Co Principals’ Message

Parent Teacher Interviews
Our parent teacher interviews will be held on Tuesday 22nd March 2pm-7pm and Wednesday 23rd March 2pm-7pm. Our interviews are held early in the year to set student goals and discuss your child’s learning with the teacher. All bookings are online and easy to do. A note was sent home today with your child on how to book and on Skoolbag App.

Bookings open on Friday 11th March at 8am
Bookings close Wednesday 16th March at 4pm

A copy of the note can be found in this newsletter.

Parent Helpers at Sylvania Heights PS
At Sylvania Heights we value community support. Thank you to the many parents, grandparents and community members who are currently volunteering at our school in a variety different roles. Please be reminded that a working with children form must be completed at the school office prior to commencement of volunteer work. We also ask that if you are working with students, confidentiality is of utmost importance. Student information cannot be discussed at any time.

National Young Leaders Day
Last week I had the privilege of taking our beautifully behaved prefect leaders to the National Young Leaders Day at AllPhones Arena, Homebush. The message of the day was to master the little things along the way to achieving your goals rather than just focusing on one big goal that may be overwhelming.

One of the guest speakers, Ben Austin a Paralympian swimmer, spoke about how he learnt to master swimming bit by bit with only one arm. This led to him participating in races with able bodied swimmers and then achieving his goal of a gold medal at the Paralympics. Police Commissioner Andrew Scipione also spoke and his golden messages were; choose good friends because they influence your life choices and bad things will happen in life, it is how you respond that is important.

New School Chaplain for Sylvania Heights PS
After a selection process and interview we now have a School Chaplain two days per week to support student wellbeing at Sylvania Heights PS. Mrs Rosemary Archer has a degree in social work and has been school chaplain at Gymea Bay PS. Mrs Archer will be supporting our students in the playground, running social skills workshops and using the “Bounce Back “ resilience program to support student abilities to recover from setbacks. We are very grateful to have been successful in our application for a school chaplain for the next three years. The main role of a school chaplain is to provide pastoral care and promote student wellbeing across the school. The P&C fully support the school chaplaincy program.
Year Five Camp
Our year five students are busily preparing for their two night stay at Berry Sport and Recreation camp next week. Camp is an opportunity for students to develop their independence and form close bonds with their peers. When students are asked about their most memorable moments at school their answer is always “camp”. We look forward to hearing about their adventures. A huge thank you to teachers attending camp for giving up their family time to support our students.

Mathletics, Reading Eggs and School Magazine
If you have not paid for these programs, could you please do so by the end of term. We do not want to disappoint your child or disadvantage your child. These resources are used in the classroom as a learning resource as well as at home and are already heavily discounted through school subsidies. The school cannot afford to continue these programs without full parent support. Outstanding invoices will go home shortly.

THANK YOU! Year 6 - 2015 Gift to the School
Our wonderful Year 6, 2015 raised more than $5000.00 last year for a school gift. We would like to thank them for being able to use these funds to purchase 15 new Ipads for classrooms. Additionally we were able to purchase stand up desks and stools for the Year 6 classrooms. Our current Year 6 are already planning ideas for this year. Well done!

Mrs Jacobs and Mrs Jenkins
Co Principals

Birthday Parties
If you are going to have a birthday party and are going to hand out invitations, could you please make sure it is done discreetly and away from other students not being invited or off school grounds. Perhaps an email or text is a better way to invite friends.

Managing School Refusal and Anxiety
Sylvania Heights invites you to attend a three week parenting course. Each week will introduce a new concept, with each week building on the last. Parents will work with SHPS staff and the school counsellor to explore the most effective ways to help counter school refusal, alleviate anxiety and build confidence in your children. Parents will be invited (no obligation) to share their experiences with the group.
When: Consecutive Wednesdays 9th, 16th and 23rd March (weeks, 7, 8 & 9)
Time: 5:30pm – 6:45pm
Where: SHPS Library
Who: Run by the School Counsellor/experienced psychologist—Andy Sexton and Executive staff.

Working together to:
• Build confidence
• Embrace change
• Develop independence
• Decrease anxiety

Year 1 Dance
information
Dear Year 1 Parents and Carers,
Due to large numbers of interested students, the Year 1 dance program is offered on a semester basis e.g. two terms at a time.
In Term 1 and 2, dance will be offered to 1L and 1W. In Term 3 and 4, dance will be offered to 1D and 1B.
If you have any questions, please feel free to contact me.
Thank you,

Miss Ray
Dance Coordinator
Sylvania Heights Public School
Harmony Day Monday 21st March 2016

Harmony Day is about bringing people together to celebrate Australia’s community harmony, participation and cultural diversity. It provides Australians with the opportunity to get to know each other by promoting our community’s success as a multicultural society, recommitting ourselves to respect, goodwill and understanding between all Australians of all backgrounds.

The key message of Harmony Day is “Everyone Belongs”. It is about community participation, inclusiveness, respect and a sense of belonging for everyone. It is a day for all Australians to embrace cultural diversity and to share what we have in common.

Harmony Day will provide our school with the opportunity to celebrate our cultural diversity and show that everyone belongs. Our school will celebrate Harmony Day on Monday 21st of March. On this day our students can come to school dressed in orange clothing and/or clothing that represents their cultural background. This can be as simple as wearing a traditional hat or as flamboyant as wearing the entire traditional costume!

On Harmony Day we ask that each child bring a gold coin donation to support our sponsored child, Jakiya from Bangladesh.

Throughout the day the children will be engaged in various games, activities, art, craft and stories that reflect the meaning of harmony, friendship and respect.

We would like to give the children a cupcake with orange icing for recess to celebrate Harmony Day. Please see your child’s teacher if you are able to make some cupcakes for your child’s class. We only need 1 or 2 parents per class to volunteer their culinary skills! Your help would be very much appreciated by the students and their teachers. If your child has an allergy could you please provide a suitable treat from home for them to enjoy.

Introducing Jakiya, her family and community in Bangladesh

Jakiya is a representative of her entire community in Zone 01.

Living conditions and access to basic services for Jakiya’s family and community:

- Jakiya’s family lives in a house made of corrugated metal with a corrugated metal roof.
- The family obtains water all year round from a domestic connection officially installed in the house backyard.
- Toilet: The family uses a shared latrine with neighbours and relatives.
- The nearest health facility is about 30 minutes away.

Meet Jakiya and her family

Full name: Jakiya
Date of birth: 9/4/2004
Gender: Female
Language: Bangla
Religion: Muslim
Education: Jakiya does not attend school because of economic problems. Plan tries to ensure that all children have access to educational opportunities.
Health: Jakiya has completed all basic vaccinations. According to the family, Jakiya has been healthy and not suffered from any serious illness.

Father: Sheikh, born in 1971, a trader
Mother: Shahida, born in 1979, a housewife
Sister: Sopna, born in 2008

Learn more

Looking forward to a very harmonious day!

Thank you for your support,
Mrs Kourtesis
(Harmony Day Coordinator)
Book School Interviews Online

Dear Parents,

Parent/Teacher interviews will be held from Thursday 17th March 2016. Classroom teachers will be available for interviews at various times during the week. Support teachers including Mrs Kneller (EaL/D), Mrs Lewis (EaL/D) and Mrs Lloyd (Support Teacher Learning Assistance) and Mrs Banks (Reading Recovery) will also be available at designated times. You can now book interviews at times that suit YOUR FAMILY BEST.

Go to www.schoolinterviews.com.au and follow these simple instructions. A link to this website is also available on the home page of the school website.

BOOKINGS OPEN Friday 11th March at 8am.
BOOKINGS CLOSE Wednesday 16th March at 4pm

Go to www.schoolinterviews.com.au
Enter THIS school event code. Then follow the 3 simple steps.

1. Enter your details
2. Choose teachers
3. Choose times

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

BOOKINGS OPEN THIS FRIDAY 11TH MARCH AT 8AM SO THAT ALL FAMILIES MAY BOOK AT THE SAME TIME.

Interviews are strictly 10 minutes. If you require more time, please contact your child’s teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Parents wishing to change their interview times after the closing date, should contact the school directly on 9522 0111.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
SKOOLBAG NOTIFICATIONS FOR ALL DANCE GROUPS

Dear Parents and Carers,

Please ensure you have downloaded the Sylvania Heights Public School “Skoolbag” app. Dance announcements will be sent regularly via the app throughout the year. Also, we now have our own dance notifications on Skoolbag, please read the following information on how to set the notifications up:

1. Go to the home page and press “more” on the bottom right.  
2. Press “setup push notifications”.

3. Swipe the “dance” option to the right so it is green it reads “on”.

Kind regards,
Miss Ray
Dance coordinator
Please drive safely around your School!

It has been reported that a number of parents are driving unsafely around our school. This includes dropping students off in no stopping zones and on crossings.

One parent and a child had a very near miss as a parent sped out of the staff car park. If you see unsafe driving around the school please pass the rego details to the office as Miranda Police are very supportive in following these up.

Thank you for ensuring all of our students are safe.

The Tell Them From Me student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours Monday 21 March – Thursday 7 April. Participating in the survey is entirely voluntary.

A consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the consent form to school by Friday 18 March. The FAQs and copies of the consent form, including translated consent forms, are available from the website above.

Mrs Hawkes
Tell Them From Me Survey Coordinator
Dear Parents and Carers,

Our Easter Hat Parade is a biannual event at SHPS and will be held on Thursday 24th March. The children will be making their own hat with their buddy class during school hours. They will need to bring various items from home to construct their Easter hat.

The children will need to bring their items to school in a bag clearly labelled with their name and hand it to their class teacher. **Items can be brought in from Tuesday 8th - Monday 14th March, so that the Easter hats can be constructed from Tuesday 15th March onwards prior to the Easter Hat Parade.**

Below is a list of suggested items that your child may like to bring to school for this activity:

*Hat or hat shell - felt, cardboard, plastic glitter hat (these are difficult to glue on but items can be stapled around the brim) etc.
*Ribbon
*Feathers
*Chicks
*Bunnies
*Cotton wool balls
*Glitter glue
*Sequins
*Eggs etc.....or anything else that you can think of to make their hat unique.

Please be mindful that the children will only be able to use glue, sticky-tape or a stapler to assemble their hat.

**The children can wear muffli on this day** and will surprise you with their amazing hat creations at the Easter Hat Parade on Thursday 24th March.

The Easter Hat Parade will commence at 2.15pm sharp under the COLA (basketball court).

In the event of rain the Easter Hat parade will be held in the Hall.

**The Easter Raffle prizes will be drawn during the Hat Parade.**

Thank you for your support,

Mrs Kourtesis
(Easter Parade Coordinator)
**Title:** Watery Leaf

**Artists:** 1L Collaborative class artwork from 2015

**Media:** Water colour and charcoal

*Watery Leaf* has recently been selected to be on display at the DEC Arncliffe Regional Office. Well done to all of the artists in 1L from 2015. An outstanding achievement that was well deserved.

**Description:** *Watery Leaf* reflects our natural local school environment. We went to our school playground and collected leaves. We chose an interesting leaf to use as inspiration for our artwork. 1L were inspired by the art of Judy Watson. Many hours were spent creating *Watery Leaf*. *Watery Leaf* represents a leaf that is found floating in a puddle of water after it has rained.

*Watery Leaf* was exhibited at the Koori Art Expressions visual arts exhibition at the National Maritime Museum from November 2015 to January 2016. The theme for the Koori Art Expressions exhibition was *We all Stand on Sacred Ground: Learn, Respect and Celebrate*. This artwork is now on display at the Aboriginal Support Team office at Arncliffe and will return to Sylvania Heights later in the year.

Mrs Lockwood

**P&C News**

Thank to everyone who attended our meeting last week, it was great to see a few new faces.

We had a visit to our P&C meeting from Mrs Fox and Mrs Hartman who presented their ideas for a *Sensory Play Garden* for the school. This outdoor garden would provide a variety of nature based play experiences and provide outside education opportunities. While still in it’s planning phase the P&C look forward to future updates and hope we will be able to support this great project for SHPS.

Our Easter Eggstravaganza is well underway and thank you if you have already donated eggs to your classroom.

Tuesday 22 March is Easter Egg Wrapping Day
Thursday 24 March is the Easter Raffle and children’s Easter Hat Parade

Rachel Palermo is the Coordinator for the Easter events and her contact details are - rchelpalermo@ozemail.com.au or 0419 482 046.

Raffle tickets will be available soon.

**Next P&C Event**

School Disco on Wednesday 6 April 2016. Jenny Nataly is the Coordinator and her contact details are 0410 460 504. Please text Jenny if you are able to volunteer on the night. A flyer will be sent home from school closer to the date.

**Where:** School Disco will be held in School Hall

**Time:**
- Infants K-2 5.00 - 6.30 pm
- Primary 3-6 7.00 - 8.30 pm

**Cost:** $5.00 at the door (includes a drink and packet of chips)

Our next P&C Meeting will be held in the school Library on Tuesday 5 April 2016 at 7.30 pm.
SYLVANIA HEIGHTS PUBLIC SCHOOL

EASTER EGG-STRAVAGANZA

Dear Parents,

Easter is a very exciting time of year for our students and the Sylvania Heights Easter Raffle is always a big event in our school calendar!

You can win one of our amazing Easter gift baskets and help to support our school by purchasing raffle tickets. All money raised will be put towards maintaining our air conditioners as well as other learning programs and facilities for our children at SHPS.

Please find enclosed 6 raffle tickets—$1.00 each or 3 for $2.00.

Please complete first name/surname and child’s class on the ticket stubs and place them in the envelope provided with your money and return to the P&C silver box located inside the Office by Tuesday 22nd March 2016.

For those wanting to purchase additional tickets, they will be sold from Wednesday 16th March – Tuesday 22nd March before school from 9:00-9:30am outside the Canteen.

The raffle draw will take place under the COLA at 2:30pm on Thursday 24th March.

Your support of our fundraising events is always greatly appreciated.

Thank You!
P&C Committee
‘Doing it for the Kids’
Where do I find notes for my child?
Notes can be found on the school website under your child’s grade. Click on this link [Notes].

House Group
Your child’s house group can be view by clicking on this [link].

Congratulations to the following students who were nominated for a Gold Award at assembly

Charlie M - 1D  
Zackary C - 2C  
Eligh T - 2H  
Ian L - 3B  
Marcus R - 4S  
Cody S - 6B  
Kai S - 1W  
Ben S - 2H  
Marko S - 3P  
Kyra M - 3P  
James G - 5/6S  
Tyler W - 6B

Dates for the Diary

Wednesday 9th March
Managing School Refusal and Anxiety Course  
Part 1 - 5.30pm-6.45pm in School Library

Thursday 10th March
Year 1 and 2 Gymnastic make up lessons  
High School Selective Testing

Friday 11th March
On line parent/teacher interview bookings open 8am

Monday 14th March
Year 5 Berry Sport and Recreation Camp

Tuesday 15th March
Area Swimming at Homebush  
Year 5 Camp away

Wednesday 16th March
Kindergarten 2016 Open Morning - 9.45am in child’s class - 10.30am-11am in Hall  
Year 5 Camp return  
Managing School Refusal and Anxiety Course  
Part 2 - 5.30pm-6.45pm in School Library  
On line parent/teacher interview bookings close 4pm

Monday 21st March
Harmony Day - Wear orange - gold coin donation will be much appreciated  
P & C Easter Wrap Party

Tuesday 22nd March
Parent/teacher interviews - 2pm-7pm

Wednesday 23rd March
Parent/teacher interviews - 2pm-7pm  
Managing School Refusal and Anxiety Course  
Part 3

Thursday 24th March
Easter Hat Parade  
Easter Egg Drop  
Easter Raffle

to Lochi M and Jacinta L who were selected to represent NSW in Oztag.

What a great achievement!!

Well done!!
10 Reasons to Send Your Child to Camp

School camp is a wonderful experience for children and one that they’ll look back on with many fond memories and personal recollections.

For some parents, the first camp experience with a child is the rush and excitement of the early morning drop off, and the promise of longer sleep-ins with no school pickups or drop offs for a few days. Watching your child eagerly await the camp coach to pull up, ready to learn and discover new things and standing tentatively with a fully packed camping bag and a pillow under an arm brings back memories of your own camp experience, perhaps it was the poseum breaking into tents, the scary camp fire ghost stories or the never ending roster of who is on dish duty and when.

It’s only natural for some children to be a tad nervous when embarking on the camp experience for the very first time. For many kids, it is their first big trip away from home in an unfamiliar setting and without their support network or creature comforts.

Parents can support their children in a number of ways to help ease their worries and concerns and encourage them towards having an adventurous and fruitful camp experience.

If your child is going to camp for the first time think about all of the incredible benefits that they’ll gain and remember to talk to them about your own camp experience. Many children can come back with more life skills and have a newfound sense of confidence and resilience. Children don’t want to miss out on being with their peers and experiencing the inner satisfaction of tackling their fears head on and developing their own independence.

There are so many reasons to send your child to camp and it’s a good journey for a parent too, to be able to trust and let go, knowing that your child is in a structured environment and under the best possible care.

If you’re on the fence about school camp consider these ten reasons to give your child the opportunity to experience camp.

1. MEMORIES ARE MADE AT CAMP
   Magical memories, that don’t involve mum or dad. Experiences away from home builds confidence in kids and an independent spirit.

2. TIME AWAY IS TIME TO THRIVE
   Kids flourish in a camp environment. Away from parents and the pressures of school, they grow in self-reliance, respect and responsibility. They get to make decisions for themselves, without the guidance of parents or teachers, and develop their identity.

3. FOSTERING SPUNK IN KIDS SINCE FOREVER
   Fortitude, grit, backbone... whatever you want to call it, kids get this in bucket loads at camp. They get to step outside of their comfort zone, try new things and see that even with setbacks, they will eventually succeed.

4. TECHNOLOGY DETOX
   Camp gets kids more active and social. By unplugging technology, kids interact more with their environment and engage in creative thinking. They eat and sleep better and have greater focus. It’s green time, not screen time and its something that camp does well.

5. RECONNECTING WITH NATURE
   Studies show being in nature boosts concentration, aids creative play and improves health and wellbeing. It can even reduce stress. Daily exposure to the green outdoors also nurtures naturally brighter children too. That’s a win-win in any parents’ books.

6. BEST FRIENDS ARE MADE AT CAMP
   For kids, the chance to play with other kids is one of the best things about camp. Along the way, they also cultivate emotional and social skills that build character and bolster confidence and self-esteem. Some kids even make for life.

7. JUST LIKE RIDING A BIKE
   With so many activities on offer, camp gives kids the chance to try a variety of activities and discover what they like to do. It’s also the perfect environment to learn and develop skills that will stay with them for life.

8. IF AT FIRST YOU DON’T SUCCEED
   With every new experience and activity, kids at camp learn that success comes from determination and persistence. And this builds confidence that stays with them in the classroom, on the sports field and throughout life.

9. ACTIVE, ALL DAY LONG
   It’s all go, go, go at camp. From sun up to sun down, kids can take part in an endless number of activities and games that get them off the couch and outdoors being active.

10. UNSTRUCTURED PLAY
    When kids play, they get to tap into their creativity. They learn to relax and how to handle stress and conflict. It’s empowering and a great self-teacher.

Camp delivers so many direct and indirect benefits that parents who are at first reluctant, often become its biggest advocate. Seeing kids return from camp, full of vim and vigour and that little bit more grown up is a heartening thing for a parent. Knowing that some kids will cherish these memories for life? Priceless.

Sport and Recreation hold a range of school holiday kids' camps in unique centres throughout NSW. Find out more about the school camps offered at Sport and Recreation or call 13 13 02.

Did you know Sport and Recreation also offer kids' camps in the school holidays? Check out their upcoming dates.
School Supporters

‘Friends of Sylvania Heights’ School Supporters for 2016

Sylvania Heights Physiotherapy
& sports injury clinic

We have online bookings!

Now you can see what is available for the next day before we open or book an appointment for yourself when you have time late at night.

Go onto our website:
www.sylvaniaheightsphysio.com.au

- Click the blue button in the top left corner

Online Bookings

- Choose your practitioner, your preferred timeslot and follow the instructions to make your booking

You should receive a confirmation email.

Or please call 9522 9895

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Kids Karate at Sylvania Heights PS

ENROLLING NOW
New students start on Tue 9th Feb

Tuesday Afternoons
3:30pm, 4:15pm & 5:00pm
in the shack
$12 per class for beginners boys & girls 5 - 12 years old

How to enroll?
- by phone
- in person
on your first day before class

Like your child to try it out for free?
Register for a Free Trial Class
at keymartialarts.com.au

1300 304 532 fb.com/keymartialarts.au

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George's
RUSTIC CAFE & TAKEAWAY

Opening Hours: Tues - Fri 6.30am–6.30pm Sat & Sun 7am–5pm

210 Princes Highway Sylvania Ph: 9544 9544
Friends of Sylvania Heights School Supporters

Sylvania Heights Public School P & C Association acknowledges the generous support of the Friends of Sylvania Heights supporters for 2016:

McGrath
12 Murrumbidgee Ave
Sylvania Waters
9532 7000
Donna Ettichels
0414 653 719

George's Rustic Cafe & Takeaway
219 Princes Highway Sylvania
Ph 9544 9544

Vision Personal Training
www.visionpt.com.au
Sylvania 9522 3344

Elders
234 Princes Hwy, Sylvania
9522 6999

Key Martial Arts

ABC Butcher
5/202 Box Rd Sylvania
Phone 9544 7769

Lucy's Espresso

Poseidon's Harvest
Retail & Wholesale of Quality Seafood Products

Andrew Bloom Sanders Property Agents

Baker's Delight Southgate

Bali Karma
Zealous Hair Engadine

coloured matter quality printing
Volunteer Mentors Wanted in 2016!

The Youth Frontiers Mentoring Program is an initiative of the NSW State Government. Program objectives are to increase youth volunteering and community involvement by engaging young people in completion of Civic Projects of their design and choice with the support of their mentor.

Student Project Categories:
- Environment and Conservation
- Community Harmony
- Empowering Young Women
- Centenary of ANZAC
- Sporting Engagement
- Youth Mental Health

Mentor requirements.....
- Attend initial 4 hour training session
- 6 month commitment to the Program from May 2016 to October 2016
- Complete a Working with Children Check
- 10 hours face to face mentoring (1-2 hours weekly/fortnightly – close to home or work)
- Attend local project presentation and closing celebration event at the end of the year

Mentor Benefits...
- Give Back to your community
- Build your capacity and leadership skills
- Intrinsic satisfaction

A bit about the students.....
- Year 8 or 9
- Boys & Girls who have self nominated or have been chosen by the school to participate
- Students come from Government and Catholic Schools

Areas Mentors Required....
- Coogee, Cronulla, Heathcote, Kogarah, Maroubra, Miranda, Oatley, Rockdale, Vaucluse, Holsworthy, Heffron

Next FREE Mentor Training Date:
WHEN: Tuesday April 5th, 2016
WHERE: Brighton Meeting Room
36-42 Princess Street, Brighton Le Sands
(above Coles Supermarket)
TIME: 5:45PM-10:00PM-Catering provided
PLACES ARE FILLING FAST, REGISTER NOW!
http://tinyurl.com/5Apr16YFTraining
or CLICK HERE or for info contact Suzi on 9521 0500 or suzi.field@ssben.com.au

Calvary Health Care Kogarah:
GOLDEN JUBILEE PHOTO COMPETITION

$150 Westfield Gift Voucher for each category winner and each winning photo will be printed on a canvas and displayed within Calvary Health Care Kogarah.

Enter and help us celebrate 50 years of health care within our local community.

CATEGORIES 1 - 3
For people who live in the area, or attend school in the area, of Hurstville, Kogarah, Rockdale, Sutherland Local Government Areas.
1. Primary School Students
2. High School Students
3. Adult Amateur

CATEGORIES 4 - 5
For people who live anywhere, and are:
1. Current Calvary Kogarah Staff and Volunteers
2. Amateur and Professional Photographers

HOW TO ENTER
Email: goldenjubilee@calvarycare.org.au
With:
- photograph
- name
- date of birth
- email address
- contact phone number
- details of where the picture was taken
For school students please also include:
Name of the school you attend, a parent's name and contact details.
For more information: Peggy Yorkeeva (02) 9533 8549

Closing Date: Monday Friday 1st April 2016

Grandparents Support Group

For grandparents who are parenting their grandchildren.
Meeting: We have guest speakers on relevant topics.
Time: 10am—12pm
Where: Stapleton Avenue Community Centre
3A Stapleton Avenue
Sutherland
Come along to meet and receive support from workers and other grandparents.

For more information contact:
ORANA HUB CENTRAL
3A Stapleton Av Sutherland
Phone: 9521 8280
www.oranainc.org

sylvaniaheightspns.nsw.edu.au
### Community Information

#### Building Bridges

When parents separate, they often live in two homes and kids need to find a way to build their own bridge between their parents’ homes.

**Building Bridges** is a free two-hour workshop for children to discuss how bridges connect families that are living in two separate places.

**Children will learn:**
- to understand feelings about parental separation and conflict
- about changes in families following separation
- how to feel safe in the family
- to become emotionally stronger and more resilient

**For Children aged between 8 and 12 years**

**Venue:** Caringbah Interrelate or we will come to your venue.

$15 per child not negotiable

**Address:** 383-385 Port Hacking Rd Caringbah

**Bookings Essential – Phone** 8522 4408

#### Seasons for Growth

This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

**Children will learn:**
- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resilience
- how to plan for a realistic and hope-filled future

**Monday, 4:00pm – 5:00pm**

- 2 May, 9 May, 16 May, 23 May, 30 May

**Cost:** $50 per child

**Venue:** Caringbah Interrelate

**Address:** 383-385 Port Hacking Rd Caringbah

**Bookings Essential – Phone** 8522 4408

[Note: This program is developed by Good Grief and facilitated by Interrelate]

#### Parents Not Partners

This six-session program is for separated parents in conflict over their children – where they should live, how much time they should spend with each parent, what school they should attend, or anything else concerning the children.

**Parents who are separated will learn:**
- about the effects on children of the ongoing parental conflict
- how to shift focus from the conflict with the other parent to child’s needs
- skills to reduce conflict
- about parenting after separation
- how to transform the relationship with the other parent into a business-like partnership
- to better understand the emotional needs of each child in the family

**Mondays, 6:30pm to 9:00pm**

- 23 May | 30 May | 6 Jun | 14 Jun
- 20 Jun | 27 Jun 2016

**Cost:** $150

**Venue:** Caringbah Interrelate

**Address:** 383-385 Port Hacking Road

**Carinnbah**

**Bookings Essential – Phone** 8522 4408

#### Relating as Stepfamilies

This three-session program assists couples to manage the demands of life as a stepfamily.

**It will assist parents to:**
- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

**Monday, 6:30 pm to 9:00pm**

- 23 May | 30 May | 6 June

**Cost:** $75 per couple

**Venue:** Caringbah Interrelate

**Address:** 383 – 385 Port Hacking Rd, Caringbah

**Bookings Essential – Phone** 8522 4408
Community Information

Join our Easter Family Night

FREE

BUNNINGS KIRRAWEE

Thursday 17th March  6pm – 8pm

Bring the Family along for a great night of fun!

- Jumping castle
- Easter craft
- Face painting
- Petting zoo - sheep & goats to hand feed, lambs to bottle feed;
calves, piglets, ducks, rabbits & chicks to pat and hold
- Sheep shearing & whip cracking demonstrations
- Hot dogs, snow cones & fairy floss
- A visit from the Easter Bunny!

Book by calling 8536 0600, online at www.bunnings.com.au/kirrawee,
or at our service desk.

TAEKWONDO

Taekwondo is a form of self defence using bare hands and feet. It is suitable for girls and boys over 5 years old.

It is a great way for children to develop their coordination as well as learn discipline and self-confidence.

Grand Master Kwak has the highest black belt (9°Dan) in Australia and has over sixty years of teaching experience. He has classes at Sylvania Heights Public School on Fridays 4pm. New members are welcome for a trial.

For enquiries please call (02) 9524-9560 / 0410 682 171

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