PRINCIPAL’S REPORT
Dear Parents and Friends,

I wish you all a happy and safe holiday break. It has been a short term for us but we still managed to fit in a whole host of activities. For those families leaving us we wish you the best wherever you are. Next term we also welcome quite a few new students. I know they will receive a warm Ironbark Ridge welcome.

Reports
Reports went out Friday afternoon. Just a reminder that English is not split into three areas due to the change in syllabus. Decisions are still to be made at Departmental level as to the reporting of English.

I want to commend the hard work of all our students. I have watched their growth over the past semester and some students have really blossomed. We have such high expectations of our children and sometimes we need to remember they are just children. That said, please celebrate your child’s gains, both big and small, and help to grow that love of learning we encourage.

Star Awards and Awards of Excellence
It was a pleasure to meet with parents and family members for our “Awards of Excellence” morning tea. It is always a very special time where we again celebrate the hard work of our students. We are certainly very proud of them all. Well done!

Danceathon
We have raised over $12 000 for our Danceathon. I have ordered a further set of iPads enabling us to start moving small sets into some classrooms on a permanent basis next term. Thank you all for your amazing support. Prizes were given out to several students today and I know several classes are looking forward to pizzas and ice blocks.

Invoices for Music Term2
Unfortunately the Term 2 invoices have not gone home as yet. They will be sent home the first week of next term with a Term 3 invoice following shortly afterwards. I apologise for any inconvenience caused.
Staffing
There will be some staffing changes next term. Unfortunately we have just been informed that our SAM Mrs Therese Fox will continue her secondment but in a higher position. We were looking forward to having Therese back on board but she is now unlikely to return this year. I would like to thank Allison Batten for relieving as SAM this term, in what has been quite difficult circumstances. She has agreed to continue in the position in Therese’s absence. Also thanks to Michelle and Lisa who worked in the office for the duration and also all our regular office staff, making sure everything ran as smoothly as possible. We will now see if we can continue this arrangement through until the end of the year.
I would like to congratulate Alison Carter who was the successful applicant for our teacher position. Alison will remain on 3 Copenhagen for the remainder of the year. Welcome to Ironbark Ridge as a permanent staff member Alison.
Mrs Nicole Cameron will be returning to us, working Thursdays and Fridays on Kindy Dublin. We are fortunate that Ms Emily Glendenning has agreed to remain on Kindy Dublin for the other 3 days. Thank you to the panel for all their hard work.
We have a new General Assistant commencing on the first day of school, Mr Warwick Tape. We welcome him to Ironbark Ridge. Sadly this means Paul will be leaving us at the end of the holidays. Thank you Paul for all your hard work, you will be missed!

Camp
Our camps have been amazing – or awesome as the students tell me. It has been a great experience for both our Stage 2 and Stage 3 children. Thanks to all who made it possible.

My section of this newsletter is rather short this week as I am writing sitting amidst empty boxes that need filling so the admin block can be carpeted in the holidays. Again, a happy and safe break for all our students and their parents. See you in Term 3 for another amazing term!

Have a great holiday,

Anne Forbes
Principal

DEPUTY PRINCIPAL’S REPORT

End of term…
Although this term has been a shorter than usual one I feel that we have packed in the usual huge amount of events and activities. Teachers have as usual dedicated huge amounts of extra time and energy to proving you with reports on your child’s academic progress so far this year – a good reflection of our focus on lifelong learning here at Ironbark Ridge.

Thank you also to you - all of our wonderful community - for the support and encouragement you give to all of our students as they walk along their learning journey. It’s not always easy going. It is always, however, an amazing privilege for us (as teachers, parents, carers…) to be a part of these journeys as our students achieve goals and grow in their independence.

Public Speaking Excellence
Our annual public speaking competition was completed several weeks ago, and our four representative speakers then travelled last week to Rouse Hill PS to compete against the best-of-the-best from other local schools. Once again the strength of our school shone through with standout performances from all four students. In the junior (Stage 2) competition both of our reps, Finn and Amithi were awarded with ‘Highly Commended’ certificates – essentially a runner-up placing. In the Stage 3 competition Ashley was awarded ‘Highly Commended’ and Shalini was extremely close to winning too. An amazing job by all four speakers!
Award of Excellence morning Tea
This week we are holding our special congratulations morning tea for recipients of our school’s ‘Award of Excellence’. These students have earned three Star Awards (or perhaps even six… or seven in seven years!!!). The ‘Award of Excellence’ is a badge to be worn proudly on your uniform every day you can until you finish at Ironbark Ridge and graduate from Year 6 – a truly outstanding achievement.

Stage 3 Camp
Needless to say our Year 5 and Year 6 students had a fantastic time this week at camp on Milson Island on the Hawkesbury River.

Dates
A Term planner for Term 3 will be released late in the holidays and dates will be put into the school website interactive calendar and can be then accessed through the school app.

Have a relaxing break with your families and stay safe,

Nick Thomson
Deputy Principal

Ridgy Didge Awards

WEEK 9 Term 2

PRINCIPAL

K DUBLIN Meer, Ibrahim, Molly, Olivia
K TORONTO Sirayya, Brian, Giselle, Molly
1 CAIRO Grace, Jeanette, Jordan, Jesse, Dev
1 PARIS Harrison, Angelina, Katherine, Alex
2 MAUI Elli, Richard, Alannah, Nicola, Donny, Daniel
3 ST PETERSBURG Sara, Summer, Kushal, Hayden, Alicia
4 WASHINGTON Tristan, Dakota, Jay, Evan, Mackenzie

CHINESE 5/6 Dubai

KINDY CAPERS
Wow, how time flies. It’s hard to believe that the holidays have crept up so quickly once again. During busy holidays it is difficult to find twenty minutes to practise reading and writing but never fear, where there is a will there is a way. Research suggests that reading and writing environmental print can help early readers and writers embed what they already know. On roadsides, in coffee shops, shopping centres and in junk mail, magazines and newspapers there is a plethora of text for young readers and writers to practise their skills. Headlines may be cut up and reassembled. Sentences, letters and words may be read and when it comes to writing, doing ‘Fancy Letters’ is an old favourite for practising words and letters. Simply choose words or letters from signs, pamphlets and menus and get your children to reproduce them with flair.
Slip a few pieces of scrap paper and some wind up crayons into your bags and backpacks. Beautifully decorated, laminated words about interesting places you have been will be valued additions to albums and scrap books and make great novelty pieces to hand over to your children at 18th Birthdays.

Whilst on holidays be sure to remind children about safe road crossing, seatbelt and helmet wearing when doing anything on wheels. If your child hasn’t already brought a paint shirt along to class please send one to keep uniforms clean and tidy. It would be greatly appreciated if each child could bring along 2 large Bostick glue sticks when Term 3 commences. Many thanks to all the Mums and Dads that have given up their time to support classroom, canteen, banking and uniform programs. Please continue to always sign in and out at the office when you visit the school between 9am and 3pm. Have a safe and happy holiday and celebrate all the great accomplishments in Kindy reports. Please note that in Kindergarten reports comments document academic achievement but grades ONLY reflect effort.

The Early Stage 1 Team

STAGE 1 SNIPPETS
This term has absolutely flown! It is hard to believe that we are already half way through the year. Although this has been a short term, it has been busy. Stage one have studied a variety of Asian countries as part of their HSIE unit. On Thursday students were given a passport and travelled through Asia, experiencing the cultures and traditions associated with the county studied in each classroom. It was wonderful to see how amazing the classrooms looked and how much knowledge the students were able to demonstrate.

Be Skilled, Be Fit has now finished. We have some truly great athletes who were able to clear 95 cm on the High Jump - such a great effort. It will be wonderful to see these skills during the Athletics Carnival next term. We wish you all a safe and happy holiday. Please keep up the reading through Bug club and home readers. Remember the difference 20 minutes a day can make in the long term.

The Stage 1 Team

Premier’s Reading Challenge

A reminder for those students in Years 3-6 completing the Premier’s Reading Challenge your reading logs need to be completed online by the 22 August. The holidays will be a great chance to try and finish the challenge.

Mrs Bryce and Mrs Carter

PSSA SPORT: TERM 2

STUDENTS PARTICIPATING IN PSSA TEAMS (EXCEPT NETBALL) ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS IN TERMS 2 & 3 AT 8.45AM FOR AN 8.50AM SHARP DEPARTURE. IF STUDENTS DO NOT ARRIVE ON TIME THE BUS WILL NOT WAIT AND YOUR CHILD WILL NOT BE PARTICIPATING IN PSSA ON THAT FRIDAY.

WEEK 9 27th June 2014

NO PSSA
ADMINISTRATION NEWS:
Just a reminder to all parents that we are now processing EFTPOS payments. We cannot process EFTPOS payments after 1.00pm. All monies should be put in an envelope in the green box at the office each morning on arrival at school. No monies are to go to the classroom teacher.

ENROLMENTS FOR 2015
We are now accepting local enrolments for 2015 and applications for non-local sibling enrolments.

IRONBARK RIDGE PS
SHOPPING TOUR FUNDRAISER

P&C NEWS

Have a great school holidays
I would like to thank Paul, our General Assistant, for all his wonderful help and support during his time with us at Ironbark. I wish him well in his job hunting and want him to know just how much everyone on the P&C has appreciated his support and assistance over the years.

Need new school shoes yet? The holidays are a popular time to be buying new school shoes, so don’t forget that IPRS P&C earn $5 for every pair of shoes purchased through The Athletes Foot at Rouse Hill and Blacktown.

Going to the movies these holidays? The movies are a great way to spend the holidays, and if you take a Readings Cinema token (see below) with you to earn points for Ironbark to claim rewards. Go as many times as you want ;)}
FUNDRAISING

TERM 3 Volunteers Needed

VOLUNTEERS NEEDED TO ENSURE WE CAN DELIVER THE BEST RELIABLE SERVICE TO YOUR KIDS EVERY WEEK ... BOOK TODAY!

Go to www.CareBookings.com.au and enter CODE: YJP98

STUDENT BANKING

STUDENT BANKING will recommence in term 3

Contact studentbanking@irpspc.com for details
COMMUNITY NOTICES:

AUSTRALIA’S #1 NON COMPETITIVE SOCCER PROGRAM

About Grasshopper Soccer
Grasshopper Soccer is a fun-filled, non-competitive and child focused soccer group that has been operating throughout Australia since 1990.

We offer soccer programs for boys and girls aged 2-12 years that are suitable for all skill levels. The soccer programs offered run for 8 weeks on Tuesday & Wednesday afternoons and Weekend mornings. We run four sessions a year (in line with the school terms).

The programs offered by Grasshopper Soccer provide your child the valuable opportunity to develop existing, and learn new skills, have lots of fun and make new friends.

TERM 3 PROGRAM 2014 - 8 WEEKS

Real Soccer Fun for boys and girls aged 2 to 12 years old

Mite-E Soccer (2-3yo)
A great introduction to Soccer! Children work with their parents to learn new soccer skills; develop their motor skills; Lots of fun games in a non-competitive environment.
35 minute classes
$100 for 8 weeks

Pint Size Soccer (4-5yo)
Children take their first kicks in soccer! They’ll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to the Pint Size 1v1 Big Game!
50 minute class
$125 for 8 weeks

Intro to Micro (5-6yo)
Mini Micro (6-8yo)
The ultimate challenge for young soccer players! They’ll learn the rules of the Grasshopper Soccer Big Game and develop their skills of passing, dribbling, shooting and more...
Intro - 60 mins $135 for 8 weeks
Micro - 75 mins $145 for 8 weeks

Micro Plus (8-12yo)
This program focuses on skill development and teamwork in preparation for club soccer.
Children will enjoy all their favourite soccer based games fine tune their skills as well as play the Grasshopper Soccer Big Game!
75 minute class
$145 inc shin pads for 8 weeks

Venue Information:

Castle Hill - Castle Hill High School, (Castle Street) Sat AM
Kellyville - Bernie Mulane Sports Complex (Marcella Avenue) Sun AM
Parramatta - Parramatta Park (Queens Rd Gate, Westmead Side) Sun AM
Baulkham Hills - Masonic Fields (Seven Hills Rd, Opposite Jasper Rd School) Tues PM
Dural - Dural Public School (622 Old North Shore Rd Dural) Wed PM
Rouse Hill - Rouse Hill High School (105 Withers Road) Sat AM

www.grasshoppersoccer.com.au
ENROLMENT FORM - TERM 3 2014

Child’s Name: ___________________________ DOB: ____________ AGE: _________

Special Needs: ___________________________ Parents Name: ___________________________

Address: ____________________________________________

Suburb: ____________________________ P/Code: __________

Phone: ____________________________ Mobile: ____________________________

Email: ____________________________

School: ____________________________

CENTRE (please tick)
- CASTLE HILL (Castle Hill High School, Castle Street) - SAT AM
- ROUSE HILL (Rouse Hill High School 105 Withers Road—SAT AM
- PARRAMATTA (Parramatta Park, Coleman Oval, Queens Rd Gate) - SUN AM
- KELLYVILLE (Bernio Multan Sports Complex, Marella Ave) - SUN AM
- Baulkham Hills (Masonic Fields, Seven Hills Rd) - TUE PM
- DURAL (Dural Public School, 622 Old Northern Road Dural) - WED PM

PROGRAM (please tick)
- Mite E
- Pint Size
- Intro To Micro
- Micro
- Micro Plus
- After School (2-3yo) (4-5yo) (5-6yo) (6-8yo) (8-12yo)

Term 3, 2014 Information: Term Starts Tues 22nd / Wed 23rd / Sat 26th / Sun 27th July 2014

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<thead>
<tr>
<th>Centre</th>
<th>Mite-E</th>
<th>Pint Size</th>
<th>Intro To Micro</th>
<th>Micro</th>
<th>Micro Plus</th>
<th>After School</th>
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<tr>
<td>Castle Hill - Sat</td>
<td>1.30-0.05pm</td>
<td>0.05-0.55pm</td>
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<td>0.05-10.20pm</td>
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<tr>
<td>Rouse Hill - Sat</td>
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<td>Kellyville - Sun</td>
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<td>Parramatta - Jun</td>
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<tr>
<td>Baulkham Hills - Tue</td>
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<td>Dural Public School - Wed</td>
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<td>4.00-5.00pm</td>
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Price
- Mite E: $100
- Pint Size: $125
- Intro To Micro: $135
- Micro: $145
- Micro Plus: $145
- After School: $100.00

PAYMENT OPTIONS: CASH, CHEQUE OR CREDIT CARD

Credit Card Payment (Please Circle) Visa / Master Card (Grasshopper Soccer has a NO REFUND Policy)

Credit Card Number ___________ / ___________ / ___________ / ___________ Exp Date: ___________ / ___________ $______

ADD Grasshopper Soccer Shirt and Shorts (Enrolment Special $40 - Save $5) $______

ADD Grasshopper Soccer Shirt, Shorts, Socks and Hat (Uniform Pack $55 - Save $12) $______

TOTAL $______

Parent/Guardian Consent: I hereby authorize Grasshopper Soccer to act on my behalf should my child require medical attention, and release Grasshopper Soccer from any liability for injury incurred by my child at Grasshopper Soccer programs.

Name on credit card: ____________________________ Parent/Guardian Signature: ____________________________

Find us @ www.grasshoppersoccer.com.au or on Facebook: Grasshopper Soccer Hills North West's page for wet weather info and more.
parkwaydiner
Licensed café
&
Event Caterer

Open 6 days
Friday & Saturday till late
Catering enquiries and bookings
Shop 7 Beaumont Hills Shopping Centre
Contact us 8824 9572
www.parkwaydiner.com.au

Softball
Registration

Bantam (13-15 yr)
Teooball (6-10 yrs)
Junior (11-15 yrs)
Youth (16-18 yrs)
Senior (3+)

Register in person
12 July @ Glenwood shops
19 July @ Stanhope shops
2 August @ Rouse Hill Town Centre
or online via website

GLENWOOD,
KELLYVILLE, THE
PONDS, STANHOPE,
ROUSE HILL

www.cruisers.softball.org.au
Wesley Family Centre - The Hills

Family Support Work (children 0-12 yrs) with professional, qualified Family Workers and Parenting Coaches. We can assist you if you have a child aged 0 – 12 years old, as an individual, couple, family, carer, playgroup, pre-school, primary school or community group to raise healthy happy children. Together we explore the strengths and skills you have within your family by identifying any changes or improvements you would like to make, as well as setting goals and/or locating specialist services as required.

Family Support Work (Youth 13-18yrs) for parents and carers of young people who are facing a range of barriers that are affecting their relationships, education, health and wellbeing.

Our Family Worker support provides assistance through individual Family Support, Parenting workshops, and flexible group work programs for young people.

Community Development providing families with children from birth to 8 years opportunities to connect to their community, increase their social networks with other local parents and participate in activities that assist parents to be effectively involved in their children’s early development and learning through fun play based activities.

Multicultural Women’s Support Group in a relaxed, friendly, fun environment, providing Multicultural women with children from birth to 12 years opportunities to increase their relationships with other local women, participate in engaging programs that can assist with your child’s education and development and help you to learn more about other support services in your local community.

Financial Counselling Services providing free independent and confidential face-to-face counselling. Our professional financial counsellors can help you if you are in financial difficulty or would like to manage your money more effectively. They can provide short-term crisis management and long-term prevention strategies.

Expressive Therapy Service offers mental wellbeing to children and young people aged between 5 - 15 years old, who are seeking help for emotional support and growth in their lives. It is an individual and/or group therapeutic counselling program delivered by an experienced Art Therapy practitioner of 15 years. The service provides young people with the tools and support they need to gain the confidence to overcome crisis in their lives.

Suburbs That We Service

| Annangrove | Middle Dural | Norwest |
| Baulkham Hills | Glenhaven | North Rocks |
| Beaumont Hills | Glenwood | Northmead |
| Bella Vista | Kellyville | Oaklands |
| Box Hill | Kellyville Ridge | Parklea |
| Carlingford | Kenthurst | Rouse Hill |
| Castle Hill | Maraylya | The Ponds |
| Dural | Nelson | West Pennant Hills |
Triple P (for parents with children 0-12 yrs)

There is no such thing as 'one size fits all' when it comes to parenting. Kids don't come with an instruction manual. The Positive Parenting Program can assist you with a specific problem, or provide tips on parenting and help with understanding your child's behaviour and emotions in relation to their development. The program gives you the tools to encourage behaviour you like from your child, teach your child new skills and behaviours and deal positively and consistently with problem behaviours.

Date: Wednesday, 30 July - 27 August 2014 (5 weeks)
Cost: $30.00 single, $45.00 couple
Time: 8:30am - 11:30am
Location: Wesley Uniting Church, 32 Showground Road, Castle Hill

Registrations for this group are essential. Limited Childcare is available for this group, must be pre-booked. For more information or to register contact: Kamalini at Wesley Family Centre – The Hills 8805 7288

PLAYING & LEARNING TO SOCIALISE (children and parents attend)

For children aged between 3 yrs to 5yrs and their parents

Playing & Learning to Socialise is a great introduction for school readiness with the children aged 3-5 years getting to practice bringing a bag and their lunch each week, being on time, separating from mum or dad and learning to make new friends. Stories, songs and role-play activities are focused on supporting your child through teaching them constructive ways to solve problems that arise in social situations.

This program aims to increase children’s personal qualities and provide parents with the tools to continue to build positive relationships and interactions with their children.

While children are attending ‘Playing & Learning to Socialise’ parents will be attending “123 Magic & Emotion Coaching” a 6 week program for parents that aims to teach effective and well researched ways to manage difficult behaviours in children aged 3-12 years.

“123 Magic & Emotion Coaching”
Each session will teach you key ideas about children’s abilities, the common problems that parents face, and some ways to help you make parenting as enjoyable as possible.

Each session, parents and carers are resourced to develop the following:
Develop skills in identifying and managing self-care and stress management associated with parenting, Self-esteem for you and your child.

Learn more about how to access professional Family Support assistance around parenting if required.

Date: Thursday, 31st July - 4th September 2014 (6 weeks)
Cost: $40.00 per child
Childcare: Childcare is available for this group, Limited Places, must be pre-booked!
Time: 10:00am – 12.00pm
Location: Riverview Community Church, 49 Withers Road, Kellyville, 2155

Registrations for this group are essential: Limited Places!
For more information or to register contact: Tanya or Dhanya at Wesley Family Centre – The Hills 8805 7288
Music Playschool
For children aged between 18mths to 4yrs and their parents
Music Playschool group is an early childhood development program that utilizes active
music making, singing and movement to facilitate the physical, cognitive, emotional
and social components essential for early child development. It may also assist your
child with developing their social and emotional skills and increase your child’s speech
development, whilst strengthening the bond between you and your child. Music play
can also help with literacy and numeracy development.
Each session will include morning tea for parents and provide the space to get to
know the other group participants.

Date: Wednesday, 30 July – 3 September 2014 (6 weeks)
Cost: $35.00 for one child, $50.00 for two children (payable upon registration)
Time: 10am - 11:30am
Location: Rivergum Community Church, 49 Withers Road, Kellyville, 2155
Registrations for this group are essential—limited places!
For more information or to register contact:
Banu at Wesley Family Centre – The Hills 8805 7288.

Streetsmart
StreetSmart is an early intervention Youth Outreach program based at Rouse Hill Town
Centre and catered for young people aged between 12-18 years. The program primarily
seeks to provide youth with a safe and informal environment to connect with other
young people in the local Hills district. Furthermore the program aims to provide referral
support for young people and their families to localised supportive based services
including services for mental health, housing, drug and alcohol programs, family
counselling and re-engagement into the education system.

Date: Thursday, 17th July - 21 August 2014 (6 weeks)
Time: 4pm - 8pm
Cost: FREE
Location: Rouse Hill Town Centre, Rouse Hill
For more information contact: Lizzy at Wesley Family Centre – The Hills 8805 7288.

Social Skills, Peer Relationships and Parenting
A workshop for greater understanding and awareness of your child, including topics such as
• Social resilience
• Common myths about negative or/ and positive peer relationships
• Signs my child may be being bullied
• Your Feelings as a parent
• What to do if it happens to your child

Cost: $10.00 single, $15.00 couple
Time: 10:00am to 12:00pm
Date: Wednesday, 10 September 2014
Location: Hills Family Centre, Unit 437, 14 Lexington Drive, Bella Vista, 2153
Registrations for this group are essential.
For more information contact: Kamalini at Wesley Family Centre – The Hills 8805 7288.
Multicultural Mums Parenting & Support Group
This group currently provides support to parents from Australian, European, Middle Eastern, Sub Indian, Chinese and Korean backgrounds and this 6 week program provides social support, education and information for all parents in the community. The Multicultural Mums Parenting and Support Group offers mothers, sisters, aunties and grandmothers the chance to come together to meet and make new friends with other local mums, share stories, learn about parenting and exchange ideas and information in a relaxed friendly and safe environment.

Each week the group is involved in learning and celebrating each other’s cultural backgrounds, life journey, and family, while guest speakers are invited to inform and educate on topics selected by the group members. Parents also have access to Family Support Workers and other local professionals at workshops. The group also provides its members with the opportunity to practice their English, and interpreters are available for sessions where required. Children are looked after by professional Early Childcare workers where they can enjoy activities that are provided by our childcare staff. Families will also be invited to attend regular fun family and community activities organised by staff and group members.

Date: Thursday, 31 July – 4 September 2014 (6 weeks)
Cost: FREE
Time: 10am - 12pm
Location: Wesley Uniting Church, 32 Showground Road, Castle Hill
Registrations for this group are essential.
Childcare is available for this group – must be pre-booked. Limited places.
For more information or to register contact Banu or Dhanya at Wesley Family Centre – The Hills 8805 7288.

Play In The Secret Garden Winter Program

This popular group is back for Term 3!
Come along for a half hour of music and stories, along with some take home activities that you can do together with your child or your whole family.

Date: Wednesday, 30 July – 3 September 2014 (6 weeks)
Cost: Gold coin payment each week upon entry
Time: 11.30am - 12pm
Location: The Secret Garden, Rouse Hill Town Centre
Registrations for this group are ESSENTIAL. Limited places!
For more information or to register contact Dhanya at: Wesley Family Centre – The Hills 8805 7288.
MUM’S Celebration DAY
Come and Celebrate Motherhood!

Wednesday 23 July 2014
10:30 - 2:00pm
49 Withers Rd, Kellyville

- FREE EVENT
- Morning tea & lunch provided
- Henna design
- 3 Minute massage
- Beauty Care
- Drumming Workshop
- Interactive workshop on ‘Colours & Style’
- Gift bags - one per person

Registration essential: Call Banu at Wesley Family Centre - The Hills 8805 7288
Limited free childcare is available. Children must be pre-booked

FREE WORKSHOP
Do you have a teenager?

If you have a teenager: it's as soon you have one of the hardest jobs in the world you don't miss this fantastic opportunity.

Parents are invited to attend this life-changing workshop aimed at equipping you with practical and powerful skills to raise well-adjusted and successful teenagers.

The session is informal and interactive and will provide an opportunity for participants to encourage each other, support and encourage each other.

Do you have a teenager?
Find your place in the world
Make positive life choices
Build strong lasting relationships

6:45pm Monday 21st October 2014
William Clarke College, 4 Moss St, Kellyville

For further information call 8805 7288

Supporting Young People In The Hills

Working from and in partnership with Wesley Family Centre - The Hills we are able to provide both individual one on one case management and flexible small group learning activities.

We are focused on ensuring that all young people in the Hills Shire are supported and resourced to pursue their goals and become productive members of the community.

Call Lizzy or another of the Wesley Family Centre - The Hills team for more enquiries or referral information to this Youth Service on 8805 7288.
KENTHURST PRESCHOOL

Fete

rides - giant raffle - ponies - kid’s craft - café
hot food - plants - cupcake decorating - BBQ
face painting - cakes - silent auction
entertainment - fairy floss - showbags
white elephant & more!

Sunday
3 August
10am - 3pm

Rotary Park
Nelson St
Kenthurst
Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or call (07 3365 7689) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.

Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre
Learning and fun outdoors!
Looking for a fun and healthy school holiday activity that won’t break the bank? Get your kids off the couch and unhooked from the iPad with a Sport and Recreation Centre holiday program.

Sport and Recreation Centres are government-run facilities. These overnight and day adventures are offered in great Australian bush and coastline locations for kids aged 5 to 16.

See your child blossom
Our programs use challenging, adventurous activities to help kids develop independence, self-esteem and social skills.
Under the supervision of friendly and qualified staff, conquering these age-appropriate challenges can help kids develop confidence as they master new skills and make new friends.

Our affordable school holiday packages include all activities, accommodation, nutritious meals and 24-hour supervision. Supervised transport is also available to and from most camps.

Sport and Recreation Centres: getting kids active outdoors for over 60 years.

Active learning for life...
<table>
<thead>
<tr>
<th>Location</th>
<th>Camp name</th>
<th>Code</th>
<th>Date</th>
<th>Age</th>
<th>Cost 12 years and under</th>
<th>Cost 13 years and over</th>
<th>Transport available</th>
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<tbody>
<tr>
<td>Berry</td>
<td>Kids’ Club (day only)</td>
<td>67874, 67875, 67876</td>
<td>1 Jul, 2 Jul, 3 Jul</td>
<td>7-9 years, 7-12 years, 10-12 years</td>
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<td>67951, 67952, 67953</td>
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<td>Broken Bay</td>
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<td>67814</td>
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<td>13 years &amp; 9 months - 16 years</td>
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<td>6-8 Jul</td>
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<td>Bonambola</td>
<td>Snow Combo</td>
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<td>30 Jun - 4 Jul</td>
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<td>Lake Kaspit</td>
<td>Kreative Kids</td>
<td>67924</td>
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<td>28 Jun - 4 Jul</td>
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<td>$1,066.75</td>
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</table>


**Introducing online enrolments**

Your enrolment can be submitted online 24/7. Enrolments close on the Monday one week prior to camp. Book early to avoid disappointment.


**How to enrol**

Call 13 13 02 to book and pay over the phone, or submit your enrolment with full payment online.

Our friendly staff are always ready to help with your booking and answer any questions. We recommend you book as early as you can to ensure your child doesn’t miss out.

Tel: 13 13 02  | Language assistance phone: 13 14 50  | Email: sportrec@communities.nsw.gov.au
School Holiday Program July 2014

SPECIAL GUEST COACHES - AUSTRALIAN TEST LEGEND BRAD HAD DIN & NSW BLUES STAR STEPHEN O'KEEFE

The program is designed for players aged 7 -12 years who will work individually and in small groups with Elite Cricket coaches in the nets and in game scenarios to have fun and to learn what is possible in the great game of cricket.

Players will receive a technical and tactical analysis and performance recommendations. Our talented and experienced ... 

Read online.

High Performance Academy July 2014

SPECIAL GUEST COACH - NSW BLUES STAR STEPHEN O'KEEFE

The program is specifically designed for those cricketers playing at representative level or its school equivalent. Successful applicants for this program will also possess high levels of cricket skill and fitness, be self-disciplined, highly motivated and aged 12-15 years.

Academy players will train like first class players and will have the opportunity to choose specific training in their preferred ...

Read online.
School Holiday Gymnastics Clinics
For school aged boys and girls

Come and experience the fun and excitement of gymnastics

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW

Full Day Sessions (9.00am-3.00pm) $40.00 per day
Half Day Sessions (9.00am-12.30pm) $30.00 per session

June 30th – July 4th and July 7th – 11th

Term 3 2014
Enrolments Now Being Taken
Classes for Boys and Girls 2 years and above

Book now on 9620 8323 or sydacgym@hotmail.com
Unit 7/32 Artisan Rd Seven Hills
Unit 5/1a Gibbon Rd Winston Hills
www.sydneygymnastics.com.au
Ready Set Trot

Learn to ride a pony in a fun, safe and interactive environment.

Visit our website for more information
www.readysettrot.com

Now taking bookings for school holiday programs in your area.
SCHOOL HOLIDAY AFL CLINIC

The Sydney Hills Eagles in conjunction with Kicking Dynamics are providing the ultimate AFL experience, with a school holiday program in the July holidays. Gain expert tuition from qualified coaches, enjoy the action packed drills and make new friends whilst playing fun games. Spaces are limited so enrol now!

KICKING DRILLS  NEAFL PLAYERS GIVEAWAYS
BALL DRILLS

Morning Tea, Lunch & Afternoon
Tea provided

WHAT TO BRING
Boots, Runners, Water Bottle, Appropriate
Clothing, Tracksuit/ Jumper something warm

REGISTER
Spaces are limited, please register online by
Monday 30 June 2014
Visit hillseagles.com.au/schoolholidays
to register online

SYDNEY HILLS
EAGLES

KICKING DYNAMICS

8-9 JULY
2014

DATE
TUESDAY 8
OR
WEDNESDAY 9 JULY
TIME
8AM-4PM
AGES
8 - 16 YEARS
VENUE
BRUCE PURSER RESERVE
CNR WITHERS & COMMERCIAL ROADS
COST
$90 + GST
($99) PER DAY

A confirmation email will be sent on registration, including payment details. Children cannot attend without full payment.