

CORRIMAL PUBLIC SCHOOL

A small school making a big difference !

THE CORRIMAL CONNECTION

PRINCIPAL'S REPORT

What a busy two weeks we have had. There have been many celebrations, excursions, P&C events and the painting has certainly gotten well underway.

SPRING INTO CORRIMAL

Well the wind didn't keep us away from the parade at Spring into Corrimal and what a fantastic day it was for my first time marching. Mrs Everson, Ms Marks, Mrs Law, Mr Penno, Mrs Pennisi, Mrs Strauss and myself thoroughly enjoyed the parade and were very impressed with the turnout on the day.



P&C AGM

This Tuesday evening at 6:00pm, the P&C will be holding their Annual General Meeting in our Library. We have a committed and active P&C at our school but there is always room for new faces. We would love to see you there.

UPCOMING EVENTS

<u>Week 8</u>	
11/9/19	Book Week Parade 9.15am - 10.30am
12/9/19	Indigenous Sporting Gala Day Year 6 - CHS
12/9/19	Symbio Excursion Kindergarten
12/9/19 & 13/9/19	Basketball Program
13/9/19	School Banking
13/9/19	P&C Bingo Fundraiser 6.30pm Corrimal RSL
<u>Week 9</u>	
17/9/19	Illawarra Tree Top Excursion Stage 2
17/9/19	Kindergarten 2020 Orientation 9.15am - 10.45am
18/9/19	School Assembly 2.00pm-3.00pm
19/9/19	School Photo Day
20/9/19	Powerhouse Excursion Stage 1
20/9/19	PSSA Gala Day
20/9/19	School Banking

PLEASE NOTE: These dates are subject to change. The school will endeavour to contact the community should this be the case.

RESPECT

SAFETY

LEARNING

Week 8 Term 3

FATHER'S DAY BREAKFAST

Once again the staff at Corrimal Public School delivered a fabulous Father's Day breakfast. I said this before at the Mother's Day breakfast, "I have never worked at school who put these events on for their community." My staff were at school from 7am setting up and preparing for the 8am start and then straight onto class to do what they do best, teach. I am one lucky Principal. It was a great turn out and feedback from many dads was extremely positive.



SPELLING BEE

Good luck to the Chanelle, Harrison, Kiah and Jaida who are representing our school in the Regional Spelling Bee finals today at Austinmer Public School. You are winners already.



ROAD SAFETY

Schools are busy places during morning drop off and afternoon pick up times. It is important that we all model safe behaviour for our children. Please consider the example you are setting for your children when you park in a bus zone, in the staff carpark or across our neighbour's driveway or encourage your children to run across the road. Council Rangers have been patrolling our school to ensure all road rules are followed and to ensure every child is safe.

Please consider our neighbours by not parking across their driveway when you are dropping off or picking up your children each day.

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Week 8 Term 3

FATHER'S DAY STALL

Without our wonderful volunteers or the generous donations of gifts from our school community, we wouldn't have a Father's Day stall for the children to purchase something special. You are all extremely appreciated.



SILVER AFTERNOON TEA

We had a large group of students celebrate reaching their Silver Award with afternoon tea. It is wonderful to see how many students value reaching this milestone. There will be another afternoon tea on the last Thursday this term for more students to celebrate.



KINDERGARTEN ORIENTATION

Our first Kindergarten Orientation session is scheduled for Tuesday 17th September at 9:15am until 10:45am. We are trying something different this year by holding an expo style event to allow more interaction between new parents and carers and the school. If you know of someone who has a child that is starting school next year and hasn't filled out an enrolment form, please pass this information on so that they can attend this event.



Ms Karen Vincenzini
Principal

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Week 8 Term 3

FATHER'S DAY BREAKFAST

At the end of Week 6 we celebrated Father's Day with a BBQ Breakfast to acknowledge the wonderful jobs our fathers and grandfathers do everyday! Even though the weather was quite fresh, we were joined by many dads, grandfathers and carers who enjoyed a warm breakfast. Events like these are a highlight in our year and we enjoy showing our appreciation to the community in this way. Thank you to those who were able to attend and thank you to the staff of Corrimal Public School for assisting on the day. We hope you had a fabulous Father's Day!



Angie Giesajtis
Event Coordinator

PSSA GALA DAY

Just a reminder that this term, PSSA sport will run over one Gala Day. **Boy's Soccer** (Stage 2 and 3) will be run at **Ocean Park, Woonona**. **Girl's Netball** (Stage 2 and 3) **Guest Park, Fairy Meadow** on **Friday 20th September** (Week 9). Students will catch a bus and return to school by 3pm.

When: Friday 20th September (week 9)

Where: **Boy's Soccer** at **Ocean Park, Woonona** and **Girl's Netball** at **Guest Park, Fairy Meadow**.

Cost: \$4.40 (bus)

Time: 9:00am to return to school by 3:00pm

Transport: Students will travel by bus. Parents may meet us at the ground.

What to wear: Sports uniform, sunscreen, hat

What to bring: Extra water bottles, lunch and Recess. NO canteen will be available

Shin Guards are required for soccer. Please Note: No studs are to be worn, only joggers.

Troy Martin
Co-ordinating Teacher

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Week 8 Term 3

LIBRARY NEWS

Our **Book Week** celebrations will be taking place during Week 8, with our **Book Week Parade on Wednesday 11th September from 9:15- 10:30am**. The theme this year is :

"Reading is my Secret Power!"



Students can dress up as a book character, a character related to the theme or they can design a poster on their favourite book/author/series.

Please refer to the Book Week note in this newsletter.

Premier's Reading Challenge 2019

Any Years 3-6 students that have participated in the Premier's Reading Challenge need to make sure their reading record has been entered online. I am able to do this for the students but all reading records need to be to me by Wednesday 11th September (Week 8). I will then validate their record.

Mrs Scard
Teacher/ Librarian

SRC NEWS – PYJAMA DAY - GOLD COIN DONATION

26.9.19 (Thursday week 10) SRC Fundraiser - Mufti Day Pyjama Day - gold coin donation

We are asking students to come to school wearing mufti (pyjamas) with a gold coin donation to raise funds for Juvenile Diabetes Research Foundation. This is a great opportunity to raise awareness for others especially children with diabetes and to support families in the wider community touched by diabetes .

Please note that children are asked to wear appropriate footwear on school mufti days. This includes covered shoes (slippers may be packed in student's bag to wear inside).



Mrs Napper and Mrs Pennisi
Event Coordinators

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Week 8 Term 3

SPOTLIGHT ON LEARNING

Minecraft education is an amazing online world where students can create, build and problem solve. We have created a small Minecraft group to trail the software and its uses. This week the group worked together to build their own houses that had a purpose. We had fun experimenting with doors walls and floors. Then decorating our homes to suit the need it was designed for. It was fair to say that Mr Penno learnt a lot!



John Penno
Assistant Principal

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Week 8 Term 3

CORRIMAL PUBLIC SCHOOL'S SPRING INTO CORRIMAL PARADE

We would like to extend our thanks to the school community for your ongoing commitment to our school.

Spring into Corrimal proved to be another successful event in our school's calendar with 73 students participating in the march.

The staff were very impressed with the students who wore their school uniform proudly and represented their school with respect.

We trust you and your families enjoyed the rest of your day.

Jackie Everson
Event Coordinator



FROM THE OFFICE

School photo day will be held on Thursday, 19th September.

Every student must present their envelope to the photographer on photo day. Please ensure the correct money is in the envelope as the office will not have any change or you can order online (instructions are on the order form).

Please come and see the office for a sibling envelope or a spare photo order form.

Remember to wear your full summer uniform and your badge if you are a captain or an SRC member.

Thank you

Mrs Griffiths, Mrs Walder and Miss Davidson
School Administrative Staff



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Week 8 Term 3

K Cooinda

* Tauga & Kayden

* Xavier & Tyeka

K Akama

* Tristan & Hine

* Azalia & Isabel

K/1 Dulili

* Lilly & Ellie

* Aleksandar & Kade

1/2 Arinya

* Elijah & Emma

* Kayvin & Robert

1/2 Illuka

* Jacob & Sophia

* Maggie & Nyla

1/2 Marring

* Holly & Jaxon

* Stefanie & Kalani

3/4 Omaroo

* Chelsea-Lee & Arihant

* Logan & Brianna

3/4 Euroa

* Cruz & Lucas

* Sienna & Elizabeth

5/6 Tulang

* Ryan & Tamara

* Nikita & Kaylee

5/6 Birrung

* Kiah & Archie

* Bobbi & Angus

**Merit
Awards For
Week 6 & 7**



RESPECT

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BRONZE

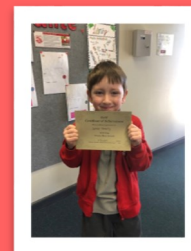
Annie, Enrico, Holly, Mareeka, Lara, Franki, Beau, Cruz S, Maddisyn, India, Ejay, Malik, Zan, Lacey, Kaylee, Ethan

SILVER

Zan, Emma, Holly, Kalani G, Stefanie, Lara, Franki, Cruz S, Maddisyn, Nikita, Noah J, Mia I, India, Robert, Jed, Noah K, Nicholas B, Chelsea-Lee, Spencer, Aleksandar, Ava, Kaylee, Zack, Arihant, Tahlia J, James H, Zahli, Hine C, Tyla, Govind, Charlie-Rose

GOLD

Zan, George, William B, Hunter, Stefanie, Dylan, Archie B, Rhys, Elise, Giaan, Cruz S, Mitchell, Nilkita, India, Aidyn, Amirah, Harper, Mia P, Ayden, Max, Hamish, Kaylee, Jaida, Storm, Nia, James H, Leon, Jack, Mataahu & Spencer



RESPECT

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Week 8 Term 3

VALUES FOCUS

Teachers are looking for students who have
PRIDE IN THEIR LEARNING

VALUES TOKENS

In Week 7 students achieved 390 tokens!
This has taken our whole school tally to 5403.
Congratulations to the following classes for gaining the most "Values Tokens" in
Week 7
1st: 1/2 MARRING
2nd: K COOINDA
3rd: K AKAMA

BONUS VALUES TOKEN DRAW

Congratulations Felix who is our most recent winner.

CONGRATULATIONS EUROA

FOR BEING THE BEST CLASS OF
WEEK 7 ASSEMBLY

ILLUKA CLASS ITEM - WEEK 7 ASSEMBLY



CANTEEN ROSTER

DATE	PARENT HELPERS
TUESDAY 10/09/19	CLOSED
WEDNESDAY 11/09/19	KAYLENE & RACHELLE CLOSED RECESS
THURSDAY 12/09/19	HELEN & NEEDS FILLING CLOSED RECESS
FRIDAY 13/09/19	ANGELA & KAYLENE
MONDAY 16/09/19	CHLOE & NEEDS FILLING CLOSED RECESS
TUESDAY 17/09/19	CLOSED
WEDNESDAY 18/09/19	MEGAN(AM), SARAH(PM) JAN CLOSED RECESS
THURSDAY 19/09/19	HELEN & AMANDA J CLOSED RECESS
FRIDAY 20/09/19	KAYLENE & AMANDA K
MONDAY 23/09/19	KYLIE & LYN CLOSED RECESS

**YOU WILL BE NOTIFIED THE NIGHT BEFORE
OF ANY ROSTER CHANGES**

**STUDENT BANKING IS EVERY
FRIDAY**



ASSEMBLY ITEM

**TERM 3
WEEK 9- DULILI**

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Corrimal Public School

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CORRIMAL NSW 2518
Ph:(02) 4284 4231
Fax:(02) 4284 1392

Email: corrimal-p.school@det.nsw.edu.au
www.corrimal-p.schools.nsw.edu.au

Tuesday 20 August, 2019

Book Week Parade

Dear Parents and Carers,

Corrimal Public School's annual Book Week Parade will be held on **Wednesday 11th September, 2019 (Week 8) from 9:15-10:30am.**

Book Week is a time when we celebrate books and Australian authors and illustrators.

This year's Book Week theme is:

'Reading is my Secret Power!'

We invite you to celebrate and join us in our Book Week Parade. Students can dress up as a book character, a character related to the Book Week theme or they can design a poster on a favourite book/author/book series. Parents, carers and siblings are welcome to join us in our parade.

Throughout the week students will be participating in a range of activities centred around the theme, **'Reading is my Secret Power'** and with this year's Children's Book Council of Australia - CBCA shortlisted books.

When: Wednesday 11th September, 2019 (Week 8)

Time: 9:15am-10:30am

Where: School hall and COLA

We hope you join us in our Book Week Parade.

Kind Regards,

Mrs Scard/ Mrs Cocks

Coordinators

Karen Vincenzini

Principal

P&C NEWS

AGM

ANNUAL GENERAL MEETING

Just a reminder the next P&C meeting is this

Tuesday 10th September

This meeting will be our AGM, commencing at 6pm, followed by our regular meeting.

At the AGM, all positions will be declared vacant and financial members will be able to vote to refill the positions. We could really use some more help!

If you would like to be part of the P&C or would like to nominate for an executive role, feel free to come and speak to one of us about what's involved (including the fun bits like dinners & wine) or drop us a note!

Here are the roles that we are looking to fill:

HELP WANTED!

PRESIDENT

Leader of the Pack

We want YOU to be our next president! We're looking for a creative problem-solver who is comfortable delegating and who can help us focus on the agenda instead of talking about our kids or the latest episode of *This Is Us*. A sense of humor is a big plus—and if you know how to say “no” without provoking a tantrum, even better. If you're ready to play a substantial role in supporting our school, we want to hear from you!



HELP WANTED!

2 VICE PRESIDENTS

Partner in Crime

So you'd like to get more involved in the school parent group, but you're not sure you're ready to take the lead role? Our vice president position has your name written all over it! You'll learn behind-the-scenes intel and be



part of decisionmaking on important issues throughout the year. You'll help the president get things done—kind of like a superhero's sidekick, but without the silly costume.

HELP WANTED!

SECRETARY

Fact Finder

Be honest—you're the one in your friend group who filled out every page in your child's baby book...at the right time, no less. If you're the kind of person who documents everything, from your toddler's first steps to how far you jogged yesterday, we have the perfect role for you. You'll get to put your stellar



recordkeeping skills and attention to detail to good use as our secretary. You must have good listening and computer skills—and extra credit if you can follow what's on TV and play Candy Crush at the same time.

HELP WANTED!

TREASURER | *Number Cruncher*

We have big plans to raise money and fund important projects for our school, and we need someone who likes to count every penny to help us do it. If you secretly love to



categorize expenses and create color-coded pie charts, you have what it takes to be our treasurer. Bonus points if your spouse teases you about how often you log in to the personal finance app on your smartphone.

HELP WANTED!

VOLUNTEER COORDINATOR | *Social Networker*

Are you a people person who isn't afraid to strike up a conversation with a stranger? We're looking for a volunteer coordinator to recruit helpers for PTO programs and events and to help parents find the best way to plug in to our school community. If you are enthusiastic (without



being high-pressure) and understanding of parents' many time constraints, raise your hand and help us do even more great things for our school!

PTOTODAY

HELP WANTED!

FUNDRAISING COORDINATOR | *Team Cheerleader*

Our parent group does a lot more than fundraising, but let's face it, without fundraising, we wouldn't be able to do much. We're seeking an upbeat, detail-oriented parent to coordinate our fundraising efforts this year. The ideal candidate is able to motivate students and parents, can think on her feet, and



can handle last-minute surprises without totally freaking out (like product deliveries getting delayed because of a freak weather event—but, really, there's almost no chance of that happening again...right?).

PTOTODAY



We hope everyone's Father's Day was a little bit more special with the small gift or two your excited child had purchased at our Father's Day stall held 30 August. Thanks to everyone's donations and participation we made a profit of \$972 (after expenses) on the day to put towards stage 2 of our children's playground.

Thank you to all our parent helpers Michelle W, Angela J, Tilly, Jill W, Nicole P, Peta F, Rebecca, Debbie, Christine G, Helen and Lenora for helping to wrap and/or sell on the day. We also want to thank our Yr 6 students: Angus, Daniel, Keisha and Poppy for helping out at the Father's Day Stall.

A very special mention goes out Helen B, as this was her last Father's Day stall for CPS because her child in Year 6 will be moving on to high school at the end of the year. For the past 6 years, Helen has helped to co-ordinate the Mothers and Father's Day stalls, tirelessly working out the numbers to make sure there was always enough gifts for all our students, wrapping countless presents and selling gifts. She will be greatly missed next year.



The Uniform Shop

Thursday 19th September

2pm in the School Hall

Over stocked on some lines

Stock clearances

STRICTLY CASH ONLY!!!

Never to be repeated prices

Once they sell out at this price they will return to normal prices.

Limited numbers and not all items will be on sale.

A new uniform price list is coming in the next newsletter.

Unfortunately prices will be increasing due to supplier price rises.

Corrimal Public School P&C



Presents

Friday 13th Bingo Fundraiser

"a little bingo never killed anybody!"

Grab your friends, dress up
and come and play a little
bingo with us on

Friday 13th September
6.30pm

at Corrimal RSL Club
10 games of bingo
and a bit of fun
to help fund

Stage 2 of Corrimal Public
School's Playground

Tickets available at club
reception for a donation of
\$10 to the fundraiser
or call 42844055 to pay over
the phone

Tickets \$10

**FINAL CHANCE
TO BUY TICKETS!**

HARRISON'S SONG

Before he could sing,
Harrison Craig had to find the courage to find his voice.



HARRISON CRAIG,
Winner of the Voice 2013
COMING TO CORRIMAL PUBLIC SCHOOL
17TH OF OCTOBER 2019

School Holiday Activities



Free activities for primary school students at The Reserve Bank Museum

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Cost:

Free (Registration essential)

Booking Information:

- Expressions of interest are now open for the Spring school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 20th September at 5.00 pm.



museum.rba.gov.au



museum@rba.gov.au



(02) 9551 9743



Ground Floor, 65 Martin Place,
Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

COLOUR ME FOR MIND

EARLY BIRD TICKET SALE

\$10
CHILD TICKET
Ends 30/9/19

\$15
ADULT
TICKET

CFN 11154

HELLO@TOTALLYTUMBLINGANDTRICKS.COM.AU

0452 411 512

proudly
supporting



27th OCTOBER 2019

CONISTON PUBLIC SCHOOL



SCHOOL HOLIDAY

Football clinics

OCTOBER 2019

School Holiday Clinics provide players (aged 5-12 years) and goalkeepers (aged 10-15 years) with the opportunity to be coached by some of our leading coaches.

You will spend the mornings with members of FSC's coaching staff working on your football skills and having a lot of fun!

WEEK 1 (30 SEP - 3 OCT)

Terry Reserve (9.00am - 12.00pm)
Judy Masters Oval* (9.00am - 12.00pm)
Thomas Gibson Park (9.00am - 12.00pm)

**Includes Goalkeeping Clinic*

WEEK 2 (8, 9 and 10 OCT)

Unanderra Oval (9.00am - 1.00pm)
Rex Jackson Oval (9.00am - 1.00pm)

FUTSAL CLINIC

Fraternity Club Futsal Courts (9.30am - 11.30am)
\$70.00

\$95
PER PERSON

**REGISTRATIONS
NOW OPEN**

For more information, visit www.footballsouthcoast.com or email office@footballsouthcoast.com or call 42856929

HAVE FUN. MAKE FRIENDS. LEARN NEW SKILLS.



NSW Early Days Play and Social Learning Workshop

When: Wednesday, 11 September 2019 10:00am-1:00pm

Where: The Shellharbour Club, Cnr Wattle & Shellharbour Rds, Shellharbour

Early Days Workshops are designed for parents and carers with a child (aged 0-7 years) who is (or may be) on the autism spectrum



The Play and Social Learning Workshops can help you:

- Understand about how autism can impact on play skills
- Understand the different types of play, how they develop & why play is important
- Discover how your child is going with play
- Build skills to scaffold and encourage play skills
- Help your child build skills

Play and Social Learning Workshops are:

- Scheduled throughout Sydney and regional NSW
- Facilitated by qualified professionals with backgrounds in providing services, advice and supports to families of children on the spectrum
- For small groups
- *Free of charge – all attendees receive a range of resources*
- Run within school hours
- Not able to provide childcare

To register for the workshop, please visit
<https://enews.autismspectrum.org.au/eventsandworkshops/calendar>

Or contact:

(02) 8977 8353

edworkshops@autismspectrum.org.au

The NSW Early Days program is funded by the Department of Social Services (DSS)



NSW Early Days

Understanding Behaviour Workshop

When: Part 1 - Thursday, 26 September 2019 10:00am-1:00pm

Part 2 – Thursday, 31 October 2019 10:00am-1:00pm

Where: The Shellharbour Club, Cnr Wattle & Shellharbour Rds, Shellharbour

Please note: Participants must have attended Part 1 in order to attend Part 2 of this workshop

Early Days Workshops are designed for parents and carers with a child (aged 0-7 years) who is (or may be) on the autism spectrum



Understanding Behaviour Workshops focus on:

- Understanding why children with Autism may struggle with behaviour
- Identifying and Describing a Behaviour: Creating a clear description of a behaviour and examining what happens before and after the behaviour
- Understanding the Function of a Behaviour: Using the information that has been gathered to identify what the child is communicating through their behaviour
- Planning for Intervention: How to make environmental changes to support the child, find realistic replacement behaviours and how to reward appropriate replacement behaviours

Workshops Are:

- Facilitated by qualified professionals with backgrounds in providing services, advice and supports to families of children on the spectrum
- For small groups
- *Free of charge – all attendees will receive a range of resources*
- Run within school hours
- Not able to provide childcare

To register for the workshop, please visit

<https://enews.autismspectrum.org.au/eventsandworkshops/calendar>

Or for more information: Call (02) 8977 8353 or email

edworkshops@autismspectrum.org.au

The NSW Early Days program is funded by the Department of Social Services (DSS)



Let you kids make some noise, get creative and have fun creating a unique piece of art they can take home, show their friends and be proud of.

SCHOOL HOLIDAY WORKSHOPS OCTOBER 2019

THIRROUL RAILWAY INSTITUTE HALL 14 RAILWAY PARADE, THIRROUL

ENQUIRIES CALL 0405 731383 For more information on Lett's Get Creative like our Facebook page
Lett'sGetCreativeKidsParties Limited spots Available

<p style="text-align: center;">TUESDAY 1ST OCTOBER 2019</p> <p style="text-align: center;">9.30AM -11.30AM</p>	<p style="text-align: center;">**TIE DYE A T-SHIRT WORKSHOP**</p> <p style="text-align: center;">CHILDREN LOVE TIE DYEING THEIR OWN T-SHIRTS.TIE DYEING IS FASCINATING BY THE AMAZING COLOUR'S AND PATTERNS THEY CAN CREATE. THEY ARE ALSO EXCITED TO WEAR SOMETHING THEY HAVE MADE THEMSELVES.</p> <p style="text-align: center;">HTTPS://WWW.TRYBOOKING.COM/BFFWV</p>	<p style="text-align: center;">\$30 PER CHILD (PLEASE ADVISE T SHIRT SIZE WHEN BOOKING) 7+ YEARS</p> <p style="text-align: center;">BOOK ONLINE HTTPS://WWW.TRYBOOKING.COM/548829</p> <div style="text-align: center;">  </div>
<p style="text-align: center;">TUESDAY 1ST OCTOBER 2019</p> <p style="text-align: center;">1.30PM -3.30PM</p>	<p style="text-align: center;">**BEADING WORKSHOP**</p> <p style="text-align: center;">Get Into BEADING this School Holidays! Kids will create a necklace and bracelet to take home! Select from our range of beads, we have lots of rainbow colours!</p> <p style="text-align: center;">https://www.trybooking.com/BFFXJ</p>	<p style="text-align: center;">\$25 per child 5+ years</p> <p style="text-align: center;">https://www.trybooking.com/548843</p> <div style="text-align: center;">  </div>
<p style="text-align: center;">WEDNESDAY 2ND OCTOBER 2019</p> <p style="text-align: center;">9.30AM -11.30AM</p>	<p style="text-align: center;">**MOSAIC A JAR WORKSHOP**</p> <p style="text-align: center;">Artistic, fun and creative, your child will complete a mosaic jar.Children will create and piece their mosaic from a huge range of pre-cut coloured tiles, glass and mirror in a supervised environment. The mosaic piece will be grouted and ready to show off to friends and family.</p> <p style="text-align: center;">https://www.trybooking.com/BFFZP</p>	<p style="text-align: center;">\$25 per child 7+ years</p> <p style="text-align: center;">https://www.trybooking.com/548901</p> <div style="text-align: center;">  </div>

MOTHERS & SONS PROGRAM



When: Thursday 24th October- 28
November 2019 4pm-6pm

Where: Illawarra Women's Health Centre
2-10 Belfast Street, Warilla

Call: to register your interest with Denika
Thomas on 4255 6800

A program supporting mothers to raise happy, respectful, non violent boys aged 6-8 years old.

What happens?

The program is run by a female and male facilitator over six weekly sessions, two hours in length. The day will include mothers and their sons working together however have times where you will be doing separate activities.

Afternoon tea is provided, and limited child minding is available for siblings.

The sessions explore the role of the mother and where parenting skills and ideas come from; emotion regulation; the importance of male role models in a son's life and what masculinity means today. As a group we focus on the developing of a strong, enduring and positive connections between mothers and sons and healthy relationships beyond the family sphere.

Why a Mothers and Sons program?

We know there are increasing rates of son to mother violence, and we have been asked by many mothers for guidance and support on how to raise their sons, so they become respectful men.

As there are no programs like this in Australia, we developed our own (called Mothers and Sons Program!). It is specifically designed for boys 6-8 years old, as research tells us this is the critical time to teach boys not to be violent.

It doesn't mean the boys are violent now, or they have challenging behaviours – we just want to give both mother and son skills and strategies to make sure it never happens.

"After attending the program my son has been able to tell me when he is about to 'flip his lid', so we can then help him calm down"

Mother of a 6yo son.



The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](#) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.



Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au