



Manly West Matters

Respect

Responsibility

Aspire



Wednesday 11th September 2019 Term 3, Week 8

Tel: 9948 2257

Fax: 9907 0342

Principal's Report

Diary Dates: Tuesday 17th September 8am - ICAS English
Saturday 21st September Manly West P&C Carnival
Partners in Learning Parent Feedback Survey - Please complete by 27/9/2019. See survey link on Page 3.

Thank you!!! Book Character Parade



The Book Character Parade was spectacular last week. Thank you to Mrs Swick for the incredible organisation. The students also raised \$832.70 for Bear Cottage. Please see photos on Page 5.

P&C Manly West Carnival

Thanks so much to the P&C Carnival Committee led by Karen Petersen. The Committee has been very busy working behind the scenes in preparation for the Carnival on Saturday 21st September. Ten more sleeps!

NSW Band Festival

Congratulations to all the bands who performed on the weekend in the NSW Band Festival. Congratulations particularly to the Performance Band who were awarded Gold. All other bands were awarded Silver. Thank you to Penny Coucill, Director and Conductor of all our MW bands and thank you to the parent supporters.



Premier's Spelling Bee

Well done to Alice Yardley, Lachlan Holley, Iris Mawby and Octavia Williams who represented Manly West at the Premier's Spelling Regional competition last Friday. They all performed very well and particular congratulations to Alice Yardley who came equal 4th in the Senior Competition.

Premier's Debating Challenge

Well done to Lucy Coelho and Charlotte Blenkhorn for representing Manly West at the Regional and State Debating selections last Friday.

Reminder: Visible Learning

Teachers are continuing to participate in Visible Learning Professional Learning. Students are being given strategies to articulate their learning particularly in the areas of Mathematics and English. Teachers use learning intentions, success criteria and give feedback to students so that our students know what they are learning, where they are going next and what steps they need to take to reach the next level.

Australian Junior Freeride Championships

Congratulations to Toby McIlwaine who won the Australian Junior Freeride Championship skiing in the halfpipe at Perisher Valley.



Mrs Julie Organ
Principal



IN YOUR COMMUNITY

Georgi Bates | 0409 171 926

Cunninghams

Deputy Principal



Expectation Certificate: Orla Beacham, Amelia Roberts, Charlie Wright, Ollie Baker, Lotus Meddings, Lachlan Holley, Alex Bush, Matthew Namkung, Jianna Tyagi, Rory Pennie, Clara Crouch, Christian Bush, Xavier Sharma, Conor McCoy x 3, Rhys Dundas-Gold, Ned Hutton

Bronze Banner: Conor McCoy, Tyler Fraser, Ned Hutton, Cooper Smailes, Charlotte Blenkhorn

Silver Banner: Rhys Dundas-Gold

Congratulations to Iris Watt who has earnt a **GOLD** Banner

ICAS Tests – English and Mathematics

The UNSW ICAS English and Mathematics tests will be held next week. Students will need to be ready at the allocated room by 8am. This year the tests will be online. Payment for the test was paid directly to ICAS via their website.

English Tuesday 17th September 8am

Year 6 – 6L	Ms Coningham
Year 5 – 6L	Ms Fitzgerald
Year 4 – Cyber City	Miss Topham & Mrs Ekas
Year 3 – PC Lab	Miss Mansbridge & Miss Wyles



Mathematics Thursday 19th September 8am

Year 6 – 6A	Mrs Gaynor
Year 5 – 6A	Mr Messent
Year 4 – Cyber City	Mrs Bombadeirio
Year 3 – PC Lab	Miss Peters

The Partners in Learning Parent Feedback Survey

The Partners in Learning Parent Survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) is now open. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home, on your smartphone or computer. The survey will typically take 15 minutes or less to complete and is completely confidential. Participating in the survey is entirely voluntary, however, your responses are very much appreciated. A link to complete the survey will be emailed to all families next week. Further information regarding this survey can be found at

https://www.surveys.cese.nsw.gov.au/images/FAQs/TTFM_Parent_Survey_FAQs_Parent_and_Carers_T3_2019.pdf

To complete the survey please follow this link: <http://nsw.tellthemfromme.com/86x7p>

Lost Property

We continue to have an abundance of lost property. To assist with the return of your child's items please ensure they are labelled clearly with your child's name and current class. Students are reminded to be responsible for their belongings by placing them in their bags and to collect them at the end of breaks to make sure they are not left in the playground. We are very fortunate to have students that help return lost items to their owners. A big thank you to Kelly Roberts (mum of Luca Bailey) and Simone Bilgic (mum of Aleya and Zachery Bilgic) who have volunteered to assist us by sorting and returning lost property. Their assistance has enabled us to reduce the amount of lost property being left in the baskets.

Miss Catherine Wyles
Relieving Deputy Principal

Deputy Principal



Congratulations to the following students for receiving four Expectation Cards to gain an Expectation Certificate:

Milo Westcar, Isla Poutney, Clementine Morphet, Edward Pascall, Trinity Perrett, Ted Forsyth, Rufus Smith, Maxi Winstanley, Noah Namkung, Nina Ward, Jack Ferguson, Jack McCourt, Jack Hart, Clara Hiscock, Lewis Graham, Fin Pogson, Freddie Mawdsley, Patrick

Healy, Ella Hodgkinson, Drax Heath, Patrick McMahon, Amber Stableford, Lucy Whitehead, Grace Kovacs, Alex McMillan and Calvin Macnab.

Special congratulations to Lexi Stokes for gaining a Bronze Banner.

Maths Workshop for Parents

Yesterday we held a 3-6 Maths Workshop for parents. Thank you to the parents who were able to join us. We would appreciate your feedback through a survey that will be emailed this week. Handouts are available in the office foyer. Thank you also to Katie Martz and Mona Johnson, our Building Numeracy Leadership staff representatives who presented the workshops.



Our next Maths Workshop for parents is on Thursday 19th September from 8:20 -9:10am in 2W classroom. This is a repeat of the K-2 workshop held earlier this term and will be presented by Nicola Wilson and Kate Walton.

If you have not already registered your interest and would like to attend the K-2 workshop, please send an email to the school manlywest-p.school@det.nsw.edu.au with K-2 Maths Workshop in the subject line and your name and grade/s of your child/children at Manly West in the body of the email.

Year 2 Manly History Excursion

Tomorrow, Year 2 explore Manly's history on a walking tour, complementing their study, 'Past in the Present'. Students meet at regular lines at the 9:20am bell and will return after lunch so no lunch orders please. More details are available on the note sent home which is also available on the school website under the School Notes tab.

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/school-notes/2019/Year_2_Manly_History_Excursion_Permission_note_2019.pdf

Kindergarten Excursion to Davidson Park, Roseville

K Green, K Red and K Silver are also venturing out tomorrow. As K Blue, K Orange, K Purple and K Yellow have experienced, students participate in a number of activities run by Gibberagong Environmental Education Centre including an earth walk, habitat games, story time and a Teddy Bear's Picnic in the bush. The excursion focuses on the needs of living things; air, water, shelter and food to complement their Science and Geography studies. Students are asked to be in their morning lines at 9am for a 9:20 am departure. More details are in the note sent home.

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/school-notes/2019/Teddy_Bears_Picnic_Excursion_Note_2019.pdf



Kindergarten Enrolments for 2020

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. If you know of a neighbour who intends to send their child to Manly West next year, we would appreciate you encouraging them to enrol as we need enrolment details to organise orientation classes and plan for 2020.

Mrs Wendy Mwanga
Deputy Principal

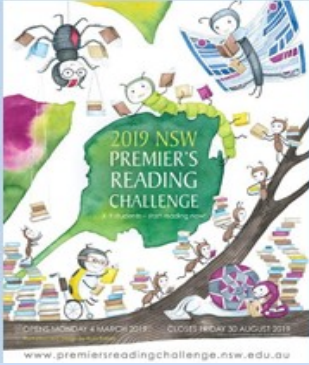


The PBEL for this week is: Respect

Walk around the school quietly, so others can concentrate on their learning.



Library News



Just in the nick of time, a big hurrah for the following final terrific readers who completed the 2019 Premier's Reading Challenge: **Sia Field** (4M), **Alva Jordan** (4B), **Aleya Bilgic** (6A), **Zachery Bilgic** (1M), **Lexi Stokes** (2N), **Nick Verwohlt** (4W), **Summer Opadchy** (5C), **Alexander Bush** (4M), **Xavier Hokins** (1C) and **Lucy Whitehead** (1M)! Remember that *all* K-2 students will receive a Premier's Reading Challenge certificate at the end of the year because they have been read over 30 books at school. **Extra special mention** goes to the following aspiring students who have earned **PLATINUM** status for completing the PRC each year at school – **7 years in a row!** They are the amazing **Emily Alver, Aleya Bilgic, Audrey Costello, Cameron Green, William Hough, Jodie Lewis, Gabriel Lucas, Octavia Williams** and **Alice Yardley!** Nearly 580 students completed the Premier's Reading Challenge this year! Fabulous reading, Manly West!

I have received a special message from The Pigeon: Hey there! Thank you so much for the fabulously fun time at your Book Parade last week! What excellent efforts and great lengths all the students, their families and the teachers went to make me feel so welcome. I LOVED being around all my fellow book characters and celebrating all the many loved books and stories! Since I HAD to go to school, I'm super glad it was Manly West! Everyone at Manly West is THE BEST!



How true Pigeon's words are! You were amazing and truly looked the part! In addition to below, check out the photos on the Book Parade page to remind you how colourful and creative you all were with your costumes. You will also see lots of smiles because everyone was enjoying themselves at our living library that was the Book Parade! Thank you for your enthusiasm and imaginative ideas! We must wait until 2021 for the next one, but I know it will be worth it!

Happy reading!

Mrs Ellen Swick
Teacher Librarian



More Book Week Parade Photos



We Need More Volunteer Teachers of Ethics

The Ethics program offers children an opportunity to engage in extraordinary conversation and being a Volunteer in the Ethics program is incredibly rewarding.

No teaching experience is necessary for this position as the role is more about facilitating discussion. Detailed, age-appropriate lesson plans are provided by Primary Ethics.

Many parents have indicated that they would like their child to attend Ethics classes, however, we do not have enough volunteers to offer classes to all interested students.

Becoming a volunteer Ethics teacher is simple:
contact Lisa Palmer to find out more, show you how to apply and arrange an interview.
obtain a police check and complete various paperwork
attend a 2 day training course through Primary Ethics (www.primaryethics.com.au)
teach a 30 minute class each Thursday morning.

Classes take place at the following times:

Years 5 and 6 – 9:20 - 9:50

Years 3 and 4 – 10:00 -10:30

Kindergarten, Year 1 and 2 - 10:40 -11:10

If you or someone you know may be interested, please contact our new Manly West Primary Ethics Coordinator (and parent), Lisa Palmer – palmerlisa@hotmail.co.uk 0453 001 062.

Diary Dates

Thursday 12th September

9am Roll call for KS, KR & KG for excursion
9:20am Year 2 walking excursion to Manly

Tuesday 17th September

8:00am ICAS English test
7:00pm Primary Proms Town Hall

Wednesday 18th September

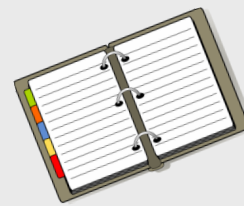
Year 2 Hot Shots

Thursday 19th September

8:00am ICAS Mathematics test
Year 2 Excursion to Manly

Saturday 21st September

P&C Manly West Carnival



Kitchen Garden News

Year 4 students have been investigating and classifying invertebrates in the garden.



Band News

Congratulations to Penny and all four of our bands for their wonderful performances at the UNSW Bands Competition on Sunday. Our Performance Band received a Gold Award and Concert, Intermediate and Training Bands received Silver. What a wonderful opportunity for our kids to perform in a professional venue and also share in the music of students from other schools. Thank you to parents and carers for getting your children to the venue and for supporting them.



Penny recently attended a Bigger Better Brains weekend workshop with Dr Anita Collins. Her work focuses on the benefits of music education at a young age. Music education has been found to have great impact on language development and executive function which are the two corner stones of early educational success. The benefits of music education are far reaching, extending far beyond the rehearsal space. Every parent should check out this website. https://biggerbetterbrains.com/resource_hub_type/videos/

Last Thursday the Performance and Intermediate Bands were lucky enough to attend a workshop with Dr Rob McWilliams which was a huge success. Thanks to Penny for arranging

Upcoming Events

Saturday 14 Sept, NSSWE Spring Festival, Concourse Theatre Chatswood: CONCERT BAND

Please invite family, caregivers, relatives and friends to enjoy this celebration of music. Tickets are on sale now: <https://premier.ticketek.com.au/shows/show.aspx?sh=SPRINGFE19&v=HCN>

Tuesday 17 September, Primary Proms, Coorong Concert, Town Hall: PERFORMANCE BAND

Please arrive at 6.20pm for the 7.00pm concert – notes have been sent home for the rehearsal excursion. Please return them no later than Friday 13 Sept.

Tickets are now on sale for this Concert <https://tickets.cityrecitalhall.com/5182>

Semester Fees for Band

A reminder to all who have not paid their Semester fees, that the due date was 31 August. Prompt payment via Flexischools or EFT would be appreciated. If you need a copy of your invoice please email band@manlywestpandc.org.au

ONE WEEK TO GO!

THE COUNTDOWN CONTINUES

BUY

WRISTBANDS AND LOOT

Buy early and save!

Wristbands* and Manly West Loot** are now on sale via Flexischools until Tuesday 17th September.

Get your Wristband before Carnival Day for only \$30 (\$35 on the day).

Stock up on Manly West Loot before Carnival Day and receive bonus Loot 110 Loot for \$100 or 55 Loot for \$50.

Buy before and after school at the Big Tree from Monday 16th—Friday 20th or on Carnival Day (details via email).

*Wristbands allow unlimited rides on the Manly West Carnival Rides (excludes pony rides)

**Loot is Manly West Carnival cash – you swap your \$\$\$ for Manly West Loot which you spend on the day on food, stalls and individual rides.



WIN

POSTER COMPETITION

10 lucky winners will win 50 Loot to spend at the MW Carnival!

The competition is open to all Manly West families and friends.

Grab your poster from the table outside the hall office (or print one off) and display in your car window, bike, pram, house window, fence, shop, business or anywhere that your children attend activities.

Write your initials and your child's class in the bottom right corner of the poster.

Our scouts will be out spotting posters all next week and winners will be notified in the newsletter on September 18th.



DONATE

White Elephant and Book Stall

Donation Dates

Sunday 15th, 2-4pm
Wednesday 18th, 3-6pm
Friday 20th, 9am-11am

**PLEASE DONATE CLEAN USABLE ITEMS
DUE TO SAFETY AND HYGIENE REASONS**

PLEASE NO

- electrical items • baby seats/car seats
- larger items of furniture
- swimwear/gym wear.

**All donations to the Year 6
classrooms on specified times only.**

Tombola

Competition CLOSES

Friday, 13th September

All donations to classrooms.

Hooky— Kids and Adults

Donations CLOSE

Friday, 13th September

ADULTS ONLY PLEASE FOR ADULT HOOKY

All donations to Mrs Franklin's Office
in main building hallway.

Kitchen Garden Stall

Donations NOW CLOSED

Plants

Donate Friday 20th and Saturday 21st
Details via email.

Adopt-a-Teddy

Donations NOW CLOSED

Gourmet Food

Carnival Café & Bakery

Donate Friday 20th and Saturday 21st
Details via email.

**Thank you for
supporting the
MW Carnival!**

2019

**MANLY
WEST
CARNIVAL**

RIDES, STALLS, FOOD & FUN FOR ALL
SATURDAY 21 SEPTEMBER, 10AM-4PM

MANLYWESTCARNIVAL.COM



MANLY
WEST
P+C



Cunninghams



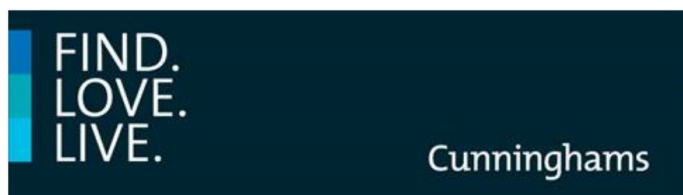
SUPPORT

Thank you to the PLATINUM, GOLD and SILVER sponsors who are supporting the 2019 MW Carnival.

Please remember to drop by and let them know you are from MW.

Bronze and Sapphire sponsors will appear next week.

PLATINUM SPONSOR



GOLD SPONSORS



SILVER SPONSORS



www.manlywestcarnival.com

www.facebook.com/ManlyWestCarnival

TOMBOLA

Class Tally

Wednesday, 11th September at 9:30am

Kindy	Blue	18
	Green	56
	Orange	37
	Purple	43
	Red	49
	Silver	18
	Yellow	91
Year 1	1B	38
	1C	93
	1E	40
	1L	55
	1M	81
	1T	38
Year 2	2C	67
	2N	70
	2M	0
	2T	190
	2W	37

Year 3	3B	82
	3C	43
	3P	131
	3R	78
	3S	68
Year 4	4B	37
	4J	133
	4M	133
	4W	80
Year 5	5C	2
	5F	99
	5J	102
	5M	84
Year 6	6A	135
	6G	63
	6L	157
	6M	83

TOTAL ACROSS ALL CLASSES 2531

The class that donates the most Tombola jars before
3.30pm on Friday, 13th September
wins a pizza lunch from I ♥ PIZZA
Two class winners K-2 and 3-6.



RIDES, STALLS, FOOD & FUN FOR ALL
SATURDAY 21 SEPTEMBER, 10AM-4PM

MANLYWESTCARNIVAL.COM



Cunninghams



Manly West Before & After School Care



Highlights of the week



K-1 Room - The children of K-1 became Ninja Warriors last Tuesday afternoon. They were required to complete set tasks on the coloured equipment. I was told by the awestruck spectators (our K-1 Educators) that all the children who tackled the course did so with super skills, tonnes of talent and spectacular speed! The K-1 children loved this activity as it allowed them to strive for their personal best and use the playground in a totally unique way.



Room 2.0 - Last week in room 2.0, the children discovered the excitement of domino stacking! Using Jenga pieces, they made lots of different patterns. At first, they thought it was going to be easy but then realised it was quite tricky to not knock them over until they'd finished the pattern. The children learnt that in order to complete a pattern they needed to work together as a team, communicate and focus on their fine motor skills. Everyone cheered when the domino knock down was complete.



3/4 Room - We had a lot of fun designing our movie banner using all kinds of techniques to draw our favourite characters! We did some freehand, some with light boxes and even dug out the old overhead projector, a relic which many of the children had never seen before!



5/6 Room - Last week in the 5/6 room, we had an impromptu shelter-building incursion run by Pontus and Brent of Supreme Incursions. The kids absolutely loved the process of figuring out how to construct an adequate shelter while staying within a budget. The shelters were then tested for their stability in the elements, with rain and wind tests! This led to the different shelters being ranked by how habitable they were. The children liked the competition of the incursion, with each team trying to outdo each other and it was good to see the ownership felt for the respective shelters.



...that BASC needs to keep all injury/incident reports until the child turns 25 years of age!!!

Meet our Educators



Hi, I'm Tom.S!

"I've been working at BASC for a year and a half and am currently studying primary school teaching. You'll find me in the 3/4 room where I enjoy doing different activities with the children and gaining experience in what it takes to be an educator in a primary school setting. Teaching children new skills and talents is also very rewarding. When I attended Manly West as a student, my favourite memories were school camps and PSSA. Year 6 was a big highlight as well. I also attended BASC as a child and enjoyed playing outside and movie time."

Canteen News

5 VACANCIES this week.

[SIGN UP TODAY HERE](#)

Monday 16th September	Tuesday 17th September	Wednesday 18th September
Bob Cairns AM Marie-Claire Johnston AM VACANCY PM VACANCY PM	Lucy Morphet AM VACANCY AM Natalya Hansson PM Sara Bellis PM	Claire Poole AM Kirsten Rock AM Laura Newton PM Jodi Stacker PM
Thursday 19th September	Friday 20th September	Friday After School
Ignacio Martinic AM Bob Cairns AM Kate Mooney PM Rosie Makepeace PM	Linda Harrington AM VACANCY AM Kate Thomas PM VACANCY PM	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, canteen@manlywestpandc.org.au, call Shona or Yvette on 9948 2257 or come and see us.

HELP NEEDED

Monday PM, Tuesday AM and Friday AM and PM.

BIRD ATTACKS!

You may have received some IOU's for replacement lunches due to bird attacks. The ibis are getting smart so please ensure your child's lunch is in a very secure container!

FRUIT AND VEGETABLE PROMOTION

This is proving very popular and will continue until the end of term. Your child can get a stamp felt pen with purchases of fresh fruit and vegetables.

NEW MENU ITEMS

We are currently trialling a new protein ball with no added gluten. It contains chia, popcorn, apricot, coconut and dates. The Crunchy Popcorn ball is only \$1.00.

Next term we will be introducing a new menu item on a Tuesday. Watch this space!.

Yvette & Shona

Uniform Shop

Thursday 12th September

8:45am-9:45am

Monday 16th September

2:45pm-3:45pm



Chook Roster

Saturday 14th September

McDonnell-Thomas family

Sunday 15th September

Alicia Ashton and family



PROUDLY PRESENTING THE
STAGE ARTZ
PRODUCTION OF
Disney and CAMERON MACKINTOSH'S
MARY POPPINS
THE BROADWAY MUSICAL

28 SEPT – 5 OCT GLEN ST THEATRE
TIX: 9975 1455 OR GLENSTREET.COM.AU

A MUSICAL BASED ON THE STORIES OF
P.L. TRAVERS AND THE WALT DISNEY FILM

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALIA) ALL PERFORMANCE MATERIALS SUPPLIED BY HALL LEONARD AUSTRALIA.

PROUDLY SUPPORTING THE CHILDREN'S HOSPITAL AT WESTMEAD

If u like ART www.ifulikeart.com

**SCHOOL HOLIDAY
ART WORKSHOPS**

Mon 30th Sept to Fri 11th Oct

Many fun and creative half & full day activities to select from
for boys and girls age 5 to 14

Book early on **0409 569483** or **0419 569483**
or email daphne.katos@bigpond.com

If u like ART is located at 1a Powells Rd Brookvale



"PHOTOGRAPHY COMPETITION - YOUR CHANCE TO WIN AN IPAD & OTHER GREAT PRIZES!"

An exciting national photography competition is providing primary and high school students the opportunity to express themselves creatively through the exciting medium of photography. Endorsed by NSW Health and Healthy Kids Association, the competition invites students to submit photos that express their interpretation of the theme "Healthy Life, Healthy You". There are heaps of prizes on offer, as well as the chance to feature in a photo exhibition. Each winning entrant in the Primary School Category will also win a healthy school canteen prize for the school. So grab your cameras and start shooting! You can find out more about the competition, the entry requirements and prizes on offer at: yourhealthlinkphotocomp.com.au. Entries close on 13th October 2019. There is also a special prize category sponsored by Healthy Kids Association that encourages children to take a photo that best captures the idea of eating the rainbow. Winners of this special category will take home their very own iPad!

Your Health Link Photographic Competition

Competition Theme
HEALTHY LIFE HEALTHY YOU

**NOW OPEN
GRAB PRIZES TO BE WON**

Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Competition closes 13 October 2019

yourhealthlinkphotocomp.com.au

Find out more about the competition at:
yourhealthlinkphotocomp.com.au

**RESILIENCE
IN KIDS**



Build your child's resilience!

School holiday camps
Before / after school workshops
Child and parent coaching

Social and emotional skills for everyday children
experiencing everyday challenges | K-6

Holiday camps at Collaroy Plateau, Roseville,
Neutral Bay and the Inner West

After school workshops at Collaroy Plateau, Curl
Curl, the Lower North Shore and the Inner West

We explore confidence, friendship, emotions, the
inner voice, positive psychology and more through
art, craft, drama and games! Fun and play-based

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hello@resilienceinkids.com.au | 0406 776 800

**RESILIENCE
IN KIDS**



Come along for some fitness, fun and games at our
ACRO Dance Holiday Camp

**DANCE
★PLUS**

Thursday Oct 10th
Friday Oct 11th
@ Seaforth Anglican Church

\$85 per day 8am-6pm

9:30-3:30 Acro Dance Activities
Extended care available from 8:00-9:30am and 3:30-6pm at no extra cost!

For further information visit
www.seaforthdanceplus.com.au



CatholicCare
Diocese of Broken Bay

**OUR TERM 4
PROGRAMS 2019**

catholiccaredbb.org.au/brochures

TRIPLE P GROUP	BRINGING UP GREAT KIDS	WOMEN'S WELLBEING SUPPORT GROUP	KEEPING KIDS IN MIND	DADS INFANT MASSAGE
Provides practical answers to everyday questions. Think of it as a toolbox of ideas. You choose the strategies you need and how you want to use them.	Reflect on what influences your parenting style and explore areas for change to develop more positive relationships with your children.	Through activities such as art, cooking, yoga, mindfulness and music we provide a space for women to explore self-care, emotions, relationships and support networks.	For separated parents experiencing ongoing conflict. Understand the impact of conflict and how best to support your children.	Learn how to massage and soothe your baby and support your babies development. Northern Beaches Family Centre.
Tuesday's 19 October – 19 November 2019 6:30pm – 8:30pm	Thursday's 17 October – 7 November 2019 10:30am – 12:30pm	Friday's 18 October – 6 December 2019 10:30am – 12:30pm	Tuesday's 22 October – 19 November 2019 6:00pm – 8:30pm	Saturday's 26 October – 16 November 2019 10:30am – 12:30pm
Northern Beaches Family Centre 116/20 Dale Street Brookvale	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Naremburn Family Centre 40 Merrenburn Avenue Naremburn	Northern Beaches Family Centre 116/20 Dale Street Brookvale
Cost Free	Cost \$20	Cost Free	Cost \$100	Cost Free
MORE INFO: P: (02) 8425 6700 E: mike@yourhealthlinkphotocomp.com.au	MORE INFO: P: (02) 8425 6700 E: mike@yourhealthlinkphotocomp.com.au	MORE INFO: P: (02) 8425 6700 E: mike@yourhealthlinkphotocomp.com.au	MORE INFO: P: (02) 8425 6700 E: mike@yourhealthlinkphotocomp.com.au	MORE INFO: P: (02) 8425 6700 E: mike@yourhealthlinkphotocomp.com.au