

Learn to Live

Term 2, Week 2 (10th, May, 2019)

Important Dates:

Please mark these dates on your calendar

MAY 2019

Mon 6 To Fri 10	Milson Island Camp - Stage 3
Tue 14	NAPLAN Yrs 3 & 5
Wed 15	NAPLAN Yrs 3 & 5
Thu 16	NAPLAN Yrs 3 & 5
Fri 17	K-6 Cross Country Carnival NAPLAN Catch Up Day
Mon 20	GOT It - Parent Seminar - Library 9:15am STEWART HOUSE BAGS DUE
Wed 22	GOT It - Parent Seminar - Library 6:30pm
Thu 23	Book Fair opens in the Library after school
Fri 24	Zone Cross Country-Penrith Lakes
Tue 28	Wanderers Cup Pulse Rehearsal

JUNE 2019

Mon 3	Winmalee Cup
Tue 4	Book Fair finishes
Mon 10	Public Holiday
Mon 17	Community of Schools Showcase Rehearsal
Fri 21	Community of Schools Showcase

JULY 2019

Mon 1	Parent Teacher Interviews
Thu 4	Pulse Choir
Fri 5	Last day of Term 2

AUGUST 2019

Mon 19	C.A.R.E.S. (Year 4)
Tue 20	C.A.R.E.S. (Year 4)

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

- ◆ Pulse 2019 (selected students only)
- ◆ Intention to apply for Year 5 entry to an opportunity class 2020
- ◆ School Cross Country
- ◆ Kitchen Garden - 3/4Z, 3/4J, 4/5S
- ◆ Stewart House Annual Clothing Bag Collection
- ◆ Wanderers School Cup - Selected students only
- ◆ Winmalee Cup (selected students only)
- ◆ Welcome to Term 2 (KW)
- ◆ Welcome to Term 2 (1/2S)



Assembly Dates

**** NEW TIME ****

Fridays commencing 2pm

TERM 2

10th May	K-2 Assembly
24th May	3-6 Assembly
31st May	K-6 Assembly
21st June	K-2 Assembly
28th June	3-6 Assembly
5th July	K-6 Assembly

School Activities Update



Kitchen Garden Classes - Term 1

Monday - 3/4Z - 9:20am, 3/4J - 11:30am, 4/5S - 12:50am

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, 1/2S, 3/4Z, 3/4J

Tuesday: KC, 5/6P, K/1J, 4/5S

Wednesday: 1/2H

Thursday: 1/2G

Friday: 5/6T, 5/6S, 2/3C



Choir

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

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

**Stewart House Donation
Envelopes DUE MONDAY
20th MAY**

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,

It was lovely to see everyone return to school last week after a relaxing holiday. It is another busy term, with students, teachers and parents having opportunities to get involved and participate.

Share Our Space

Our school participated in the Share Our Space program during the last school holidays. This program makes the school playground and oval available for families and members of the community to enjoy our green spaces. A reminder that there is no supervision of children provided under this program and it is always best if children are accompanied by an adult. There is no access to facilities such as the school buildings or toilets. Thank you to those who used the spaces appropriately.

Mothers' Day

A big thank you to our enthusiastic P&C for organising the Mothers' Day gifts and Breakfast last week. Thank you also to our local Rotary team for manning the BBQ. Events like these happen due to the goodwill of our school and community volunteers. The students had a fantastic time and it was lovely to see so many families enjoying the morning, regardless of the possibility of rain. I wish all our Mums a Happy Mothers' Day on Sunday. I hope the children look after you and spoil you.

Cross Country

The annual school Cross Country will be held next Friday 17th May. We can never predict the weather for these carnivals, whether it be cold or hot on the day. Please ensure students have hats and sunscreen, just in case. A big thank you to Mr Smith for his organisation of this event. The top runners in years 3-6 will represent Faulconbridge at the Blue Mountains Zone PSSA carnival the following week, Friday 24th May.

ANZAC Day

Congratulations to all the students who represented our school community at the ANZAC day march and commemoration in Springwood on Thursday 25th April. We had 38 students in attendance, including members of our student leadership team in school uniform. Parents and staff were very proud of the way the students represented our school. Thank you to Mrs Curzon for coordinating our school's representation at this important community event.

The school's commemorative ANZAC assembly was held last Friday afternoon.

Thank you to Mr Earl for organising this significant event, the student leadership team for running the assembly and to the students, staff and parents who observed this solemn occasion respectfully.

2019 NAPLAN TESTS:

Students in years 3, 5, 7 and 9 will sit for the National Assessment Program Literacy and Numeracy (NAPLAN) in week 3. I would like students, family and friends to remember that these tests are unable to measure all of what it is that makes you the valued person you are. The NAPLAN tests results give you some very specific information about yourself, but it cannot say everything about who you are and what you have achieved.

The teachers at Faulconbridge ensure students are familiar with the test format and go above and beyond to provide appropriate support and guidance both leading up to and during the tests. We reassure students that NAPLAN is an opportunity to demonstrate skills they have learnt over time through the school curriculum and we try our very best to reduce anxiety by treating NAPLAN test days as just another event on the school calendar.

My main wish is for students to approach the tests with confidence and to try their best on the day. The NAPLAN tested will be conducted from 15-17 May, 2019.

Tuesday 15 th May	Wednesday 16 th May	Thursday 17 th May
Language Conventions (Spelling, Punctuaion & Grammar) Writing Test	Reading Test	Numeracy Test

Principal's Report Continued...

Food at school

There are the odd occasions when a student does not bring lunch to school. This can be for a variety of reasons. We want to ensure every child has something to eat during the day. Having enough food and energy helps your child to do their best learning at school. We have a procedure to ensure that children have something to eat if they have not brought their lunch to school.

If your child does not have food at school, we will give them a Vegemite sandwich at lunch time and ensure they have some water at the bubbler. We will let you know if we have provided a sandwich for your child via a note home. The note will have a tear off slip to be returned to the office which acknowledges that you are aware of the situation.

This is just another step in ensuring the wellbeing of all our students.

Cub Award Morning Tea:

Congratulations to our Cub Award winners for 2019:

		Safe	Respectful	Learner
Term 1	K-2	David S - 1/2S	Ana K - 1/2S	Leyton A - 1/2S
Week 11	3-6	Molly M - 2/3C	Cameron D - 3/4Z	Kira P - 2/3ZC
Term 2	K-2	Boston D - 1/2G	Kael M - 1/2H	Alyssa G - 1/2H
Week 1	3-6	Carter H - 5/6T	Kiah S - 5/6S	Krystal W - 5/6S
Week 2	K-2	Penelope S - K/1J	Imogen A - 1/2S	Elvis A - 1/2H
	3-6	Thomas D - 2/3C	Lachlan B - 3/4J	Bailey C - 3/4J

Mrs Carol Frith
Principal

10 things you can do to help your child learn to do mathematics



It's Book Fair time again!!!! Faulconbridge Public School will be holding our annual Book Fair this term! The Book Fair will take place in the library and will open on **Thursday 23rd May** after school. On each day after this it will be open

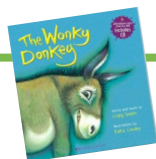
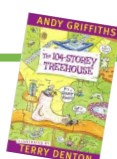


- ◆ In the mornings from 8:30
- ◆ Lunchtimes
- ◆ In the afternoon until 3:30

The last day of the Book Fair will be **Tuesday 4th June**.

A vast array of fantastic children's books and stationery will be available during this time, so come along and support our school while encouraging your child to read for enjoyment!!!!

Mrs Jill Capuyan



SCHOLASTIC BOOK FAIR

****PLEASE NOTE****

Library is closed on Mondays



As part of our 'Sorry Day' school activities, we are lucky enough to have Aboriginal author and illustrator, Dub Leffler coming to work with us on Thursday 23rd May.

Descended from the Bigambul people of South-West Queensland, Dub Leffler is one of Australia's most sought after illustrators of children's literature.

He has written two books for children and is currently illustrating his 23rd title, which will be published this year.

Having travelled extensively both in Australia and overseas, Dub has taught illustration workshops everywhere from the Tiwi Islands, to Scotland & the United States.

These are the Dub Leffler books that we have in our library:

"Once There Was A Boy"

– written and illustrated by Dub Leffler

"Sorry Day"

– Coral Vass & Dub Leffler

"The Sugarbag"

– Nola Turner-Jensen & Dub Leffler

"Frog Finds a Place"

– Sally Morgan, Ezekiel Kwaymullina & Dub Leffler



Free Parent/Carer Seminar Building Bravery (Parenting Anxiety)



Does your child have difficulty...

- Separating from you
- Managing their worries and fears
- With needing to get things right (perfectionism)
- With social situations

This info session will provide general overview of anxiety symptoms in children. The presentation will also provide parents/carers with helpful tips and advice on how to respond to their child's fears in a way that encourages them to be brave when facing their worries.

Date: Monday 20th May, 2019
Time: 9:15am - 10:45am
Where: Faulconbridge Public School Library

OR

Date: Wednesday 22nd May, 2019
Time: 6:30pm - 8:00pm
Where: Faulconbridge Public School Library

Please RSVP via the following link:

<http://docs.google.com/forms/d/1zGpzXseKnNUj2kyiPbTSbEQHbf5p4dAAjoCiGalO-NI/edit>



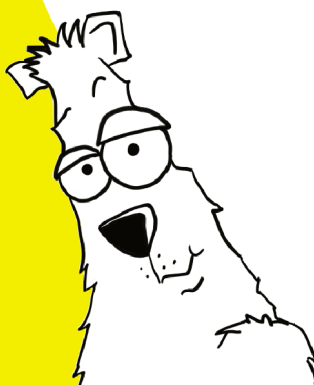
Faulconbridge Public School

PBL Award

TERM 1

WEEK 9

Presented to:



K-2 Assembly

KC	Sadie G	Being respectful: Always listening to and following adult instructions
KC	Eric D	Being a learner: Blending phonemes to read words! Well done
KC	Brady Z	Being a learner: Trying his best in all English and Maths lessons
KC	Ella H	Being safe: Always knowing how to move safely in the classroom and on the playground
KW	Tennyson D	Demonstrating respectful listening during instruction time
KW	Lochie C	Being a learner: learning to blend words with increased speed and fluency
KW	Anton B	Being a learner: Improving his letter and number formation
KW	Violet L	Always modelling safe behaviour in the classroom and playground
K/1J	Amelia F	For being a learner and working hard during class lessons
K/1J	Penelope S	Being a learner and working hard in all areas
K/1J	Josephine L	Being a learner and participating in lessons in a mature manner
K/1J	Tommy B	Being respectful by supporting his friends when they need help
1/2G	Dominic W	Being a focused and hard-working learner
1/2G	Bella L	Being a polite and well-mannered student
1/2G	Noah C	Being a focused learner during Math lessons
1/2G	David S	Increasing confidence during writing lessons
1/2H	Sienna I	Being a learner by writing interesting stories!
1/2H	William W	Being a learner by writing interesting stories!
1/2H	Michael S	Respectful listening and learning
1/2H	Cooper M	Being a learner in writing!
1/2S	Annabelle W	Immersing herself in writing lessons with great enthusiasm
1/2S	Jaxson T	Showing improved focus in the classroom
1/2S	Jacob O	Showing enthusiasm and perseverance towards his recount writing
1/2S	Ishwari M	Persevering through tricky tasks during literacy groups and writing
2/3C	Izzy S	Showing plenty of effort and enthusiasm in her writing
2/3C	Rubi W	Showing kindness and respect to all members of 2/3C

GOLDEN BEAR AWARD

Presented to:

TERM 1

WEEK 11



KC	William S	Being a safe, respectful learner, Well done!
KW	Cove D	Working hard to improve his focus so that he can be a safe, respectful learner
K/1J	Evelyn B	Always being a safe, respectful learner
1/2G	Amelia F	Consistent effort during reading groups
1/2H	Max K	Being a safe, respectful learner!
1/2S	Argus S	Being a safe and respectful learner in the classroom
2/3C	Felix K	Consistently making an effort to finish all his tasks to a high standard this term
3/4J	Sarah Y	Being a safe, respectful learner
3/4Z	Eva H	Being a safe, respectful learner
4/5S	Oliver L	Always demonstrating a respectful and mature attitude to learning
5/6P	Niklas O	His steady focus in lessons and creative risk-taking
5/6S	Ella H	Consistently being a safe, respectful learner
5/6T	April M	Her focus and concentration in all areas



Faulconbridge Public School

PBL Award

TERM 2

WEEK 2

Presented to:



K-2 Assembly

KC	Vanua W	Being a Learner: Fantastic progress in reading
KC	Kalee B-S	Being Safe: Trying hard to keep her hands and feet to herself whilst on the floor
KC	Lila L	Being a Learner: Always participating and trying her best
KC	Alyssa O	Being Respectful: Always talking politely and using good manners
KW	Brady W	Being a learner. Trying hard to improve his listening skills during instruction time
KW	William O	Being a learner. Improving his focus in phonics lessons.
KW	Mae B	Being safe. Modelling safe behaviour in the classroom & playground
KW	Clea B	Being a learner. Improving her letter formation in phonics lessons
K/1J	Henry W	Being a learner Improving his counting backwards
K/1J	Jacob M	Being a safe learner in the classroom
K/1J	Aston B	Being a learner improving his recount writing skills
K/1J	Skye M	Being a learner and working hard to improve counting backwards
1/2G	Taurin L	Listening carefully and sharing his interesting ideas
1/2G	Bodhi C	Being a focused and hard-working learner
1/2G	Kiraleigh B	A dedicated and enthusiastic approach to learning
1/2G	Matias B	Approaching all his work in an enthusiastic manner
1/2H	Archie B	Always gives his best & willing to help others
1/2H	Juliet M	Improvement in independent working
1/2H	Josephine T	Being a respectful learner
1/2H	Kaytlin M	For a settled start to Faulconbridge
1/2S	Ana K	Her great effort and attitude towards writing tasks
1/2S	Ethan V	Showing improved focus during all classroom activities
1/2S	Lilah A	Her continuous effort in reading and writing
1/2S	Leyton A	Working hard to ensure he is being a respectful learner
2/3C	Ella P	Taking extra care with her reading and using great expression
2/3C	Emily D	Showing great creativity in her persuasive writing



Faulconbridge Public School P&C Association

We're fundraising with CASHREWARDS!

Whether it's pitching in for a school bake sale, helping out the kids' sports team, or supporting local families doing it tough, community fundraising is one of the best ways we can make a real difference for the people and causes we care about most.

We are working with CASHREWARDS, who are Australia's largest and most trusted Cashback shopping site. Just by doing your everyday shopping with CASHREWARDS, you'll be rewarded for every purchase. The way it works is simple. Just use the direct link to shop over 1,200 of your favourite brands and they will give you up to 25% Cashback (not points!) on your purchase.

By shopping through CASHREWARDS, each brand pays them a commission and they pay most of it back to you – It's that easy. An added bonus is that you can use CASHREWARDS to make a massive difference for our fundraising efforts too.

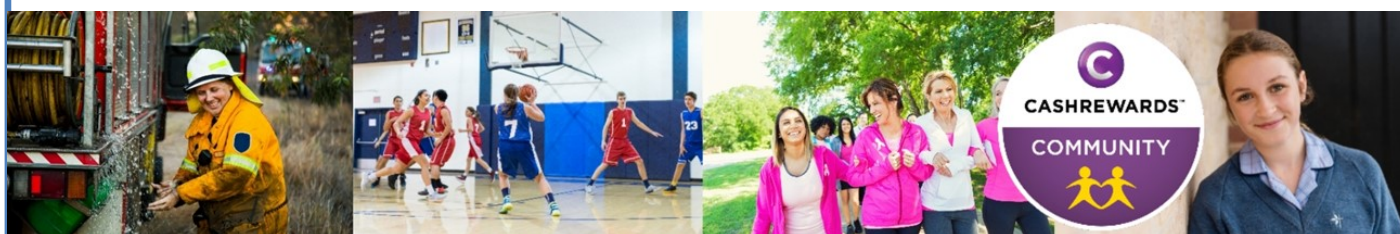
Simply join CASHREWARDS through our unique landing page, not only can you take advantage of all the special offers and Cashback, **CASHREWARDS will donate \$10** to our fundraising efforts on your behalf if you join and shop, and the best part is, it's FREE to join.

Here's a short video on how it works: <https://www.youtube.com/watch?v=ak2qZ4eUYr8&t=11s>

From groceries to getaways you can earn Cashback and help raise much needed funds for our school all while stretching your own shopping budget that little bit further.

Remember it's free to join and only takes 15 seconds to register. Join up by visiting our unique webpage at: <https://www.cashrewards.com/community/schools/faulconbridge-public-school-pc-association>

Thank you for your continued support.



Got It!



Greetings parents and carers!

Over the coming weeks you will see a series of tip sheets from the *Got It!* team on how you can help develop the necessary skills for wellbeing in your child.

So what does 'wellbeing' have to do with **ALL** primary school aged children? It refers to helping them develop good skills for managing:

Behaviour

Feelings

Relationships

Social skills

Resiliency

Happiness



A special note to all **kindergarten to year two** families:

In term 1 you received a Strengths and Difficulties Questionnaire (SDQ). This determines your child's developmental level in regards to behaviour, emotions, hyperactivity, peer skills and prosocial skills. Please talk to your child's teacher or call or email us if you have any questions or would like some help completing the form.



Health
Nepean Blue Mountains
Local Health District

Got It team contact: 4725 9800
NBMLHD-Got-It@health.nsw.gov.au



School Community Charter

 **Collaborative. Respectful. Communication.**



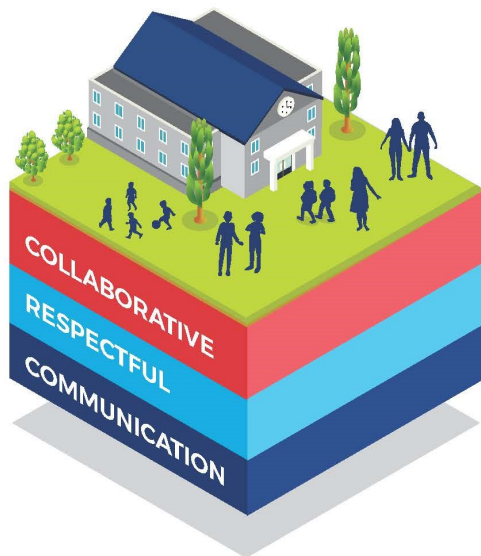
We work in partnership to promote student learning.



We treat each other with respect and fairness.



We communicate in a positive and constructive manner.



We all play a part

Respectful communication is a right

In all workplaces people have the right to feel safe and respected. Unacceptable and offensive behaviour has no place in our school communities.

Unacceptable behaviour:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



School Community Charter

education.nsw.gov.au



Health

Nepean Blue Mountains
Local Health District

ProACTIVE GROUP

Children with Anxiety - Group Treatment Program

Many children and adults experience anxiety. If the anxiety is stopping your child from doing the things they usually enjoy, parents may want to do something to help them overcome their anxiety. Being a parent of an anxious child can be very challenging and the anxiety will often impact the child and effect the whole family.

This is an eight week group program for anxious children (for primary school aged children in Years 3-6) and their parents to teach skills to assist them to manage their anxiety. This group is being run by Primary Care and Community Health Child and Family Counsellors.

When:- Tuesdays, 8 weeks, 7 May-25 June 2019

Time:- 5.00-6.30 pm

Where:- Springwood Community Health Centre
(288-292 Macquarie Road, Springwood)

Cost: - Free

Registration:- **Register by contacting the Central Referral Service on
1800 222 608**

Contacts:- Pauline (phone 4730 5100) or Virginia (phone 9833 6800)



TICKETS

Child (under 16) \$25
Infant (under 2) Free

Adult \$35
Family (2+2) \$95

BOOKINGS

www.thejoan.com.au
or 02 4723 7600

PENRITH
CITY COUNCIL

by Joan



PSO
PENRITH
SYMPHONY
ORCHESTRA

Springwood Neighbourhood Centre

Co-operative Ltd

Striving for a community that is vibrant caring and inclusive



2019

A support group

Raising Kin is a support group for grandparents, relatives and kinship carers who care for a child who is a relative. This group meet on the first Wednesday of the month during school terms. Come along to meet others who are the primary carers of a grandchild, niece or nephew, sibling or other relative who is not their child.

2019 Term 2 dates: WEDNESDAY May 1st, June 5th, July 3rd.

Time: 10:00am-12:00pm

Venue: Tanderra OOSH, 14 Raymond Rd, Springwood

For more information and to RSVP please call

Jenny on 0450 001 393

Ground Floor, Community & Cultural Hub
108 Macquarie Rd, Springwood

P: 4751 3033

W: sncc.org.au

f facebook.com/springwoodneighbourhoodcentre



Drawing Classes for kids

This course is designed for kids who love drawing!

Your child will learn all the skills they need to develop their drawing ability.

We draw animals, castles, dragons, landscape, portraiture and much more.

We use pastel, pencil, charcoal & watercolour pencil.

All art materials are provided



**NEW
KIDS CLASS
STARTING
SOON**

Use your \$100

Creative Kids Voucher

- Children's classes are from 4.00-5.30pm
- Minimum age 8 yrs
- Small class size for individual attention (max 8)



Vanessa Joret is a fulltime artist who has been teaching art to kids & adults since 2002. Classes are held at her Woodford studio. For more info call Vanessa on:

0409 516 615

BOOKINGS ESSENTIAL

See students' artwork and course outline at:

www.vanessajoret.com.au



Find us on
facebook.

Vanessa Joret - Drawing Classes

YOUR VOICE MATTERS



Join Lantern League

Lantern League is a global network of public speaking clubs for kids ages 8 - 16 years old.

THE SPIRIT OF LANTERN LEAGUE IS ABOUT SHINING YOUR BRIGHTEST. IT IS A NON COMPETITIVE SPEAKING CLUB WHERE YOUNG MEMBERS ARE COACHED TO OVERCOME PERFECTIONISM, POWERFULLY BUILD THEIR VOICE & RADICALLY ACCEPT THEMSELVES FOR WHO THEY ARE.

Contact Club President

Lindsey to join -

0406788785

steepedinmeaning@gmail.com

www.lanternleague.com

**NEW CLUB
STARTING
20TH MAY!**





Wildflower ART & GARDEN Festival 2019

SCULPTURE WALK CALL FOR ENTRIES!

\$5,000 in prizes!

Create a masterpiece for our Sculpture Walk

Artists from across NSW are invited to submit works for the St Ives Wildflower Art and Garden Festival's annual Sculpture Walk competition, held on Sunday August 25.

Sculptures should showcase the uniqueness of the Australian bush landscape and utilise sustainable materials.

Entries close Monday 15 July

kmc.nsw.gov.au/wildflowerfestival



Springwood East Timor Support Group INVITATION

20th Anniversary Trivia Night

To aid educational and
medical initiatives
in Timor Leste



Saturday 18th May 2019

7.00pm for 7.30pm start

St Thomas Aquinas School Hall

168 Hawkesbury Rd, Springwood

*'You are invited to dress in the Timor Leste
colours of red, yellow, black and white.'*

Come, join the celebrations.'

Tickets available from:

Pam Gorman: 02 4754 1160

Email: chrispamgorman@optusnet.com.au

BYO nibbles & drinks

Sausage sizzle available

Tickets \$20 ea

Tables of 8 to 10



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



Nutrition Snippet

The simplest way

... to make beetroot hummus.

Ingredients (serves 8)

2 medium sized beetroots, skin on
400g can chickpeas, rinsed and drained
1/3 cup tahini
1/2 large lemon, juiced
1/4 cup olive oil
2 garlic cloves, crushed
1/4 tsp cumin
3-4 tbsp water
Pinch of salt



Method

Pre-heat oven to 200°C. Wrap each beetroot in foil and roast for 1-2 hours (depending on size) until soft. Remove from the oven and cool. Peel and chop into chunks.

Place all ingredients in a food processor with only one tablespoon of water. Process until smooth. Add more water, one tablespoon at a time until the desired thickness is reached.

Visit healthylunchbox.com.au for more recipes and ideas.

healthylunchbox.com.au

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 📠 47586477

TERM 2, 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 7th May
- **Play in the Park** at Buttenshaw Park, GWH Springwood, on Wednesdays 10am – 11.30 am (weather permitting) starts 8th May
- **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes 9th May

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. . 1st, 15th & 29th May; 5th & 19th June; 3rd, 17th & 31st July. In partnership with Connect Child & Family Services. A friendly, informal social and support group. 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.

NDIS Peer Monthly Support Group: Wednesdays from 10.00 – 11.30 am Wednesdays – 8th May, 12th June and 10th July. Information, advocacy and support. Supported by Ability Links, MMNC and MOCs. At Mid Mountains Neighbourhood Centre. Child care available must book in advance. Call Danielle on 4759 2592 or Liz on 4758 6811 for more information.

Floristry: FREE accredited short TAFE OUTREACH Course. Thursdays 16th May – 20th June, 9.30 am – 2.30 pm. Learn how to create simple flower arrangements and undertake a variety of floristry related work activities. All materials provided. At Bungarrabee Centre, Oaklands Rd, Hazelbrook. Bookings essential 4758 6811. Limited Childcare available, must book.

Circle of Security Parenting Course: Tuesdays 14th May – 25th June, 9.30 am – 11.30 am. Learn how to be a strong, wiser and kinder parent. Suitable for parents of 0-12 yr. olds. At Heatherbrae, 1 Benang St, Lawson. Bookings essential call Gateway on 1300 316 746. Child care available must book.

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 2, 2019 PROGRAM (continued)



Reconciliation Week Event: Launch of MOCS Reconciliation Action Plan (RAP) Part 2.
Last week of May (Date to be confirmed) At Katoomba High, Martin Street Katoomba.
All Welcome. For more information call MOCS on 4758 6811.



Reading Week: 17th—21st June. Watch for reading and early literacy events at a playgroup or preschool near you with *Paint the Blue Read* mascot Billie Booksie. Full program coming soon—check out Billie's Face Book page. Or contact MOCS on 4758 6811.

Indigenous Triple P—Positive Parenting Programme: Fridays 17th May – 14th June, 10.00 am – 12.30 pm. Practical strategies for everyday parenting; deal positively and consistently with problem behaviour and build better family relationships. At Enrich, Clairvaux Centre, 14 Oak St, Katoomba. In partnership with ACRC. Call Raylee on 4782 6569 to register. For Aboriginal parents/carers or parents/carers of Aboriginal Children. Limited childcare available – must book. FREE

Mid Mountains Bush Walking Group: Each Wednesday 9.30 am for approximately 3 hrs. For adults, leader is Andy Cairns who is affiliated with Springwood Bush Walking Club, regular walkers encouraged to join the club. For details on walks and information call Andy on 4758 7787 or email macandy@iprimus.com.au.

Sole Parent Connections: Are you a sole parent wanting to meet others for activities and outings with your children? Call Liz at MOCS on 4758 6811 or email hub@mocs.org.au.

Parenting Young: A group for parents up to 24 years and their children. A place to meet with other parents while the children play in a safe supportive environment. Young parents share their questions and ideas. Workers from a variety of local services available with information and advice. Young pregnant women very welcome. Meets every Friday of school term 10.00 am – 12.30 pm, under Lawson Library, cnr San Jose Ave & Loftus St, Lawson. Call Tanya on 4758 6811 or email parenting.young@mocs.org.au

For information CALL MOCS ON 4758 6811 or



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

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