

Learn to Live

Term 1, Week 2 (7th February, 2020)

Important Dates:

Please mark these dates on your calendar

FEBRUARY 2020

Mon 17	P&C Meeting 7pm
Wed 19	Meet the Teacher Evening
Thu 20	Volunteer Induction 9:15am SHS Expo - Year 6 (9:30 - 1:30pm)
Fri 21	Zone Swimming @Glenbrook
Mon 24	Volunteer Induction 6pm
Thu 27	Photo Day

MARCH 2020

Thu 5	Scripture starts
Mon 9	Wellbeing Week
Mon 16	P&C Meeting
Wed 25	Stage 3 @ Canberra
Thu 26	Stage 3 @ Canberra
Fri 27	Stage 3 @ Canberra

APRIL 2020

Mon 6	Sydney West Soccer
Thu 9	Last day of Term 1
Fri 10	Good Friday - Public Holiday

TERM 2 - APRIL 2020

Mon 27	Staff Development Day (NO STUDENTS)
Fri 8	Mother's Day Breakfast (P&C)
Mon 18	P&C Meeting 7pm

Principal: Mrs C Frith

Assistant Principal Stage 1: Mrs N Bridges

Assistant Principal Stage 2: Mrs K Jansons

Assistant Principal Stage 3: Mr P Earl

Notes Home

- ◆ Stage 3 Canberra Excursion deposit note (sent out 2019)
- ◆ Springwood High School Expo (Year 6 students)
- ◆ Year 6 Shirt orders
- ◆ 2020 Library Monitor Application Form (Stage 3 only)
- ◆ Kitchen Garden Program (Stage 3 only)
- ◆ Annual Swimming Carnival (Years 2 to 6)
- ◆ Welcome to Kindergarten
- ◆ Stage 3 Canberra Excursion information and payment



Assembly Dates

Fridays commencing 2pm

TERM 1

14th February	3-6
21st February	K-2
28th February	K-6
20th March	3-6
27th March	K-2
3rd April	K-6

School Activities Update

Kitchen Garden Classes - Term 1

Monday - 5/6P - 9:30am, 5/6S - 11:30am, 5/6T - 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, 3/4K, 3/4Z, 3/4S

Wednesday: KC, KB, K/1G, 1/2F, 1/2H, 1/2W, 5/6P, 5/6S, 5/6T

Library Days

Tuesday: 3/4K, 3/4S, KB

Wednesday: 2/3C, 5/6P, KC

Thursday: 5/6S, K/1G, 5/6T

Friday: 1/2W, 3/4Z, 1/2F, 1/2H

Music

Monday: 3/4Z, 3/4K, 3/4S

Tuesday: KC, 5/6S

Wednesday: 2/3C, 5/6T, 5/6P

Thursday: 1/2H, 1/2F, K/1G, KB, 1/2W

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,

Welcome back to our 2020 school year!

It has been a busy but settled start to our school year. We have increased our enrolment numbers in 2019 with a student population of 329 students across 13 classes. There are many opportunities for students to participate in school programs across the year, and the Kitchen Garden program will start for Stage 3 classes this week.

At the end of 2019, our final newsletter was not published because the school site was shut on the last two days of the year due to the bushfire risk. With this in mind, please see the comment below regarding our Celebration of Student Achievement.

Celebration of Student Achievement

What a wonderful day we had at our Celebration of Student Achievement.

It was a time to recognise the accomplishments of students across the school and to acknowledge the active participation of our Year 6 students over the last seven years in the life of the school.

A big thank you to Mr Earl, and the entire organising committee for planning and delivering such a well organised event.

It was a moment to shine for our Concert Band, Stage Band, Wind Orchestra, Drumming group, and Senior Choir, who all performed with gusto.

Thank you to all the parents, grandparents and community members who came along to support our students.

But most of all thank you to the students. It was a long ceremony, and it was quite warm in the hall. The boys and girls were very well behaved and demonstrated respect for the award winners and the speakers at the microphone.

We always evaluate our practices and processes and look for areas to improve after every event. We welcome feedback and we have received some feedback regarding the Celebration of Student Achievement. We will be taking this feedback into account as we plan our 2020 event.

Parental responsibility for attendance at school

At the start of the school year it is timely to remind parents and carers of their parental responsibility for student attendance at school. Attendance at school is a legal requirement. What are the responsibilities of Parents?

Parents must ensure:

- Their children of [compulsory school age](#) (the child is of or above the age of 6 years and below the minimum [school](#) leaving age), are enrolled in a government or registered non-government school or, they are registered with the [Board of Studies, Teaching and Educational Standards \(BOSTES\)](#) for Home Schooling.
- Their children who are enrolled at school attend every day the school is open for their instruction.
- They provide an explanation for absences by means such as a telephone call, written note, text message or email to the school within 7 days from the first day of any period of absence.
- They work in partnership with the school to plan and implement strategies to support regular attendance at school, including communicating with the school if they are aware of issues impacting on their child's attendance or engagement with school.

Applications for Extended Leave (travel or holiday) procedure.

Since the beginning of 2015, family holidays and travel outside of the school vacation period has been counted as an absence for statistical purposes. If you are planning to travel during a school term, an Application for Extended Leave should be completed in the weeks prior to the travel and submitted to the school office. This ensures the timely issuing of the Certificate for Extended Leave prior to departure to travel. Travel is considered to be domestic or international travel for the purpose of a family holiday, family business, bereavement or other reasons, which should be specified on the application. In the case of family holidays, **you are encouraged to take holidays with your child/ren during school vacation periods**. Travel during the school term must be in the best interests of the student. Educational, social and participation reasons should be specified on the Application for Extended Leave.

Principal's Report cont'd

As Principal, I have responsibility to accept or decline an Application for Extended Leave. Accepted applications receive written confirmation through the Certificate of Extended Leave which should be taken with for the duration of the leave period. If the application is declined, you will receive written notification. I may phone you to discuss the reasons for extended leave, to better understand your situation. Travel documentation, such as copies of travel itinerary or e- ticket can be attached to the Application to assist this process.

Trial of new internal bell times during the day.

As a staff, we have been looking at the growing body of international research that recognises the importance of giving students regular breaks throughout the day.

Children's brains need active, unstructured, play time throughout the day to allow for increased oxygen and glucose to fuel their brains, and to continue to be able to focus on their learning. The research shows that giving students a short break every 50-75 minutes has a number of benefits. These include improvements in:

- Academic performance;
- Social and emotional wellbeing;
- Creative and imaginative development; and
- Physical growth.

During Term 1 we will be trialling new internal bell times during the school day. Please note there will be **no change** to school start time or finishing time. There will be zero changes to the total amount of teaching time or student breaks during this trial. The NSW Department of Education stipulates that for Primary schools, there must be 4 hours and 45 minutes of teaching time per day, along with 1 hour and 15 minutes of student breaks. The tables below set out the current schedule of breaks, and the trial play time changes.

Previous Timetable	
8:55am	First teaching session (110 minutes)
10:45am	Lunch Eating time (10 minutes)
10:55am	Lunch play time (30 minutes)
11:25am	Second teaching session (120 minutes)
1:25pm	Recess (30 minutes, including eating time)
1:55pm	Third teaching session (60 minutes)
2:55pm	End of school
Total Teaching Time: 290 minutes Total Break Time: 70 Minutes	

Trial Timetable Changes	
8:55am	1st teaching session (110 minutes)
10:45am	Lunch Eating time (10 minutes)
10:55am	1 st Break play time (30 minutes)
11:25am	Second teaching session (60minutes)
12:25pm	2 nd Break (15 minutes)
12:40pm	Third teaching session (60 minutes)
1:40pm	3 rd Break (15 minutes)
1:55pm	Fourth teaching session (60 minutes)
2:55pm	End of school
Total Teaching Time: 290 minutes Total Break Time: 70 Minutes	

Principal's Report cont'd

P&C AGM

Our school P&C generally meets on the 3rd Monday of each month during school terms. Our first P&C Meeting is on Monday 17th February at 7pm in the library. The P&C AGM will also be held at this time. Everyone is welcome to attend. Only financial members can vote at the AGM. New parents can join the P&C at this meeting. We look forward to welcoming new members in 2020.

The P&C takes an active role in the life of our school, with subcommittees who look after fundraising, the Blackboard Café, advocacy for our school, student banking and the uniform shop. Fundraising events include the Mothers' Day Stall, Fathers' Day Stall, Twilight Markets and bi-annual walkathons/Colour run. As well the Blackboard Café supports many events at school throughout the year. All of these events are reliant on the good will and time of our volunteer parents and grandparents. Please consider taking an active role in the P&C if you can this year, as *'many hands make light work'*.

Volunteer Induction

As I stated above our school works well as school community, due to the amazing number of people who volunteer their time to support programs at our school. As we start the new school year it is important all our volunteers provide their Working with Children Check number, 100 points of ID and complete either Appendix 5 or 11. Please ensure your details are up to date at the front office. If you have previously provided your details and your Working With Children Check has not expired, then you will be ready to start helping when the teachers are ready.

This year we are inviting **all new** volunteers to participate in an induction program. This will be a 30 minute session on Thursday 20th February at 9:15am in the school hall or Monday 24th February at 6pm in the school library. Anyone who is planning to assist in classrooms or volunteer in the school is encouraged to attend. This session will include site compliance for Workplace Health and Safety, Working with Children Check, Child Protection, Emergency procedures, Signing in procedures and protocols, security, supervision and PBL. Refreshments will be provided.

Communication from the school

Our school newsletter is the main source of information about our school, including upcoming events and key information. Our newsletter is uploaded to the school website each fortnight and is also distributed via the School ENews app. All notes sent home and all upcoming event information can be also be found on the website and the website is updated weekly.

From time to time family circumstances may change. When relationships breakdown it is important to maintain respectful communication with each other and the school. Notes will be sent home with the student, to the parent the child is residing with at that time. The non-residential parent can access all information on the website or via the School ENews app.

As always it is important to update your details at the front office to ensure the school has the correct information including address, emergency contacts, and any custody arrangements.

Learning Supplies and Voluntary Contributions

There are no compulsory fees in NSW Government Schools to meet minimum curriculum requirements. Each year every student/family is invoiced for Voluntary Contributions towards the operational expenses of running the school. Our voluntary contribution is \$46 for a student or \$75 for a family. **This contribution is voluntary**, and we appreciate the support of the families who make their contribution each year. This year we are also invoicing \$30 for Learning Supplies which will help purchase supplies used directly in the classrooms by students. **This payment is also voluntary.**

Meet the teacher Evening

This year we are running our Meet the Teacher evening on Wednesday 19th February from 5-7pm. Please pop this date in your diary. More information will follow next week.

Please remember this is time for general information about our school and your child's class. If you need to speak to your child's teacher about an individual matter, please make an appointment.

Principal's Report cont'd

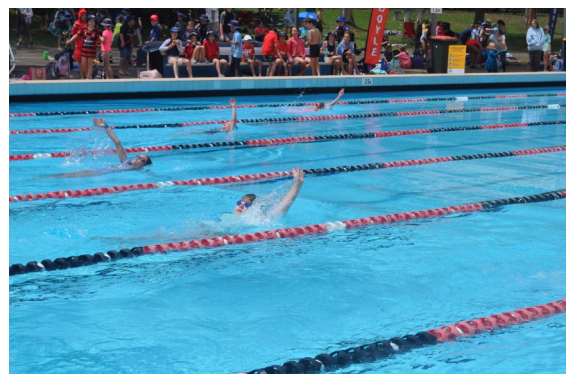
Primary Swimming Carnival

Our Swimming Carnival was held on Wednesday at Lawson Pool. We were very lucky with the weather and it was great to see the high participation level of students competing in a range of races and novelty events. There are photos of the day later in the newsletter.

Mrs Carol Frith Principal









DO YOU NEED TO UPDATE YOUR CHILD'S HEALTH CARE PLAN?

The school year has started so it is time to think about Health care Plans!

- If a student has a current health care plan, please check its expiry and make a doctor appointment to update any plans that are approaching expiry. Updated plans can be handed in to the school office.
- If a student has a medical condition such as anaphylaxis or asthma that may require medication to be given at school, please see your doctor to get a health care plan and provide it to the school office.

If you are unsure if your child needs a health care plan, please contact the school office from and ask to speak to Mrs Jansons for assistance.



SPRINGWOOD HIGH SCHOOL
INSPIRING EXCELLENCE — ACHIEVING SUCCESS



2021 YEAR 6 EXPO FOR STUDENTS, PARENTS & CAREGIVERS

Thursday, 20th February 2020

Year 7 students for 2021 and their parents and caregivers are invited to attend the Springwood High School Expo on Thursday, 20th of February 2020.

The Student Expo will be held from 9.45am to 1.30pm and will introduce students to a variety of subject areas through taster lessons. Lunch will be provided and the day will end with a concert showcasing talented Springwood High School students.

The Parent Expo will run from 7.00pm with a concert showcasing talented Springwood High School students. In addition, Head Teachers will be available to answer subject-specific questions after the performance.

For more information please contact the school on 4751 2111 or through our email address: springwood-h.school@det.nsw.edu.au

Website address: www.springwood-h.schools.nsw.edu.au

 SCHOLASTIC

Every Child Deserves a Good Book

Welcome back for another year of fantastic Book Club buying opportunities. We have changed our way for ordering. This new system called "Loop" is user friendly where parents/caregivers can place all orders online at home using payment from a credit card. All orders will still be delivered to the school and passed on to the students if you order within the due date. Any orders placed after the closing date can still be made but will incur a delivery fee and will be posted directly to the home address.

The closing date for Issue 1 is **Friday 14th February**.

If you have any inquiries regarding this new system, please don't hesitate to contact me.

All items purchased still earn bonus points which in turn are used to buy valuable books for our school.

Thank you

Annette Reynolds

Book Club Coordinator

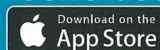
Book Club LOOP

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

Download on the

App Store

GET IT ON

Google Play

LOOKING FOR MORE PRODUCT INFORMATION?

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 SCHOLASTIC

Library news



Stage Three

This year, Stage Three will be taking part in a special library event to celebrate Library Lover's Day!

Library Lovers' Day (14 February 2020) is organised by the Australian Library and Information Association (ALIA). This annual event involves hundreds of libraries and thousands of library users.

This year's theme is "Uncover Something New".

Over the coming weeks, Stage Three will be taking part in a "Blind Date with a Book".

Each child will choose a book from the library to wrap up in recycled wrapping paper. On the front of the wrapping paper, the children will write a short blurb to give the potential reader a small hint of what's to come! They will then attend a learning session in the library, where they will each select their "Blind Date" book to borrow.

It should be lots of fun!

If you have any old wrapping paper, that you would like to donate, please send this to the library!

Thank you and happy reading!

Library Monitors

Expressions of interest notes will be sent home with children in Years Five and Six who are interested in becoming library monitors. These applications will go home in Week 3. The notes detail duties and commitments expected of library monitors throughout the year, as well as a few questions for students to answer.

If your child is interested, please go through the application with them. Both parents and students must sign the note for applications to be considered.

I'm looking forward to assembling an enthusiastic, reliable and fun group of Faulconbridge Stage Threes!

Jill Capuyan

AFRICAN DRUMMING IS BACK IN TERM 1

African Drumming is back starting Monday 10th February in the music hall for students in grades 3-6.

PLEASE ENSURE TO PAY YOUR **\$10** CASH ON THE DAY!

Thank You



Play AFL in 2020

Blue Mountains Kangaroos



Registration and Come and Try Day

Sunday 16th February

10am—12pm

Tom Hunter Park Faulconbridge

Auskick Boys and Girls 4 yrs+

Girls Under 10/12/14/16 & 18

Boys 9 - 17 yrs

Masters 35yrs+

president.bmkafl@gmail.com

0447 695 006

RIDE IN 2 BMX

Come & Try Day

Come find out about BMX, our club
and experience riding the track.

**FEBRUARY 15, 2020
12PM - 2PM**

For further information please contact us:

Website: www.bluemountainsbmx.com

Email: bluemntsbmx@outlook.com

Facebook: Blue Mountains BMX Club

Club President, Ian: 0403 016 414

Club Vice President, Tristan: 0435 794 795

What to Bring:

Bike, Full Face Helmet, Gloves, Long Sleeves
& Long Pants. The club has some protective
equipment to borrow. Bells, reflectors and
stands must be removed; we will have bike
mechanics to help out on the day.



FAULCONBRIDGE NETBALL CLUB'S

REGISTRATION DAY 2020 !

Love playing netball? Enjoy being part of a
team? Then Faulconbridge Netball Club is
the club for you!

WHERE: SPRINGWOOD TOWN
SQUARE

WHEN: SATURDAY FEBRUARY 8

TIME: 10AM - 2PM

BECOME UNSTOPPABLE START RUGBY



- Progress from touch to tackle, boys and girls aged 5 to 18
- Family and community focused junior rugby club
- Registration for the 2020 season is now open
- Fun skills based pre-season training at Lapstone Oval every Wednesday from 6pm in Feb. All welcome to drop to just have a go!



/BlueTongueRugby



www.BlueMountainsJuniorRugby.org.au

BLUE MOUNTAINS JUNIOR RUGBY UNION

Teamwork | Fun | Sportsmanship | Respect

TERM 1, 2020 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 4th February
- Play in the Park at Buttenshaw Park, GWH Springwood, on Wednesdays 10am – 11.30 am (weather permitting) resumes 5th February
- Scout Hall Playgroup at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes 6th February

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. 5th & 19th February; 4th & 18th March; and 1st, 15th & 29th April. 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: Wednesdays, 10.00 – 11.30 am – 12th February, 11th March and 8th April. 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.

Triple P Parenting course: Wednesdays 11th March to 8th April. 10.30 am -12.30 pm. A practical guide for everyday parenting, understand your kids better, improve family communication and relationships. Presented by MOCS and THRIVE. At THRIVE, 2 Station Street, Katoomba. Contact Kylie on 4782 1555 or kylie@thriveservices.org.au. FREE

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 1, 2020 PROGRAM (continued)



Holiday Fun Morning—Weroona Park, Woodford. Wednesday, 22nd April, 10 am—12 noon. Family fun for 0– 12 year olds: craft, games, books, toys, morning tea and more! Come along and meet up with your friends and other families. FREE. Partnership between MOCS and Belong. For more information call 4758 6811 or 4759 2592.

Mid Mountains Bush Walking Group: Each Wednesday 9.00 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 24years 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

Blue Mountains Occasional Care: 9.30am – 2pm, Wednesdays at Mid Mountains Community Centre, Lawson and Fridays at Baptist Church Hall, Blackheath.

An engaging pre-school program which is integrated with an enriching toddler and infant program. Licensed and regulated through NSW Government Department of Education and Communities. \$25 to \$40 per session depending on age and other factors. Please phone or text all bookings and enquiries to 0412 932 801 or Email: bmocs@mocs.org.au

For information CALL MOCS ON 4758 6811

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.

These projects funded by the Dept. of Community & Justice and the Dept. of Education, NSW Govt.



Nutrition Snippet

The simplest way ... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au



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

Only the freshest and healthiest ingredients

High fibre bread products, lean meats and free range eggs are used with fresh fruit, vegetables and bread supplied to us daily.

Exceptional service and delivery.

Everything is cooked from scratch and you are provided with the ingredients so you know exactly what your child is eating.



☎ 0425 346 704 | ✉ info@myschoollunchbox.com.au | 📱 @myslbox | Privacy | Support | Report an Issue | Website by Nick Bosch - Web Developer
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Try a **FREE** Tumbling Class at Katoomba Sports Aquatic Centre

blue mountain
Leisure Centres



Monday

Squad Classes by selection
Coaches - Bec, Shane & Chloe

Tuesday-Wednesday

Gym Fun (5-7 years) 3.30pm-4.30pm
Gym Skills (8-12 years) 4.30pm-5.30pm
Coach- Stefanie

Thursday

Tumbling Tots (3-5 years) 10:15am
Coaches - Jo and Jodi
Gym skills (5-7 years) 3.30pm-4.30pm
Pre squad/gym skills (8-12 years) 4:30-6:00pm
Teen Tumbling 6pm -7pm
Coach - Shane



Get active. Stay healthy. Enjoy life...



A 3 week program that teaches effective strategies for discipline, challenging behaviours, and emotion coaching.

Thursday 20th February, 27th February, and 5th March
10.00am to 12.00 pm at Thrive Services
2 Station St, Katoomba

Contact Selina on 02 4782 1555 or
selina@thriveservices.org.au for more details



Blue Mountains Family Support Service Inc.
Blue Mountains—2 Station Street,
Katoomba 2780
Lithgow—261 Main Street, Lithgow 2790
w—thriveservices.org.au
f—[thriveservices.lithgowbluemountains](https://www.facebook.com/thriveservices.lithgowbluemountains)

