

# *The Forestville Flyer*

Monday, 23 November, 2020

Term 4 Week 7

**Address:** 7 Melwood Ave, Forestville, 2087    **Ph:** 9452 5444    **Email:** [forestvill-p.school@det.nsw.edu.au](mailto:forestvill-p.school@det.nsw.edu.au)  
**Website:** [www.forestvill-p.schools.nsw.edu.au](http://www.forestvill-p.schools.nsw.edu.au)

## **DATES TO REMEMBER**

Fri 27 Nov	Crazy Colour Fun Run	Mon 14 Dec	Picnic Day for Kindy, Stg 1 and 2
Mon 30 Nov	Last P&C Meeting for year – 7pm	Tue 15 Dec	Picnic Day Stage 3
Wed 2 Dec	Year 6 Lunch	Tue 15 Dec	Forest Idol
Thu 3 Dec	Sports Assembly Yrs. 3-6	Wed 16 Dec	Year 6 Graduation
Mon 7 Dec	Year 1 Presentation Day	Wed 16 Dec	Last Day for Students
Tue 8 Dec	Yrs. 3-6 Presentation Day	Fri 29 Jan	Years 1 – 6 return to school
Thu 10 Dec	Year 2 Presentation Day	Wed 3 Feb	First day for Kindergarten 2021
Fri 11 Dec	Kindergarten Graduation Day	Thu 4 Feb	Swimming Carnival
Fri 11 Dec	Year 6 Dinner Dance		

## **Principal's Report**

### **MS WELLINGS – Leaving as Principal**

It is with a heavy heart that I am leaving Forestville at the end of the year. My love of, and passion for, this wonderful school is second to none. The beautiful energetic students who regularly greet me with their warm 'Good Mornings' and our brilliant, hard-working and dedicated staff have been a joy to work with and to spend my days with. I feel I have a very large extra family who are warm, open and friendly and I have been truly blessed to be leading them for this time. I have absolutely loved the support that our wonderful community has supplied while I have been at Forestville and consider so many of you friends. Your respectful and helpful interactions are why this positive school is such a great place to be.

The Principal's job has been advertised and I will not be applying, as I really feel it should be a long term commitment. I know the advertisement will be very tempting for many prospective candidates who will jump at the opportunity to lead our positive progressive school.

I am going to take leave for an extended period to spend time with family in various parts of NSW. As my 9<sup>th</sup> grandchild is due in January and I have eight others under 8, I really want to have time for laughing, singing, playing and really building relationships with them all. I miss my immediate family and really feel that they need to be my priority now.

I am sure the new Principal will bring skills, knowledge and expertise that will benefit Forestville school immensely and will continue the improvement journey we have been on. So, it's not goodbye yet. We have 4 weeks of fun and excitement ahead and lots of reasons to celebrate.

### Last 3 days to choose prizes online for the **CRAZY COLOUR FUN RUN**

The fun run is on Friday this week....and we are busy preparing! Huge Congratulations to our school community for supporting this initiative. We have raised \$48,000 so far with 3 days of fundraising to go! What a wonderful achievement!

***All cash fundraising needs to be brought to the office by Wednesday afternoon at the latest.*** Students can go online and begin ordering their prizes now. The online fundraising can continue until each student decides on their prizes, this way if they are short a small amount to order a specific prize, then this amount can be added. Any student who returns cash to the school and does not have a profile page can order their prize at school.

All K-2 students will be doing the run between 11.30am and lunch time. If you would like to pick your child up after the run a note will be going home tomorrow for you to complete, or you can notify the school by email. We will have different collection times for each grade. Kindergarten – 12.40pm, Year 1 – 12.50pm and Year 2 – 1.00pm. All students will need to be collected from the Darley Road gate. Students who will be going to The Y Ooshcare may need to bring a change of dry clothes.

Get ready for the colour run! Make sure your child has a white or very light coloured t-shirt, Some coloured socks, old shoes that can have colour on them, sunglasses or goggles, an old hat that can be painted and crazy hair styles or headbands. Children will get wet, they will have coloured corn starch on them and they will have LOADS OF FUN!



### PEDLAR'S PARADE

The Pedlar's Parade last Thursday was a resounding success with our Year 6 students creating stalls and activities in a fair like environment for the whole school to enjoy. This is a wonderful opportunity for our Year 6 students to create a business model which would engage their peers as well as develop their skills in financial literacy. As 2020 has been such a difficult year this was a great celebration and opportunity for our students. They raised more than \$4000 towards their gift to the school and a charity of choice.

### YEAR 6 GIFT TO THE SCHOOL

This wonderful artwork on the wall closest to the school hall is on J Block. It was created by Scott Rathman from Rusted Tin – Contemporary Aboriginal Art and his team last Friday. It has been donated by Year 6 from both 2019 and 2020. The wall incorporates the sunset as a new beginning....the water is symbolic of the students' learning journey which starts as a trickle then opens to the expanse of the ocean. The cockatoo reflects that each day the school has a flock on the grounds.... and the leaves and gumnuts reflect the environment of Forestville. What an incredible legacy to leave our school. Thank you to these students, and a special thank you to Scott.





## PRESENTATION DAYS

Information will be coming out this week about each presentation day so you are able plan the weeks ahead. We are doing everything we can to ensure our community is as involved as possible. We will ensure our students' experience all of the celebration and reverence that these ceremonies deserve. We have had many challenges with the COVID-19 pandemic this year and appreciate the support you have given the school and the decisions we must make to ensure the Department of Education guidelines are met. Thank you to our wonderful community for your understanding.

## GROWTH MINDSET – 3 Tips to give effective feedback to your child.

Being a parent means guiding and shaping our child's behaviour. Providing children with feedback—both praise and suggestions on how they can improve—is necessary. But how many times has our (well-intentioned) feedback and advice been met with a blank stare? Or worse, a negative and defensive reaction?

It's only natural for children to resist feedback, especially when it's corrective. Studies show being critiqued can feel threatening, triggering the fight-flight-freeze stress response. At the same time, we know sharing constructive, meaningful feedback is one of the most effective ways to learn and grow. Accepting feedback is linked to a host of benefits, from higher self-esteem and improved relationships to getting better at what we do.

# 1 PAUSE BEFORE YOU GIVE FEEDBACK

Take a moment to reflect on the necessity and intent of your words.

Are my words true?

Are they helpful?

Are they kind?

- Is this **feedback productive** or is this my opinion/complaint?
- **What is my goal** with this feedback?
- **Is it necessary?** What would happen if I didn't give it?

## 2 FOCUS ON THE “HOW”

**HOW** we deliver feedback to our children is every bit as important as what we say.

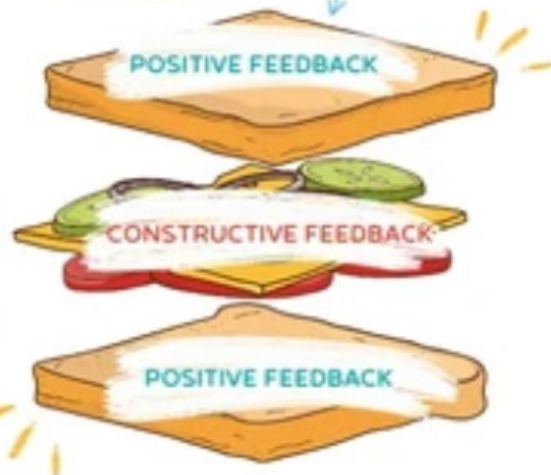
### FEEDBACK Sandwich TECHNIQUE



The breakfast you made was lovely!

Perhaps you could put your plates in the sink too.

I really enjoyed eating with you, and can't wait to see what you make next!



## 3 MAKE YOUR FEEDBACK SPECIFIC

For feedback to be **constructive**, it must also be specific and user-friendly.

Provide information your child can reflect on.



Remember when you thought adding fractions was really difficult? Today I saw you do them with no trouble.



You can access more information using the link below.

[Big Life Journal - Effective Feedback](#)

Thank you for your support

Louisa Wellings

## Online Enrolment

We are excited to announce our new Online Enrolment system which is now available to use.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to

- Within local intake area
- Enrolments into NSW **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents

We encourage you to complete your application to enrol online. The link can be found on our school website under the Enrolment Tab. Then click on Apply For Enrolment Online. However, a paper copy will be available for collection from the office or can be downloaded from the Department's [going to a public school site](#).

## From the Office

As classes are currently being formed for next year, it is very important to be aware of the movements of our students. If your child will not be attending Forestville next year, please email the school at your earliest convenience.

If you have any changes to your email address, please email the school on

[forestvill-p.school@det.nsw.edu.au](mailto:forestvill-p.school@det.nsw.edu.au).

## New After School Care – the Y NSW

### Enrolments are open for the Y Forestville OSHC

We are offering Before and After School Care in the OSHC rooms at Forestville Public School. There are currently vacancies, but we would encourage those interested to enrol quickly to secure their place.



The Y NSW will be offering Vacation Care for Forestville Public School families and the wider community from the December holidays.

The enrolment process is the same for Vacation Care as it is for Before and After School Care.

Our Child Care Team is also available to answer any of your questions. Just email [oshc.forestville@ymcansw.org.au](mailto:oshc.forestville@ymcansw.org.au) or call 8123 2395.

Enrolments are also open and more information can be found on our website: [www.ymcansw.org.au/centres/forestville-oshc](http://www.ymcansw.org.au/centres/forestville-oshc)



## Year 3 and 4 Bush Walk

### Year 3 and 4 go bush!

A couple of weeks ago, under beautiful blue skies, Yrs. 3 and 4 trekked through Garigal National Park. It wasn't quite Bear Grills stuff, but it was quite a challenging walk and we are very proud of how all our students managed. After a short urban jaunt through suburbia we left the pavement off Cook St., descended the mountain where we had a short play at the Natural Bridge before we climbed 'Everest' and collapsed at Ararat Oval. After a short stop at 'Base Camp 1' we went in shifts to view the nearby Aboriginal engravings that, according to a local historian who was also there, are the oldest in the area, are thought to be 4000 years old and have been around longer than the Pyramids! Also of note is the fact that they have recently been re-etched by Aboriginal Elders, so they are more visible than ever. By then it was in the heat of the day so, in order to conserve energy, we proceeded slowly to Bantry Bay lookout where we acclimatised to the high altitude for about an hour even though we weren't going any higher! Finally we began our descent, cooled off in the shade of the bush and climbed the final 'mountain'. Thanks heaps to the teachers and parents who made it such an enjoyable trip for all of us 'kids'!

**James Ellis**  
**Class Teacher**

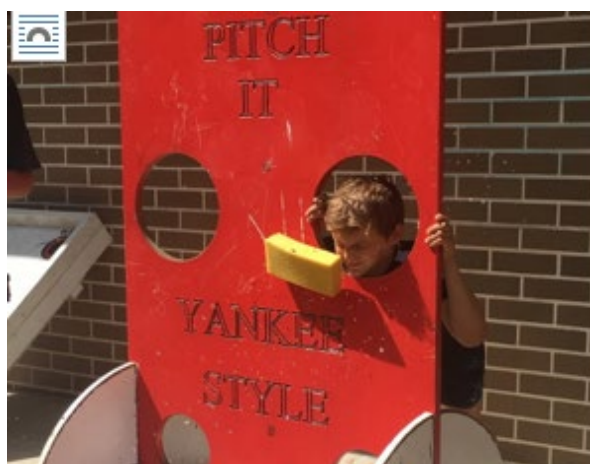




## Pedlar's Parade

### Pedlars Parade 2020

Success! Congratulations Year 6 for a fantastic effort in raising over \$4200 toward the wonderful painted mural for the school. You worked extremely hard and very collaboratively to be ready for our Annual Pedlar's Parade. The entire teaching staff, students and the wider community are very proud of you for preparing such a fun-filled and creative day for your peers to enjoy. A day of activities, crafts and food.



**Christian Guzman**  
Class Teacher

## NAIDOC Week

Two weeks ago we celebrated NAIDOC Week.

5/6M wrote poems based on this year's theme: Always Was. Always Will Be.

**Anne Mackenzie**  
Classroom Teacher



# Always Was, Always Will Be - Jess

Your triumphant cries  
Disturb our people  
All your weapons  
May be lethal

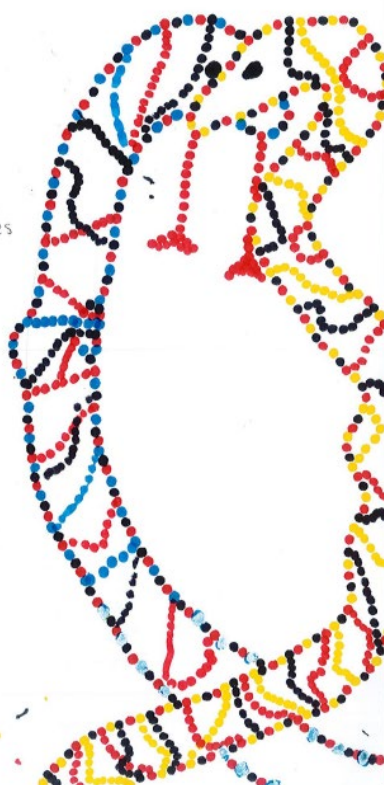
But against our pride  
Against our souls  
We can make you believe  
That we are just one whole

Not black and white  
Not strong and weak  
Not old and young  
Not brave and meek

When you first come  
There were footprints and traces  
You saw us, you did  
Our bodies and faces

Your triumphant cries  
Disturb my people  
Some of your weapons  
Might well be lethal

But against our pride  
Against our song  
Some day you'll realise  
We, together, are one



# Freedom

I wish for a new founding freedom

To call a place a home,  
To be treated like kings and queens

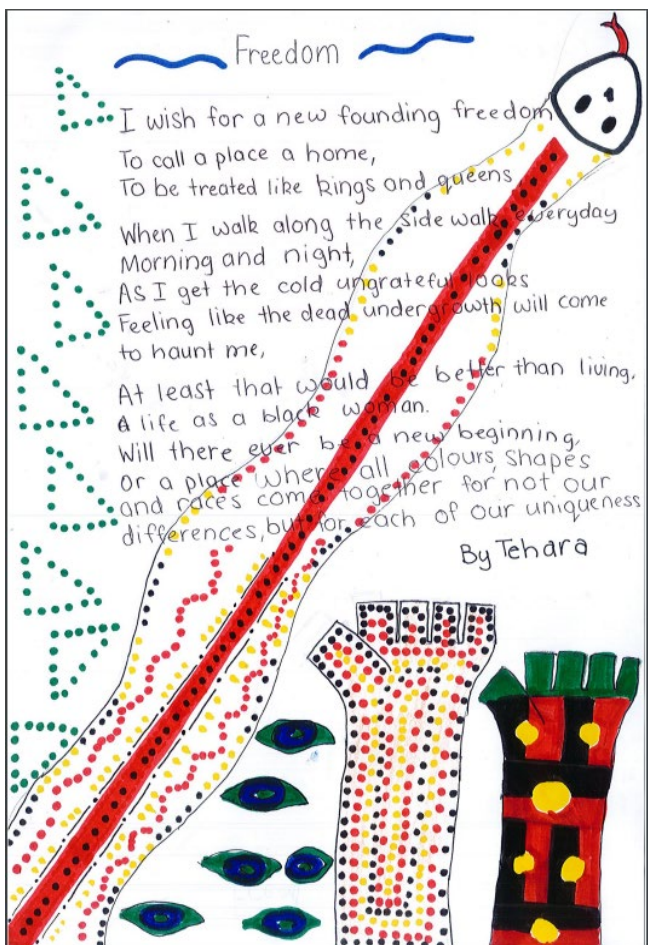
When I walk along the side walk everyday  
Morning and night,

As I get the cold ungrateful looks  
Feeling like the dead undergrowth will come  
to haunt me,

At least that would be better than living,  
A life as a black woman.

Will there ever be a new beginning,  
Or a place where all colours, shapes  
and races come together for not our  
differences, but for each of our uniqueness

By Tehara



The fire dances in the moonlight,  
Burning gold into nothing but ash.  
Trees swaying up and down,  
As they bump, bang and bash



Koalas crawling, looking for their homes,  
Kookaburras soaring way up high.  
Water drying up in the oily sunburned dirt,  
Silver warm smoke swaying in the sky.



Now travelling back to the past,  
Waters gleaming and glowing  
Kangaroos running, bouncing fast,  
Green summer leaves dropping off branches.

Land all rainbow, healthy and bright,  
The golden sun peeks out, wanting to see.  
This land is Aboriginal,  
Always was, always will be



Allegra

## Return and Earn

"We would love your help to support our children with their Return and Earn project - all proceeds go to funding school equipment. All you need to do is pick up some tubs filled with recyclables that the children have sorted and take them to the Return and Earn station. We need one volunteer per week. This is great fun to do with the children - they love it!

Please click here to sign up. **Note, this is a new link as the previous link did not work.**

<https://docs.google.com/spreadsheets/d/1ndg1hbO9MrDIodFQ3UpjhjZ85Fb2cH26rfJMyXbbob0/edit#gid=0>

There is a link to more information on the sign up sheet.  
Let me know if there is any further information you require.

**Regards**

**Teira Jansen**

[teirajansen@hotmail.com](mailto:teirajansen@hotmail.com) 0412 988 264

## Return and Earn – Donation option



FPS has recently been added as a donation option to two local return and earn machines. This means whenever you drop off your bottles and cans for recycling you can donate directly to FPS! Simply return your containers at either the Glenrose shopping centre or Belrose Supa Centre return and earn machines. Select the “Donate” option at the end of your session. You will then be able to select FPS to donate to. Press the “Confirm” button to donate. Please note 100% of the money you donate will be given to FPS. All money received goes towards FPS P&C for student resources. This initiative will run until mid February.

**Leanne Steggles**  
**Class Teacher**



# Do something life-changing today

**For around an hour a week, you can teach an ethics class at Forestville Public School and help children, our future leaders, develop skills for life.**

Ethics classes support children to develop the skills they need to voice their opinions, consider the ideas of others and to make decisions based on evidence and reasoning rather than habit or peer pressure.

In ethics classes volunteers help children discuss ethical issues using an approved curriculum designed for each age group and include topics such as: Laziness; Voting; How can we work out what's true?; and, Imagining how others feel.

Classes are 30 minutes in length and start at 9AM on Thursdays (for years 3 to 6) and Fridays (for kindergarten and years 1 and 2). Comprehensive training, access to lesson materials and classroom support are all provided. Previous teaching experience is not required.

This year we were able to offer ethics classes for only 4 out of the 7 years at FPS and even those classes had a number of students waitlisted and unable to attend an ethics class. **WE NEED MORE VOLUNTEERS!** If you, or anyone you know, might be interested (eg grandparent, neighbour) visit [PrimaryEthics.com.au](http://PrimaryEthics.com.au) or contact the FPS co-ordinator, Andrew Kent, at [andrew@reality.com.au](mailto:andrew@reality.com.au) or on 0402010648 to find out more.



# Strings



Term 4



Hello Strings Community;

We're busy making lots of plans for next year, if you intend to join the program or not continue in 2021 we would appreciate you letting me know now.

**2021 Chamber Orchestra** (Thursday's 3.45pm) has a couple of spots available for senior strings students. Please read the Teamapp communication regarding this if you are interested.

The Strings Program is open to including a **competent Pianist/s** (about level 4) as part of the Senior Strings groups. If you are interested (or know of someone) in auditioning for either our Wednesday morning or a Thursday afternoon groups get in contact for details.

Beginners 2021 if you are needing to **hire an instrument next year**, let me know ASAP.

Week 9 will be the **last week** of rehearsals, there will be no rehearsal in the last week of school.

## Schedule:

**W7: Fri 27th November 8.30am;** Interested 2021 Beginners invited to Beginner rehearsal

**W9: Last rehearsals**

**Pip's Player of the Week: George Ross – 2Z**

## 2nd Hand Instruments for Sale:

Instrument	1/4 Violin: Enrico Student Plus II purchased from Mona Vale Music (2017)	1/2 Violin: Kreisler #120
Description	This was the recommended model for beginners at FPS at that time. Comes with Everest shoulder rest, bow and case. Excellent condition - looked after very well (by one owner). Only a few very minor scratches.	New sells for \$575 at Sydney Strings Centre. Warm, mellow tone. Comes with 2 bows, pink Everest shoulder rest, and case. Originally bought from Sydney Strings Centre, it has been used by several Senior Strings Group students. Good used condition (minor scratches)
Price	\$130	\$200
Contact	<u>Tiina</u> 0402 976 996 <u>tiaaniste@hotmail</u>	<u>Tiina</u> 0402 976 996 <u>tiaaniste@hotmail</u>

Any questions please contact  
**Kylie Lake - Strings President**  
**fps.strings@gmail.com ph: 0414 666 711**

## Forestville Band 2020



### BAND COMMITTEE 2021

We are looking for new committee members to join our committee for 2021. One of the roles we are looking for is Treasurer as Carolyn will be stepping down at the end of 2020. If you are interested in volunteering for this role or any other roles within the Band Committee please email [fpsbands@gmail.com](mailto:fpsbands@gmail.com). Thank you!.

### UPDATES

Please keep up to date with any notices from The Band Committee which will come through TeamApp.

### DATES FOR 2020

At the moment, all events have been postponed or cancelled for 2020. The Band Committee will send through any updates on the TeamApp.Dowbfarr

Band	Rehearsal Day/Time Week 2 onwards
Training Band	Tuesday 7.30-8.45am
Intermediate Band	Monday 7.30-8.45am Thursday 3.15-4.15pm
Concert Band	Tuesday 3.15-4.15pm (Not Tuesday, 10 Nov) Thursday 7.30-8.45am
Stage Band	Monday 3.15-4.15pm

Band Committee [fpsbands@gmail.com](mailto:fpsbands@gmail.com)

## Uniform Shop

All NEW uniforms can be bought online from Pickles or their store at Brookvale.

### ORDER ONLINE

<https://www.picklesschoolwear.com/shop?school=forestville-public-school>

Online orders have no delivery charge if delivered to the school.

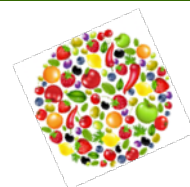
There are new hats available at the office for \$10.

### SECOND-HAND UNIFORM SHOP

Due to non-essential visitor restrictions from the Department of Education we now have office staff looking after your second-hand uniform needs. Please phone or send an email to the school on [forestvill-p.school@det.nsw.edu.au](mailto:forestvill-p.school@det.nsw.edu.au).

Note that we accept CASH ONLY and all items are now only \$5.  
Any uniform donations can be left at the office and are very welcome.

## Forest Bites Canteen



### Volunteer Roster – 7, 8 and 9

Volunteers are allowed to come into the canteen but must complete a covid form. If you are feeling unwell, please let us know you are unable to come in.

Monday	Tuesday	Wednesday	Thursday	Friday
23 November Belinda G Jen M	24 November	25 November	26 November Jolene F Lisa T	27 November Emma S Belinda C
30 November Franziska G	1 December	2 December	3 December Sophie S Julienne T	4 December Lucy Q Sam P
7 December	8 December	9 December	10 December Renee G Farheen A	11 December Rebecca D Michelle M

### Order online with Munch Monitor

[www.munchmonitor.com](http://www.munchmonitor.com)

**School ID:** Forestville, **Password:** munch2087

There is an account-keeping fee of \$3.65 per parent per account per term, payable via your online account. For assistance, contact [help@munchmonitor.com](mailto:help@munchmonitor.com), call 1300 796 190 or visit us in the canteen.

### Volunteers

If you can't make your shift, please contact other volunteers from the list (2<sup>nd</sup> page of your roster).

Contact details for the Canteen Managers:

Tania Laytham (Monday, Tuesday & Friday) 0414 528 534

Kim Egerton (Wednesday, Thursday) 0412 254 310



## Community News



MANLY WARRINGAH BASKETBALL

### JANUARY HOLIDAY CAMP

COME ALONG AND LEARN BASIC, FUN SKILLS

**DATES:** 20.21 & 22ND JANUARY, 2021

**TIME:** 5 to 9 Yrs old 9:00 to 12:00pm

10 to 14 Yrs old 1:00 to 4:00pm

**VENUE:** Northern Beaches Indoor Sports Centre

**AGES:** broken into age groups

**COST:** \$105 (if camp is cancelled, total refund)

**NO SINGLE DAYS MUST PAY FOR 3 DAYS**

PLEASE BRING LIGHT SNACK & WATER

Due to COVID-19 restrictions there will be limited numbers, & no spectators. MWBA will provide sanitised balls on the day. No balls to enter the stadium.

[HTTPS://WWW.TRYBOOKING.COM/BMZIY](https://www.trybooking.com/BMZIY)



### MWBA PINK BALL

TERM 1 2021

FOR GIRLS WHO WOULD LIKE TO LEARN FUNDAMENTAL SKILLS WITH FEMALE COACHES.

**DATES:** SAT 6th Feb to 27th March, 2021

**TIME:** 1:30-2:30 PM

**VENUE:** NORTHERN BEACHES INDOOR SPORTS CENTRE

**COST:** \$100 INCLUDES A PINK BALL

Only 40 tickets available due to covid restrictions.

Active kids vouchers welcome.

Please email voucher to: [mba@manlybasketball.com.au](mailto:mba@manlybasketball.com.au) with your child's

DOB and a code will be sent to you to void payment.

To Book: <https://www.trybooking.com/BMTPR>

J&E PIANO MUSIC CENTRE IS TAKING ENROLMENTS NOW!

## SMALL GROUP PIANO LESSONS

### Piano lesson 2021

Forestville Public School

LEARN PIANO IN A FAST AND FUN WAY WITH OUR OWN EXCLUSIVE PIANO MUSIC BOOK FOR any level

\$27 for 45 min lessons. 1<sup>st</sup> trial lesson free. Pay by Term New Piano book for sale \$15



Small Group Lessons at  
22 Room on Monday  
8-8:45. 1:-1:45 or 3:15-4:00.  
Pick up  
From after school care available

SMS to 0424 614 591 Or

Email:

[johnnyyoung@hotmail.com](mailto:johnnyyoung@hotmail.com)

include School + Child's name  
We accept Creative Kids Vouchers \$100



NO REFUNDS 2 WEEKS NOTICE

ENROL ALL YEAR AROUND

**BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES**

Vicinity Centre Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warm up games, drill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

**REGISTER NOW**

**No Spectators  
Limited Numbers**

**Dates:** Sunday 7th Feb to 28th March, 2021  
**Time:** 9:00-10 am  
**Ages:** 5-10 years old, boys & girls  
**Cost:** \$160 New Participant (includes \$45 starter pack + p/h)  
\$110 Returning Participant  
**Venue:** NBISC, Jacksons Rd, Warriewood  
**Head Coach:** Jerome Lee  
**Booking:** <https://www.aussiehoops.com.au/find-a-program>

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Every Saturday during the school term.  
Must pre-book.  
Booking closes 2pm, Friday before session.

**Ages:** 5-12 yrs 2:30-3:20  
**Broken into groups according to age and ability.**  
**Venue:** Northern Beaches Indoor Sports Centre  
**Cost:** \$12 per week or \$90 for 8 weeks.

**Saturday Learn To Play**  
TERM 1 2021: 6TH FEBRUARY TO 27TH MARCH 2021  
To Book: <https://www.trybooking.com/BMTQA>

## GUITAR GROUP

Mondays  
3.15-4.15pm

Forestville Primary School

Next Year's YR4-5-6 students who are learning acoustic or bass Guitar (6m experience required)

For further details contact  
Kylie Lake: 0414.666.711 or  
[kps\\_strings@gmail.com](mailto:kps_strings@gmail.com)

## FOREST GIRLS TRY RUGBY



Girls Try Rugby is the perfect program for girls wanting to try Rugby while having fun in a safe and social environment. With non contact drills, games and special female guests make sure you, your friends and your sisters register for this free event.

OPEN TO ALL GIRLS AGED 8 TO 16  
FRIDAY 4 DECEMBER - 6.30PM TO 8.00PM  
FOREST RUGBY CLUB, MELWOOD OVAL

For further details:  
<https://www.trybooking.com/BMRPR>  
or contact Mel Dwyer - 0404 894 779



# GIANT BOOK FAIR

Brookvale  
St Augustine's College  
Federal Parade

## December 10-13

Thursday 11-7, Friday 9-7,  
Saturday 9-5, Sunday 9-3

## BE PART OF OUR TEAM

SHARPEN YOUR SKILLS, MAKE FRIENDS FOR LIFE  
AND BELONG TO A SPORT YOU'LL LOVE.  
PLAY NETBALL AT WAKEHURST NETBALL CLUB.



**WAKEHURST**  
Netball Club

### GAMES ARE PLAYED

Saturday's at John Fisher Park Curl Curl from April 2021.

### DIVISIONS

NetSetGo (8 and 9) Juniors (10 to 15), Cadets (16 to 18), Seniors and Over 35's.

### REGISTRATION OPENS

1st January 2021

### ALL REGISTRATIONS ARE DONE ONLINE AT

[www.wakehurstnsw.netball.com.au](http://www.wakehurstnsw.netball.com.au)

Active Kids Voucher can be used at time of registration only.  
Enquiries to [secretary@wakehurstnetball.com.au](mailto:secretary@wakehurstnetball.com.au)



## ST. DAVID'S CHRISTMAS KIDS CLUB

JOIN US FOR CHRISTMAS FUN ON THE  
17TH OF DECEMBER.

WE WILL BE SPENDING TIME HEARING  
FROM THE BIBLE, PLAYING GAMES AND  
MAKING CHRISTMAS CRAFT

**Who:** Kids in Kindy to year 6 (in 2020)

**When:** 17 December 9am-3pm

**Cost:** \$20 per child  
(up to a maximum of \$50 per family)

Please BYO lunch

Morning tea and afternoon tea will be provided

Spaces are limited

To register please copy the link below

<https://bit.ly/32AQ8Ea>

This is a COVIDSafe event

If you have any questions please contact  
[office@stdavids.com.au](mailto:office@stdavids.com.au)  
Rachel 0478909499



## Community News



**DECEMBER 12TH 2020**

**SYDNEY ID CLINIC**

**VILLARREAL SYDNEY ACADEMY**

- SELECTED PLAYERS WILL BE PART OF THE VILLARREAL SYDNEY ACADEMY PROGRAM IN 2021.

- 4 PLAYERS WILL BE SELECTED FOR OUR ONLINE PLAYER DEVELOPMENT PROGRAM WITH VILLARREAL CF COACHES IN SPAIN.

**AGES U8 TO U14**

Contact us at:  
[info@villarreal-sydney.com](mailto:info@villarreal-sydney.com)  
Phone: 0452241145  
Register:  
[www.villarreal-sydneyacademy.com.au](http://www.villarreal-sydneyacademy.com.au)

Location:  
St Ives Showground (493 Mona Vale Rd,  
St Ives, NSW 2075)



**DECEMBER 12TH 2020**  
SCHEDULE 9AM TO 12PM

**VILLARREAL SYDNEY ACADEMY PROGRAM WILL START TERM 1 2021**

VILLARREAL SYDNEY ACADEMY HAS A COMMITMENT TO DELIVERING THE BEST QUALITY TRAINING EDUCATION AND COACHING OUTCOMES FOR THE NEXT GENERATION OF FOOTBALL PLAYERS.

WE OFFER PLAYERS THE OPPORTUNITY TO BE COACHED BY VILLARREAL CF'S UEFA QUALIFIED COACHES.

CONTACT US AT: [INFO@VILLARREAL-SYDNEY.COM](mailto:INFO@VILLARREAL-SYDNEY.COM)  
0452241145

REGISTER: [WWW.VILLARREALSYDNEYACADEMY.COM.AU](http://WWW.VILLARREALSYDNEYACADEMY.COM.AU)

TRAINING SESSIONS AT:  
ST IVES - MONA VALE



**Summer Holiday Camps**

4th December 2020 – 29th January 2021

**THE FOOTBALL FACTORY** .com.au

*Join our Holiday Camps and play soccer indoors on grass*

**CAMPS FILL FAST, SO BOOK NOW!**

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches.
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cruyff Cut', 'Ronaldo Chop', or learn how to do a 'Rainbow Flick'!
- Each day has a different 'Football Focus'. Tricks, skills and moves relevant to the daily focus will be taught.
- Build your child's confidence and self-belief in a nurturing, and fun environment where they can improve their skillset. This leads to more creative players on the football field.
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football!
- Clean and safe environment where individual needs are catered to.



## SCHOOL HOLIDAY PROGRAMS AT MACQUARIE UNIVERSITY

---

**This summer, your kids can fire up their imaginations and keep their hands and minds busy at our popular school holiday programs.**

### **Holiday gymnastics and swimming programs**

Kids can bounce, balance and tumble around the gymnastics hall, or jump in the pool with our swimming classes which range from learn-to-swim to more advanced levels (4 to 15 years of age). Individual and group lessons/clinics are available.

### **Vacation care**

Our vacation care program has something for everyone: indoor and outdoor activities and excursions, arts and crafts, drama, cooking and games. It's hands off devices and hands-on fun.

### **Junior Science Academy**

Switch on their curiosity at our Junior Science Academy with fun, hands-on experiments in classes for students from kindergarten to Year 6.

### **RoboCamps**

Build robots and learn to drive them with the Thunder Down Under robotics team. Fun, educational and professionally run, these classes are ideal for children in Years 1–7. Creative Kids vouchers (value is \$100) can be claimed for any robotics or coding class. Apply through ServiceNSW for your child's voucher).



**Want more information?**

Visit our website: [mq.edu.au/about/holidays](https://mq.edu.au/about/holidays)

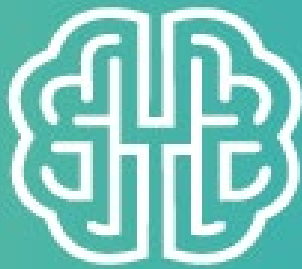
---

## **RSL Sub-Branch Remembrance Day Education Grants Program (EGP) for 2021**

The EGP, which was first introduced in 2019 is open to eligible applicants from our school, who will be entering Year 7 in 2021, to assist with the costs associated with the transition to high school. The value of each grant is \$2,000.

**Please click on the link for further information and application**

**form:** <https://www.forestvillersl.org.au/school-grants/>



# Australian Childhood Anxiety TREATMENT STUDY

Griffith University is conducting an Australian wide study on anxiety treatment for 7 – 12 year olds that offers free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

## **About the study**

The team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

To find out more about the study and how to be involved, read the Anxiety Treatment study [flyer](#) and the [information sheet](#).