Term 1: Week 8, March 16th, 2015

Web page: www.warrawee-p.schools.nsw.edu.au
Email: warrawee2-p.school@det.nsw.edu.au

From the Principal

Dear Parents and Carers,

On Saturday night, thirty of our students, accompanied by Mrs MacGuinness played alongside the Sydney Symphony Orchestra in a special outdoor family performance. Mrs MacGuinness was invited to be part of this event when she attended a professional learning workshop in the school holidays. I am very grateful to Mrs MacGuinness for giving up her time to attend this course because many of our families have benefitted as a result. Everyone that I have spoken to thoroughly enjoyed themselves and Mrs MacGuinness is still ‘buzzing’ as a result of this wonderful night. Thank you for supporting the event and for allowing your children to participate in this very special event.

Yesterday, I met with our 2015 student leaders to discuss their student leadership experiences to date and also talk about the term ahead. The leaders brought to my attention again the need for a high fence at the back of Franc Carter Oval to stop balls from running down into the bush. I was delighted to be able to tell them that the P&C agreed at their meeting last week to pay for a new fence and that this work should be carried out soon. Thank you to the P&C for contributing to this project as it is one that is very close to the 3-6 students hearts and the teachers on playground duty in that area. I had a delightful morning with the leaders and we are asking all of the children to either wear, or bring with them, orange clothes or traditional dress. We will be having a special Harmony Day assembly and a range of different class activities during the day to celebrate this special occasion.

On Friday we will be celebrating Harmony Day and we are asking all of the children to either wear, or bring with them, orange clothes or traditional dress. We will be having a special Harmony Day assembly and a range of different class activities during the day to celebrate this special occasion.

On Sunday the P&C is having the first Working Bee of the year. It will run from 9:30am - 12:30 and it would be fabulous to see as many families as possible at this event. I hope to see you there even if it is for only a short time. We will be gardening and painting so if you have a paint roller please bring it with you.

Have a great week

Carrie Robertson

At the Zone Carnival last week our swimmers were very impressive and earned Warrawee enough points to finish in second place. This was an amazing result and I am so proud of the hard work, training, team spirit and excellent behaviour on the day that made it all possible. Well done and congratulations to all our Warrawee competitors!

Inside this issue:

- Sports News
- Warrawee Cafe
- Awards
- New P&C President Welcome
- “Warrawee PS Big Draw”
- Harmony Day
- Election Day Stall

Reminder to all Kindy Parents

Could you please pack a spare pair of underpants & socks in a zip lock bag, just in case your child has an ‘accident’. Unfortunately we don’t have an unlimited supply of spare clothing in the K-2 Office. Many thanks.
SPORTS NEWS

HORNSBY ZONE PSSA SWIMMING CARNIVAL: TUESDAY 10TH MARCH, 2015
The Warrawee swim team swam brilliantly and were terrific ambassadors for our school. With wonderful sportsmanship and sheltered by last years’ Year 6 shade tent gifts, the swimmers competed with all that they had at West Pymble Pool. It was terrific to see so many make finals and furthermore gain top places. The relays were exciting with three teams coming 3rd and the senior boys winning. Congratulations to all swimmers. Following are the results from finals and timed finals. Complete carnival results and timings will be posted on the pin-boards opposite the canteen. I can also email these to families if you contact me on suzanne.jurkschat@det.nsw.edu.au.

We have a very impressive 11 students competing at the Sydney North PSSA regional carnival at Homebush today. We wish all of them all the very best as they compete from 2-7pm. These students are;

<table>
<thead>
<tr>
<th>Student</th>
<th>Events</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samuel B</td>
<td>1st Junior breaststroke, 3rd Junior IM, 2nd 50m freestyle, 7th Junior butterfly</td>
<td></td>
</tr>
<tr>
<td>Ryan B</td>
<td>5th Senior IM, 3rd 11yrs 50m freestyle, 4th 11yrs breaststroke, 2nd 11yrs backstroke, 3rd 11yrs butterfly, 7th all age 100m</td>
<td></td>
</tr>
<tr>
<td>Benjamin S</td>
<td>1st 8yrs 50m free</td>
<td></td>
</tr>
<tr>
<td>Charlie W</td>
<td>4th 50m freestyle</td>
<td></td>
</tr>
<tr>
<td>Tim C</td>
<td>2nd 50m freestyle, 3rd 12yrs butterfly, 6th all age 100m,</td>
<td></td>
</tr>
<tr>
<td>Riley H</td>
<td>6th 50m freestyle</td>
<td></td>
</tr>
<tr>
<td>Max S</td>
<td>4th Junior backstroke</td>
<td></td>
</tr>
<tr>
<td>Andrew H</td>
<td>4th 11yrs butterfly</td>
<td></td>
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<tr>
<td>Junior Boys relay</td>
<td>Samuel B, Alex W, Charlie W, Max S = 3rd</td>
<td></td>
</tr>
<tr>
<td>Senior Boys relay</td>
<td>Tim C, Riley H, Deven F, Ryan B = 1st</td>
<td></td>
</tr>
<tr>
<td>Phoebe L</td>
<td>5th Senior IM, 3rd 12yrs 50m freestyle, 4th Senior breaststroke, 4th Senior butterfly</td>
<td></td>
</tr>
<tr>
<td>Felicity S</td>
<td>6th Senior IM, 2nd 11yrs 50m freestyle, 7th 11yrs breaststroke, 5th 11yrs backstroke, 3rd 11yrs butterfly, 8th 100m freestyle</td>
<td></td>
</tr>
<tr>
<td>Keira S</td>
<td>2nd 8yrs 50m freestyle</td>
<td></td>
</tr>
<tr>
<td>Charlie L</td>
<td>2nd Junior IM, 1st 10yrs 50m freestyle heat, 5th Jun backstroke</td>
<td></td>
</tr>
<tr>
<td>Ella C</td>
<td>2nd Junior breaststroke, 7th Jun butterfly</td>
<td></td>
</tr>
<tr>
<td>Ruby A</td>
<td>6th Junior breaststroke</td>
<td></td>
</tr>
<tr>
<td>Bianca Z</td>
<td>5th 11yrs breaststroke</td>
<td></td>
</tr>
<tr>
<td>Aileen P</td>
<td>8th Senior breaststroke</td>
<td></td>
</tr>
<tr>
<td>Senior Girls Relay</td>
<td>Phoebe L, Felicity S, Aileen P, Bianca Z = 3rd</td>
<td></td>
</tr>
</tbody>
</table>

HORNSBY ZONE PSSA SUMMER COMPETITION

Last Friday was the last day of Term 1’s summer competition. Warrawee played Mount Colah PS in cricket, t/ball and softball with the following results:

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun Boys’ cricket</td>
<td>99-28 win</td>
<td>Roque R</td>
</tr>
<tr>
<td>Senior Boys’ cricket</td>
<td>66-26 win</td>
<td>Hugo Di V</td>
</tr>
<tr>
<td>T/Ball</td>
<td>14-8 win</td>
<td>Ellie C</td>
</tr>
<tr>
<td>Softball</td>
<td>7-6 loss</td>
<td>Lucy F</td>
</tr>
</tbody>
</table>

Well done to our teams. They continue to enhance their skills and team play.

ZONE SPORT TRIALS

We wish the following students all the very best as they trial for Zone positions in soccer, rugby league and rugby union:
Soccer: Phoebe L (Yr 6), Rachael G (Yr 6), Riley H (Yr 6), Tyler C (Yr 6), Gustavo N (Yr 5)
League & Rugby Union: Riley H (Yr 6), Ryan B (Yr 5), Samuel B (Yr 5)

YEAR 7 ENROLMENTS

To all Year 6 families, all “Year 7 Enrolment Forms” should have been returned to school already. In order to put the Year 6 names through the computer system in time, tomorrow needs to be the last day.

Sue Jurkschat
**AWARDS**

**Merit Certificates - “Big Reds”**

Congratulations to the following students who have received a Merit Certificate:

<table>
<thead>
<tr>
<th>K-2 Students</th>
<th>3-6 Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Name</td>
</tr>
<tr>
<td>Jack H</td>
<td>1C</td>
</tr>
<tr>
<td>Annabel I</td>
<td>1S</td>
</tr>
<tr>
<td>Oliver R</td>
<td>1S</td>
</tr>
<tr>
<td>Harry F</td>
<td>2P</td>
</tr>
<tr>
<td>Arklin R</td>
<td>2P</td>
</tr>
<tr>
<td>Name</td>
<td>3-6 Students</td>
</tr>
<tr>
<td>Name</td>
<td>3-6 Students</td>
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<td>3-6 Students</td>
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<tr>
<td>Name</td>
<td>3-6 Students</td>
</tr>
<tr>
<td>Name</td>
<td>3-6 Students</td>
</tr>
</tbody>
</table>

**BANNERS** were awarded to:

- Aislin K 3B
- Emma P 3B
- Aditi K 3B
- Joel McD 4O

**CONGRATULATIONS! Student of the Week Sticker**

- 09/03 EUNICE W 4S
- 16/03 ROUMINA B 1B

**WARRAWEE CAFÉ**

**FLEXISCHOOLS**

Please see below easy steps to register your child also we have attached a guide to ordering your child’s lunch. Hope this is of assistance when using Flexischools.

To register for Flexischools just follow the steps below:

2. Click REGISTER NOW
3. Enter your email address
4. You will be emailed a link to an online form - follow the link.
5. Choose a username and password, and complete the form.
6. Add each student and their class
7. Top up their account - bank transfer, VISA or Mastercard
8. For help with Flexischools please call 1300 361 769.

The Warrawee Cafe

Kirrily, Jan & Melinda

**Next Week’s Roster:**

- **Mon:** 23/03 Kirrily, Jan, Michelle Ham
- **Tue:** 24/03 Kirrily, Jan, Yve Heath
- **Wed:** 25/03 Jan, Melinda, Sam Lackenby, Jennifer Chung
- **Thur:** 26/03 Kirrily, Melinda, Heath Park, Parisa Truman
- **Fri:** 27/03 Kirrily, Jan, Sara Larijani, Helen O’Loughlin

**HONOUR ASSEMBLY - Mathematics**

At Warrawee Public School, we are always looking for opportunities to acknowledge our students for their academic and extracurricular endeavours. Our Honour Assemblies are one such initiative. This term we will be celebrating our students’ skills and effort in the area of Mathematics.

Every teacher will nominate two students from their class and I am certain that teachers will face a dilemma over selecting their awardees.

This term’s K-6 Honour Assembly will be held in Week 9, on Friday 27th March at 1:40 pm in the School Hall.

You will receive an invitation if your child is selected for an honour award.

Saral Somaiya

**UNIFORM SHOP:** Open Thursdays 8:45-9:15am & 2:45-3:15pm

We are also open the following Tuesday mornings from 8:45-9:15am: 24th & 31st March

**Mail Order Forms**

Order forms are available in both offices and on the website to download. All orders will be processed on the Thursday and delivered to your child’s class – even if it is just for a chair bag, art smock or a new hat. Please assist me by filling in ALL details on the form – especially your child’s name and sizes of items required!

**Winter Uniforms**

Term 1 is flying by and Term 2 will be here before we know it, so don’t forget to assess your requirements for Winter Uniforms and arrange purchase before the first cold snap sets in.

Senika Wilkinson
**P&C NEWS**

**Introducing the new president of the Warrawee P&C:**
*Sam Williamson*

Dear Parents, Carers and Community Members

I would like to introduce myself to the Warrawee Public School community. I’m the parent of child in year 3 as well as the director of Warrawee Care Centre.

I am proud to have been elected into the president’s role of Warrawee Public School P&C Committee and look forward to working with the school community, the teaching staff and the school executive led by Carrie Robertson to provide the best opportunities for our children.

I have been a member of the P&C for many years and in the past held different positions on the executive committee including the role of vice-president and secretary. I could not be present last Monday for the P&C AGM as I was attending a Loreto function for my eldest daughter but I am really excited by this opportunity.

I’m looking forward to working with my new committee and would like to thank *Amanda Milne* for accepting the vice-president’s role, *Steve Samuelson* for accepting the Treasurer’s role and *Reza Kahlaee* for accepting the class parent co-ordinator role. A big thank you also to *Phil Cohen* for continuing in his role heading grounds work within the school.

I will be the P&C representative for the Canteen and Amanda will fill the same role for the Uniform Shop. We still have some positions open and hope to fill these at the next meeting.

I would like to set a new direction for the P&C going forward and ensure we as a P&C have greater engagement with our school community and school staff.

There will also be greater information sharing for those unable to attend meetings on matters such as P&C minutes, plans of projects to be undertaken and other P&C operations. I would also like to look at ways to optimise the P&C assets and space to best fit our growing school and benefit our children.

I welcome everyone to come along to our next meeting in May and be involved in our wonderful school community and contribute in whatever capacity you can.

*Sam Williamson*
President Warrawee P&C (president@warraweb.com)

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<table>
<thead>
<tr>
<th><strong>THE WARRAWEE PS BIG DRAW</strong></th>
<th><strong>“HARMONY DAY”</strong></th>
</tr>
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<tbody>
<tr>
<td>To celebrate Art Month Sydney this month Warrawee PS will be holding a Big Draw at lunchtime this <strong>Wednesday, 18th March</strong> under the 3-6 COLA.</td>
<td>Harmony is the way of life at Warrawee Public School. At Warrawee we have students and staff from various cultural backgrounds. We enjoy different sports, we enjoy different cuisines, and we exhibit different talents. We have our own favourites and preferences in every aspect of our lives but we share the common values of Respect Responsibility and Personal best. We all belong to Warrawee Public School.</td>
</tr>
<tr>
<td>Thank you to Tannya Harricks for initiating and organising this wonderful event which allow students to express their creativity and to engage in a meaningful and fun task over lunch. The Big Draw encourages focus, creativity, reflection, discussion and inclusion. The students of Warrawee PS can come and sit under the COLA tomorrow and draw whatever they like – with friends or alone. Once again thank you to Tannya Harricks for providing the rolls of papers and some markers and also for sharing this wonderful idea.</td>
<td>As a mark of celebration of such a great culture, we would like to invite all students and staff to dress up in orange or come in traditional dress to school on Friday 20th March 2015. Please note that there won’t be any PSSA games on 20th March.</td>
</tr>
<tr>
<td>Please note that Tannya’s own wonderful artwork will be on display at The Grace Cossington Smith Gallery (Gate 7, 1666 Pacific Highway Wahroonga- Abbotsleigh) between 18 April to 16 May at the Within and Beyond: Artist of Hornsby and Ku-ring-gai exhibition.</td>
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</tbody>
</table>

Brenna Roumanos

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“BEBRAS CHALLENGE”

Warrawee Public School is excited to offer Bebras Challenge, as an enrichment program, to our students from Years 3 to 6. Bebras Challenge is a computational thinking challenge that tests the talent of the participants.

The challenges are made of a set of 15 short questions called Bebras tasks. These tasks are presented under three levels of difficulty – Easy, Medium, and Hard – each consisting of 5 questions. The questions get progressively more difficult as students advance upwards through the school system. While these tasks relate to computational thinking concepts, they do not require any prior knowledge in computing, programming or ICT. To solve the tasks, students are required to think in and about information, discrete structures, computation, data processing, and algorithmic concepts.

Bebras is an international initiative whose goal is to promote computational thinking for teachers and students (ages 8-17 / school years 3-12). Bebras is aligned with and supports the new Australian Digital Technologies Curriculum. Bebras is run by NICTA under the Digital Careers program, funded by the Australian Government as represented by the Department of Communications.

Students will partake in these challenges during their technology class between 16-27 March 2015.

If your child is interested in participating, please sign and return the consent form that should have recently come home with your child. All forms should be returned to your child’s teacher.

Lisa Beifield and Saral Somaiya


**ELECTION DAY STALL - Saturday, 27th March 2015**

"As is tradition, we are holding a BBQ and Cake stall for the State Election on Saturday 28 March. Each family will receive a plate, freezer bag and labels. Please return these to school with a cake, cupcakes, slice or a packet of lollies on Friday 27th March.

The funds raised from the proceeds of the day will improve our School. Please support by volunteering on the day – just one hour when you come to vote! We are using VolunteerSpot, so please sign up now to ensure you get the best time for you.

Here's how it works in 3 easy steps:

1) Click this link to see our Sign-Up on VolunteerSpot:

2) Review the options listed and choose the spot(s) you like.

3) Sign up! It's Easy - you will NOT need to register an account or keep a password on VolunteerSpot.

Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please contact Renee Dodds and she can sign you up manually (email on website)."

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**NSW PREMIER’S READING CHALLENGE (PRC)**

Warrawee Public School encourages students to participate in The Premier’s Reading Challenge (PRC). The aim of the Challenge is to encourage in students a love of reading for leisure and pleasure.

All K-2 Students will be completing the PRC and receive a PRC certificate, as they have the PRC books read to them in Library and in class. However they may also choose to complete the challenge independently at home. They need to read 30 books: 25 from the PRC booklists and 5 personal choice books.

* Students in **Years 3-4** must read 20 books: 15 books from the PRC 3-4, 5-6 or 7-9 booklists, plus 5 personal choice books.

* Students in **Years 5-6** must read 20 books: 15 books from the PRC 5-6 or 7-9 booklists, plus 5 personal choice books.

To complete the challenge once they have read the required number of books, Year 3 – 6 students must:

Enter the books they have read onto their [Online Student Reading Record](https://products.schools.nsw.edu.au/prc/home.html) on the PRC website. To enter books at home, students can log onto the Premier’s Reading Challenge website at https://products.schools.nsw.edu.au/prc/home.html using their school Username and Password.

Once the challenge is completed, print out the Student Reading Record and return to the Library, signed by a parent or guardian.

Check the website for more information, rules and those all-important booklists. To check if a particular book is on the list, simply type the title into the search box on the top right of the screen. Don’t forget you can search for books by category, such as ‘classics’ or ‘sports fiction’. There are useful reviews of all books on the PRC lists.

The Challenge runs from **2 March to Friday, 21st August 2015**. Many of our Warrawee Library books are on the PRC booklists, but you may also read books from home or other Libraries.

Primary students are having PRC orientation in Library lessons over the next few weeks.

**Important Privacy Information:**

Two conditions of entering the Challenge are that students may receive a certificate and their name may appear on the Gold or Platinum Honour Roll. Certificates have the student’s name and school printed on them.

The Honour Roll lists student names in the PRC website only. Names are listed in alphabetical order (not by school) and no other identifying features are included.

Students who do not wish to receive a certificate or have their name published on the Gold or Platinum Honour Roll (or whose parents/carers do not wish them to) should not register for the Challenge. These students may take part in the Challenge unofficially - they may use the PRC booklists and can seek recognition in their school community - but they cannot add any books to an online Student Reading Record.

Please feel free to contact me if you have any questions about the PRC.

Bronwen Campbell, Teacher Librarian
Election Day
Cake n Bake Stall and Sausage Sizzle

ALL WARRAWEE FAMILIES

are asked to bake goods for our Election Day Cake Stall on **28 March**

to raise funds for your School.

We also need VOLUNTEERS on the day! Please give one hour of your time and help at either the Cake Stall or the BBQ. Please sign up NOW to book the BEST time for you. VolunteerSpot [http://vols.pt/MDiW7](http://vols.pt/MDiW7)

*See you there!*

*If baking is not your thing, lollies are also gratefully accepted.*
# The Warrawee Cafe Menu

**Term 1** 2015

## All ordering now via Flexischools

### SNACK ITEMS
- *Snack n' go* $3.60
- Jelly Wobble 70c
  (jelly&custard or jelly)
- *Banana Bread* $2.00
- *Cookies* 95c each
- *Cheese & Bacon Roll* $1.80
- *Finger bun – *Friday only* $2.00
- *Apple Slinky* $1.00
- *Chicken Wedges* 90c each
- *Fruit Nuggets* 50c
- *Popcorn* $1.20
- *Natural Chip Co. Chips* 90c
- *Rice Sticks* $1.00

### SANDWICHES  
*toasted add 50c*
- Grain, wholemeal or white bread
  - *Vegemite* $2.50
  - *Cheese* $3.00
  - *Ham* $3.80
  - *Chicken* $3.80
  - *Ham and cheese* $3.80
  - *Ham, cheese, tomato* $4.30
  - *Cheese and salad* $5.00
  - *with chicken or ham* $5.75
  - *Salad* $4.75

### FRESH WRAPS
- *Chicken, mayo and lettuce* $4.50
- *Salad* $5.00
- *Cheese and salad* $5.50
  - *with chicken* $5.75
  - *with ham* $5.75

### CAESAR SALAD
- *lettuce, cheese, egg, dressing, croutons with your choice of ham or chicken* $4.50

### SUSHI – Gluten Free
- *Chicken & cucumber* $3.50
- *Tuna & avocado* $3.50
- *Salmon & avocado* $3.50
- *Vegetable* $3.50
- *Avocado* $3.50
- *Tuna & cucumber* $3.50
- *Cucumber* $3.50

### HOT CHICKEN WRAP
- *Chicken breast with light bread crumb coating, lettuce in a warm wrap* $4.60

### SAUSAGE ROLLS
- *Sausage roll* $3.20
- *Sauce* 20c

### WHOPPER BURGER
- *Beef patty, tomato sauce served on a roll with cheese* $4.00
  $4.50

### GARLIC BREAD
- *2.10

### DRINKS
- *Nudie Juice* (orange/tropical/lemon) $1.50
- *Just Juice 200ml* (apple/peach/apple, orange) $1.00
- *Bottled Water 355ml* $1.20
- *Quench Sparkling Water* (apple/raspberry, lemon/lime, orange) $1.90

### FROZEN TREATS
- *Crystal – fruit juice* 30c
- *Choc dot* 30c
- *Strawberry kiss* 30c
- *Frozen pineapple ring* 50c
- *Willy Wonka & Titanic* 70c
- *Frozen fruit tubes* 70c
- *Mini ice cream tub* $1.20
- *Faddle Pop* $1.30
- *Moosie* $1.30

### PIZZA, made fresh
- *NOT AVAILABLE ON FRIDAY*
  - *Ham, cheese* $4.50
  - *Ham, cheese, pineapple* $4.50
  - *Vegetarian options* $4.50
  - *Cheese* $4.50
  - *Cheese, pineapple* $4.50
  - *Gluten Free* $4.90

### FROZEN WRAPS
- *Chicken, mayo and lettuce* $4.50
- *Salad* $5.00
- *Cheese and salad* $5.50
  - *with chicken* $5.75
  - *with ham* $5.75

### TWISTA PASTA
- Pasta with bolognese sauce $4.50

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*PIZZAS NOT AVAILABLE ON FRIDAY*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Options</th>
</tr>
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</table>
| Monday      | Sandwiches/toasties/fresh wraps  
Caesar Salad  
Hot wraps  
Pizzas  
Wedges  
Twista Pasta |
| Tuesday     | Sandwiches/toasties/fresh wraps  
Caesar Salad  
Hot wraps  
Pizzas  
Wedges  
Sausage Roll |
| Wednesday   | Sandwiches/toasties/fresh wraps  
Caesar Salad  
Hot wraps  
Pizzas  
Wedges  
Sushi  
Twista Pasta |
| Thursday    | Sandwiches/toasties/fresh wraps  
Caesar Salad  
Hot wraps  
Pizzas  
Wedges  
Whopper Burgers |
| Friday      | Sandwiches/toasties/fresh wraps  
Caesar Salad  
Hot wraps  
Wedges  
Twista Pasta  
Sushi |
**Middle Ear Infections in Children**

**What causes a middle ear infection?**

The Eustachian Tube is a cartilage tube that runs from the back of the nose to the middle ear. When working normally it allows fresh air into the middle ear so that the ear stays healthy and allows us to equalise pressure (have ‘pop’ our ears).

Any blockage to the Eustachian tube (such as congestion from a cold, adenoids or tonsils) can block fresh air getting in to the middle ear which can create a build-up of fluid in this middle ear. Fluid in the middle ear affects how sound travels in to the inner ear and can result in a hearing loss.

In children, the Eustachian tube is more horizontal, so that any build-up of fluid cannot drain out as easily. Children will usually have ad-block like Eustachian tubes (more vertical) by around 7-8 years of age.

**Ways to help prevent middle ear infections:**

- Try and boost your child's immune system (less likely to get a cold) -- good nutrition, lots of water, good hygiene
- Encourage your child to blow their nose
- Vomiting, swallowing and chesting can help to open up the Eustachian Tube
- Do not smoke around children
- Get rid of dustmites (can block air flow) and try to not have them drink while laying on their back

For more information or to enquire about your child's hearing please contact Attune Hearing Wellness on (02) 9850 8900 or email mailroom@attune.com.au.

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**Go4Fun**

**Healthy active map kids**

"With each passing week I could see my son gaining confidence and showing interest in physical activities."

Elizabeth Cherrington, Go4Fun parent.

**Grandparenting Workshop**

This 2 hour workshop teaches parents to look after their children and grandparents.

**Resilient Kids**

**Workshop for Parents**

- Help your kids learn how to 'bounce back' when faced with life's daily challenges
- Help them to recognise, accept and express their feelings
- Teach them problem solving and coping skills
- Find out how to encourage optimism, curiosity and confidence

**Ku-ring-gai High School**

Our 50th reunion is now fully subscribed. An additional date is now available.

**Do you need Childcare?**

- Educating national standards
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