

# Winmalee Whispers



Winmalee Public School

Safe  
Respectful  
Learners



Find us at: Leslie St Winmalee 2777 Tel 02 47541574

Website: [www.winmalee-p.schools.nsw.edu.au](http://www.winmalee-p.schools.nsw.edu.au)

Email: [winmalee-p.school@det.nsw.edu.au](mailto:winmalee-p.school@det.nsw.edu.au)

Term 2 Week 9

Friday, 28<sup>th</sup> June 2019

## Principal's Message

Dear Parents and Carers,

Well Term 2 certainly was an action packed term with lots of amazing things happening in our school.

Principal: Kate Ford  
Assistant Principal K-2: Jenine Smith  
Assistant Principal Stage 2: Kim Curran  
Assistant Principal Stage 3: Christopher Pyne  
School Administrative Manager: Kim Berry

Our Walk-a-thon last Wednesday was a huge success. It was great to see so many students and family members participate in this event. I am sure that everyone's step count was very high that day! At this stage we have raised close to \$5000 which will go towards purchasing new play equipment for the playground. If you still have fundraising money at home please send it to the office as soon as possible. I would like to thank the PBL team for all the organisation for the day and the office staff for counting all the money.

Semester One student reports will go home on Monday. A note will also go home with the reports explaining the parent teacher interview process. The booking for parent teacher interviews will be through SENTRAL and will open on Monday afternoon.

Parent teacher interviews for 5/6P will be held in week 1 Term 3 as Mr Pyne will be taking leave in week 10 to represent Australia in the Pararoos World Cup team. The World Cup will be held in Spain this year. Mr Pyne has represented Australia 95 times and has scored 20 goals, which is very impressive.

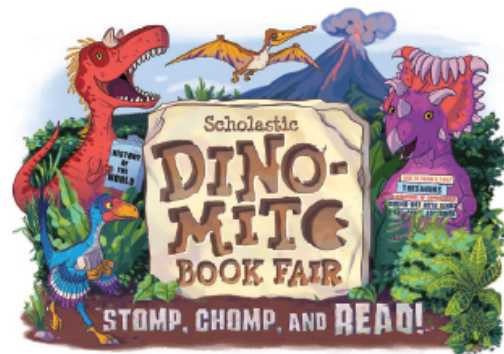
As mentioned in previous newsletters, teacher supervision starts at 8.25am. There are still students arriving well before this time and there is no active teacher supervision for them. This is a WHS issue and I ask that alternate morning arrangements are made by parents.

Please also remember that dogs are not allowed on school grounds. There are signs stating this at all gates and I ask that parents and other community members please follow this request.

Have a great holiday and I look forward to hearing all the exciting things people have done when we return in Term 3.

Students return on Tuesday 23rd July.

Thank you  
Kate Ford



### Dear Parents and Families:

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- **Support our school's Book Fair. Allow your children to choose their own books to read.**

The theme of our Scholastic Book Fair is **Dino-Mite**, where we hope you will **Stomp, Chomp, and Read!** It's a fun reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair on **Open Day** and be involved in shaping your child's reading habits.

**Book Fair dates: Tuesday 6<sup>th</sup> August**  
**Shopping hours: 8.00am - 4.00pm**

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.





## **Winmalee Public School Open Day**



Our NSW Education Week theme for 2019 is '**Every Student, Every Voice**'.

Friends and family are invited to help us celebrate Education week with an Open Day on **Tuesday 6th August**.

Please feel free to join us for all events or just pop in for an hour or two!

### **10:00am – 11:00am                      Open Classrooms**

Visit classrooms and see learning in action!

### **11:00am – 11:30am                      Morning Tea**

Please join us for cake and coffee in either the courtyard area, community room or flexible learning space to relax and sit with your child/children.

### **11:45am – 1:00pm                      Concert**

Our performance groups will dazzle you with their skills and talents. Meet us up at the Hall ready to begin at 11:45am.

### **1:00pm – 2:00pm                      Sausage Sizzle Lunch**

Our Community Hub team will be running a BBQ outside the Hall area for students, friends and family members.

\* The **BOOK FAIR** will be open all day from 8:00am to 4:00pm.

We look forward to seeing you on the day!

Yours Sincerely,

The Staff and Students





Dear Parents and Caregivers,

The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten-Year 9, in government, independent, Catholic and home schools.

The Challenge aims to encourage in students a love of reading for leisure and pleasure, and to enable students to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier's Reading Challenge is an initiative of the NSW State government.

All students who enter, and successfully complete the Challenge, will receive a Premier's Reading Challenge certificate for that year.

If your child is in 3-6 and taking part in the 2016 Premier's Reading Challenge, it is now under way and runs through to 30th August. During this time, they will need to read 20 books from the Premier's Reading list. This can include 5 free choice books.

Kindergarten, Year 1 and Year 2 will complete the challenge during Library visits with Mrs Wilkinson and Mrs Holdsworth.

Students can enter their reading online.

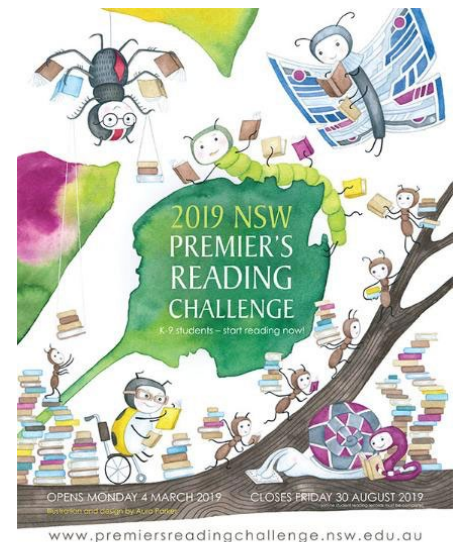
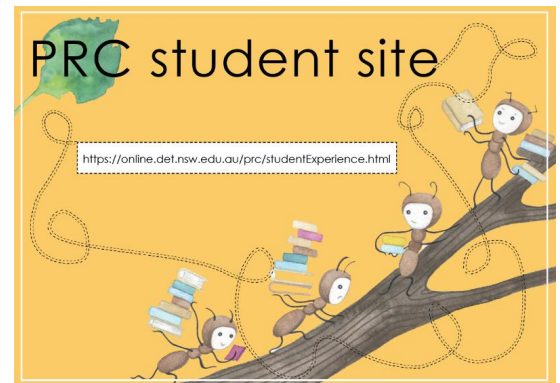
A list of books for each level and the rules are available on the website:

<https://online.det.nsw.edu.au/prc/home.html>

If you have any problems or questions please feel free to contact me.

Jo Wilkinson

Teacher/Librarian



Media Partner



Supporting Partner







# Walk-a-thon



Pace it out for playground equipment 2019

The Walkathon was a whole school and community fundraiser which will see all money raised go toward playground equipment that can be used by every student in the school.

There will be prizes for the two highest fundraisers, quickest class to bring in the money and the class who brings in the most money.

**All money raised from the walkathon is due in on Monday 1<sup>st</sup> July.**

Students are already creating wish lists of things they would like to have in the playground!





## Woolworths Earn & Learn

Woolworths Earn & Learn is officially over and we'd like to thank everyone who has helped us out by shopping at Woolworths and collecting those stickers. Now comes the fun part, the counting! Obviously we want to count as many as we can, which is why we need your help to bring in all the stickers you may have collected and put them in our collection box. And keep an eye out for any rogue stickers too. You may find them down the side of the car seat. Or hidden in the back of drawers. Every sticker counts. And the higher we can count, the more equipment we can get!

Thanks again for helping us out.



## Crunch & Sip Corner

Did you know that good quality cranberries will bounce when dropped? While we don't want children dropping good fruit on the ground, cranberries are full of Vitamin C, E and fibre so pop them in your child's bag for Crunch&Sip.



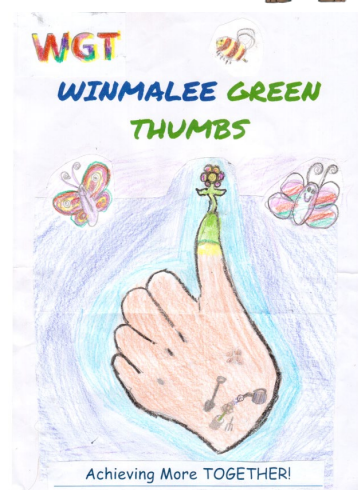


## WINMALEE GREEN THUMBS

I don't find the gardens inspiring during winter with a lot of things pruned to the ground or dying back in the cold, but it makes the miracle of Spring that much more impressive.

### Food Gardens

The snow peas were given a stinky feed this week to help tide them over the holidays. Hopefully they will stay strong so no bugs will come and attack them during the holidays.



### School grounds

We are planning to cast fertilizer near and far which will no doubt lead to a chorus of "ewww"s but the plants will love it and it's only for three days that the kids will have to put up with it.

### Serenity Space

Last week we planted some pretty, scarlet salvias which are very small as they are growing from cuttings. Come late spring though, they will start flowering and continue through to early winter. I'm moving away from the original idea of annuals from seed in the Space as the watering time required is too much when rain is so scarce. Instead we'll go with robust flowering plants.

The Space will remain closed until we open the Outdoor Classroom and I don't have a time-frame on that as yet.

### Compost

We hadn't turned the compost for a while so it was a bit stinky, but I thought many parents would be interested to see what has been going in it. Rather a lot of nearly whole fruit...



At the end of a busy Term 2, I must thank Sandra and Josie for all their help in Garden Club. Their presence has made the experience richer for the kids and easier for me, so many thanks.

Warm regards  
Garden Clare





## P&C Update

### Outdoor Classroom

After many delays, the sandstone blocks have finally been delivered to the site. We are now making minor adjustments and smoothing off rough edges to make the seating more comfortable and level. We are also sourcing 2x2m lengths of tree branch/trunk around 35cm diameter which will be seating. Once that is done, we have some other minor touches to add and then we can declare the classroom open.

There is no way that I, (Garden Clare), would have been able to do this job without the help of other parents, particularly Pete Murray and John-Paul Amputch. Jobs that should have been relatively simple have proved very frustrating and difficult, so all credit to them for being calm, considered and full of humour during this project.



### Community Building Partnerships Grant

You may recall our excitement last year at being awarded money to build an all-season sports area for our school and the broader community to use. Originally, that was going to be the top playground, but it is in fact an easier, cheaper option to renovate the GLA so it will have artificial grass and spectator seating. We are waiting on the money to hit our bank account and are in the process of getting quotes and making choices that will give us the best value for money. We'll keep you posted.



Our next P&C meeting is Tuesday 30 July 2019





parenting \* ideas

## insights



RESILIENCE



## Develop a resilience mindset

by Michael Grose

*How to approach a resilience mindset to look after your mental health and well-being in order to develop a sense of lasting resilience in your kids.*

There are two ways to get fit. You can start a fitness regime which may include joining a gym, hitting the road chalking up heaps of kilometers or take up Pilates, aerobics or one of the many exercise classes available. In other words, you make some big changes designed to bring some immediate results.

The alternative is to develop a fitness mindset and begin to make small adjustments to different areas of your life. Walk to the shops rather than drive. Spend more time in the garden and less in front of the television on weekends. Walk up stairs rather than take lifts. You won't get the instant results that come from adopting a more serious fitness regime but you are more likely to get lasting results over time that the lifestyle adjustments that come through adopting a fitness mindset brings.

The same approach applies to our mental health and well-being. You can make large lifestyle adjustments including taking a less stressful job, making a sea or tree change, giving up alcohol altogether and taking up meditating. These are the types of changes people make as a result of a health scare, or a breakdown of some sort. You can take the gentler approach, adapting a resilience mindset and looking after your mental health and well-being on a regular basis. This is preventative by nature and increases the likelihood that you stick to the changes you make.

**Here are some simple things to do to help you develop a mindset for resilience:**

### 1. Watch your self-talk

Become more aware the messages you constantly send yourself. The little voice in your head can have a catastrophic impact on you if you let it. It can talk you into the blues, lower your self-esteem and build mountains out of molehills if you let it. Once you are aware of its impact you can switch it off or change its negative chatter to something a little more positive. Both take practice. It's not as easy as it sounds altering the patter in your head but you can work at it.



### 2. Watch your language

Build an awareness of your language and its impact on your well-being. You can easily catastrophise about the simplest events and you feel like the sky is about to cave in, or you can moderate your language and things won't seem so bad.

We're a Parenting Ideas school

[parentingideas.com.au/schools](http://parentingideas.com.au/schools)



## parenting \* ideas

### 3. Build in regular down-time

As a professional speaker I know how easy it is to take bookings for back-to-back presentations week in, week out as the lure of building a healthy bank balance becomes too hard to resist. Working flat out without a break is a fool's game. I've learned from experience to build regular down-time into my schedule, so I can maintain my passion and enthusiasm for my work. When you have a resilience mindset you see the value of down-time to your well-being and you see the positive impact that it has on your relationships. You recognise that you smile more and you have more energy for the people and activities that you love.

### 4. Get plenty of sleep

We are only beginning to make the links now between sleep and personal well-being. Mothers of newborns know what sleep deprivation is like. It's debilitating. You can't function properly and you become easily depressed. Many people spend much of their lives experiencing some form of sleep deprivation, and they compensate by taking regular caffeine hits, drinking alcohol and..... . When you develop a resilience mindset you'll value sleep more, and look for opportunities to get a good night's sleep.



### 5. Have something that energises and relaxes you

My dad used to say that everyone needs a hobby. He's right. An interest outside of work or family is a boon for your state of mind. Kids generally have few problems in this area, but adults can easily lose sight of the fact that we need to have something in our lives that energises us and also makes us interesting.

### 6. Stay flexible and realistic in your thinking- don't get locked into 'must do' thinking

Watch your language to see if it's full of absolute, imperative terms such as: "I must always be on time....", "They should always use good manners..." , "they never do anything to help ....." If this is you, then you may be stuck with an inflexible, unrealistic thinking style that causes you a great deal of stress. If so, then catch yourself and wind your language back. "I must always be on time....." becomes "I will try to be on time, but sometimes I can't be...." , "They should always use good manners....." becomes "I would like it if they were well-mannered but sometimes they aren't....." , "they never do anything to help....." becomes "they are sometimes helpful but at times they forget....."

If you are not convinced that looking after your well-being is a good idea then I'd like to appeal to an altruistic motive. When you develop a resilience mindset you get a greater understanding of what resilience is about and are in a far better position to develop a sense of lasting resilience in your kids.



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including *The Project*, *The Today Show* and ABC radio.







# Book Club LOOP

**LOOP** is the Scholastic Book Club  
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **[scholastic.com.au/LOOP](https://scholastic.com.au/LOOP)**

or



Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

*Note: You can order for multiple children at once if they attend the same school.*

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

LOOKING FOR MORE PRODUCT INFORMATION?

7

Item No.

**FIND**



- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.

- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**







**FUN**

**COMMITMENT**

**SAFETY**

**RESPECT**

**CONFIDENCE**

## TRYTIME RUGBY

### SCHOOL HOLIDAY CAMP BLUE MOUNTAINS

**WHO:** Rugby players aged between U6-U14yrs (age group split sessions)

**DATE:** Mon 8<sup>th</sup> & Tues 9<sup>th</sup> July 2019

**TIME:** 9am – 3pm (both days) Drop off available from 8am

**VENUE:** Lapstone Oval, Lapstone, NSW 2773

**WHAT:** Players of all levels are encouraged to attend this camp. Specialist coaches will work with all players to further enhance their specific skills, whether they are new to game or have played for a number of years.

**Players receive:**

- Trytime training top
- Specialised team and individual positional coaching from highly qualified coaching staff
- Nutritious morning & afternoon tea (please supply lunch for your child)
- A great enjoyable and fun experience

For more information and to register, please go to:

[www.trytimerugby.com/camps](http://www.trytimerugby.com/camps)

**Mike Cross**  
0416 142 451  
[m.cross@trytimerugby.com](mailto:m.cross@trytimerugby.com)

## Special Thanks To Our Sponsors



## Soccer 4 Tots

## KIDS SOCCER PROGRAM

Helping children get active!

REGISTRATIONS  
NOW OPEN  
SECURE YOUR  
PLACE TODAY!



3 – 5 year old boys &amp; girls



Motor skills



Co-ordination



Fun soccer-themed activities



Social skills



Mini soccer games

## 1 HOUR CLASSES

## LEARN SOCCER SKILLS WHILE HAVING FUN!

- A program for children to learn and develop the fundamental basics of soccer in a positive, friendly and fun environment.
- Improve and enhance motor and co-ordination skills
- Active sport participation helps to develop children's confidence, social and sportsmanship skills.
- Further to developing children's skills through soccer themed activities, we also incorporate an educational environment by using colours, shapes and number identification throughout our Program.
- Qualified coaches with WWCC.

Contact: Max 0419 147 353  
Website: [www.soccer-4-tots.com](http://www.soccer-4-tots.com)  
Email: [tots4soccer@gmail.com](mailto:tots4soccer@gmail.com)



## VOICE TREATY TRUTH

07 - 14 JULY 2019

Let's work together for a shared future.

SPRINGWOOD  
NEIGHBOURHOOD  
CENTRE IS PROUD TO  
HOST A FREE NAIDOC  
EVENT

July 9th, 2019 | 10:00 to  
11:30 am  
In the Neighbourhood  
Centre  
ALL WELCOME

RECOGNISING THE STRENGTH AND  
RESILIENCE OF ABORIGINAL AND  
TORRES STRAIT ISLANDER PEOPLE

Suitable for children 0-10 years old. Limited  
numbers so please book early.

RSVP by July 5th PH: 4751 3033.



Chris Tobin is a Darug man who works as an artist/educator in the Blue Mountains and much of Western Sydney sharing local Aboriginal heritage and culture. Chris will share stories from the Blue Mountains accompanied with craft activities.



For more free or cheap school holiday activities go to [www.strongerfamilies.net.au](http://www.strongerfamilies.net.au)





### Contact

For more information about the group please contact  
Jenny Davies  
0450 001 393

***"I am looking forward to the next meeting with those lovely people who are so kind and giving" (Rose)***



Raising Kin is a program supported by the Springwood Neighbourhood Centre.

For more information about other programs, groups and activities supported by the Springwood Neighbourhood Centre please contact 4751 3033.



**Kinship Care is the care provided by a relative when a child cannot live with their parents.**

### Who is the group for?

Raising Kin is for anyone who has sole or primary care of a relative's child. You might be an Aunt/Uncle/ Older sibling/ Grandparent/ Cousin.

Kinship care, of which grandparent care is the largest subcategory, is growing in Australia. Half of all out-of-home care placements were with relatives or kin.

Non-parent relatives and grandparents may come to care for children in both formal and informal ways. They might see it coming or it might be completely unexpected. It might be for a short time, a long time or an unknown length of time.



### Why attend the group?

For many people becoming a kinship carer can initially be overwhelming. This group allows the opportunity to reach out, share challenges and share successes.

***"It is very informative and one can learn from each other and find comfort in numbers" (Rolf)***

### When does the group meet?

The first Wednesday of the month during school term in Springwood, Blue Mountains.  
10am-12pm

### What happens in a group?

Raising Kin is a safe place to have a cup of tea and meet with other people in a similar situation to your own. Sometimes there are guest speakers on topics requested by group members. Other times there might be planning for activities or events. The group is welcoming and positive in a casual relaxed environment.







## PINNAROO OOSH WINTER VACATION CARE 2019

Looking to join our Pinnaroo Community? We would love to have you!

Simply give us a call or email to enquire about enrolling.

<b>Monday, 8<sup>th</sup> July</b> <b>Laser Tag!</b> @ Pinnaroo Get ready for hours of fun as we will be kicking off our school holidays with Laser Tag... right here at Pinnaroo!  <b>\$59</b> Less CCS payments	<b>Tuesday, 9<sup>th</sup> July</b> <b>Gardening Fun</b> @ Pinnaroo and Winmalee Neighbourhood Centre Today is all about gardening to prepare for Spring!  <b>\$55</b> Less CCS payments	<b>Wednesday, 10<sup>th</sup> July</b> <b>Peak Pursuits Climbing Centre</b> @ Peak Pursuits, Castle Hill Climb your heart out on Peak Pursuits indoor obstacle courses!  <b>\$77</b> Less CCS payments	<b>Thursday, 11<sup>th</sup> July</b> <b>Cat in the Hat Show!</b> @ Springwood Theatre Hub Join us at Springwood Theatre to see the Cat in the Hat... LIVE!  <b>\$69</b> Less CCS payments	<b>Friday, 12<sup>th</sup> July</b> <b>Wheels Day!</b> @ Pinnaroo Bring your wheels to ride around the school on our Pinnaroo track!  <b>\$50</b> Less CCS payments	<b>IMPORTANT INFORMATION</b> <b>Early Bird Bookings Close 23<sup>rd</sup> June 2019</b> Bookings made after this time will increase by \$5.00 per child, per day. <b>No cancellations 23<sup>rd</sup> June 2019</b> All cancellations after this date will be chargeable.
<b>Monday, 15<sup>th</sup> July</b> <b>School of Rock!</b> @ Pinnaroo Dress up like your favourite rockstar because The Music Bus is coming to Pinnaroo with instruments galore!  <b>\$59</b> Less CCS payments	<b>Tuesday, 16<sup>th</sup> July</b> <b>Powerhouse Museum!</b> @ Powerhouse Museum, Ultimo Join us for a day exploring the Powerhouse Museum!  <b>\$68</b> Less CCS payments	<b>Wednesday, 17<sup>th</sup> July</b> <b>Roller Skating!</b> @ Penrith Skate, Emu Plains It's roller rink time! We are going to have a blast learning to roller skate, and roller blade down at Penrith Skate!  <b>\$69</b> Less CCS payments	<b>Thursday, 18<sup>th</sup> July</b> <b>Snow Day!</b> @ Pinnaroo Rug up in your winter woollies and be ready for a day of tabboganing, toasted marshmallows and more winter fun!  <b>\$55</b> Less CCS payments	<b>Friday, 19<sup>th</sup> July</b> <b>PJ Party!</b> @ Pinnaroo There'll be lots of games, movies and fun today to celebrate the end of the holidays!  <b>\$50</b> Less CCS payments	<b>Monday, 22<sup>nd</sup> July</b> <b>Pupil Free Day</b> @ Pinnaroo Ellison and Winmalee Public Schools Only. <b>\$50</b> Less CCS payments

Pinnaroo OOSH \* Winmalee Public School, Whitecross Rd Winmalee \* 02 4754 1543 \* [info@pinnaroo.org.au](mailto:info@pinnaroo.org.au) \* [www.facebook.com/Pinnaroo.OOSH/](https://www.facebook.com/Pinnaroo.OOSH/)

## JULY SCHOOL HOLIDAY PROGRAM 2019

**Wednesday 10 July @ Katoomba Library**  
**Winter Wonder Jars** - Have fun creating a scene or creature in waterproof clay, which will be preserved in a glittery snow jar.

10.30am-12 noon 6-12 yrs  
 \$6.00 per child Bookings essential  
 All materials provided



**Wednesday 17 July @ Katoomba Library**  
**Magical Kaleidoscopes** - Use your imagination and design skills to construct and decorate a working kaleidoscope, learning about symmetry and colour in the process!

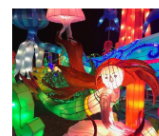
10.30am-12 noon 6-12 yrs  
 \$6.00 per child Bookings essential  
 All materials provided.



**Thursday 18 July @ Springwood Library/HUB**

**Winter Glow** - Create a winter themed artwork that glows in the dark when charged with light.

10.30am-12 noon 6-12 yrs  
 \$6.00 per child Bookings essential  
 All materials provided



**Thursday 11 July @ Springwood Library/HUB**

**Stained Glass Designs** - Create a colourful, semi-transparent artwork to hang up or decorate your window at home.

10.30am-12 noon 6-12 yrs  
 \$6.00 per child Bookings essential  
 All materials provided



**Wednesday 17 July @ Katoomba Library**  
**Fan Art Workshop** - Come along and learn some valuable illustration techniques. Enter the Fan Art competition using your artwork!

2:30pm - 4pm 11 - 17 yrs  
 \$6.00 per student Bookings essential  
 All materials provided



**Thursday 18 July @ Springwood Library/ SAAFRAS Room**

**Knitting and Weaving Workshop for Beginners** - Learn how to make a woven wall hanging as well as get started on a fun knitting project (device cover, beanie, or scarf).

2:30pm- 4pm 10 - 18 yrs  
 \$6.00 per student Bookings essential  
 All materials provided







Concessions available  
**Cost \$10**

## Kid's Holiday Program

INFANTS & PRIMARY

Winmalee Public School Hall Winmalee (Next to Pinaroo Vacation Care)

July 2019

Hours 9am – 3 pm

**Food and drinks supplied**

**Bookings Essential!**

Wednesday 10 <sup>th</sup> July	Wednesday 17 <sup>th</sup> July	<b>Supporters:</b> Winmalee Public School Winmalee Neighbourhood Centre Blue Mountains Winmalee Hub Lions Club Pinaroo Vacation Care Thrive Services Stronger families Alliance Local services and businesses and many others who are not listed.  <b>Thank you.</b>  For information and booking regarding this Program please contact: Springwood Uniting Church Office Ph. 02 47513951 Or Program Coordinator: Mary-Ellen Jamieson Mob. 0415533491 <a href="http://www.springwoodunitingchurch.org.au">www.springwoodunitingchurch.org.au</a>
 <b>All Day Quiet Space</b> Books to read, cards, games, cushions and rest area.  <b>Fun Craft Activities</b>	 <b>All Day Quiet Space</b> Books to read, cards, games, cushions and rest area.  <b>Fun Craft Activities</b>	
<b>10AM-12MD</b> <b>Indigenous Arts and Culture</b> Weaving + Aboriginal dot art. <b>NAIDOC WEEK</b>	<b>Kids in the kitchen.</b>  <b>Fun with food</b>	
<b>MAKE A MUSICAL INSTRUMENT</b>  <b>Indigenous storytelling</b> <b>The First Sunrise</b>	 <b>Reborn Art</b> Learn how to make Jewellery, Spinning tops, toys	
<b>MUSIC, DANCING &amp; AFTERNOON TEA</b>	<b>GIANT JENGA</b> <b>AFTERNOON TEA</b>	

This is an activity run & coordinated by Springwood Uniting Church with the generous support of Winmalee Neighbourhood Centre

### Application

Kids With Courage

#### Enrolling my child/ren:

Name \_\_\_\_\_  
School \_\_\_\_\_  
Age \_\_\_\_\_ Year Level \_\_\_\_\_  
D.O.B. \_\_\_\_\_ ☐ male ☐ female

Name \_\_\_\_\_  
School \_\_\_\_\_  
Age \_\_\_\_\_ Year Level \_\_\_\_\_  
D.O.B. \_\_\_\_\_ ☐ male ☐ female

Name \_\_\_\_\_  
School \_\_\_\_\_  
Age \_\_\_\_\_ Year Level \_\_\_\_\_  
D.O.B. \_\_\_\_\_ ☐ male ☐ female

Name \_\_\_\_\_  
School \_\_\_\_\_  
Age \_\_\_\_\_ Year Level \_\_\_\_\_  
D.O.B. \_\_\_\_\_ ☐ male ☐ female

Please note: Payment is due on application, unless otherwise arranged. Please post this application to:

Springwood Uniting Church  
PO Box 212,  
Springwood 2777

### Testimonies

"I wish there had been something like this for me and my siblings years ago – it could have ripped some grief, fear and rejection in the bud."

"My child has managed anger and has been able to express feelings in a safe environment."

"My son was able to share a lot of deep emotional trauma that he wasn't able to share with me. I feel he has been unburdened by the experience."



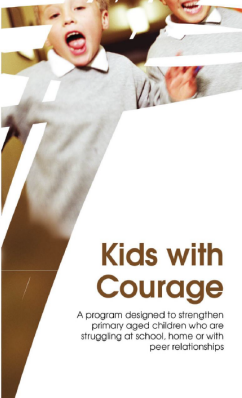
Springwood Uniting Church  
4 Levin Street  
Springwood NSW 2777  
Ph 02 4751 3951  
Email:  
[springwood.uca@westnet.com.au](mailto:springwood.uca@westnet.com.au)



PO Box 553  
Llydale 2140, Victoria, Australia  
[www.careforcelfekeys.org](http://www.careforcelfekeys.org)  
[www.lifekeysconference.org](http://www.lifekeysconference.org)



Term 3  
2019



## Kids with Courage

A program designed to strengthen primary aged children who are struggling at school, home or with peer relationships

### Kids With Courage

This seven session program aims to strengthen primary aged children who are struggling at school, home or with peer relationships. The program themes build on the child's strengths and develop emotional resilience. In a supportive, fun atmosphere children will explore feelings, set goals and find positive ways of problem solving and making changes.

Please note this program is open to children in grades 2 – 6. Younger children by arrangement.

### Program Dates

#### Parent Information Night

Bring the kids

TBA – Lower Hall

\*attendance on this evening is a condition of acceptance into the program

#### Program

Mondays: 4.00pm – 5.30pm

commencing

5th Aug – 16th Sept

Lower Hall

#### Parent Follow-up Evening

To be advised

#### Applications Close

Monday 5th August 2019

**Cost**  
\$10 per child (\$70 for 7 weeks) OR  
\$63 if paid up front.  
\$48 per child-family concession price

#### Location

Springwood Uniting Church Lower Hall  
4 Levin Street  
Springwood NSW 2777  
Office Ph 47513951 (Tues & Thurs 8.30-3.30pm)  
Wed: 8.30-2.30pm  
Email: [springwood.uca@westnet.com.au](mailto:springwood.uca@westnet.com.au)

#### Enquiries

Mary-Ellen Jamieson on 0415 533 491  
Email: [swuc.familyworker@westnet.com.au](mailto:swuc.familyworker@westnet.com.au)  
Or Church Office on 4751 3951

### Application

Kids With Courage  
For programs commencing in TERM 3  
Applications close 5th Aug 2019

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone (hm/wk) \_\_\_\_\_

(mob) \_\_\_\_\_

Email \_\_\_\_\_

#### Church (if applicable)

Not Applicable

Please note: If accepted, you commit yourself to attending the whole program at the agreed cost. Your acceptance into this program is subject to confirmation.

#### Please include payment

As per Cost

☐ Cash ☐ Cheque ☐ Credit Card  
Cheques are payable to Springwood Uniting Church

#### Credit Card Payments

☐ Visa ☐ Mastercard ☐ EFTPOS

Credit card number \_\_\_\_\_

Expiry Date \_\_\_\_ / \_\_\_\_

Total Amount \$ \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Please turn over to complete the reverse side

NEW SOUTH WALES  
DEPARTMENT  
OF EDUCATION  
AND TRAINING





## Term Two 2019

TPL Excursions Meetings School Event Leave Newsletter Sport

WK	Monday	Tuesday	Wednesday	Thursday	Friday
1	29 April Staff Development Day	30 Students Return School Photos P & C Meeting	1 May	2 <i>Sport In Schools</i>	3 <i>Cross Country</i>
2	6	7 Mother's Day Stall	8	9 <i>Sport In Schools</i> Mother's Day Stall	10 Mother's Day Breakfast
3	13	14 NAPLAN	15 NAPLAN	16 <i>Sport In Schools</i> NAPLAN	17 Newsletter Walk to School Safely Day
4	20	21 Peer Group Day	22	23 <i>Sport In Schools</i> KO Netball	24 <i>Zone Cross Country</i>
5	27	28 P & C Meeting Possible Netball Gala Day	29	30 <i>Sport In Schools</i>	31
6	3 June <i>Winmalee Cup</i>	4	5	6 <i>Sport In Schools</i>	7 Newsletter
7	10 Queen's Birthday Public Holiday	11	12	13 <i>Sport In Schools</i>	14
8	17	18	19 PBL Walkathon Dance Audition	20 <i>Sport In Schools</i>	21
9	24	25 P & C Meeting	26	27 <i>Sport In Schools</i> Recorder / Strings Rehearsal Stage 3 WHS Musical	28 Newsletter
10	1 July	2 <i>Stage 2</i> <i>Observatory Hill</i>	3	4 <i>Parent / Teacher</i> <i>Interviews</i>	5 <i>Athletics Carnival K-6</i>



## Term Three 2019

TPL Excursions Meetings School Event Leave Newsletter Sport

WK	Monday	Tuesday	Wednesday	Thursday	Friday
1	22 July Staff Development Day	23 Students Return	24 NAIDOC DAY	25	26
2	29 Athletics Carnival Back up	30 P & C Meeting Open Day Rehearsal – Groups Only DISCO	31	1 August Opera House Recorder Performance	2
3	5 BOOK FAIR	6 BOOK FAIR OPEN DAY	7 BOOK FAIR	8 BOOK FAIR	9 Newsletter BOOK FAIR Claymation Incursion – 5/6C
4	12	13	14	15 Opera house Choral Rehearsal – City	16
5	19	20 Group Photos	21	22 Peer Group Day	23
6	26	27 P & C Meeting Claymation Incursion – 5/6M Father's Day Stall	28	29 Father's Day Stall	30 Newsletter Father's Day Breakfast
7	2 September	3 Claymation Incursion – 5/6G	4	5 Opera House Choral	6 Zone Athletics Carnival Kindy Excursion – Calmsley Farm
8	9	10 Claymation Incursion – 5/6P	11	12 W.P.S Oral Reading & Speaking	13 Debating Gala Day - Springwood
9	16	17	18	19 Stage 1 – Longneck Lagoon Excursion	20 Newsletter
10	23	24 P & C Meeting	25 Stage 3 Camp – Collaroy	26 Stage 3 Camp – Collaroy	27 Stage 3 Camp – Collaroy