

Term 3 Week 9, 16 September 2022



Sacred Heart Pymble



Avi receives his Gold Award for his written entry in the Write On competition:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/media-releases/media-release-detail/young-writers-celebrated-in-nsw-first-awards-ceremony>

Upcoming Events

September 18

Animal Mass – Feast of St Francis

September 20

The Dish

September 21

Sacred Heart Awards
Last day of Term 3

September 22

Public Holiday - National Day of Mourning for Queen Elizabeth II

September 23

Student Free Day
Staff Spirituality Day

September 25

Parish International Food Fair Mass

October 10

Student Free Day
Staff Development Day

October 11

First Day of Term 4

October 15

POSH Ball

October 23

Family Mass Year 1

October 27

2023 Kindy Orientation

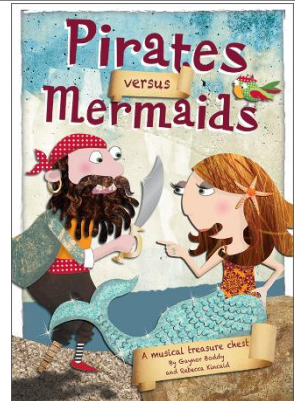
October 28

World Teachers' Day

PRINCIPAL

Pirates and Mermaids

Congratulations – what a wonderful production!!! Our stars were outstanding, our performers shone brightly. A huge thank you to the students for their wonderful efforts and a massive thanks to Mrs Forster for her wonderful efforts with the children. We really appreciate that you worked with us to find costumes. We are also grateful to the teachers who worked after hours to create, sew costumes or paint and make props. It was a thrill to have our parents attend either the matinee or the evening performance. What a wonderful celebration of performing arts.



Gold Award Write On Competition

On Monday evening one of our students, Avi M was presented with his GOLD AWARD for his written entry in the Write On competition. Sarah Mitchell, the Minister for Education presented the awards at the NSW State Library in the city. The competition was open to all NSW schools and over 500 entries were received. Avi is now a published writer along with 5 other Stage 1 authors. The anthology of works will be placed in the library for everyone to read. Congratulations Avi, we are very proud of you.



Staff News

Next term Mrs Forster our music teacher is taking leave without pay for personal reasons. A temporary teacher will be appointed to this position for the term.

We have also welcomed a new member to our SHP team with the appointment of Georgia Kent to the position of Promotions and Marketing. Georgia will work on Monday and Tuesday. Welcome to SHP Georgia.



Public Speaking Grand Final

I was thrilled to attend the finals of the Diocesan Public Speaking last night. Our SHP representative was Charlotte L who was presented with a medal for third place in the competition. Her impromptu speech gained recognition as the best impromptu speech of the competition. Well done Charlotte.

Religious Education Bishops Prize

We have also been notified that one of our students will be presented with FIRST PLACE. Mandela H wrote and recorded an outstanding song about being brave. Congratulations Mandela.

End of term

Next week commences with the world farewelling our Queen on Monday; on Wednesday we recognise students at a special assembly with Sacred Heart awards at 2pm; on Thursday Australia will have a day of mourning for Queen Elizabeth II, on Friday our staff will have a day of spirituality and reflection. What an exciting term it has been. I would like to thank you for your ongoing support and we look forward to a wonderful Term 4. I hope you have a wonderful and restful holiday.



Mary Hor
Principal

ASSISTANT PRINCIPAL



Tell Them From Me

Thank you to those families who have already completed this year's Tell Them From Me survey. We appreciate the time that you have taken to share your thoughts with us and have your say in charting our school improvement processes. If you haven't yet, but would like to, you can complete the survey today. It will close at 4.30pm this afternoon.

www.tellthemfromme.com/pymble

Safeguarding Month

September is Safeguarding Month. This provides a dedicated time to reflect on the importance of what we have learnt in the past and focus on the important work that safeguarding plays in creating safe communities for students to grow and flourish. This month, we celebrate the important role families play in keeping children safe when they have a strong sense of belonging and connection to family. There will be lots of activities taking place to engage with Safeguarding at school and also across our Diocese.

For more on safeguarding visit our [Diocesan Safeguarding page](#).

Genius Hour

We have had a wonderful response from the community about supporting our Stage 3 students with their Genius Hour projects. We will be considering how best to utilise your skills and will make contact shortly.

Professional Learning

Tomorrow, myself and two of our staff will be heading to the Sharing Best Practice conference. We will experience several keynote speakers and workshops by experts in the areas of literacy, numeracy and school improvement. I am very grateful to Mrs Alexander and Mrs Simpkins for giving up their weekend to take up this opportunity and for their commitment to their own lifelong learning. We are blessed to have such committed and passionate teachers at Sacred Heart!

Thank you

Our students are thoroughly enjoying the creation of their collaborative artworks that will be auctioned at the upcoming POSH Ball. We are very grateful to Claire Brickett for coordinating the helpers and resources that we need to make this initiative successful, and to all of the talented parents who have given up their time to guide the creative efforts of each class.

Wellbeing

Many children need a little help to manage their worries. GoZen is an organisation that produces many fantastic resources to assist our children and young people to flourish and develop the skills to manage their mental health. From time to time we will share some of these resources with you. We would love to hear from anyone who finds these useful for their child.

<https://gozen.com/mindcrafts-worrychatter/>

<https://gozen.com/printables/>

eSafety

Many games, apps and social media sites now come with parental controls, with [Snapchat](#) the latest to launch an in-app Family Centre to support young people to have safer experiences online.

eSafety's [parental controls video](#) helps parents and carers understand the benefits and limitations, the different controls you can access and what safety settings to use when there are no parental controls available. We encourage all parents to watch the video via the embedded link and consider which controls would be most appropriate for their families.

Communication between home and school

We would like to remind all parents and caregivers that communication between home and school during the day must come through the school office. This has many important benefits including:

- Maintaining student focus during learning time
- Teaching skills of independence and the ability to seek help from others when needed
- Allowing assistance to be provided quickly and effectively by our staff here on-site
- Allowing staff to deliver messages to students at an appropriate time and place.

Please refrain from contacting your child via school devices or personal items such as smart watches or phones. If your child contacts you, please do not respond but alert the office so that we can provide immediate assistance. If you would like to provide specific details about how we can support your child during the school day, do not hesitate to make contact with your child's teacher.

Kerry Paxton
Assistant Principal

RELIGIOUS EDUCATION

Feast of St Francis of Assisi, the Patron Saint of Animals **Sunday 18 September 2022**

This Sunday, Sacred Heart will celebrate the Feast of St Francis of Assisi (Patron Saint of Animals) with a Mass held on the school oval. Saint Francis was a Catholic friar who gave up a life of wealth to live a life of poverty. He was known for his love of nature and animals, as well as his preaching to animals. Everyone is invited to bring their pets with them to the celebration which will conclude with a Blessing of good health and well-being for all those involved.



Please see the below information in regards to the safety precautions when bringing your pet:

- Dogs must be socialised and able to be with other animals without getting aggressive - if dogs are aggressive, the family will be asked to leave.
- Dogs must remain on leads at all times.
- Cats are to remain in carrying baskets and are not to be taken out.
- Birds are to remain in a cage.
- All other animals must remain in a basket or cage at all times.
- No responsibility will be taken for lost or injured animals.
- Any mess made by the animal must be cleaned up by the owner.
- Animals will only be permitted to attend the school grounds for the blessing mass.

In the event of wet weather, Mass will be held at the Church and the blessing will occur outside the Church afterwards.

There will be a coffee truck on site, as well as a sausage sizzle and Polish donuts. Please BYO camping/beach chair for the Mass.



BLESSING OF THE ANIMALS

Sunday, 18 September 2022

9.30am

Sacred Heart Catholic Primary School Oval

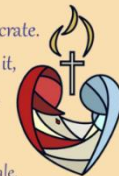
A free community event for pets and their owners in celebration of the Feast of St Francis of Assisi, the Patron Saint of Animals.

Mass will be held at the Sacred Heart Catholic School Oval followed by the Blessing of good health and well-being.

In the event of wet weather Mass will be held at the Church and the blessing will occur outside the church after mass.

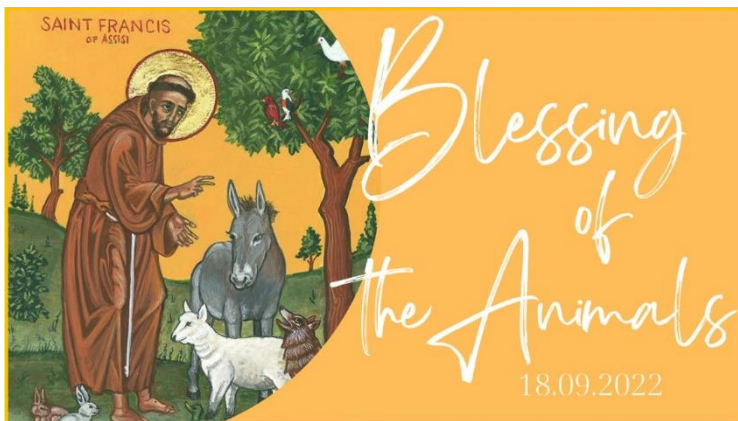
All animals must be leashed or in a crate.

If your animal is unable to make it, you can bring a photo of them.



Coffee truck will be on site after the blessing and Sausage Sizzle and Polish Donuts will be available for sale.

PYMBLE CATHOLIC PARISH



A free community event for pets and their owners in celebration of the Feast of St Francis of Assisi, the Patron Saint of Animals.

Mass will be held at the Sacred Heart Catholic School Oval followed by the Blessing of good health and well-being.

In the event of wet weather Mass will be held at the Church and the blessing will occur outside the church after Mass.

If your animal is unable to make it, you can bring a photo of them.

In preparation for this special event, we have conducted a risk assessment and would like to promote a safe environment for all attending so please abide by the following rules:

- * Dogs must be socialised and able to be with other animals without getting aggressive - if dogs are aggressive, the family will be asked to leave
- * Dogs must remain on leads at all times
- * Cats are to remain in carrying baskets and are not to be taken out
- * Birds are to remain in a cage
- * All other animals must remain in a basket or cage at all times
- * No responsibility will be taken for lost or injuries to animals
- * Any mess made by the animal must be cleaned up by the owner
- * Animals will only be permitted to attend the school grounds for the blessing mass
- * People who are anxious about animals should not attend the mass
- * Small children should be kept away from animals.

Coffee truck will be on site after the blessing.

Sausage Sizzle and Polish Donuts will be available for sale.

BYO Camping/Beach Chair

International Food Festival
Sunday 25 September 2022

On Sunday, 25th September you are invited to participate in a Mass followed by the International Food Festival held in our school hall at 12pm. This is an international experience and fundraising opportunity within the Parish to raise funds to improve the amenity of our Church. Funds raised will go towards improving weather protection in the area around the Pymble Church entrance portico. There will be a range of international cuisines to choose from including the following:

- French
- Italian
- South African
- Malaysian
- Lebanese
- German
- Sri Lankan
- Philippines
- Chinese
- Spanish
- Korean
- Indian
- Singaporean

Entrance fee is \$20 per person, or \$50 per family. Reservation and payment is available at the following reservation link: <https://events.humanitix.com/international-food-festival>.

PYMBLE CATHOLIC PARISH

International Food Festival

SUNDAY 25 SEPTEMBER 2022 | 12PM | MARIAN HALL

Feel free to come dressed in your traditional dress

Join us for a fun-filled family event and embark on a culinary experience around the world to savour some ethnic signature cuisine.

All money raised will go towards four retractable blinds (worth \$10,000) outside Sacred Heart Church to help parishioners congregate irrespective of weather.

If you would like to contribute a dish or have any questions please contact Marie D'Alessandri on 0404 893 908

Tickets can be purchased here:
<https://events.humanitix.com/international-food-festival>

Libby Morgan
Acting Religious Education Coordinator

SPORTS UPDATE

Sports News

Congratulations to the following students who represented Polding at the Athletics Carnival last Friday in Newcastle. William D, Evander M, Cassandra G and Camilla R were part of the Polding Team representing the Diocese in their events.

Congratulations to Camilla R and Cassandra G as these two students will be going to the State Championships later on this year. Camilla will be competing in the 9 Year Girls 100m sprint and Cassandra will be competing in the Junior (8-10) Year Girls Shot Put.

Stay tuned for information regarding our school's swimming program at Aquabliss starting early next term for Kindergarten to Year 6.

Many thanks,

Leanne Grouse
Sports Coordinator

PIRATES VS MERMAIDS SCHOOL MUSICAL

What a night!

Congratulations to all the students for delivering an incredible performance of our musical 'Pirates vs Mermaids' last night.

We are so proud of you!

Thank you also to our school band for the 'pre-show entertainment'!

What a night!



STUDENT REPRESENTATIVE COUNCIL

Design a Seed Packet

2022 is all about getting schools excited about exploring local fruit and veg. This year we are asking students to design a seed packet for their favourite vegetable. We can't wait to see the creative drawings students come up with!

There are seven great prize packs up for grabs to help the winners start their local food communities. Each pack includes a guidebook for gardening, a seed bundle, a hand trowel and a pair of kids gloves.

Winners will be selected from entries across the state, with one winner from each school year (K-6).

Healthy Kids Association may publish some entries in its digital or printed communications. The entries will be de-identified before publishing.

Entry forms are available for download through this [link](#). Completed entries will be collected by the school before the end of Term 3.

Emma Cullen
SRC Coordinator

VACATION CARE – SACRED HEART CATHOLIC SCHOOL

VACATION CARE SEPTEMBER 2022 Sacred Heart Catholic School, Pymble

7.30am – 6.00pm
P: 0427 013 778 | E: oshc.pymble@catholiccaredbb.org.au

Book through
BookMe on
Hubworks

CatholicCare
Diocese of Broken Bay

 <p>MONDAY 26 SEPT</p> <p>SPORTS GAMES</p> <p>Let's enjoy a day full of sports games on our Sacred Heart Oval.</p> <p>\$ INCENTRE \$75.00</p>	 <p>TUESDAY 27 SEPT</p> <p>CLAY MAKING DAY</p> <p>Using modelling clay, let's create lots of masterpieces to take home!</p> <p>\$ INCENTRE \$75.00</p>	 <p>WEDNESDAY 28 SEPT</p> <p>JUMPING CASTLE</p> <p>Everybody loves a jumping castle all day!</p> <p>\$ INCURSION \$89.00</p>	 <p>THURSDAY 29 SEPT</p> <p>JACK & CO.</p> <p>Bring \$5.00 today to enjoy a treat from Jack & Co. whilst we learn about the value of money.</p> <p>\$ EXCURSION \$75.00</p>	 <p>FRIDAY 20 SEPT</p> <p>WHEELY DAY</p> <p>Bring your bikes & scooters to hoot around Sacred Heart!</p> <p>\$ INCURSION \$75.00</p>
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P & F

The Dish: Tuesday 20 September and Tuesday 11 October - Appeal for Volunteers

Our school community volunteers one Tuesday evening each term to help provide a nourishing meal for some of the more vulnerable people living in our local area via [The Dish](#).

The Dish helps out between 40 to 45 people with a meal each day. Our Sacred Heart community contributes 40 meal portions and 40 dessert portions in total each term.

Our day for Term 3 is **Tuesday 20 September** and **Tuesday 11 October** for Term 4.

How you can help:

1. Prepare a main meal or a dessert:

- Split your meal or dessert into individual portions
- Packed individually in take-away containers
- Eg. A lasagne could be split into 10 portions or you could contribute 15 pre-packaged small cakes etc.
- Food to be delivered between 17:00 and 17:30 to the team in the Bobbin Head Rd school car park.

2. Help us distribute the meals:

- The Dish is run from the Fusion cottage at Hornsby
- We serve on the day from 17:30 to 19:30.

Please reach out to Jitendra Marchino on 0421661218 or jitendramarchino@yahoo.com if you wish to contribute or need more info.

POSH Ball – Saturday 15 October 2022

POSH Ball ticket sales close on Friday 23 September so book today to avoid missing out! The cost per person is \$130 which includes dinner, drinks and entertainment. Click on the link to book your ticket:

<https://events.humanitix.com/posh-ball>

Tables seat between 8 to 10 people - make up a table of 8 to 10 people, or purchase single tickets and we'll assign you to a table. The invitation extends to all teachers, parents, carers and partners of 2020, 2021, 2022 and 2023 Sacred Heart students.

The dress code for the evening is formal (black-tie optional). Your support is greatly appreciated! Email parentsandfriends.shp@gmail.com for further information.



Save the Date – Family Outdoor Movie Night and Camp Out – Saturday 3 December



Year 3 Dad's Drinks



Sacred Heart Sustainability Initiative

Return & Earn: Lose the Bottle, win the War (on Waste!)

We are starting the Return and Earn initiative to encourage students and the families to focus on waste management, promote recycling while raising funds for sustainability initiatives in the school community.

What is Return and Earn?

Return and Earn is a scheme whereby we collect eligible containers, put them in our Return & Earn bins in the school and then take them to one of return stations, and receive funds for our recycling efforts. Return and Earn recently hit the 7 billion containers returned milestone in Feb 2022. It is now close to 8 billion. An amazing feat!



Call for Parent Volunteers: Do your Magic!

Give us a helping hand in promoting sustainability in the school community. We are looking for magicians who will help us convert these containers into money!

The Bins..

Good to go: most drink bottles and cans

- Cans (e.g. soft drinks)
- Bottles (e.g. drink bottles)
- Cartons
- Juice boxes or poppers

Most containers between 150ml and 3 litres are accepted and can get you a refund. However, they must...

- Be in good condition (not be crushed or broken)
- Be empty
- Have the label attached

Look for the 10c label on the container to see if it is eligible for a refund.

Remember to leave the lids on when returning your containers. They'll be recycled too.



10c REFUND AT COLLECTION
DEPOTS/POINTS IN PARTICIPATING
STATE/TERRITORY OF PURCHASE

No go: items that are not refundable

These items aren't accepted, but can still go into household recycling. They're often used at home.

- Plain milk bottles or cartons
- Flavoured milk containers of 1L or more
- Glass wine bottles
- Glass spirit bottles
- Cordial bottles
- Pure juice containers 1 litre and over (comprising of at least 90% pure juice)



Regards,

P & F

PYMBLE CATHOLIC PARISH

Sunday 23 October
Join us for
Family Mass



9:30AM AT SACRED HEART CHURCH

You are warmly invited to Family Mass on Sunday 23 October, hosted by Year 1 Sacred Heart families.

Family Mass is an opportunity for our community to come together, celebrate the Eucharist and listen to the Gospel. This joyful celebration will be followed by morning tea and refreshments.

Come and enjoy Mass and the good company of our beautiful Sacred Heart community.

Family Mass Student Choir

Students are welcome to join in the Student Choir that will accompany Mass. Please arrive at Church by 8:30am for rehearsal.

Choir will be conducted by Sacred Heart parent Gemma Au-Yeung, and accompanied by pianist Ana Ortiz.

Students of all ages are welcome!



SHP FOOTBALL CLUB

Presentation Day

Well, somewhat appropriately, we had a very wet day to finish off a very wet 2022 Winter season! Sadly, our planned Presentation Day game schedule had to be cancelled due to the weather but that didn't dampen the spirits or enthusiasm of our MiniRoo and Junior competition players and their families, who filled the school hall to overflowing!

We handed out over 100 participation trophies to all our players, plus the following special awards were also given...

Under 6 Best & Fairest: Hilton C (Kindy)
Under 6 Most Improved: Aiden T (Kindy)
Under 7 Best & Fairest: Aiden T (Yr1)
Under 7 Most Improved: Michael P (Yr1)
Under 8 Best & Fairest: Luke K (Yr2)
Under 8 Most Improved: Lachlan H (Yr2)
Under 9 Foxes Best & Fairest: Matthew M (Yr3)
Under 9 Foxes Most Improved: Joshua O (Yr3)
Under 9 Wolves Best & Fairest: Ishan P (Yr3)
Under 9 Wolves Most Improved: Emmett S (Yr3)
Under 10 Best & Fairest: Alexander C (Yr4)
Under 10 Most Improved: Olivia C (Yr4)
Under 12 Best & Fairest: Riley S (Yr6)
Under 12 Most Improved: Luca H (Yr5)

Junior Female Player of the Year: Isabella G (Under 10s, Yr4)

Junior Male Player of the Year: Henri C (Under 8s, Yr2)

Senior Female Player of the Year: Luella V (Under 12s, Yr6)

Senior Male Player of the Year: Will W-P (Under 18s & SHP Yr5 in 2015)

Team Encouragement Award: Under 10s (Yr 4 girls & boys)

Team of the Year: Under 12s (Yr5 & Yr6 girls & boys)

Well done to all our players (and parents/carers!) for making it through a really tough season and a really big congratulations to those who received the special awards listed above.

A very important thank you to our wonderful parent volunteer coaches and managers - without you our teams could not be registered to play.

Also, a **HUGE thank you to our extremely dedicated volunteer committee members (all current/past SHP parents)** - without your tireless efforts behind the scenes, there would be no club!

Finally, please **SAVE THE DATE** for our club **Annual General Meeting on Wednesday, 19 October 2022 in the school hall - ALL WELCOME** to discuss and prepare for next year's season.

All committee positions will be declared vacant, so please consider how you can join in to help make the 2023 season even bigger and better!

If you have any questions ahead of the AGM, please contact Sylvia Ulevik on 0404 294 970 or president@shpfc.com.au

Sylvia Ulevik

SHP Football Coordinator

SACRED HEART NETBALL CLUB

What we could all learn from our Year 1 netballers

It's easy to forget that these are the kids who missed a whole term of their first year of school. All those Kindy firsts (first athletics carnival, first book week parade) were taken from them. And, of course, that all important Kindy socialising. . . was distanced.

Some of the girls, separated by either a classroom divider or Covid, had barely played with each other. Yet from this, our ever-patient Coach Jill pulled together a team (the fact that the girls didn't quite know they were on the SAME team was a lesson for another time).

Why is it called netball when there isn't a net? Whose team am I on? Where can I go, again? Can I go to the toilet? It was our first training session and they were offside, ran with the ball, went the wrong way and catching (let alone shooting) was only a sometimes thing.

But from the start, our little team kept winning. A pretty amazing feat considering we pulled our nine girls from only 16 in the grade.

"Winning is fun but it isn't the most important thing," Year 1 netballer Elizabeth told her class in a speech about her favourite sport ever, netball.

"The most important thing is to always do your best, be brave, be a good sport and have fun."

Sometimes, we need to stop teaching our kids and learn from them. To be reminded by kids like Elizabeth that working together as a team and practice can help you shoot more goals; to dust yourself off and get back in the game after you fall on that hard netball asphalt.

And most importantly that, win or lose, post-game lollies heal all wounds.

To Annika, Bailey, Charlotte, Elizabeth, Georgia, Mandela, Norah, Stephanie and Willow, their parents, Coach Jill, Manager Yvette, and the fabulous Sacred Heart netball community (especially the Year 2 girls for helping patiently teach our girls the rules), thanks for an amazing season!





School Holiday Intensive Programs

1 month of lessons in 1 week



**1 FREE
lesson
per weekly
booking!**

**For newbies too!
No requirement to enrol in
our ongoing programs!**

Week 1
26th - 30th Sept

Week 2
4th - 7th Oct

**Learn to Swim Pre-School Age | Learn to Swim
School Age | Stroke Development | Squads**

Some centres may not offer all programs due to pool size & demand

Program Benefits

- Back-to-back days of practice
- Fast track your child's progress
- Master skill level requirements
- Consolidate previous learnings
- Assist progression to the next level
- Overcome fears or setbacks
- Boost your child's confidence
- Reinforce swim safety
- Re-boot or kick-start to get on track
- Burn off energy for better sleep
- New friends for you & your child
- Fun & learning



Enquire Today!
aquabliss.com.au

Most popular swim cap competition

Aquabliss Swim School manages Sacred Heart's onsite pool

When buying a swim cap, knowing the most popular types of swim caps worn by other Aquabliss students might help you choose which is best for your little fish.

First Place – Silicone

Silicon caps take the crown (or cap) as most popular with parents and Aquabliss' first choice.



A good enough snug fit and sufficient goggle grip for learners. Easy to put on and take off without pulling or snagging at the hair. Exceptionally durable and thicker than most other caps, so less likely to rip. Soft and flexible, most kids will find them comfy. The stretch can cover a lot of hair, but for extra-long hair, consider a cap with added stretch or even an adult-sized one.

Silicone maintains heat well. Great for learners in group lessons when sitting on the pool edge or standing on a learn to swim teaching platform to watch, listen, and learn while the teacher demonstrates skills with another student.

Second Place – Lycra

The second most popular choice with parents is lycra. These caps are not as tight fitting, making them easier to put on and take off. The downside is they can slip off, which is why Aquabliss prefers silicone (or even latex swim caps). Caps that stay on mean fewer distractions and interruptions, resulting in more lesson time and focused learning.

Lycra is a great choice if you need to get your child used to a swim cap or if putting on a tighter-fitting cap is impossible – and Aquabliss is willing to help with that challenge!

Third Place – Latex

A tight-fitting cap, unlikely to budge when on and has an excellent grip for goggles. With its tighter fit and less stretch than silicone, a latex cap can pull on hair when worn and when putting on and taking off.

They also tend to rip more easily than silicone caps because latex is a thinner material. However, being thinner means they are more breathable. So consider latex if your child tends to “overheat” a little.

Some kids may be allergic to latex.

For further swim cap queries or interest in enrolling

Call **(02) 9488 7397**, send a query via www.aquabliss.com.au, or just drop in and speak to their friendly customer care team.




**One
FREE
LESSON**
*New Customers Only T&C's Apply
Sooner is safer

(02) 9488 7397


aquabliss.com.au

“
How confident or nervous are you when your child is in or around water? Including at home? It takes time to learn to swim well.
Be a champion for your child. Give them the chance to learn to swim.”

LINDFIELD DISTRICT CRICKET CLUB

BRING A FRIEND!



LINDFIELD JUNIOR CRICKET CLUB
COME & TRY DAY
SUNDAY 18 SEPTEMBER
1 - 2PM
LINDFIELD OVAL, TRYON RD, LINDFIELD
GIRLS & BOYS
AGES 5-8
Ever wanted to try cricket?
Now is your chance to come and try cricket in a Fun, Friendly and Free session.
All equipment supplied - just show up ready to join in some fun games and activities.

JOIN IN THE FUN!



QUESTIONS?
Call: Tania 0419 484 779
Email: juniors@ldcc.com.au

PLAY CRICKET!



GIRLS and BOYS of all ages and skill levels welcome.
Learn new skills, meet new friends and have fun!

**JOIN WITH FRIENDS
PLAY TOGETHER**

U7 Lindfield Skills Clinic

- 5-6 year olds / Kindergarten students, new to cricket
- 12 week program
- Skill development & fun game based activities
- Saturday mornings 8.00-9.15am @ Lindfield Oval, Tryon Rd
- Registration includes playing shirt, shorts and cap.

REGISTER BEFORE 3 OCT

U8 Woolworths Master Blasters

- Year 1 students
- Training: Fridays 5pm @ Lindfield Oval, Tryon Rd
- Game: Saturday mornings 8:00 – 9:15am @ Hassall Park, St Ives
- Registration includes playing shirt, shorts and cap

REGISTER BEFORE 10 OCT

U9-17s Junior Cricket

- Year 2 Students onwards, Girls & Boys.
- Participation and Competition formats.

REGISTER BEFORE 5 SEPT

ACTIVE KIDS



REGISTER NOW
by scanning the QR code, or visit www.ldcc.com.au
e: juniors@ldcc.com.au

NORMANHURST BOYS HIGH SCHOOL – OPEN DAY



NORMANHURST BOYS HIGH SCHOOL

Fostering excellence in young men through holistic education



Open Day

For Prospective Year 7 2024/2025 Families

On the day, there will be a Principal's Address and free school tours.

Friday 23 September 2022

Registration by 10:00 am on Thursday 22 September 2022 is essential!

Register at:
<https://normanhurstboys.nsw.edu.au/open-day-2022>

Address: 54-72 Pennant Hills Road, Normanhurst, NSW 2076
Phone: +61 2 94891077 Fax: +61 2 94895722

Web: normanhurstboys.nsw.edu.au
Email: office@normanhurstboys.nsw.edu.au

Parliament NSW – October Open Day

Free family
fun at the
Parliament
of NSW

Friday
7 October
10am to 3pm

FREE
ENTRY



Cartooning workshop

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke. Every half hour from 11:00am, finishing at 2:00pm

Vote for me!

Learn how to vote with the NSW Electoral Commission. Every half hour from 10:00am

Mock Committee Hearing

Have your say as a participant in our committee hearings. Every half hour from 10:00am

AUSLAN
interpreters
available

\$4
Democracy
Sausage

The
Public Café
open

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more...! (You might even get to meet some very important people.)



BOOK NOW



BOOKINGS ESSENTIAL

P: (02) 9230 2047

E: communityengagement@parliament.nsw.gov.au

WHERE

6 Macquarie Street, Sydney - opposite Martin Place

MORE INFORMATION

www.parliament.nsw.gov.au/events

Kids Up Front Performing Arts Holiday Camp

Sing • Act • Dance

Perform in a Show! ★

TOY TALES

Spring Holiday Camps

We Give Kids Confidence

Ages 5 to 13 years



Pymble Public School
Monday 26 to Friday 30 September

For full details and to BOOK online
www.kidsupfront.com.au

Creative Kids Voucher Accepted!

kids
upfront
DRAMA ACADEMY

AUSTRALIAN CHILDHOOD ANXIETY



Australian
Childhood Anxiety
TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

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

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

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

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146

HELPFUL LINKS

Sacred Heart Pymble School	Foster a lifelong love of learning % (shpdbb.catholic.edu.au)
Sacred Heart Pymble Parish	Pymble - Catholic Diocese of Broken Bay (bbcatholic.org.au)
OSHC Pymble	Sacred Heart OSHC, Pymble - CatholicCare Diocese of Broken Bay (catholiccaredbb.org.au)



RayWhite.

Rowan Lazar

Ray White Upper North Shore

M: 0412 329 789

P: 02 9489 7474

E: rowan.lazar@raywhite.com

W: www.raywhiteuppernorthshore.com.au



**DID YOU KNOW
WE HAVE AN
OSHC?**

BEFORE SCHOOL CARE
7.00AM - 9.00AM

AFTER SCHOOL CARE
3.00PM - 6.00PM

VACATION CARE
7.30AM - 6.00PM

SACRED HEART OUT OF SCHOOL HOURS CARE

We offer a range of activities so that each child can engage in their interests including sports, active play, imaginative play, music, art and craft, games and much more.

BOOKINGS & ENQUIRES

P: 0427 013 778

E: oshc.pymble@catholiccaredbb.org.au

W: www.catholiccaredbb.org.au