Fireworks Night is Coming!

Saturday, May 23rd 2.30 - 7.00pm

GET YOUR EARLYBIRD TICKETS NOW!

Family: $20  Adult: $10
Child 4-16 yrs: $4
(Under 4 yrs free)

Please complete and return the form below to the office by Tuesday, May 19th along with your payment - cash, cheque or EFT available.

Tickets will be returned via your child.

<table>
<thead>
<tr>
<th>Tickets</th>
<th>Number Required</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family $20 each (2 adults, &lt;4 children)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult $10 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child $4 each</td>
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</tr>
</tbody>
</table>

Cash OR cheque payable to Beauty Point P&C Association enclosed $__________

OR, I have paid by EFT - $_________ to BPPS P&C General Account, BSB 633 000, ACC No 139367924. Please quote your surname and Fireworks.
Leadership Habit 7: Sharpen the Saw

PRINCIPAL’S MESSAGE

What do you think is important?

Quick! Rank the following factors in order from most effective to least effective when it comes to improving student achievement:

<table>
<thead>
<tr>
<th>Learning Attributes</th>
<th>Ranking 1-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feedback</td>
<td></td>
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<tr>
<td>Enquiry-based teaching</td>
<td></td>
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<tr>
<td>Parental involvement</td>
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<td>Computer-assisted instruction</td>
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<tr>
<td>Homework</td>
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<tr>
<td>Class size</td>
<td></td>
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<tr>
<td>Ability grouping</td>
<td></td>
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<tr>
<td>Classroom management</td>
<td></td>
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<tr>
<td>Student expectations</td>
<td></td>
</tr>
<tr>
<td>Television</td>
<td></td>
</tr>
</tbody>
</table>

The Answer

Professor John Hattie conducted a meta-analysis of more than 1,000 research reviews comprising more than 50,000 studies involving more than 250 million students around the world. Hattie found that the #1 most effective method for improving achievement was by giving students 100% visibility into what they are learning and why. Check out the graph below to see where your answers ranked.

Every child deserves at least one year’s progress over one year’s time

An effect size of 0.40 represents one year’s growth over the course of one school year. Schools that use effect sizes to measure student progress can maximise their impact on student outcomes.

STRIVING FOR EXCELLENCE

Well done to our Year 3 and Year 5 students for their excellent efforts during the NAPLAN assessment week. Many thanks to Mr Baker, Mrs Robertson, Mrs Beynon, Mrs Ewan, Mrs Pollock and Mrs Coon for their wonderful support.
PLAYGROUND SAFETY ... DOGS ... BIKES and SKATEBOARDS ...

We have recently had complaints from parents and students about dogs being on the school grounds. Thank you to Mark Wallis (P&C President) for purchasing the new ‘No dogs’ signs on display. We ask that all families do not bring dogs onto the school grounds.

Could parents and students who ride bikes or skateboards to school please also make sure they ‘walk’ them when on school grounds. We had a minor accident with a student last week, so we urge everyone to remember that no one should be riding a bike or skateboard at school until AFTER 3.30pm.

Keeping our School Clean

Looking after our environment and keeping our school clean and tidy is an important way to promote pride, care and respect for our school. This week we have introduced Class Clean-Up areas. We ask that parents and our OOSH staff help to reinforce the message of keeping our school clean. If you or your children see rubbish lying around, we would appreciate your help in putting it in the bin. Even if you aren’t responsible for the rubbish, we are promoting a community approach to keep our school safe, clean and tidy.

Fire Drill

I was very proud of how well our students participated in fire drill today. They evacuated their rooms and moved efficiently to the Evacuation area within 5 minutes. This is a credit to our teachers. As the year progresses, we will also stage Lock Out and Lock Down practice drills.

Finally ...

Congratulations to our Year 3 and Year 5 students for their participation in the National Assessment Program for Literacy and Numeracy (NAPLAN). Their enthusiasm, hard work and effort has been marvellous to watch.

NAPLAN is designed to be a snapshot of a child’s progress every 2 years in the following assessments: language conventions, writing, reading and numeracy. Along with class and school-based assessments, it helps to provide an indicator of how students are progressing over time.

As parents know, NAPLAN is not designed as an assessment of the Year 3 and Year 5 curriculum programs. The learning foundations provided by our K-6 teachers and the educational support given by parents are also important components of NAPLAN preparation. In watching our children confidently participate in the NAPLAN assessments, I would like to thank our teaching staff for collaborating in wonderful ways to prepare, teach and inspire our students academically, socially and emotionally as they journey from Kindergarten to Year 6.

Best wishes,
Shanti
The Leader In Me program and 7 Habits

The Leader in Me program at BPPS is based on Stephen Covey’s 7 Habits of Highly Effective People. The habits we encourage our students to use are:

**Habit 1: Be Proactive - You’re in Charge**
I am a responsible person. I take initiative. I choose my actions, attitudes and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

**Habit 2: Begin With the End in Mind - Have a Plan**
I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my family and contribute our family’s mission and vision, and look for ways to be a good citizen.

**Habit 3: Put First Things First - Work First, Then Play**
I spend my time on things that are most important. This means that I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organised.

**Habit 4: Think Win-Win - Everyone Can Win**

**Habit 5: Seek First to Understand, Then to Be Understood - Listen Before You Talk**
I listen to other people’s ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking.

**Habit 6: Synergize - Together Is Better**
I value other people’s strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people’s ideas to solve problems because I know that by teaming with others we can create better solutions than any one of us alone. I am humble.

**Habit 7: Sharpen the Saw - RENEWAL – Balance Feels Best**
I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I take time to find meaningful ways to help others.
Parents invited to take part in free AD/HD parenting program

A well-known parenting program will be offered free of charge to parents who have children diagnosed with AD/HD, in evening sessions during the third school term of 2015.

Hosted by Macquarie’s Department of Psychology to evaluate the program’s effectiveness, parents with diagnosed children between six and 12 years of age are invited to participate in five sessions with later follow up.

“We ran a similar program in 2013,” says lead researcher Julie Chesterfield, a registered psychologist and specialist teacher. “Our preliminary results suggest that when parents applied the strategies taught in the program, over a six month period, both the severity of their child's problematic behaviour and parental stress levels were reduced.”

“Children with AD/HD generally have deficits with impulse control, which can be extremely frustrating and stressful for parents. Evaluating parenting techniques that reduce parental stress and increase parents’ ability to manage difficult behaviour in a positive manner is important to understanding which parenting strategies are effective in managing the behaviour of children with AD/HD,” says Chesterfield.

Chesterfield has had considerable experience as a classroom teacher and a learning support teacher in both public and private schools, and in private practice.

“There have been many instances where children diagnosed with AD/HD have been labelled ‘the naughty child’ and have been made to feel different from their peers and even isolated, which is very upsetting for the child and their parents. AD/HD behaviour can also be very disruptive to family life. Establishing which parenting techniques are effective is crucial to helping parents meet the challenges of raising a child with AD/HD,” Chesterfield says.

The program will be run over four evening sessions during the third school term, with an evening booster session four weeks later and anonymous follow-up questionnaires six months later. The program will be offered FREE OF CHARGE to eligible parents. If you would like to take part, or have further queries about this study, call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 or email julie.chesterfield@students.mq.edu.au and leave your phone number.

Media Contact:
T: +61 (2) 9850 6766  E: communications@mq.edu.au

A copy of this release will be available online at www.mq.edu.au/newsroom
K-2 NEWS by Mr Gallagher

We hope you liked your Mother’s Day gifts and cards and posters.

Kinder children have been taught all their single sounds! We have now moved on to consolidating their recall of these sounds and how to use them when writing. It’s a long and complicated process but every child is encouraged to always “have a go” and develop a love of writing, and putting down your thoughts and experiences for others to read. We do get some interesting spelling but we can always fix that up!

Stage 1 continue to work on 'Stories From Around the World', their HSIE Unit. The 5 classes are rotating, with each teacher having a culture and stories on which to focus. They will teach the topics to their class first, then the others. (Mrs Curvev- Greek Myths and Legends; Miss Jones- Ancient Egypt; Mrs Duffield and Mrs Browne-China; Mrs Heath- Maori legends and Miss Weir- The Dreamtime.)

Year 1 Sport is still on Tuesday (weather permitting). During the Winter terms we are teaching athletic skills which we will use later in the year at the Athletics carnival. Year 2 are focussing on ball skills and fundamental movement skills.

STAGE 2 NEWS

It has been an exciting fortnight in Stage 2. Year 3 students have been working hard to refine their exam skills in preparation for NAPLAN. This week, 3B welcomed Mrs Ewan back from her trip to Gallipoli and I am sure they will be hearing tales of her amazing holiday for weeks to come. 3B have enjoyed the many wonderful lessons and activities they have completed with Mrs Pollock this term. I am sure Mrs Beynon will have many stories to tell of her American adventure when she returns next week.

This week, 4G have tried their hand at a touch of cooking. Students created a variety of dishes including scones, shortbread ad bruschetta. Mr Griffiths may have found some contenders for the next season of Master Chef!

Year 4 students participated in their first PSSA games of the season in netball and AFL. This year, the AFL team has more girl members than ever. Training for both sports will be on Thursday mornings at 8:30am.

STAGE 3 NEWS

Stage 3 students have continued to work productively on a variety of activities this fortnight. In HSIE students have commenced a research task on a variety of Australian environments. In small groups students are researching human involvement and use of the environment, including Aboriginal land practices and changes to the environment since European settlement. They will also explore the effects of human and natural changes on their specific environment.

After our first PSSA round of the winter season was cancelled due to the recent bad weather, our soccer and netball teams took to the sporting field last Friday for their first match. All teams demonstrated great teamwork and sportsmanship. The Year 6 netball girls played an outstanding game, achieving a pleasing win. The C and B grade soccer teams each drew with our opposing school, Greenwich.

Students started weekly training sessions this week. Netball training will run every Thursday from 8:30am with Mrs Robertson and soccer training will run on Monday morning at 8:20am for the A and B teams and at lunchtime on Wednesday for C grade and the girls’ team.
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 1 May - Fri 19 June</td>
<td>Sportspro (K-2) &amp; PSSA (Yrs 4-6)</td>
</tr>
<tr>
<td>Tue 12 – Thu 14</td>
<td>NAPLAN</td>
</tr>
<tr>
<td>Sat 23</td>
<td>Fireworks Night @ Beauty Point School 2.30-7pm</td>
</tr>
<tr>
<td>Mon 25</td>
<td>In-school performance K-2</td>
</tr>
<tr>
<td>Sat 30</td>
<td>Back up date for Fireworks Night in case of rain</td>
</tr>
<tr>
<td>Thu 4</td>
<td>Great Synagogue (Yrs 3 &amp; 4)</td>
</tr>
<tr>
<td>Mon 8</td>
<td>Queen’s Birthday Public Holiday</td>
</tr>
<tr>
<td>Mon 22</td>
<td>Information morning (K 2016) – 10.00am in the Hall</td>
</tr>
<tr>
<td>Thu 25</td>
<td>Last day of school for students</td>
</tr>
<tr>
<td>Fri 26</td>
<td>School Development Day for staff (re-scheduled Day 1 from Term 3)</td>
</tr>
<tr>
<td>Mon 13</td>
<td>Term 3 begins for students</td>
</tr>
<tr>
<td>Mon 20</td>
<td>Information morning (K 2016) – 10.00am in the Hall</td>
</tr>
<tr>
<td>Mon 27</td>
<td>Education Week, Book Parade</td>
</tr>
<tr>
<td>Mon 10</td>
<td>Interrelate for Years 5 &amp; 6</td>
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<tr>
<td>Tue 11</td>
<td>ICAS Maths</td>
</tr>
<tr>
<td>Mon 17</td>
<td>Information morning (K 2016) – 10.00am in the Hall</td>
</tr>
<tr>
<td>Mon 24</td>
<td>Athletics Carnival</td>
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<tr>
<td>Thur 27 – Fri 28</td>
<td>Zone Athletics Carnival</td>
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<tr>
<td>Wed 2</td>
<td>Kindergarten Orientation Program: Literacy</td>
</tr>
<tr>
<td>Fri 4</td>
<td>Major Fundraiser</td>
</tr>
<tr>
<td>Wed 9 – Fri 11</td>
<td>Years 5 &amp; 6 Camp</td>
</tr>
<tr>
<td>Tue 15</td>
<td>Kindergarten Orientation Program: Maths</td>
</tr>
<tr>
<td>Thur 17</td>
<td>Matinee and Evening Dance Concert (Norths)</td>
</tr>
<tr>
<td>Fri 18</td>
<td>End of Term 3</td>
</tr>
<tr>
<td>Wed 16</td>
<td>Last day of school for students</td>
</tr>
<tr>
<td>Thurs-Fri 17 &amp; 18</td>
<td>School development days for staff</td>
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</table>
### CHILDREN RECEIVING AWARDS

<table>
<thead>
<tr>
<th>Category</th>
<th>Initial</th>
<th>Name</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Citizenship</td>
<td>B</td>
<td>Noah</td>
<td>KG</td>
</tr>
<tr>
<td>Gold Card</td>
<td>H</td>
<td>Hamish</td>
<td>2H</td>
</tr>
<tr>
<td>Gold Card</td>
<td>M</td>
<td>Minami</td>
<td>2H</td>
</tr>
<tr>
<td>Silver Card</td>
<td>B</td>
<td>Tyson</td>
<td>KD</td>
</tr>
<tr>
<td>Silver Card</td>
<td>R</td>
<td>Juliet</td>
<td>KD</td>
</tr>
<tr>
<td>Silver Card</td>
<td>B</td>
<td>Daniel</td>
<td>KG</td>
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<tr>
<td>Silver Card</td>
<td>H</td>
<td>Poppy</td>
<td>KG</td>
</tr>
<tr>
<td>Silver Card</td>
<td>D</td>
<td>Hugo</td>
<td>KG</td>
</tr>
<tr>
<td>Silver Card</td>
<td>H</td>
<td>Olivia</td>
<td>KG</td>
</tr>
<tr>
<td>Silver Card</td>
<td>F</td>
<td>Oliver</td>
<td>1BD</td>
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<td>Elizabeth</td>
<td>1C</td>
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<tr>
<td>Silver Card</td>
<td>S</td>
<td>Ivy</td>
<td>1C</td>
</tr>
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<td>Rose</td>
<td>1C</td>
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<tr>
<td>Silver Card</td>
<td>C</td>
<td>Allegra</td>
<td>1C</td>
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<tr>
<td>Silver Card</td>
<td>R</td>
<td>Thomas</td>
<td>2H</td>
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<tr>
<td>Silver Card</td>
<td>W</td>
<td>Nicholas</td>
<td>2H</td>
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<tr>
<td>Silver Card</td>
<td>H</td>
<td>Hamish</td>
<td>2H</td>
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<tr>
<td>Silver Card</td>
<td>R</td>
<td>Thomas</td>
<td>2H</td>
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<tr>
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<td>G</td>
<td>Sophia</td>
<td>2H</td>
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<td>Silver Card</td>
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<td>Isaac</td>
<td>2H</td>
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<td>Silver Card</td>
<td>P</td>
<td>Seb</td>
<td>2H</td>
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<td>Jack</td>
<td>2W</td>
</tr>
<tr>
<td>Silver Card</td>
<td>H</td>
<td>Charles</td>
<td>2W</td>
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### LIBRARY NEWS

**Help Wanted** If any parents have a few spare minutes and would love to help cover some books in the library please pop in and see the Librarian.
Details:

Date: Saturday 23\textsuperscript{rd} May, 2015

Back up date in case of bad weather: Saturday 30\textsuperscript{th} May.

The fun will start in the afternoon with the fireworks spectacular happening at dusk. There will be rides and lots of fun for the kids as well as food stalls AND a second hand stall

\begin{boxedtext}
\textbf{SECOND HAND STALL – BOOKS, TOYS AND DVDs!}
\textbf{FIREWORKS NIGHT – Saturday 23\textsuperscript{rd} May}

For the first time, Year 1 is running a second hand stall selling books, toys and DVDs at Fireworks night.

If you are doing a clean out over the holidays, and you have any items you think may be suitable for the 2\textsuperscript{nd} hand stall, we would love it if you can keep them aside until Term 2 when we will let you know how to donate items for the stall.

We are looking for:

- Books – children, adult, fiction, non-fiction, picture books, and novels – you name it!
- Toys – for children of all ages. Must be clean and in working order
- DVDs – again should be in working order

All items on the day will be sold for $2 each. Any items deemed not suitable for sale will be disposed of before the event. Any items left over at the end of the event will be donated to charity.

If you have any questions, please see the Year 1 Class Parents; Tricia, Jennifer, Marlene, Wai, Charlotte, Lauren and Tamara.
\end{boxedtext}
Major Fundraiser 4TH September 2015 – request for Prize donations

We need your help.... We won’t raise any money at the fundraiser unless we have prizes.... September seems a long time away, but we need to start collecting prizes ASAP!

- The most popular prizes are things money can’t buy... like tickets to a TV show final, behind the scenes access, private screening rooms, lessons with an expert etc
- The most effective way is to target businesses you have an existing relationship with.
- We need prizes for the loud and silent auction and lucky dip prizes. Obviously big prizes are great... but small are great too. Smaller value items will either be used for lucky dip prizes or bundled into hampers and prize packages.

Please let me know if you are able to arrange or donate a prize so I can keep an updated register of all prizes (to avoid double ups).

General categories of prizes are:

- **Accommodation / Travel** - holiday houses, resorts, ski chalets
- **Dining & Drinks** - restaurant vouchers, bottles of wine, wine tastings, cooking lessons,
- **Beauty** – massages, beauticians, hairdressers, products, jewellery, art
- **Experiences & Services** – boat charters, tradesmen, babysitting, tickets to events, dry-cleaning
- **Kids** – party packages, toy shop credit, lesson vouchers
- **Fitness & Sports** – personal training, tickets to events, personal training, physio, pilates

Some things to remember:

- When getting vouchers – please ask them to be valid from Friday 4th September
- P&C policy is that accommodation be available for use during school holidays
- It is understandable that prizes like holiday houses, boat charter etc may come with conditions – they need to set out and agreed in writing up front.
- Donors will be acknowledged in the Buzz, on the Event website and at the event itself (unless anonymity requested!)

If you have any questions please don’t hesitate to contact me.

Thanks
Sarah
2015 Fundraising Committee

Sarah Stewart 0433502430
Sarahstewart_1@yahoo.com.au
P&C Presidents (1st) Report

I must admit that whilst typing this report I do so with a lot of nerves, in anticipation of taking on the role of P&C President - not because of the role itself, but because of having to follow in the huge shoes left to fill with the departure of Mandy Sigaloff. As I know you will all agree, Mandy has done an absolutely outstanding job and is to be commended for her determination, dedication & intelligence in performing the role for the past couple of years!!! Thank you Mandy, not for just what you’ve done, but for how you’ve gone about it. It was always with a smile and a positive attitude. I can’t remember ever seeing you any other way!!

Of course, Mandy was most ably supported by an amazing group of our ladies in Ros Van Extel, Lauren Adlam, Sally Scanlen, Caroline Trotman & many other “quiet volunteers” who consistently help with many aspects of school life year after year. Thank you to all of you for what you’ve done to date, year after year & for your ongoing efforts & commitment in 2015. I know that without these incredibly committed mums, I wouldn’t be able to do this role without their ongoing advice & support as they all have a wealth of experience & a truck load of enthusiasm! I also would like to welcome one of our dads, Richard Howes, who kindly put his hand up for Vice President; thanks Richard, I am very excited about getting to know you, working closely together and having you on the team. A huge thanks, also of course, must go to Rosie Connor (Band), Kate McLeod (canteen & lunch orders) & Kate Prior (2nd hand uniform shop).

Thanks again to everyone for your support and for your show of confidence in me as President and bestowing me this honour to contribute the best I possibly can to our wonderful little school, our beautiful kids, the amazingly dedicated and talented staff, our fabulous parents and the broader school community.

In closing, if you have anything you’d like to discuss with me directly or you have anything to contribute please either give me a call on my mobile 0499-790020 or by email at markwallis58@outlook.com.

See you around school and/or PLEASE think about attending our P&C meetings and having your say in your child/ren’s time at Beauty Point School. It’s only a couple of hours once a month!! The next meeting is 18th May, 7pm kick-off (in the staffroom)! Hope to see lots of new faces there. 😊

Mark

We are always so grateful to the Paroli family for their generosity in helping us source meat supplies for our fundraising barbeques; fireworks night, Election Day and the like! To show your appreciation for their ongoing support, please consider Luciana’s business www.shopforsafety.com.au for all your home, office and outdoor safety needs!
A Busy Term for Band

This term is a busy one for band, with Band Camp being the highlight of the band year for many students.

The camp this weekend will provide a great opportunity for the children to develop their musical skills and perfect their pieces, ready for our June festival appearances.

Band camp will culminate in a family concert on Sunday morning at 11am - noon.

Dates for the diary:
15-17 May  Band camp
1 June  Concert Band at Sydney Eisteddfod
2 June  Senior Band and Junior Band at Eisteddfod
16 June  Pizza fundraiser at school lunchtime

Well done to Sam S and his friends in Junior Band, who overcame performance nerves to give a great recital in their concert with Northern Sydney Symphonic Wind Ensemble last week.

What is the Sydney Eisteddfod?

All three of our school bands will be performing in a fortnight's time at the City of Sydney Eisteddfod. This will be our band's major musical festival appearance this year. Each band will perform three pieces in front of an expert judge, who will provide helpful feedback. Those with the highest three scores are placed Bronze, Silver or Gold - just like the Olympics!
The Eisteddfod is a great opportunity for our young musicians to perform in a professional concert venue (the Chatswood Concourse), listen to other school bands and learn from the experience. Bands will be visiting the Eisteddfod during school hours, and will be driven by parent car pool - so save the date, and please join us on the day to support your child's band!

Practice Pieces

Concert Band:
- Hammer of the Gods
- All About the Bass

Senior Band:
- Spider Pig
- March of the Hyperion Robots

Junior Band:
- Beethoven's Ninth
- Zap!
Dear Parents & Friends of OOSH.

**Term 4 Activities**

This year our program is planed with the children the previous week, therefore the activities follow the interests of the children and change on a weekly basis. The table below shows our permanent weekly activities.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Soccer with the boys from Shore high school.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Basketball with Jesse.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dancer in preparation for the school concert.</td>
</tr>
<tr>
<td><strong>Senior Club</strong></td>
<td>Will continue every Tuesday, Wednesday &amp; Thursday in the teachers staff room.</td>
</tr>
</tbody>
</table>

**Looking after our Community**

One of our goals at Beauty Point OOSH this year is to encourage the children to make a difference in their community. Following on from the great success of Clean Up Australia Day in term 1 this term we will be taking part in the ‘Kindness is catching’ initiative in term 2. This incentive is a great opportunity to educate the children about people who are less fortunate than themselves and to directly help homeless of Sydney.

On the week beginning Monday 18th May until Friday 22nd May we will be making up kindness packs for homeless people in our community during Before and After School Care.

**June/July Vacation Care**

The program will be released on Monday 25th May. Priority of access will be given to existing OOSH users for the first week of enrolment openings. The Beauty Point Public School and Mosman Public will be able to enrol from the 1st of June onwards.
DO YOU HAVE A CHILD DIAGNOSED WITH AD/HD?

ARE YOU LOOKING FOR POSITIVE STRATEGIES TO HELP MANAGE YOUR CHILD’S BEHAVIOUR?

Is your child between 6 and 12 years old?

You are invited FREE OF CHARGE to attend a well-known parenting program at Macquarie University.

The program is part of an evaluation study and participants will be asked to:

- attend evening sessions
- fill in questionnaires (anonymously)

This study has been approved by the Ethics Committee at Macquarie University.

For more information or to express interest in this study please contact:

Julie Chesterfield (Department of Psychology, Macquarie University)

E-mail: julie.chesterfield@students.mq.edu.au
Phone: 0412 414 114
PARENTS OF TEENS OR ALMOST TEENS
"Learn how to restore a respectful and positive relationship between you and your teen"

Topics include:

- Similarities & differences between being a teenager today & their parent’s day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen's behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager's world & support them

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Wednesday 6th May 2015
TIME: 7.00pm – 9.30pm
COST: $45pp

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS WORKSHOP

This workshop will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District
TUNING IN TO KIDS
EMOTIONALLY INTELLIGENT PARENTING

A FIVE SESSION PARENTING PROGRAM FOR 
PARENTS OF PRE-SCHOOL - PRIMARY-SCHOOL AGED CHILDREN

Would you like to learn how to:

• be better at talking with your child?
• be better at understanding your child?
• help your child learn to manage their emotions?
• help to prevent behaviour problems in your child?
• teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*.

| VENUE: Chatswood Community Health Centre |
| 57 Hercules St, Chatswood |
| DATES: Thursday 28th May - Thursday 25th June (5 wks) |
| TIME: 7.00pm - 9.30pm |
| COST: $165pp ($140 concession) |

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District.

The 3-12 Years Triple P Seminar Series is part of the well-known evidence based and internationally recognised Triple P Programs from the University of Queensland. The seminars are designed for parents/carers of 3-12 year olds interested in learning about positive ways of promoting their children’s development.

<table>
<thead>
<tr>
<th>SEMINAR 1: The Power of Positive Parenting</th>
<th>introduces parents to the 5 core principles of positive parenting.</th>
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<td>WHEN: Tues. 12th May 7.00-9.00pm</td>
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<th>SEMINAR 2: Raising Confident, Competent Children</th>
<th>introduces parents to the key building blocks children need to do well in life.</th>
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<td>WHEN: Tues. 19th May 7.00-9.00pm</td>
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<th>SEMINAR 3: Raising Resilient Children</th>
<th>identifies key skills that parents can help their children develop to build emotional resilience.</th>
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<td>WHEN: Tues. 26th May 7.00-9.00pm</td>
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<tr>
<th>VENUE: Chatswood Community Health Centre</th>
<th>57 Hercules St Chatswood</th>
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<tr>
<td>COST: $45pp for 1 seminar, or $110pp for 3 seminars</td>
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For all enquiries and bookings, please phone: 9887 5830

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING

WORKSHOP FOR PARENTS

- Learn communication skills for building positive relationships
- Problem ownership
- Listening and assertiveness skills
- Problem solving skills

VENUE: Community Health Centre, 57 Hercules St, Chatswood
DATE: Thursday 14th May 2015
TIME: 7.00pm – 9.30p.m.
COST: $45

For all enquiries and bookings, please phone: 9887 5830

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING

WORKSHOP FOR PARENTS

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

VENUE: Community Health Centre, 57 Hercules St, Chatswood
DATE: Monday 18th May 2015
TIME: 7.00pm – 9.30p.m.
COST: $45

For all enquiries and bookings, please phone: 9887 5830

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING

WORKSHOP FOR PARENTS

- Help your kids learn how to “bounce back” when faced with life’s daily challenges
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TIME: 7.00pm – 9.30p.m.
COST: $45

For all enquiries and bookings, please phone: 9887 5830

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CHILD AND ADOLESCENT PARENTING

PARENTS OF 1 – 3 YEAR OLDS
SEE THINGS THROUGH YOUR TODDLER'S EYES
These workshops will help you to understand your toddler’s world.

Workshop 1: Understanding Your Toddler / Discipline & Tantrums
(25/5)
Workshop 2: Tucker without Tantrums / Toilet Training (1/6)
Workshop 3: Speech & Language Development / Sleep (15/6)

VENUE: Chatswood Community Health Centre
57 Hercules St Chatswood
DATE: 3 sessions, commencing Monday 25th May – 15th June
(Public Holiday 8/6) You may attend 1, 2 or 3 sessions
TIME: 7.00pm – 9.30pm (2½ hours per session)
COST: $45pp for 1 workshop, or $110pp for 3 workshops

For all enquiries and bookings, please phone: 9887 5830

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING

EMOTIONALLY INTELLIGENT PARENTING

5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Wednesdays 13th May – 10th June (5 sessions)
TIME: 7.00pm – 9.30pm
COST: $165pp (Concession $140)

Are you preparing your child for success in the ‘Asian Century’ by learning Mandarin Chinese? ChiFUNese is one of the most innovative and popular Chinese language programs held at 25+ schools around Sydney. Classes at Beauty Point P.S. are held on Wed 3.05-4.05pm. To enrol, please go to [www.chifunese.com/enrol](http://www.chifunese.com/enrol). For enquiries, please email admin@chifunese.com or call (02) 8006 8606.

**Why learn Mandarin Chinese:**

- **Gain competitive advantage in the ‘Asian Century’**. China is now the world’s second largest economy and Mandarin is the world’s most spoken language.
- **Develop cognitive skills** through learning the tones and the spatial written characters, which strengthens the link between the left and right sides of the brain and increases the speaker’s intelligence.
- **Develop inter-cultural social and communication skills** and appreciation of diversity through learning the Chinese history and culture.

**The ChiFUNese difference: PLAY = LEARN!**

- **Student-centric and game-based approach** with customised lessons focused on students’ interests and needs within a small class environment.
- **Multi-media learning resources** developed by leading educators.
- **Cultural enrichment** through fun stories and traditional arts and craft.
- **Regular feedback to parents** through homework, reports and online resources.
- **Team of professional teachers** who are passionate, experienced and qualified.

admin@chifunese.com | www.chifunese.com | www.facebook.com/chifunese
Circle of Security
Parenting Program

This is an 8-week program suitable for parents of children aged 0-5, which will:

- Assist you in understanding your child’s needs and behaviour
- Help your child manage their emotions
- Develop skills to build a positive relationship with your child to develop their confidence and self esteem

Where: Naremburn Family Centre, 40 Merremburn Ave, Naremburn 2060
When: Tuesday 6:00pm–8:00pm 28/04/2015–09/06/2015
Total Cost: $30
Facilitators: Gemma Wood & Cerie Rummans

Bookings are essential and a phone interview is required. To enquire or register for the course please contact us on 8425 8700 or email: naremburnfamilyservice@db.org.au
Please note children are not able to attend, and childcare is not provided.
Tuning into Teens
Emotionally Intelligent Parenting

Starts:
Wednesdays 29th April—2nd June (6 Sessions)
Time: 6:15pm—8:15pm
Venue: Naremburn Family Centre
        40 Merrenburn Avenue
        Naremburn
Cost: $60
Contact: Gemma Wood
Tel: 8425 8700
Bookings are essential!

A 6 week Parenting Course for parents of Teens aged 10-18 years:

- Communicate more effectively with your teenager.
- Understand your teenager better.
- Help your teenager to master emotional intelligence.
- Help your teenager manage emotions.
- Prevent some teenager behaviour problems.
- Help your teenager deal with conflict.