

The Dem Newsletter

Friday 28 August 2015 - Week 7 Term 3

Dear Parents/ Carers,

Stage Three Camp

Years Five and Six had an amazing time last week when they travelled to Canberra for their three day camp. They impressed many of their tour guides with their considerable knowledge of our parliamentary system and were wonderful representatives of our school. Some of the highlights of the camp included seeing the Prime Minister and Treasurer in action during question time, meeting the Governor General, interviewing Senator John Williams and of course the evening visit to Questacon. For more photos refer to pages 3 and 4. Thank you Stage Three for making the camp so enjoyable and thank you to the following staff members for going above and beyond to ensure that the students had a memorable experience, Diane Lynam, Chantelle Durnam, Suzanne Smith, Stephanie deBelin, Karin Sundic, Tom Keeble, Kylie Walker, Charl Pierre Jacobs and Charlie Buttrose



Festival of the Arts

Next Wednesday is the much anticipated Festival of the Arts. If you have a child in one of our performing arts groups (*band, recorder, choir or musical*) you should by now have received your invitation to attend this annual performance. If your child has not given you this invitation please email Jemma Thomas your child's name and performance group and she will email you another invitation. I am once again looking forward to this enjoyable event.

PTO.....

What's On?

Tuesday 1 September

9.15 School tour
6.00 G&T Kindy info night

Wednesday 2 September

Festival of the Arts
6.30pm

Friday 4 September

K-2 after school Disco

Saturday 5 September

Comedy Night for Parents

Wednesday 9 September

Interrelate sessions in
the Library

Thursday 10 September

Kindergarten 2016
Information Evening for
parents 6:30pm

Wednesday 16

September

P&C Meeting 6:30pm

Thursday 17 & Friday 18 September

Year 3 & 4 Camps

Friday 18 September

Last day of school -
Term 3

Tuesday 6 October

First day of school -
Term 4

Congratulations Zone Participants

On Thursday and Friday this week many of our students participated in the Zone Field and Track Carnivals where they represented our school across a number of events. North Sydney Demonstration students once again displayed their fine sportsmanship and enthusiasm and we look forward to hearing their final results soon. Thank you to Ashley Grimmond, David Hearnshaw, Charl Pierre, Grace Hicks and Anamaree Williams for attending the carnivals. Their passion and commitment to providing sporting opportunities for students is deeply appreciated.

K-2 Disco

Don't forget that next Friday after school the P&C will be holding a K-2 disco in the school hall. There will be a sausage sizzle, balloons, great music and of course a disco ball so bring your children along and enjoy the fun. Remember, however, this is not a drop and run event, your child must be supervised by an appointed carer (*mum, dad, nanny etc.*).

Parents Comedy Night

Next Saturday night is the school's first Comedy Night. This event for parents promises to be a lot of fun and is a great way to meet other members of our school community. More information about ticket sales can be found on page 7. Hope you can make it!

Gifted and Talented Information Night

Next Tuesday there will be an information session explaining the North Sydney Demonstration School Gifted and Talented Policy. If you have not attended this session previously and have an interest in finding out more about how the school identifies and caters for gifted students please come to this session at 6pm on Tuesday night in the staffroom located in the McHatton Building.

Commonwealth Bank Reward – Torch

If your child was one of the four children who received a Commonwealth Bank torch as a reward for banking please read the CBA message on page 10.

Road Safety Tip

This week's tip is particularly relevant for those crossing or parking on McHatton Street. I have been told third hand that a parent was hit recently when a driver reversed out of their parking spot. The parent who was hit was walking between the two cars to access the drivers' side of the car. If anyone saw or knows about this incident please come and see me. All pedestrian safety issues in close proximity to the school should be reported to the Principal so that where possible and appropriate the risk can be assessed and managed. This week's tip is;

When proceeding to the drivers side of the car and when putting children's bags in the boot of your car please be aware of cars pulling out of their parking spot and make sure they are aware of you. If possible avoid walking between parked cars when crossing the road. When pulling out of your car spot please check the curb for pedestrians about to pass behind or in front of your car.

Myra Wearne, Principal

Stage 3 Excursion to Canberra

Text by 5SS

Travelling

On the 19th of August all of Stage 3 gathered together at 5:30 am. When everyone arrived teachers marked the roll to make sure everyone had arrived. When the roll had been completed we boarded the buses. Every day we travelled on the same bus to get to all the places we needed to visit. We had to be very organised, look after our belongings and keep the bus clean. The teachers were very nice because they helped all the kids who felt bus sick and gave them mint lollies. To help us look after each other we were given a partner and lined up for a count-off, this made sure no one got lost.



The Exhibition Centre

The Exhibition Centre taught us about the process of choosing the national capital and how it was designed. We got to place pieces onto a colourful map of NSW (New South Wales). The pieces had names of areas that were considered to become the Capital of Australia. We learnt that Walter Burley-Griffin and his wife Marion won a competition to design the city of Canberra.



The Lake Burley-Griffin ride Excitement brewed on the bus for our second event, the Lake Burley-Griffin bike ride. Outside Questacon, our tour guide, Nathan, talked us through the rules and instructions for the bike ride. Teachers and students took off with Mrs Lynam at the front and Mrs Durrant at the back. Students who weren't riding went on a walk with Mrs Smith to the international flag display and the Reconciliation area.



The War Memorial

During our visit to the War Memorial we heard stories of servicemen and women who had served our country in various wars. NSDS students were privileged to be invited to stay for the Last Post Ceremony and Oliver and Sophie laid a wreath beside the Pool of Reflection on behalf of our school to honour those who had lost their lives in war. It was very special to visit during the Centenary of the ANZAC campaign.





Parliament House Six lucky students got the amazing opportunity to perform in a role-play to learn how to pass a bill through the House of Representatives. We then had a tour of the building and saw both houses of Parliament.

Year 6 students were very lucky to see our politicians at work during question time.



Eating out Whilst in Canberra we were very lucky with the wonderful weather and were able to enjoy experiencing eating out in wonderful places such as the park near Questacon, Parliament House, the Senate Rose Garden and outside the National Art Gallery.



Electoral Education Office At the Electoral Education Office we learnt the history of democracy in Australia and how we came to have the system of government that we have. We took part in a mock election and learnt about preferential voting. It was great fun to get to vote like adults do.



Questacon You will not leave Questacon without a smile on your face! Everyone can learn about natural disasters, technology and science. At Questacon there were many colourful and scientific exhibitions, such as the Free Fall! The Free Fall is a 2metre vertical drop! It is a fun slide that tests gravity. Before going on the Free Fall we had to put on a protective suit to make sure that we didn't get slide burn. There is also a room that shows the natural disasters that happen around the world such as earthquakes, tornados, hurricanes as well as a lightning simulator. In every room there were educational facts about different topics that relate to science and technology.



The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist in meeting the costs of the excursion the Australian Government contributed funding under the Parliament and Civics Rebate (PACER) programme toward the travel expenses incurred for this trip. This contribution allowed us to reduce the cost of the excursion by \$20 per student. We would like to thank the Australian Government for their support of this program.

SCHOOL NEWS

Earn & Learn stickers at Woolworths

You can collect one earn & learn sticker for every \$10 spent at Woolworths. Earn & Learn will continue until Tuesday 8 September 2015. Please place the stickers or completed Sticker Sheets in the Collection Box in front of school office. If depositing completed sticker sheets at your local Woolworths please make sure that our school name is noted on the sheets. Thank you for your support!!



Festival of the Arts

Our creative arts students have worked hard throughout the year to develop their skills in playing, singing, dancing and performing. It is now time for them to showcase all of their talents in a combined performance. The Festival of the Arts will be held on Wednesday 2 September at 6.30pm in the McHatton playground and the Lady Hay Hall at school. The performers include the K-2, Junior and Senior choirs, Senior and Intermediate Bands, the recorder group and a preview of the musical "The Little Mermaid". Please join us for what we are sure will be a night to remember!

Book Now for Comedy Night Sat 5 Sep 2015

Hello all, in order to help us plan the right amount of food/drink and seating, please book as soon as possible. We will plan the event based on ticket sales as of **Tuesday 1 September afternoon.**

The Comedy Night on Saturday 5 September is one of our annual P&C fundraising and social events. It's child free due to the alcoholic beverages on offer. This cabaret style event provides parents an opportunity to have an enjoyable evening with other parents and Teachers from the school. Arrive at 6:30pm for social drinks and canapés, the comedy show will start at 8pm.

Annual Parent Only Event
Book at www.trybooking.com/ILFC



Comedy Night

Saturday 5th September

Great night out with several comedians from Sydney & Melbourne comedy festivals
\$50 with welcome drink and food

If you would like to help out on the night with some simple tasks such as delivery food platters or help at the bar for a short while, please contact us at thedempc@gmail.com

Book now at: www.trybooking.com/ILFC

FABStar!

FABStar! is an initiative to recognise positive behaviours in the playground. A FABStar! slip was drawn from all the students who received FABStar! slips in recognition of their positive behaviours on the playground last week.



The K-2 Fabstar! for this week is Zahara from Year 2. Zahara made sure that all of her friends were included in a lunchtime game and that everyone co-operated to enjoy the game. Well done Zahara!

The Years 3-6 Fabstar!s for this week are Ella and Alissandra from Year 3 who also organised a lunchtime game to share with friends. Good work girls!



BAND NEWS



Dates for your Diary

Festival of the Arts – 2 September – Intermediate and Senior Bands

Junior Band Concert – 15 October

Crows Nest Festival – 18 October – Intermediate and Senior Bands

End of Year concert – 30 November – all Bands

NSW School Band Festival

Congratulations to members of the Senior Band, who were awarded a Silver award at the NSW School Band Festival at The University of NSW on Sunday. Thank you to Danika for all of her hard work with the band leading up to the event. Thanks also to parents for making your children available for the event and to band students for working so hard to prepare for this excellent performance opportunity.



Festival of the Arts

The Festival of the Arts will take place next Wednesday, 2 September. Please return signed notes to Miss Thomas (2JT) or to the school office as soon as possible if you haven't already done so. Please email Melissa Lanigan if you have any questions regarding the band section of the program for the night. Each band will be playing two individual pieces and the bands will come together to play two combined pieces. We hope to see you there!

Enquiries

Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au



Library News



What an absolutely thrilling week we have had! This week we began with an outstanding result in this year's **Premier's Reading Challenge**! 423 students completed the Challenge, of which 52 will be awarded a gold certificate for 4 years of completion and 11 will be awarded a platinum certificate for 7 years of completion! On Tuesday, despite the weather it was spine tinkling to see so many great costumes and such enthusiasm from everyone in our **Book Week Parade**, where a great range of book characters came to life, what a fantastic way to celebrate reading.



This year's Book Week celebration would not have been complete without the following parents' great contribution of taking time to come and read aloud to our students:

Yukiku Ito, Lisa Middlebrook, Udaya Kolluri, Peter Bryett & Alison Hooper. Our students were exposed to a lovely range of books that reflected our school community make up. As well as popular books in English, our students also had an opportunity to experience bilingual books in languages including Japanese, Spanish and Hindi.



Thank you everyone for the immense effort you put in to make this year's Book Week celebration such a success! Also thank you parents and carers for allowing your child/ren to make a gold coin donation to the Indigenous Literacy Foundation. This year we raised approximately \$516. This donation will help Australian remote communities improve their literacy.

Mrs Alice Bennett (alice.bennett3@det.nsw.edu.au)
Research, ICT & Library

Book now for Comedy Night - Saturday September 5: www.trybooking.com/ILFC

The \$50 ticket price includes canapes and a welcome drink. A bar will be available!
Join us to support the Dem and have a fun night laughing with other Dem parents and staff members!!



In support of:
**North Sydney
Demonstration
School**



Luke Heggie

- Director's Choice Award - Sydney Comedy Festival 2015
- 4 1/2 Stars - Sydney Morning Herald 2015
- Timeout Comedian of the year 2012
- Raw Comedy National Champion 2010
- New York Comedy Festival, Melbourne Comedy Festival

"... unique, powerful, and insightful..." - Sydney Morning Herald



Al De Bene

- Comedian of the Year - L.A. Comedy Awards
- Comics Unleashed, NESN Comedy All-Stars, Jon Lovitz Presents
- Opening act for Bill Burr and Dane Cook
- Regular at the world famous Laugh Factory in L.A.

"Genius of Stand-Up" - The Daily Mail



Mat Wakefield

- Sydney Comedy Festival - Sold Out
- Sydney Fringe Festival - Sold Out

"one of the rising stars of Australian Comedy" - The Laugh Garage

"a genuine alternative way of thinking, reminiscent of comedy legend Doug Stanhope..." (Weekend Notes)



Oliver Phommavan

- Sydney Comedy Festival
- Melbourne International Comedy Festival
- The Footy Show
- Stand Up Australia

+Special Guests

6:30pm - September 5
North Sydney Demonstration School - Lady Hay Hall
Bay Rd, Waverton, NSW 2060
Ticket Price: \$50 includes canapes and welcome drink
www.trybooking.com/ILFC



When kids ask "the" questions... Interrelate has the answers!

Interrelate is a specialist organisation with over 85 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?

1-hour session: years 3-6

Session 2: Preparing for puberty

1-hour session: years 5-6

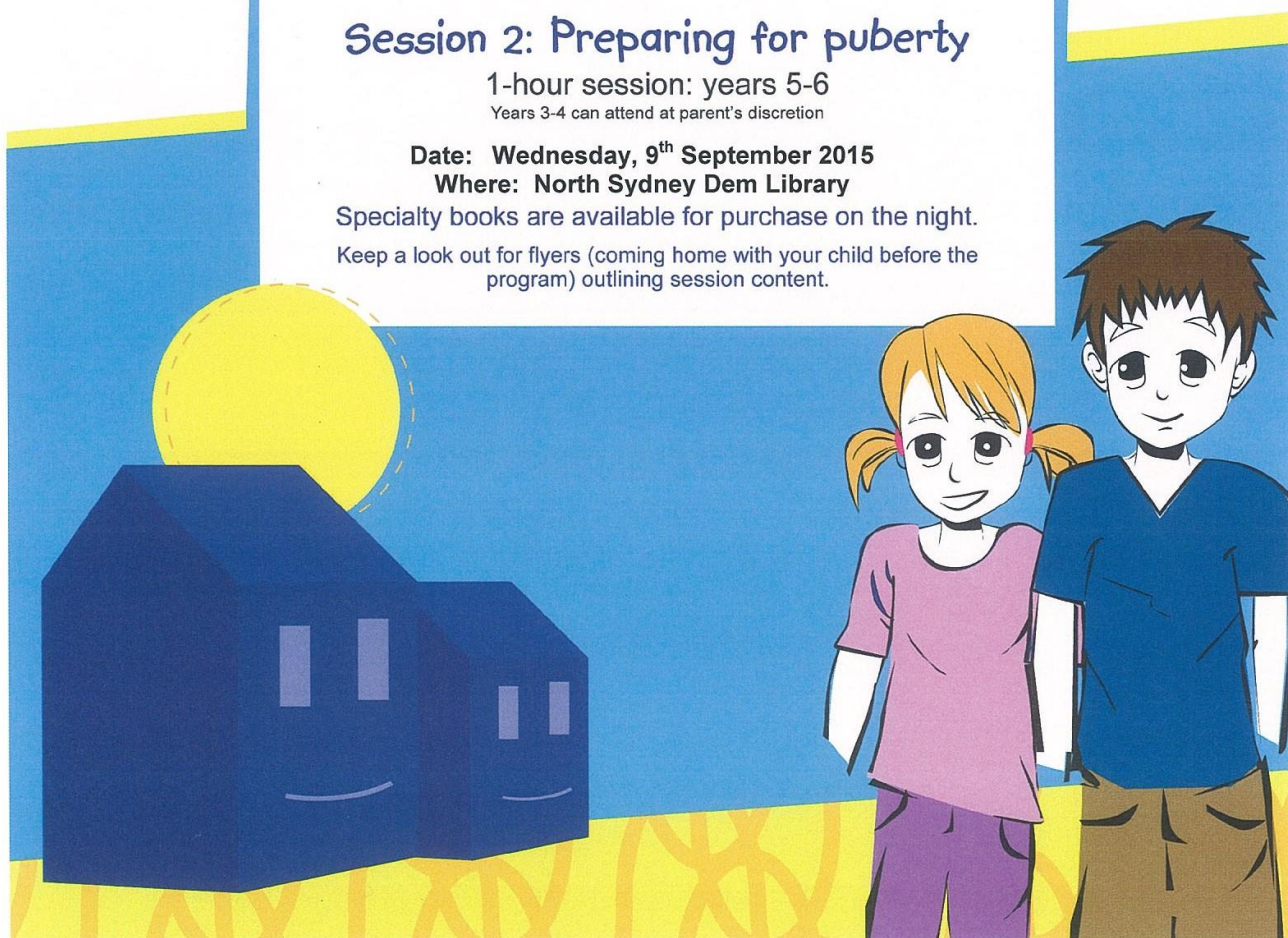
Years 3-4 can attend at parent's discretion

Date: Wednesday, 9th September 2015

Where: North Sydney Dem Library

Specialty books are available for purchase on the night.

Keep a look out for flyers (coming home with your child before the program) outlining session content.



P&C NEWS CONTINUED



Ticket Sales - at the door. \$5 per child – includes disco entry and one sausage sizzle sandwich.

Additional sausage sandwiches, soft drinks/juice, popcorn, ice creams and glow in the dark wristbands will be available for purchase.

Parents we invite you to put on your dancing shoes and join the kids on the dance floor! Your enthusiasm encourages younger ones to get grooving and moving.

This is NOT a drop and run event - you are responsible for the kids you bring and are required to stay in the school grounds.

If you would like to help on the night or have any questions please contact Vanessa on 0431 623 349.

Commonwealth Bank School Banking Update – Please Read

Concerns have been raised regarding the 'Cosmic Light Beam Torch' reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch.

Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any 'Cosmic Light Beam Torches' their child may have already received as part of the Rewards Program. Students who have previously received a 'Cosmic Light Beam Torch' are welcome to redeem an alternative reward item.

The Dem Community News

Northbridge Sailing Club Open Day: Sunday 30 August 10am to 2pm

Go for a sail and enjoy a BBQ. End of Sailors Bay Road, Northbridge next to Clive Park. For more information visit www.nsc.asn.au

Sydney Girls High School Open Night: Wednesday 2 September 3:30pm to 6:30pm

Anzac Parade, Surry Hills. www.sghs.nsw.edu.au Phone: 9331 2336.

North Sydney Girls High School Open Morning: Thursday 10 September 9:30am to 11:30am

David Street, Crows Nest. Enquiries: Mrs Jenni Cooper, Telephone: 9922 6666 ext 104.

The Australian Red Cross will be at Mary Mackillop Place, 7-11 Mount Street, North Sydney from Tuesday 22 to Friday 25 September. To make an appointment to donate urgently needed blood, or for more information, please visit www.donateblood.com.au or call 13 14 95.

North Sydney United Summer Soccer Competition registrations are now open. For more information visit www.northsydneyunited.com.au/summer-football.html or email Julia at clubadmin@northsydneyunited.com.au (general enquiries) or Mark at mashbrit@msn.com (junior enquiries).

Play Cricket with North Sydney District Cricket Club for more information or to register online go to www.northsydneycc.com.au Enquiries: email northsydneyin2cricket@iinet.net.au or call Karl Riseborough 0412 572 937 (boys) or Jenny Riseborough 0438 446 008 (girls).

Part-time Receptionist/Administration position – school hours: Berry St North Sydney

For full ad see advertising section. To apply, please email trudy.atkinson@kwikkopy.com.au

Sydney Olympic Park Holiday Programme.

For more information visit www.kidsinthepark.com.au or email info@sydneyolympicpark.com.au

Homestay Families wanted:

- Kaplan International English School www.kaplaninternational.com or call 8268 4931.
- WEP Student Hosting www.wep.org.au or call 1300 884 733.
- Student Exchange Australia New Zealand www.studentexchange.org.au or call 9997 0700

Young artists and storytellers can submit an artwork and short story to be part of the **Children's Art Exhibition on or before 8 September 2015.** If you have any queries about entry into the Children's Art Exhibition (see listing on the next page) please email:

Jemma.Thomas4@det.nsw.edu.au



STORIES TO TELL

Children's Art

EXHIBITION 2015

CALLING Young Artists & Story Tellers

North Sydney Council is inviting Primary School students in the local area to submit an artwork accompanied by a short story in response to the theme 'Stories to tell' on postcards provided by Council. The student artworks and stories will be showcased in a Childrens Art Exhibition at Council's *inTransit Art Space* from **21 October - 30 November 2015**. A number of awards will be on offer.

Only one entry (artwork & short story on postcards provided) per student will be accepted. Deadline for entries is 8 September 2015.

ENTRY FORMS & POSTCARDS ARE AVAILABLE AT

North Sydney Council, Customer Service Centre, 200 Miller Street, North Sydney
Monday to Friday, 9am - 5pm

**If you would like further information please contact the Arts and Culture Officer by email
council@northsydney.nsw.gov.au or phone 9936 8100.**



NORTHBRIDGE
SCHOOL OF
VISUAL ARTS

YOUR POOL, YOUR SAY

Have your say on the redevelopment of North Sydney Olympic Pool



The 50m pool in the North Sydney Olympic Pool complex has reached the end of its life and requires significant upgrading. Council is taking this opportunity to redevelop the complex so that it can continue to meet the needs of current and future generations. Six design options for the pool have been prepared and we want to hear your views.

You can view the six design options on Council's website or visit the display panels at Council's Customer Service Centre, North Sydney Olympic Pool or the Crows Nest Centre.

1. Register for our interest group forums

Our consultants will provide in-depth information about the design options. Participants can have a detailed discussion and provide feedback.

Three forums focusing on specific areas relating to the complex will be held:

- Aquatics and swimming
Wednesday 26 August, 5.30pm-7.30pm
- Health, fitness and wellbeing
Friday 28 August, 5.30pm-7pm
- Family and children
Saturday 29 August, 1pm-3pm

All sessions will be held in the Ros Crichton Pavilion, 200 Miller Street, North Sydney.

Spaces are limited. Register via the website or call 9936 8100.

2. Attend a drop in information session

Meet with our specialist consultants and staff to discuss the design options, ask questions and complete the online survey. The two sessions will take place at the following times:

- Friday 28 August, 12pm-2pm, Ros Crichton Pavilion, 200 Miller Street, North Sydney
- Saturday 29 August, 9am-11.30am, North Sydney Olympic Pool.

No registration necessary.

3. Attend the public meeting

Thursday 3 September, 6.30pm-8.30pm, Hutley Hall, 200 Miller Street, North Sydney.

No registration necessary.

4. Complete the survey

You can access the online survey via Council's website or pick up a paper survey at Council's Customer Service Centre, North Sydney Olympic Pool, Stanton Library or the Coal Loader Centre for Sustainability.

5. Write a submission

You can also make a written submission. Write to the General Manager, North Sydney Council, PO Box 12, North Sydney NSW 2059 or email council@northsydney.nsw.gov.au.

**ALL COMMUNITY FEEDBACK MUST BE RECEIVED BY
25 SEPTEMBER 2015**

www.northsydney.nsw.gov.au/PoolMasterplan



THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school



Kids & Teens Audition Workshop

When: Tuesday 1st September 6pm-8pm
+ 30 min presentation and Q&A
Where: North Shore Temple Emanuel
28 Chatswood Ave, Chatswood
Cost: \$47

The professional production of **The Sound of Music** is coming to Sydney in December 2015, and Applause Musical Theatre Academy is getting students of all ages **audition-ready!**

Auditions can be scary and daunting for anyone, let alone children, especially when you haven't done many before. **Whether your child is auditioning for the show or not, getting practice and becoming familiar with the audition process in a risk-free environment can greatly alleviate the stress of going to auditions.** With knowledge and practise, your child/teen can give their **best possible performance** for the audition panel.

Students will learn...

- how to **prepare**
- what to **expect**
- how to handle **nerves**
- what the **audition panel** is looking for
- to **sing, act and dance** a song/s and a short script from the show

At the end of the session the students will...

- **engage in a mock audition** to put all they've learnt into practice

ENROL TODAY!

Ingrid: 0405 495 099

enquiries@applausemta.com.au

www.applausemta.com.au



Building **confident, creative** kids
through **performance**

Teachers



Brendan Hay

Australia's Got Talent (Finalist)
Man of La Mancha (Squabbalogue)
Hair (director, Exclaim)



Jonathon Holmes

The Sound of Music (Chatswood)
Keating! (Birdie)
The Fantasticks (director, Exclaim)

WAVERTON MUSIC STUDIO

Piano, violin and musicianship lessons available just a minute walk from North Sydney Dem - suitable for beginners through to advanced students. Young, energetic, intellectual teaching approach guaranteed to develop deep musical appreciation and understanding, fast progress, solid technique and outstanding exam results. Both Suzuki and AMEB methods offered, or simply learning for leisure.

Price: \$50 an hr; \$25 for half an hr

Teacher credentials: AMusA, LMusA, 9 years teaching experience with various students achieving A+ in 7th grade AMEB and above.

Contact

Emma Donnelly for piano, Mob: 0404915878

Laurel Donnelly for violin, Mob: 0451302883

Address: 2B Priory Rd Waverton NSW 2060

Well established Children art school since 1993

Clement Art School

email: clementartschool@hotmail.com Tel: 0414435389

Epping, Hornsby, Chatswood, Burwood, Hurstville, Eastwood, Parramatta, Killara, Central, Castle Hill

www.clementart.com.au

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HOLIDAY FILM-MAKING & DRAMA

1 DAY ONLY: FILM-MAKING & DRAMA HOLIDAY WORKSHOP



DRAMA GAMES, CREATIVE STORYTELLING & FILM-MAKING

THURSDAY 24 SEPTEMBER FROM 10AM TO 4PM IN THE DEM SCHOOL HALL

BEFORE & AFTER WORKSHOP CARE AVAILABLE

SIMON FREESTONE (Ba, GradCertMAP) IS A TRAINED ACTOR AND CLOWN WITH 20 YEARS EXPERIENCE AS A PERFORMER AND TEACHER

PH: 0405 529 285

EMAIL: SIMONFREESTONE@HOTMAIL.COM

Receptionist/Administration

Berry St North Sydney

Part time – school hours

We are seeking an enthusiastic and motivated Receptionist/Office Administrator to join our national franchise head office. This will be a great position if you were wishing to work school hours and have experience in event management or marketing.

You will be an organised, friendly & focused person who works well within a team to manage our reception area and have responsibility for office administration tasks.

To apply, please email
trudy.atkinson@kwikkopy.com.au



An Endless Summer of Football.

Come join in our Saturday summer 6-a-side Football for U6s to U10s. We provide junior players with the ability to play football all year round. Our fun competition provides a summer football carnival in the Willoughby City Council and Lower North Shore area. Boys and girls can stay active, improve their skills and have fun playing the "World Game". Don't get stuck indoors, organise and register a team of friends! Played on purpose built, synthetic turf pitches at The Willis Recreation & Sports Centre. We take care of it all – Insurances, Referees and Trophies to be won.

Only \$165 per player. 8-10 players per team max.

#Endless Summer

When: Commencing Saturday 10th October 2015
Where: The Willis Recreation & Sports Centre (Eastern Valley Way) Castle Cove.
Contact: Info@football365.net.au and register a team through our website.
Website: www.football365.net.au

Follow us:



Football365 ABN: 18811839858

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Inspire
Program Australia

Inspire. Because your
kids deserve the best!



**Inspire is a unique
after school program
that provides:**



Homework and tuition

Kids don't just do their homework – they also receive tuition and participate in study groups, workshops and educational games.

Fun, inspirational time

Let your kids discover Picasso, grow some herbs, do some craft and be creative. We run lots of fun activities that let kids explore their creativity, develop new skills and learn.

A martial arts lesson

Developed by a 6th dan black belt our program is **non-contact, safe and fun**. Not only is it great exercise it builds confidence, self-respect and discipline.

A day at Inspire

Our mini-bus picks up
children from school.



A healthy afternoon
tea is served.



Homework and
tuition is completed.



Kids do a martial
arts lesson.

Inspiration /
free time.



Parents pick
up kids.

Locations

Artarmon
Baulkham Hills
Carlingford
Castle Hill
Kellyville
Lane Cove / Chatswood
Lindfield
Pennant Hills
Winston Hills

BOOK NOW All bookings and enquiries: **1300 665 275** | www.inspireprogram.com.au

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THE DEM ADVERTISEMENTS

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N.S.D YOUTH HOLIDAY PROGRAM

Join us for fun, interactive, educational and confidence building holiday experiences. These workshops are engaging and informative and are designed to spark and ignite the imaginations of all involved.



All courses take place on the
Monday 21st
Tuesday 22nd September

6- 8 year olds 9:30am - 3:30pm

This group will be working on fun and interactive characters and creating imaginative worlds that inspire fantastical stories. They will be engaging in creative play and devising to produce an exciting end of workshop performance.

9-12 year olds 9:30am - 3:30pm

This group will be looking at comedy, improvisation, in depth character building and approaches to text and performance to create a stimulating, fun and interactive performance.

13- 17 year olds 9:30am - 3:30pm

This group will be looking at text analysis, truth in performance, the foundations of acting and improvisation and devising skills to create an impressive, fun, confidence building performance that will challenge and engage and most of all provide an inspiring, positive team atmosphere in which to create drama.



SEPTEMBER
HOLIDAY WORKSHOPS

Fee:\$245
Enrol now
Places filling fast!

www.northshoredrama.com.au
Crows Nest PH:1300 657 934

Curves

• EXCLUSIVE SPRING OFFER •

Join today and enjoy
30 DAYS
FREE!*

• START NOW! •



Please call to make an appointment: 9437 6837. Location: 31-33 Hume Street, Crows Nest.

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JUNIOR TENNIS & SPORTS CAMPS



SEPT/OCT 2015

AGES 5-17 YEARS



NEW - Drop off available from 8.30am. After camp care from 3.30-6pm - all centres - \$10 per hour

CAMP 1: 21-25 SEPT • CAMP 2: 28 SEPT-2 OCT

9:30am - 3:30pm • Registration from 8.30am

COST: \$65 per day or \$275 / 5 day camp





WILLIS PARK 325a Eastern Valley Way • Mon & Fri - all Levels

ST LEONARDS Talus Street • Mon & Fri - all Levels

**P 9901 3144 E lovendeuce@netspace.net.au
www.lovendeuce.com.au**

THE DEM ADVERTISEMENTS

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Positive Parenting Program

Free seminar, refreshments provided.

This program is a lecture style presentation and does not allow for children to attend that are over 6 months and mobile. Childcare is not provided.

This program consists of 3 seminars held over 3 weeks designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.



[SEMINAR 1](#)

THE POWER OF POSITIVE PARENTING: Thursday 19th November 10:30am-12pm

[SEMINAR 2](#)

RAISING COMPETENT, CONFIDENT CHILDREN: Thursday 26th November 10:30am-12pm



[SEMINAR 3](#)

RAISING RESILIENT CHILDREN: Thursday 3rd December 10:30am-12pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:
Lane Cove Library
139A Longueville Road
Lane Cove 2066

Bookings are essential! To make a booking call CatholicCare on 8425 8700
Or email: naremburnfamilycentre@dbb.org.au
Please note children are unable to attend and childcare is not provided



Tuning into Kids

Emotionally Intelligent Parenting
for parents of children aged 4 – 12 years

Tuning into kids is a six week parenting program which focuses on the emotional connection between parents and children. The aim of the program is to teach parents emotion coaching skills to help their child understand and manage their emotion as well as improving communication and parent-child relationship.

The 6 week program assists parents to help their child:

- Enhance their emotional intelligence
- Develop their social skills
- Manage frustrations
- Deal with conflict
- Increase positive behaviours

Where: Naremburn Family Centre, 40 Merrenburn Ave, Naremburn 2065



When: Every Thursday 6.00-8.00pm—15th October—19th November 2015

Total Cost: \$50

Facilitators: Kim & Nicci

Bookings are essential. To enquire or register for the course please contact us on 8425 8700 or email: naremburnfamilycentre@dbb.org.au

Please note children are not able to attend, and childcare is not provided.



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Keeping Kids In Mind

A Course for Parents Experiencing
Conflict After Separation



Naremburn

Parents love their children and want the best for them. However, after separation parenting often gets much tougher.

Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on-going conflict. The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support their children following family separation.

The course covers the following topics:

- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back, Moving Forward



KEEPING KIDS IN MIND © CatholicCare Sydney | Centacare Broken Bay | CatholicCare Parramatta | CatholicCare Wollongong

Dates:

Term 4 - 2015

27th October,
3rd, 10th, 17th and 24th November 2015
(5 consecutive **Tuesday** evenings)

Venue:

Naremburn Family Centre
40 Merrenburn Avenue
Naremburn NSW 2065

Time:

6.00 – 8.30 pm

Cost:

\$100

Certificate of Attendance is provided

Registration is Essential:


Please phone


Naremburn Family Centre

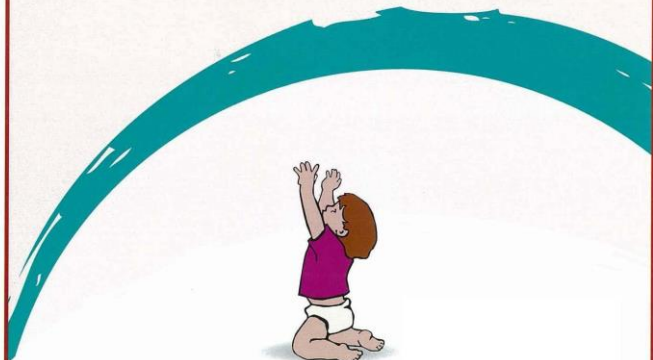
Ph: **8425 8700** to register.

Participants must register, participate in a pre-group interview and pay prior to attending the course.

Keeping Kids in Mind is facilitated by qualified and experienced counsellors, social workers, mediators and educators.

**Circle of Security**
INTERNATIONAL[®]
Early Intervention Program for Parents & Children





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 Merrenburn Avenue, Naremburn NSW 2065

When: Tuesday 10:00am–12:00pm 13/10/2015–01/12/2015

Total Cost: \$30

Facilitators: Susan & Veronica



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@dbb.org.au

Please note children are not able to attend, and childcare is not provided.

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