Welcome back for Term 2 and I hope everyone had a relaxing break. This newsletter is the first for the year which we have distributed solely via email.

Mr Giles

Congratulations to:

- All students who represented the school at the Anzac Day march, you did a wonderful job.
- All students for the participation and sportsmanship during Friday’s cross country carnival. It was a beautiful day and a perfect example of what makes our school such a special place to be part of.
- The following students who have completed their Premier’s Reading Challenge:

Thank you to:

- All parents / grandparents who came and supported the school cross country on Friday. Your help and support are greatly appreciated.
- All parents for your part in making our Pedlars’ Parade at the end of Term 1 a huge success. This year we raised $1425, which will go towards learning resources used in our support programs.
- Those students who were able to make it to the Anzac Day ceremony during the school holidays. Students marching were Bayley Dalton, Robert Pain, Isobel Roberts, Bodhi Jack, Cody McLaren, Olivia Beeby, Patrick Dickson, Max Todman and Lucy Dickson.
- Year 6 for their outstanding behaviour during their Peer Support training camp.

EFTPOS Unavailable

Due to a technical fault in one of our phone lines we will be unable to accept EFTPOS payments until further notice. We are sorry for any inconvenience this may cause.
School Cross Country

As mentioned, the school cross country day was a huge success. All students participating were outstanding and the level of encouragement was inspiring.

In terms of the sporting house competition it was a very close day. Congratulations to Platypus who were the eventual winning house for 2014. The final point score was:

Platypus – 299  Echidna – 288  Kookaburra - 259

Results for each age group were:

8/9yrs Boys and Girls
1st  Finn Grant  Halle Boyd
2nd  Daniel Clarke  Phialla Burns
3rd  Damien Bennett  Milly McCoy

10yrs Boys and Girls
1st  Lawson McElrea  Ellise Donnison
2nd  Justin Fowler  Ashley Rice
3rd  Alek Catanzariti  Kiara Tatum

11yrs Boys and Girls
1st  Cayden Attard  Elana Gaivich
2nd  Corin Cheeseman  Amani Dirani
3rd  Phillip Doran  Sophie Coghlan

12yrs Boys and Girls
1st  James White  Payton Coghlan
2nd  Byron Tatum  Piper McElrea
3rd  Bayley Dalton  Courtney Dalziel

Thank you to those parents and grandparents who volunteered to help out during the day as it helped make all three sessions very successful.

The list of students who have qualified for the District carnival has been put up on the window at school. The names of the school team who will be competing will be placed in the next school newsletter once students have decided if they are going to race or not.

District Cross Country

The District Cross Country Carnival will be held on Friday 23rd May at the Penrith Regatta Centre.

Notes have gone home this week to those students who have qualified and indicated that they would like to compete. Notes and money need to be returned to school by Monday 19th May.

An approximate order of events for parents wanting to watch their child compete is:

10:20am  8/9 girls
10:50am  8/9 boys
11:10am  10 girls
11:25am  10 boys
11:40am  11 girls
12:05pm  11 boys
12:30pm  12/13 girls
12:50pm  12/13 boys

13 Storey Treehouse – Joan Sutherland Centre

“13 Storey Treehouse” is a production at the Joan Sutherland Centre based on the book by Andy Griffiths and Terry Denton.

Notes went home in March and are due back to school (with money) by Friday 16th May. The school only has 155 tickets for this production and as of today there are approximately 30 tickets remaining.

As explained by teachers during Term 1, this excursion is also on the same day as the District Cross Country. Now that we know the approximate times of races (see above) there will be some people who have paid for the excursion but will be unable to go. If this applies to you simply contact the office and the money you have paid will be put towards the district cross country costs and the remainder amount refunded.

Having said that, it is quite feasible for some age groups to be able to participate in both. This applies to the 8/9yrs and possibly the 10yrs groups. For this to occur though it will require you to pick up your child from the cross country and transport them to the Joan Sutherland where they would meet up with the rest of the school. The older age groups will not be finished their race in time to also see the production. If you would like to discuss the logistics of this exercise then please contact Mr Giles.

Stewart House School Clothing Appeal

Clothing appeal bags for the Stewart House Clothing Appeal will be sent home to families this week. All wearable clothing from the collection bags is used to help support families in need. This is a good time to clean out the wardrobes 😊

All bags need to be returned to the school no later than Friday 6th June, 2014.
Library News

Book Club has been issued for this term. It is due back to school by **Friday 16th May** (Week 3).

5/6H and 4/5S are busy working on their CWA projects on Botswana. All projects are due back to school by **Thursday 22nd May** (Week 4). The CWA International Day will be held in our library on June 3rd where the winners will be announced. The library is available Monday to Thursday before school and at lunchtime to assist these students doing projects.

Mrs Turner

Term 2 Assemblies

Assemblies for Term 2 will be:
- Friday 16th May – Infants (K-2)
- Friday 30th May – Primary (3-6)
- Friday 13th June – Infants (K-2)
- Friday 27th June – Captains’ Assembly (K-2)

Playgroup & Australia's Biggest Morning Tea

Mt Riverview Playgroup is hosting a **BIGGEST MORNING TEA** to support the cancer council.

On **Wednesday 28th May, 9am-11am**, we would love you to join us (pre-schoolers and babies welcome).

Bring a donation and some food to share.

**IF** you can't come, but would love to make a donation to the CANCER COUNCIL there will be a few parents with donation boxes in the COLA from 8.45am-9am (Wed June 28th).

Canteen News

**‘Healthy Food @ School’**

The school environment has a significant impact on the development of children’s eating habits, which is why food sold from Mt Riverview PS canteen is moving towards creating a healthier menu for our children, based on the NSW Fresh Tastes @ School Policy.

By now you would have received your new menu for Term 2 (it is also available on the school website). All of the food items on the menu have now been categorised into three colours to make it easier to choose healthier options for your child’s recess and lunch.

- **GREEN** – always food
- **AMBER** – sometimes food
- **RED** – twice a term food

Our aim from now, until the end of the year is to offer enjoyable, nutritious foods and drinks at reasonable prices, promote and encourage healthy eating and to hopefully move towards a menu which is predominately GREEN by Term 4.

**SOME INTERESTING FACTS**

**What are Australian children eating?**

Population surveys indicate that many children do not meet these healthy eating recommendations. For example, children commonly eat too many ‘extra’ foods but not enough vegetables, fruit, breads and cereals.

**Children and young people 0-15 years**

The 2007-2008 Report on Child Health from the **New South Wales Population Health Survey (NSW Health)** provides a snapshot of the health and well-being of children aged 0-15 years. Information was collected from the parents and carers of more than 5,000 children.

The report made a number of important findings about the health of children and their eating habits.

- Adequate fruit intake declined markedly with age. Most younger children ate enough fruit every day, but only about half of children aged between nine and 15 years ate the recommended daily amount.
- A minority of children ate the recommended daily amount of vegetables.
- Most children usually drank full cream milk, which can be high in fat.
- Reduced fat milk is recommended for children aged two years and above.
- The majority of children ate ‘extra foods’ – such as fried potato products, potato crisps or salty snacks, confectionary and cakes/biscuits – at least once per week.
- Few families ate together at the table every day and about a quarter of children ate in front of the television every day.

Finally, we have set up a quick, 3 question survey to gather together some ideas about our school canteen. If you are interested in completing the survey please click on this link and answer the questions.

[https://www.surveymonkey.com/s/VQVCSW2](https://www.surveymonkey.com/s/VQVCSW2)

So go on, order away! Encourage and help your children to choose the healthy options we currently have on offer. Any suggestions and comments are more than welcome.

Kind Regards from your new school canteen committee,

Branka Popovic, Iveta Nalasova & Therese Lorens
**School Volunteers**

A reminder that if you are considering helping out with any activity at school please remember that a *Working With Children (WWC)* form will need to be completed and returned to the office. When completing the form you will need 100pts of identification which will need to be sighted when handing in the form.

Both the required form and a list of ID which can be used has gone home in previous newsletters but is also available on the school website on the [Notes](#) page.

If you have already registered through the Kids Guardian website then all we will need is the clearance number you were given. If there are any questions please contact the office.

**Absent From School?**

If your child/ren is away from school a note explaining the reason for the absence is required to be sent to school within 7 days of them returning to school.

If you know your family is going to be away for an extended period (a family trip for eg) then an “Exemption from Attendance at School” should be applied for. Contact the office for further details. If a student has high absenteeism during the school year a referral will be made to the Home School Liaison Officer.

If there are any questions regarding school attendance please contact Mr Giles.

**Student Assistance, We Can Help**

During the course of the school year there are many financial demands upon parents. Excursions, uniforms, shows and textbooks are just a few. As a parent I understand the constant pressure that these costs can bring to a family budget and that as parents we want to provide our children with all opportunities made available to them. Each year the school is provided with a small budget to help any parents who may require some financial assistance for school related expenses. *If parents require any assistance with school related expenses please contact Mr Giles or your child’s teacher. All enquiries are confidential.*

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**UWS PENRITH OBSERVATORY**

Great Western Highway, Werrington North
(Building AO)

**MUMS & KIDS ASTRONOMY NIGHT - WOMEN IN ASTRONOMY AND ASTROBIOLOGY**

Dr Carol Oliver, Associate Director of the Australian Centre for Astrobiology (ACA) at the University of New South Wales, is guest speaker for this special night. She is currently leading two major education and research projects – The Mars Lab and the Smart Science Initiative.

The night will include a multimedia presentation, a 3D astronomy movie and viewing of the night sky through the University’s 0.6 metre and 0.25 telescopes (weather permitting).

**Cost:** $15 adult, $10 child/concession & $40 family

**Bookings essential:**


**Enquiries:**

Phone: (02) 4736 0135
(Mon, Wed or Thurs)

or email: r.mccourt@uws.edu.au

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**Anaphylaxis – a shared responsibility**

Being the start of a new school year it is just the right time to remind everyone about this issue. We now have a couple of students at our school who have a severe allergic reaction to peanuts. This anaphylactic reaction is likely to be life-threatening. For this reason we ask that peanuts are not brought to school. This includes peanut butter, nut spreads (nutella), and nut bars.

The inconvenience to some children is recognised and appreciated, but the consequences to children with this severe allergy are extremely serious.

All members of our school community are asked to be aware of the dangers of even the slightest contact with peanuts or tree nuts for these children.

To help minimise the risk, simply washing hands and cleaning teeth before coming to school would really help.
Lost A Copy Of A Past Educom Issue??

The Educom Is On the Internet
Our bi-weekly Educom can be accessed from the internet on our web site –
www.mtrivervie-p.schools.nsw.edu.au
If you are not receiving your fortnightly issue of the Educom please contact the office and update your email contact.

School Security, You Can Help
If parents or community members observe any destructive or suspicious behaviour in the school grounds please ring the School Security phone number listed below. All reports are treated discreetly; names do not have to be left with the operator.

School Security - 1300 880 021

Blue Mountains Occasional Care
Blue Mountains Occasional Care offers an early childhood program where children can make friends and learn through play (for children 0 – 6 years).

So what is Occasional Care? It is quite similar to preschool or long day care as it follows the same curriculum (EYLF) and is led by an Early Childhood Teacher and caring team of Educators. The difference is shorter sessions that are more affordable and you can book in, in a flexible way that allows you to cancel without being charged.

Many of our families book their children in regularly throughout the year while others book in less frequently, it’s all about choice.

Why not come for a visit to see if this is what you are looking for. We are open in school term once a week at Blaxland, Lawson, Winmalee and Blackheath. Costs are $21 for our shortest session (3 ½ hours) up to $27 (4 ½ hours). Discounts apply for 4-5 year olds and please ask us about our sibling discount, which also helps families with more than one child under 5 years. A government subsidy is available to all families also.

Please phone Kerry for all inquiries or bookings on 0412 932 801 or visit our website at www.mocs.org.au to find out more about our not-for-profit, community based service.

Nepean Creative and Performing Arts High School

Open Night
Monday
19 May 2014
6:00 p.m. - 8:00 p.m.

Parents considering a high school for their child are invited to experience how Nepean Creative and Performing Arts High School may be the best learning environment for your child’s education.

student performances  school tours
open classrooms  faculty displays  BBQ

135-119 Great Western Highway Emu Plains 2750
www.nepean-h.schools.nsw.edu.au
nepean-h.school@det.nsw.edu.au
Phone: 7200 7200
Fax: 4735 6141

Excellence, Opportunity, Care and Success www.mtrivervie-p.schools.nsw.edu.au
**Attachment Theory with a Cultural Perspective**

Date: 8th April 2014  
Venue: Dooley’s Lidcombe Catholic Club  
Presenter: Lucia Vitali  
Time: 8:45am—4:00pm  

Attachment theory with a focus on how culture plays an important role for families from differing cultural backgrounds.

**Positive Frameworks for Social Change Forum**

Date: TBA  
Venue: The Mountains Heritage Hotel  
Presenter: Various  
Time: 8:45am—4:00pm  

A line up of impressive Australian speakers include Prof. Ross Homel and Dr Kate Freiberg of Griffith University. The exciting forum focusses on working across the 0-18 life-span.

Forum topics include Collective Impact, breaking new ground in evaluation and measurement and the positive schools movement. Get up to date on how Blue Mountains programs are pioneering application of these new approaches locally.

**Raising Emotionally Intelligent Children, A Practice Based Approach**

Date: 30th April 2014  
Venue: Rooty Hill RSL  
Presenter: Mary Jo McVeigh  
Time: 8:45am – 4:00pm  

This Workshop will provide a creative and informative practice based approach to enhancing your emotional intelligence knowledge, along with building skills in how to use emotional intelligence to support families and children.

**Yarn Up Sessions**

Yarn Up is a Cultural Support Group for Aboriginal workers in identified and non-identified positions.

Next Session: 2nd May  
Time: 12:30pm-3:30pm  
Venue: Muru Mittigar Castlereagh  
Facilitated by Aunty Bev Eaton  
Click here to register online: CP14CDD

**MAY**

**What You Need to Know About Childhood Development Disorders**

**Day One - Anxiety & ADHD**

Date: 6th May 2014  
Venue: Rooty Hill RSL  
Time: 8:45am – 4:00pm  

**Day Two - Asperger’s & Autism**

Date: 13th May  
Venue: St Joseph’s Baulkham Hills  
Time: 8:45am – 4:00pm  

**Date Options**

- 27th June  
- 26th Sept  
- 25th July  
- 31st Oct  
- 29th Aug  
- 28th Nov

Although this is a two day workshop you can register for either days or both as the topics on the two days are different.

You will hear the latest research in Childhood Development Disorders you will also learn how to identify them and gain some tips, tools and strategies for yourself and to pass on to families to work with at home.
May

**Your Place Our Space, A Placed Based Approach to Community Development**

Date: 8th May 2014  
Time: 8:45am to 4:00pm  
Venue: Novotel, Rooty Hill  
Presenter: Carolyn Quinn  
Click here for registration: BH15PBD

This workshop will look at community development and how it is applied in a Place Based Setting to support local community wellbeing, connectedness and resilience.

**Engaging Men in Family Based Programs**

Date: 14th May 2014  
Time: 8:45am to 4:00pm  
Venue: Richmond Club, cnr East Market St and Francis St Richmond  
Presenter: Andrew King  
Click here for registration: NPO8EMP

How father-inclusive is your service? Evidence shows that fathers having a positive, active role in children’s lives may result in less behavioural problems, improved social skills and better educational outcomes.

**Child Wellbeing Forum—Hot Topics in Health and Parenting**

Date: 20th May, 2014  
Time: 8:45am—4:00pm  
Venue: Dooley’s Catholic Club, Lidcombe  
Presenter: Various  
Click here to register online: CP16CHW

You will learn about the rights and entitlements, child protection concerns and duty of care of visa and non-visa holders. Also you will discover “Epigenetics” and early life, children with special needs, Aboriginal health and the impact of home visits on the CALD community.

**Giving the Child a Voice—Talking to and Engaging Children for Caseworkers (One Day Workshop)**

Date: 21st May 2014 or 28th May 2014  
Time: 8:45am – 4:00pm  
Venue: Novotel Rooty Hill  
Presenter: Colleen Hirst  
Click here to register online for 21st May 2014: PR10GCV  
OR  
Click here to register online for 28th May 2014: PR11GCV

This One Day Workshop is for caseworkers and Brighter futures workers and will address the challenge of making children “visible” in casework. Learn how to engage children within the family unit using strength based approach. Boundaries and safety issues will be covered. Caseworkers will gain tools to engage in meaningful conversations with children.

June

**Youth Mental Health First Aid — funded by Dooleys club grant**

Date: 3rd & 4th June 2014  
Time: 9am -5pm  
Venue: Dooley’s Lidcombe Catholic Club  
Presenter: Dianne Christine Colbert  
Click here to register online: CG01YFA

For Workers in the Auburn area. The Youth MHFA course teaches adults how to assist adolescents who are developing a mental illness, or who are in a mental crisis. Through this interactive 2 day training you will learn how to: identify the signs & symptoms of mental health problems; identify risk factors & causes; and appropriate interventions and available support.

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Changes to Terms and Conditions

FWT+DP has revised its Terms and Conditions for Registering On-Line and added the following:

**New** If payment is not received 7 days prior to the workshop we will issue you an invoice at the training event and this invoice will incur a **$10 admin fee**

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ATTENTION:
Triple P Practitioners Final Combined Support Network Meeting

The last Network meeting of the project will be a celebration of what has happened, and a time to reflect on what we continue to need.

Date: 18th of June, 2014  
Time: 1:00pm—3:30pm  
Venue: Kingswood Mission Australia  
46 Bringelly Rd, Kingswood  
For more information please contact Sharmila Falzon sharmilaf@fwtdp.org.au

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Local Collaboration Working Groups & FWT+DP

Invite all those who work with Families & Children to join the ‘Local Collaboration Working Group’ in your local area Auburn/Holroyd/Parramatta, Penrith, Hawkesbury  
For more information please contact Vicki: vickiw@fwtdp.org.au

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TRAINING CALENDAR

May

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This is a summary of training events, for more information (flyers) please click on the underlined workshop names.

### June

#### Impact of Parental Substance Use
- **Date:** 11\(^{th}\) June 2014
- **Venue:** Novotel, Rooty Hill
- **Presenter:** Peter Slattery
- **Time:** 8.45am – 4.00pm
- **Click here for registration:** CP13PSU

This workshop will cover the associated impacts on children and young people’s outcomes, brain development and the latest research.

#### Where Youth Work and Family Work Meet
- **Date:** 17\(^{th}\) June 2014
- **Venue:** Novotel Rooty Hill
- **Presenter:** Andrew Cummings
- **Time:** 8.45am – 4.00pm
- **Click here to register online:** FW09WYF

Are you a family worker doing youth work? Or a Youth worker doing family work? This training will explore the similarities, differences, conflicts and contradictions between the two approaches and find ways forward to support young people and their families.

#### Engaging Migrant and Refugee Families
- **Date:** 27\(^{th}\) June 2014
- **Venue:** Nepean Shores Resort
- **Presenter:** Michele Sapucci & Suparna Karpe
- **Time:** 8.45am – 4.00pm
- **Click here to register online:** NP09ENA

This workshop will look at strategies to connect with families who have no community networks. You will also have the opportunity to seek answers to questions about effect of migration on mental wellbeing.

### Also in June! More info coming soon

- **10\(^{th}\) June — Working with Resistance in Group Work**
  - **Presenter:** Andrew King
  - **BH16WRG**

- **19\(^{th}\) June — Building Cultures of Hope and Resilience**
  - **Presenter:** Sue Gregory
  - **BH17CHR**

- **20\(^{th}\) June — Getting Unstuck, Goal Setting for Positive Change**
  - **Presenter:** Sue Gregory
  - **BH18GPC**

### August

#### Impact of Domestic Violence on Children’s Mental Health—CALD focus
- **Date:** 13\(^{th}\) August 2014
- **Venue:** Dooley’s Lidcombe Catholic Club
- **Presenter:** Bradley Foxlewin
- **Time:** 8.45am – 4.00pm
- **Click here to register online:** CG02CMH

This workshop is for workers who work with families and children in Auburn. Ever thought what the impacts of DV have on Children’s Mental Health? Want some helpful first response strategies? This training will look at the effects of exposure to DV has on children’s social, emotional and cognitive development. This event is funded by Dooleys Lidcombe Catholic Clubs grant.

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**Visit our website:** www.fwtdp.org.au or like us on Facebook
ENGAGING MEN in
FAMILY BASED PROGRAMS

Facilitator: Andrew King see bio overleaf

Date: 14th May 2014
Time: 8.45 am – 4.00pm
Venue: Richmond Club
Cnr East Market St & Francis St Richmond

COST:
- $77 NGO & Individual Members
- $132 NGO & Individual Non-members
- $165 Govt Worker Rate

Program Code: NPO8EMP

How father-inclusive is your service? Evidence shows that fathers having a positive, active role in children’s lives may result in less behavioral problems, improved social skills and better educational outcomes.

Register Online at www.fwtdp.org.au

Become a FWT+DP Member for $77 member rate. For forms go to www.fwtdp.org.au

Morning tea and lunch provided. Please advise the project worker of any special dietary needs at least 2 weeks prior to the event.

Facilitator:
ANDREW KING
Bio - see overleaf...

This workshop focuses on:
- Understanding what men want when accessing community services
- Using strengths-based approaches when working with men
- Engaging men in early intervention issues & family based programs
- Engaging men in playgroup
- Exploring skills used to work with men in a non-threatening way and modelling effective, respectful & inclusive communication when working with men
- Working with fathers to increase engagement in their children’s lives
- Engaging fathers using the father inclusive practice and generative framework
- Effective ways for female workers to work with men.

For further information contact:
Jane at FWT+DP on (02) 9620 6172
E:janes@fwtdp.org.au
Andrew King

Andrew King is a consultant trainer and program developer in group work, working with men and resilience based practice. He is a specialist trainer in group work and trains professionals throughout Australia and Canada in ‘working with men’.

He is also an experienced practitioner and has published a range of professional articles. Andrew’s work career has involved working with teenagers who have drug and alcohol problems, young people with a mental health issues, parenting education, coordinating a large fathers’ centre and managing training for professionals interested in group work or working with men.

He is based in NSW, Australia and facilitates groups and training workshops throughout Australia. He offers mentoring, group leadership, strengths based strategic planning, team building, Parent Wise Workshops, program development and supervision.
## Gateway Family Services Parent Group Programs Term 2, 2014

<table>
<thead>
<tr>
<th>Strong Willed &amp; Sensitive Child</th>
<th>Dates &amp; Times</th>
<th>Location</th>
<th>Registration &amp; Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding and responding as parents and carers.</td>
<td>Wednesdays (3) 21/5-4/6 7-9pm</td>
<td>Cherry Blossom Learning Centre 16A Grose Street Leura</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
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<td></td>
<td>Wednesdays (3) 11/6-25/6 6:30pm to 8:30pm</td>
<td>Eureka Children’s Centre Cnr Hope St &amp; GWH Blaxland</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
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<tr>
<td>Facilitated by Barry Palm</td>
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## Connect 3
For 8 to 12 year olds. Children will learn about personal strengths, resilient thinking skills and connecting with others.

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<tr>
<td></td>
<td>Wednesdays 5 sessions 21/5-18/6 3:10pm to 4:40pm</td>
<td>Winnalee Public School Leslie St, Winnalee</td>
<td>Call GFS on 4782 5326 Email: <a href="mailto:resilience@gatewayfamilyservices.org.au">resilience@gatewayfamilyservices.org.au</a> Cost: Gold coin Donation</td>
</tr>
<tr>
<td></td>
<td>Wednesdays 21/5-4/6 10am -12 noon</td>
<td>Nth Katoomba Public School Mistral St, Nth Katoomba</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
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## 123 Magic
Learn how to understand and manage your child’s difficult behaviours. Suitable for parents of 2-12

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<tbody>
<tr>
<td></td>
<td>Wednesday 21/5-4/6 12.30-2.30pm OR Wednesday 14/5 7:00pm to 9:00pm</td>
<td>Winnalee Public School Leslie St, Winnalee</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td></td>
<td>Wednesdays 21/5-4/6 10am -12 noon Child Care available</td>
<td>Nth Katoomba Public School Mistral St, Nth Katoomba</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td>Learn how to understand and manage your child’s difficult behaviours. Suitable for parents of 2-12</td>
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</tbody>
</table>

## Resilience Doughnut
Find out how to use the Resilience Doughnut to assess strength factors and then use these to build resilience.

<table>
<thead>
<tr>
<th>Resilience Doughnut</th>
<th>Dates &amp; Times</th>
<th>Location</th>
<th>Registration &amp; Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 20/5-24/6 9.15am-11.15am Child Care available</td>
<td>Blaxland Public School Baden Place, Blaxland</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td>Learn how to be stronger, wiser, kinder ...with your kids</td>
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</tbody>
</table>

## Circle of Security
Learn how to be stronger, wiser, kinder ...with your kids

<table>
<thead>
<tr>
<th>Circle of Security</th>
<th>Dates &amp; Times</th>
<th>Location</th>
<th>Registration &amp; Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesdays 12/5-23/6 10am-12.30pm</td>
<td>Meeting Room Blaxland Uniting Church 74 Old Bathurst Road East Blaxland</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td>Learn how to be stronger, wiser, kinder ...with your kids</td>
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</table>

## Managing Anger
In Partnership with Relationships Australia

<table>
<thead>
<tr>
<th>Managing Anger</th>
<th>Dates &amp; Times</th>
<th>Location</th>
<th>Registration &amp; Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mondays 12/5-23/6 10am-12.30pm</td>
<td>Winmalee Neighbourhood Centre</td>
<td>Call Relationships Australia on 02 4728 4800 or Gateway on 4739 5963 Cost: Gold coin Donation</td>
</tr>
<tr>
<td>In Partnership with Relationships Australia</td>
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</tbody>
</table>

## Play & Chat in the Park
Celebrate Families Week with a combined playgroup experience!

<table>
<thead>
<tr>
<th>Play &amp; Chat in the Park</th>
<th>Dates &amp; Times</th>
<th>Location</th>
<th>Registration &amp; Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Thursday 15/5</td>
<td>Glenbrook Park Glenbrook</td>
<td></td>
</tr>
<tr>
<td>Celebrate Families Week with a combined playgroup experience!</td>
<td></td>
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</tbody>
</table>

## Eat it to Beat It
Run by the Cancer council these workshops show how parents can save time and money making healthy meals the whole family will enjoy with clever ways to entice fussy eaters.

<table>
<thead>
<tr>
<th>Eat it to Beat It</th>
<th>Dates &amp; Times</th>
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<th>Registration &amp; Other Info</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Wednesdays</td>
<td>Winmalee Neighbourhood Centre</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
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<tr>
<td>Run by the Cancer council these workshops show how parents can save time and money making healthy meals the whole family will enjoy with clever ways to entice fussy eaters.</td>
<td>22/5 Time TBC</td>
<td></td>
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<tr>
<td></td>
<td>Wednesdays</td>
<td>Warrimoo Public School</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td></td>
<td>5/6 Time TBC</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Wednesdays</td>
<td>Blaxland East PS</td>
<td>Call Gateway on 1300 316 746 Cost: Gold coin Donation</td>
</tr>
<tr>
<td></td>
<td>6/6 Time TBC</td>
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<td>Blaxland PS</td>
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<tr>
<td></td>
<td>17/6 Time TBC</td>
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</tbody>
</table>

## For more information and individual flyers go to:


Gateway Family Services Parent Group Program is funded by DSS & NSW FACS. Gateway works collaboratively with community partners to bring parents groups to communities from St Marys to Blackheath.

Thanks to MMM for providing childcare for Daytime groups.
The Learning Difference Convention

6 and 7 August
Rose Hill Gardens
Sydney
BOOK ONLINE

Australia’s Largest Learning Difficulties Event

Choose from 30 one hour PD seminars
... over two days ... under one roof!

Free entry to exhibition hall, free workshops within the exhibition hall, free stress balls, free parking, free interactive & accessibility technology!

Dip into seminars.....overseas speakers... research... universities....explore the exhibition hall with loads of resources ..... links to vital charities ... and more!

An event for anyone in need of help with Learning Difficulties

www.learningdifferenceconvention.com

Proudly supported by
Fun Fair & Fireworks
PRESENTED BY
LAPSTONE PUBLIC SCHOOL P&C ASSOCIATION

Date/Time: Saturday, 17th May, 2014 (4pm to 8pm)
Fireworks commence at 7:30pm

Location: Lapstone Public School
(corner Explorers Road and Achievement Avenue, Lapstone)

Tickets: Family $25 (prepaid $20)
Adults $10, Child/Concession $5

Lots of activities to entertain the family: Chocolate Wheel and Raffle with great prizes, Live Entertainment including the school and local bands, Glow Sticks, Show Bags, Cupcake decorating, Free Sports Activities, Gourmet Food, Coffee, Cake Stall and Fairy Floss

Tickets available at the gate
Prepaid tickets available from the school office
Contact School Office for details: 4739 2208
RAISE YOUR CUP

TOGETHER WE’LL BEAT CANCER

COME ALONG AND MAKE YOUR CUP COUNT

HOST

DATE

WHERE

DETAILS

biggestmorningtea.com.au