The Buzz - Term 3 - Week 6

Principal’s Message

It’s been a busy two weeks at Beresford Road with Art in the Dark and our open classrooms / book character parade yesterday. It has been really fantastic to see the level of community involvement and support for these events. The children and staff appreciate you giving your time to celebrate with us. I believe that Art in the Dark was one of the best events we have had at school. I would like to thank Mrs Leverett and her team for all the work that went into making this night successful. We have included a number of photos from Art in the Dark and the character parade elsewhere in this newsletter.

The best way to see pictures and updates of school events (inc. Art in the Dark & Character Parade) is to follow us on Facebook.

Another great way to support the school is to help out at the working bee on Saturday 30th August. We will be at the school between 9.00am and noon (drop in any time) to work on tidying up the gardens. We have weeding and mulching to do and all help will be greatly appreciated. Contact the P & C for more details.

Fathers’ day occurs at the end of the first week in September and, along with our usual Fathers’ Day stall (Wednesday 3rd September), the P & C have organised a Fathers’ Day breakfast for Friday 5th September. Families will be able to pre-order breakfast and dads can enjoy a breakfast with their children before a day at work.

Healthy Family Boundaries (from Parentline.org.au)

It is important for children to know who is in charge of the family. At the same time children need to feel that they have a voice within the family.

Getting the Balance Right

Parents often make the mistake of focussing too much on being in charge without listening to children. Others can allow children too much say in making decisions for the family when they are not ready for such responsibility. The right to discuss issues in the family naturally increases as a young person gets older, but young children can still have input.

Authority versus Democracy

The key to developing good boundaries is a balance between authority and democracy. As children grow up they are able to think things through in more detail and as a consequence might be able to contribute more to family rules and expectations. This is one of the rights that comes to children when they have the skills and responsibilities needed for the task at hand. It is the parent’s task to assess when the child is ready to make more of a contribution.

Developing Values

The most resilient families develop broad boundaries that help children understand what is expected from them in the home, at school and in the community. These boundaries help children develop values about what is right and wrong.

Upcoming Events

<table>
<thead>
<tr>
<th>August</th>
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</thead>
<tbody>
<tr>
<td>Mon 25th</td>
<td>Kindergarten Excursion</td>
</tr>
<tr>
<td>Tues 26th</td>
<td>Zone Athletics carnival</td>
</tr>
<tr>
<td>Saturday 30th</td>
<td>Working Bee 9am-12pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sept</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1st</td>
<td>Stage 3 Jump Rope For Heart</td>
</tr>
<tr>
<td>Tues 2nd</td>
<td>Public Speaking finals</td>
</tr>
<tr>
<td>Wed 3rd</td>
<td>Celebrating the Arts 6:30pm</td>
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<tr>
<td>Wed 3rd</td>
<td>Fathers Day Stall</td>
</tr>
<tr>
<td>Fri 5th</td>
<td>Fathers Day BBQ</td>
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<tr>
<td>Sept 10th-12th</td>
<td>Stage 3 camp</td>
</tr>
<tr>
<td>Thurs 11th</td>
<td>K-2 Carnival</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Assemblies</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Friday 22/08</td>
<td>Years 3-6 5/6D</td>
</tr>
<tr>
<td>Friday 29/08</td>
<td>Years K-2 1A</td>
</tr>
<tr>
<td>Friday 05/09</td>
<td>Years 3-6 5/6W</td>
</tr>
</tbody>
</table>
What kind of boundaries are we talking about?

There are some basic principles that are helpful but obviously each family can add more to their list.

- **Be kind and respectful to other people or property.** Parents can have a discussion about what this means - don’t hit, bite, scratch others, or say things to others that will hurt them. Apologise when you are wrong or don’t deliberately or carelessly damage property or things.
- **Act responsibly and as part of the family.** Discuss examples such as - don’t leave things lying around, clean up your own food plates, look after pets etc depending on the child’s age and ability.
- **Use problem solving and communication skills when you don’t agree with someone.** Each family will have their own way of dealing with problems. Some ideas include raising it at a family meeting, discussing it with a parent/adult, taking time out and thinking about what might be the right thing to do, don’t say things you will regret later etc.

**Boundaries are for Everyone**

Boundaries are for all family members including parents. If parents also follow these principles, it will be much easier for children to follow them. However understand that children are NOT small sized adults. Sometimes it takes them some time to understand concepts, to self regulate their feelings and control their impulsivity. Be patient and understand where they are developmentally.

Do you have a parenting issue that you might want to talk through with one of our counsellors? For the cost of a local call you can call Parent Line NSW – Free, Professional Counselling 24/7 on 1300 1300 52 or visit our website www.parentline.org.au

David Leydon

**Office News**

**Group Photos**

There are a few group photos in our front office for you to order if you would like a copy of them. They are as follows:

- Library Monitors
- House Captains
- School and Vice Captains

**Sport News**

**PSSA News**

These will be the final two rounds of Winter PSSA before we have a one week break in Week 8 for the PSSA Rugby League Gala Day and then we will resume Summer PSSA in Week 9. Summer PSSA will revert back to the morning time and be held during the hours of 9 – 11am.

**Round 13 – Friday 22nd August**

- Girls Soccer vs Toongabbie @ Binalong Oval
- Boys Soccer vs Warriors @ Daniel St
- OZ Tag vs Toony Red @ Binalong Oval
- Netball vs Westmead Wanderers @ Beresford Rd

**Bus 1 – OZ Tag, Soccer and Girls Soccer going to Daniel St then onto Binalong Oval**

**Round 14 – Friday 29th August**

- Girls Soccer vs Westmead @ Daniel St
- Boys Soccer vs Metella Blue @ Daniel St
- OZ Tag vs Westmead @ Binalong Oval
- Netball vs Wentworthville @ Beresford Road PS

**Bus 1 – OZ Tag, Soccer and Girls Soccer going to Daniel St then onto Pendle Hill PS then onto Binalong Oval**

**Zone Athletics**

This is a general reminder for those students who have been selected to represent Beresford Road at the Zone Athletics Carnival on Tuesday 26th August that you need to return the permission note along with the money to Mr Wicks by this coming Friday 22nd August; otherwise you will not be able to attend the carnival. A reminder the carnival will be held on:

- Tuesday 26th August @ Blacktown Olympic Park, Doonside

If you have been selected to compete in the 800m event you will need to make your own way to the track to compete in your race as your 800m events will be starting at 8.30am. This may mean some car-pooling to make it easier for parents.

All of the other competitors will be transported to and from the track by bus leaving from the school at 8.45am and returning by 3.00pm. Students going by bus are requested to be at school by 8.30am so we are not late getting out to the track at Doonside.

Jerome Wicks
Sports Co-ordinator
Year 5/6 CANBERRA SNOWY EXCURSION FINAL PAYMENT DUE THIS WEEK!!!

This is the last week left to pay the FINAL PAYMENT for the Year 5/6 Canberra/Snowy trip. Final payments are due by this:

**Thursday 21st August, 2014**

Failure to pay the FINAL PAYMENT by the due date of **Thursday 21st August** could jeopardise your child’s place on the excursion and their spot may be given to other students who are on the waiting list.

If you are experiencing difficulties with paying this final payment could you please contact myself or Mr Leydon through the school office ASAP.

Jerome Wicks
Camp co-ordinator

INFANTS SPORTS CARNIVAL

**When?** Thursday, September 11th at 9:15 am (Week 9).

**Where?** The School Oval.

**What do I wear?** Your house/team coloured t-shirt, sports pants and joggers.

**What do I bring?** A towel/rug to sit on, fruit and recess.

After the carnival, parents are invited to have a picnic recess with their children.

More information will follow in the weeks leading up to the carnival.

Please see Mrs Ledbrook or Miss Miller if you have any queries.

Premier’s Reading Challenge

Congratulations to the following students who have recently completed the Premier’s Reading Challenge:


Kids Matter

As a result of our survey, an information wall for parents has been completed in the foyer of the library. Information includes:

- Child development
- Children with disabilities
- Dealing with anxiety
- Depression
- Events within our local community
- ADD
- Finding assistance
- School Readiness
- Building confidence
- Men’s health
- How to eat well

This information will change on a regular basis so make sure you keep checking in! If there is a topic that you would like information about don’t hesitate to ask. If we don’t already have it we will find it for you.

MONEY DAYS

**MONDAY, WEDNESDAY and THURSDAY ONLY.** Please also make sure that all money is in a envelope and clearly marked with child’s name, class, excursion. If money is paid via credit card please make sure this is marked on front of envelope also.
ART IN THE DARK
BOOK PARADE
OPEN CLASSROOMS

Tuesday 19th August 2014

The Buzz - Term 3 - Week 6

OPEN CLASSROOMS
Welcome to 1G

So far this year we have had lots of fun learning about different things. At the beginning of the year we had a special class mate join us. His name is Morris.

The students in 1G have enjoyed taking Morris home and sharing their adventures with the class.

In 1G we love reading! We have shared many stories so far and it is one of our favourite times in the day. We have read over 50 stories. Last term we started reading chapter books. We have really loved reading books written by Roald Dahl.

So far we have read The Twits, George’s Marvellous Medicine and have started The Fantastic Mr Fox. Every time we read a story we put a leaf on our reading tree.
During Term 1, we decided to start Buddy Reading with 5/6L. We look forward to this time every week. We love sharing our reading and visiting our friends in 5/6L and of course we are always excited to see Paws.

Last term we really enjoyed getting ready for Art In The Dark. We created our version of the very famous ‘The Scream’ and talked about lots of things that made us scream.

This term we are learning about Living Things and have some Meal Worms to look after. We are investigating their unusual life cycle and have had fun predicting what they might turn into.
As an AFL ambassador we have been given a fantastic opportunity to be able to have **FREE** tickets to this weekends Giants game.

The GWS GIANTS would like to offer all staff, students and families up to **FOUR FREE TICKETS** to the GIANTS V Collingwood game on Saturday 23\textsuperscript{rd} August at Spotless Stadium, Sydney Olympic Park. To take advantage of this offer go to [www.gwsgiants.com.au/gogiants](http://www.gwsgiants.com.au/gogiants) and follow the instructions.

The game commences at 4.40pm at Spotless Stadium, Sydney Olympic Park. In what will be a GIANT family fun day there will be plenty of activities for the whole family including jumping castle, AFL skills inflatables, face painting, roving performers, air brush tattoo artist, live bands and much more.

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**Do you want to be an Aboriginal Foster Carer?**

Community Services is looking for Aboriginal people willing to become a foster carer. You can be single, married, in a de facto or in a same sex relationship. You can be renting, buying or you may own your home. You can be working or not working.

As an authorised carer of a child or young person, you will receive ongoing support and you may be entitled to a carer allowance to assist you with providing care. Standard Care Allowances are detailed below:

<table>
<thead>
<tr>
<th>Children aged 0-4</th>
<th>Children 5-13</th>
<th>Children 14-15</th>
<th>Children 16-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>$455 p/f</td>
<td>$513 p/f</td>
<td>$688 p/f</td>
<td>$459 p/f</td>
</tr>
</tbody>
</table>

**For more information on becoming a foster carer please don't hesitate to contact a staff member in the Aboriginal Foster Care Recruitment Team based at the Mt Druitt Community Services Centre on (02) 8887 7400 or you can email to james.conaty@facs.nsw.gov.au**
Beresford Road Public School Merit Cards Presented on Week 4 & 5

**GOLD AWARD WINNERS**

Avegail Matutina

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>KK</td>
<td>Ashlee Sassin, Levi Buqeja, Dakotah Reid</td>
</tr>
<tr>
<td>KB</td>
<td>Mya Elkeir, Rami Hamwi, Jodie Corbin</td>
</tr>
<tr>
<td>KC</td>
<td>Dylan Tung, Isable Galea, Lavenia Ratucoka</td>
</tr>
<tr>
<td>KM</td>
<td>Arav Singh, Jessica Talsma, Lucas Topic</td>
</tr>
<tr>
<td>1A</td>
<td>Jarrod Isaacs, Maikera Thompson-Te Tana</td>
</tr>
<tr>
<td>1G</td>
<td>Rabia Akbari, Jayda Siitia, Sam Corbin</td>
</tr>
<tr>
<td>1L</td>
<td>Hayden Fletcher, Mia Bosnjak, Annabelle Azzopardi</td>
</tr>
<tr>
<td>2/3E</td>
<td>Caleb Picone, Natalia Leznia, Aydin Ozbal</td>
</tr>
<tr>
<td>2F</td>
<td>Dean Micallef, Amelia Stevens, Lily O’Neill</td>
</tr>
<tr>
<td>2S</td>
<td>Shan Jauher, Mohammed Alsawafi, Dylan Rios</td>
</tr>
<tr>
<td>3/4L</td>
<td>Nathan Isaacs, Moufid El Moubayed, Josh Carver</td>
</tr>
<tr>
<td>4/5L</td>
<td>Jamie Fowler, Marwan Oved, Daniel Fichera</td>
</tr>
<tr>
<td>5/6D</td>
<td>Rebin Goran, Atilla Yalcinkaya, Nedinne Ratucoka</td>
</tr>
<tr>
<td>5/6L</td>
<td>Alex Alizart, Kayla Nader, Takoda Cummings, Mortaza Amiri</td>
</tr>
<tr>
<td>5/6W</td>
<td>Angela Hshimi, Ainsley Brown, Jaden Truong</td>
</tr>
<tr>
<td>MCZ</td>
<td>Riley Farrugia, Seth Di Salvia, Pratham Patel, Abby Sissi, Tristan Stiff, James Delalioa, Tara Firth, Pratham Patel, Abby Sissi, Tristan Stiff, Tara Firth</td>
</tr>
</tbody>
</table>

**Sport Awards**

Alyssa Rapley
Tristan Stiff
Jack Eisenhuth
P & C News

We hope everyone is having a great term. Thank you for coming to Art in the Dark and supporting us with our Outback Steakhouse stall. We hope you enjoyed the delicious food they provided on the night. The coffee cart was a welcome addition, providing lots of great choices.

It is with great pleasure we can announce, at the August P&C meeting, we were able to give Mr Leydon a cheque for $8000 to go towards the XO’s that students are starting to utilise in and out of the classroom.

We would like to say a very big thank you to all the families for helping us with fundraising for these!

Don't forget, we're also eager to see new faces at the monthly meetings! It's your school! It's your community!

We've been busy planning lots of great things for Beresford Rd Public School, we hope you can help us out!

- There will be a school working bee on Saturday 30th August from 9am til noon. Please come along and spend some time, whether it's 10 minutes, or 2 hours, your time is valued, and will be greatly appreciated in helping keep our school looking good.

- This year's Fathers Day Stall is on Wednesday 3rd September with some great gifts from $1-$10. It's always fun watching the children make their choices, just for their special someone!

- On Friday 5th September the P & C is hosting the first ever Fathers Day breakfast from 7am to 8:30am. We'd like to invite dads, grandads, uncles, carers, whoever that special 'Father' is in your life to come along and celebrate their special day with a yummy breakfast! We'll be offering a hot breakfast, and an opportunity to mingle and get to know some other dads at the school. To help us run the event smoothly, and to ensure you can still get to work on time, or about your busy day, all food and drink must be pre-ordered and prepaid before the day. An order form is included in this weeks newsletter. Please send orders with correct money on Wednesday 27th August or Thursday 28th August ONLY. Money can be placed in a box in the front office. We hope to see you there!

SAVE THE DATE! This year the P&C are organising a great opportunity. We'll be having a Family Portrait Day and Market day on Saturday 1st November. Affordable family portraits will be available, with more information on booking to come soon. If you would like to book a stall, or would like more information regarding the market, please email BeresfordRdPandC@y7mail.com

Our next meeting will be held in the staff room, 7.30pm, on Tuesday, September 2nd. We hope to see you there! It’s never too late to get involved. If you'd like more information, including meeting minutes, or event news, please email BeresfordRdPandC@y7mail.com and you can be included on the mailing list.
Fathers’ Day
BBQ Breakfast
Beresford Rd Public School

Friday 5th
September
7am to 8:30

Dads, Granddads, Uncles and other important blokes are invited to have breakfast with or without the kids.

All food and drinks will be provided by “Espresso Cruzer Coffee Cart”, at the invitation of the P&C.

Please select your food and breakfast time below, then place the order form in a marked envelope with the correct money and bring into the office before school on Wednesday, 27th or Thursday, 28th August only.

All food must be pre-ordered and pre-paid.

Family Name: __________________________________________________________

Please select the time you want your order to be ready:

D 7:00 to 7:15  D 7:45 to 8:00
D 7:15 to 7:30  D 8:00 to 8:15
D 7:30 to 7:45  D 8:15 to 8:30

Please select your meal deals:

<table>
<thead>
<tr>
<th>Meal deal</th>
<th>Price</th>
<th>Number of meals</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon/egg roll plus hot drink (to order on day)</td>
<td>$8.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon/egg roll plus popper juice</td>
<td>$7.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg roll plus hot drink (to order on the day)</td>
<td>$7.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg roll plus popper juice</td>
<td>$6.50</td>
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</table>

TOTAL COST
Little Athletics helps children develop fitness, skill and strength through running, jumping and throwing events.

Tiny tots participate in fun training activities designed to develop their fine motor skills without the pressure of competitive competition. Children from Under 6 onwards compete in various races, shot put, discuss and long jump. As they get older they learn new events like hurdles, high jump, race walking and triple jump. We have competition on Friday nights using a merit scoring system that supports the Little Athletics motto, ‘be your best’. Children get merit points for each event they compete in and bonus points for beating their previous best results. Our Centre also competes at gala days and representative competitions throughout the season.

**WHO:** 4 – 17 year olds (born between 01/10/97 and 30/09/10)

**WHEN:** Friday Nights from 6pm

(Free coaching is available for Under 7s and above from 6pm until 8pm each Monday and Wednesday night)

**WHERE:** CV Kelly Park, Oramzi Rd, Girraween

**REGISTRATIONS:**
Sat 23/08/14 9am-12md McDonalds Wenty
Sun 31/08/14 9am-1pm CV Kelly Park
Friday 05/09/14 from 4:30pm
Fridays at 5pm from 12/09/14
For new registrations. proof of age is required – birth certificate, passport or blue book

**Enquiries:**
Jason Jobson, President 0410 596 137
Jennifer Watkins, Registrar 0419 011 006

**COST:**
$90 for Under 7 to Under 17s
$80 for Under 6s
$70 for Tots
$35 Club singlet (compulsory)
$15 for Shorts (compulsory)
$20 Fundraising Levy per family

**Website:** www.glac.org.au
**Email:** girraween51@yahoo.com.au
### RELATIONSHIP EDUCATION PROGRAM

#### GROUP

<table>
<thead>
<tr>
<th>Group</th>
<th>Pre group Interview</th>
<th>Date</th>
<th>Time</th>
<th>Duration</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Anger (for Men &amp; Women)</td>
<td>Wednesday 9/7/14</td>
<td>Wednesdays 16/7/14 to 3/9/14</td>
<td>6.00pm to 8.30pm</td>
<td>8 Weeks</td>
<td>Blacktown FRC Level 2, 125 Main Street Blacktown</td>
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<td></td>
<td>By appointment</td>
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<tr>
<td>Kids in Care (parents whose children are not in their care)</td>
<td>Tuesday 5/8/14</td>
<td>Tuesdays 12/8/14 to 16/9/14</td>
<td>10.00am to 12.30pm</td>
<td>6 Weeks</td>
<td>Level 1 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td></td>
<td>By appointment</td>
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<td></td>
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<tr>
<td>Parenting After Separation: Focus on Kids (for separated/divorced parents)</td>
<td>Friday 25/7/14</td>
<td>Fridays 8/8/14 to 12/9/14</td>
<td>10.00am to 12.30pm</td>
<td>6 Weeks</td>
<td>Level 1 149 Hawkesbury Road Westmead</td>
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<td></td>
<td>By appointment</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Men &amp; Relationships</td>
<td>Wednesday 30/7/14</td>
<td>Wednesdays 6/8/14 to 24/9/14</td>
<td>6.00pm to 8.30pm</td>
<td>8 Weeks</td>
<td>Level 1 149 Hawkesbury Road Westmead</td>
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<td></td>
<td>By appointment</td>
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#### SEMINARS

<table>
<thead>
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<th>Date</th>
<th>Time</th>
<th>Duration</th>
<th>Address</th>
</tr>
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<tbody>
<tr>
<td>Proud Parenting (LGBTIQ Parenting Program)</td>
<td>Wednesday 16/7/14</td>
<td>6.00pm to 8.00pm</td>
<td>1 week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td>Building a Lasting Relationship (pre-marriage program)</td>
<td>Saturday 16/8/14</td>
<td>10.00am to 4.00pm</td>
<td>1 week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td>Helping Babies Grow</td>
<td>Saturday 30/8/14</td>
<td>10.00am to 1.00pm</td>
<td>1 Week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td>Being the Best Dad</td>
<td>Saturday 30/8/14</td>
<td>2.00pm to 5.00pm</td>
<td>1 Week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td>Stepfamily Seminar</td>
<td>Saturday 13/9/14</td>
<td>10.00am to 1.00pm</td>
<td>1 Week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td>Managing Children’s Behaviour</td>
<td>Saturday 13/9/14</td>
<td>2.00pm to 5.00pm</td>
<td>1 Week</td>
<td>Level 1, 149 Hawkesbury Road Westmead</td>
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#### FAMILY SAFETY PROGRAM

<table>
<thead>
<tr>
<th>Family Safety Group</th>
<th>Information Sessions</th>
<th>Date</th>
<th>Time</th>
<th>Duration</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking Responsibility</td>
<td>Tuesday 15/7/14</td>
<td>Tuesdays 12/8/14 to 9/12/14</td>
<td>6.00pm to 8.30pm</td>
<td>18 Weeks</td>
<td>Level 1 149 Hawkesbury Road Westmead</td>
</tr>
<tr>
<td></td>
<td>Or Tuesday 29/7/14</td>
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<td></td>
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</table>

### Address

PO Box 206 Westmead NSW 2145

Ph 02 9806 3299

Email west@nsw.org.au

Fax 02 9806 3250

Relationships Australia (NSW)

ABN: 71 000 569 382
Program Descriptions for Term 3, 2014

**Being the Best Dad**
This seminar acknowledges the importance of the father child relationship. It provides an opportunity for fathers to explore what children need from them, and to assist the communication process and the development of positive healthy relationships.

**Building a Lasting Relationship (pre-marriage)**
This seminar is for couples preparing to commit to a long term relationship. The seminar will help you to strengthen your existing relationship, improve your communication, manage conflict and change, and learn how to live with differences lovingly. The government’s voucher for relationship services can be used for this program.

**Helping Babies Grow**
This seminar is for parents or carers of babies and aims to provide an understanding of what babies need to grow and be happy; understanding of your babies physical development and their emotional development; an opportunity to better understand the ways babies communicate; and time to reflect on the importance of self care for the carer or parent.

**Kids in Care (for Parents whose children are not in their care) – 6 weeks**
This course is for parents whose children are not in their care. The course helps parents to deal with the grief and loss experienced when their children are in out of home care. Positive strategies to deal with their circumstances will be explored throughout the course.

**Managing Anger (for Men & Women) – 8 weeks**
This 8 week course focuses on the feelings, emotions and thoughts connected to anger. Topics include past experiences of anger; identifying what affects our ability to manage anger; finding alternate ways to deal with anger and the anger of others; and taking responsibility for way we express our anger.

**Managing Children’s Behaviour**
This seminar explores how parents can build better relationships with their children and encourage positive behaviour. The focus is on effective discipline strategies while maintaining a strong relationship with your child/children and looking after yourself as a parent.

**Men & Relationships – 8 weeks**
This course is for men who want to get more out of their relationships with partners, family and friends. The course covers: building open, respectful relationships; turning negative habits and cycles into positive ones; past influences on your present life; patterns in relationships; new solutions to issues; forgiveness and letting go; intimacy and sexuality; anxiety and depression; knowing your needs and taking responsibility for them.

**Parenting After Separation: Focus on Kids (for separated/divorced parents) – 6 weeks**
This course is for parents who are separated and want to learn more about managing ongoing relationships (including minimising conflict) with former partners, while supporting their children.

**Proud Parenting (LGBTIQ Parenting Seminar)**
This seminar provides ideas about being the best and proudest parent possible with tips on raising resilient kids in LGBTIQ families – together with a partner or on your own.

**Stepfamily Seminar**
This seminar is for couples in a stepfamily relationship or those considering forming a stepfamily. The seminar will give participants an opportunity to share experiences and learn some management strategies.

**Taking Responsibility – 18 weeks**
This course is for men who want to take responsibility for their anger, aggression, abuse and/or violence in their relationships with women. This may include physical violence, but not always.
2014-2015 SEASON

Season Starting Date: 6th September 2014
Time: 8.30am sharp each Saturday
Location: Gipps Rd Sporting Complex
Ages: 3-17 Years

Registration Dates:
24/08/2014 (Sun) between 12pm & 3pm Gipps Rd sporting complex Greystanes
31/08/2014 (Sun) between 12pm-3pm Gipps Rd sporting complex Greystanes

Register online from Aug 1st and before Midnight Sept 1st
For the Early Bird fee saving you $10 per child

<table>
<thead>
<tr>
<th>Normal Fees:</th>
<th>Early Bird Fees:</th>
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<tbody>
<tr>
<td>FIRST CHILD:</td>
<td>$85</td>
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<tr>
<td></td>
<td>$75</td>
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<td>SECOND CHILD:</td>
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<td>THIRD CHILD:</td>
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<td>$65</td>
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<td>FOURTH and each additional child</td>
<td>$40</td>
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</tbody>
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Birth Certificate required for new members

For further information please contact:
Darren Hudson 0419 996 518
Sharon Blinco 0438 920 749
www.greystaneslac.com.au
greystaneslac@gmail.com

Beresford Road Public School does not endorse any item or service advertised in this newsletter