



Marsden Mail

Term 3 Week 10



From the Principal

We are increasingly living in a society dominated by the use of technology. Young people are in their element here as they have grown up in a world where personal computing, instant communication and the internet are the norm. They often have skills in using and moving in this digital world that those of us of an older generation find astonishing. How many of you have had to ask your children about the features on your new mobile phone? How to set up the TV tuner or recorder? How many of you regularly use Twitter or check out Youtube? These are digital worlds that are foreign to many parents.

The implication is that young people have the potential to roam far and wide in the digital world without direct supervision of parents and carers. From time to time, we deal with cases at school involving inappropriate commentary about others both in text messages and online in chat rooms and other digital meeting spaces. Such commentary amounts to harassment and stems from conflicts that may have their origins either in school or outside of school and often escalates the problem through the broadcasting nature of the medium.

The Australian government identifies a number of risks for young people associated with navigating the internet. The website NetAlert (<http://www.netalert.gov.au/home.html>) – A parent's guide to internet safety includes:

EXPOSURE TO INAPPROPRIATE MATERIAL

There is a risk that children may be exposed to material that is pornographic, sexually explicit or offensive, hateful or violent in nature, or that encourages activities that are dangerous or illegal. Some sites promote extreme political, violent, racist or sexist views. Such materials can be accessed via the Web or newsgroups, shared in peer-to-peer (P2P) networks, or sent via email or instant messaging services. Access to such material may occur inadvertently through searching for educational content about people, places or issues. Children should be aware of safe searching techniques and use a family-friendly search engine for searches. Parents should be aware of who to report problems to and how to deal with unsolicited inappropriate material.

PHYSICAL DANGER

'Stranger danger' is also a risk associated with the internet. It is possible your child may physically meet a person who may claim online to be someone they are not. It is vital that children know not to provide personal information to anyone they meet online. In some cases paedophiles have used chat rooms, email and instant messages to gain a child's confidence, and then arrange a face-to-face meeting. Young people need to know the appropriate online measures to take to protect their privacy.

UNWANTED ADVERTISING AND MARKETING TOWARDS CHILDREN

Commercialisation of the internet is on the increase. This high level of commercialism is evident in the Web, in email, in online marketing – even taking the form of online gambling. Scam websites have been set up to deprive people of money or opportunity. Some websites may be bogus or dummy sites—for example, websites supposedly belonging to banks which have been developed to deceive people into providing credit card details (known as 'phishing'). Because of the persuasive nature of these bogus sites, children may put themselves or their family at financial risk by providing their own or their parents' credit card details. The basic rule of thumb is that if something seems too good to be true, it probably is!

FINANCIAL RISKS

Another financial risk related to internet use is called 'dumping'. Internet dumping occurs when somebody is tricked into disconnecting from the internet at the normal cheaper rate and unknowingly reconnecting at a more expensive rate. It often occurs when you click on a web page element, such as a picture or link, which contains a malicious computer code. The expensive rates are usually an international or premium number, such as the 190, 191, 192 prefix numbers. These numbers are often timed, so the longer you stay connected, the more expensive the account will be. If a large sum of money appears mysteriously on your telephone bill, you may have been a victim of an internet dumping scam.

HARASSMENT AND BULLYING

Cyber bullying can be carried out through internet services such as email, chat rooms, discussion groups, instant messaging or web pages. It can also include bullying through mobile phone technologies such as SMS. Cyber bullying can include teasing and being made fun of, spreading rumours online, sending unwanted messages and defamation.

PERSONAL INFORMATION AND PRIVACY

Just as you would not provide personal information to someone you meet on the street, neither should you do so on the internet. Issues to do with identity protection revolve mainly around web authoring and website requests for such information. Creating web pages can be a fun and educational experience for children. However, there is a danger that children will post home addresses and other personal details on websites, including photographs of themselves or other children. This carries the risk of such material being used inappropriately. Likewise, placing a child's email address on a website could lead to them receiving offensive emails.

UNRELIABLE INFORMATION

Information on some websites may misrepresent the truth, be misleading, be out of date, biased or just incorrect. Some racist websites claim to tell or represent the truth about complex social, cultural or historical issues in ways that appear logical and plausible. Such websites are known to actively merchandise or even recruit people.

SPAM

Spam is the email equivalent of junk mail or nuisance telephone calls. Spam is simply any unsolicited electronic mail sent in bulk to individuals or organisations. It can include viruses or pornographic content. Spam is becoming increasingly prevalent and is an issue for anyone with a personal email address. Filters can be used to prevent spam from entering a mailbox, but spammers are using increasingly sophisticated techniques to bypass filters. Children need to recognise and delete spam without opening it.

COMMUNICATION

Internet technologies such as email, chat rooms and electronic conferencing are fast, easy and effective means of communicating and sharing information. Internet enabled devices including mobile and camera phones and personal digital assistant (PDAs) can also be used for text messaging and exchanging photographs or video. There are, however, some risks associated with using these technologies:

Emails can contain virus-infected attachments or be used to bully and harass, including of sexual harassment or racial vilification.

Text messages can be used for the same purpose.

In chat rooms the same risks apply, and in unmoderated chat room environments, people may adopt false identities. This is known as 'online grooming'.

Children need parents and carers to help teach them how to stay safe online. You may wish to think about the following to help your family:

Spend time online with your children and explore websites together. Take an interest in what they like to do online.

Help your children use the Internet as an effective research tool - learn about handy homework tips for children and also good searching ideas.

Be aware of your children communicating with people they don't know, particularly in chat rooms. Set house rules about what information your children can give out.

Put the Internet enabled computer in a public area of the home, such as the living room, rather than a child's bedroom.

Talk to your children about their Internet experiences - the good and the bad. Let them know it is OK to tell you if they come across something that worries them and that it does not mean that they are going to get into trouble.

Teach your children the ways to deal with disturbing material - they should not respond if someone says something inappropriate and they should immediately exit any site if they feel uncomfortable or worried by it.

Teach children that information on the Internet is not always reliable.

Encourage children to treat others in the same way that they would in real life by giving them an understanding of netiquette.

Know the best ways of avoiding spam and how to identify it when it first appears.

Set some appropriate guidelines for Internet use and discuss them with the children in your care.

Gus Vrolyk, Principal

Calendar

September

8-15 Year 11 Yearly Exams
8 Year 8 Gala Day
18 Year 12 Graduation
19 Red Cross Blood Donors

October

6 Labour Day
8 Robotics Team Incursion
9 Yr 7 Robotics Excursion
13- HSC Exams
13-17 Big Dreaming Yr 10
20-21 Gibberagong visit Yr 11
23-25 History Tasmania Trip
28 P&C Meeting
31 SRC GRIP Leadership Conference

School holiday dates:

Term 3

Last day of term Fri 19 Sep

Term 4

Students start Tue 7 Oct

Last day of term Wed 17 Dec

**Our next P&C meeting is on
Tuesday 28th October in the
Library at 7:30pm**

Study Skills

www.studyskillshandbook.com.au

Username:marsdenhs

Password:181results

Deputy Principal's Report

Year 11

Year 11 Yearly exams commenced on Monday 8th September. Year 11 are to be congratulated for the exemplary way in which they conducted themselves during their exams. Exams will finish on Tuesday 16th September and all students are expected to attend school for the last 3 days of the term.

As Year 11 students will be commencing their Year 12 studies next term I wish them a very restful holiday. Make sure you come back reenergized for the term ahead.

Year 12

It is with great sadness that we will be saying goodbye to our wonderful Year 12 students at both formal and informal assemblies and at our first School Dinner in the coming weeks. This is a remarkable group of students and it has been very rewarding to see them blossom into such impressive young people ready to take on the world. These very talented students have excelled in

every aspect of the school – academia, sporting pursuits, music, art, leadership, mentoring, Café Doonya and so much more.

Year 12, I hope you always remember your time at Marsden with very fond memories and make sure you come back to see us sometime.

One of the most impressive groups within this year group is the Work Studies class (I may be biased). Recently the class received the letter below from one of our wonderful parents.

Hi Year 12 Work Studies Class,
The June newsletter was a very heart-warming issue. I was particularly moved by Nathan's story and the plight of the homeless people. We take simple things like a blanket or a backpack for granted, but to some it is life changing.
So on behalf of Johnson & Johnson Supply Chain Ultimo, I would like to donate 10 brand new backpacks to the Mathew Talbot and Oznam Learning Centre.
Great work Year 12, its people like yourselves that can really make a difference.
Kind regards
Dijla Koutsouras

A very special thank you to Dijla for her very kind gesture. We will deliver the backpacks to the Centre next week.

Sheryn Symons
Deputy Principal

Medieval History

Yet again Year 8 History classes have proved themselves to be very interested in the many and varied aspects of life in the Medieval Ages. Following a morning of excitement in the school hall, where the students were able to get up close with lots of medieval weapons, clothing, stocks and other methods of punishment, they were given an assignment – build a castle. They have since shown great enthusiasm for learning the finer points of torture, diseases eg the plague, the most efficient way to destroy a castle and the general living conditions.

However, they have also discovered their hidden architectural skills as they set to work and built the most amazing castles I have seen. Some of the features that were included were moats – even one with water in it, grassed areas, animals and stables, huge towers, villagers, knights, and a King. The detail was very impressive and they all really captured the essence of the assessment. I would like to congratulate all my students for setting such a high standard. And the parents too!

Ms K King
History Teacher



Library News

Book Week was a great success

Award winning Poet, Steven Herrick, performed for Year 10 and was FANTASTIC

Many of the Year 10 students couldn't believe how much fun poetry could be

All students laughed and were totally engaged with the show

If you would like to know more about Steven Herrick here is his website link:

<http://www.stevenherrick.com.au/>



Year 10 with Steven Herrick

BOOK WEEK ANNUAL CREATIVE WRITING COMPETITION is now open

Come into the library and pick up an entry form with all the information you need to win yourself a great PRIZE

The winners short story will be published in The School Newsletter

Here is your chance to let your imagination take you anywhere and everywhere.

Hope to see you soon in your Library

Ms Langelaar, Teacher Librarian

Macquarie Uni Tutoring

On Tuesday Year 12 Marsden High School students attended an award ceremony at Macquarie University. These students had participated in two terms of tutoring with Macquarie University students in preparation for the HSC exams. Each Tuesday students would meet in the Library and revise, discuss and prepare specific subjects with their tutors. Students involved in the program were; Mohammad Amjed, Hosai Anwari, Joerick Aligno, Viana Atmadja, Nina Badger, Avnit Chand, Jack Jandzio, Vickie Lao, Raymond Le, Mahshid Mohseni, Samantha Murray, Hayley Otte, Sissy Qu, Connor Sadgrove, Tommy Thungsunawan, Alice Wang, Jack Willis and Jessica Yu.



Ms Amber King
Careers Teacher

SRC Report

MHS Student Leaders help at West Ryde PS

On Thursday 4th September our School Captains Emily Godden and Connor Sadgrove and Vice Captains Jordan Amin and Samantha Murray attended West Ryde Primary School's Father's Day Breakfast with Mr Vrolyk. The event was a huge success with over 200 West Ryde fathers and students attending. The opportunity to attend allowed our Captains and Vice Captains to speak to parents, students and staff, as well as hone some very essential BBQ'ing skills! Thank you to Mr Vrolyk and West Ryde P.S for coordinating this opportunity.

SRC Leadership Camp

Our newly elected SRC members will have the opportunity to attend a leadership camp in Term 4. The dates booked are the 6 and 7 November at Gibberagong Education Centre, Bobbin Head. Activities will centre around team building activities, dealing with challenges and setbacks, goal setting and leadership development. Recreational activities will provide students with an opportunity to bond and get to know each other, in a tranquil bush setting. Details will be provided to SRC members before the end of Term 3.

Congratulations New SRC Roll Call Representatives

Congratulations to the following Yrs 7 - 10 students who have been elected as representatives in the Student Representative Council. This is a great opportunity for them to be part of the student voice of Marsden, to be involved in student-led whole school activities and events, to be part of leadership development training and to assist with communication through roll call classes.

These students were elected by their peers from each roll call class and are now members of the SRC, required to attend weekly meetings every **Thursday at lunchtime** in the Common Room.

Year 7 7R1 7R2 7R3 7R4	Jason Andraos Josh Jones Hamish Morris Khaled Rifai
Year 8 8R1 8R2 8R3 8R4	Sasha Avvali Nic Hose Ashleigh -Mary Rowlands-Cashel Angela Singh
Year 9 9R1 9R2 9R3 9R4	Vivien Chen Ray Lee Ellie McConnell George Stebbings
Year 10 10R1 10R2 10R3 10R4 10R5 10R6	Miran Kadir Christian Dilim Maddy Hendroff Ela Ates Richard Li Romina Vahid Jajarmi

Prefecture Leadership Team Elections

During Week 8, Year 11 candidates for Prefecture presented their speeches to both the Year 11 student body and the Marsden staff. All eighteen candidates for the Prefecture Leadership positions gave strong, passionate speeches about their leadership skills and aspirations and all spoke very highly of the wonderful opportunities Marsden had already offered them throughout their schooling.

It was wonderful to see such enthusiastic candidates for student leadership and the support that they showed for one another was fantastic. Thank you to all of our candidates and we will announce our new Student Prefecture Leadership Team in next term's newsletter.

Ms Laryssa Bernyk & Mrs Trish Swinkels
SRC Co-ordinators

Robotics Sponsorship

At Marsden HS we run a Robotics club that meets on Wednesday afternoons from 3:15-5pm.

Robotics provides a highly engaging medium for creativity, critical thinking, collaboration and communication. Students participating in Robotics are involved in building the robot, using software to drive the robot and also marketing to promote the program. We are seeking any interested parents or businesses that would be able support (supply equipment) and/or sponsor (donate funds) to the Robotics club.

Sponsorship would enable us to purchase a pneumatics kit and/or an extra robot for training, we would promote your business on the robot, which would be seen at demonstrations and in competitions. The next competition is in Term 1 next year at Homebush and will have teams from all over Australia, as well as a number of International teams.

If you are able to help in any way, please contact the school.

Being Sun Smart

Protect the skin you're in with the free SunSmart App. Overexposure to ultraviolet (UV) radiation causes wrinkles and skin and eye damage, ultimately leading to skin cancer. Protect the skin you're in with the SunSmart app for iPhone and Androids.

The SunSmart app lets you know when you do and don't need sun protection, making it easier than ever to be smart about your sun exposure all year.

How does it work?

Download the app and select your location in Australia.

Set up a sun protection alert and receive daily reminders of the times of day sun protection is required.

Select to receive the alert at the time of your choice or at the exact time the UV is forecast to reach a level that can damage your skin and eyes.

Use the sunscreen calculator to find out how much sunscreen you need to apply, taking account of your size and clothing.

Features

Sun protection times > Lets you know when you do and don't need sun protection for any location in Australia.

7 day weather forecast > Check the weather for the week ahead.

Alert function > Personalise the alert function to remind you of the daily sun protection times.

Vitamin D tracker > Find out if you are getting enough UV exposure for vitamin D.

Sunscreen calculator > Find out if you are using enough sunscreen.

<http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html>

From Careers

Congratulations to Samantha Murray who has received an early admission to Macquarie University in the Global Leadership Entry Program (GLEP).

Samantha was chosen for this program because she has already demonstrated an aptitude and desire for leadership and community engagement that aligns with Global Leadership values. The Macquarie Global Leadership Program will allow Samantha opportunities to undertake a challenging and rewarding extra-curricular programs alongside her degree. The course is designed to build leadership abilities, international awareness, cross-curricular understanding and professional skills.

We wish Sam all the best in her HSC exams but also in this upcoming exciting program at Macquarie University.

University Open Days 2014 New South Wales	
Australian Catholic University (ACU)	September 6th 2014 (Saturday) (North Sydney Campus) September 13th 2014 (Saturday) (Strathfield campus)
Southern Cross University (SCU)	December 8th 2014 (Monday) (Coffs Harbour campus) December 10th 2014 (Wednesday) (Lismore campus) December 11th 2014 (Thursday) (Gold Coast)
University of New South Wales (UNSW)	September 6th 2014 (Saturday) (Kensington campus)
University of Technology, Sydney (UTS)	September 6th 2014 (Saturday) Kuring-Gai (Lindfield)
NSW TAFE & Colleges	
ACPE Academy	September 8th 2014 (Monday) Olympic Park Sydney: 10am - Midday
AFTRS Australian Film Television and Radio School	September 6th 2014 (Saturday)
William Angliss Institute	September 13th 2014 (Saturday) Surry Hills 10am-2pm

Ms Amber King
Careers Teacher

Year 12 students Timber Products and Furniture Technologies Major Projects 2014



To members of the school community

Maths Ad(d)s – discover sought after careers in mathematics and statistics.

Mathematics is taught in every secondary school in Australia but very few of us know about the wide range of jobs available to those who take their mathematics study further. Unlike lawyers, doctors and engineers working mathematicians and statisticians don't get a simple job title. This makes it hard for students and their families to know about the huge range of sought after and well-paid careers on offer from finance, through to meteorology, biology and medical research.

The Australian Mathematical Sciences Institute (<http://www.amsi.org.au>) publishes Maths Ad(d)s to tell students, their families and their schools about these exciting opportunities. Maths Ad(d)s helps answer that old question, "Where can I go with maths?" This year we have worked with the Australian Association of Mathematics Teachers to deliver Maths Add(s) to as many secondary school families as possible.

You can find a PDF of Maths Ad(d)s at our careers site:

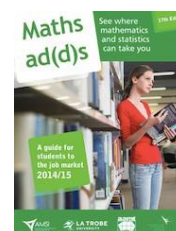
<http://careers.amsi.org.au/mathssadds/>

Below you will find AMSI's media release for Maths Ad(d)s. I hope you are inspired by this year's edition!



Professor Geoff Prince

Director, Australian Mathematical Sciences Institute [Media Release](#)



Media Release

For immediate release

Why study maths? Australia's job market demands it!

MELBOURNE, August 11 – The Australian Mathematical Sciences Institute (AMSI) release its 17th Edition of Maths Ad(d)s. This free online publication lists recent job advertisements showcasing the scope of careers available to university students who have included mathematics or statistics in their tertiary degree.

Federal Minister for Education, Christopher Pyne, endorses this edition of Maths Ad(d)s and commends AMSI for the publication. He insists the general public must be made aware that science, technology, engineering and mathematics play a crucial role in Australia's development of a globally competitive knowledge economy.

"By choosing to study mathematics... you will have a unique opportunity to contribute to the long-term prosperity of this country," says Minister Pyne.

As high school participation rates in intermediate and advanced mathematics dwindle, the challenge is making the community aware of the breadth of roles available to those studying some form of mathematics.

Maths Ad(d)s calls attention to career opportunities combining mathematics and statistics with health, computing, data analysis, biology, business and meteorology – to name a few.

Mary Coupland, President of the Australian Association of Mathematics Teachers (AAMT), recommends this publication to all students, parents, teachers and career advisors.

"The mathematical sciences underpin many university degrees; but more than that, they open the door to exciting and well-paid careers," she says.

Mary also believes teaching mathematics and statistics is itself a very rewarding career, especially inspiring the next generation to study mathematics.

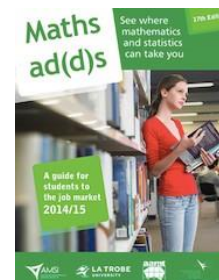
AMSI Director, Professor Geoff Prince, says: "It is encouraging to have the endorsement this year from the Minister for Education, Christopher Pyne. And I am particularly pleased that AAMT are distributing the electronic version of Maths Ad(d)s nationally, to Australian secondary schools and their extended communities."

Professor Prince adds: "You won't believe how many different employers are chasing maths talent, nor the edge that maths and stats will give you. Maths Ad(d)s will unlock your future!"

-- MORE --

All advertisements reproduced in Maths Ad(d)s appeared on Australian jobsites, such as Seek.com.au, during 2013 and 2014; by no means is the list exhaustive.

Maths Ad(d)s is available to download from AMSI's new careers website:
<http://careers.amsi.org.au/mathsadds/>



About AMSI:

AMSI is a not-for-profit organisation whose mission is the radical improvement of mathematical sciences capacity and capability in the Australian community. Thirty Australian universities, four government agencies and two professional societies make up AMSI's membership in 2014. These institutions strive, with AMSI, to achieve this mission from its roots in our primary and secondary schools to its far-reaching branches in Australian research and industry. <http://amsi.org.au/>

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National Collaboration
in the Mathematical Sciences

Web: www.amsi.org.au

Community News

Gilbert & Sullivan Opera Sydney
presents

H.M.S. PINAFORE



Hilarious musical mischief on the high Cs!


NORTH SYDNEY
Smith Auditorium Lyric Theatre, Shore School

Early Bird Ticket Offer*
*Book before August 31st - Limited Seats - Tickets from \$32

Friday 26 th September, 8pm	Friday 3 rd October, 8pm
Saturday 27 th September, 8pm	Saturday 4 th October, 2pm and 8pm
Sunday 28 th September, 2pm	

Montgomery Pavilion Theatre, Narrabeen
Sunday 21st September, 2pm

*Visit WWW.GSOSYDNEY.COM.AU
for details and bookings (Booking enquiries 0420 678 595)



WEST RYDE ROVERS CRICKET CLUB SEASON 2014/2015 IMPORTANT NOTICE

The new cricket season commences
13 September and we still have places
available in the Under 14, Under 15 and
Under 16 age groups!!

INTERESTED??

Please don't hesitate to contact us
Tim French (Club Secretary)
mob: 0402 890 657
email: roverscricket@gmail.com



North Ryde RSL Youth Club

Swimming Club 2014/2015 SEASON

Sunday Mornings 8am - 10am
First Swim - 12 October, 2014.
Ryde Aquatic & Leisure Centre, Ryde

REGISTRATION:
North Ryde RSL Youth Club
2.30pm - 3.30pm
Saturday 27 September, 2014

For more information visit our website:
http://www.nrrslc_swimming.websyte.com.au/
or contact:-

Cathy 0434 226 622
Kate 0425 239 660
Zach 0458 002 223

Or Email us at - nrrslswimclub@gmail.com

Sports Camps Australia
SERIOUS. FUN.



SCA Junior Football Camp
Camp Location: Sydney Olympic Park
Camp Director: George Lazarou
Dates: September 22nd - 24th
Times: 9.00am - 3.00pm
Fees: \$185
Skill Level: All skill levels welcome
Age Group: 6-16 Years
Gender: Coed



<http://www.sportscampsaustralia.com.au/> | +1800 753 127

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Sports Camps Australia
SERIOUS. FUN.



SCA Junior Tennis Camp
Camp Location: Ryde Royal Rehabilitation Centre
235 Morrison Road, Ryde (enter tennis courts via Charles st Putney)
Camp Director: Kathy Fahim
Dates: September 22nd - 24th
Times: 9.00am - 12.00pm
Fees: \$120
Skill Level: Red Ball levels
Age Group: 5-8 Years
Gender: Coed



<http://www.sportscampsaustralia.com.au/> | +1800 753 127

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KIDS CAMPS

THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You're sure to find a camp the kids will love.

Kids' Camps from \$45 per day

fb.com/nswsportandrecreation
www.dsr.nsw.gov.au/kidscamps 13 13 02



St Ives Medieval Faire

St Ives Showground, St Ives
Sat 20 - Sun 21 September 2014

JOUSTING • BIRDS OF PREY • FAMILY FUN

www.stivesmedievalfaire.com.au

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KURUNG GAI COUNCIL



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- > 10 STUDENTS ONLY

OCT 2ND - ENROL NOW!

FOR MORE INFORMATION:

Phone 0457 574 662

email info@actingexperience.com.au

or visit actingexperience.com.au

Photo © Georgious Makkas



DANCEKOOOL  **DJ STUDIOS**

**Real Hip Hop
Real Styles**

**GIVE DANCE A GO!
1 FREE CASUAL HIP HOP
CLASS WITH THIS FLYER**

Dance till you drop! Come join the fun these holidays. Directed by Kinsey, with over 10 years teaching experience you are sure to learn dynamic moves whilst getting fit in a positive atmosphere encouraging dancers to achieve goals and reach new limits. Limited spots available, book your child's spot now for these school holidays.

School Holiday Break Course
 Week 1: Monday 22/09 - Friday 26/09 9:00-18:00
 Week 2: Monday 29/09 - Friday 03/10 9:00-18:00

Dance Generation Studio
 Level 1 - 47 Benvenuto Road Epping
 (Located Above Gloria Jeans)
 email: gpplham@gmail.com
 mobile: 0436522876
dancekool.com

Our Space Holiday Program

September / October 2014

Day	Time	Program
Mon 22nd Sept	11am - 1pm	Girls Pamper Day: Free
Tues 23rd Sept	10am - 3pm	Movies @ Top Ryde: Free
Wed 24th Sept	10am - 12:30 1-3.30pm	Eclectic Art Program- Mixed Medium: Cost: \$5 Putt Putt: Free
Thurs 25th Sept	11am - 3pm	Sports Day @ STARS Sport Centre: Free
Mon 29th Sept	11am - 1pm	Girls Pamper Day: Free
Tue 30th Sept	11 am - 3pm	Songwriting and BBQ: Free
Wed 1st Oct	10am - 12:30pm 1-3.30pm	Eclectic Art Program- Mixed Medium Cost: \$5 Putt Putt: Free
Thurs 2nd Oct	11am - 3pm	Sports Day @ STARS Sport Centre: Free

For 11-18 year olds. Call to register!!

Phone: 9874-7458 / 9876-3543 — 167 Shaftsbury Rd, Eastwood

OUR SPACE
YOUTH SERVICES

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (6/11 - 4/12, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (30/10, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/10 - 25/11)

Triple P (Positive Parenting Program) Course - Chatswood (22/10 - 3/12)

NEW **Communicating with Kids Workshop** (based on PET) - Chatswood (24/11)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- | | |
|-----------------------------------|--------------------------|
| ★ Dealing with Teen's Back Chat | ★ Resilient Kids |
| ★ Transition to High School | ★ Bully Busting Workshop |
| ★ Triple P Seminar Series (Teens) | |

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- | | |
|--|----------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Older Sibling - New Baby |
| ★ Tuckers without Tantrums/Toilet Training | ★ Transition to School |
| ★ Speech & Language Development/Sleep | ★ Grand Parenting |
| ★ Triple P (PPP) Seminar Series (1-12 years) | ★ Communicating with Kids |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District

