Principal’s Report

Design Make and Innovate (DMI) Year 4
This week, Mackellar Year 9 Girls acted as Mentors for the new project, Design Make Innovate. The students in Year 4 will have a series of sessions with their mentors using Design Thinking which is a creative and systematic process that enables meaningful design of a board game or arcade game using recycled materials. The students were very excited on Monday and worked really effectively with their mentors. It will be exciting to see the display showcase at the end of the term.

Resident Artist
Mr Robin Martin has started the mural with the brief to connect the East and West Stephanie Alexander Kitchen Garden. The students have enjoyed watching the mural unfold before their very eyes. Keep observing all the intricate details.

SRC
Thank you to Mrs McLean for her outstanding work with the Student Representative Council (SRC). The SRC representatives were awarded with their badge yesterday at Assembly. Jonathon Ryan and Connor Phillips spoke briefly about the work of the SRC. The recycled football boots are an initiative by the SRC promoted by our parents to assist Indigenous communities. The SRC is also raising money for Stewart House and Bear Cottage.

Friday Sport
Thank you to all our teachers for their fabulous enthusiasm with sport. Summer PSSA started last Friday as well as the wonderful paid and non-paid sport options.

Reminder: Kinder Yellow
Parent Information Night for Kinder Yellow will be held tonight at 5.30pm.

Canteen/Lunches
Please press ‘submit’ when ordering lunches. A large number of children are coming to the canteen without lunch or lunch orders. Please make sure that children have morning tea and lunch if not ordering.

Reminder: Semester Invoices
We are trialing semester rather than term invoices and so this term there will be larger dollar amounts on the invoice. Payments can be made in instalments.

Reminder: Change of Parent Details
If you have changed your address or updated phone numbers, please can you email this information to the school so that we have correct information especially in case of an emergency. Please email the school with the heading Change of Details. Thank you.

Student News:
Congratulations Year 6 for their outstanding writing about the Lost Thing.
Congratulations also to Lucas Cadman, Charlie Adams Connor Phillips, Sofia Davidson and Rory Buck for their selection in the PSSA Boys and Girls Football (soccer) Trials on Wednesday 2nd March –Good luck!
Congratulations to Ami Barnes who battled big waves on Sunday when competing in the Australian Open Surfing U14 Girls’ Competition. Ami came 4th in her heat.
Congratulations to Ziko Vesely for being selected to attend the Sydney North Tennis Trials on Tuesday 8th March.

Mrs Julie Organ
From the Deputys’ Desk........

Congratulations to the following students for receiving an Expectation Certificate.
Bronze Banners: Jack Greville, Arran Darling

Clean Up Schools Day – Friday 4 March
Students need to bring sturdy gloves to school this Friday. Teachers will be asking students to estimate how much, location of and most common type of rubbish to be found in our playground. Grades will come together to weigh their piles of rubbish.

Year 6 2017 High Selective High School Test
A reminder to parents of students who have applied to sit the Selective High School exam for Year 7 placement in a selective high school in 2017. Students are required to take the Selective High School Placement Test to be held from 9.00am to 1.15pm on Thursday 10 March 2016 at the Northern Beaches Secondary College Mackellar Girls Campus. Further information can be found at: http://www.schools.nsw.edu.au/media/downloads/schoolsweb/learning/k_6assessments/ss/ss_testcentres.pdf.

2017 High School EOI Applications
The Year 6 High School applications will be sent home to parents early next week. The applications must be signed and returned to Year 6 teachers by March 18 at the latest. This is applicable to all students, not just those applying for Government High Schools. Please see the Year 6 teachers or myself if you have any queries.

School Sport Program - Basketball
Basketball coach, Rad Radan runs a highly energetic program aimed at developing hand eye coordination skills and fitness levels.

Jenna 5P ‘I enjoy basketball because it is fun learning skills and then using them in games. We learn how to shoot, pass and dribble with our friends.’

Rudy 6M ‘The basketball program is fun. Rad gets us warmed up with skills like tapping the ball over our head and dribbling with left and right hands. We do a shootout and then play a game of sideline basketball involving all players.’

Handy School Hints
You can assist your child to a successful start to this school year by establishing clear routines for getting to and from school, and by setting aside a regular time for them to complete their homework or home reading. Children thrive on certainty and set routines for such activities. For some, it may mean coming home and completing homework straight away; other students may be better suited to a break, exercise or some refreshment before commencing their set tasks. Work out a plan that suits your schedule and do your best to stick to it. We fully recognise and appreciate how hectic life can be some weeks, so if homework completion becomes an issue, please talk to your child’s teacher.

One aspect of schooling that I am passionate about is reading. Research shows that parents can greatly assist their children to be successful readers by reading with them on a regular basis – bedtime is a perfect opportunity for sharing some wonderful literature. Children will also receive encouragement by simply witnessing mum, dad or caregivers enjoying reading themselves – by modelling a love of reading to your children, they will benefit immensely.

For ideas on age appropriate reading, you can visit the website of the Premier’s Reading Challenge at, https://products.schools.nsw.edu.au/prc/home.html

Don’t forget the Manly West Snowsports Information Session this Thursday 3rd March 3.45 in the Year 6 classrooms.
Lots of information about this exciting opportunity!
Contact Tom Rundle tumbletom@hotmail.com if you have any questions.

Mrs Adrienne Bruce
From the Deputys’ Desk....... 

Congratulations to the following students who have collected 4 Expectation Cards to gain an Expectation Certificate: 

Canteen
There have been a number of students who have been without lunch this term. This puts additional pressure on our canteen making extra lunches during the busy lunch period. A reminder in the morning would be appreciated. Another helpful practice for younger children is to place a note with their recess indicating they have a lunch order.

Bushlink
The P & C employ Bushlink twice a term to assist with grounds maintenance and to foster an understanding and inclusion of people with a disability. Last week we requested an additional visit as we needed their help to do some mulching. Students in 1S, 2M, 4W and 4G happily assisted. It is always lovely to see the teamwork of students and interaction with the Bushlink crew.

Parent Helper Request
Recently staff has been involved in further professional learning regarding assessment in Mathematics to inform teaching and learning. We are seeking assistance from parents or carers to bind individual student assessment booklets. If you are available to help for 30 mins to an hour on Friday or early next week, please contact Joy at the office.

Playground Equipment
We ask that parents do not allow their children to play on the playground equipment before or after school. This area is out of bounds at these times for safety reasons. While there are some parents who are present supervising their children, this encourages other children who are unsupervised to join in the fun.

Life Education
Life Education has been educating children for over 35 years about making safe and healthy choices. Over the last few weeks each class was involved in a lesson supporting our Personal Development and Health curriculum. The lessons also link with the Healthy Lifestyles program taught to Years 1 - 6 in the first weeks of the school year. Many students view their annual visit to the Life Education van rather special, a highlight being the fairy lights and of course, Harold. Harold guides us in making good choices. Go Manly! Thank you to Teresa, Gezz and Louise for presenting the program with such enthusiasm and sensitivity. We love having them as part of our school. Thank you also to Mrs Israel for organising the visit.
You may like to access the parent section on the Life Education website. 

Mrs Wendy Mwanga
**Manly West Before & After School Care**

**TERM ACCOUNTS**
If you did not pay the first instalment, full payment was due by Friday 26 February. The second instalment is due this week by Friday 4 March. Late Payment Fees apply for payment not made by the due dates. Updated accounts will be emailed this week. Please note, we have adjusted your account if your child was previously billed for the Easter public holidays as we are not charging for those sessions. If you have not received an account (from HUBWORKS), please contact us.

**ABSENCES**
To ensure the safety and welfare of the children in our care, BASC MUST BE NOTIFIED if a child will be absent from a booked session. Non Notification delays our awareness of any legitimate concern for a child’s safety. Also, whilst looking for children and contacting parents, our Educators are having less time with the children in their care. Messages can be written ahead of time in each room’s ‘Parent Message Book’ or by email admin@mbasc.com.au (with at least 24 hrs notice). We can be contacted at late notice by phone on 9948 8113. There is a Non-Notification of Absence Charge of $11 (incl GST).

**Did You Know?** The Family Assistance Office (FAO) will only pay CCB and CCR for 42 Allowable Absences in a Financial Year from all Approved Services for your child. Unless special circumstances exist, absence sessions greater than 42 will not receive any rebate. The top RH corner of your invoice shows absences to date. If ‘Unknown’ is shown, it means that your child has not ‘Formalised’ with the FAO and no CCB or CCR will be paid. Please check/update your account with Customer Reference Numbers (CRNs) and correct Dates of Birth.

**CENTRE NEWS**
- This week in K-2 Room we will be having a comedy show on Tuesday, a first aid lesson on Thursday and a special cooking activity on Friday! We will also be getting creative and starting our year projects to decorate the room.
- The 3/4 Club will be working to break records with our ‘minute-to-win-it’ challenges and outdoor obstacle course. We will also be using our artistic skills drawing some wonderful pictures and producing some beautiful frames for our new BASC gallery!
- Children in years 5 & 6 put their DIY skills to the test last week – handed paper and rubber bands they turned the everyday items into colourful rubber band bouncy balls. They also enjoyed the special treat of ice cream! This week we will celebrate the return of the NRL with NRL craft and games.
- Waiting List

The waiting list continuously moves as families’ circumstances change. We will phone you as soon as a session becomes available for your child. We understand it can be frustrating waiting for places but please be aware that due to regulation requirements we can only cater for 150 children per session.

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**Diary Dates**

**Wednesday 2 March**
5:30pm K Yellow Parent Information Evening

**Thursday 3rd March**
Year 4 Design, Make & Innovate
3:45pm Snowsports meeting Year 6 classroom

**Friday 4th March**
Clean up Australia Day
Summer PSSA Round 2

**Monday 7th March**
Year 6 Prefects Leadership Camp

**Tuesday 8th March**
Year 4 Design, Make & Innovate
Year 6 Prefects Leadership Camp
6C & 6M Kokoda Memorial Excursion

**Wednesday 9th March**
6T & 6G Kokoda Memorial Excursion

**Thursday 10th March**
Year 6 2017 Selective High School Test

PBEL for this week is **Aspire**. Students to line up in grade lines at the Canteen and only have 2 people at the window.

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**CHANGE OF PARENT CONTACT DETAILS**

**CHANGE OF ADDRESS, TELEPHONE NUMBER, EMERGENCY CONTACTS AND EMAILS.**
If you have changed your address, emails, emergency contact details or updated phone numbers, please can you email this information to the school so that we have correct information especially in case of an emergency.

Please email the school with the heading ‘Change of Details’.

Thank you.
LIBRARY NEWS

Congratulations to KOrange, KGreen, KRed & KSilver who have all borrowed for the first time at Manly West! By Friday, KPurple, KYellow & KBlue will have remembered their library bags and have borrowed as well. Terrific work, Kindergarten! Here is to starting your exciting reading adventures at school!

Happy birthday to Dr Seuss today, a much loved children’s author whose books make children and adults alike smile, laugh & use their imaginations! Special thanks to Lewis Mills & Steven Vinogradov who helped with the Dr Seuss display in the corridor outside the library. Huge thanks to Mrs Karen Burke who has been very busy sprucing up the library and making it easy to navigate around the shelves in different areas of the library!

More thanks to the following wonderful book covering mums who have helped protect our new library books: Kathy Hobbs, Danielle Farmer & Sumei Wrigley. Please contact me - pun intended! - if you are willing to help out by covering books. Please send me an email at ellen.lo@det.nsw.edu.au or drop by the library. Thank you also to those parents who have emailed me their availability to help with K-2 classes during their child's library lesson. I will soon be in touch with a roster for the rest of this term and Term 2.

Congratulations to the following students who have made the commitment to help in the library once & some even twice a week as Year 6 Library Monitors: Winona Wrigley, Jazhara Hood, Ruby Mooney, Jessica Spence, Sara Kumar, Ceilidh Lloyd, Mia Prince, Alex Gee, Alicia King, Millie Baker, Jordie Lovegrove, Jasmine Parkes, Liz Kennis, Maddie Nicol, Mathilde Hanaut, Elinor Williams, Charlotte Yan, Lewis Mills, Steven Vinogradov & Joseph Davey. Mrs Burke & I look forward to working with this responsible & enthusiastic group of young people at lunch times.

Happy reading!
Ellen Swick
Teacher Librarian

BAND INVOICES HAVE BEEN EMAILED

Please check your email in-boxes (both parents'/carers' if Band has two parent emails) for your child's Band invoice. Payment can be made by direct bank transfer to the P&C (preferred as no fee to the P&C) or by Flexischools. If both parents/carers are receiving Band emails (which is great to increase awareness of Band events) please check with the other so you do not pay twice!

Percussionists - apologies but you have been sent 2 invoices - one for term tuition etc and a separate one for the percussion hire fee. Will try to avoid that next term - we still have our “L” plates on with the new billing system.

ONLINE REGISTRATION

There are around 25 band members (out of 206) who are still to register online through the email links sent out to you for My School Music. That isn’t a bad statistic but we really need everyone to finish this now. Please help the Band Committee keep the volunteer workload manageable and avoid us having to send home a written reminder with your child from rehearsal.

ARE YOU GETTING BAND EMAILS? YOU SHOULD BE...

If you are not getting Band emails, then that means the email address the Band Committee has for you is incorrect or our emails are going into your Junk mail or being blocked by your ISP. Please get in touch with the Band Committee ASAP on manlywestbands@gmail.com to let us know your correct email address.

AND SINCE WE ARE WADING THROUGH ALL THIS ADMIN TO ENJOY SOME MUSIC MAKING...

We hope your children are getting a lot out of being in Band so far this term - what a privilege for them to be able to make music with their peers at such a young age! A reminder of known Band dates for events so far:

31 March: Performance Band: evening concert at Pittwater High School
1 April: Training Band first performance at K-2 Assembly
7-8 June: All bands. Band Camp. TB only attend on 7 June
16 June: Performance and Concert Bands: evening concert at Pittwater High School Performance Band:
Sunday 26 June: Training and Intermediate Bands: day concert at Pittwater High School
Sunday 7 August: All bands. School Band Festival. UNSW.

Thank you all.
Band Committee
**CANTEEN NEWS**

**PSSA** - On Fridays, anyone going to PSSA needs to write PSSA on their lunch order, and remember that you can’t order any hot food items from the menu. If ordering online with Flexischools, you must add PSSA to your lunch order before finalising your order.

**Missing lunch and morning tea** – we are seeing quite a few children every day who have no lunch or morning tea.

We don’t want anyone to miss out, so the canteen provides them with fruit at morning tea and a sandwich at lunch, and a note gets sent home to the parents to request payment. This process is very time consuming at an already busy time, and in the last two weeks, we have had an average of 20 children each week without their lunch/morning tea!

We encourage the children to come to us if they don’t have a lunch, but please try to remind them to bring their lunch and morning tea from home. If ordering on Flexischools, make sure you press the "Finalise Order" button at the end to ensure we receive your order.

**Butter Chicken and Chicken Noodle Box** – due to demand, we have increased the number of online orders for Butter Chicken and Chicken Noodle Box from 30 to 35. This means that the number of over the counter orders for these items has decreased from 10 to 5.

**Volunteers** – As always, we couldn’t run the canteen without our wonderful volunteers. If you’d like to help in the canteen for a couple of hours (9.20am-12pm or 12-2pm), we’d love to see you. Contact us by email mwcanteen@gmail.com, call us on 9948 2257 or come and see us.

Thanks, Rachel

**Canteen Roster for week 7, Group 2**

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<th>Monday 7th March</th>
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<td>Nicole Warner AM</td>
<td>Tina Dermody AM</td>
<td>Heidi Heming AM</td>
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<td>Jane Cameron AM</td>
<td>Kristy Barbara AM</td>
<td>Rebecca McLeod AM</td>
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<td>Emily Cowdery PM</td>
<td>Kristie Kha PM</td>
<td>Genie Graham-Smith AM</td>
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<td>Lara Bullman PM</td>
<td>Lesley Sargeant PM</td>
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<th>Thursday 10th March</th>
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<td>Simone Massey AM</td>
<td>Kylie Wright AM</td>
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<td>Aaron Dunford AM</td>
<td>Joanne Holley AM</td>
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**News from the garden.**

Year 3 are studying seeds in science. Last week in the garden class they listened to a short talk, observed and tasted seeds and prepared a nut free Dukah. Recipe below. This week they will sow seeds and measure germination rates.

**Dukah**

1/4 cup sesame seed, pumpkin seed, sunflower seed, 1Tbsp Cumin seed, coriander seed.

1/2tsp salt

Dry roast large seeds in pan for s few minutes.

Add cumin and coriander and sesame. Continue for a minute

Remove from heat.

Crush in mortar and pestle or with rolling pin.

Serve with bread dipped in olive oil. YUM!

**Other matters**

- We are collecting old boots, gum boots, walking boots, work boots for a boot garden.
- We accept home compost on Wednesday and Thursday, Food scraps, (not including meat, fish, dairy or too much bread)
- We have a fully functional compost bin for sale ($25), Dalek style.
- We welcome volunteers into the 'kitchen Garden Friends', email Holly (holly@dockerz.net) or Beth.

Happy gardening.
Holly and Beth.
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<th>Class</th>
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<td>Cyrus Taulima</td>
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Chook Roster

Saturday 5th March
Bourke family

Sunday 6th March
Evans family

Instruments For Sale

Clarinet (Buffet) plus stand
$550
In excellent condition.
Call Vanessa 0424 364

Found

Watch found in playground.
See office if yours.

Uniform Shop

Thursday 10th March
8:45-10:00am
Monday 14th March
2:45-3:45pm

Warragah Council

TRANSITION TO HIGH SCHOOL

For parents and carers of children in Years 6 - 8 looking to enhance their child’s early high school experience.

Tue 8 Mar
6.30 - 8.30pm

Led by trainer Carin Camilleri, topics include changing relationships, building confident teens and tools to assist through difficult times.

Warringah Civic Centre,
725 Pittwater Road
FREE

Bookings essential
youthbookings@warringah.nsw.gov.au

Thank you so very much to the parents who came to my assistance last Wednesday when I tripped on the path outside school with my granddaughter. Your help was invaluable and certainly much appreciated.

Thank you for your kindness.

Regards
Viccy Evans

The CoolKids and Adolescent Health Program:
Helping distressed children & adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc.).

About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic health complaints experienced by children and adolescents include recurring abdominal pain, gastro-intestinal symptoms, recurring headaches, chest pains, dizziness and nausea. Research has shown that these children are prone to have increased rates of school absenteeism, and this may also have an impact on their learning; peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, CoolKids and Adolescent Health Program is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7 to 17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and includes 10 x 1 hour weekly therapy sessions held either in person at the Centre for Emotional Health (CEH) Clinic at Macquarie University or via Skype or telephone. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation: Centre for Emotional Health, Macquarie University.

Researchers: Associate Professor Maria Kangas, Prof Ron Rapee, & Prof Mike Jones.

Who is eligible? Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3 months.

Contact: For more information, please contact Assoc. Professor Kangas and her team (email: CoolKidsHealth@mq.edu.au or maria.kangas@mq.edu.au) or telephone (02) 9850 8500 or (02) 9850 4082.
AN INVITATION TO JOIN
THE NORTHERN SYDNEY SYMPHONIC WIND ENSEMBLE

Do you play a Windwood, Brass or Percussion instrument?
Do you enjoy being in your school band?
Would you like to join an extension band program outside of school?

Come along to one of our weekly rehearsals, play some music, have some fun and find out what an amazing band program we have.

You will have the opportunity to play with our ensemble, and have a formal audition with a Conductor.

Rehearsals are held in Frenchs Forest on Monday – Thursday, depending on your level. We have 4 ensembles for primary and high school students from government and private schools.

Please give one of our Managers a call on 0411 303 803 or 0435 029 439 to arrange an audition.

NSWWE is a fun and exciting extension band program which explores and develops a love of music amongst students from across Northern Sydney. NSWWE will challenge you through a high standard of repertoire under the direction of highly qualified conductors. With your NSWWE ensemble you will perform in professional and public venues, and participate in local, interstate and international tours.

We look forward to meeting you soon!

PO Box 302, Frenchs Forest, NSW 1640
Email: manager@nswwe.org.au  Tel: 0411 303 803 / 0435 029 439
nswwe.org.au

St. Lucy’s School
St. Lucy’s School is a school for children with intellectual disabilities
St. Lucy’s School provides education and care to children and young adults with intellectual disabilities.

Open Day: Wednesday 9th March
St. Lucy’s School will host an Open Day on Wednesday 9th March, 2016, from 9:00am to 12:00pm.

St. Lucy’s School is located at: 404 Tennyson Road, Woodroffe, NSW 2086.
Parking is available on-site.
RSVP: Priority for Open Day is limited, please RSVP by 9th March.

St. Lucy’s School is part of the Mission of the Dominican Order of the Sisters of St. Dominic of Bl. Mary.”
April Holiday Camps
11th – 26th April 2016

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual’s skills. It is important that children have fun whilst they learn new skills, and that’s why we’ve tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a “Marauder Spin”, “Crystall Cut”, “Marauder Stepper”, or learn how to do an “Oxford”
- Play football, no matter what the weather, in your boots!
- Small-sided games
- Finish the day with Laser football

Half Days 9.00am-12.00pm | Full Days 9.00am-3.00pm | Extended days 8.30am-5.00pm
For 5-13 year olds
Book from 2 days to 10 days

10% OFF in our Sports Store
When you enroll into 2 or more days of our April School Holiday program you will be eligible to 10% off all our sports store located upstairs at The Football Factory. This includes 10% off all products including already discounted products. Pick from our wide range of football boots, shinpads, socks, clothing, goalkeeper gear, balls, bags and many more accessories.

Claim your 10% discount online at the checkout by using the code: “HOLLYDAY10” after enrolling in the school holiday camp or by visiting in store and stating your name and the child enrolled into camp.

Visit the Football Factory online to sign up now!

Balgowlah Physie
Dance and exercise for all ages

- Confidence
- Flexibility and fitness
- Physie is FUN!

First 2 lessons are obligation free!

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