland led the Year Five students for their Leadership Day. This day is in preparation for all of Year Five who will take on their leadership roles in the new year. “Doing the hard thing....” was the theme of the day. A day designed to take the children out of their comfort zones and to experience the benefits of working together in a group.

Next week is Well Being week. There will be no homework for children and there will be time in school for children to get together in their Respectful Relationship groups to complete the program. Many thanks to our KidsMatter team for this initiative. Please ask your children what they have learnt in their lesson which have been led by Year 5 and 6. We will have a push over the next few weeks to encourage positive talk amongst the children. If another child is being disrespectful to your child and it is ongoing and hurtful, please make sure that you contact your child’s teacher asap so this does not become a long term hurtful habit.

New counselling services from CSO have closed for the year. If you have any concerns regarding your children please chat to their class teacher. Many children at this time of year can begin to worry over transition and change. It is quite normal for this to happen. To support children who appear anxious at this time there are many links to resources and suggestions on the Student Wellbeing /KidsMatter section on our school website here.

Reports are currently being written and classes will be decided soon. Any requests must be made in writing to me before Friday 14 November 2014.

Next Friday 21 November please join Mrs Wheen in classrooms for Learning Walks, straight after morning assembly. The school’s focus has been on writing, and the children would love to share their writing examples.

Later in today’s newsletter there is a letter from Peter Hamill, the director of CSO about school fees. As a result of the Gonski report and funding model, Broken Bay Diocese has had funding reduced. The model when applied to fee paying schools looked at the Diocesan "capacity to pay". It was deemed that Broken Bay had a very good capacity to pay and therefore funding arrangements were cut across the diocese. In order for the diocesan schools to run, they unfortunately have to raise school fees. Mr Hamill’s letter explains the details.

Congratulations to our debating team for another win this week.
Pittwater Council – Proposed Changes to Parking around our school
We have received notification from Pittwater Council that they will be changing the parking signs in the streets surrounding our school and Mona Vale Public School. The council have said:

Implementing No Parking will improve the parking availability around both schools during the peak periods and will make it illegal for drivers to move their vehicle or to stop for longer than 2 minutes. This parking offence will also attract high fines and demerit points due to the area being a school zone.

A proposal regarding parking arrangements by removing the P2 and P5 zones on Waratah Street and Keenan Street and replacing them with No Parking. These changes will also be consistent with parking around other schools on the northern beaches and across the Sydney Region.

This proposal has been placed on the agenda for our next Traffic Committee which will be held on Tuesday 11 November 2014. If supported by the committee, this will then go to a council meeting to be formally adopted. If the proposal goes through, it is expected that the changes will be made in time for the start of the 2015 school year.

Medication held in sick bay
We ask parents to take responsibility for noting expiry dates of medications supplied to the school. Please ensure your child’s medication is in original packaging and labelled with student’s name and dosage. If you do not have a record of the expiry date on your child’s medication, please telephone the school office.

Help is needed in the library this Friday with covering new books and resources. If you can spare some time, Mrs Harrison would love to see you after morning assembly.

Congratulations to Natalie T who has successfully auditioned for a role in Joseph and the Amazing Technicolor Dreamcoat at The Concourse in Chatswood. Natalie will be performing alongside Sam Moran (The Wiggles, Play Along with Sam), Harmony Lovegrove (The Voice Kids, Schools Spectacular).

Some of the dates for the beginning of 2015 and holidays are up on our school website. Please take these into consideration when booking holidays, particularly the assessment days at the beginning of term 1, 2015. All children must attend a compulsory assessment appointment on one of the assigned days.

Forward Planner
13 Nov Yr 3 excursion to Hindu Temple and Mary MacKillop, North Sydney
15 Nov Yr 4 Family Mass (5pm)
28 Nov Whole school end of year function – Outdoor Cinema Night – Despicable Me 2

Our full school calendar can be accessed on our school website on the Significant Dates page: here

Yours sincerely

Julie Caldwell
PRINCIPAL

<table>
<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
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</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
</tr>
<tr>
<td><strong>BE A GOOD LISTENER</strong></td>
<td><strong>BE A JUST AND FAIR PERSON</strong></td>
</tr>
</tbody>
</table>
Dear Parents/Carers

At this time each year, following endorsement by the Diocesan Schools Finance Committee and approval by the Bishop of Broken Bay (currently the Diocesan Administrator Fr Casey), I write to advise you of school fees and charges for next year.

**TOTAL ANNUAL SCHOOL FEES**

Total annual school fees are made up of three components:

- **Diocesan Tuition Fees** which are principally used to contribute to salary costs. The majority of salary costs are met by Commonwealth and State Government grants. Increases in Diocesan Tuition Fees will range from 4% to 8% across different schools.

- **Diocesan Building Levy** to assist with the upgrading of school buildings and the construction of new schools in the Diocese of Broken Bay. The levy will increase by 3.57%.

- **School-Based Charges** to meet many of the expenses at your school. In most schools these changes will increase by 4% - 5%.

Regrettably it has been necessary to increase fees. However, the CSO has limited the increase in the Total Annual School Fees to a maximum of 6%. For some schools the increase will be less.

**WHY ARE THERE DIFFERENT DIOCESAN TUITION FEES FOR DIFFERENT SCHOOLS?**

In 2013 the Federal Labor Government passed the Australian Education Act (often referred to as the “Gonski” reforms). This new law set out “Capacity to Contribute” rules which school systems must follow in relation to setting school fees. The Federal Liberal/National Coalition has since kept these requirements, which have influenced the level of the Diocesan Tuition Fees for 2015. As a result of the new funding arrangements the Diocese of Broken Bay will introduce a differential Diocesan Tuition Fee which is calculated using each school’s socio-economic status (SES).

In essence, parents from communities that have a higher socio-economic status are required to make a greater contribution to their children’s education. Across the Diocese the Diocesan Tuition Fees will increase by between 4% and 8% in 2015. Fees at your child’s school will rise by 6%.

**Diocesan Tuition Fees for 2015 will be:**

<table>
<thead>
<tr>
<th>Years</th>
<th>K – 6</th>
<th>7 – 8</th>
<th>9 – 10</th>
<th>11 – 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Child</td>
<td>$1,492.50</td>
<td>$2,032.50</td>
<td>$2,160.00</td>
<td>$2,610.00</td>
</tr>
<tr>
<td>2nd Child</td>
<td>$1,194.00</td>
<td>$1,626.00</td>
<td>$1,728.00</td>
<td>$2,088.00</td>
</tr>
<tr>
<td>3rd Child</td>
<td>$746.25</td>
<td>$1,016.25</td>
<td>$1,080.00</td>
<td>$1,305.00</td>
</tr>
<tr>
<td>4th Child</td>
<td>Nil</td>
<td>Nil</td>
<td>Nil</td>
<td>Nil</td>
</tr>
</tbody>
</table>

**DIOCESAN BUILDING LEVY**

The Diocese currently receives very modest levels of support from government for the building of new schools and the upgrading of schools to meet current needs. The Diocesan Building Levy is used to build new schools and renovate existing schools. Most schools in the Diocese have loans relating to renovation work that need to be serviced. The current level of this debt is $96 million. So that this work can continue, in 2015 each family will be asked to contribute $880 per annum.
SCHOOL-BASED CHARGES
In addition to the Diocesan based tuition fees each school sets its own school-based charges. These vary across the Diocese and cover such items as excursions, sport and other school needs. In light of the need to raise diocesan tuition fees, I have requested principals, as far as practical, to contain school-based charges and to provide information to parents about charges in 2015.

PAYMENT ARRANGEMENTS
I recognise that for some families this change in fees may pose a significant challenge, and should this be the case, I encourage you to discuss your situation with your principal. The Diocesan Schools System has a commitment to supporting families experiencing financial difficulties. No child will be excluded from access to a Catholic systemic school due to genuine family financial hardship.

Fee payments are due at the beginning of Terms 1, 2 and 3. Parents can apply to the school to arrange smaller, more frequent payments and use BPAY. EFTPOS is also available for payment in person at school.

I acknowledge the generous support by families of our Catholic schools through their financial contributions to the school.

Yours sincerely

Peter Hamill
Director of Schools

Messages from the Office

School Buses – information on bus numbers and routes can be found on the Sydney Buses website [here](https://play.google.com/store/apps/details?id=com.fraynework.dbb.shmv&hl=en). Just select Sacred Heart from the drop down menu and navigate.

Children who currently hold a bus pass for 2014 will automatically receive a new pass for 2015 **EXCEPT THE CURRENT YEAR 2 STUDENTS**. Year 2 students **MUST RE-APPLY** to receive a pass for 2015 (if he/she is **eligible**).

If your child is eligible, you will receive an application form which must be returned to the school office no later than **Monday, 1st December 2014** for processing.

School App – Download links and Tip Sheet

Tip Sheet for the app can be found [here](https://play.google.com/store/apps/details?id=com.fraynework.dbb.shmv&hl=en).

Family Registration Forms - If you have not returned your form (even if you are year 6 and leaving the school) would you please return your form as soon as possible.

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.

New Privacy Laws – with the introduction of new privacy laws in Australia, the CSO has advised we are **no longer** allowed to provide parents with a “Class Contact List”, as we have done in the past (i.e parents’ phone numbers).

Birthdays / Ice Blocks - we request ice blocks only be brought in on canteen days when we can store them in large freezers, ie **Mon**, **Thurs** and **Fri**. **Ice blocks and cupcakes can only be brought to celebrate a birthday** (**no other purpose please**).
Religious Education News

Altar Server Training
Thank you to all the children in years 3-5 who would like to train to become an altar server. The first training session will be on Thursday 13 November from 3pm – 3:45pm. I will accompany the students down to the church and they can be collected at 3:45pm.

It seems too early to be thinking about Christmas! However, the rest of the term is a busy and families are being stretched in many different directions. Now is a good time to think about how your family can support those families and people who are less fortunate than us. Your support with our Christmas Hamper Appeal is very much appreciated.

Pittwater Parish is renowned for its 5pm Children’s mass on Christmas Eve and of course we need lots of helpers and children to participate. Included in this newsletter are slips for people (to return) who are able to assist with setting up on Christmas Eve, and children who will be attending so we can begin to organise readers and actors.

Christmas Hampers
Each year at this time we run our Christmas hamper appeal. The Liturgy Team is organising a collection of non-perishable food, which will be distributed to families through the St Vincent de Paul Society.

Once again, Sacred Heart will also be supporting Cana Communities. Cana Communities began as De Porres House in 1975 and has continued under the name Cana Communities Inc in 1995. In that time, the organisation has set up overnight shelters, homes, and most recently, has partnered in a farm project. The organisation is mostly run by volunteers, and is solely reliant on donations from the community. They receive no government funding and are grateful for our support.

Students are asked to donate goods to families and people in need, so that they too may enjoy the delights that Christmas brings. The following are the requests:

| KN | SOAP, TOOTHPASTE, DEODORANT |
| KP | SAVOURY BISCUITS |
| 1T | TINNED FRUIT |
| 1F | FRUIT CAKE |
| 2M | SHORTBREAD OR BISCUITS |
| 2D | LONG LIFE JUICE or MILK |
| 3R | CHIPS OR PRETZELS |
| 3W | TINNED TUNA OR SALMON |
| 4M | PASTA AND PASTA SAUCE |
| 4F | CANNED SOUP, SPAGHETTI etc |
| 5B | BOX OF 100 TEA BAGS |
| 5S | 250g JAR OF COFFEE |
| 6M | CORNCHIPS/SALSA |
| 6W | LOLLIES |
| 3R | CHIPS OR PRETZELS |
| 3W | TINNED TUNA OR SALMON |
| 2M | SHORTBREAD OR BISCUITS |
| 2D | LONG LIFE JUICE or MILK |
| 3R | CHIPS OR PRETZELS |
| 3W | TINNED TUNA OR SALMON |
| 4M | PASTA AND PASTA SAUCE |
| 4F | CANNED SOUP, SPAGHETTI etc |

Please be generous with these appeals as your care and compassion is a powerful message for your children to witness. In our own small way, we can make a difference at Christmas time.

 Helpers for Christmas Eve Mass!
There will be Christmas Eve Mass in the school grounds at 5.00pm on Christmas Eve. We are seeking a team to work with us in preparing and assisting with this Christmas celebration. We will be working closely with the Parish for co-ordination. Help will be needed with ushering/crowd control, stage setup, the nativity play, chair set up and putting away chairs after the 9pm Mass, decorating etc. If you feel you would be able to help in any way, we would very much like to work with you in making Christmas Eve a special evening. **We will hold a meeting closer to Christmas to discuss details.**

Please fill out the form below if you can assist and return to Chris McBryde. Thank you in advance! If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Mass Helper”.

Christmas Eve Mass Helpers
I, ____________________________ am interested in working with the Parish/School in coordinating/helping with the Christmas celebration to be held in the school grounds on Christmas Eve at 5pm.

My contact details are: __________________________ (phone)
_________________________________ (email address)
Christmas Eve Liturgy/Play Participation (Children)
I would like to include the children from our school who will be attending the Christmas Eve Liturgy/Play to take on roles, e.g. readings, dancing, singing, etc. If you know that you will be attending the liturgy and would like your child/children to be involved, please indicate on the slip below and return to school for the “red bag” or to Mrs McBryde.

If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Liturgy Child Participation”.

………………………………………………………………………………………………………………………………………………………….

Christmas Eve Liturgy/Play Participation (Children)

I will be attending the 2014 Parish Christmas Eve Liturgy and my children are able to participate.

Child’s name: _____________________________________   Class:  __________________
Child’s name: _____________________________________   Class:  __________________
Child’s name: _____________________________________   Class:  __________________

Parent’s Signature: ___________________________________   Date ______________________

………………………………………………………………………………………………………………………………………………………….

Dates to Remember
12 Nov   Year 3 Class Mass at 9:15
15 Nov   Year 4 Family Mass at 5pm Sacred Heart
19 Nov   Year 5 Class Mass at 9.15am

Good News of the week and Prayers
Congratulations to Lisa and James Firman on the safe arrival of their triplets: Patrick, Elise and Sophie. Please keep the Firman Family in your prayers.

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

PARISH WEEKLY BULLETIN can be found here

Christine McBryde – Religious Education Co-ordinator

Respectful Relationship Groups and Wellbeing Week

Year 6 have been doing a wonderful job running their Respectful Relationship Groups the past few weeks. The children have been doing lots of fun activities and learning all about being resilient.

Last week one of our dads, Kelly Egan, came in to speak to the children about resilience and the importance of staying positive and never giving up. Thank you Kelly!

Week 7 is the last week of Respectful Relationship Groups and it is also Wellbeing Week. The children will be having a friendship afternoon tea with their groups on Monday 17 November. The children will need to bring in something small to share with their group.

The theme of Wellbeing Week this term is Beyounique. On Monday the children are also invited to wear or bring and item that represents them eg. a broach, hat, t-shirt, headband (please note this is not a mufti day).

A separate email will be sent regarding other Wellbeing Week activities.

Brooke Perry - PBL Coordinator
The year is coming to an end and we have many members of our Sacred Heart Community to thank for making it a productive year for your P&F. In the past the President of the P&F has spoken at the very end of End of Year Mass, talking about the achievements of the P&F and giving out gifts to individuals who have helped us throughout the year. This year we have decided to hold a ‘Thank You Morning’ in December in honour of all those volunteers who have helped us, without our community assisting we would not be able to achieve all that we have done and we are very proud to give back to our community under Julie Caldwell’s guidance. An invitation will be going out shortly.

Don’t forget our Cinema Under the Stars, refer to the flyer in this newsletter, have you bought your ticket yet?

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

DESPICABLE ME 2 – RATED PG

Band and choir  6.30pm
Movie            7.30pm

There will be popcorn and gelato available to purchase on the night, but we ask that you bring your own drinks (and cheese and nibbles if preferred). The movie will be shown in the school grounds immediately after the band and choir have performed their Christmas repertoire.

Our preference is for picnic rugs, cushions or small bean bags so views are not obstructed. There will be a “chair zone” at the back of oval if your preference is to sit in a BYO chair.

Please complete the form below and return it to the office along with your $10 no later than 21 November 2014.

CINEMA UNDER THE STARS RSVP

$10 FAMILY ADMISSION

SURNAME: ........................................................................................ CLASS: ........................................

ELDEST CHILD: .....................................................................................

☐ We are UNABLE to attend
☐ We will be attending

No of adults ..................  No of children ..................
Parent engagement in a child’s learning is about connecting the home back into the classroom and showing an interest in what your child is doing at school in their lessons. Each week we are giving some information about what is happening in different classes and we hope these can be used to start a conversation. This week is years 5 and 6.

In year 5 they had a leadership day with Simon Hyland this week. They are doing lots of research and discussion on the Australian Gold Rush. They are studying chance and probability and fractions and decimals in maths. In literacy they have started a new type of writing looking at 2 sides of an argument. In religion it’s time to start Advent for Christmas.

In year 6 they are writing ballads – some fun ones, some historical ones. In maths they are looking at multi step problem solving. They are researching the history of Australia since Federation, focussing on the discovery of gold. And they are getting ready for graduation, whilst enjoying the last few weeks of primary school.

Sometimes it can be hard to get a child talking. Michael Grose (the parent educator) wrote a blog last week about the fact that some children will talk easily whilst some say not much more than yes or no to questions about school. One of his tips is start by saying something focused on yourself – a story, or something you’ve learnt today. Another tip is to “get the place right”. He suggests the kitchen is a relaxed place – at a meal or while preparing a snack for example. Another time that works for my family is on the way somewhere either walking or driving. There are some other tips from Michael Grose later on in the newsletter.

Start a conversation with your child about their learning...

Eloise Critchley and Leonie Scarlett - DPC reps

You can visit the Diocesan Parent Council website here.
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

Kiarna O  Lily W  Julia N

School Awards

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<tbody>
<tr>
<td>KN</td>
<td>Patrick B, James C, Naomi K</td>
<td>KP</td>
<td>Alexander H, Bryn W, Anabel R</td>
</tr>
<tr>
<td>1F</td>
<td>Hannah B, Cruz D</td>
<td>1T</td>
<td>Eden W, Georgie C</td>
</tr>
<tr>
<td>2D</td>
<td>Bailey J, Roxanne R</td>
<td>2M</td>
<td>Matthew S, Jessica H</td>
</tr>
<tr>
<td>3R</td>
<td>Olivia W, Will C</td>
<td>3W</td>
<td>Declan R, Ava C</td>
</tr>
<tr>
<td>4F</td>
<td>Kai K, Joel S</td>
<td>4M</td>
<td>Sam C, Matthew B</td>
</tr>
<tr>
<td>5B</td>
<td>Mackenzie B, Charlotte S</td>
<td>5S</td>
<td>Keana W, Lauren B</td>
</tr>
<tr>
<td>6M</td>
<td>Milly K, Max S</td>
<td>6W</td>
<td>Liam M, Ryan W</td>
</tr>
<tr>
<td>3-6S</td>
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Principal’s Awards: Angelica K (3R), Joseph H (3W)
Community Award:
Special Award from Mrs Lhuede: Anthony C, Ezekiel G

Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Mon 17/11</td>
<td>Jackie D, Karen W, Lisa T, Karen B</td>
</tr>
<tr>
<td>Thur 20/11</td>
<td>Karen C, Tatiana N, Patricia M, Kellie C</td>
</tr>
<tr>
<td>Fri 21/11</td>
<td>Vanessa B/Trish W, Lisa W, Belinda T, Mary T-C</td>
</tr>
</tbody>
</table>

New: We have a yummy new item on sale in the canteen from this Thursday. Freedom foods - rice bars. There are two delicious flavours - cocoa crunch and vanilla crunch. These bars are gluten, wheat and nut free and will cost $1.50 each.

Volunteer morning tea: A last minute reminder to any of our volunteers that haven’t returned their rsvp slips to please do so either to the canteen letterbox or front office asap.

If you would like to volunteer in the canteen next year 2015, once a month, once a year or even just a few hours please return your forms asap so that the term 1 roster can be completed by end of week 9 this term.

Help: Friday 5th December and Monday 8th Dec. If you are able to help on either of these days from 9.30-1.45pm or 11am-1.30pm please let Kay know asap. 0416 262 458

On-line ordering: Thank you to all those who have already taken the step and registered for on-line ordering. Please remember that there are two options for payment.

1. direct deposit- this can take up to 4-5 working days to be processed through the bank and front office before the canteen receives confirmation.
2. cash- this can be paid direct to the canteen on any canteen day and is an instant top up to your account.

We are hoping to have a third payment option available by next year and will advise once confirmed.

Please remember that until any money is in your account you will not be able to view the menu or place any orders.

Kay & Marie – Canteen Coordinators
Morning Kiss & Drop Zone Roster

Thank you to all the volunteers on our Kiss and Drop morning roster. If you are able to help, please contact Selina Nichols: 0416 157 198 or email nicholsselina@gmail.com.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>10 November</td>
<td>11 November</td>
<td>12 November</td>
<td>13 November</td>
<td>14 November</td>
</tr>
<tr>
<td>Lisa C</td>
<td>Lucy B</td>
<td>Linda M</td>
<td>Karen L</td>
<td>Lisa P</td>
</tr>
<tr>
<td>17 November</td>
<td>18 November</td>
<td>19 November</td>
<td>20 November</td>
<td>21 November</td>
</tr>
<tr>
<td>Selina N</td>
<td>Colette B</td>
<td>Eloise C</td>
<td>Shanna C</td>
<td>Kellie C</td>
</tr>
<tr>
<td>24 November</td>
<td>25 November</td>
<td>26 November</td>
<td>27 November</td>
<td>28 November</td>
</tr>
<tr>
<td>Anna R</td>
<td>Leonie S</td>
<td>Lisa D</td>
<td>Georgie C</td>
<td>Kylie D</td>
</tr>
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</table>

Uniform Shop News

Our last day of uniform shop for the year will be **Monday 8 December**. We will then be closed for stocktake and **will not** re-open until Term 1, 2015.

Veronika & Clare

Community Notices

**Netball Registration – Mona Vale Commodores 2015 Season**

Come and play NETBALL with your local club Mona Vale Commodores in 2015.

- Form a team now and register now for 2015.
- Don’t travel for training – we train at Mona Vale or Warriewood.
- Come on your own, come with a friend, or come as a full team. New players and teams welcome. All ages & abilities welcome.
- Register online NOW for early bird discounts at [www.monavalecommodores.com](http://www.monavalecommodores.com)
- OR register at Club Registration day Saturday 31 January 2015, 10am to 1pm at Pittwater RSL Club
- Enquiries Mona Vale Netball Club - [mvcom.registrar@yahoo.com.au](mailto:mvcom.registrar@yahoo.com.au)

NSW Government – Northern Sydney Local Health District

**Child and Adolescent Parenting Education – Term 4, 2014**

Mona Vale Laneway Night Markets

Laneway between Mona Vale Memorial Hall and the Library - 5pm to 9pm

Pittwater Council is hosting the Mona Vale laneway night markets on the following Friday evenings:

- 17 & 31 October
- 14 & 28 November

- Hot food stalls
- Live Music
- Come and relax and enjoy the ambience of the Friday night laneway markets

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


Kids OT

**Martial Methods**

Kids OT are very excited to be introducing Martial Methods at Sacred Heart Mona Vale. Martial Methods is a Group Motor Skills Program designed by an Occupational Therapist and Martial Arts specialists.

We are running classes on:

- **TUESDAY**: 3.00pm – 4.00pm
- **WEDNESDAY**: 3.00pm – 4.00pm
- **FIRST CLASS IS A FREE TRIAL!!!**

For more information and to book please call Kids OT - 02 9451 5735
Or email admin@kidsoft.com.au