



# Manly West Matters

Respect

Responsibility

Aspire



WEBSITE: <http://www.manlywest-p.schools.nsw.edu.au> EMAIL: [manlywest-p.school@det.nsw.edu.au](mailto:manlywest-p.school@det.nsw.edu.au) P&C [www.manlywestpandc.org.au](http://www.manlywestpandc.org.au)

Wednesday 12th September, 2018 Term 3, Week 8

Tel: 9948 2257

Fax: 9907 0342

## Principal's Report

### Diary Dates:

'Manly West on Broadway' Production K-6 17-20<sup>th</sup> September  
Monday 22<sup>nd</sup> October 7pm, Cyber Safety Parent Workshop by Dr Kristy Goodwin.

### Visible Learning

At Manly West, we are encouraging our students to be Visible Learners. Visible teaching and learning occurs when there is deliberate practice aimed at attaining mastery of the goal, when there is feedback given and sought and when there are active passionate and engaging people (teacher, student, peers) participating in the act of learning. Essentially it is about students and teachers talking about progress and achievement, showing students what is expected and teachers knowing the impact they are having on student learning. We will continue to give more information on Visible Learning at Manly West PS.

### Battle of the Bands – First Place -three years in a row!

Congratulations to the Concert Band students for an amazing performance at the Battle of the Bands Competition on the weekend, winning first place. Thank you to Penny Coucill for the incredible track record she has set with all the bands. This is the third year consecutively that our Concert Band has won this competition. As well, all the bands recently won Gold at the UNSW Band Festival for the third year in a row. This is an outstanding feat for all MW Bands.

### MW Snowsports Team at Nationals

Congratulations to the MW Snowsports Team Representatives who competed in the National Interschools Snowsports Championship with outstanding results. Further information see Page 6.

### Premier's Spelling Bee/Premier's Reading Challenge

Congratulations to Tom Clarke, Grace Kirby, Truth Nathanael and Alyssa Auburn for representing Manly West at the Premier's Spelling Bee Finals at Castle Cove PS yesterday. Congratulations to over 65% of our students who have enjoyed and reached their Reading Challenge this term.

### New Outdoor Classroom

We ask that parents and children who are in the playground in the afternoon respect the outdoor classroom area as it is used by teachers and students for morning lessons.

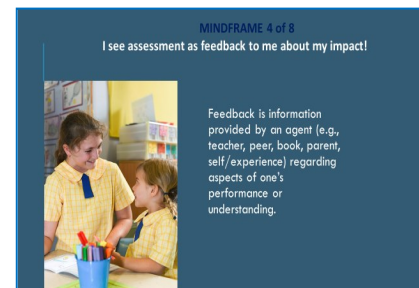
### Thank you –New MW Website

The Department of Education organized the changeover of our website recently. Thank you to Mrs Jacqui Daddo for her many hours of work on the new website and partnering with the P&C, Department of Education personnel and our School Executive to provide a successful and smooth transition.

### Student News

Congratulations to Yasmin Polley on her selection as ABC presenter for the Science and Technology Program –'How to do stuff good' on Friday. Congratulations to the students whose production cover designs were chosen for Manly West on Broadway program. Congratulations to our SRC who raised over \$4300. The Fiver for a Farmer appeal has now reached over \$1 million.

### Mrs Julie Organ



IN YOUR COMMUNITY  
Georgi Bates | 0409 171 926

Cunninghams

## From the Deputy's Desk



Congratulations to the following students for gaining 4 Expectation Cards to receive an Expectation Certificate:

*Sophie Walters, Sarah McLean, Scarlett Matthews, Beau Pawley, Jessica Smith, Lucy Korgul, Chase Medford, Theo Rouhotas, Milan Valera, Andreas Mathisen Hermosilla, Esme Jordan, Patrick Yiend, Lizzie Atkinson, Niamh Donohoe, Levi Simkiss, Hudson Bates, Laura*

*Cole, Zoe Lancaster, Bridgette Taudien, Charlie Linfield, Emily Ramos-Cowan, Theo Foxton, Mila Grinbergs, Olivia Parker, Mia Sorg, Sapphire Colley, Max Steadman, Jack McCourt and Georgie Pogson x 2.*

Special congratulations to *Beau Pawley and Ella Barnett* for receiving a Bronze Banner.

**Please note there is no K-2 Assembly this week.**

### **Kindergarten Enrolments for 2019**

If you have a child starting school next year and have not yet completed an enrolment form, please do so before the end of term. We need enrolment details to organise orientation classes. The dates for the 2019 Kindergarten Transition to School program follow.



#### **2018**

Thursday 1<sup>st</sup> November 6pm – 7pm

Wednesday 7<sup>th</sup> November 9:45am – 11:00am

Tuesday 13<sup>th</sup> November 9:45am -11am

Kindergarten Information Evening (for parents)

Orientation One

Orientation Two (students attend both orientations)

#### **2019**

Tuesday 29th January-Fri 1st February

Thursday 31st January 9:45am -12pm

Monday 4th February 9:45am start, 2:30 finish

Best Start Assessments (30 min session with teacher)

Transition Morning

First Day of the First Week of School for Kindergarten

Tuesday 5th February -Friday 15th February  
9:20 start, 2:30 finish

Start the School Day on Regular School Bell

from Monday 18th February 9:20 start, 3:20pm finish

Regular School Hours

**Mrs Wendy Mwanga**

**The PBEL for this week is : *Respect***

When purchasing from the canteen, remember to say please and thank you and speak in a respectful manner.

Wait patiently to be served.

## From the Deputy's Desk



Congratulations to the following students for gaining 4 Expectation Cards to receive an Expectation Certificate:

*Seamus Smart, Bart Oostdijk, Tijs Oostdijk, Ciara Moore x 2, Ella Cotton, Kiarra Hansen, Evie Williams x 2, matilda king, Clara Wall, Henry Thompson,*

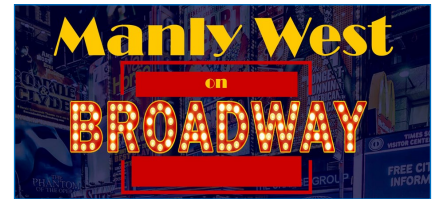
*Mia Barton, Samson Carter, Freddy Dean, Grace Chadwick, Iris Reid, Archie Ware, Amelie Carter x3 and Zane Shepherd x3*

**Bronze Banner:** *Archie Ware, Luke Thompson, Gus King and Matilda King*

**Silver Banner:** *Zane Shepherd and Amelie Carter.*

### 'Manly West on Broadway'

Not long to go until our wonderful school production of "Manly West on Broadway". If you are attending a performance please bring your tickets for faster seating. Please be on time as performances will begin at the designated times so that we can finish as close to the approximate finishing times as possible. Thank you to all the students, parents and staff for your support.



**Matinee Performances - 1:30pm – finishing approximately 3:00pm.** Doors open at 1pm for ticketholders. Students who are performing will change into their costumes before their performance and back into school uniform at the end of the performance ready for home time.

**Evening Performances - 6:00pm – finishing at approximately 7:30pm.** Doors open at 5:30pm for ticketholders.

Please be advised supervision is only available for students performing. We ask that parents supervise their other children. The oval will be closed during performances.

**Drop Off Procedures:** Parents drop children at their allocated holding room at 5.30pm. Please note there is no supervision before this time. Teachers will meet the students at the designated room at 5:30pm. BASC Staff will be taking children to holding classrooms. A Classroom Holding Room Map is attached with the newsletter and is on the Manly West website.

- Students wear normal clothes and enclosed shoes. They will change into their costume once they arrive at school. All students will change after the performance as costumes need to be at school for other performances.
- Students may bring a water bottle, a healthy snack and a quiet game. No phones or electronics please.

**Pick Up Procedures:** All children are involved in the finale and teachers will take children back to holding rooms at the end of the performance. For safety reasons children are to be collected from the holding classrooms by an adult. Please wait outside the holding room to collect your child. It is important that all children are signed off the roll. If your child is being collected by someone else, other than you, please send in a note with the details to your child's teacher. Information regarding holding rooms on next page.

### 'Bounce Back Program- Looking on the bright side

**Some key messages to communicate to your child about being optimistic.**

#### **Look for the small good bits in the bad things that happen.**

Sometimes things happen that you don't like. But you can usually find something good in the situation if you try. Sometimes the good thing is that it could have been worse. Sometimes the good thing is the lesson you learned from it. Sometimes a small good thing happened anyway even if the rest was bad.

#### **Bad times don't last. Things get better.**

When a bad thing happens in your life, it isn't forever. Bad times and bad feelings always go away again although sometimes it might take a bit of time for this to happen. Things will get better faster if you talk to your parents about what's worrying you.

#### **What can you do to help your child look on the bright side?**

##### **Modelling**

Let your child see and hear you using positive tracking, showing gratitude, saying 'things will get better soon' and expecting that good outcomes are possible.

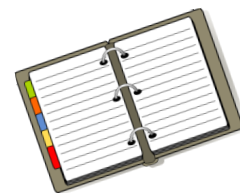
**Miss Catherine Wyles**

Holding Rooms Evening		Classes Performing			
Who?	Classroom/Holding Room	Monday	Tuesday	Wednesday	Thursday
Cast and crew	4G	Cast and Crew	Cast and Crew	Cast and Crew	Cast and Crew
Year 5 On Broadway	5M	5M	5F	5D	5J
Year 4 Group A Consider Yourself	3/4B	3/4B	4G	3/4B	4G
Year 3 Born to Boogie	3G	3G	3E	3B	3R
Year 1 Group B Naughty	Science Room	1L	1S	1T	1L
Year 4 Group B Revolting Children	4W	4W	4J	4M	4W
Year 2 Group A Never had a friend...	2W	2W	2H	2B	2W
Year 2 Group B Mamma Mia	2T	2M	2T	2M	2T
Year 1 Group A Can't Stop the Beat	2H	1P	1E	1P	1E
Kinder Group A Never fully dressed	3R	KP	KY	KR	KP
Kinder Group B Can't Wait to be King	4J	KO	KS	KG	KB
Year 6 Lion King Medley	5F	6M	6L	6T	6C





## Diary Dates



### Thursday 13th September

8:00-10:00am Performance Band Yamaha workshop  
Stella Maris Open Day  
Primary Assembly Cancelled  
PSSA Jnr Girls & Jnr Boys Eagle Tag, Tee-Ball & Newcombe Ball training

### Friday 14th September

K-2 Assembly cancelled  
PSSA Snr Girls & Snr Boys Eagle Tag, Volleyball training  
PSSA Round 5

### Monday 17th September

Sydney North District Athletics  
1:30-3:00pm Manly West on Broadway KR, KS (6L), 1E, 1S, 2H, 2T, 3R, 4G, 4J, 5D, 6L  
6:00-7:30pm Manly West on Broadway KP, KO (6M), 1P, 1L, 2W, 2M, 3G, 3/4B, 4W, 5M, 6M

### Tuesday 18th September

12:30-3:45pm Primary Proms rehearsal  
7:00-8:30pm Primary Proms concert  
1:30-3:00pm Manly West on Broadway KP, KG (6T), 1P, 1T, 2B, 2M, 3B, 3/4B, 4M, 5J, 6T  
6:00-7:30pm Manly West on Broadway KY, KS (6L), 1E, 1S, 2H, 2T, 3E, 4G, 4J, 5F, 6L

### Wednesday 19th September

1:30-3:00pm Manly West on Broadway KY, KB (6C), 1E, 1L, 2W, 2T, 3G, 4G, 4W, 5F, 6C  
6:00-7:30pm Manly West on Broadway KR, KG (6T), 1P, 1T, 2B, 2M, 3B, 3/4B, 4M, 5D, 6T

### Thursday 20th September

1:30-3:00pm Manly West on Broadway KR, KO (6M), 1P, 1T, 2B, 2M, 3E, 3/4B, 4J, 5M, 6M  
6:00-7:30pm Manly West on Broadway KP, KB (6C), 1E, 1L, 2W, 2T, 3R, 4G, 4W, 5J, 6C

## Snowsports

The Manly West Snowsports participated in the 2018 National Interschools Snowsports Championship last week - once again with great success.

The team consisted of

- Sam Rundle in Alpine, SkierX and Moguls
- Toby McIlwaine in Alpine, SkierX, Moguls, BoarderX and SnowboardGS
- James Ford in Alpine, SkierX and Moguls
- Jeremy Dunford in Alpine
- Emita McCarthy in Moguls, SkierX and SnowboardGS

All of the athletes competing at this level have done a great job to be at this event. Some teams and some individuals delivered medal winning results:

- Sam Rundle - Individual National Champion in Alpine
- Boys Team (Toby, Sam and James) - Team National Champions in Moguls
- Toby McIlwaine - Individual National Bronze Medal in Moguls
- Boys Team (Toby, Sam and James) - Team National Silver Medal in SkierX
- Sam Rundle - Individual National Silver Medal in SkierX
- Toby McIlwaine - Individual National Bronze Medal in SnowboardGS
- Toby McIlwaine - Individual National Champion in SnowboardX

Special team spirit mention for Jeremy Dunford (and family) who stepped in at very late notice to complete the final spot in the Boys Alpine Team.

Finally, a community spirit mention for Sam Rundle who, along with his sister who is a Manly West alumnus, volunteered as race guides for multiclass athletes in the Disabled Wintersports Australian Championships.



## Band News

A HUGE Congratulations to Penny and the Concert Band for their win at The Battle of the Bands at North Balgowlah Public School on Sunday. This is the third year in a row that Manly West has taken the title. A great accomplishment.

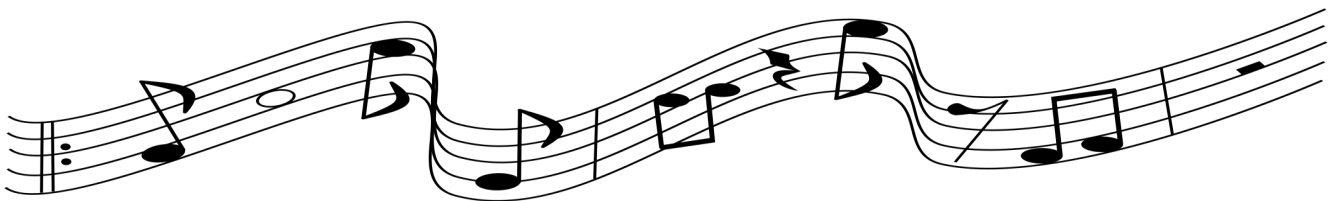
### Thursday 13th September, Yamaha Workshop with Dr Rob McWilliams,

**Concert & Performance Band:** A reminder that Dr Rob McWilliams will join the Concert and Performance Bands for a workshop on Thursday morning. Performance Band will be from 8.00-9.00am and Concert Band from 9.00-10.00am. There will be no sectional drum tutorials in the afternoon for this Thursday and the week 17-20 September.

**September 17th-20th, Production Week:** A reminder that there will be NO afternoon rehearsals during Production Week. All morning rehearsals will be at the usual time but will be held in the Year 6 classrooms (6T) at 8.00am as usual. The only exception is Concert Band – there will be NO Monday morning rehearsal.

**September 22nd, NSSWE Concert, Concourse Theatre, Chatswood, Performance Band:** A reminder to parents that students will be performing at the 7.00pm Concert on Saturday evening. If you have not already purchased tickets please do so in advance. <http://premier.ticketek.com.au/shows/show.aspx?sh=SPRINGMU18>

**Outstanding Invoices:** Band Invoices are now OVERDUE. If you have not paid your fees please do so through Flexischools or via EFT. Please contact Nicole Macnicol at [band@manlywestpandc.org.au](mailto:band@manlywestpandc.org.au) should you have any questions.



### Uniform Shop

#### Thursday September

8:45-9:45am

#### Monday September

2:45-3:45pm



### Chook Roster

#### Saturday 15th September

Corn family

#### Sunday 16th September

Figuera family







## Mainly West on Broadway Program Cover Competition

Do you want to win a prize?

you can win a prize by creating artwork  
for the program cover?

**The WINNING designs were created by...**

Oscar Elliott (KOrange)

Johan Thompson (1T)

Mili O'Neill (2H)

Brooklyn Maillet (2M)

Orla Beacham (3/4B)

Hannah Cooper-Larson (5F)

Libby Singleton (6C)

Casaya Dayeian (6C)

(Please collect your canteen vouchers  
from Mrs Swick in the library!)

Years 3-6.

ers, plus

ers!

BRAINSTORM YOUR IDEAS, CREATE, DRAW UP, FORM &

GOOD LUCK TO ALL!!!





# Manly West Before & After School Care

## **CENTRE NEWS**

Our Kindergarten students are learning new skills and responsibilities to ensure a smooth transition to being independent in Year 1! They are now walking to class lines by themselves in the morning around 9:10am. A BASC staff member will still be supervising at the bag area until teachers arrive. Our Incursion program continues this week. Reminder: If possible, we would ask parents to collect their children after 5:30pm on the relevant day.

**K-2**  
**Club 3/4**  
**5/6 Club**

**W/C 10/9 (Week 8)**  
Tuesday – Billy Carts  
Wednesday – Billy Carts  
Friday – Team Building

**W/C 17/9 (Week )**  
Due to the school production there will be no Incursions this week



Reports from our Room Leaders about some of the other activities this week –

- ♦ Lauren: This week in the K-2 room we will be creating comic and story books, butterfly painting, 3D trees and designing superhero masks. Outdoors we are playing soccer, touch footy, golden child, poison ball and having running games.
- ♦ Felix & Ben 3/4 Club: This week we will be creating our own hand puppets, making our art come to life by doing 3D stencil painting and creating our own pet rocks. Outside we will be getting into the theme of summer by playing some cricket and also exploring some diverse culture by playing European handball.
- ♦ Annette 5/6 Room: We'll enjoy a healthy treat this week of Yonanas – a soft serve ice cream made from frozen bananas! Craft will include glitter tiles and magnet design. Outside we'll play Fumbles, Poison Letter and games on the oval.

**You can look at the full list of programmed activities and our menus displayed in each room!**

## **ABSENCES**

**Please note that we need to be advised independently of the school if your child is to be absent from a booked session. The school is not able to inform us of children who are absent or who have gone home sick.**

To ensure the safety and welfare of the children in our care, **BASC MUST BE NOTIFIED** as Non Notification delays our awareness of any legitimate concern for a child's safety. Also, whilst looking for children and contacting parents, our Educators are having less time with the children in their care. Messages can be written ahead of time in each room's 'Parent Message Book' or by email to [admin@mwbasccom.au](mailto:admin@mwbasccom.au) (up to 2pm for the ASC session). We can be contacted at late notice by phone on 9948 8113. There is a Non-Notification of Absence Charge of \$11 (incl GST).

**WE WOULD PREFER NOTIFICATION OF AN ABSENCE AS EARLY AS POSSIBLE SO WE CAN OFFER EMERGENCY CASUAL SPOTS IF NEEDED.**

## Canteen News

**Canteen roster for Term 3 2018, week commencing 17 September**

### **Monday 17 September**

Jodie Adams	AM
Bob Cairns	AM
Em Pepar	AM
Sasha Berwick	PM
<b>VACANCY</b>	<b>PM</b>

### **Tuesday 18 September**

Emma Campbell	AM
Arnisa Skrami	AM
<b>VACANCY</b>	<b>AM</b>
Natalya Hansson	PM
Danielle Oerlemans	PM

### **Wednesday 19 September**

Claire Poole	AM
Marta Mensdorff	AM
Kirsten Rock	AM
Laura Newton	PM
Genie Graham-Smith	PM

### **Thursday 20 September**

Ignacio Martinic	AM
<b>VACANCY</b>	<b>AM</b>
<b>VACANCY</b>	<b>AM</b>
Jan Rowland	PM
Kate Mooney	PM

### **Friday 21 September**

Audrey Watson	AM
Bob Cairns	AM
<b>VACANCY</b>	<b>AM</b>
<b>VACANCY</b>	<b>AM</b>
Michael Egan	PM
Kimberley Howe	PM
<b>VACANCY</b>	<b>PM</b>

**Friday** PSSA and after school

**VACANCY**  
**VACANCY**



The AM shift runs from 9.30am-12pm, and the PM shift from 12-2pm.

You can sign up for shifts using SignUp. Just go to the new address <https://www.manlywestpandc.org.au/volunteer> and click on the Volunteer button. SignUp will send you reminders for your chosen day.

You can also contact us by email [mwcanteen1@gmail.com](mailto:mwcanteen1@gmail.com), call Shona or Yvette on 9948 2257 or come and see us.

We look forward to seeing you soon!

**Shona and Yvette**



## P&C Contribution

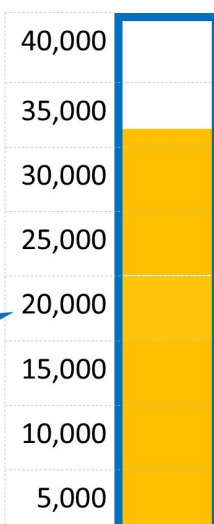
### Maths, Literacy and Library

The P&C Contribution helps provide amazing resources to all Manly West students.

## SEMESTER TWO Accounts out now

**\$32,235.00**

**BRILLIANT!**



## HELP US REACH OUR GOAL!

**P&C Contribution  
payments are fully  
TAX DEDUCTIBLE!**

You can make your payment directly from  
**your child's semester account.**

The recommended amount payable is  
**\$75 per student or \$150 per family.**

Further information can be found on your  
**child's semester account email.**



## The Entertainment™ Book 2018 | 2019



**SCHOOL  
HOLIDAYS  
ARE  
NEARLY  
HERE!**

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<https://www.entbook.com.au/2y00428>

For more information contact Tracey Martin  
by email [tracey.mwpc@hotmail.com](mailto:tracey.mwpc@hotmail.com)



# ONE YEAR TO GO!



**That's right only one year to go until  
the BIGGEST AND BEST CARNIVAL is back at  
Manly West**

## **AND WE NEED A TEAM!**

**Are you dedicated, enthusiastic and love being part of a team?  
Grab some mates and do something AMAZING!**

**CARNIVAL COORDINATOR**

**CARNIVAL COMMITTEE**

**CARNIVAL SUB-COMMITTEES**

**Catering • Entertainment • Finance and Compliance • Infrastructure  
• Marketing and Promotions • Sponsorship • Security and more...!**

**JOIN US and deliver the BEST CARNIVAL to the BEACHES.**

You'll be given loads of support, there's hand over notes,  
briefing sessions and more.

Absolutely no previous experience required!

For more information or to sign up, please email [events@manlywestpandc.org.au](mailto:events@manlywestpandc.org.au)





## FREE FOOTY TICKETS



### NRL Telstra Premiership Finals Series Semi Final – Rabbitohs v Dragons Saturday 15 September @ 7.40pm ANZ Stadium

1. Simply go to the website:  
<http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register their details.
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.



### ACROBATICS AND GYMNASTICS PROGRAM

**Times:** 9 am – 1 pm  
**Ages:** 4+  
**Place:** 5A/106 Old Pittwater Rd,  
Brookvale  
**Cost:** \$45/day

October		
TUE	WED	THU
2	3	4
9	10	11

Please bring your morning tea, lunch and drink bottle with you.  
Wear sporty clothes.

[info@aagi.com.au](mailto:info@aagi.com.au) / [www.aagi.com.au](http://www.aagi.com.au)  
or call on 9938 2017



## Drama at Balgowlah



Since 1983 the **Creativity Through Drama Workshops** have been holding after-school classes at Manly West Public School each term for ages 5-7 and 7-11 years.

These workshops offer children the opportunity to express themselves imaginatively and creatively and build confidence and self-esteem through the fun and excitement of drama.  
Bookings are essential for these highly popular classes.

#### Days and times:

Mondays 4-5pm for 5-7 years  
Tuesdays 4-5 for 5-7 years  
Thursdays 4.15 – 5.15pm for 7-11 years

**For further details and bookings, please contact Pat Whyman on 9949 3352.**

# FREE

## KIDS GARDENING CLASSES

11am Weekdays  
**Tues 2 - Fri 5 & Mon 8 - Fri 12**  
**October**  
The Incredible  
*World of Plants!*

Pot your own seedling to take home.

Kids under 5 must be accompanied by an adult.



CatholicCare  
Diocese of Broken Bay

## OUR TERM 4 PROGRAMS

[catholiccaredbb.org.au/brochures](http://catholiccaredbb.org.au/brochures)

TUNING INTO  
KIDS

INFANT MASSAGE  
MANLY

TRIPLE P  
PARENTING

INFANT MASSAGE  
NAREMBURN

KEEPING KIDS  
IN MIND

INFANT MASSAGE  
BROOKVALE



**HOLIDAY WORKSHOPS**

# SPRING

**TIMES**  
Drop off from: 7:00am  
Pick up by: 6:00pm

**COST**

	Non Members	Members	Half-Day	Members Half-Day
	\$97	\$85	\$60	\$56

**COME & CHECK OUT OUR NEW WATERSLIDE!**

**DATES FOR THE DIARY:**  
TUES 2nd OCT - MON 15th OCT 2018

Activities Include:  
Gymnastics, Trampolines, Games, Waterslide, Water play & Sandbucket Play Centre.  
Age Specific Activities:  
Flipz & Trix, Baking, Kayaking, Arts and Crafts, Nintendo Wii and Table Tennis.

**MEALS ARE INCLUDED**

Located in Pittwater Sport Centre  
1525 Pittwater Road, North Narrabeen NSW 2101  
**CONTACT US TODAY: 9913 7421**

**NAAG**  
NORTH NARRABEEN  
ACADEMY OF GYMNASTICS

**FAMILY FUN DAY**  
at the New South Wales Parliament  
October School Holidays!

**FRIDAY 12 OCTOBER**  
10 AM TO 3 PM

Sausage Sizzle \$3.00 (per person)

Free fun educational activities at Australia's oldest Parliament for children from 4 to 12 years.

Follow the children's trail: enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers places rarely open to the public. Engage with roving historical characters and celebrate the 100 year anniversary of women becoming eligible for election to parliament and admittance to the legal profession in NSW.

**FREE ENTRY**  
Activities 10.00 am to 3.00 pm  
Location 6 Macquarie Street – opposite Martin Place  
The public café will be open.

**FREE ENTRY** • All Welcome  
E: [eps.education@parliament.nsw.gov.au](mailto:eps.education@parliament.nsw.gov.au)  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)  
Parliament of New South Wales,  
6 Macquarie Street, Sydney

**GROUP BOOKINGS**  
FOR 10 OR MORE  
ESSENTIAL  
9230 2047

**2-DAY MEGA CAMP**  
OCTOBER 2018

**BOOK YOUR CHILD IN NOW TO GET MEGA MOTIVATED DURING OUR 2-DAY SCHOOL HOLIDAY MULTI-SPORTS CAMP**

**KINDY - YEAR 6 | 8:30AM - 3:30PM**  
NON STOP SPORTS, MUSIC AND HIGH ENERGY ALL DAY LONG  
NEW CAMPERS RECEIVE A FREE ROOKIE JERSEY

**DAVIDSON HIGH SCHOOL**  
MIMOSA ST, FRENCHS FOREST  
2nd-3rd October 2018

**NBSC SENIOR CAMPUS**  
HARBORD RD, FRESHWATER  
8th-9th October 2018

**EARLY BIRD OFFER**  
**20% OFF!**  
FIRST 100 TICKETS ONLY

**BOOK NOW**  
[MOTIV8SPORTS.COM.AU](http://MOTIV8SPORTS.COM.AU)

**SCHOOL HOLIDAY FUN!**

**MEGA CREATURES**  
29 SEPTEMBER - 14 OCTOBER 2018

**FEATURING NEW BABY DINOSAURS, DRAGONS AND THRILLING RIDES.**

Come and see all of you favourate creepy crawlies, dragons and roaring dinosaurs, including our giant 1-Rex, Stegosaurus, Triceratops, Spinosaurus and more! This event is truly MEGA, with our mega creatures and our amazing rides such as the Ferris Wheel, Swing Chair, Carousel and Super Slide joining forces to ensure a big day out!

For details visit [hvg.com.au](http://hvg.com.au)

**Northern Beaches ADHD Support Group**

**A problem shared is a problem halved**

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents/carers of children/teenagers with ADHD/ASD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD. Adults with ADHD & professionals working with ADHD are also more than welcome to attend.

**SPEAKER EVENING WITH CAROLYN LEADOWSKY**

**"HOW GENETICS INFLUENCE ADHD, ANXIETY & BEHAVIOUR"**

Join, Carolyn Ledowsky founder of MTHFR Support Australia, to hear the latest research and discuss the importance of addressing the MTHFR gene and reduced methylation in your child.

Carolyn is a naturopath, herbalist and nutritionist who has a Bachelor of Herbal Medicine, Bachelor of Naturopathy, Advanced Diploma of Naturopathy and Diploma of Nutrition. She has also studied courses in genetics at Duke University (Genetics and Evolution) and The University of Maryland (Genes and the Human condition - from behaviour to biotechnology).

Carolyn now sees patients often with MTHFR mutations and/or associated methylation disturbances. These disturbances then go on to affect thyroid, adrenal, hormones, detoxification and energy pathways and often neurotransmitters. Her expertise is in understanding these highly complex biochemical pathways.

**Tuesday, 18<sup>th</sup> September 2018 @ 6.45-8.45pm**  
**Pittwater RSL, The Auditorium, 82 Mona Vale Road, Mona Vale**

**\$10 CONTRIBUTION ON THE NIGHT**  
Ticket reservations essential via the website

Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportGroup/>  
Facebook: <https://www.facebook.com/BeachesADHDsupport>  
Email: [adhd@supportgroup.com.au](mailto:adhd@supportgroup.com.au)  
Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)  
We sell the Entertainment Book online via our website

ADHD Guide  
Your guide to ADHD information, services & resources in the Northern Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)

Venue kindly sponsored by Pittwater RSL Club

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