

Dear Parents and Friends of St Mary MacKillop School,

Our school constantly strives to be:

A Christ centered community which challenges students to develop their unique gifts and talents through a supportive partnership of school, parents and parish.

Congratulations to our St Mary MacKillop Team – Outstanding !!!

This week we had our team of Year One and Year Two teachers represent the school at our Annual Peer Review (Curriculum Audit). The team presented the Key Learning Areas of Religious Education and Science to the staff from St Canice's Katoomba and Corpus Christi Cranebrook as well as a number of people from our Catholic Education Diocesan Office.

We already know what high quality superstars we have working with our children at St Mary MacKillop but I was so very proud to see them talking about their quality work with other colleagues and listening to the glowing commendations and praise that was given to them as feedback. It was very well deserved. There was a long list of commendations around the quality of work being done and it was a struggle for the panel to find any recommendations for how the teams could improve.

Thank you and well done to Mrs Eisenhuth, Miss Franklin, Mrs Gillard and Miss Jones on such professional work leading up to the presentations as well as the presentations themselves. This team is a representative of the quality that exists across our whole staff and I want to also thank and acknowledge the school leadership and entire staff for their support, advice and guidance for our Year One and Year Two team.



When is it a good time to take a holiday?

Time together as a family, enjoying exciting new destinations and/or relaxing quality moments with each other, are very important in maintaining good quality family relationships. The time spent on family holidays create many of the memories that define our lives.

As a parent myself, it is challenging when the desire to take holidays collides with the need for our children to be at school building success for their future. Ideally we should take holidays during the school holiday periods to resolve this but this is not always possible. When we consider that ten days away from school on a holiday reduces your child's learning at school by 5% it becomes a very difficult decision for parents to make.

Wherever possible I will encourage you to take family holidays during school holiday periods but in those times when you choose to holiday during school terms I require notification in writing. If the time away is for five days or more it is necessary to complete an Application for Extended Leave Form from the office. In cases of extended leave I will make contact with you to discuss the implications for your child and work in partnership with you to minimise disruption to your child's learning.



Staffing News

Congratulations to Miss Brittany Gillespie who will join our staff for the remainder of the year. Miss Gillespie will join Mrs Paine in a job-share arrangement teaching Year 5. We wish her well as she undertakes this role. Thank you to Mrs Paine for supporting the school and students by 'picking up' the extra days this term following Mr Carroll's change of schools. It is greatly appreciated by all.

Welcome also to Miss Victoria Vella who will join our staff for Term 2. Miss Vella will be teaching Year 2 during Mrs Gillard's executive release time and she will also support Year 5 and 6 as part of our diversity team with Mrs Laffan on leave for Term 2. Miss Vella has been working with us on a casual basis this term and is well known to the students of 2G.

As you would be aware we have been working hard to recruit a replacement music teacher for the school. Whilst we pursue other recruitment avenues, classes for Creative Arts lessons during Term 2 RFF time will focus on the drama strand from the Creative Arts teaching program. We have employed well qualified teachers to guide the students in this area. Music will return as the focus areas for Terms 3 and 4.

As mentioned in our last K.I.T Mrs Kelly Gray is leaving our school. She will finish at our school on Friday 11th May. We will be having a special farewell liturgy in the school hall for Mrs Gray on her last day at 2.20pm. Parents are most welcome to join us in thanking her for the terrific contribution she has made to building our wonderful school.

Together We Grow.

Mr Scott Buchan - Principal

News from the Assistant Principal

School Photos

As mentioned in previous editions of the K.I.T, our 2018 school Photos have been scheduled for Thursday 10th May. All students will be required to attend school in full winter uniform. Based on feedback from previous years, we have enlisted a new company for school photos this year. We look forward to working with GS Imaging Group. Further information will be sent home with students tomorrow.



Winter Uniform

Term 2 commences Monday 30th April and students are welcome to choose between full summer or winter uniform for the first week of term. All students are required to be in full winter uniform from the beginning of week 2 (7th May).

Have a wonderful holiday break. See you next term!

If you need to contact me please phone the office or by my email, mrowan2@parra.catholic.edu.au

Margaret Rowan
Assistant Principal



The Season of Easter

The celebration of the Easter Vigil (on Holy Saturday) is the beginning of the season of Easter.

While the Vigil marks the end of the celebration of Holy Week, and the end of repentance and conversion for which Lent prepared the community, it is much more a beginning. It is the beginning of a new season of grace and a time of joy and thanksgiving, for Easter is not one day or one solemnity—it is a fifty day celebration from Easter Sunday to Pentecost Sunday.

The colour of the Season of Easter is white or gold reflecting new life, fulfilment, rejoicing and joy.

*The apostles' acts continue the work of Jesus, through the ways they bring his liberating message and his healing.
And Jesus is very much with us during the Easter Season, offering us his peace.*

We ask to be able to share our faith and our love with others.

*Jesus said,
"Why are you so frightened?
Why do you doubt? ...
...you must tell everything that has happened.
-- Luke 24:38, 48*

*He's
Risen!*



Sacramental Program – First Holy Communion

Parent Information Session 7pm, Tuesday 1st May

If your child is in Year 4 or above and has made their First Reconciliation they are eligible to enrol in the Sacramental Program for First Holy Communion.

The compulsory Parent Information session for this sacrament will be held on Tuesday 1st May at 7pm in the St Nicholas of Myra Church. At this meeting specific details about the program format and requirements will be explained.

Project Compassion 2018 (Social Justice Initiative)



Project Compassion, our first Social Justice Initiative for the year, has come to an end and our school community has given generously to raise over \$747 for Project Compassion. This is a fantastic effort and the money will really help those most in need in our world.

Caritas Australia would like to THANK YOU for supporting Project Compassion.

Your donation will provide much needed support for programs around the world that provide vulnerable people with the skills and opportunities they need to establish a better quality of life.
www.caritas.org.au/projectcompassion 1800 024 413

Social Justice Initiatives

Throughout the school year the St Mary MacKillop community is involved in many Social Justice initiatives. These initiatives compliment the Religious Education Programs taught in each grade and aim to foster in the students a deep desire to help others less fortunate than themselves. The Social Justice activities that we will be involved in this year are:

Project Compassion

Catholic Care

St Vincent de Paul Winter Appeal

Penrith Community Kitchen

The Mary MacKillop Institute

Catholic Mission

St Vincent de Paul Christmas Appeal

Social Justice programs allows Christians to reach out in compassion and unity to those who are most in need – it is truly living the message of Jesus and St Mary MacKillop “Never see a need without doing something about it”.

Mother's Day Liturgy: Friday 11th May

Please join us for our Mother's Day Liturgy on Friday 11th May at 9am in the hall. This Liturgy will be prepared and led by Kindergarten.

During our liturgy we will pray for all mothers and ask God to keep them in his loving care.

There will also be an opportunity to visit classrooms and partake in Australia's Biggest Morning Tea (gold coin donation), which will be organised by the P & F.

A big thank you to the Kindergarten teachers, students and the P & F for organising this special day.

Mrs Gillard

Religious Education Coordinator

EMU News

Congratulations to our EMU students Angelique, Rocco and Zavier, who participated in a Behind the Screen learning task. These EMU students participate in a half hour EMU session everyday to help further develop their numeracy skills to provide them with greater confidence in the classroom. During the Behind the Screen, they worked with Miss Jones, our EMU Specialist Teacher, and shared some of their new mathematical skills that they have been learning during their EMU sessions. Other EMU Specialist Teachers were getting some great ideas of what they could do with their EMU groups. They were able to show the other EMU Specialist Teachers how they could put their collection of teddies into equal groups as well as read, write and order different 2 digit numbers. Well done EMUs! Keep up the hard work.



Sports News

A huge congratulations to Jarred H, Year 5 who was selected for the Parramatta Boys Football (Soccer) Representative Team last week. Jarred trialled for the team along with Harrison M, Caleb K and Jordan P and 90 other boys from our Parramatta Diocese. With only 14 boys selected, this is an amazing achievement. Well done to the four MacKillop boys who trialled and to Jarred for this outstanding achievement.



Afternoon Pick Up

Please pick up all children at 3pm across the road in the park. Do not come into the playground to collect your child or take them from lines as this creates safety issues for our children.

The teacher on duty will bring any children who are not collected from the park by 3.05pm up to the school playground onto our waiters line.

If your child is on waiters, they can be collected from the playground between 3.10pm—3.30pm

Thank you for caring for our staff and kids.



Changing After School Travel Arrangements



If you need to change the after school travel arrangements for your child on a permanent basis, could you please forward a note to the classroom teacher.

If you need to make a change to after school travel arrangements after you have dropped your child at school, please contact the school office. Please be mindful that the office staff need to communicate this message to staff and students and the process for this is to send a form to the child via the office bag which is collected from the office at 2pm. We ask that you please, where possible, make these requests before 2pm so that we can ensure the message reaches your child in a timely manner.

Skool Bag App Instructions

For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).

Building Child Safe Communities - Forms For All Volunteers

'Building Child Safe Communities' is an initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. It is now a requirement that all volunteers complete an online undertaking form that confirms expectations in relation to behaviour whilst volunteering at schools. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.

Volunteers – please access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).

Then click on '**Volunteer Form**' (halfway down page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are volunteering.

If you would like to be a parent helper at sports carnivals, reading groups, gala days, excursions etc you will need to complete the form.

Road Safety

A reminder to all our parents ahead of the break at the end of Term 1 that school zones remain in place for the safety of our children and families.

School Banking

School banking continues as normal tomorrow. School banking encourages your child to develop regular savings habits by giving them the opportunity to deposit money into their Youthsaver account at school each week. If you are interested in school banking and your child does not already have a Youthsaver account you can apply online at commbank.com.au/schoolbanking or visit any CommBank branch.



Italian Classes

Italian classes will commence back Term 2, Week 2. There will be no Italian lessons on the first day back at school for Term 2.

School Contact Information

St Mary MacKillop has migrated to a new digital phone system which in turn means our phone number has changed. The new school phone number is **02 4724 3200**.



Phone Number Change

The old phone number is still in effect and will be for the next 12 months, however, when we call you the new contact phone number will be shown on your caller id.

Kindergarten Enrolments 2019

Congratulations to the 36 children who have attended an interview and been offered a place in our Kindergarten 2019 cohort. Class 1 already full and we are currently interviewing students for Class 2 . If you have a child who you would like to enrol into Kindergarten for next year, or know of a family who do, please get your enrolment form in as soon as possible to avoid disappointment.



*Congratulations,
you've been
ACCEPTED!*

Playgroup and orientation will be sent out to families once the acceptance letter has been returned to the school office.

We look forward to having these new students and families join the St Mary MacKillop Community in 2019!

P & F News

MOTHER'S DAY GIFT STALL - FRIDAY 11 MAY 2018

Our Mother's Day Gift stall will be held on Friday 11 May 2018. All students are invited to purchase a gift for their Mum, Grandmother, or that special lady in their life. Gifts range in price from \$1 - \$10.

MOTHER'S DAY BIGGEST MORNING TEA - FRIDAY 11 MAY 2018

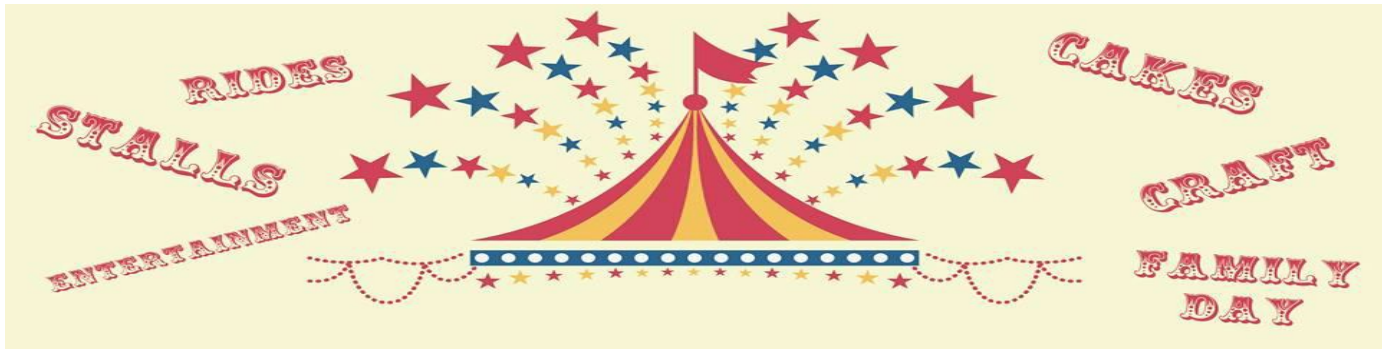
As in previous years we will be participating in Australia's Biggest Morning Tea, which will be held after the Mother's Day school liturgy. All gold coin donations will go directly to the Cancer Council to further their research and help find a cure for Cancer. Your support as always, is greatly appreciated.



**AUSTRALIA'S
BIGGEST
MORNING
TEA**
**GET TOGETHER TO
HELP BEAT CANCER**

COLES VOUCHERS

Please send in all your Coles vouchers to the school office by **Friday 13th April** as this will be the last date we can send them in to be eligible for sports equipment. Thank you to everyone who has supported this initiative!



St Mary MacKillop School Fete – May 6, 2018

ONLY 3 WEEKS TO GO!!!

FETE DAY ENTERTAINMENT – We have an amazing line up on Fete Day. Make sure you take note of when your child will be performing:

10:20am Official Opening: The School Orchestra

10:50am Kindergarten Performance

11:10am Year 1 & Year 2 Performance

11:30am Year 3 & Year 4 Performance

12pm Primary Choir

12:30pm Year 5 & Year 6 Performance

1:00-4:00pm Lazy Drive

We have a special appearance from Lazy Drive in the afternoon. Lazy Drive is a 5 piece cover band specialising in entertaining young and young at heart, featuring one of our favourites, Mr. Carroll. Can't wait to see them perform!

PRE-PURCHASE RIDE BANDS, SHOW BAGS AND KIDZONE PASSES – This can be done ONLINE (www.trybooking.com/345120) or at the OFFICE (cash payments). If you need another order form, please email the fete team: smmpfete2018@gmail.com. Purchase before **Friday, May 4** and save:

Pre-Purchase Unlimited Rides - \$25.00 each SAVE \$5.00! Rides include:



The Storm Ride



Cups and Saucers



Mini Putt Putt Golf



Giant Inflatable Slide



Circus Under the Sea



Horizontal Bungee

Pre-Purchase Kidzone Pass - \$10.00 for 5 activities SAVE \$1.00-\$2.00 per activity.

Activities include: Sand Art, Scratch Art, Crazy Hair, Temporary Tattoos and Face Painting!

Pre-Purchase Show Bags - \$5.00 to guarantee your show bag! Show bags include:



Girl's Show Bag



Boy's Show Bag

CRAFT STALL – We would appreciate donations of the following items to use on fete day: ribbon, buttons, beads, material, wool, pom poms, googly eyes, shells, fishing line, timber pegs, pipe cleaners, craft kits, wash tape, tulle, card paper stock... These can be taken to the office or contact Sonya Peters, smmpfete2018@gmail.com

BASKET STALL/MUFTI DAY – A huge thank you to all of the families who donated items and ready-made hampers on our mufti day. We really appreciate all of the effort and generosity that has been shown. They have now been packed and will be available for sale at our Fete.

GARDEN STALL – The Year 6 Environment Team had a great time potting our plants for the fete’s Garden Stall. There will be plenty to purchase at the fete. This will come in handy as Mother’s Day is the following Sunday. Can’t wait to show you all of the delights. Special thanks to Kayla from Bunnings and Rachael Brennan-Gale for helping the Year 6 Environment Team.

RAFFLE TICKETS – We have had a fantastic response from you all, so thank you. **We still have plenty of raffle tickets to sell**, if you would like more books, let the office know and we will send some home with your child.



Top 10 prizes as follows:

1st	\$500 Visa Prepaid Gift Card	6th	Scenic World Blue Mountains Family Pass
2nd	\$300 Elite Sand & Soil Gift Voucher	7th	Taronga Zoo Adult Pass for 2
3rd	Autographed mini bat signed by Ellyse Perry of the NSW Blues	8th	Jenolan Caves Tour Family Pass
4th	Studio 1000 Photography Voucher valued at \$545	9th	\$50 Elite Sand & Soil Gift Voucher
5th	Captain Cook Harbour Story Cruise for 2	10th	TreeTop Adventure Park Children’s Entry for 2

CHOCOLATE WHEEL – Whilst watching your children perform on stage, we will have the chocolate wheel spinning in between all performances. We have some amazing prizes up for offer. The **Geyer Family** have generously donated a **2018 Signed Penrith Panthers Jersey** and **GWS Giants** have donated a **2018 Signed AFL Ball** (only 250 exist!).

We have also received a multitude of vouchers from many local businesses and clubs that will be up for grabs! Check out our Facebook page for more information.

SPONSORS – We would like to express our gratitude to our sponsors who have already come on board. Outback Steakhouse and Uphire Equipment Specialists, who have shown amazing generosity to our school. We still have sponsorship opportunities available, starting at just \$250, get in contact now!



FACEBOOK – Please like and share our Facebook page - **St Mary MacKillop Primary Fete, Penrith**. This is a great way for the fete team to update you all!

Dates for Your Diary Term 1 - 2018

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>EVENT</i>
Thursday	12 April	5:30pm - 7pm	Primary Disco (Years 3 - 6)
Friday	13 April		Last day - Term 1
Monday	30 April		First day back - Term 2 Students can choose between summer or winter school uniform for this week
Monday	7 May		Week 2 - All students must be wearing full winter school uniform
Tuesday	1 May		Diocesan Cross Country - Sydney Motorsport Park (Eastern Creek)
Sunday	6 May		School Fete
Thursday	10 May		School Photos - Full Winter School Uniform
Friday	11 May	9am 2:20pm	Mother's Day Liturgy Biggest Morning Tea Open Classrooms Mother's Day Stall Farewell Liturgy for Mrs Gray
Tuesday	29 May		Stage 3 Girls Soccer Gala Day - Jamison Park
Tuesday	5 June		Stage 3 Boys Soccer Gala Day - Jamison Park
Tuesday	26 June		Stage 2 Boys and Girls Soccer Gala Day - Jamison Park
Thursday	5 July		Athletics Carnival

Mind Quest 2018

Glenwood HS cnr Forman Ave/Glenwood Park Ave Glenwood NSW 2768

Saturday & Sunday 2 & 3 June 2018 9.30am - 3.30pm

The 87th MindQuest program will be held for gifted and talented primary students from Years 1-6 at Glenwood High School. These include gifted and talented students, gifted underachievers and students with well above average ability with a special interest. Students will have an opportunity to participate in over 36 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, lego robotics and much more.

Most of these highly successful courses have been run in the past and students' evaluations suggest that they have been challenged and enriched by the experience. The cost of the weekend is \$195 (including GST). Send your applications in early to avoid disappointment.

Glenwood HS is in the Baulkham Hills area close to the M7 and is easy to get to from most parts of Sydney. It is 20 mins Beecroft, 35mins North Sydney, 25mins Strathfield, 30mins from Richmond, Penrith and Hornsby.

If you would like a brochure, please call Shelagh on 02 4959 7148.

Closing Date: Monday 4 May Week1 Term 2

**AUSTRALIAN
TRAINING
AWARDS**

2017 Finalist

Schools Pathway to VET

McCARTHY
CATHOLIC TRADE
TRAINING CENTRE

YEAR 10 STUDENTS & FAMILIES



Combine your HSC Studies with Trade Qualifications and the opportunity to be employed as a School Based Apprentice/Trainee

Trades/Vocations Include but are not limited to:

- Automotive
- Metals and Engineering
- Carpentry
- Hospitality
- Electrotechnology
- Hairdressing
- Bricklaying
- Early Childhood Education and Care
- Plumbing
- Shopfitting

2019 INFORMATION EVENING

6PM WED 30 MAY



/McCarthyTTC



McCarthy Catholic Trade Training Centre
75 Mackellar Street, Emu Plains 2750
P 4728 8129
E mccarthycttc@parra.catholic.edu.au
W www.mccarthycttc.catholic.edu.au

A SPECIAL DAY FOR PARENTS
ACROSS PARRAMATTA CATHOLIC
SCHOOLS

LAUGH
PRAY
REFLECT

TAKE TIME
OUT FOR
YOURSELF

FREE DAY SPA FOR THE SOUL

Bring a friend!

**BOOK NOW!
LIMITED SPACES
AVAILABLE**

**Thursday 3rd May
9:30am-2 pm**

**MORNING TEA AND
LUNCH INCLUDED**

Enquire and register
by 12 April with Tania
Melki via email:
tmelki@parra.catholic.edu.au
Ph: 04 29375226

The Franciscan Shrine of
The Holy Innocents
8 Greyfriar Place Kellyville

SPONSORED BY THE
CATHOLIC EDUCATION SOCIETY PARRAMATTA (CESP)

KIDS CAN ACT—APRIL HOLIDAY WORKSHOPS

MONDAY 16th APRIL SPRINGWOOD COURT	TUESDAY 17th APRIL SPRINGWOOD COURT	WEDNESDAY 18th APRIL SPRINGWOOD COURT	THURSDAY 19 th APRIL SPRINGWOOD COURT	FRIDAY 20 th APRIL SOUTH PENRITH
9.30-2.30pm The Magical Book of Spells & Potions	9.00-3.00 The Birthday Party That Went Wrong <i>—The Musical</i>	9.00-3.00 The Birthday Party That Went Wrong <i>— The Musical</i>	9.00-2.00pm 1,2,3 Let's Make a Movie 2.00-6pm Survive! (9-16yrs)	9.30 – 2.30pm The Magical Book of Spells & Potions
	TWO DAY WORKSHOP		FULL or HALF DAY	
MONDAY 23RD APRIL SPRINGWOOD COURT	TUESDAY 24TH APRIL SOUTH PENRITH	Bookings & information www.kidscanact.com.au Cathie 0414 475 158		FRIDAY 27 th APRIL SOUTH PENRITH
8.30am-1.30pm Unicorn Magic	8.30am-1.30 pm Unicorn Magic			9.30-2.30pm 1,2,3 Let's Make a Movie
1.30-5.30pm Monster Mania	1.30-5.30pm Monster Mania			2.30-6.30pm Survive! (9-16yrs)
FULL or HALF DAY	FULL or HALF DAY			FULL or HALF DAY

BOOK & PAY BY FRIDAY APRIL 6TH TO RECEIVE THE EARLY BIRD RATE

Owner reserves the right to cancel any workshops without a viable number. A refund or credit will be given.

KIDS CAN ACT APRIL HOLIDAY WORKSHOP DESCRIPTIONS

The Magical Book of Spells and Potions (4-12yrs)

What happens when you find an old book of magic covered in dust in an old box under the school. It says it has spells to stop enemies and turn people into animals. Oh no! You didn't mean to do that to your parents!

"The Birthday Party That Went Wrong" The Musical (4-12yrs)

The whole class has been invited, it's the biggest social event of the year, you can't wait. People start arriving with amazing presents, the party is in full swing when all of a sudden.....

Come SING, DANCE & ACT, find out what happens. **(2 Day Workshop)**

1,2 3 Let's Make a Movie (4-12yrs)

1. Brainstorm a storyline together.
2. Devise what you are going to wear.
3. Make the movie.

Survive! (9-16 year olds)

What happens when technology stops working? How do young people survive?

Is it chaos or calm? Life or death? How do they cope? Or do they?

Unicorn World (4-12yrs)

Magic, rainbows and unicorns! Let's excite our imaginations and our creative side. Do some art and craft and discover the magical world of Unicorns through story and play. Unicorn World is a world beyond your wildest dreams, your little ones will simply adore the day. **(Act /Imagine and Make)**

Monster Mania (4-12yrs)

Dream of monsters? Curious how and where they live? Well come join us as we step into their world.

How will they greet us, OR will they EAT US? No way! Fingers crossed. **(Act /Imagine and Make)**

www.kidscanact.com.au Cathie 0414 475 158

After School Drama

CLASSES START
WEDNESDAY
7TH FEB

Wednesdays

FREE TRIAL
CLASS!

Enrolment required

St Mary MacKillop School Hall

SUPERVISION AVAILABLE FROM 3PM UNTIL 5.15PM IF REQUIRED

@ 3.15pm SUPER KIDS (K-Yr2)

@ 4.15pm COOL KIDS (Yr3-Yr7)

To enrol

www.kidscanact.com.au

ENQUIRIES:- Mrs Cathie Parkes - 0414 475 158



Health
Nepean Blue Mountains
Local Health District

Tuning in to Kids

Emotionally Intelligent Parenting

A six session parenting program for
parents of children aged 3-12 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses.

Where: St Clair Community Health Centre
Botany Lane, St Clair 2759

When: 6 weeks on Tuesdays starting 15th May 2018
10:30am-12:30pm

Contact: Kathy 9834 0500 or Brenda on 9833 6800

Cost: Free

Register by contacting The Central Referral Service on 1800 222 608

Nepean Blue Mountains Local Health District
ABN 31 910 677 424

Entrance via Derby Street, Kingswood
PO Box 63, Penrith NSW 2751
Tel 4734 2120 Fax 4734 3737

Stepping Beyond

Support Group for Separated / Divorced Adults



- Are you separated or divorced?
- Have your emotions overwhelmed you at times?
- Are you struggling with the impact this is having on your life?
- Is communication difficult with your ex-partner?
- Do you find it difficult to support your children through this process?
- Would you like support as you deal with your changed circumstances?

If you relate to any of the above, please call PH: 8843 2530 or e-mail Rita at soloparentservices@ccss.org.au for more information about our Support Group.



VENUE: 13 Buller St, North Parramatta
DATE: Last Tuesday of each Month (Jan –Nov)
TIME: 7.00pm – 9.00pm
COST: \$5.00

Younger Widowed Support Group



- Has your spouse or partner died and are you searching for someone who understands the enormity of your loss?
- Are you overwhelmed with the impact this is having on your life?
- Do you long to connect with others who have experienced a similar loss?
- Are you unsure of how to assist your children through their grief?
- Would you like support as you deal with your changed circumstances?

If so please call PH: 8843 2530 or

E-mail: soloparentservices@ccss.org.au us find out more about our monthly support group



VENUE: 13 Buller St, North Parramatta
DATE: 3rd Tuesday of each Month (Feb –Dec)
TIME: 7.00pm – 9.00pm
COST: \$5.00

 **PENRITH**
THEATRICAL COMEDY
COMPANY INC.
PROUDLY PRESENTS

Seussical

The Musical

Music by **STEPHEN FLAHERTY** Lyrics by **LYNN AHRENS**
Book by LYNN AHRENS and STEPHEN FLAHERTY
Co-Conceived by LYNN AHRENS, STEPHEN FLAHERTY and ERIC IDLE
Based on the works of DR. SEUSS
In arrangement with Rod Leonard Australia Pty Ltd (Exclusive agent for Music Theatre International (MTI))

Venue:
**The Q Theatre,
Penrith**
6 SHOWS!
13th April, 2018
@ 7:30pm
14th April, 2018
@ 1:30pm & 7:30pm
20th April, 2018
@ 7:30pm
21st April, 2018
@ 1:30pm & 7:30pm

Joan
penrithmusicalq
www.facebook.com/pmoac
info@penrithmusicalq.com.au

For ticket bookings and more information
www.thejoan.com.au/whats-on/seussical

Guess what??

We are *SUPER* excited to announce we will be offering ...

SCHOOL HOLIDAY KIDS YOGA WORKSHOPS

This will be an event your child won't want to miss - full of fun, engaging activities and creative exploration of yoga!

This 3 hour yoga workshop will fill up fast, so be sure to book in, so your child doesn't miss out!

Places are strictly limited.

Dates: Monday, April 16th and Friday, April 20th

Time: 1-4pm

Location: Om Yoga Studio, Emu Plains

Cost: \$50 per child, per workshop. (\$45 for siblings) Healthy snacks included

Contact: Justine Schafer | Enliven Yoga
0413 236 542




ENLIVEN YOGA

Is this safe?



PEANUT AND TREE NUT ALLERGY AWARE SCHOOL



- DO NOT **SHARE** FOOD
- **WASH HANDS**
AFTER SNACK AND MEAL TIMES.
- **ASK QUESTIONS** IF YOU ARE UNSURE
OF "SAFE" FOODS.
- READ **ALL** INGREDIENT LABELS.

B E Y O N D
A PEANUT
FOOD ALLERGY AWARENESS PRODUCTS

www.beyondapeanut.com
1-877-ALRG-TIP (257-4847)

Thank you
for helping us
provide a safe environment
for our friends with food allergies!