



Manly West Matters

Respect

Responsibility

Aspire



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

Wednesday 7th November, 2018 Term 4, Week 4

Tel: 9948 2257

Fax: 9907 0342

Principal's Report

STOP PRESS: Thursday 8th November: K-6 Pedlars' Parade. Wear mufti with a touch of red or green or black for Kenya Aid. Please also wear a hat, sensible shoes and bring a clearly labelled wallet with coins for activities.

Kinder 2019 Orientation

It was wonderful to meet our new 2019 Kindergarten students and families today at the first Kindergarten Orientation and parent information session. Thank you to Mrs Mwanga, Ms Fuller, Kindergarten teachers, Office staff, Prefects and fabulous Year 5 students for their incredible organization and preparation for this event. Orientation Two is on Tuesday 13th November from 9:45 - 11:00am. See Page 2 for details.

Kiss and Drop Zone

Recently, the P&C Traffic Committee had their meeting and one of the outcomes was to alert parents to the rules of Kiss and Drop so that all our children are safe at these times. Please do not park in the Kiss and Drop Zone and please do not leave your car in this zone. See Page 9 for further details.

Staff News

Thank you to Mrs Lisa Greco for her outstanding contributions this year as 3G class teacher and Assistant Principal leading Stage 2. We wish Lisa and her family all the best for the birth of their new little baby.

Remembrance Day

This Sunday is Remembrance Day. During this week, students will learn about the significance of this occasion through studies in the classroom.

State Athletics

Congratulations to Octavia Williams, Zach Rowland, Will Matheson, Truth Nathanael and Ollie Nicol, who represented Northern Sydney Region at the recent State Athletics. They all reached personal bests in the relay and shotput.

Pick up

Thank you to Tracey Martin, Vicki Harris and the team of volunteers for organising the Melbourne Cup function for parents yesterday. It was a well supported event.

Other After School Care options

There are an increasing number of after school care options at Manly West. We have just been approached by a company called 'Wannabees,' in Frenchs Forest, (see page 12) who have an agreement with Forest Coach Bus Lines. They need a minimum of 15 students to send a bus to Manly West but would like to gain an understanding of interest. Please see the advertisement later in the newsletter. The school has no association with this company, however, we are keen to assist parents with information about options, while waiting for places at MW BASC. Voyager Tennis is also interested in organizing a bus but must have a minimum of 5. Please contact wyndhamwheeler@gmail.com.

Student News

Budding Writers: Congratulations to Alyssa Aulburn and Ava Nicolson whose poem 'Autumn' and story 'Freedom' was recently published in the book 'Horizon of Dreams'.

Congratulations to Rosie Quinn who entered the annual Nuhu Foundation Writing Competition (see Page 5). Good luck!

Congratulations to Amelie Taudien and Bridgette Taudien who were selected for Manly Warringah State Cup Touch Football Team. Amelie was selected in the Manly Warringah State Age Under 14 - A Team. Bridgette made the Manly Warringah under 10 State Age Development Team.

Mrs Julie Organ



IN YOUR COMMUNITY

Georgi Bates | 0409 171 926

Cunninghams

From the Deputy's Desk



Congratulations to the following students for receiving four Expectation Cards to gain an Expectation Certificate: *Remy Collins, Remy Snehor, Evie Powell, Jessica Silver, William Atkinson, Isabel Dunford, Alicia Thwaites, Sofia Skrami, Max Aboud x 2, Fraser Banks, Clara Allen-Tucker, Alana Robinson, Olivia Mealor, Flynn Bath, Jake Renshaw, Joey Walker, Felix Stephens, Conor Mugan, Jackson McCowen, Oscar Elliott, Indigo Nash, Alice Keating, Cooper Lidbury, Holly Johnston, Max Murray, Ben Evans, Lexi Stokes, Evan Searle and Isabelle Davies.*

Special Congratulations to *Bayar Lee, Benjamin Coghlan, William Atkinson, Rory Pennie, Remy Collins, Giselle Da Rocha, William Atkinson, Rory Pennie, Remy Collins, Jackson McCowen and Lily Blake* for receiving a Bronze Banner.

Music: Count Us in 2019

Last Thursday, the whole school assembled in the hall to sing 'One Song' with students across Australia as part of Music: Count Us In 2019. Our Performance Band again shone, learning the music in a short time frame and leading the school with the Senior Choir. This is always a memorable event and one we have been involved in for the past three years. A special thank you to Miss Virginia Esparraga for her musical vision, to our new Music teacher Miss Alicia Lee and to Mrs Beth Dowdle and Mrs Karen Burke for preparing our students so well.



Kindergarten Transition Program

Last Thursday night, we held our Kindergarten Information Evening for the parents and carers of Kindergarten 2019. Thank you to the parents who joined us, the Kindergarten Team, Natayla Hansson and students who modelled our uniform - Cartia Hansson, Gabrielle Morel-Schmitt, Margot Morel-Schmitt, Alexander Vissarion and Rohan Thomas-McDonnell; Audrey Watson and daughter Ellen Watson representing the Canteen; Melina Rohan, P & C President and our Principal, Julie Organ.



Today, Kindergarten 2019 attended their first orientation. Thank you to all involved including Year 6 student leaders - Alyssa Aulburn, Zane Sheppard, Naomi Ainsworth, Charlie Highnam, Amelie Taudien, Truth Nathanael, Jack Beverley, Ivy Polkinghorne, Chloe-Graham Smith, Eve Dowse, Patrick Day, Rose Mills, Eleanor Lucas, Robert King, Arkie Thomas, Ruby Davies, April Olive, Imogen Brown, Amelia Crouch and Will Mathieson.

Thank you also to the selected Year 5 students who assisted in classrooms with their prospective 2019 buddies - Alex Johnston, Ella Cotton, Vance Hammond, Rosa Greville, Daniel McLean, Callan Home-Boon, Henry Pascall, Jemima Hugman, Aidan King, Amy Barnett, Henry Lucius, Emily Alver, Austin Taylor, Indi Wood, Kenny Ward and Ruby Davies.

Orientation Two is on **Tuesday 13th November from 9:45 - 11:00am.**

We suggest that parents take their child to their orientation class and then leave the school grounds, returning just before 11:00am to collect their child. This is to simulate the procedures of a school day - 'drop off' and 'pick up'.



Thank you to our Kindergarten Parents of Classes K Orange, K Yellow, K Purple, K Blue and K Red

Thank you to the many parents and carers who generously supported our Kindergarten Transition Program by providing a plate of morning tea for our Kindergarten 2019 parents. Your contributions were appreciated by parents, student leaders and Manly West staff.

We currently provide Ethics to all interested students in Years 2 - 6. We would like to continue this in 2019 and extend Ethics to students in younger grades. To do this we need volunteers. Please consider volunteering or perhaps have an encouraging word to a community member who you think may be interested. For more information regarding teaching Ethics, please contact our Ethics Coordinator, Lisa Palmer on palmerlisa@hotmail.co.uk <https://primaryethics.com.au/>

Mrs Wendy Mwanga

From the Deputy's Desk



Congratulations to the following students for gaining an **Expectation Certificate**: *Hugh Yiend, Joel Murray, Zara Harrington, Felix Elwin, Ava Kilpatrick, Jolie Glas, Jodie Lewis, Bella Carter, Zoe Klettner x 2, Charli McGoldrick, Carlito Vesely, Henry Spence, Patrick Day, Lola Simkiss, Harris Klettner, Nigel Kerr x2, Liam Poutney,*

Bronze Banner: *Bart Oostdijk, Seth Pirie-Dunne, Nigel Kerr, Liam Poutney, Chase Murray, Ava Kilpatrick.* **Silver Banner**: *Tim Verwholt.*

Congratulations to Ollie Nicol who has earned a GOLD Banner.

Designers of the Future

Year 2 have been busy designing ideas for Manly Wharf as part of our History unit. The students have used the Design, Make and Innovate Engineering process to plan, create and evaluate their models. The students have engaged in evaluative and creative thinking, collaboration and risk taking to create their models. The brief for this task using Visible Learning strategies is below:

Learning Intention: To redesign Manly Wharf to make it a more popular place to visit.

Success Criteria: We will know we have been successful when;

- We have researched the current wharf and what used to be there
- We have brainstormed our ideas (at least 7)
- We have understood and demonstrated the design process
- We have a finished model to present
- Our booklet is neat and complete, ready to be displayed



Congratulations Year 2 you have come up with some amazing ideas to make Manly Wharf a more interesting place to visit for all.

STUDENT USE OF MOBILE PHONES/APPLE WATCHES

We would appreciate parents reinforcing the correct use of mobile phones or Apple Watches at school. From time to time students bring mobile phones to school or wear Apple Watches. Students must speak to their teacher before going to the administration office if they need to contact parents or are unwell during the day. Parents who wish to contact their child should do so through the school office. It is expected that parents and students have made prior arrangements for pick up and drop off each day without the use of mobile phones. Mobile phones should not be used during the day without permission.

Helping Your Child Experience Success

Teaching your child how to set goals and achieve them by making a plan, working hard, solving problems and not giving up helps them to build life skills that are important for their future.

Key Messages to communicate to your child about being successful

Remember to try hard and work hard

Trying hard and working hard make it more likely that you will succeed at what you are trying to do.

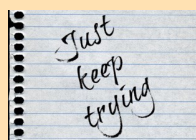
Have a go and believe in yourself

Even if something is hard to do and you wonder if you will be able to do it, believe in yourself, take the risk and 'have a go'. You can't be successful if you don't try. You won't always succeed but at least you can say you have given it your best shot.

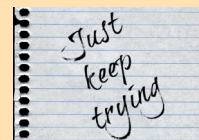
Try to be well organised

It's important to be well organised if you want to achieve your goals. Find good ways to remember the things you have to do, to find the things you need, and to be on time.

Miss Catherine Wyles



The PBEL for this week is : **Aspire**
Be persistent in your learning by not giving up.
Keep trying.



Kitchen Garden News

In the Kitchen Garden this week...

Spring is so busy in the garden and so much is happening! With all the rain and now this hot weather everything is looking so lush at the moment. Our plum, apricot, pomegranate and olive trees are flowering and setting fruit. We are also super-excited because the Flanders poppy has just started flowering in the garden bed under the flagpole, just in time for Remembrance Day on November 11th. Please remind your children to be respectful of everything that is growing in the garden and not pick anything, including the flowers.

Year 4 in the Garden

This week, Year 4 are tasting broad beans grown in the garden, cooked with garlic and spring onions. This recipe was suggested by Anne and Anna who described how Italians like to cook broad beans. The students really enjoyed this dish!

Year 1 in the Garden

Year 1 are coming to the garden over the next couple of weeks for a lesson on pollinators and the importance of flowers in a kitchen garden.

Kindy in the Garden

Kindy will be looking at worms and doing some planting in the K-2 area in the next couple of weeks.

Year 2 in the Garden

Year 2 are coming back to the garden soon to check on their sunflowers and look at the water cycle in action.

Request for donations

Kid-sized gumboots, large pots, old metal watering cans.

Volunteering to help turn compost and water garden

Thankyou to everyone who has signed up now, there are only a few spots left for this term. If you haven't signed up already, can you please go to SignUpGenius, search under my email address angie.penn@unswalumni.com for "kitchen garden helpers". If you are bringing kitchen scraps from home please be aware we only accept uncooked food and no meat or dairy, thanks!

Thanks,

Angie Penn and Beth Dowdle



Diary Dates

Thursday 8th November

11:30-1:10pm Pedlars' Parade Mufti Day—wear red, green or black for Kenya Aid
PSSA Jnr Girls & Jnr Boys Eagle Tag, Tee-Ball, Newcombe Ball and Cricket training

Friday 9th November

PSSA Snr Girls & Snr Boys Eagle Tag, Volleyball and Cricket training
12:30pm K-2 Assembly
Band Blow Tests Year 2

Monday 12th November

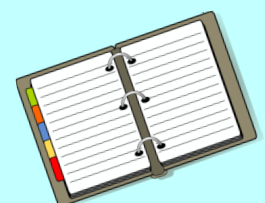
Band Auditions—Concert Band and half Training Band in BASC
Selective School Year 7 2020 applications close
School Spec Rehearsal

Tuesday 13th November

9:45—11:00am Kindergarten 2019 2nd Orientation
7:30pm P&C Executive Meeting in New BASC

Wednesday 14th November

Band Auditions—Intermediate Band & half Training Band in New BASC



BUDDING WRITERS

The First Fleet, 16 May 1787

My Dear Mother,

I will never forget the day Lilly and I left your body on the bed and set sail for Australia. I felt as if I was betraying you, trading you for a better life, fleeing from the home we had before the Russians invaded – even though you asked us to. I will never live down that guilty feeling though, as I watched our house disappear behind the trees of the forest and the thick black smoke. My dearest mother, Lilly and I are on the boat now, called 'The Sunshine' – although, as we sail through many storms and perils – I don't think the name reflects the journey I am experiencing. I have been dreading telling you this, but Lilly has caught smallpox and I don't know how much longer she has to live. I fear that one day soon she will be joining you in Heaven. I really did try to look after Lilly, but I fear I have been unsuccessful. I hope you and Lilly can one day forgive me.

I have been losing countless hours thinking about Lilly and her spotted face, frightened that it might be my last night with her. I have stayed up late each night, searching the books that I have stolen from wealthy women and men, trying to find my father's name and whereabouts in Australia. Last night, I finally found it. He works as a trader and, when I set foot on Australia, I shall find him. I mean to tell him what a coward he is and how much pain he caused you and his family. I shall tell him what has happened to Lilly and you, and though he will apologise, I will not forgive him. I can never forgive him, for the pain he has caused you is worth more than a single apology.

I have met a man called Mr Berkley who happens to run a Black Smith business in Australia. He had been in Latvia to visit his family. Mr Berkley has been looking out for Lilly and I ever since we boarded the boat and told him our story. He also agreed to give me an apprenticeship which pays nicely and includes a place to stay and two meals a day. If Lilly survives, as I desperately hope, she will be able to come too. The apprenticeship starts as soon as I return from tracking down my father. I am very grateful to Mr Berkley and I owe him everything.

Your dearest son,
Maximus.

WELCOME AUTUMN

*Dedicated to my wonderful family,
for their continued love and support*

Autumn has come
It's knocking at your door
Lots of different leaves
It's colours galore
We grab our warm jackets
And our Autumn décor
For Autumn is here
And awaits at your door

*Alyssa Auburn, Grade 6
Manly West Public School*



Freedom ...

butterflies were flapping in her stomach and she began to feel giddy with excitement. Without another word, Dane zoomed off through the water. Crystal raced off after him. "Slow down!" she yelled. Dane didn't seem to hear. Afraid she would lose him she sped forward with all her might. At last she had caught up with him. Dane came to an abrupt stop. Crystal nearly crashed into him! "Why...did...you...go...so...fast?" she panted. Dane shrugged. Ahead of them, Crystal saw something amazing. Fluorescent fish darting around joyfully, dolphins playing hide and seek in the seaweed and crabs gleefully scuttling in and out of rocks with their friends. No one was being bossed around. Everyone was doing their own thing. "Wow!" breathed Crystal, "So this is what freedom looks like!"

*Ava Nicolson, Grade 6
Manly West Public School*

Manly West Before & After School Care

CENTRE NEWS

Our incursion program commences 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 5/11 (Week 4)
Tuesday – Gym
Friday – The Greatest Showman
Thursday – Hunger Games

W/C 12/11 (Week 5)
Monday – Get Wild Urban Wildlife
Tuesday – Gym
Wednesday – Bollywood

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

- ♦ Lauren: This week in the K-2 Room we are going to be trialling themed craft days – children will be given a theme eg Australia, ocean, animals, food and play and be able to express their ideas whichever way they like! Outdoors we will be doing French Cricket, Survivor Battle, Rob the Nest, Bubble Play and having a big tent made from a parachute.
- ♦ Felix & Ben 3/4 Club: This week we will be designing skateboard decks for a wall display, making use of our Sphero robots by sending them through obstacle courses and outside will be playing Basketball, Handball and Cricket.
- ♦ Annette 5/6 Room: The coloured equipment will be turned into a survival course for the kids this week and we'll bring the game Bounce Off to life and play with humans instead of a board game! We'll have a Trivia Quiz, use Temporary Tattoos and learn new hair and nail designs.

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

Uniform Shop

Monday 12th November

2:45-3:45pm

Tuesday 13th November (Kindy Orientation)

9-11am

Thursday 15th November

8:45-9:45am



Chook Roster

Saturday 10th November

Mooney family

Sunday 12th November

Roberts family



Canteen News

Canteen roster for Term 4 2018, week 5

Monday 12th November

Moya Land	AM
Em Pepar	AM
Jodie Adams	AM
VACANCY	PM
Lorraine Freney	PM

Tuesday 13th November

Leah Ritchard	AM
Tiane Olive	AM
Jess Kirkham	AM
Kathie Moss	PM
VACANCY	PM

Wednesday 14th November

VACANCY	AM
Sasha Berwick	AM
Bob Cairns	AM
Kate Thomas	PM
VACANCY	PM

Thursday 15th November

Vicky Stokes	AM
Alison Gracia	AM
Lyn Martin	AM
Jess Bald	PM
Carolyn Miles	PM
Sarah Hadnam	PM

Friday 16th November

Megs Packer	AM
Lindy Hazeldine	AM
VACANCY	AM
VACANCY	PM
Karina Davies	PM
Kirsty Pawley	PM

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, call Shona or Yvette on 9948 2257 or come and see us.

We look forward to seeing you soon!



MANLY
WEST
P+C

LET'S KEEP MANLY WEST THE BEST!

GENERAL MEETING

ALL WELCOME TO ATTEND

NOV 20, 2018 | 7.30PM
SCHOOL LIBRARY

MORE INFO AT
WWW.MANLYWESTPANDC.ORG.AU

Events and Fundraising



P&C Contribution

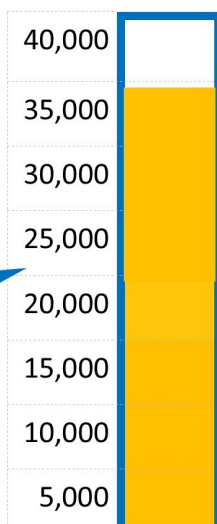
Maths, Literacy and Library

The P&C Contribution helps provide
AMAZING QUALITY RESOURCES
that help all MW students.

Please support the funding of these
resources and make your
P&C Contribution today.

\$35,495.51

SO CLOSE!



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.



RETURN AND EARN

Coles — 14 Koorala St, Manly Vale
Woolworths — 31 Roseberry St, Balgowlah

**UNTIL SUNDAY
25 NOVEMBER**

**Each item is worth
10 cents!**

Return your bottles, cans and cartons to one of
two nominated collection centres and earn
some cash for you and the school.

You can choose to **DONATE** proceeds to MW or
COLLECT the proceeds for yourself or the kids.

You can also **SHARE** the proceeds and split
your returns.

DONATE

Choose the **DONATE** option and select
Manly West and the amount will be added to
the MW fundraising account.

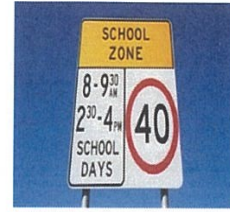
COLLECT

Take the receipt to the customer service
counter in exchange for cash.

All donations over \$2 are fully tax deductible.

The containers can be made of glass, plastic,
aluminium, steel, or liquid paperboard
(cartons).

A full list of returnable containers is available
on the NSW Government Return and Earn
website <https://returnandearn.org.au/how-it-works/containers/>



Kiss and Drop Zone

Our Kiss & Drop Zones in Hill Street and Boyle Street are for your convenience and for your child's safety. Designed for quick entry and exit, it minimises congestion and risk when used properly by all parents.

- The Kiss & Drop Zone operates under '**No Parking**' traffic rules.
- Stopping for more than 2 minutes is not allowed in a No Parking area. Therefore the Kiss & Drop Zone cannot be used for parking between 8am-9.30am and 2.30pm-4pm on school days.
- You are obliged to remain in, or within 3 metres of, your vehicle.
- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Penalties for not complying with School Zone parking are levied by Northern Beaches Council and RMS. Rangers are active in the area.

For the Safety of Children in the Kiss & Drop Zone - Points to Remember

Drivers Do Not Leave your Vehicle - to assist with traffic flow in the Kiss & Drop Zone, drivers are encouraged to remain in the car while the children get in & out. To facilitate this, children should travel with bags in the car and not in the boot. If a driver must get out, they **MUST NOT** move more than 3 metres from their vehicle.

Be Timely - If your child does not enter or exit the vehicle within 2 minutes you are required to travel around the block and re-enter the zone at the end of the queue.

Kerb Side Entry / Exit - Ensure your child enters / exits the vehicle on the kerb side. Ensure your child has their restraint securely fastened before moving off from the Kiss & Drop Zone.

Stay in Sequence - Please queue in an orderly manner. Drop/pick-up your child as close as you can to the **TOP** of the zone, allowing vehicles following you to enter the designated area.

No U Turns - In busy school zones this is dangerous and puts children at risk.

Drive ways – Don't park over or drop off kids in driveways of neighbouring homes.



THE MELBOURNE CUP PICK UP

LIVE ON THE BIG SCREEN

Parents, carers, pre-schoolers and toddlers mingled over tasty treats and watched the 'Race that Stops the Nation' on the big screen in the hall on Tuesday afternoon.

The Melbourne Cup Pick up is a free event hosted by the P&C.

Many thanks to our sponsors Club Totem and Catering Northern Beaches for their ongoing support and to Tracey Martin for organising such a fun and colourful event.



Presented by:

MANLY
WEST
P+C

club
totem

CATERING
NORTHERN
BEACHES

In2Balance Kinesiology

Presents a free, 3 week group for Mums at the Manly Warringah Women's Resource Centre.

Are you feeling exhausted and isolated?
Would you like to feel energised and connected to those who mean the most to you?

Are you feeling 'pushed and pulled' in all directions and unsure if you are doing the right thing?

Would you like to feel steady and in control through your day, with surety over the decisions you are making?

With different exercises, including mindfulness, yoga and essential oils, kinesiology helps people find ease and clarity in all they do, so they can be live with confidence and energy once again.

For information about the group call Lisa Cohen
0411 361 730

lisa@in2balance.com.au

www.in2balancekinesiology.com.au

Starts Weds 14 November 1 – 2pm. To enrol in the group call 9971 4499 Limited childcare spots also available.



Marian Street Theatre for young people

Drama Classes

ENROLLING NOW

NEW Glen St Theatre

9 - 12 years

Drama Holiday Workshop

Saturday Classes

5 - 18 years

Gordon, Killara, Lindfield



Established
Drama School
- new location



Taught by Industry
Professionals

Drama
Experts
since 1969



Want to be in the shows? Join the drama school!

www.mstyp.org.au info@mstyp.org.au 9411 1800

PARENTS AND TEENS relationships and mental health

Do you have a teenager between 11 and 17 years old?

Help us understand how family relationships influence teen mental health



Complete a brief anonymous survey online at:

<https://exp.psy.uq.edu.au/parentingteens/project/mentalhealth>

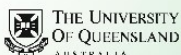
Who can participate?

- Parents with teenagers aged between 11 and 17 who are living in Australia.
- After completing the survey, parents can invite their teenagers to take part.

Chance to WIN \$100 gift voucher



For more information and to complete the survey, please visit our project website:
<https://exp.psy.uq.edu.au/parentingteens/project/mentalhealth>
You can also contact our research team at parentingteens@uq.edu.au



ADHD Support Australia is a parent-run group, offering support for parents of children/teenagers with ADHD/ASD via monthly speaker evenings.

The group provides a safe & supportive environment to discuss and learn more about ADHD/ASD. Also suitable for adults with ADHD, professionals working with ADHD/ASD or anyone interested in the topic.

Dr Katie Frankish, Child & Adolescent Psychiatrist
ADHD & Psychiatric Assessments



ADHD in children and adolescents can be managed under the care of either a Paediatrician or a Child & Adolescent Psychiatrist.

In instances where the child or young person's diagnosis is unclear or other disorders, emotional difficulties or family factors could be contributing to the child or young person's symptoms, then an assessment with a Child and Adolescent Psychiatrist can be helpful.

In this talk Katie will be focusing on the psychiatric assessment of ADHD and related disorders in children and adolescents and how this can help with the understanding and management of symptoms.

Tuesday, 13th November 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



ADHD Guide
Your guide to ADHD information,
services & resources in the
Northern Sydney region.
www.adhdguide.com.au

www.northernbeachesadhdsupportgroup.com.au
Email: nbsadhdadhdsupportgroup@hotmail.com
Facebook Forum: [ADHDsupportAustralia/](https://www.facebook.com/ADHDsupportAustralia/)
Facebook Page: [ADHDsupportAustralia/](https://www.facebook.com/ADHDsupportAustralia/)
www.instagram.com/guthlofadhd



Venue kindly sponsored by
Pittwater RSL Club

**2019
ENROLMENTS
NOW
OPEN**

wannabees

before and after school care

We've developed a structured program to keep kids busy while having fun including: Access to all rooms around Wannabees City PLUS

EXTRA CURRICULAR ACTIVITIES

- Martial arts (Self-Defence)
- Dancing
- Cooking
- Language (Spanish)

BENEFITS FOR YOU:

- Pick up and drop off service to selected schools
- Safe and Secure Environment for kids
- Avoid driving around for extra curricular activities
- Convenient location
- Approved Child Care Subsidy

VISIT WANNABEES.NSW.EDU.AU TO LEARN MORE

Department of Education approved service.



Wannabees Family Play Town
02 8021 6902 - info@wanna-bees.com.au

JUST RELAX FOR MUMS

In this four week programme say goodbye to exhaustion, overwhelm & self doubt! Learn about mindfulness, breathing techniques & positive affirmations in a nurturing environment.

Just Relax will assist you to feel calm, confident, kinder and more connected to yourself.

Workshop every Thursday 9.30 am till 11 am from Thur 15 Nov to Thur 6 Dec

Venue: North Head Studio - Artists Precinct, 19 North Fort Road, Manly

Please bring a pillow, yoga mat and small throw or blanket & wear loose comfy clothing.

Bookings & more info online at
www.saltbushcollective.com

www.rossychampion.com

Calm & Co-ordination, Fun & Focus, Strength & Self Esteem, Balance the Emotions.

KIDS & TEENS YOGA



TERM CLASSES:

MONDAYS 5-8 YRS

THURSDAY 12-18 YRS


REGISTER YOUR INTEREST:

8-12 YRS

CALL FOR YOUR FREE TRIAL CLASS!



Pre-booking required on
0402 970 020 or email
joy@transformyoga.com.au



WE ARE VERY EXCITED TO TELL YOU
THAT OUR

TEENAGE SAILING

COURSE WILL BE RUNNING THIS TERM

THURSDAYS 4-6PM

ENROL TODAY AT OUR WEBSITE
MANLYSAILING.COM



QUEENSCLIFF NETBALL CLUB

NET SET GO

SPRING SKILLS PROGRAM

Fridays 4-5pm
Curl Curl Netball Courts
26 October - 30 November
6-10 year olds welcome
No experience necessary
\$85 includes Program, Giveaways and Specialist Coaches

Come & learn some netball skills and have fun along the way

Visit www.queenscliffnetball.asn.au

WELCOME A SLICE OF THE WORLD INTO YOUR HOME IN 2019!

HOST AN OVERSEAS EXCHANGE STUDENT!

REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



HEAR FROM A HOST MUM

Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children.
Host mum, Candice.

HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

MORE INFO: WEP.ORG.AU/HOST



A FUN AND INCLUSIVE DAY OF SPORT TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES

Monday 3rd December, 2018
9:30am - 1:30pm
Hornsby-Ku-ring-gai PCYC
(1 Park Lane, Waitara NSW 2077)

Limited places available.
To register attendance [CLICK HERE](#)
or visit sportnsw.com.au/events
Hosted by:



FREE!

Delivered by:  

Contact: Murray Elbourn
Disability Inclusion Manager
Sport NSW
0427 186 734
inclusion@sportnsw.com.au



5th Youth Drawing Prize

FINALISTS EXHIBITION
16 Nov to 14 Dec 2018

Open to Ages 9 to 21

Enter up to two original free choice black and white or colour drawings using graphite, pen, ink, pastel, charcoal or watercolour. Min. A4 size.

Artwork judged by respected local artists

To enter deliver your drawing entries to If u like ART studio at 1a Powells Rd on **Saturday 10th November between 9am and 2pm or prior by appointment.**

Each entry must have written on the back full artist name, age when produced, artwork title and medium and contact mobile phone number.

\$5.50 entry fee per drawing

All selected finalists are invited to attend the Exhibition Opening at If u like ART studio on **Friday 16th November from 6pm to 8pm.** Age group winners are announced at 7pm.



\$2,500 in cash & prizes to be won

Major Event Sponsors




JOIN MANLY LAASC SWIMMING CLUB IN 2018



**NEW MEMBERS WELCOME!
FAMILY FREINDLY**

SEASON STARTS
6 OCTOBER 2018
JOIN NOW
at
MANLYSWIMMINGCLUB.COM





**JOIN BEFORE 6 OCTOBER AND EVERY CHILD MEMBERSHIP
INCLUDES A CLUB T-SHIRT (valued at \$25.00)**

At Manly LAASC Swimming Club we welcome new members all the time, no matter of age or ability. We love to watch our members trying their best and most of all enjoying their swimming.

**EVERY SATURDAY (October - March)
1.30PM - 4.00PM
MANLY "BOY CHARLTON" SWIM CENTRE
ALL AGES AND ABILITIES
HANDICAP RACE FORMAT
15M/25M/50M/DISTANCE & MEDLEY EVENTS**

OUR MEMBERSHIP FEES
 \$75 per swimmer - swimming 25m and above
 \$60 per swimmer - swimming 15m only
 \$20 for 1 non swimming parent
(only applies to families where an adult isn't registered as a swimmer)

These fees are inclusive of insurance and Affiliation costs with Warrigah Amateur Swimming Association.

proudly supported by:



AustinsPeters
FINANCIAL GROUP
austinspeters.com.au



MANLY LAASC SWIMMING CLUB
www.manlyswimmingclub.com



COME PLAY OUR GAME

AFL, Baseball, Basketball, Dance, Football, Gymnastics, Netball, Rugby All Code, Skating, Swimming, Surfing, Tennis, Touch Football

Come to a FREE afternoon of training for students in Years 4, 5 and 6 and try an Academy sport followed by a BBQ. Narrabeen Sports High School offers professional coaching and world class facilities through our unique specialist Sports Academy.

THURSDAY 8 NOVEMBER 2018 3:45PM - 5:00PM

Please RSVP to: <http://bit.ly/CPOG2018>

For more information about the Come Play Our Game afternoon or enrolments, please contact the school office or visit our website.

Sports to be introduced in 2019/2020 include Cheer Squad, Dance Sport and Surf Life Saving.



NARRABEEN SPORTS HIGH SCHOOL
SPORTS ACADEMY

THE 30TH ANNUAL DOLL, BEAR AND Craft Fair

9:00am to 3:00pm
Saturday & Sunday, October 27-28th
AT THE MUSEUM OF FIRE
1 MUSEUM DRIVE, PENRITH




Adults \$6
Concessions \$4
Children \$2



TEDDY BEARS & MAKING SUPPLIES • WOODEN TOYS & FURNITURE
DOLLS & ACCESSORIES • DOLL HOUSES & SUPPLIES
JEWELLERY & CRAFT • REBORN DOLLS • AROMATHERAPY
UNIQUE HANDMADE PRODUCTS • & MORE!

For more information, call 4731 3000 or visit www.dollbearcraftfair.com.au



BOOK NOW

SPLASH CITY

SUMMER CAMP

JANUARY 2019

EXPERIENCE THE COOLEST CAMP ON THE PLANET

GET MOTIVATED DURING THE
JANUARY 2019 SCHOOL HOLIDAYS
AT OUR 2-DAY SUMMER CAMP.
LET US BRING THE BEACH TO YOU WITH
OUR WILD WATER SPORTS PLUS OUR
USUAL SERIES OF TRADEMARK SPORTS

DAVIDSON HIGH SCHOOL
MIMOSA ST, FRENCHS FOREST
15th - 16th January 2019

NBSC SENIOR CAMPUS
HARBORD RD, FRESHWATER
23rd - 24th January 2019

EARLY BIRD OFFER
10% OFF!
FIRST 100 TICKETS ONLY



BOOK NOW
MOTIV8SPORTS.COM.AU