

# CAMMERAY PUBLIC SCHOOL COMMUNITY ANNOUNCEMENTS

DISCLAIMER. These notices are placed free of charge for businesses and organisations interested in reaching the Cammeray Public School community. Any decision to participate or engage these services is entirely at the discretion of the individual. It is up to parents to confirm that the contractors engaged are Working With Children Check (WWCC) compliant.

*October 2020*



## **GUITAR UKULELE LESSONS** **at SCHOOL**

**Tue / Wed / Thur**  
**3:30 - 5:30pm (30m lesson)**  
**Group : \$25 Private : \$42**

- Acoustic / Electric / Bass guitar  
Ukulele / Singing
- ✓ Creative Kids Voucher
- ✓ Students can be picked up from Nanyima
- ✓ Guitar & Ukulele packs can be ordered
- ✓ Lessons are also available at home

[www.guitarforall.com.au](http://www.guitarforall.com.au)

**Matt : 0401 626 298**  
**[info@guitarforall.com.au](mailto:info@guitarforall.com.au)**



**ChiFUNese** is the leading provider of Chinese language education at 70+ schools and early learning centres. We are excited to introduce **new innovative extracurricular programs combining movement with language learning** for both physical and mental benefits! **We're also introducing Spanish** because it's the world's top two language!

**Playful Panda programs:**

- **Kung Fu Panda** - martial arts / multi-sports with Mandarin
- **Zen Panda** - yoga and meditation with Mandarin
- **Party Panda** - dance with Mandarin

**Hola Amigos programs:**

- **Futbol Amigo** - soccer with Spanish
- **Zumba Amigo** - Zumba with Spanish
- **Yoga Amigo** - yoga with Spanish

These will complement our classic language programs, which will continue to develop children's speaking, listening, reading and writing skills. **Classic Mandarin classes at Cammeray P.S. are on Fridays** - Primary Junior Class on 8am-9am, and Primary Senior Class on 8am-9am. To enrol, please go to [www.chifunese.com/enrol](http://www.chifunese.com/enrol). Get a **\$100 discount** by emailing us **Creative Kids voucher** details.

Go to [chifunese.com/eoi](http://chifunese.com/eoi) to express interest in our new active language programs. Imagine your child having fun being active and learning the top two most spoken languages in the world - Mandarin and Spanish! Studies show that physically active kids are happier and more capable to learn, grow and thrive.

Join our education revolution and help to **promote world peace and social cohesion** through breaking language and cultural barriers, as well as **develop children into open-minded world citizens and leaders!** Thank you.



Kung Fu Panda



Zen Panda



Party Panda

## Enrolling Japanese class in Term 4 2020

Dear Parents and students,

We have an after-school program for Japanese classes which introduces fun ways to learn about Japanese culture and language. Please join us!

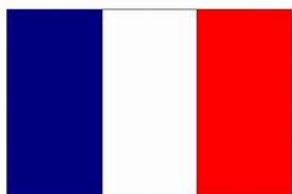
Our Japanese class introduces Japanese culture and useful phrases for shopping, restaurants and greetings. We will make Christmas origami as well.



Japanese classes will start again on Wednesday Week 2 until Week 9, from 3:30 pm to 4:30 pm in class demountable (1L) from Term 4 2020. The lesson fee: @15x8=120

If your children are interested in taking part, please email me at [glccsatomi@gmail.com](mailto:glccsatomi@gmail.com)  
I am looking forward to hearing from you.

Many thanks (ありがとう Arigatou)  
Satomi Terado 0419019487



### Bonjour!

We will start French Co-curricular classes for Term 4 next week in **Week 1** all the way through to **Week 10**.

We have 3 classes as set out below:

**Monday 8.30-9am for mixed ability class (K-6)**

**Wednesday 8-8.30am for Intermediate class (Yr. 3-6)**

**Wednesday 8.30-9am for Beginners class (K-2)**

Students will continue to meet me at the **Bellevue Street gate** just before the beginning of each class to accompany them into school and to our French classroom. It is still in 1C in the main building, next to the uniform shop.

Hands will be sanitised at the beginning and end of each class.

Please be on time and at the gate for **8.30am on Mondays** and **Wednesday 8am for Intermediate and 8.30am for Beginners**. If you are running late please text me on my mobile 0408483231.

Students will be allowed to go into the playground straight after their French lesson.

I have emailed all my current families regarding Term 4 French however if you haven't received anything please let me know.

If you are interested in joining our French class or would like more information, please email me at [corinne.pixton@bigpond.com](mailto:corinne.pixton@bigpond.com)

Merci beaucoup et à bientôt!

Madame Corinne 0408483231

## CHESS!!

Learn to be a chess champion! Coaching for students at Cammeray Public School is held on Tuesdays from 3:15pm to 4:15pm, starting on 13 October 2020.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

0408483231



## Violin Lessons

Lessons for beginners

Located in Naremburn

- Personal attention
- Affordable rates
- Package deals

Tali - Violinist

Member of Sydney Youth Orchestra

0468 386 941



## ***Learn Music on Keyboard at School***

***(Enrol to start now or register for 2021)***

*Great songs! Musical activities!  
Cool music knowledge!*



- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music



**To enrol: [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)  
(02) 9411 3122**

VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

**VIP .Music** est. 1984



## **St Mark's Preschool Northbridge**

**Are you looking for a Preschool for your 3-year-old?**

**We have a few vacancies for 2021.**

**St Mark's Preschool is a community based, not for profit preschool which has been serving the Northbridge community for over 50 years. We are located in the leafy grounds of St Mark's Anglican Church Northbridge.**

**We run a play based Preschool programme which incorporates the children's interests.**

**The 2-day group which operates on Thursday and Friday 9am-3pm**

**Please call the director, Alex on 9958 3027 or email [stmnpk@gmail.com](mailto:stmnpk@gmail.com)**

**Website; <http://www.northbridgepreschool.com.au/>**



BEST SUMMER EVER!

# LEARN TO SAIL

@ Greenwich Flying Squadron  
Bay St, Greenwich  
Sundays from 17 October

[www.juniors.gfs.org.au](http://www.juniors.gfs.org.au)  
[juniorsailing@gfs.org.au](mailto:juniorsailing@gfs.org.au)





# BEFORE & AFTER SCHOOL PROGRAMS



## BEFORE SCHOOL SPORTS

7.30am - 8.30am

Local school dropoff from  
fitness studio or park facilities.

## AFTER SCHOOL SPORTS

3pm - 5pm

*(Optional late pick up available 5-6pm)*

Local collection from school  
& walk to fitness studio or park facilities.



For more information and bookings visit

[www.littlespeedstars.com.au](http://www.littlespeedstars.com.au)



little\_speed\_stars



[info@littlespeedstars.com.au](mailto:info@littlespeedstars.com.au)



# SAFETY AROUND SCHOOLS



Term 4 2020



## Thanks for taking care on our roads!

Welcome back to Term 4! With only one term remaining for 2020, it's time to reinforce positive road safety behaviours and continue to provide a safe school zone environment for students and the whole community.

Aim to walk, ride, or scoot to and from school at least once a week! It reduces congestion, promotes physical activity, reduces our carbon footprint, and improves road safety around your school. Don't forget to hold hands, set a good example, and talk about road safety with your children.



If you do need to drive, try parking further away and walking your child to the school gate. Remember, parking signs are planned with children's safety in mind. Drivers who park illegally put children at risk.





# Cool Kids – Taking Control

## AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-12 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

### WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- About bullying and anxiety,
- How to be confident in social situations,
- How to better manage fears,
- Helpful ways to act if they are bullied, and
- How to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



### WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- They are between 7 and 12 years of age,
- They are being victimised by peers at school AND anxiety is significantly affecting your child's day-to-day life,
- They are not accessing other psychological treatment (except medication\*), and
- You and your child are proficient in English

\*Please note, medication should be stable (same type and dose) before starting and during treatment.

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

## **WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?**

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

### **WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?**

- Allows families across Australia to receive access to the Cool Kids - Taking Control program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids - Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

## **WHAT DOES THE STUDY INVOLVE?**

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

## **WHAT DO THE ASSESSMENTS INVOLVE?**

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.

- The purpose of the initial assessment is to determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

## **WHO DECIDES WHICH CONDITION WE ARE IN?**

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

## **HOW MUCH WILL IT COST?**

- In return for your participation in our research, there is an initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed you will receive \$100 as a thank you for participating in the Cool Kids - Taking Control research study.

*The Cool Kids - Taking Control study is funded by Australian Rotary Health.*

## **HOW TO ACCESS THE PROGRAM?**

If you would like your child assessed for the Cool Kids – Taking Control study, please complete the online registration form. We will then contact you to set up the initial assessment.

For further information about the program or to access the registration form, please contact us at [takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au) or find out more by visiting [centreforemotionalehealth.com.au](http://centreforemotionalehealth.com.au)

***“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”***

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.

### **FIND OUT MORE**

Cool Kids – Taking Control Online Study  
Centre for Emotional Health  
Macquarie University NSW 2109 Australia  
T: +61 (2) 9850 8711  
[takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au)  
CRICOS Provider 00002J / ABN 90952801237



**MACQUARIE**  
University