

GLENORIE SCHOOL BULLETIN

Term 4, Week 4

5 November 2020



Upcoming Events

Date	Event
11 Nov	10am Remembrance Day ceremony
18 Nov	OC Test
26 Nov	Water Fun Day
27 Nov	Captains Speeches
2 Dec	Galston High orientation day
3 Dec	Presentation Awards
7 Dec	Year 6 Farewell
10 Dec	Party Day
10 Dec	Reports go home
11 Dec	Talent Quest
14-16 Dec	Years 5 & 6 camp
16 Dec	Last day of school for students

COVID UPDATES

Presentation night has become presentation day with a K-2 session and a 3-6 session on 3rd December. Only parents of students receiving awards will be invited to these assemblies, with a limit of two family members for each student receiving an award permitted to attend. We will also announce the Captains for 2021 at the 3-6 assembly on 3rd December. Parents may now attend the 2021 captains' speeches on 27th November with social distancing measures to be followed. P&C meetings may return to the school site with social distancing measures to be followed. Year 6 arch and separate talent quests will be held on Friday 11th December before Year 5 & 6 go off to camp. These are the most current restrictions we have at the moment.

Water Fun Day

A note went home this week about the Year 6 Water Fun Day, which will be held on Thursday 26th November. Year 6 students are very excited to be planning this event. Please only complete the permission slip if your child does NOT have permission to participate.

Tell Them from Me Surveys

Thank you so much for completing the surveys. 80% of our parents completed the surveys. This is a tremendous effort and will support our directions for the 2021-2024 Strategic Improvement Plan.

Farewell Mrs Holland

Mrs Holland will be leaving us tomorrow to have her new baby. We wish her all the best with the birth of their first child.

Mrs Holland will be replaced by Mrs Yasmin Old, a fantastic teacher who is already a member of our staff.



End of Year Party Day

This year we will be having Party Day on Thursday 10th December (before camp). This day will include a sausage sizzle lunch with a drink, fairy floss and five rides to have lots of fun on. The cost will be \$20 per student with the P&C subsidising part of the cost. The amusement provider will provide a COVID safe plan for the day. A note will be coming home shortly.

School Captain Speeches

Students who are nominating for the positions of school captain and vice-captain in 2021 have now received their policy on the process of selection. The speeches will be held on Friday 27th November at 12:00 pm under our outdoor COLA. All nominees will prepare and present a **formal speech** to the staff and students. There will be no dancing, raps, comedy acts, slogans or chants. The process is to select School Captains, capable leaders; it not a talent quest. Students who wish to perform a performance act on the day will be disqualified from the selection process.

Ph: 9652 1237

Fax: 9652 2538

Email: glenorie-p.school@det.nsw.edu.au

Website: www.glenorie-p.schools.nsw.gov.au

Selective High School ~ 2022

This year applications will be accepted from **Tuesday, 13 October 2020** to **Monday, 16 November 2020**.

The Selective High School Placement Test will change in 2021 for placement in 2022. It will be paper-based on new types of questions and a different scoring system. The test will be transitioning to a new test framework and computer-based format by 2022 (for placement in 2023).

The Selective High School Placement Test will be held on Thursday 11 March 2021.

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Kindergarten Orientation

Kindergarten orientation has gone very well with every kindy child for next year walking in happily from drop off at the gate. This has gone so well despite the new parents being a little apprehensive. Kindy parents will be given orientation packs and appointments are available at the uniform shop for parents to purchase uniforms. Please contact the office on 9652 1237 if you would like to make an appointment.

Stage 3 is Off to Camp!

On Monday 14th – Wednesday 16th December, our Year 5 and 6 students will be off to 'The Great Aussie Bush Camp' on their exciting adventure. It is going to be a great three-day program. I am sure they will have a fabulous time. Students are required to be at school at 8:30am and will return at approximately 3:30 pm on Wednesday. Have fun!

Galston High School Orientation Day

If your child is going into Year 7 at Galston High School in 2021 there will be an orientation day held on Wednesday 2nd December. A note will be sent home in the High School packs that the students will receive on Monday 16th November.

Band Concert

The school band had an excellent demonstration concert on Monday morning for all our students in the hall. This was to demonstrate our wonderful band's talents but also encourage our new students and Year 2 students to join the band. Further information on how to join the band in 2021 can be found in this week's Bulletin.



Remembrance Day Service in Glenorie

On Wednesday 11th November, Years 4, 5 and 6 of Glenorie Public School and representatives from Glenorie RSL Sub-Branch will be "combining forces" to present a service at the local cenotaph to commemorate Remembrance Day. If you would like to join us for the ceremony we will be walking to the cenotaph at 10:45 am. Please observe social distancing.

Glenorie Public School is a bushfire-prone school

Glenorie Public School has undertaken planning and preparation for this bushfire season but will continue to operate regardless of fire weather ratings during the year. We will monitor local conditions during the bushfire season, particularly when there is bushfire activity in the area. We ask all parents to have the Glenorie App on your phone and carry your phone at all times on these hazardous days. We will post an alert to your phone giving you information on where your child is and the arrangements we have made for their safety during bushfires. Please upload the Glenorie Public School App.

School Planning...

Thank you to the parents who attended the P&C meeting last week and helped with our four-year school planning day. We have joined together to plan the direction of the school over the next four years. We are very excited that our parents added so much direction and value to this process. Thank you.

School Attendance

All students in Kindergarten to Year 11 are required to attend school until Wednesday 16 December 2020, the last day of teaching for 2020. Before this date, students in all year groups should be engaged in meaningful work based on the curriculum and syllabus requirements. See the NSW Department of Education's School Attendance Policy at <https://policies.education.nsw.gov.au/policy-library/policies/school-attendance-policy>.

Parents are required to explain the absences of their children from school promptly and within seven days to the school. An explanation for absence must be provided to the school within 7 days of the first day of any period of absence.

New Online Enrolment System

We are excited to announce the new Online Enrolment System is now available at our school.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into local schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online for any enrolments in the future. You can make an application for enrolment through our school website under the 'Enrolment' tab.

Kindergarten 2021 enrolments are already finalised and you do not need to do anything.

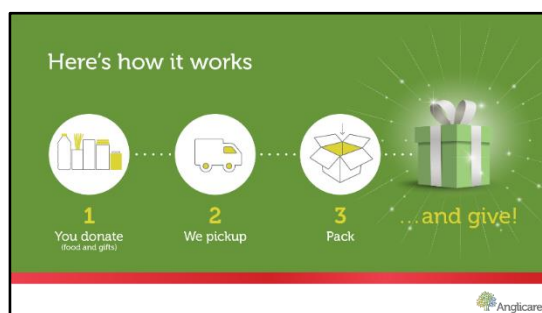
If you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's "going to a public school" site:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/enrolment>.

Further information about online enrolment can be found here: <https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools>.

Toys and Tucker ~ the Spirit of Christmas

This year we will be supporting the Anglicare 'Toys and Tucker' campaign again. We are hoping that as many families as possible will donate a wrapped gift (new items only with suggested gender and age) or food item (for Christmas hampers- in date items only) which Anglicare will be able to pass onto some families less fortunate than ours. If you are able to help, please leave the gift at the front office before Thursday 10th December. Thanks for caring about others!



School Photos

Group photos are now available for viewing and ordering ONLINE ONLY at

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

The online order code is: **20S1299PSB42G**

The photo prices are \$18 each, 2 for \$34, 3 for \$46, 4 for \$58 or 5 for \$70. Any additional photographs are \$10 each. This discount is only available per family order.

The group photos available for online ordering are:

- Captains
- Sports Captains
- Year 6 Fun
- SRC
- Library Monitors
- Green Team

If you have any questions, the contact details for the School Photographer are:

Ph: 9674 9824

Email: enquiries@theschoolphotographer.com.au

Everyone should have received their individual/class and family photos by now if you ordered them. If you would like to order more, it is not too late. The order code is X1299PSB42G.

Crossing at the Lights

With Covid restrictions, students have done a great job of entering and leaving the school grounds independently. We are so proud of them. While many parents are on time if you are running late can you please ring the office ladies so we may hold your child at the front office until you arrive? K-2 students get upset if they cannot find their parents at the front gate and are not always sure of what to do if you are not there to pick them up.

All students should walk down to the lights and cross Old Northern Rd **at the lights** if you park across from the school. Parents who call students to run across Old Northern Road are putting their child's life in danger and are encouraging them not to do the sensible thing, which is to cross at the lights. Please, for the safety of all our children teach your child to cross at the lights on Old Northern Road.

Does Your Child Need Medication at School?

The parents of any student requiring the administration of medication during school hours must sign a Prescribed Medication Form and notify the school of any possible side effects. Prescribed drugs must be stored in the office area but children will be required to come to the office at the specified time and receive assistance to take their medication. A record of this administration is kept by the office personnel supervising the procedure. Please ensure you always send this form with any medication. It can be found in the Notes section on our website and app.

School Development Day

Parents are reminded that the last day of the 2020 school year for students will be **Wednesday 16 December**. School development day will be held on the last day of term 4, 2020 (Thurs. 17). School development days at the start and end of semesters allow teachers to undergo further professional training.

NSW public school terms and holidays

Here's a snapshot of NSW public school terms and holidays for 2020 - 2021.

Find out more: <http://www.boardofstudies.nsw.edu.au/events/vacations.html>

Become involved in your child's education.

Enjoy learning!

Lyn Pearce
Principal



Galston High School

Discover why Galston High School offers a compelling choice for the education of your child.

Galston High School has been creating a series of testimonial videos from past students that showcase what they offer as a school.

You can view the first one here on Facebook: <https://fb.watch/1wcAzmtOWK/> or view it on their website: <https://galston-h.schools.nsw.gov.au/>

CAPTAINS AWARDS

The Glenorie Public School 2020 captains have been handing out captains' awards for each stage group at Monday morning assemblies. To achieve these captains' awards, you need to be on your best behavior throughout the week, be kind to others, follow the school rules and follow the teachers' instructions at all times in the playground and in the classroom.

Kindest regards, your captains:
Allegra, Myles, Maddie, Blake

Week 3, Term 4:



Week 4, Term 4:





Great Book Swap

The Great Book Swap is being held on Tuesday 24th and Wednesday 25th November (Week 7) of Term 4.

Thank you so much to those families that have donated books for the swap- the books are piling up! We are still in need of books that would suit Stages 2 and 3, so please donate any books to the very worthy cause.



Don't forget that on Tuesday and Wednesday of Week 7, students who bring a gold coin donation will get the opportunity to select a book from the donated books which will be displayed in the library for the swap.

Where do the funds we raise in our school go?

The money we raise will help fund the Indigenous Literacy Foundation's Book Supply Program, which reaches over 400 remote communities. This year the Foundation aims to raise \$350,000 to buy 35,000 new books for the communities that need them most.

Thank you for your support, and keep reading!

Mrs Cook

GLENORIE PS SCHOOL BAND

JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2021 and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a **band demonstration** at school that highlights the different instruments available for tuition. After this demonstration they will receive a green *Expression of Interest* note providing introductory information.

What do you need to do?

1. Carefully read the green *Expression of Interest* and then register your child's interest in joining the band online at <https://www.teachingservices.com.au/eoi>
2. Once you register online a TSA tutor will meet your child to help them assess which instrument they are most suited to**
3. The results of this instrument trial will be sent home with enrolment information

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

***Instrument trials will take place within strict COVID-safe guidelines and will include a basic aural and rhythm assessment among several other activities which measure your child's suitability for each instrument.*



(02) 9651 7333
enrolments@teachingservices.com.au
www.teachingservices.com.au

P & C News

OOSH News

Bookings for 2021 enrolments are now open for **current families** and close on Monday 9th November, so please ensure you get your bookings in for next year.

Places will be confirmed by Tuesday 10th November for current families.

Enrolments for **new families and kindy children** open Wednesday 11th November and close on Wednesday 25th November. Places will be confirmed by Thursday 26th November.

If you have any questions or are interested in care, please contact the OOSH on 9652 0074 or glenorieoosh@bigpond.com.

Canteen

Thank you to all the wonderful parents who have signed up to help in the canteen this term. We have almost all shifts filled now, with only two left:

Friday 20 November – 12 – 2.30 pm

Friday 27 November – 9.30 am – 12 pm

Should you be able to help on either of these days, please contact the canteen via email (glenoriepscanteen@gmail.com) or sign up for the shift following the link: <https://signup.com/go/AEysXdk>

Also a reminder that canteen is now open on Wednesdays at lunch for over the counter items only. No hot food or Flexischools orders, but your child can bring cash and come up to canteen during lunch time.

Uniform Shop

Due to ever changing regulations, Uniform Shop will NOT to be open for walk in orders this term. For any new starters or Kindy children starting next year, fitting appointments can be made via the school office. For all other orders, please continue to use Flexischools and orders will be filled on Mondays and Thursdays. Any items you wish to return or need to be exchanged can be sent to the office with your child and a note; they will be picked up from there.

Please email glenoriepandc@gmail.com if you have any questions.

Farewell to Dennise Williams

This week a letter from the P&C was sent out from the school office with regards to our much-valued P&C member Dennise Williams. After 6 years of dedication as President (5 years) and Vice President (1 year), Dennise will leave the P&C committee at the end of this year as her youngest child leaves school.

We are incredibly grateful for the way she has given her time selflessly to our school community for so many years and there is no doubt that the legacy of her work will be enjoyed by many more children walking through our gates in the future.

As a way of saying thank you, the P&C is organising a gift for Dennise. If anyone would like to contribute personally to her gift we ask that you make a deposit to our P&C bank account (details below - please write your name and Dennise as the description). We are also organising a virtual way for many people to send their thanks to Dennise. If you would like to do this please email glenoriepandc@gmail.com

Bendigo Bank
Glenorie Public School P&C Association
BSB: 633000
Account Number: 134173376

P&C Meeting

Our next meeting will be held on 27 October at 7pm. For the time being we will continue to hold our meetings via Zoom but encourage all parents and caregivers to join us - it is a great way to get involved and find out more about your child's school. Everyone is welcome and if you would like the Zoom link, or have some questions you would like addressed please contact the P&C via the email address glenoriepandc@gmail.com

Email: glenoriepandc@gmail.com

Facebook: Glenorie Public School P & C Events



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



GU Ref No: 2019/146



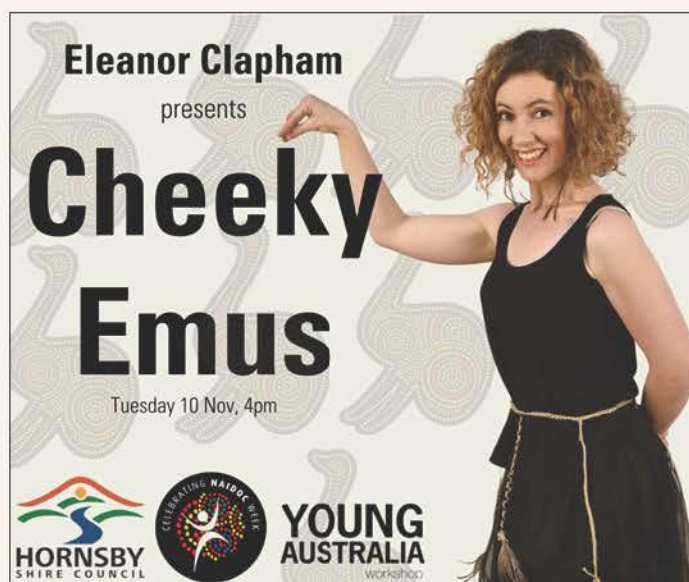
NAIDOC WEEK EVENT

ELEANOR CLAPHAM PRESENTS CHEEKY EMUS

For ages 6 and under

The Emu is a spirited and cheeky animal; curious by nature and loves getting up to all sorts of mischief when given the chance. Join Eleanor on this fun filled musical adventure to learn all about Emus and their songs, stories and dances. After an interactive call-and-response style Welcome to Country in Dhurug language, Eleanor will have children learning dances, and enchanted by the stories of Baime, the dark Emu found in the sky, and the legend of the Munduguddah, the rainbow serpent. All students will participate and perform in this dynamic workshop, where alongside fun fact about emus, Eleanor will interweave a message of sustainability, drawing on the practices carried out by her ancestors.

When: Tuesday 10 November, 4pm
Where: Online, via Zoom
Bookings: Bookings essential, ticketed event.
 Book online at hornsby.nsw.gov.au/library
 or at any Hornsby Shire Library Branch.

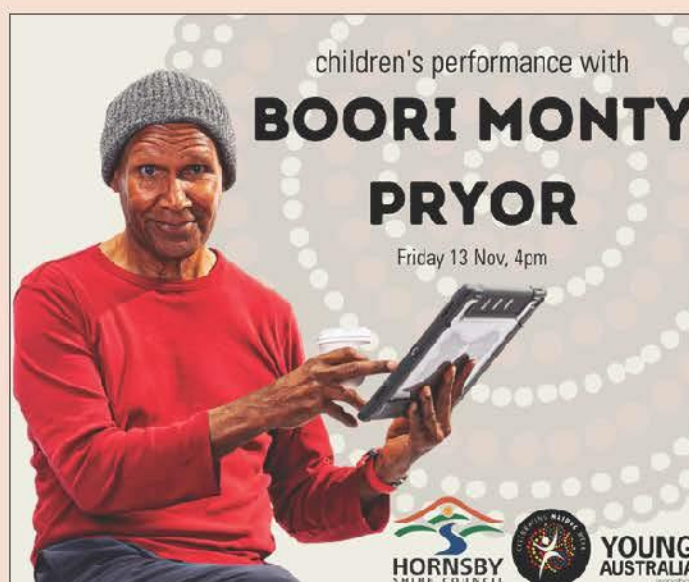


A PERFORMANCE WITH BOORI MONTY PRYOR

For ages 6 and over

In this performance award-winning author, musician, prolific storyteller, and now filmmaker, Boori Monty Pryor shares his unique perspective on the world. Combining humorous tales from his life experiences, Dreamtime stories, and instructive anecdotes, this presentation offers an insight into the multi-faceted reality of modern-day Indigenous culture. Boori punctuates his storytelling with the music, dances and language of his family and his home. By combining traditional elements of performance with his contemporary stories, Boori helps students better understand both the past and present culture of First Nations People.

When: Friday 13 November, 4pm
Where: Online, via Zoom
Bookings: Bookings essential, ticketed event.
 Book online at hornsby.nsw.gov.au/library
 or at any Hornsby Shire Library Branch.



For more information visit
hornsby.nsw.gov.au/library

SCHOOL ZONE

Road Safety News

Term 4, 2020



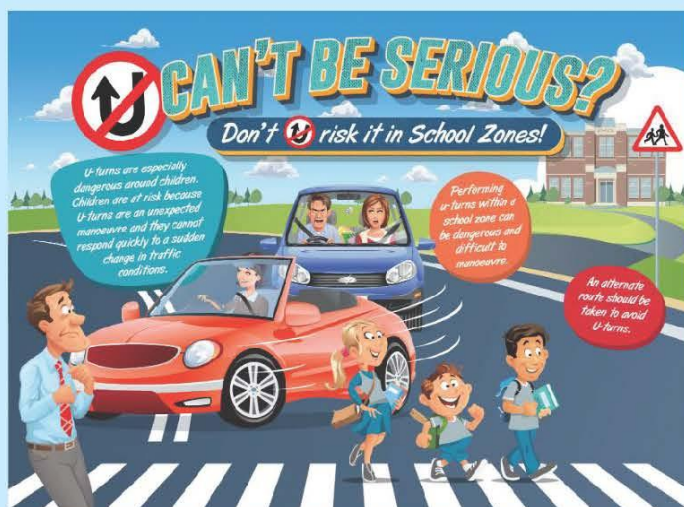
With the end of year approaching, our lives get busier planning for holidays and celebrations. Please be mindful to take some time to focus on slowing down while out and about on the roads.

Take responsibility for your actions, and remember, road safety starts with you.

U-turns in School Zones

Maximum penalty in a School Zone: \$457 + 4 demerit points

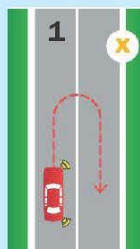
Performing a U-turn, or a three-point-turn, in a school zone can be dangerous and is strongly discouraged. Instead, find an alternative route. There is no amount of time-saving that warrants the serious risk these manoeuvres pose to children and other pedestrians and road users.



**Remember! Road safety starts with you.
Take responsibility for your actions.**

Drivers are not allowed to make a U-turn:

- at an intersection without traffic lights where a 'no U-turn' sign is displayed,
- at a break in a driving strip where a 'no U-turn' sign is displayed,
- across any of the following:



1. a single continuous dividing line.



2. a single continuous dividing line to the left of a broken line.



3. two parallel continuous dividing lines.



Model safe and considerate behaviour for your child - they will learn from you!

Walking together to and from school

A message from NSW Department of Education - road safety education

Walking to and from school with your child helps to promote physical activity, ease traffic congestion, reduce your carbon footprint, and provide time to talk about being a safe pedestrian.

Always demonstrate correct pedestrian behaviour.

The best way you can help your child to be a safe pedestrian is to:

1. give them lots of supervised practice with you or another trusted adult
2. talk with and teach your child about being alert in the road environment
3. always hold your child's hand until at least 8 years old
4. explain why the place you have chosen is the safest place to cross the road
5. point out dangers, such as vehicles coming out of driveways
6. use pedestrian crossings and traffic lights correctly
7. teach your child to keep turning their head in both directions to look and listen for traffic as they cross the road
8. talk with them about everything they need to think about to keep safe when walking
9. explain why they should look and listen before crossing a driveway, road or carpark
10. talk with your child and reinforce Stop! Look! Listen! Think! every time you cross the road together.



STOP!

**one step back
from the kerb**

LOOK!

**both ways
continuously**

LISTEN!

**for the sounds
of approaching
traffic**

THINK!

**whether it is
safe to cross**

Walking together also helps you to observe if older children are ready to cross the road independently. So next time you are driving your child to school, why not park a few blocks away and spend time with your child walking to and/or from school?

At school, your child will learn about road safety as part of Personal Development, Health and Physical Education. For more information click on the icons below:





CommBank School Banking is available at your school.

For over 85 years, the School Banking program has provided a fun, engaging way for Australian children to learn about the value of money and smart saving.

Get your child involved

To get started, all they need is a Youthsaver account. They can then make regular deposits at school on School Banking day and be able to participate in our exciting Rewards Program.

Track their savings

Your child can track their savings through the School Banking Savings Tracker or the CommBank Youth app, which is available to download from the App Store. It helps teach children real-life money skills, in a fun and secure digital environment.

To find out more visit
commbank.com.au/schoolbanking



Raise funds for your school

School Banking isn't just helpful for your child. It's also a great fundraising activity, as CommBank provides your school with financial support through our School Banking Contributions Program.

Stay tuned for more

Get ready to meet the Dollarmites and receive more School Banking information when your child starts school.

Three ways to open a Youthsaver account for your child.



Apply online at commbank.com.au/schoolbanking



Log on to your CommBank app (if you bank with CommBank)

Head to the menu on the top left corner, select 'Products & offers', then 'Bank accounts' and 'Student & youth accounts', scroll down to Kids and tap 'Open account'.



Visit any CommBank branch

What you'll need

You'll need an Australian residential address and personal identification for you and your child. You can use a birth certificate, passport, driver licence or citizenship certificate.* If applying in branch, please bring along your child's birth certificate and/or any applicable Court Order to help us identify you as the parent or legal guardian.



Your child will receive a Dollarmite deposit wallet when you open a Youthsaver account in branch, or in the mail if opened online. They will use this wallet to make their School Banking deposits.

Things you should know: As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Full terms and conditions for the Youthsaver account are available at commbank.com.au and should be considered in any decision about the product. If you have a complaint in respect of this product, the Commonwealth Bank's dispute resolution process can be accessed on 13 2221. Commonwealth Bank of Australia ABN 48 123 123 124. The CommBank Youth app is free to download however your mobile network provider charges you for accessing data on your phone. The CommBank Youth app is available on iOS operating system 9.0+. Terms and Conditions available via the app. NetBank access with NetCode SMS required. You can set this up when applying for a new account. Existing customers simply visit a CommBank branch with identification for you and your child's birth certificate, or if you can see your child's account in your NetBank or CommBank app, visit commbank.com.au/youthapp and follow the steps. Only one child can log on per device for security purposes. *If the child is under the age of 18, the Bank will accept one of the following documents as acceptable identification on its own. Please note citizenship certificate can only be used as identification in branch. Birth certificate or the birth extract issued by an Australian state or territory. Birth certificate issued by a foreign government, the United Nations (UN) or an agency of the UN. Citizenship certificate issued by the Commonwealth. Citizenship certificate issued by a foreign government. Note: if written in a language not understood by the person carrying out the verification, the document must be accompanied by an English translation from either a translator at the level of Professional Translator (or above) currently accredited by the National Accreditation Authority for Translators and Interpreters Ltd (NAATI) or another accredited translator who currently holds an equivalent accreditation. NAATI is the Australian government owned National Accreditation Authority for Translators and Interpreters. Where a parent/ legal guardian is a signatory to the child's account, they are required to be identified to the acceptable identification standard.

ADV13368 (004)9

Wendy Barnes 'Nurtured Neurons' Counselling Practice Dural, 2158, Sydney, NSW 0411 06 07 80

Wendy is a trained and qualified Psychotherapist with a local home-based practice in Dural. She has a Bachelor of 'Counselling & Human Change', and experience in counselling clients through the challenges of everyday life. Wendy brings her own life experience to her practice, as a mother of four adult children.

Wendy has a passion to help her clients build resilience and overcome the difficulties of life. She has counselled individuals, married couples & families through a range of life circumstances, including: divorce, financial hardship, health & trauma, addiction, anxiety, low self-esteem, bullying, depression & navigating the changing seasons of life.

Wendy's role as counsellor is to bring her skills and experience (both professionally & personally) to work with her clients in overcoming unhelpful patterns of behaviour and stepping into new, healthy ways of relating and living.

Wendy works from a framework based on the concept of 'Neuroplasticity' which recognises that our thoughts, attitudes and behaviours are all capable of change and transformation, which is within every individual's power. She seeks to help her clients access this experience by giving them the tools to grow in self-awareness and by helping them to identify negative beliefs and habits and rebuild these areas.

To connect with Wendy and discuss having an initial session, you can contact her by phone or text on 0411 06 07 80.

Harry & Leo's Lawns

Nice tidy lawns and Whipper snipping for a good price!



Working hours to mow and do edges

Monday - 4:30 - 6:30pm
Tuesday - 4:30 - 6:30pm
Wednesday - 4:30 - 6:30pm
Thursday - 4:30 - 6:30pm
Saturday - All day
Sunday - All day

Contact us on...

Harry : 0428602410
Leo : 0499554996

(Please leave a message if in school hours)

PRICES

Starting from \$40 per lawn
Extra for whipper snipping



Galston Swim Club
invites you to:

GET READY FOR YOUR SCHOOL SWIMMING CARNIVAL AND TRY CLUB RACING!

School swimming carnivals will be here before we know it!
Come and try racing in a fun, family friendly environment.
Races start at 25metres.



Contact us on fridaynightentries@galstonswimclub.com.au for more information or to organise a free trial!

Nutrition Snippet

SPRINGTACULAR FRUIT AND VEG.



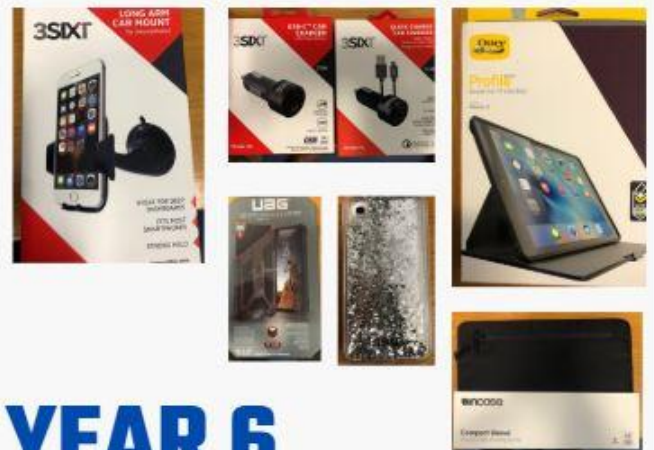
Try these seasonal recipes:

- [Beef and broccoli stir fry](#)
- [Zucchini slice](#)
- [Healthy apple crumble](#)
- For these recipes and more visit healthylunchbox.com.au

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Cancer Council
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YEAR 6 FUNDRAISING

Phone Cases \$5

iPad and Laptop cases \$10

Car chargers and car holders \$10

Sports armband and car holder for iPhone \$20

All proceeds go towards the Yr 6 Farewell

To purchase, contact the office, Mr Ure or Mr Gornalle