

Learn to Live

Term 4, Week 2 (25th October, 2019)

Important Dates:

Please mark these dates on your calendar

TERM 4 - OCTOBER 2019	
Fri 25	Book Club Orders Close Summer Games - CANCELLED
Wed 30	Kindy Transition - Group A 'Got It' Group-8:30am to 12:30pm 'Got It' Night Group - 6pm to 8pm
Thu 31	Stage 2 Blue Gum Camp
NOVEMBER 2019	
Fri 1	Stage 2 Blue Gum Camp
Wed 6	Kindy Transition - Group B 'Got It' Group 8:30am to 12:30pm
Thu 7	Annual Public Speaking and Oral Reading Comp at Winmalee PS
Fri 8	Musical Dress Rehearsal
Wed 13	Kindy Transition - Group A Kindy Parent Evening Session Musical - Final Date to buy tickets 'Got It' Group 8:30am to 12:30pm
Thu 14	Musical 12pm & 6pm shows
Fri 15	Musical 12pm & 6pm shows
Wed 20	Kindy Transition - Group B 'Got It' Group 8:30am to 12:30pm
Wed 27	'Got It' Group 8:30am to 12:30pm
DECEMBER 2019	
Tue 3	Year 6 Farewell Kindy Transition - Whole Day A&B
Wed 4	'Got It' Group-8:30am to 12:30pm 'Got It' Night Group - 6pm to 8pm
Wed 11	'Got It' Group 8:30am to 12:30pm Final Group
Thu 12	Celebration Student Achievement
Fri 13	Reports go home
Wed 18	Last day of school for students
Mon 16	ES1/S1 End of Year Outing
Tue 17	Talent Quest (middle session)
Wed 18	Last day for students

Principal: Mrs C Frith

Assistant Principal Stage 1: Mrs N Bridges, Mrs K Carter (Relieving)

Assistant Principal Stage 2: Mrs K Jansons

Assistant Principal Stage 3: Mr P Earl

Notes Home

- ◆ Panther' musical
- ◆ Year 6 Farewell - permission note and invitation
- ◆ Year 6 Signature bear/ball
- ◆ Medical/Dietary Note - Blue Gum Camp - select students only
- ◆ Annual Twilight Markets volunteers needed (P&C)



Assembly Dates

Fridays commencing 2pm

TERM 4

25th October	K-2
22nd November	3-6
6th December	K-6

School Activities Update

Kitchen Garden Classes - Term 4

Monday - K/1J - 9:30am, KW - 11:30am, KC - 1:00pm

Sport Days - Fridays

K-2 (9.55 - 10.55)

3-4 (12.25 - 1.25)

5-6 (1.55 - 2.55)

PE Days (sports uniform)

Tuesday: 2/3C, 3/4J, 3/4Z, 4/5S

Wednesday: KC, KW, K/1J, 1/2G, 1/2H, 1/2S, 5/6P, 5/6S, 5/6T

Library Days

Tuesday: 3/4Z, 3/4J, KW

Wednesday: 5/6S, 5/6P, KC

Thursday: 2/3C, K/1J, 5/6T

Friday: 1/2G, 4/5S, 1/2S, 1/2H

Music

Monday: KW, K/1J, 3/4ZP, 3/4J

Tuesday: KC, 5/6P, 1/2S, 4/5S

Wednesday: 2/3C, 5/6T, 5/6S, 1/2H

Thursday: 1/2G

Choir

3-6: Sopranos Tuesday 8:00am, Altos Thursday 8:00am in the Main Hall

K-2: 8:15am Thursdays in the Music Room



Grose Road, Faulconbridge NSW 2776

PO Box 249, Springwood 2777 **Phone:** 4751 2208 **Fax:** 4751 3933

Website: <http://www.faulconbri-p.schools.nsw.edu.au/>

Email: faulconbri-p.school@det.nsw.edu.au

Access student portal: <http://portal.det.nsw.edu.au>

Principal's Report

Dear Parents and Caregivers,

World Teachers Day

World Teachers' Day is being celebrated in Australia today, Friday 25 October. The day is a great opportunity for us to recognise and appreciate teachers and the important role they play in shaping the next generation. This year, we are focusing on the #brightfuture of the profession. We're also celebrating the role experienced teachers play in both the classroom and supporting beginning teachers on their teaching journey.



Every teacher in our school is a university trained professional with expertise in teaching children.

- We know children and how they learn.

- We know the content and how to teach it.

- We plan for and implement effective teaching and learning.

- We create and maintain supportive and safe learning environments.

- We assess, provide feedback and report on student learning.

- We engage in professional learning, and we engage professionally with colleagues, parents and carers and the wider community.

At a primary school level, we take on a duty of care for each our student also. We are often called on to take on a widening role supporting students wellbeing, health and developing their social skills and resilience to develop into healthy, active adults.

Today I would like to personally thank our teachers for their hard work and dedication to the students of Faulconbridge Public School. Our teachers consistently 'go the extra mile' for students. They are a fantastic group of educators, and their expertise and professionalism should be celebrated.

Twilight Markets

Our annual P&C Twilight Markets are on again next Friday night, 1st November from 6-9pm. Make sure you come along and experience this great community event. I am looking forward to seeing all the amazing stalls and tasting all the delicious foods that will be on offer. There will be plenty to see and do, including an outdoor cinema.

A big thank you to our Twilight Markets sub-committee and the P&C for organising this great event for our school community.



Attendance Term 4

Attendance at school has been demonstrated to be a significant factor in students learning outcomes and wellbeing. Establishing and maintaining regular routines also assist students to develop their independence as they get older. All students in Kindergarten to Year 11 are required to attend school until Wednesday 18 December, the last day of teaching for 2019. Prior to this date, students in all year groups are engaged in meaningful work based on the curriculum and syllabus requirements. We expect to see every student at school every day. If there is an absence please send a note with your child on the day they return to school, or email the school. Absences for sick of 3 days or more should be covered by a medical certificate, where possible.

Principal's Report cont'd

If parents are seeking permission for their child to be absent from school for a period of more than 10 days an Extended Leave application should be completed at least one week prior to the planned absence.

Extra-Curricular Programs

Our school offers many musical opportunities to students. The Band Programs is available to students from Year 3 onwards. Instruments on offer include trumpet, trombone, euphonium, flute, clarinet, saxophone, percussion, keyboard and bass guitar. Students have a 30-minute group lesson during class time and a band rehearsal once a week before school. There is a cost (\$350 per semester) associated with these programs to pay for tuition and hire and maintenance of instruments.

Our K-2 students have a one-hour music lesson each week as part of our RFF program but also have access to private violin lessons, our string ensemble and the Infants Choir. The Infants Choir is fantastic - the kids sing, move to music and learn how to add keyboard, xylophone and percussion to their pieces.

End of Year events

The end of year is always a busy time, and it is good to know in advance the important dates in the school calendar.

Our school musical is on Thursday 14th and Friday 15th November, with matinee and evening performances.

Our Year 6 Farewell is on Tuesday 3rd December at 5pm.

Our Celebration of Student Achievement (CSA) is on Thursday 12th December at Springwood High School. This is a time to celebrate the academic, sporting and other achievements of our students in 2019. The CSA begins at 10am.

Each stage group will also have an end of year excursion. Please keep an eye out for the note regarding this in the next few weeks.

School finishes on 18th December for Students and Teachers.

School Student Banking

Our school has, for a number of years, participated in student banking through the Commonwealth Bank. This is managed by a small group of P&C volunteers each Friday morning.

Over time, the numbers of students participating in student banking has decreased, with only about 20% of students registered. Of this 20%, only about 30%, on average, bank every week (approx. 20 of 342 students)

ASIC recently announced that it is seeking the public's views of school banking programs. ASIC would like to hear from you. You can do this online by answering a short survey and providing feedback.

consultation.asic.gov.au/financial-capability/review-school-banking-programs/

The consultation period closes on 31st October 2019.

Cub Award Morning Tea

Congratulations to our Cub Award winners for 2019:

		Safe	Respectful	Learner
Term 4 Week 1	K-2	Sienna K - 2/3C	Will S - KC	Max K - 1/2H
	3-6	Jayden S - 5/6T	Aryelle T - 3/4J	Max G - 3/4Z
Term 4 Week 2	K-2	Aston B - K/1J	Rama B - 1/2H	Henry W - K/1J
	3-6	Abbey T - 2/3C	Ella H - 5/6S	Emily S - 5/6S

Mrs Carol Frith - Principal

BOOK FAIR FOR QUAMBONE!!!

This term, we will be running a short book fair to support a school in need.

Quambone Public School is located 591 kilometres north west of Sydney. The farming community is in the grips of drought, making things incredibly hard for families and staff.

Faulconbridge Public School is showing our support by donating all proceeds from this book fair to Quambone Public School.

Please come along and get some Christmas shopping done, while at the same time supporting a school community who are going through a tough time.

The Book Fair will take place in the library and will open on **Thursday 21st November** after school. On each day after this it will be open

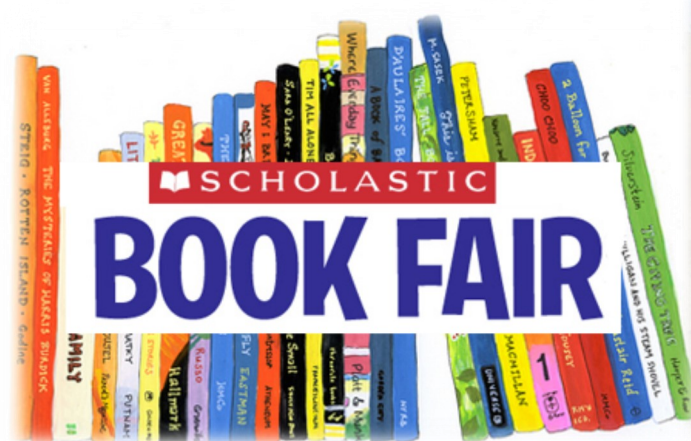
- In the mornings from 8:30
- Lunchtimes
- In the afternoon until 3:30

The last day of the Book Fair will be **Wednesday 27th November**.

A vast array of fantastic children's books and stationary will be available during this time, so come along and show your support!

Mrs Jill Capuyan

PS. Stay tuned next newsletter for some more information on Quambone Public School!



AFRICAN DRUMMING IS BACK IN TERM 4

African Drumming is back on Mondays for Term 4 in the music hall for students who have participated in 2019.

\$10 cash payable on the day

Thank You



Faulconbridge Public School

PBL Award

TERM 4

WEEK 2

Presented to:

Years K - 2

KC	Vanua W	Being safe: Remembering to move safely within the classroom
KC	William S	Being respectful: Always using an inside voice during reading groups
KC	Alyssa O	Being respectful: Always focusing her attention ready to learn
KC	Sadie G	Being a learner: Fantastic imaginative and opinion writing
KW	Brady W	Outstanding personal growth. Improved focus in class
KW	Lillian O	Demonstrating excellent personal growth. Developing her confidence when interacting with peers
KW	Lochie C	Always being polite and using his manners
KW	Marshall M	Demonstrating pleasing growth in both academic and social areas
K/1J	Aston B	Improved reading skills!
K/1J	Joshua G	Answering lots of tricky questions!
K/1J	Evelyn B	Deciding challenging words when reading!
K/1J	Tommy B	Working so hard during TENS activities!
1/2G	Brax H	Dedication in improving his reading skills
1/2G	James A	Being enthusiastic and engaged for all math lessons
1/2G	Tasharna C	Settling well into school and being a safe, respectful learner
1/2G	Ned S	Fantastic effort during reading groups
1/2H	Henry C	Excellent improvement in his writing!
1/2H	Afiya H	A big welcome to Faulconbridge Public School!
1/2H	Mikey S	A big welcome back to Faulconbridge Public School!
1/2H	Juliet M	Excellent improvement in her writing!
1/2S	Sophia O	Showing great enthusiasm for classroom activities
1/2S	Thomas M	His improved concentration and work ethic in the classroom
1/2S	Jaxson T	Always putting his best effort into spelling and reading
1/2S	Clayton C	His incredible start at Faulconbridge
2/3C	Georgia H	Setting a great example for our class with her hard work and focus.
2/3C	Bronson M	Trying his best during all tasks and producing some great work!
2/3C	Rubi W	Putting a lot of effort and thought into her writing this team. Keep it up!



VOLUNTEERS NEEDED PLEASE!

Our Twilight Markets are getting bigger and bigger every year and are becoming more and more popular within our community.

We are sending out a call for volunteers to help make this night a great success!

It would be great if you could spare just a small portion of your evening in between shopping, sampling from the great food stalls or enjoying the live entertainment, to help us out.

We need volunteers to assist with the following:-

- Assisting stall holders with general set up
- Collecting gold coin donations at the front and back gates
- Manning our school stall



Please return the slip on the note that was sent home with the students or email fundraising@fbpsandc.org.au by Wednesday, 30th October 2019. All help is greatly appreciated! Be part of the fun and success of our brilliant markets!



The students of Faulconbridge Public School bring to life the story of the panther that roams the Blue Mountains. Panther is a musical that showcases the talents of our students in all of the creative and performing arts.

Panther will be performed at Faulconbridge Public School On Thursday 14th and Friday 15th November 2019. There will be one matinee performance starting at midday each day and one evening performance starting at 6pm each evening.

Tickets will go on sale at 9am on Monday 21st October and will be available for purchase until Wednesday 13th November, unless sold out.

All tickets will be \$10 pp and can be purchased from [trybooking.com](http://www.trybooking.com) by accessing the following link:

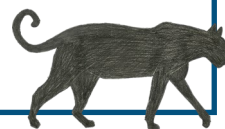
<http://www.trybooking.com/BFJYQ>

If you have trouble with this link, please try

<https://www.trybooking.com/551580>

Please contact Mrs Bridges if you come across any difficulties when purchasing tickets.

Please note: For both evening performances there will be a BBQ available from 4:45pm. Payment for the BBQ will be **cash only**.



FPS Return and Earn Fundraiser

The Faulconbridge PS school parliament has passed a motion to introduce a 'return and earn' recycling initiative. Return and Earn is a great way for our community to raise money and help improve our school & community environment. All money raised will go into the kitchen garden program in order to purchase new plants and cooking materials.

Students are encouraged to collect eligible bottles, cans and poppers and deposit them to their nearest 'return and earn centre'. There, students will receive a retail voucher for their deposits and we ask for these to be placed in the 'return & earn' box which will be located in the office. Please place the vouchers in an envelope with the students name and class on the front.

Faulconbridge's closest deposit centre is 32-44 White Cross Rd, Winmalee NSW 2777 (next to Coles.)

Additionally, Yellow bins will be located on the school grounds in order for students to put **school-based** recycling in.

Weekly my team and I will count the vouchers and make a graph on the wall outside the office for all to see. We will announce the leading class at Friday's Big top assemblies.

The class that raises the most money will get a FREE MORNING TEA provided by the committee.

*****START COLLECTING IN THE HOLIDAYS!!!*****

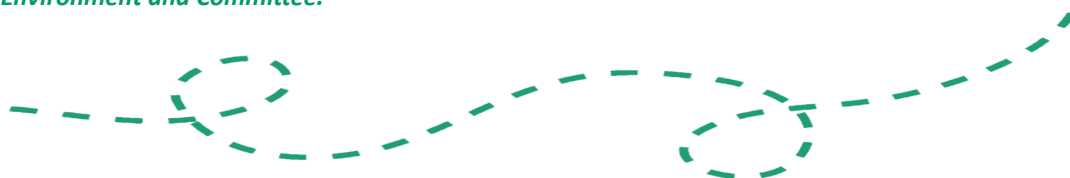
We would love to set a school target of over 20,000 bottles returned and earned during next term!!!

Please note... We are only collecting the retail vouchers once you have taken your eligible bottles to the return and earn centre. **WE WILL NOT COLLECT ELIGIBLE BOTTLES AT SCHOOL SO PLEASE DON'T BRING BOTTLES IN TO SCHOOL.**

All bottles, cans, and poppers should be taken to collection centres.

Thank you for assisting our school and community to make it a better place!

Lachlan Henderson
Minister for Environment and Committee.



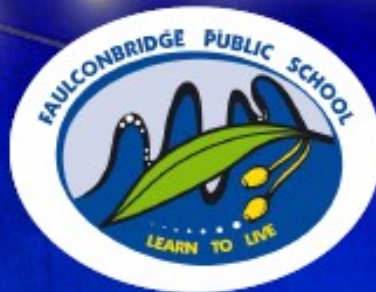
What you need to do:

1. Collect eligible bottles- Every eligible bottle, can or carton you return through Return and Earn is worth a refund of 10 cents.
2. Take containers to a return and earn drop off centre (Containers need to be empty, uncrushed, unbroken, and have the original label intact)
3. You have different payout options to receive this refund, we are using the Retail Voucher option. Click on **Retail Voucher**, this will print out a retail voucher for the full refund amount.
4. Place your voucher/docket in an envelope with the student's name and class on it.
5. Put the envelope in the box located in the office.

What we will do:

1. Weekly my team and I will collect the retail vouchers and document who has brought in vouchers and how much they are worth.
2. We will tally the results, a graph will be up for all to see near the office.
3. A staff member will take the retail vouchers and cash them in. All money raised will go directly into the garden and kitchen.
4. The class that raises the most money by the last week of term 4 will receive a free morning tea.





Twilight Markets

Faulconbridge Public School

FRIDAY 1ST NOVEMBER | 6 – 9PM

Gold coin donation entry

Cnr Great Western Highway and Grose Rd, Faulconbridge

LOCAL STALLS | FOOD TRUCKS | FAMILY FUN
PLUS OPEN AIR CINEMA

Organised and run by Faulconbridge Public School P&C | www.fpspandc.org.au





Faulconbridge Public School

Twilight Markets

Proudly supported by



Just opened in Faulconbridge Shop 3, 7-9 St Georges Crescent
Welcome to Australia's best tea party! Located in the picturesque Blue Mountains of New South Wales, we've sourced over 150 great teas, an extensive range of teaware, local 'mountains made' gifts and unique books to offer you, the TEA LOVER, the most comprehensive range in Australia backed by a friendly, family team.

Why tea? Because it's the second most popular drink in the world. Because it's healthy, tasty and fun. Because it brings people together. Because we love it!

You can never get a cup of tea large enough or a book long enough to suit me. C.S.Lewis



Faulconbridge Public School

Twilight Markets

Proudly supported by



Ellie Hofland
0435 038 587

2018 ATTITUDE
Awards
FINALIST
Young Entrepreneur Category

WHITE
FOX
MASSAGE

Remedial Indulgence Pregnancy

Located in the Quan Yin Healing Centre off Macquarie Road in Springwood
Mall - right next to the Bunker Café

Our aim is to provide a quiet, calm and relaxing space for our clients to help:

- *Reduce chronic pain
 - *Improve the quality of their sleep
 - *Achieve greater flexibility
 - *Release physical tension
 - *Reduce back, neck and shoulder pain *
- Pregnant mothers to have a more healthy, relaxed and comfortable pregnancy.

We also offer a range of holistic facials and treatments customised to suit each client's skin type and designed to make them feel pampered and relaxed.
We use only organic pure essential oils in our diffuser and quality natural organic massage oil and facial products.

BOOK YOUR APPOINTMENT TODAY



Faulconbridge Public School

Twilight Markets

Proudly supported by



INSTEP
PHYSIOTHERAPY

Here with you step by step

Meet the friendly, experienced team at In Step Physiotherapy located at Restore Health Clinic on Layton Avenue, Blaxland

In Step provides a **range of individual Physiotherapy** services.

In Step provides Physiotherapy services for Workers Compensation, CTP Insurance, Chronic Disease Management Plan, DVA & Private Health.

admin@instepphysiotherapy.com.au

0408 154 758



Faulconbridge Public School

Twilight Markets

Proudly supported by



For all your
storage needs.

BLAXLAND • SPRINGWOOD • BLUE MOUNTAINS

Specialising in all your storage needs

At Self Storage Plus – Blaxland and Springwood – we specialise in all your storage needs. Servicing all of the Blue Mountains our facilities at Blaxland and Springwood provide convenient and secure 7 day access to your storage. At our Blaxland and Springwood facilities we also stock a wide range of boxes and packaging to make your move even easier.

When moving you can also make use of our self drive trucks
(conditions apply).

27 Attunga Road, Blaxland NSW 2774
55 Lawson Road, Springwood NSW 2777

Email: store@selfstorageplus.com.au

Phone: 02 4739 1607



Faulconbridge Public School

Twilight Markets

Proudly supported by



Faulconbridge Netball Club is a small friendly club that has teams competing in the Blue Mountains Netball Association at Lapstone Courts on Saturdays during winter.

We're proud to have a lot of Faulconbridge Public students and parents in our membership. In 2020 we'd love to grow our junior team numbers.

We're holding an information day down at Springwood Town Square on Saturday 8 February 2020 10am – 1pm. Watch out for more information nearer the date on our Website

faulconbridgenc.nsw.netball.com.au/

FREE Retail Skills Course Coming soon!

TAFE Outreach will be offering a 6 week course
Starting 31st October to 6th December

Thursdays 9.30 am—2.30 pm

Bungarrabee Centre, Hazelbrook

Call 4758 6811 to register now!

FREE limited childcare available

Develop your
employment
skills!

Be ready for
that Christmas
job!



Mountains Outreach Community Service
supporting families & building community in the Blue Mountains

Web: www.mocs.org.au
Facebook: Mountains Outreach Community Service



Mountains Outreach Community Service
Supporting Families and Building Community in the Blue Mountains



www.mocs.org.au
Welcome to
our programs

- MOCS Community Hub
- Parenting Young
- Parent Education and Support
- Blue Mountains Occasional Care

- Mountains Mobile Minders
- Paint the Blue REaD
- Community Building

☎ 47586811 ☎ 47584477

Let's Chat About Pre-schoolers' Emotional Development

Tuesday 29th October

7.30– 9.00 pm

Bungarrabee Centre,
Oaklands Rd Hazelbrook

Do you have a concern
about your pre-schoolers:

- Shyness ?
- Anxiety ?
- Aggression ?
- Maturity for School Readiness ?

Come along to this informal
discussion with Helen Mann
Early Childhood expert.



MUST BOOK
CALL 4758 6811
FREE
Light Supper served.



We acknowledge the Darug and Gundungurra people as the Traditional Custodians
of the land on which we live and work. MOCS is committed to reconciliation.



FIND US ON FACEBOOK: Mountains Outreach Community Service

Turn over for more courses and seminars for parents

A gold coin donation is appreciated at all of our courses and events. Thankyou.

TERM 4, 2019 PROGRAM

Playgroups—for parents, grandparents, carers with babies to 5yrs
Our playgroups are always open to new members!

- Play in the Park at Golden Horizons Park between Blue Hills Rd & Red Gum Ave, Hazelbrook on Tuesdays 10am-11.30am (weather permitting), resumes 15th October
- Play in the Park at Buttenshaw Park, GWH Springwood, on Wednesdays 10am – 11.30 am (weather permitting) resumes 16th October
- Scout Hall Playgroup at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes 17th October

FREE CHILDCARE PROVIDED AT MOST WEEK DAY WORKSHOPS AND COURSES

First time parents group (with babies up to 12months): Meets every second Wednesday from 10 am – 12.00. 2nd, 16th & 30th October; 13th & 27th November; 11th December. In partnership with Connect Child & Family Services. A friendly, informal social and support group. Early childhood Nurse visits most weeks. At Heatherbrae, 1 Benang St Lawson (next to children's play area in town square). Just come along or call Liz on 4758 6811 or Jeanette on 4759 1462 for more information.

Finding Your Way—peer support around NDIS, My Aged Care. Centrelink and other services: NEW GROUP! Wednesdays – 13th November, 11th December 10.00 – 11.30 am Supported by PATH, Belong Mid Mountains and MOCS. At Mid Mountains Neighbourhood Centre. Child care available – must book. Call Kerin on 4759 2592 or Liz on 4758 6811 for more information.

Self Defence for Young Women: Tuesdays – 22nd October to 26th November, 5.45 – 7.30 pm. In partnership with BMWH&RC and Korowal. \$60 for course or \$45 for women under 25yrs or for each if more than one family member attends. Learn some great physical skills and gain confidence. Bookings essential call 4782 5133.

Let's Chat About Pre-schoolers' Emotional Development: Tuesday 29th October, 7.30 – 9.00 pm. Topics covered include shyness, anxiety, aggression and maturity for school readiness. Presented by Helen Mann, Director of Katoomba Children's Cottage. Bungarrabee Centre, 48-50 Oaklands Road, Hazelbrook. FREE. Light supper provided. Bookings essential call MOCS on 4758 6811.






SPRINGWOOD
FAIR TRADE FAIR
SATURDAY
9 NOVEMBER 2019

IT'S A SMALL
 MIRACLE THAT
 WE AS CONSUMERS
 CAN PARTICIPATE IN A
 PROCESS THAT'S
 KEEPING SKILLS &
 COMMUNITIES
 ALIVE.

9am - 2pm
4 Lewin Street, Springwood

- Jewellery
- Fashion
- Homewares
- Fairtrade food products
- Bags
- Toys
- Shoes
- AND MUCH, MUCH MORE!

Choose fair trade products to help create a brighter
 future for millions of farmers, workers and their
 families in developing countries.

Perfect for
 Christmas Gifts.
 Sausage sizzle
 Morning tea



SPRINGWOOD UNITING CHURCH

T. 02 4751 3951

4 Lewin Street, Springwood NSW

E. springwood.uca@westnet.com.au
www.springwood.uca.org.au

 Springwood Uniting Church



SWOT

SPRINGWOOD WORLD OF TENNIS

Andrew McLeod

Accredited Club Professional NSW TCA Coach

Previously coached in USA and Germany

Qualified PDHPE Teacher

GROUP & PRIVATE LESSONS

ALL AGES - beginners to elite players

SCHOOL HOLIDAY COACHING CLINICS

PRO SHOP, RACQUET SALES & RESTRINGING

Phone: 4751 5383

Mobile: 0416 083 472

Email: springwoodworldoftennis@hotmail.com

SPRING ST, SPRINGWOOD

PO BOX 473, SPRINGWOOD NSW 2777



ZUMBA®
 WITH
KARINA

HAZELBROOK PUBLIC SCHOOL

158 Great Western Hwy (Beechmount Ave entry)

WEDNESDAY 6:00-7:00PM

FAULCONBRIDGE COMMUNITY HALL

9-9A Home St, Falconbridge

MONDAY 6:00-7:00PM



First class \$7, \$12 thereafter with a 10-class pass, \$13.50 casual pay-as-you-go.

0404 529 943

www.facebook.com/zumbawithkarina

GRANDPARENTS AND ELDERS DAY



Sunday, 3rd of November 2019
Valley Heights Railway Museum
Tusculum Rd, Valley Heights
10.00 a.m. - 2.00 p.m.

**FREE ENTRY TO THE MUSEUM FOR
GRANDPARENTS AND THEIR FAMILIES**

For more information please contact Imelda on 4751 3033



- 31ST ANNUAL -
Doll, Bear & Craft Fair

Saturday 26th
October 2019
9am - 4pm

Sunday 27th
October 2019
9am - 3pm

AT THE MUSEUM OF FIRE - 1 MUSEUM DRIVE, PENRITH

TEDDY BEARS & MAKING SUPPLIES · WOODEN TOYS & FURNITURE
 DOLLS & ACCESSORIES · DOLL HOUSES & SUPPLIES
 JEWELLERY & CRAFT · REBORN DOLLS · AROMATHERAPY
 UNIQUE HANDMADE PRODUCTS · & MORE!

ADULTS \$6, CONCESSION \$4, CHILDREN \$2

FOR MORE INFORMATION, CALL 4731 3000 OR VISIT WWW.DOLLBEARCRAFTFAIR.COM.AU



Nutrition Snippet

The simplest way

... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.



One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- Hummus
- Cheese
- Leftover home-cooked meat
- Home cooked rissoles

For more ideas visit healthylunchbox.com.au

healthylunchbox.com.au



Free – Get Online event for everyone, the whole family!

Hosted by Springwood Neighbourhood Centre on
Saturday, 19th October 2019 at
10:00am-11:30am in Room 1,
 Ground Floor of Blue Mountains Theatre & Community Hub, 106 Macquarie Rd, Springwood NSW 2777

- Learn about being safe online.
- Information about the NBN!
- Bring all your questions and smart phones, iPads, tablets for a friendly talk about technology.

The morning begins with a delicious, complimentary morning tea from Finn & Co Cafe!



Registrations are essential

please drop by Centre or email reception@sncc.org.au or telephone 4751 3033 by 17/10/2019