

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.

FEBRUARY / MARCH 2020

TENNIS HOT SHOTS NEWS

TERM 1 2020 HOT SHOTS TENNIS

Term 1 2020 runs till Thurs 9 April 2020. All enrolments are now online so please ensure you go to <http://grandslamtennis.com.au/hot-shots-tennis> and register to secure your place!

We are offering Hot Shots classes at Cammeray Tennis Club every morning and on Monday, Wednesday and Friday afternoons. We also offer classes at Wheatleigh St Tennis Centre on Tuesday afternoons.

Please go to <http://grandslamtennis.com.au/grand-slam-tennis-coaching/> to book a weekend class.

CODE CAMP

Code Camp is continuing on Thursdays in Term 1 at Wheatleigh St Tennis Centre. If you are looking for a fun After School activity on Thursday afternoons, why not try Code Camp! After Class Care from 5 to 6pm is also available on Thursday!

With specialised teachers, the After School Code Camp teaches kids coding skills where they produce multiple games and apps using an exciting online platform **Code Camp World!**

Please go to <http://grandslamtennis.com.au/hot-shots-tennis> (Wheatleigh St) to book online.

GO BANANAS SOCCER

Go Bananas Soccer is continuing at Wheatleigh St Tennis Centre in Term 1 on Tuesday afternoons! Children will be picked up from school in the Hot Shots minibus.

Go Bananas is organised and run by North Sydney United Head Coach, Joe Liddle.

Please enrol online at <http://grandslamtennis.com.au/hot-shots-tennis> (Wheatleigh St) or email us at info@grandslamtennis.com.au

TALENT ID SQUADS

Talent ID Squads are continuing for Orange and Green Ball players!

Squads are in addition to the normal Hot Shots Tennis class and students are selected and invited to play by the Head Coach.

Training takes place on Monday mornings (8-12 years) or Friday mornings (10-12 years).

ENQUIRIES

Please ensure you email info@grandslamtennis.com.au if you have any queries or if your child is sick and will miss a class. It is very important that we know whether your child will be attending.

Free Hot Shots Practice Sessions

Go along to Wheatleigh St Tennis Centre (Courts 4 and 5) from 3 to 5pm on Sundays and practise your Hot Shots Tennis for free!

Register to ANZ Tennis Hot Shots for lots of benefits!

Make sure you register online to receive lots of benefits. Registered players receive:

- Free ANZ Tennis Hot Shots t-shirt by New Balance, upon registration
- The chance to play on court at the Australian Open or Emirates Australian Open Series
- Pre-sale ticket access to the Australian Open and Australian Open Series events
- The chance to win a VIP Australian Open experience through the ANZ Tennis Hot Shot of the Year competition
- Access to money-can't-buy competitions with prizes that include player meet and greets
- Special discounts, including 20% off all online sports apparel footwear from New Balance
- Personal Accident Insurance in case your child gets any tennis injury niggles

Simply go online to <https://hotshots.tennis.com.au/register/> to apply for your FREE Hot Shots T-shirt and register. Once online:

- Select Register
- Venue Postcode is 2062
- Select your school or Cammeray Tennis Club
- Enter your child's details.

WEBSITE

Please note that all the information can be found at <http://grandslamtennis.com.au/> Please go online to enrol or to find information on term dates, fees, wet weather and all policy and procedure information.

We look forward to seeing you soon for Hot Shots Tennis!

Regards
Stuart Thompson
0415 655 121

Get Kids Running @ Tunks Park

Tuesdays 4-5pm, walking bus from Cammeray PS at 3.15

Welcome to all kids aged 4-12 Just \$15 per session!

Contact Andy 'Willow' Williams on 0431 182 535

Email andywilliamsfitnesscoach@gmail.com

Junior Athletics Squads

The junior squad sessions operate at Tunks Park from 4pm-5pm on Wednesday afternoons. Whilst fun and fitness are the primary goals of our squads, the children also receive enormous benefit and preparation for cross country running and speed/agility for their team sports.

This is the 7th year I have been offering this squad at Tunks Park and as we are just down the road from the school we have always had a strong representation from Cammeray Public! I am also the cross country and middle distance athletics coach for Roseville College, both junior and senior schools.

I have more information available on my website, including WCC number:
<http://fasttwitchperformance.com/junior-athletes/>

GROUP GIFTS – GREAT IDEA.....

Want to organise group gifts for kids' parties? Read how these parents are saving money, time, waste and even donating a portion to charity. Nice!

OFFER: We'll make it free - use promo code - SCHOOL. TAG THE ORGANISER IN YOUR LIFE.

<http://blog.grouptogogether.com/2018/.../13/kids-birthday-gifts/>



Dance Posture Confidence
Flexibility Fitness



FREE TRIAL LESSON

Classes at Mosman Masonic Hall

42A Spit Road Mosman

www.mosmanphysie.com

physie@mosmanphysie.com

0422 122 330

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 4 February 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 for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

French Language Program 2020

Bonjour les parents! Our co-curricular French Language Program focuses on improving fluency and grammatical knowledge through specific language activities and vocabulary exercises that engage and motivate students by providing meaningful learning experiences. Students who have been in the program have shown amazing progress with comprehension and speaking skills. Currently all French classes are almost full but just a few spots remain. If you would like more information please let me know.

Term 1 French is held in Year 1C classroom right next to the uniform shop in the front building.

-Monday mixed ability class at 8.30am

-Wednesday 8am (Intermediate) or 8.30am (Beginner's)

French fees for all classes are **\$162 (9 weeks)**. Fees can be paid directly to me in the first two weeks of term via transfer or cash, **BSB: 082212 Acc:751683164**). All worksheets and resources are provided but students need to bring in their own plastic folder each week please.

Merci beaucoup!

A bientôt, Madame Corinne 0408 483231

corinne.pixton@bigpond.com

KARATE

Traditional karate classes, Shito Ryu Karate Do - Tuesday evenings at Cammeray Public School Hall. For information contact Shihan 7th Dan Simon Duckett on 0409-997-664.

TAE KWON DO CLASSES

Martial Art (Tae Kwon Do) classes held at :

* Northbridge Scout Hall Monday 4 : 00pm.

* Middle Harbour P. School Hall Monday 6 : 00pm.

Learn self-defence, Confidence Respect ...

Instructor - Master Seo 0418 463 709.

TRAINING GROUNDS MARTIAL ARTS

Hi Mums and Dads! I want to tell you about a really exciting new program near you in Crows Nest! We are Training Grounds Martial Arts and we are a safe and healthy environment for children to play, grow and develop skills in self-defence Jiu Jitsu. We emphasise the importance of team work, good sportsmanship and fair play. Jiu Jitsu for children is empowering and helps with logic/problem solving, general knowledge and coordination through play. We have a new kids program that promotes anti-bullying and we would love for your child to come for a free trial and have some fun with us! Please call: Scott Ireland or email: scott@traininggrounds.com.au

New kids Karate, self defence and fitness classes

New kids Karate, self defence and fitness classes are now being held at the Scout Hall, Green park, Cammeray Rd, Cammeray, NSW 2062. Classes are Thursday's 5pm - 6pm.

Great fitness...Build confidence...Respect and discipline...We hit pads! NOT people...Always friendly and FUN! Take the challenge! Come on down and train with Marc at MAD4fitness.....And bring out the Champion in you! Contact details are 042 660 1974.....www.mad4fitness.com.au

Holiday SPORT & CRAFT with Wingy ACTIVITIES

FOR MORE INFORMATION CONTACT WINGY ON 0408 280 833 OR EMAIL WINGYHOLIDAYS@GMAIL.COM

Join us these April school holidays for heaps of fun with great sport and craft activities!

Please complete and attach a separate form for each child and return with full payment via post or drop off to the Cammeray Public School office.

Child's Name: _____ Age: _____

Allergies/diet restrictions: _____

Parent/s Name: _____ Email: _____

Contact Numbers: _____

Booking confirmation by Email Text

LOCATION

Cammeray Public School Hall
Palmer Street, Cammeray

YOU WILL NEED TO BRING ...

Sunscreen Morning Tea Drink bottle
 Hat Afternoon Tea

Lunch will be provided daily. (Sandwiches, pasta, rice, fruit or Sushi.)

Please indicate your required days and sessions by marking 'X' inside each box.

| | |
|-----------------|-----------------------|
| 8.00am – 9.00am | BEFORE CARE |
| 9.00am – 3.30pm | HOLIDAY SPORT & CRAFT |
| 3.30pm – 5.30pm | AFTER CARE |

| APRIL – WEEK 1 | | | | | |
|----------------|------|------|------|------|--|
| MON | TUES | WED | THUR | FRI | |
| 13/4 | 14/4 | 15/4 | 16/4 | 17/4 | |
| | \$5 | \$5 | \$5 | \$5 | |
| EASTER MONDAY | \$55 | \$55 | \$55 | \$55 | |
| | \$10 | \$10 | \$10 | \$10 | |

| APRIL – WEEK 2 | | | | | | PUPIL FREE DAY |
|----------------|------|------|------|------|------|----------------|
| MON | TUES | WED | THUR | FRI | MON | |
| 20/4 | 21/4 | 22/4 | 23/4 | 24/4 | 27/4 | |
| \$5 | \$5 | \$5 | \$5 | \$5 | \$5 | |
| \$55 | \$55 | \$55 | \$55 | \$55 | \$55 | |
| \$10 | \$10 | \$10 | \$10 | \$10 | \$10 | |

Amount Due: _____ Payment method: Direct Deposit Cheque Cash

Parent/Guardian (signature): _____ Date: ____/____/____

Payment can be made by Cash, Cheque or Direct Deposit.

Holiday Sport and Craft Activities P/L, ABN 40 735 654 290 P.O Box 398, Northbridge, NSW 1560

BSB: 112-879 **Account No:** 410956611 **Reference:** Child's Name

THIS IS A TAX INVOICE. PLEASE KEEP A COPY FOR YOUR RECORDS.

Important: You acknowledge these conditions if you make a booking:

- Your child may watch G and PG rated movies;
- If you pick up your child after 3.30pm (or after 5.30pm if they are booked for after care) you will be charged a late fee of \$20 for every 10 minutes;
- If your child is injured or becomes ill while in our care, we will seek appropriate medical, dental or hospital treatment for your child and you will reimburse us for any related expenses;
- We will not accept liability for any injury your child suffers while in our care unless that injury was caused by our negligence.

Our programs are supervised by quality and experienced staff to ensure all the children are provided with fun and safe experiences.

Piano lessons at Cammeray Public School

Jenny Leung has been teaching piano to Cammeray students at Cammeray Public School for the past 18 years. If your child is interested in learning piano, please call Jenny on 0450 711 770.

Looking for a new piano teacher or want to start learning to play piano or keyboard?

Highly qualified and accredited piano teacher has available places for students looking to learn piano, keyboard, theory and musicianship. I will come to your home to teach. Phone Ingrid Ambrose on 80219836 after hours or 0425 229 671



KARATE

FOR KIDS

Do you want your child to learn valuable skills while having fun?



Karate gives children of all ages, the chance to learn quality defence techniques, while getting fit and strong.

Classes are run by experienced black belt instructors under guidance of our Head Instructor, Bill Temm who has 50+ years training in martial arts and over 35 years as an instructor of Japanese classical martial arts.

All school age children are welcome. Great individual and family rates available.

Mosman Martial Arts Academy
4/121-123 Military Rd,
Neutral Bay (corner Bydown St)

When: **Monday to Saturday**
P: **8283 9243** or **0415 951 366**

www.MartialArtsAcademy.com.au

Cammeray Dance Academy

Now taking new student enrolments!
Classes for children aged 2.5 years and up.
Ballet - Jazz - Lyrical - Acrobatics - Song & Dance

Phone: 0434 781 255

Email: info@cammeraydanceacademy.com.au

www.cammeraydanceacademy.com.au

Green Park Scout Hall, Cammeray Road, Cammeray, 2062



There are many extra curricular options currently available to children at the school.
Information concerning various activities is featured regularly in the Community Notices Newsletter available on the school website.

Please be aware that these classes are run by people and organisations separate to the school. Please contact them directly.

2020 EXTRA CURRICULAR ACTIVITIES

| | | |
|--|--|--|
| CHESS Tuesday 3.15 to 4.15 pm in Dem3 (2M) | Sydney Academy of Chess Brett Tindall | 9745 1170 sydneyacademy@gmail.com 0421 224 772 |
| CHIFUNESE Friday 8 – 9 am in A Block AR1013 (KF) & AR1014 (KM) Play and learn Mandarin Chinese | Jenny Shen | info@chifunese.com www.chifunese.com |
| CHINESE Monday at 3.30 – 5.30 pm in Dem4 (1M) | HSK Centre Contact Shinki Wang | 9435 1523 0450 778 970 |
| CONSTRUCTION & DESIGN WITH LEGO - Bricks 4 Kids Monday 3.30 - 4.30 pm Dem1 (1F) | Stacey Bealing | 0450 332 435 stacey@bricks4kidz.com |
| FRENCH Mon 8.30 am Beg K-2 in AR0016 (1C) Wed 8-8.30am Y3-6 & 8.30am-9am K-2 AR0016 (1C) | Corinne Pixton | 0408 483 231 corinne.pixton@bigpond.com |
| GIUITAR 3.30-5.30pm Tues Dem4 (1M) Wed Dem1 (1F) Thurs Dem 3(2M) VOCALS Thurs 3.30-5.30pm Reading Room (opposite KM) | Matthew Lerner | 0401 626 298 matthew.lerner@det.nsw.edu.au |
| JAPANESE Wed 3.30-4.30 pm Dem2 (1T) | Satomi Terado | 0419 019 487 glccsatomi@gmail.com |
| KARATE Tuesdays 6-8pm School Hall | Simon Duckett | 0409 997 664 |
| KEYBOARD Friday 3.20pm-4.05pm in Dem3 (2M) | Ursula Koh/VIP Music | 9411 3122 |
| PIANO Tuesday & Friday from 1pm | Jenny Leung | 0450 711 770 |
| GERMAN Dem5 (1L) Tuesday & Thursday 3.30-5.15pm | Claudia Erb | 0408 669 773 erbclaudia@gmail.com |
| STRINGS Tues 8-9am Dem2 (1T) | Anna Bragg Lizzie Crabb | spannahill@hotmail.com crabbjones@bigpond.com |
| TENNIS – Mon to Fri before and after school at the Cammeray Tennis club courts. Wet weather: AM: Wheatleigh St Tennis club courts PM: Wheatleigh St Tennis club courts | Hot Shots Tennis - Stuart Thompson | 0415 655 121 stuart@grandslamtennis.com.au |



BEFORE SCHOOL CARE FOOTBALL



Fun football sessions and games

organised by Joe Liddle, Head Coach at North Sydney United.

MONDAY TO FRIDAY, 7.45 AM DROP OFF.
CAMMERAY OVAL, CORNER PARK AVE AND ERNEST STREET.

Training 8 – 8.45 am, then supervised walk or minibus to school (or parents collect).

First term introductory rate of \$ 15,
discount for second child & multiple bookings.
Wet weather facilities at Cammeray Golf Club.

More information from Joe Liddle (0431 890 844)
or Mark Ashton (0400 676 020).

**90 MINUTE
BIRTHDAY
SOCCER
PARTIES
FROM \$250**

WILLOUGHBY GIRLS HIGH SCHOOL



A Leader in Girls Education

Please join us for

Open Night

Wednesday 4 March 2020

5.15 – 8.00 pm

School Hall

Information Session

School Tour

Observe and participate in student activities

Meet our student leaders

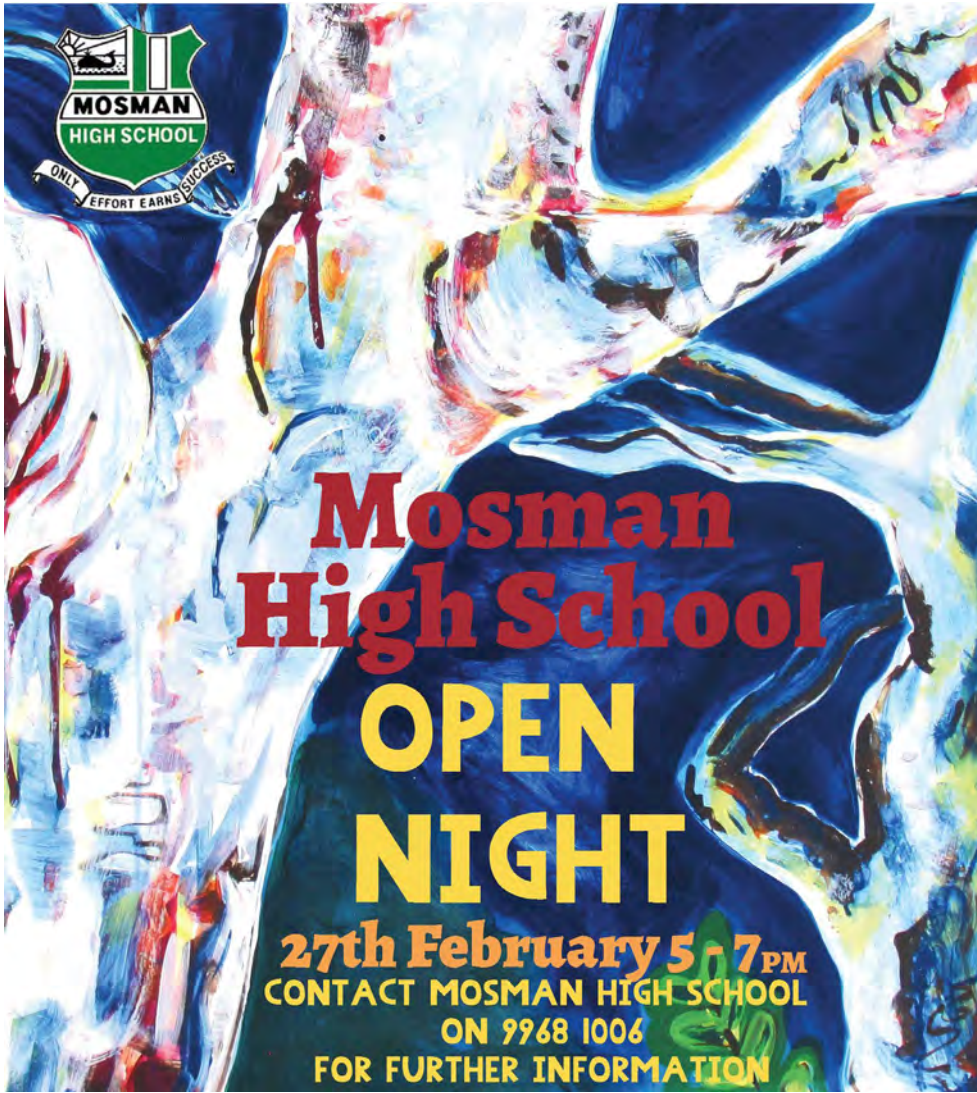
Principal: Ms Elizabeth Diprose

Mowbray Road, Willoughby NSW 2068

Phone: 9958 4141 **Fax:** 99672174

Email: wiloughbg-h.school@det.nsw.edu.au





**Mosman
High School
OPEN
NIGHT**

27th February 5 - 7^{PM}
CONTACT MOSMAN HIGH SCHOOL
ON 9968 1006
FOR FURTHER INFORMATION

COME AND TRY DAY!



PLAY RUGBY LEAGUE IN 2020

FOR FREE!

With Brothers North Sydney JRLFC. From under 4's to under 17's.
Bring your friends together and play rugby league.

SOME OF THE MANY BENEFITS OF THE CLUB:

- FREE access to NRL games
- Qualified referees
- FREE shorts, socks and playing jersey to keep
- Great qualified coaches to help you develop your skills
- 2 sides made the grand final in 2017
- Player insurance included
- Great social and family oriented club
- No rugby league experience required
- Both boys and girls play league
- Tunks Park Cammeray is our home ground
- FREE playing fees for under 4-17's

**TUESDAY
3RD MARCH
AT TUNKS PARK,
CAMMERAY
FROM 4-5PM.
ALL WELCOME**

To register for FREE for the 2020 season, visit www.playrugbyleague.com
and enter post code 2065 to find North Sydney Brothers
or email nsbros@hotmail.com or call 0418620221



Inspiring Future Musicians



Preschool and Primary Music Classes

Private Tuition

Our fun group classes incorporate foundation music theory while teaching the basic skills required to play either the flute, clarinet or saxophone on a lightweight, plastic instruments that is easy to assemble and clean.

All Group Classes comprise of musical games and theory exercises, Instrument technique, Instrument Repertoire (songs) and most importantly, lots of fun!

*School Drop Off, Pick Up and After Care until 5:30pm available subject to demand.

**Enrolling NOW for 2020 Classes in Cammeray!
Visit our website to see the class timetable.**



To find out more,
please contact us at:
(m) 0414758817
(e) info@themusichive.com.au
(w) www.themusichive.com.au
Cammeray Golf Club

STRESSLESS YOGA

Breath-centred Yoga
Wednesdays 9.00am - 10.15am
Thursdays 7.00am - 8.15am
Sundays 10.00am - 11.15am
Cammeray Yoga
1/498 Miller Street Cammeray



Jessica Charlton
Yoga Teacher

stresslessyogaau@gmail.com

0417080608



Come and experience Breath-centred Yoga suitable for all levels. Wonderful for parents and carers wishing to rest, restore and take some time for self-care. Bring in this advertisement for one of Jessica Charlton's classes listed above and enjoy a special price of \$15.00 for your first class. Please feel free to contact me should you have any questions and I look forward to seeing you at class (Located at The Yoga Institute).



SIGN UP TO PLAY AFL FOR THE WILLOUGHBY WILDCATS

Keen to play AFL? Registrations for Season 2020 are now open. Head to wildcatsafl.com or play.afl for more details.

The Willoughby Wildcats provides the opportunity for boys and girls between the ages of 5 and 17 to learn and play AFL. Younger kids learn the game with our Auskick program on Sunday mornings. Age-group teams for older boys and girls train mid-week and play matches on Sundays.

Our home ground is Gore Hill Oval at St Leonards, with first-class facilities including a state-of-the-art, all-weather synthetic field. The Wildcats is a community club with a great culture and a big team of fantastic coaches and volunteers.

The season runs from early April to late August and pre-season training starts soon. Come and give it a go!

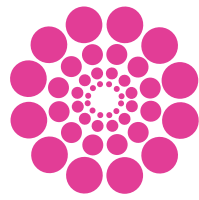
2020 rego fees:

Auskick: \$210

Juniors & Youth: \$270

Siblings: \$240





AUSTRALIAN GIRLS CHOIR



Is this your daughter?

“She sings all the time and can’t sit still when there’s music playing”

“She’s always dressing up and doing concerts”

FEBRUARY OPEN CLASSES

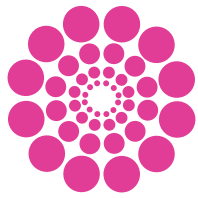
Come along and try a free class at your local rehearsal venue!

Annandale, Beecroft, Caringbah, Dee Why, Kellyville, Mosman, North Parramatta,
North Ryde, St Ives, Strathfield and Waverley



AUSTRALIAN SCHOOL OF PERFORMING ARTS

ausgirlschoir.com.au



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 senior choristers recently shared the stage with Hugh Jackman in his Arena Tour across the country. We're proud to have represented Qantas in the 'I Still Call Australia Home' advertising campaigns and live events for more than 20 years.



Try a **FREE** class in February!

Register online or call 02 9922 6733



AUSTRALIAN SCHOOL OF PERFORMING ARTS

ausgirlschoir.com.au

Easter Holiday Camps

14th April 2020 – 24th April 2020



Join our Holiday Camps and play soccer indoors on grass

0

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cryuff Cut', 'Ronaldo Chop', or learn how to do an 'Oxford'!
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football

Half Days 9.00am-12:00pm | Full Days 9.00am-3.00pm | Extended days 8.30am-5.30pm

For 5-14 year olds

Book from 2 days to 10 days

Check it Out!



The Football Factory | Unit 2, 8 Aquatic Drive, Frenchs Forest | (02) 9972 7766 | thefootballfactory.com.au



BRIDGESToMUSIC



Bridges to Music Pre-Instrumental program for years K-1

Enrolling now for 2020

This great program has been running in Neutral Bay since 2002 preparing hundreds of children for a successful transition to instrumental study.

Its success lies in its carefully crafted Kodaly curriculum, providing a broad-based teaching program, developed through movement, in tune singing, aural training and rhythmic practise and the fundamentals of reading and writing music. It is joyful and active, playful and expressive.

We now also know that music education is a vital component to **children's learning** and comprehensive development, particularly for children aged from 0-7.

This is a rare opportunity for your child to catch the end of these vital learning years with music.

Visit the website www.bridgestomusic.com.au for enrolments

or call Jane Boyd 0403 470 101 for further information

Learn Music on Keyboard at School

Enrolment for Term 1

Great songs! Musical activities!
Cool music knowledge!



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

Creative Kids voucher accepted
(02) 9411 3122
www.learnmusicatschool.com.au





JOIN NORTH SYDNEY JUNIORS NETBALL CLUB

OPEN TO BOYS AND GIRLS



**REGISTRATIONS OPEN ONLINE
7 JANUARY**

AGES: 7 - 12 YEARS

LOCATIONS: WILLOUGHBY COURTS

TRAINING: TUESDAYS 4-5PM

**PLAY COMMENCES FRIDAY NIGHTS ON
27 MARCH 2020**

ENQUIRIES TO: NSJNCSEC@GMAIL.COM



[HTTP://WWW.NORTHSPIRATES.COM](http://www.northspirates.com)

NORTHS PIRATES

JUNIOR RUGBY CLUB

2020 REGISTRATION NOW OPEN

**PRE - SEASON TRAINING STARTS SUNDAY MARCH 1ST
0815 @ TUNKS PARK, CAMMERAY**

**MODIFIED RULES INCLUDING TAG FOR U6-7
CLICK **HERE** TO REGISTER**



**We encourage and support children to learn the values of rugby
RESPECT. PRIDE. ACCOUNTABILITY. INCLUSIVENESS.**



<https://www.instagram.com/northspirates>

SPONSORED BY



<https://www.facebook.com/northspirates>

SAFETY AROUND SCHOOLS



Back to School MythBusters!

We all want our children to arrive at school safely and on time. But this doesn't have to mean driving them right to the school gate. Let's bust some myths on getting to school safely and set up good habits for the year ahead!

Myth 1: It's safer if I drive my children to school

It's not! Professor Rosemary Calder from Victoria University says, "children are much more likely to be injured being driven to school rather than walking or riding."

The greater the number of cars driving past the school, stopping to look for a park, reversing into and out of bays, doing U-turns etc, the less safe the school perimeter is. More pedestrians on the streets make drivers slow down. So, walking to school not only helps to reduce the speed of cars, it also reduces congestion by decreasing the number of cars on the road.



Myth 2: It's too far for my child to walk to school

Do you know how far you live from school? Look on a map and work out the distance. It's estimated that younger primary school children can walk 250m in five minutes, 500m in ten minutes (the time it takes to get kids in the car and drive them) 750m in 15 minutes and 1km in 20 minutes. Some are happy to walk even further.

If you find walking all the way to school too difficult or too far, drive some of the way and park at least a block or two away and walk with your child the rest of the way. By leaving your car a ten minute (or more) walk away from school, you'll be making sure your child gets exercise and you'll also avoid congestion outside the school gates.

Myth 3: I save time driving my children to and from school

By the time you've stopped at lights and signs, driven through congested 40km/h zones, gone around the block looking for a park... your child could have walked to school, and had a far nicer time than in the back seat of the car! The time taken for short car trips increases as more children are driven everywhere and traffic becomes worse. The time spent looking for and sitting in a car park could instead be spent walking and spending quality time with your child.

This year, why not try and make the effort to walk or ride to school at least one or two days a week and help provide a safer school environment for everyone!





NAREMBURN & NORTHERN BEACHES FAMILY CENTRES

TERM 1 PROGRAMS 2020

catholiccaredbb.org.au/brochures

WOMEN'S WELLBEING GROUP

KEEPING KIDS IN MIND

STEP INTO WORK

1 - 2 - 3 MAGIC

A space for women over 18 to come together in a safe welcoming environment. Join us for art, cooking, yoga, support and more.

For parents experiencing conflict after separation. Learn how to support your children.

Designed for women who want to find meaningful paid work. Assists with recruitment, coaching, planning and stress management.

For parents of 2 - 12 year olds. Learn how to manage behaviour without arguing or shouting and enhance your relationship with your children.

Fridays

7 February – 3 April 2020
10.30am – 12.30pm

Thursdays

13 February – 12 March 2020
10.00am – 12.30pm

Tuesdays

18 February – 17 March 2020
10.00am – 12.30pm

Tuesdays

24 March – 7 April 2020
10.30am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Northern Beaches Family Centre
116/20 Dale Street, Brookvale

Naremburn Family Centre
40 Merrenburn Avenue

Naremburn Family Centre
40 Merrenburn Avenue

Cost
Free

Cost
\$100

Cost
Free

Cost
\$20

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|--|---|--|--|--|
| <p>Fairfield Youth and Community Centre, 55 Vine St, Fairfield 2165</p> | <p>Fairfield: Community Access Network - Arabic</p> | <p>Are you an Arabic speaking participant, family member or carer? Come along to our Arabic Community Access Network for:</p> <ul style="list-style-type: none"> • information on various NDIS topics • opportunities to connect and share experiences with others • plan checks. | <p>Wednesday, 26 February 2020 10:00am to 1:00pm</p> | <p>For more information or to register your attendance, please call 0481 907 035 or email sama.mansour@ndis.gov.au.</p> <p>Please register at least one day prior to the event, advising of any accessibility requirements.</p> |
| <p>Cerebral Palsy Alliance Ryde Office 3a Smalls Rd, Ryde 2112 (Training Room 3 in the Learning Centre) Please sign in at reception upon arrival & you will be directed to the room</p> | <p>Early Communication: Information Session for Parents and Carers</p> | <p>Difficulties and delays in a child's speech and communication can significantly impact a family's life.</p> <p>This information session is for parents and carers of children with identified language delays or who might be having difficulty in communicating with others. The session will touch on early communication development including communication milestones, basic strategies to foster more positive interactions and to aid development, and what to do if you think your child has a communication delay. There will be an opportunity to ask our experienced team questions, as well as an opportunity to connect with other parents.</p> | <p>Thursday 27/02/2020 12pm – 2:00pm</p> | <p>RSVP: Renee Giacomini - Community Engagement Officer. Email: renee.giacomini@cerebralpalsy.org.au Ph: 0447 790 581</p> <p>Cost: Free A light lunch will be provided.</p> <p>If you would like to attend but cannot, please still register your interest. Facilitated by Speech Pathologists from the Early Childhood Early Intervention team.</p> |
| <p>Yagoona Community Centre, Meeting Room, 176D Cooper Road, Yagoona 2199</p> | <p>Yagoona: Community Access Network - Arabic</p> | <p>Are you an Arabic speaking participant, family member or carer? Come along to our Arabic Community Access Network for:</p> <ul style="list-style-type: none"> • information on various NDIS topics • opportunities to connect and share experiences with others • plan checks. | <p>Thursday, 5 March 2020 10:00am to 1:00pm</p> | <p>RSVP: Wednesday, 4 March 2020 For more information please contact Rhonda Jodeh by calling 0434 609 105 or email rhonda.jodeh@ndis.gov.au. Register using the link below, or call 1800 794 934, advising of any accessibility requirements. Please register at least 1 day prior to the event.</p> |
| <p>Castle Hill RSL Club 77 Castle St Castle Hill, NSW 2154</p> | <p>Self-Management – Castle Hill</p> | <p>Come along and find out more about Self-Management, and learn the steps to have more choice and control by self-managing your NDIS funding.</p> <ul style="list-style-type: none"> • Hear from people with disability and carers who are currently self-managing their NDIS plan and how they do this. • Develop skills and confidence in using the NDIS portal to successfully self-manage your NDIS plan. | <p>Friday, 6 March 2020 11:00 am – 1:00 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/self-management-castle-hill-tickets-91944720133?aff=ebdssbdestsearch</p> <p>by <u>Uniting Local Area Coordination Program - Western Sydney Partners</u></p> |

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|---|---|--|---|---|
| | | <ul style="list-style-type: none"> Meet other like-minded people who are self-managing or wanting to self-manage their NDIS plan. | | |
| <p>Plumtree Yabsley Avenue Jarvie Park Marrickville, NSW 2204</p> | <p>Kickstart your child's NDIS Plan</p> | <p>So, you've been through the NDIS planning process, and have received your child's new plan. Congratulations! This workshop is about the next steps in activating, implementing, and managing your child's plan including some handy hints & tips. What we will cover:</p> <ul style="list-style-type: none"> Understanding your child's NDIS Plan How the plan is managed, and what that means to you The different types of funding, and what they cover (or don't) Making sense of the NDIS price guide Service Agreements or Service Bookings – what are they and do you need them? How to budget the funds so you don't run out Some ideas on how to stretch the funding further Next steps if you are unhappy with the Plan and want a review <p>(If you haven't had your NDIS Planning Meeting yet, we recommend you to contact us prior to registering as we might have other NDIS workshops or resources more suitable for you on offer.)</p> | <p>Saturday, 7 March 2020 10:00 am – 12:30 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/kickstart-your-childs-ndis-plan-registration-79985786641?aff=ebdssbdestsearch</p> <p>Please be mindful that this workshop is for families who have either had their child's NDIS Planning Meeting and are waiting for the Plan to be approved, or have an approved NDIS Plan in place.</p> <p>Child-Minding is not offered during this session/s. Please do not bring your child/children. Your child and a parent/carer are welcome to attend the Saturday Playgroup held here at Plumtree on Saturdays from 10.30am to 12.30pm while the workshop is taking place. Please email Mana (Mana@plumtree.org.au) if this is the case.</p> |
| <p>Concord Library, Function Room, 60 Flavelle Street, Concord 2137</p> | <p><u>Concord:</u> <u>Community</u> <u>Access Network -</u> <u>Korean</u></p> | <p>Are you a Korean speaking participant, family member or carer?</p> <p>Come along to our Korean Community Access Network for:</p> <ul style="list-style-type: none"> information on various NDIS topics opportunities to connect and share experiences with others plan checks. | <p>Wednesday, 11 March 2020 10:00am to 1:00pm</p> | <p>RSVP: Tuesday, 10 March 2020</p> <p>For more information or to register your attendance, please call 0434 609 105 or email elly.choi@ndis.gov.au.</p> <p>Please register at least one day prior to the event, advising of any accessibility requirements.</p> |

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|---|---|--|--|---|
| <p>Club Parramatta 2 Macquarie Street Parramatta, NSW 2150</p> | <p>Self-Management - Parramatta</p> | <p>Come along and find out more about Self-Management, and learn the steps to have more choice and control by self-managing your NDIS funding.</p> <ul style="list-style-type: none"> • Hear from people with disability and carers who are currently self-managing their plan & how they do this. • Develop skills and confidence in using the NDIS portal to successfully self-manage your NDIS plan. • Meet other like-minded people who are self-managing or wanting to self-manage their NDIS plan. | <p>Saturday, 14 March 2020 2:00 pm – 4:00 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/self-management-parramatta-tickets-91946834457?aff=ebdssbdestsearch</p> <p><u>by Uniting Local Area Coordination Program - Western Sydney Partners</u></p> |
| <p>Hornsby RSL Club 4 High Street Hornsby, NSW 2077</p> | <p>Self-Management - Hornsby</p> | <p>Come along and find out more about Self-Management, and learn the steps to have more choice and control by self-managing your NDIS funding.</p> <ul style="list-style-type: none"> • Hear from people with disability and carers who are currently self-managing their NDIS plan and how they do this. • Develop skills and confidence in using the NDIS portal to successfully self-manage your NDIS plan. • Meet other like-minded people who are self-managing or wanting to self-manage their NDIS plan. | <p>Tuesday, 17/03/2020, 11:00 am</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/self-management-hornsby-tickets-90083380817?aff=ebdssbdestsearch</p> <p><u>by Uniting Local Area Coordination Program - Northern Sydney Partners</u></p> |
| <p>Plumtree Yabsley Avenue Marrickville, NSW 2204</p> | <p>Toilet Training for children with disability or developmental delay</p> | <p>Developing independence with using the toilet is a milestone for children which involves a range of motor, language and thinking skills. This workshop is an introduction to toilet training and an initial problem-solving session for families who are preparing to begin toilet training.</p> <p>You will learn about:</p> <ul style="list-style-type: none"> - Parent and child readiness; - Skills needed for toilet training; - Environmental factors to consider; - The importance of staying positive; - How Plumtree can provide more intensive support if you have NDIS package <p><u>by Plumtree Children's Services Inc.</u></p> | <p>Thursday, 19 March 2020 6:30 pm – 8:30 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/toilet-training-for-children-with-disability-or-developmental-delay-registration-80198695457?aff=ebdssbdestsearch</p> <p>This session is for parents/carers only. Child-Minding not available on this occasion. Please do not bring your child to this session.</p> <p>Please note: If you are a family with a school-aged child who, after many attempts, is still not toilet trained, you may require more intensive support or the services of an incontinence nurse. It is not likely this workshop will be of assistance as it is an introductory workshop. For more info: Continence Foundation of Australia 1800 330 066</p> |

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|---|--|---|--|--|
| <p>Wyong Golf Club 319 Pacific Hwy Wyong, NSW 2259</p> | <p>NDIS Individual Living Options - Host Families, Live in Support & More</p> | <p>The NDIS is providing increased funding options to support people with a disability to live more inclusively - in a regular house, on a regular street, in a welcoming community.</p> <p>The new NDIS Individual Living Options (ILOs) provide a range of exciting options, including:</p> <p>1) Host Arrangements Host Families or Individuals - living with a non-related supportive family or person, sharing their lives and providing some support. In return, the host receives an agreed reimbursement payment, as well as board and lodging from the DSP to cover day to day costs.</p> <p>2) Co-resident Live in Support Workers – a participant lives in their own home with a person who agrees to provide a level of support and companionship. In return they receive reduced rent and/or a payment.</p> <p>3) Living Together A participant lives in their own home with a person (or more than one person) who they have chosen via their existing relationships (intimate, family or friendship). This can include other people with a disability. A flexible package can allow for sharing of supports where required, or in some cases payments for some supports.</p> <p>4) Living Alone Living Alone, with Flexibility - a participant lives in their own home, with various stand by, drop in and informal supports. Further, the NDIS is providing for more flexibility around Supported Independent Living (SILs) options, namely a more client directed approach with more choice and control in supports.</p> | <p>Wednesday, 19/02/2020, 11:00 am</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/ndis-individual-living-options-host-families-live-in-support-more-tickets-91616109249?aff=ebdssbdestsearch</p> <p>This NDIS participant and family information evening aims to give an introduction to ILOs and client directed SIL options: How do these supports work? Are these supports relevant to my situation? What are the steps to put in place?</p> <p>Join us for an interesting and engaging evening! <u>by My Supports</u></p> |

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|---|--|---|--|---|
| <p>Dee Why RSL Club 932 Pittwater Rd Dee Why , 2099</p> | <p>Self-Management - Dee Why</p> | <p>Come along and find out more about Self-Management, and learn the steps to have more choice and control by self-managing your NDIS funding.</p> <ul style="list-style-type: none"> Hear from people with disability and carers who are currently self-managing their NDIS plan and how they do this. Develop skills and confidence in using the NDIS portal to successfully self-manage your NDIS plan. Meet other like-minded people who are self-managing or wanting to self-manage their NDIS plan. | <p>Thursday, 19 March 2020 11:00 am – 1:00 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/self-management-dee-why-tickets-91945803373?aff=ebdssbdestsearch</p> <p><u>by Uniting Local Area Coordination Program - Northern Sydney Partners</u></p> |
| <p>Panthers Penrith Rugby Leagues Club 123 Mulgoa Road Penrith, 2750</p> | <p>Self-Management - Penrith</p> | <p>Come along and find out more about Self-Management, and learn the steps to have more choice and control by self-managing your NDIS funding.</p> <ul style="list-style-type: none"> Hear from people with disability and carers who are currently self-managing their NDIS plan and how they do this. Develop skills and confidence in using the NDIS portal to successfully self-manage your NDIS plan. Meet other like-minded people who are self-managing or wanting to self-manage their NDIS plan. | <p>Wednesday, 25 March 2020 11:00 am – 1:00 pm</p> | <p>Register through Eventbrite: https://www.eventbrite.com.au/e/self-management-penrith-tickets-91947424221?aff=ebdssbdestsearch</p> <p><u>by Uniting Local Area Coordination Program - Nepean Blue Mountains Partners</u></p> |
| <p>Fairfield Youth and Community Centre, 55 Vine St, Fairfield 2165</p> | <p>Fairfield: Community Access Network - Arabic</p> | <p>Are you an Arabic speaking participant, family member or carer? Come along to our Arabic Community Access Network for:</p> <ul style="list-style-type: none"> information on various NDIS topics opportunities to connect and share experiences with others plan checks. | <p>Wednesday, 25 March 2020 10:00am to 1:00pm</p> | <p>For more information or to register your attendance, please call 0481 907 035 or email sama.mansour@ndis.gov.au.</p> <p>Please register at least one day prior to the event, advising of any accessibility requirements.</p> |

| WHERE | WHAT | DETAIL | WHEN | MORE INFORMATION |
|--|---|--|--|---|
| <p>Venue TBA prior to event date - will be in CBD Sydney, NSW 2000</p> | <p>NDIS Reviews and Appeals Workshop</p> | <p>The workshop is aimed at community, disability, or health sector employees at any level who are engaging with the NDIA on behalf of their clients. It has a practical focus on the process of appealing / reviewing NDIS decisions, for example:</p> <ol style="list-style-type: none"> 1. Decisions relating to a person’s access to the scheme; 2. Whether or not to fund a certain support or piece of assistive technology; 3. Whether or not to allow a participant to self-manage an NDIS budget. <p>The course takes attendees from preparing and submitting a persuasive Access Request Form, through the Internal Review Process, accessing legal aid / representation, and into making an application for review to the Administrative Appeals Tribunal, and negotiating and implementing settlements prior to hearings. It also covers topics such as Client Interviewing, the NDIS Complaints Process, the role of the Commonwealth Ombudsman, Freedom of Information applications, Administrative Law Principles, and basic legal research techniques for non lawyers.</p> <p>Course Topics:</p> <ul style="list-style-type: none"> • Background to the NDI • NDIS Reviews and Appeals • Administrative law and merits review • Drafting Applications • Freedom of Information Law and other Matters | <p>Friday, 27 March 2020 9:30 am – 4:00 pm</p> | <p>Cost: \$295 (incl GST)</p> <p><i>This workshop presents an outstanding opportunity for professional development and networking, and would be extremely beneficial to any NDIS participant, provider, support coordinator, or Community sector employee.</i></p> <p>Register through Eventbrite: https://www.eventbrite.com.au/e/ndis-reviews-and-appeals-workshop-27th-march-2020-sydney-tickets-79985473705?aff=ebdssbdestsearch</p> <p>By the end of the course, participants will be better informed, and more confident in supporting their clients to utilise the review and appeals framework as a means of resolving issues which may arise when dealing with the NDIS. AbilitySeer emphasise supporting people with disability to actively participate in these processes at all stages throughout their training courses.</p> |