



**THE LINK**

*A publication of Rydalmere Public School*

**Term 1: Issue 3**

**3 March 2014**

<b>DATES TO REMEMBER</b>	
<b>Term 1</b>	
<b>6.3.14</b>	Zone Swimming Carnival
<b>7.3.14</b>	School Photos – 2 day preschool & Sports Captains
<b>11.3.14</b>	School Photos – K-6 and 3 day preschool
<b>14.3.14</b>	Milo Cricket begins
<b>16.3.14</b>	Working bee – 8am -11am
<b>18.3.14</b>	Harmony Day & Multicultural Feast
<b>20.3.14</b>	P&C Meeting – 6.30pm
<b>31.3.14</b>	Parent Teacher Interviews
<b>1.4.14</b>	Fun Food Day
<b>6.4.14</b>	Bunnings BBQ -Sunday
<b>11.4.14</b>	Easter Hat Parade
<b>11.4.14</b>	Last Day of Term 1

### **From the Principal**

We are nearly half way through Term 1 already – can you believe it? Rydalmere Public School is buzzing with all of the learning that is happening both in our inside and outside learning areas!!

#### **Welcome BBQ & Disco**

Thank you to all of our families who attended our Welcome BBQ and Disco last week. It was a wonderful community event and gave me an opportunity to meet even more parents face-to-face. I saw our students (and even some teachers and parents) getting their groove on at our disco, eating delicious sausages and kebabs cooked by our volunteers, as well as students floating around with colourful painted faces and hair!! I would like to thank all of our volunteers who helped to make the event the success it was. I'm sure you all feel warmly welcomed.

#### **Rugby League**

Congratulations to Michael Geddes who was successful in gaining a place in the MERRYLANDS PARRAMATTA & AUBURN COMBINED ZONE 11 Years Rugby League Team. We know you will be a wonderful representative for our school and the area. Well done!!

**Rydalmere Public School 397 Victoria Road, Rydalmere 2116**

Phone: 9638 1568 Email: [rydalmere-p.school@det.nsw.edu.au](mailto:rydalmere-p.school@det.nsw.edu.au)  
Fax: 9898 0161 Web: [www.rydalmere-p.schools.nsw.edu.au](http://www.rydalmere-p.schools.nsw.edu.au)



### **Zone Swimming Carnival**

On Thursday 6<sup>th</sup> March, Mrs Moloney and I are taking 16 students to the Zone Swimming Carnival. These students competed at our carnival and achieved qualifying times good enough for them to move on to the next level. I know they will be wonderful ambassadors for our school, demonstrating the brilliant sportsmanship that was on display at our carnival. Good luck RPS Swimmers!!

### **Before and After School Care for Preschool to Year 6**

Today you will receive a survey about your needs for Before and After School Care. In looking to having such a facility operating at our school, we need to gauge the need for it. I would ask that ALL families complete and return this form, even if you do not require this service. Please note that this is not an obligation to commit to this service, just a survey for us to work out the need. I appreciate your support in returning these by Friday 14<sup>th</sup> March.

### **Parent/Teacher Interviews**

Today you will receive information relating to your child's class for the year. In previous years, there has been an Information evening held where this information is given out. This year, we are sending the information home now, and having Parent Teacher Interviews in Term 1 on Monday 31<sup>st</sup> March. If you have any questions about the class information that comes home today, please contact your child's teacher for clarification. In the next week we will be sending home information regarding our Parent/Teacher interviews with the option for you to nominate a suitable time for you to attend an interview.

### **Harmony Day**

This year we will be celebrating Harmony Day on Tuesday 18<sup>th</sup> March. This is a fabulous community event where we welcome you and your families to join in and celebrate the wonderful offerings that diversity brings. Our annual feast will be happening again, and many more activities. I encourage all families to join us on the day to celebrate 'Harmony' at Rydalmere PS. Please keep your eye out for further information.....including information about an African Drum Performance at no cost to you – a present from RPS!!

### **Winter Uniform**

As the weather starts to throw us the odd cool day, I know that there has been concern over our Winter uniform. The arrangements for this will be finalised soon and information sent to you as soon as this is done (within the next week). If you are unable to wait until then due to concern about your child feeling cold, please contact me and I can advise you on some winter garments you may wish to look into. I thank you for your understanding and patience with this process. Again I would like to acknowledge the significant contribution Maryanne Thompson is making to the school in her role as leader of our Uniform Shop.

### **Milo Cricket**

Milo Cricket commences on Friday 14<sup>th</sup> March. If your child has not returned their permission slip and money, please ensure they do so asap. This is a wonderful opportunity for our students and part of a specialised skill development sport program.

### **Multilit**

I would like to thank all of our parents from the Preschool and K-6 school who have signed up as volunteers for our Multilit program. This program's success is dependent on volunteers to read with children to improve their literacy skills. I whole-heartedly Thank You and know the significant impact you can have on these children's literacy learning is huge.

### **Welcome Miss Sarah!!**

I would like to welcome Miss Sarah officially to our school. Many of you have seen and spoken with Miss Sarah since the beginning of the term – a happy, smiley face that is hard to forget. We are lucky enough to have Sarah here as our Community Worker. Sarah's role involves organising initiatives that focus on building our community. She has already been a visible character in our existing programs such as Multilit and Playgroup. Miss Sarah's next weekly event is a FREE Parent Morning Tea. This will take place EVERY Friday in and just outside our P&C/Community Room. We invite you to stay for this morning tea after you drop your children at school and enjoy the company of other parents here at Rydalmere PS. I will be popping along to join in and really look forward to seeing you there.

### **Healthy food tips**

Nutrition Snippet

## The simplest way

to include 5 food groups in the Lunch Box

It's really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:

**Breads and cereals:** Try wholemeal bread, wraps and pita.

**Fruit:** It's high in fibre, vitamins and minerals. Serve fruit in fun ways; try fruit kebabs or fruit in jelly.

**Vegies:** Pack carrot and celery sticks with hummus or salsa, or even a veggie slice.

**Reduced Fat Dairy:** A slice of cheese, yoghurts and custards are all great lunchbox items.

**Lean Protein:** Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

**Health**  
Western Sydney  
Local Health District





*Bek Zadow*  
**Principal**

### **"The Link" Newsletter**

As advised previously, the fortnightly newsletter is produced electronically. It is available for viewing on the school website: [www.rydalmere-p.schools.nsw.edu.au](http://www.rydalmere-p.schools.nsw.edu.au) and will be emailed to those parents for whom we have email addresses. **Please advise the school office as soon as possible if you have a new or updated email address.**

A print copy will be posted on the notice board outside the Kindergarten room by Tuesday morning.

Should neither of these options meet your needs, please advise the office either by phone or a note and we will arrange for a print copy to be sent to you via your child.

Kind regards,

*Bek Zadow*

Principal

## **Preschool News**

### **Preschool Learning**

The Preschool children have been exploring sustainability and learning about rubbish and recycling. This week the children enjoyed the 'Know Waste' visit from Cleanaway. The children sang about the rubbish truck, read a story and learnt about sorting rubbish into the different coloured bins.



We are very excited about the changes occurring in our outdoor environment. The children have helped to pot some plants to add to the play area. We would like to say a big 'thank-you' to Mr Clayton for painting our cubby house. We are planning to add some more bright colours in the near future.

## **What's Happening in 2/3/4M?**

2/3/4M have been focussing on writing this term!

### Recount of the Swimming Carnival

*By Sam Reece Year 4*

On Tuesday 4<sup>th</sup> February students from Rydalmere Public School went to Granville Pool for the swimming carnival.

My first race was 50m freestyle. I won my race. My next race was backstroke, I got second place and after that I had my recess.

Next was 50m breaststroke and I came second. I was proud of myself! After that was 50m butterfly and I came first. I then had a bit of my lunch.

After that I went in the Medley and came third. It was awesome.

Finally we did some novelties and it was fabulous.

It was a fantastic day!



### Description of a crocodile



*By Ella Bales Year 4*

An awesome monster sleeping in a muddy river bank, crunching the bones of prey with its sharp teeth. It's greyish-greenish skin is like a disguise in the murky water. Their eyes are like lasers at night. A huge beast ready to attack. No human would stand a chance against the slimy beast!

### The Box

*A narrative by Lachlan Ball Year 2*



Once upon a time there was a magical box with a magical land inside. One day I went to my grandma's place and she told me that there was a magical box that had a new world in it. So I searched everywhere and I did not find it. Then I looked in my grandma's attic. "I found it!" I said. It was the box! I looked inside. I went inside the box, it was a jungle. I looked for the box to go back out but I could not find it. I yelled "Aahh!" No one answered. I was lost in the box. I saw some movement in the bushes, I think it was a person. I looked in the bushes and it was a person. He said "If you want to go back you have to climb that volcano over there." So I began my journey to get home. I climbed the volcano and I found my way home. I swore to myself that I would never listen to my grandma again!

### The Lost Thing

*A description by Hyein Lee Year 4*

The thing has six legs like a spider and two big claws like a crab. It is red with a spiky head. If you take off its claws and legs, it looks like a potato man. It can also be a machine which can feed animals that come up to it. The thing can clean roads and mow the lawn. It also cleans up bedrooms that are very messy like pig sties.



### What's for lunch?

*A description by Connor Spurdle Year 3*

Sweet, refreshing and mouth watering watermelon. Crispy wholemeal bread with crunchy lettuce and juicy tomatoes.



### The Lost Thing

*A description by Olivia Podmore Year 3*



It is very big and red. It has some horns on it and it looks scary. It might eat you if it sees you! It looks like a big, red teapot. If you touch it, it might suck you up. It's weird because it looks like something that can't be built.

## Harmony Day

On Tuesday 18th March we will be celebrating Harmony Day with a variety of activities.

There will be a Harmony Garden, a FREE African Drum performance, class displays in the hall and, as usual, our Multicultural Feast and Parade. Children are encouraged to wear national dress or orange clothes and we will be asking for helpers to volunteer on the day. Notes will be sent home later this week.

Looking forward immensely to what is always a wonderful day.

Cynthia Brady & Robyn McDonald  
(Event Organisers)



## **Volunteers needed for the Multilit Reading Program.**

***Can you spare as little as 30 minutes a week to work one-to-one with students in Yr 2 and above??***

Mrs Robyn McDonald, our Learning and Support Teacher, co-ordinates a reading program called Multilit (Making Up Lost Time In Literacy) a well-researched program which was created at Macquarie University.

Multilit involves intensive, systematic instruction in phonics and word attack skills, sight word recognition and supported book reading in a one-to-one context.

Training and support will be given to new volunteers – unfortunately it is not possible to bring toddlers when volunteering unless they can play quietly and not disturb the students who are doing the program.

Please contact the school or see Mrs McDonald on Mondays, Tuesdays or Thursdays (until 12.30) when she is at Rydalmere PS.

## ***School Banking***

Hello and welcome to a new year of School Banking.

Did you know that our school receives \$5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of \$10 per individual deposit)?

Not only does School Banking teach our kids about saving and money management, it is also a great fundraiser for our school. If your child doesn't already have a bank account, why not pop into a Commonwealth Bank branch and open up a Youthsaver Account? Then all you need to do is send in their bank book to school each Wednesday with any deposit amount at all, even 20c! Then they can start collecting tokens and can trade them for some great rewards. Every deposit earns them a token and every 10 tokens earns them a reward, it's that easy. All children should have brought home an information pack already which contained rewards vouchers and some other information. If you have any questions at all, please feel free to come and ask me, I'm at school Thursday and Friday mornings and afternoons. My name is Melissa and I am mum to Lachlan (year 2) and Hamish (kindy). So, chat to your kids, find a savings goal (new toy, game etc) and get banking!

Melissa



### **Homework Group/ Parent Support Group**

Need help assisting your children to complete their homework? Like most parents, helping your children to complete their homework can sometimes be challenging. So why not register for our Homework Group for your child/children.

The lead facilitator will be supporting your children to complete their homework on a weekly basis, in a safe, supportive and encouraging environment.

#### **Details:**

**Location:** Rydalmere Public School (Library)

**When:** Tuesday from 3-4pm.

**First session will take place on the 4<sup>th</sup> Feb 2014**

**Contact:** Nada on 0448 825 219 for registration



**Stewart House Clothing Bags  
due back by Friday 14<sup>th</sup>  
March.**

**Please leave the bags outside  
the P & C room**

**Cool Kids Music  
Co.  
Music lessons  
held at school  
For enrolment  
please call  
0457 668 742  
For lesson times**

### ***UNIFORM SHOP***

*With the great response from the community and overwhelming response to the new uniforms, the Summer uniform pack will only be available until the end of Term 1.*

*If you would still like to purchase a uniform pack please come and see me at the uniform shop with your order or you may leave a deposit and order form at the office. We are still waiting on polo shirts in sizes 6 and 8 which will be here at the start of term 2.*

*Thanks*

*Maryanne Thompson*



## Rydalmere Public School

**Wow! Week 6 of Term 1 and we are busier than ever!**

### **Welcome BBQ and Disco**

Thank you so much to all who came to the BBQ and Disco night on 21<sup>st</sup> Feb. It was a wonderful time to get together at the start of the year and especially meet new members of our school community. All efforts to make the night a success are very much appreciated.

### **P&C committee positions must be filled.**

We are in need of a new P&C president and also a Vice-president/Parent Rep. It is extremely important that these positions are filled otherwise it will mean that the P&C will have to fold. This would indeed be a tragic thing for our school. There is information on the P&C Federation website on the various roles. If you are interested and have any questions about what is involved please speak to one of the current P&C members or enquire at the school office.

### **Fundraising in 2014**

This year the P&C will be undertaking more fundraising than usual and for this we seek your continued support. The reason for this extra fundraising is to support the school in establishing its wonderful and dynamic new uniform. In order to ensure the success of this new uniform there are start-up costs which need to be covered and that is where our school community comes in! Thank you in advance for your help and we look forward to a fun-filled fundraising year!

### **Starting with Term 1**

- Fruit Box drive – Starts this week. Orders needed by 14<sup>th</sup> March and deliveries will be on 25-27<sup>th</sup> March.
- Easter Raffle – Notes coming out this week. Donations of Easter eggs/rabbits/soft toys will be bundled together for class prizes and general prizes. Refer poster in The Link.
- Cadbury Chocolate Boxes – details coming soon.

### **Working Bee – Sunday 16<sup>th</sup> March – 8-11am**

We will be pitching in to help tidy up our school grounds. Come and join the fun –parents and children are all welcome.

### **Bunnings BBQ and Cake Stall – Sunday 6<sup>th</sup> April**

This is an excellent opportunity to raise some money for our school for a small amount of time. Paula Britz is co-ordinating this and more information will come out soon. Please mark it in your diary.

**Advance notice:** Family Photos will be coming in September.



## Canteen

Canteen is open:

Wednesdays: Canteen is open for sandwiches, hot food and snacks.

Thursdays: The year 6 students are selling ice-creams in the canteen.

Fridays: Canteen is open for sandwiches, hot food and snacks.

**If you have any questions or you can spare an hour or two to help out in the canteen please see Jenny Mercer** (Canteen Co-ordinator) or give her a call on 0419299784.

Jenny is Aliyah's Mum in Year 6 😊

## Aussie Farmers Direct

**Reminder: If you are an Aussie Farmers Direct customer and haven't yet linked your account to our P&C charity, please support our school by going on-line to:**

**[aussiefarmers.com.au/linkmyaccount](http://aussiefarmers.com.au/linkmyaccount) and have your customer number and the name of our group – “Rydalmere Public School Parent's Association” ready to enter.**

## School Banking

**School banking day is Wednesday.** Melissa Ball (Lachlan in Year Two and Hamish in Kindy) is co-ordinating school banking.

## Uniform Shop

In Term One, Maryanne will be opening the uniform shop every Friday **from 8:50am - 9:15am** (just down the corridor from the front desk in the office building). If you require any uniforms, please come and see Maryanne then. If you are unable to make it at that time, please organise another time that suits you both.

## Our next meeting will be held on Thursday 20<sup>th</sup> March

Come along and meet other parents, carers and friends on Thursday 20<sup>th</sup> March at **6:30pm** in the Library and be involved in planning and chatting about the year ahead.

Enjoy your week 😊

### Canteen Ice Cream Prices

(available on Thursdays)

Paddle pops \$1.30

Frozen yogurt \$1.30

Mini calipo \$1.00

Icy twist \$1.00

Ice cream tub \$1.00

Fruit stack \$1.00

Juices 50c



The Aussie Farmers fruit box drive is on again. This time you get to choose which box you want to order, either the small fruit only box or the large mixed fruit and veg box. The current boxes contain. This is an indication only but ours should be similar.

#### Small fruit only box

4 granny smith apples  
 5 red delicious apples  
 6 royal gala apples  
 2 bananas  
 2 yellow nectarines  
 6 oranges  
 1 passionfruit  
 2 peaches  
 6 green pears

#### Large mixed box

4 red delicious apples  
 5 royal gala apples  
 3 bananas  
 5 oranges  
 5 green pears  
 3 carrots  
 1 cauliflower  
 2 corn  
 1 brown onion  
 1 red onion  
 1 sweet potato  
 1kg bag washed potatoes  
 1 bunch silverbeet  
 4 roma tomatoes  
 1 continental cucumber  
 1 cos lettuce

Orders need to be given to myself before Friday 14<sup>th</sup> March and delivery is to your home either 25<sup>th</sup>, 26<sup>th</sup> or the 27<sup>th</sup> March depending on where you live. You will get an email or sms advising which day your delivery will arrive prior to delivery.

I will be giving out order forms over the next two weeks.

Jo-Anne

# Easter Raffle



Lots of prizes to be won

3 Easter Hampers for anyone who purchased a ticket to win

6 smaller prizes for students who sold tickets. 1 prize per class, pre-school group.

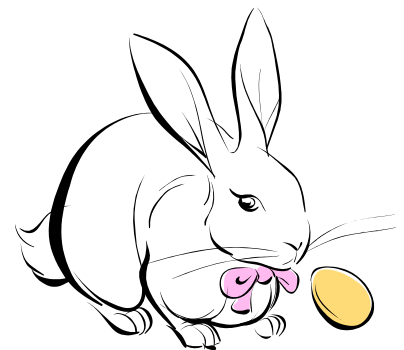
Ticket prices as follows:

1 ticket for \$1

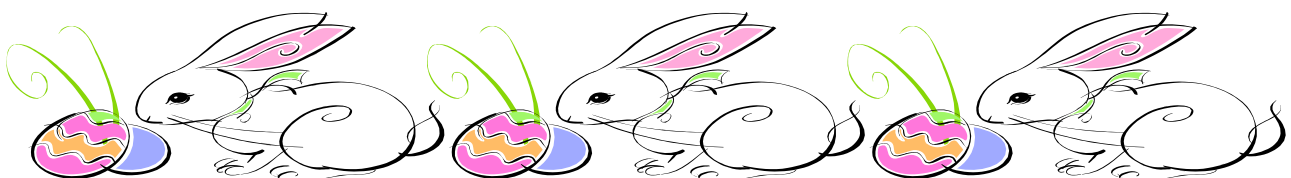
3 tickets for \$2

8 tickets for \$5

Each ticket sold get the student a ticket in the class raffle.



Raffle drawn at the end of the **Easter Hat Parade** on **FRIDAY 11<sup>th</sup> APRIL**.





## Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver  
at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:  
**6pm – 8pm**  
**Wednesday 5**  
**March 2014**

VENUE:  
**Granville Youth**  
**Centre (room 2), 3A**  
**Memorial Drive,**  
**Granville**

BOOK NOW ON:  
**Elisabeth Sacco**  
**M: 0449 247 495 or**  
**esacco@saccomm.com.au**

Helping learner drivers  
become safe drivers



### Play Netball

We have vacancies for:

2 x 7/8 year olds

3 x 9/10 year olds

1 x 12 year old

Practice is at Meadowbank Park

5-6pm on Thursdays.

Saturday morning games at

Brush Farm for 10 and under

Meadowbank Park for 11-12 yrs

Register online NOW:

[www.cometsnetball.com.au](http://www.cometsnetball.com.au)

Meet new friends...

Develop ACADEMY skills...

Have fun...



## PLAY FOOTBALL

**NEW IN 2014**  
**ACADEMY**  
**TRAINING**

Register online at  
[www.myfootballclub.com.au](http://www.myfootballclub.com.au).

[www.parramattacityfc.com.au](http://www.parramattacityfc.com.au)

**New Under 6 Players**  
**FREE REGISTRATION**

Eric Primrose Park, John St Rydalmere. ☎ Nick Vrahnakis 0414 744 433





# CUMBERLAND

## High School

Quality Education *in a Caring Environment*



**Come and see  
your outstanding local school...**

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Ph: 98717718      [www.cumberland-h.schools@det.nsw.edu.au](mailto:www.cumberland-h.schools@det.nsw.edu.au)

**Monday 3 March 2014    5:00 - 8pm**

## Open Evening



**Meet our teachers.  
Meet our students.  
View our  
\$4 million facilities  
and upgrades.**

- ✓ Gifted and Talented Program
- ✓ Professional, experienced and nurturing teachers who support your child's learning
- ✓ Fully air-conditioned classrooms
- ✓ Excellent sporting facilities
- ✓ Landscaped grounds

# NORTHMEAD CREATIVE AND PERFORMING ARTS HIGH SCHOOL

Campbell Street  
NORTHMEAD 2152



## OPEN DAY

**TUESDAY 18 MARCH 2014**  
Year 5 (entering year 7 2016)  
Year 6 (entering year 7 2015)



**Morning Session:**

9.15am - 1.00pm

**Evening Session:**

5.00pm - 7.00pm (Open school tour)

7.00pm - 8.00pm (Formal presentation in the Hall)

### Northmead CAPA High School

#### ◆ Central Location

- ☐ Just off Windsor Road - end of Campbell Street
- ☐ Good Transport Connections - Bus and Rail
- ☐ Experienced and Committed Teachers

#### ◆ Creative and Performing Arts

- ☐ Year 7 CAPA Class (selected by audition)
- ☐ Elective classes in CAPA (Yrs 9-12)
- ☐ Bands & Choir
- ☐ Dance, Drama & Music
- ☐ Instrumental Programs

#### ◆ Focus on Academic Excellence

- ☐ Gifted and Talented Programs
- ☐ Extension Program for Year 7 Students
- ☐ Support and Remediation Programs

#### ◆ Comprehensive Education

- ☐ Special Performing Arts Programs
- ☐ Broad Curriculum
- ☐ Excellent Sporting Opportunities

#### ◆ Caring School

- ☐ Support for Year 7 Students
  - ◇ Orientation Program, Yr 6 to Yr 7
  - ◇ Peer Support
  - ◇ Year 7 Camp
  - ◇ Student Ambassadors Year 7
  - ◇ Proactive Learning Support Team
  - ◇ Anti-bullying Program, with state recognition
  - ◇ Values driven school that promotes Respect, Responsibility, Commitment, Community
  - ◇ Special Programs

#### ◆ Extra Curricula Activities

- ☐ Sport
- ☐ Debating & Public Speaking
- ☐ Mock Trials
- ☐ MUNA
- ☐ Sister Exchange Visits:
  - Kawaguchi Japan
- ☐ Lots More
- ◆ Year 7 Scholarships
  - ☐ 3 Categories
  - ☐ Performing Arts, Academic, Sport
- ☐ Contact School on 9630 4116 for Application Forms

### Discover the fabulous opportunities that Northmead CAPA High offers:

#### At Open Day you will:

- Meet teachers and students
- Use technology to create a memento of your visit
- Develop team building skills
- Discover the powers of your mind  
Problem solving and brain teasers
- Explore 'living' music using technology
- Experience the fascinating and exciting work of Science
- View nature at work - visit the school farm and animals
- Enjoy lunch provided by the SRC





# Parenting Programs

## Child & Adolescent Parenting

### WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

#### Tuning in to Kids Course (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.  
Chatswood 5wks/2.5hrs (25/2 - 25/3, 7.00-9.30pm)

#### Triple P (Positive Parenting Program) Course (3-8yrs)

Strategies to encourage desirable behaviour and manage persistent misbehaviour.  
Chatswood 7sessions over 8 wks - 5 group & 2 telephone (17/2 - 31/3)

**NEW**

#### Communicating with Kids Workshop (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.  
Chatswood 6 wks/2.5hrs (1/4, 7.00-9.30pm)

#### Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.  
Chatswood (5/3 - 2/4, 7.00-9.30pm)

#### Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep  
Chatswood 27/2, 6/3 & 13/3 (3 wks/2.5hrs each (7.00-9.30pm))

#### Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills  
Chatswood (20/2, 7.00-9.30pm)

#### Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager  
Chatswood (26/2, 7.00-9.30pm)

### WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- |  |                                 |
|--|---------------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School          |
| ★ Tucker without Tantrums/Toilet Training          | ★ Transition to High School     |
| ★ Speech & Language Development/Sleep              | ★ Triple P (PPP) Seminar Series |
| ★ Older Sibling - New Baby                         | 1-12 years & Teens              |
| ★ Bully Busting                                    | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids                                   | NEW ★ Grand Parenting           |

**Enquiries: Child & Adolescent Parenting 9887 5830**

[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)



**Health**  
Northern Sydney  
Local Health District

