Newsletter 2014

Term 3       Week 1       18TH July 2014

Be Safe, Be Responsible, Be Respectful

DATES FOR THE DIARY

July
28th – Education Week Castle Towers performance
30th – IRPS Open Day
31st – IRPS Athletics Carnival

CURRENT NOTES

Auskick Skills Program
Yr 6 Rouse Hill High School Transition Days
Yr 6 Funday White Elephant Donations
Wakakirri After school rehearsals
Education Week Performance at Castle Towers
Yr 1 Powerhouse Discovery Centre         Yr 2 Powerhouse Discovery Centre
2014 Athletics Carnival – K–2, Yrs 3–6

P & C FUNDRAISERS

IRPS Shopping Tour – 27th July

PRINCIPAL’S REPORT

Dear Parents and Friends,

Welcome back for another Term of exciting learning at Ironbark Ridge. A warm welcome is extended to our new families. We hope that you will enjoy your time with us and make many new friends. If you have any questions regarding the school our office staff and P&C members are full of knowledge and experience and more than happy to help you.

Staffing Changes
Welcome back to Therese Fox, our School Administrative Manager. It’s lovely to see your smiling face in the office again. At this stage we don’t know how long she will be with us as she was offered a further position with LMBR. However, there has been a delay with this position and we are waiting to hear what is happening.
We welcome Warwick Tape to Ironbark Ridge Public School as our General Assistant. Warwick is a permanent appointment to the school replacing Tony Stokes. We wish Paul all the best in his new endeavours as he leaves our school.
We congratulate Alison Carter who was the successful applicant replacing Amy Dennis. Alison is now a permanent member of the Ironbark Ridge teaching staff. She will continue on 3 Copenhagen for the remainder of the year. Mrs Nicole Cameron has returned from maternity leave for 2 days per week (Thursdays and Fridays) and will job-share with Emily Glendenning on Kindy Dublin for the remainder of the
year. I’m sure everyone will be happy with this resolution as we have tried to keep the classes as stable as possible.

**Education Week**

Education Week is only two weeks away (Week 3) and we hope that you will be able to join us in our celebrations. Many of our students will be performing at Castle Towers on Monday, our school “Showcase” including our book fair is on Wednesday and our Athletics Carnival on Thursday. On the Wednesday there will also be an Art Show in our assembly hall. This is an opportunity to show off our student art to the community (we have some very talented artists) but is also a combined school / P&C fundraiser. We hope that parents or grandparents will purchase their child’s artwork for the price of $5. Funds raised will be used to update our public address systems to meet new government requirements (wireless channels have changed) and improve the connectivity between the hall and the Hangar (our large COLA). So come along and enjoy the day.

Obviously we don’t expect that you will be able to attend all of the events but hope you will be able to join us on at least one of these days. We are very proud of our students and their achievements and love to have the opportunity to display their talents. An invitation is included in this newsletter.

**Student Representative Council (SRC)**

We will conduct elections for our Semester 2 representatives in all classes, including Kindergarten, shortly and will let you know when the induction ceremony will take place. Thank you to those students who did an amazing job of representing their class in Semester 1.

**Selective High School Results and Opportunity Class Test for 2014**

Congratulations to all our students who have received placement offers for Selective High Schools in 2014. You have worked hard to gain placement and we wish you the best next year. Many of you will be disappointed with the offer you have received or if you have missed out entirely. Remember, this is a very competitive process and unfortunately not everyone that applies can be accepted. Whichever high school you attend I know you will grow and develop to become the best person you can. Applicants for Year 5 placement in an opportunity class in 2014 are required to take the Opportunity Class Placement Test to be held from 9.00am to 11.15am on:

**Wednesday 23rd July 2014**

at Riverstone High School
McCulloch St
RIVERSTONE NSW 2765

You should already have received a letter with this information from the Selective Schools Unit.

**P&C Fundraisers**

Don’t forget to support our hard working P&C fundraising committee. Their shopping tour on 27th July sounds like it will be great fun so grab a friend and join in. We also have our Father’s Day Stall coming up on 4th September. This is always a great place to buy those extra little goodies for Dad, Grandad or someone else who is special to your child.

**School Fees and Music Payments**

Our apologies for the late invoicing for music lessons. Again circumstances that were beyond our control. We would appreciate payment for the music account and any outstanding fees as quickly as possible.

Have a wonderful fortnight,

**Anne Forbes**

**Principal**
Deputy Principal’s Report

Welcome back!
I hope your children had a chance to ‘switch off’ a bit in the holidays and some extra rest so they can recharge their batteries for Term 3. It’s always great to hear the excited chatter in the playground and classrooms on the first days as our students all catch up on what’s been happening in their friends’ lives over the past fortnight.

New students
A special warm welcome to all of the new families who have joined us at Ironbark Ridge PS this term. I am sure you'll find our fantastic school to be a nurturing and fun place for your children to learn. Similarly I know that you will feel at home within our school community before you know it, as there are so many friendly faces and families who will greet you.

Athletics Carnival Sausage Sizzle
On Thursday 31st July our school Athletics Carnival will be held at Hills Centenary Oval. All students K-6 will attend what promises to be a fun day. For lunch on the day our P&C will be running a sausage sizzle. Please look for the information note later in this newsletter and order your child(ren)’s lunch. We would appreciate if all orders could be done through the Flexi-Schools online ordering system as it saves a huge amount of time and trouble for our canteen volunteers.

Anti-bullying
We are holding a special afternoon of peer learning and discussion about strategies for stamping out bullying the Friday afternoon. Students will work in multi-age groups with Stage 3 (Year 5 and 6) leaders to learn to “Be a buddy, not a bully” and to ‘wear a string’ to show their commitment to stand up against bullying everywhere. As you know, our school is a safe and friendly environment for our students and we find instances of bullying extremely rare at Ironbark Ridge, however it is always our goal to improve and ensure that no student ever has to endure such behaviour.

Sport (& Fundamental Movement) Skills Program
As part of our focus on improving all students' sporting skills and confidence we are once again joining with the coaches from GWS Giants AFL team to run specialised weekly sessions on a range of skills and sports at Purser Oval. Only students not involved in PSSA Winter sports teams who are in Years 3 to 6 will be involved and the focus is on maximising participation and developing skills such as running, dodging, catching, throwing, kicking, etc, that can be used in all sports. We hope that all eligible students will use this excellent opportunity.

Education Week
Week 3 this term will be a busy one for us all as we showcase many aspects of the amazing teaching & learning that happens every day at Ironbark Ridge. It will be a fun week and we hope to see you at one of our many events.

Dates
Please check later in this newsletter as a new term planner for Term 3 has been published. These dates will be added to the website calendar early next week, too.

Looking forward to seeing you all during Education Week!

Nick Thomson
Deputy Principal
Macquarie University psychology lecturer Dr. Carolyn Schniering states that anxiety problems are the most common emotional disorders that children experience.

**Anxiousness is part of life**

It's important to understand that anxiety is not something to be afraid of. It's a normal emotion and an important part of how we engage with the world. Experiencing some anxiousness in new social situations or some specific situations such around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want, are normally able to do or interferes excessively with their school or pre school experiences. Research shows that children from a young age who display high levels of anxiety, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop anxiety. Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as *worriers, shy types and more sensitive souls* who wear their hearts on their sleeves. These children are not necessarily going to experience debilitating anxiety, however they do benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears. That is, be BRAVE.

**Here are some ideas to help:**

1. **Skill kids towards bravery:** Help kids face their fears by skillling them (*Look around for a friendly face when you go to scouts.*) You need to put your coaching hat on to build skills and self-confidence, which defeats anxiety.

2. **Scaffold towards bravery:** Rather than avoidance allow kids to face their fears in stages (*Let's go to the party for an hour, then I'll pick you up.*) By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic:** Empathy shows you understand how they feel; however sympathy can be maudlin, leading you to pay excessive attention to the fear as well as and letting them off the hook. Kids need a supportive adult who says (but not necessarily in these words), *I know how you feel but I also know you can do this.*

4. **Create opportunities for independence:** Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery:** Your calmness, patience and willingness to methodically work your way through new situations has a calming effect on kids (*good leadership is basically about staying calm in stressful situations*), as well as showing them how fear of unknown, new social situations, and even specific fears such as going to the dentist, can be handled positively.

Most kids grow out of their anxiety given attentive, brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (*which is what I’m banging on about all the time*) and focus on building children’s strengths and assets to help them overcome fears... at the same time recognise that some children may need some extra assistance from time to time as a result of their anxiety.

**Bravery, like confidence, is catching!**

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*From the pen of Michael Grose, parenting expert: www.parentingideas.com.au*
### WEEK 1 - Term 3

**PRINCIPAL**

3 Copenhagen – their independent work in reading groups

K BULAWAYO  
Coby, James, Jasmine, Lara

K LONDON  
Jayden, Milly, Brayden, Aidan

1 JASPER  
Sahaj, Jasmine, Scarlett, Oliver

2 BARCELONA  
Elvin, Summer, Abby, Tom

2 KANSAS  
Kirsten, Thomas, Eloise, Daniel

3 COPENHAGEN  
Lucy, Charlotte, Shalin, Tara, Sienna

4 NEW YORK  
Joel, Kye, Caleb, Charlize, Nikki

5/6 MOSCOW  
Jack, Daniel, Jacob

5/6 PRAGUE  
Tye, Holly, Andrew, Maha

**CHINESE**

4 Juneau

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**KINDY CAPERS**

Welcome back to all our Kindergarten families. We hope that you all had a great holiday and look forward to the exciting term ahead.

In Term 3 Kindergarten students will continue to receive weekly homework. Please provide your child with an A4 lined homework book that doesn’t have a spiral spine. Kindly cover and clearly label homework books including first, surnames and class. Please send in homework books by the end of Week 2 Term 3 as homework will start in Week 3. In all Kindergarten classes homework will be sent home on Friday and returned to school on Thursday of the following week. The same will continue to apply to home reading.

Keep sending library bags along on Tuesday. Sport clothes will need to be worn on Friday this term. Chinese programs will remain unchanged.

Kindergarten will be visiting Calmsely Hill City Farm on Friday 8th of August. Please ensure that notes and money are returned by Monday 4th of August 2014. You will need to tick both boxes on permission notes to allow your child to go on the tractor ride and be sure to provide class teachers with any allergy information as students interact with animals at the farm and will be in the outdoors for the majority of the day. Also send notes and money for our Athletics Carnival and the Henny Penny hatchlings that will be arriving during Week 3. Please also continue to send along 2 glue sticks to your child’s class teacher.

This week Mrs Nicole Cameron joined the ES1 team, teaching Kindy Dublin on Thursdays and Fridays. She is an experienced teacher whose skills and knowledge will be a great asset to our whole team.

Have a great weekend and enjoy the opportunities provided by our cool winter days. Remember to keep visiting our wonderful Rouse Hill Library.

**The Early Stage 1 Team**
STAGE 1 SNIPPETS
Welcome back to Term 3. This term students will be involved in many and varied activities. We will be investigating our “Senses” during Science and “Families Past and Present” during HSIE. You may need to get out those old photos you’ve been hiding ;)

Library remains the same as last term – Tuesday for 1B, 1J, 1P, 1C and 2K. 2M and 2B remain on Wednesday. Please ensure that students bring a bag to enable them to borrow books. Sport will remain the same – Year 1 on Tuesday and Year 2 on Thursday. Please ensure your child wears sport uniform, hat and sensible sport shoes on these days. Homework has started this week with spelling and maths activities as well as reading. It will again be sent home on the Thursday and returned to your class teacher on Tuesday. Topic talks will also be assigned this term that link with our Science and HSIE topics. Students will present these during class news time.

This term we have Education Week during week 3 with performances by the students at school as well as open classrooms. Come and see what your child has been doing in their classes this year. Also during this week the junior choir and Stage 1 dance group will be performing at Castle Towers. A note will go home shortly with all of the relevant details. Also a note will go home this week about the Athletics Carnival coming up in Week 3 as well as an excursion at the end of the term.

The Stage 1 Team

STAGE 3 SNIPPETS
Welcome to our new students in Stage 3 – we are sure you will be very happy at our lovely school. Term 3 may be off to a chilly start, but with all the expected activity in Stage 3, things will soon ‘heat up’! We are looking forward to a term filled with interesting activities, riveting topics and plenty of fun and laughter….and, of course, incredible learning experiences.

Firstly, our internal transition program for all Stage 3 students has begun. This program has been set up to prepare our students for high school, making their transition smoother when the time comes. The students have received their timetables, along with the instructions of what is expected over the course of the term. This program has helped previous students to settle more quickly into their new environments, with a better understanding of what differences to expect when they start high school. For those students who will be attending Rouse Hill High School in 2015, the transition days organised by the high school are an introduction specific to RHHS and will compliment our own program well.

PSSA teams can expect a busy term, as can those involved in Wakakirri and choir. We wish you all the best of luck. Non-PSSA students (ie: school sport) will have an opportunity to develop their sporting and collaboration skills, along with members of the GWS AFL team, in the Auskick program on offer this term. Week 3 will be a very busy week with a lot happening. As it is Education Week, Open Day will be an opportunity for our school community to spend time in and out of the classrooms, seeing some more of the awesome activities in which our students have been involved. The annual Book Fair and our planned Art Show in the hall will both be huge drawcards. The Athletics Carnival is also on – a time for our talented sports stars to shine, and for everyone to get involved.

Some of our Stage 3 students will, again, be participating in the Tournament of Minds competition. This challenging and entertaining competition will be held on 24th August, with further details to follow, for the participants.

The Year 6 students are extremely busy preparing for the annual Fun Day. Notes have been sent home requesting certain items that may be required. As always, we appreciate your help and support for our student’s endeavours.

As you can see, it will be a busy term. On the academic front, Antarctica remains a thematic focus before our study of Mythology begins. Science experiments, interactive blogs, visual literacy tasks and ongoing maths programs will continue to develop skills and concepts, hopefully fostering a lifelong love of learning!

Stage 3 Teachers
PSSA SPORT: TERM 3

STUDENTS PARTICIPATING IN PSSA TEAMS (EXCEPT NETBALL) ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS IN TERM 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 1  18th July 2014

NEWCOMBE BALL: Rouse Hill Public School
BOY’S SOCCER: Connor Greasby Park
RUGBY LEAGUE: Kellyville Park, Kellyville, Field 2
GIRL’S SOCCER: Hills Centenary
NETBALL: Baulkham Hills Netball Courts Commercial Road, Kellyville. Court 8

WEEK 2  25TH July 2014

NEWCOMBE BALL: Rouse Hill Public School
BOY’S SOCCER: Schofields Park
RUGBY LEAGUE: Kellyville Park, Kellyville, Field 1
GIRL’S SOCCER: Hills Centenary
NETBALL: Baulkham Hills Netball Courts Commercial Road, Kellyville.
Mikey will be attending the Australian Schools Swimming Championships in Melbourne next week.

He will be competing in:
- 11 years boys 50m individual freestyle
- 11 years boys 100m individual freestyle
- 11 years boys 50m individual butterfly
- 11 years boys 100m individual butterfly
- 11 years boys 4 x 50m freestyle relay
- 11 years boys 4 x 50 medley relay, (freestyle leg)
- All age boys 50m relay

We wish Mikey all the best in his swimming endeavours. We are very proud of his achievements.

July Paton
(Swimming Co-ordinator)
Grandparents Day & Open Day

You are invited to attend Ironbark Ridge Public School for Grandparents Day and Open Day!

Wednesday 30 July 2014 from 10:15 am

Come and see the classrooms in action. Have recess with your child/ grandchild then see the students performing in our wonderful Education Week Assembly starting at 11:45 am.

Visit the art show and purchase your child’s amazing artwork!

Check out our fantastic library for Book Week! Buy a book from the book fair to take home and/or donate to our school library.
The Theme for Book Week is “CONNECT TO READING”
To celebrate Book Week and Education Week, our annual Book Fair in the School Library, will be held on

**Wednesday 30th July.**

Parents and students can purchase books or donate books to the School Library.
The Library will be open from 8.30am to 4.30pm.

All students will look at the books before the day of the fair. Students will write out a wish list to take home.

If you want to send the **wish list** into school, books can be pre-ordered, but please fill out the credit card details or send in the correct money.

On the day, if the books have already been sold, I am able to order them for you.

**Payment can be Cash, Credit Card or Cheque**

**Correct money** if possible, as it is difficult to give change

**Credit Card** - please fill out the form on the Wish List

**Cheques** must be made out to: **Carnival Book Fairs**

Thank You

**Judy Paton**
(Teacher-Librarian)
ADMINISTRATION NEWS:

Just a reminder to all parents that we are now processing EFTPOS payments. We cannot, however, 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.
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<th>Monday</th>
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<tr>
<td>14/4</td>
<td>Students return</td>
<td>Assembly 2pm</td>
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<td>28/7</td>
<td>RHHS Orientation 10-2</td>
<td>ICAS English Test</td>
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<td>IRPS Athletics Carnival Sausage sizzle lunch</td>
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<td>Castle Towers performances</td>
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<td>Premier’s Debating</td>
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<td>8/8 Student Banking PSSA Winter Rnd 9 Kindy Farm Excursion</td>
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<td>Yr1 Eye Screening</td>
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<td>Hills Choir rehearsal</td>
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<td>25/8</td>
<td>Wakatiri performance @ Riverside Theatre</td>
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Next P&C Meeting Wednesday 23rd July, 7pm in the library.

I would like to take this opportunity to congratulate Anne Forbes on the second anniversary of her time at Ironbark Ridge PS. Anne has provided a stable and consistent transition from our foundation management team through to our current expanded school executive while implementing a new Department of Education financial system and the new National/NSW school curriculum.

In the short time she has been leading our school we now have WIFI across the whole school plus HUGE numbers of iPads, netbooks and enhanced reading resources enabling our children to become successful 21st Century learners. Our school is looking more attractive and all students are proud of Ridgy our school mascot, who Anne lovingly developed.

Thank you Anne, from all in the IRPS P&C

Eye Testing
The P&C has arranged in conjunction with the school and OPSM to provide free basic eye screening for all Year One students on Tuesday 5th August. The screening will indicate to parents if their child has any potential vision issues. Details for the screening will be sent home shortly.

THANK YOU to all the parents who have paid their voluntary contribution fees so far, and especially to those families who contributed a donation to their fees. These fees, although voluntary, are essential in helping our school provide an outstanding level of service, provide the best resources and as a result attract the best teachers.

Cheers
Leigh K - The Prez
Ironbark Ridge PS P&C Shopping Tour

10 Warehouses
Shoes
Handbags
Linen
Clothes
And more...

Cafe Lunch Stop
$10 per person

Invite Your Family & Friends
Sunday 27th July

Bookings Essential
$40 per person

Bus leaves from IRPS 7.30am till 5pm

Book on FlexiSchools
Or email coordinator fundraising@irpspc.com
Canteen

Opening hours -
Monday - 9.00am to 3.00pm
Wednesday - 9.00am to 3.00pm
Friday - 9.00am to 3.00pm

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 is Friday at IRPS
Claim your banking prizes when you have 10 tokens.

DID YOU KNOW YOU CAN OPEN A STUDENT BANKING ACCOUNT AT ANYTIME.

Contact studentbanking@irpspc.com for details

Welcome to term 3 — it's hard to believe that we are already past the halfway mark for this year and there are still some amazing rewards on offer.

For term 3 we are thrilled to let you know that the swimming bag and moneybox are available for redemption.

Uniform Shop Hours

Opening hours -
Monday - 8.30am to 9.30am
Wednesday - 2.00pm to 2.50pm
Friday - 2.00pm to 2.50pm
P&C SPONSORS

You can help Our P&C raising money just by shopping. When you shop at IGA Rouse Hill with your IGA card points will be added to the Ironbark Ridge P&C account for us to use when we purchase for fundraising events.
COMMUNITY NOTICES:

DISCLAIMER:
Ironbark Ridge Public School newsletter contains paid advertisements which assist with the cost of publication. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education and Communities or Ironbark Ridge Public School.

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 seasons 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 and 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)**
  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 incl shin pads for 8 weeks

**Venue Information:**

- **Castle Hill** - Castle Hill High School, (Castle Street) Sat AM
- **Kellyville** - Bernie Mullane Sports Complex (Marella Avenue) Sun AM
- **Parramatta** - Parramatta Park (Queens Rd Gate, Westminster) Sun AM
- **Baulkham Hills** - Masonic Fields (Seven Hills Rd, Opposite Jasper Rd School) Tues PM
- **Oran Park** - Dubbo Public School (620 Old Dubbo Road Dubbo) Wed PM
- **Rouse Hill** - Rouse Hill High School (105 Wetherill Ave) Fri 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

- **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** (Bonic Multane Sports Complex, Moralla Ave) - SUN AM
- **BAULKHAM HILLS** (Masonic Fields, Seven Hills Rd) - TUE PM
- **DURAL** (Dural Public School, 622 Old Northern Road Dural) - WED PM

## PROGRAM

- **Mite-E**
- **Pint Size**
- **Intro To Micro**
- **Micro**
- **Micro Plus**
- **After School**

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<tr>
<th>Term 3, 2014 Information: Term Starts Tues 22nd / Wed 23rd / Sat 26th / Sun 27th July 2014</th>
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<td>Castle Hill - Sat 1.30-2.30pm</td>
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<td>Rouse Hill - Sat 1.30-2.30pm</td>
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<td>Kellyville - Sat 9.00-10.25am</td>
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<td>Parramatta - Sun 9.00-10.25am</td>
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<td>Baulkham Hills - Sat -</td>
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<td>Dural Public School - Wed -</td>
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**Price**

- $100
- $125
- $135
- $145
- $145
- $100

## PAYMENT OPTIONS: CASH, CHQ OR CREDIT CARD

Credit Card Payment (Please Circle) Visa / MasterCard (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: ___________  
If anybody else: ___________
Castle Hill Softball Club is registering now for the summer season. Play Blast Ball, Teeball or Softball with us this summer. Girls / Boys / Mums and Dad from as young as 3 can play. Come along to our registration day on Sunday 27th July 2014 at Stanhope Gardens Softball Centre 10am – 2pm or contact Andrew Eves on 0422 102 087 or castlehillsoftball@yahoo.com.au.

THE BEST BOY’S WEEKEND – YOUNGSTARS FATHER-SON ADVENTURE CAMPS

Dads can connect and bond with their sons without the distractions of technology and modern life at a special father-son adventure camp, the first being held on the Father’s Day weekend in the Hawkesbury.

Delivered by Sport and Recreation and The Pathways Foundation, the YoungStars camps are a chance for Dads to spend quality time with their boys and share their experiences of fatherhood with other dads. Activities will include setting up camp, playing games and sharing stories around the campfire.

The first YoungStars camp will take place at Milson Island Sport and Recreation Centre on September 6-7. The second and third will be held at Berry Sport and Recreation Centre on October 19-20 and November 15-16. The camp is open to primary school boys aged seven up and their dads.

For more information or to book your place visit www.dsr.nsw.gov.au/youngstars or call Sport and Recreation on 13 13 02.
THE BEST BOYS’ WEEKEND IS THE ONE WITH YOUR SON

Our YoungStars camp is the perfect father-son* weekend for primary school boys aged seven and up. This adventure-filled camp gives dads the space to connect and bond with their sons while taking part in lots of fun activities away from the demands of modern life and technology.

The weekend will help build confidence and resilience in young boys while giving dads the chance to share their experience of raising sons with other dads.

Time together to
- Pitch a tent and set up camp
- Roast marshmallows around the campfire
- Play games and do craft activities
- Share sing-a-longs and stories
- Camp out under the stars

Details
- Dates & Locations: 6-7 September
  Milson Island Sport and Recreation Centre
  18-19 October & 15-16 November
  Berry Sport and Recreation Centre

- Price: $400 per family, includes all meals and activities
- Additional: BYO tent and sleeping bags

To secure your place or for more information:
Phone: 13 13 02

Be sure to check out the video on our website.

*The weekend is also open to boys and close family members such as an uncle, grandfather or step-dad.
KIDS CLUB

Craft  Songs  Stories  Games

School terms, Sunday 2 – 3:30pm  Cost: $2
Margaret Catchpole Room, Vinegar Hill Memorial Library
Catering for all children Kindergarten to Year 6

For more information or to make a booking please contact
Meredith 0426 275 173

Sanctuary Christian Church meets every Sunday
at Rouse Hill Public School, Clower Avenue Rouse Hill
9:30am Morning Tea 10am Family Service and Sunday School
Sanctuary seeks to serve as a shelter from the storms of life,
where people can heal, forgive, grow and serve.

Enquiries to  info@sanctuary@gmail.com
http://sanctuarychurch.org.au/
Cats on Show

The USA are coming to Riverstone to critique our four legged furry friends – If you are interested, please come along and give your support

Great Afternoon Out

Stalls, food and refreshments available
Interrelate Bella Vista
Parenting & Relationship Programs

Ideas for Parenting Teens PLUS Skills & Practice
$25 / $15 concession per person — Tuesdays 2 & 16 September 6.30 – 8.30pm
2 x 2 hour seminars that will assist parents to:
• Understand what is normal adolescent behaviour
• Reduce the anxiety inherent in raising teenage children
• Develop skills to communicate and negotiate with teenagers
• Extended practical component

Positive Parenting
$25 / $15 concession per person — Monday 1 September 6 – 9pm
A 3 hour seminar that will assist parents of children aged 3 – 8 years old to:
• Know and acknowledge each child as an individual
• Understand the power of focusing on what children are doing well
• Deal with what children do that is not working for themselves or others

The Challenge of Disciplining Your Child
$25 / $15 concession per person — Monday 8 Sept 6 – 9pm; Monday 24 Nov 6 – 9pm
A 3 hour seminar that will assist parents of children aged 2 – 12 years old to:
• Understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
• Use conflict as a tool to improve relationships
• Use tips and hints on different discipline techniques

Creating Positive Relationships (for couples)
$50 / $30 concession per couple — Monday 15 September 6 – 9pm
A 3 hour seminar that will assist couples to:
• Have a renewed understanding & learn new ways to show love
• Improve their communication
• Recognise and understand each other’s needs in the relationship
• Gain practical ideas for expressing love & keeping their relationship healthy

Ideas for Parenting Teens
$25 / $15 concession per person — Monday 1 December 6 – 9 pm
A 3 hour seminar that will assist parents of teenagers to:
• Understand what is normal adolescent behaviour
• Reduce the anxiety inherent in raising teenage children
• Develop skills to communicate and negotiate with teenagers

Phone 8882 7850
Bookings essential

www.interrelate.org.au
1300 736 966