



# Grose View Public School Newsletter

23 October 2019

Term 4 Week 2

Volume 17

## *From the Desk of the Principal*

### **Mr Feneley—Temporary Leave**

At the commencement of Week 4 (4 November) I will be taking leave from Grose View PS to take on a temporary role as Chief Education Officer with the NSW Department of Education at the Parramatta office. The role is expected to extend to the end of the 2019 year. In my absence Miss Graham will relieve as Principal, and Mrs Lavender and Mrs Edwards will relieve as Assistant Principals. I have full confidence in all staff and their capacity to step up and take responsibility for the organisation and management of the School over the coming weeks. There will be no disruption to classroom teachers or class organisation.

### **Congratulations Mrs Wolff!**

I am disappointed and delighted to announce that Mrs Wolff has been successfully appointed as a permanent teacher at Riverbank Public School. While she will be a loss to Grose View PS, this is a wonderful opportunity for her to experience working within a very large school. Mrs Wolff will bring a wealth of teaching experience to Riverbank PS, who obviously already love what she is doing there. We will miss you, Mrs Wolff!

### **Congratulations Mrs Camilleri!**

It is with great delight that I can announce that our canteen will be reopening on Wednesday 6 November (Week 4). Rebecca Camilleri was successfully appointed as Canteen Manager after a very competitive merit selection process. I'm sure Rebecca will do a magnificent job and it will be great to have the canteen open again on Wednesdays and Fridays.

### **Drinking Fountains**

I am pleased to advise that our new drinking station on the bottom oval has been installed. The scope of works included 4 bubblers, 2 bottle fillers, water filtration unit, covered shelter over drinking station, concrete slab and associated ground works. The only work still left to complete is the

construction of the shelter to cover the drinking fountain to prevent it from getting too hot in the sun. Once installed we can open the drinking fountains for use during recess, lunch and sport activities.

### **Interactive Touchscreen Panels**

I am pleased to advise that we have installed 11 new interactive CleverTouch panels. The interactive panels will bring a new level of functionality and interactivity to the classroom. Each panel has the capacity to enable 10 students to work simultaneously on the board. Thank you to our wonderful P&C and our supportive community for raising funds through events like the Spring Fair that have enabled us to make this purchase.

### **New Teacher Positions**

With the recent appointment of Mrs Wolff to Riverbank PS; our continued growth in enrolments to 10 classes; and the retirement of Mrs Benedek and Mrs Kenny, we now have the opportunity to activate a number of new teaching positions here at GVPS. In the coming weeks we will activate three new permanent teaching positions and one temporary Assistant Principal position. As per departmental policy, we will likely receive two central appointments and two local choice appointments. These changes will not occur until 2020 and will not impact classroom teachers or class organisation this year.

### **Japan 2020**

A reminder that we are hosting two information evenings on Wednesday 30 October to discuss our proposed school visit to Japan in September 2020. This is a no obligation opportunity to learn more about the what is involved and the wonderful opportunity this presents. We encourage as parents who think they may be interested to attend.

*Damien Feneley*

 In support of  
**White Ribbon**

# ASSEMBLY AWARDS

Congratulations to the following students.

## CLASS WORK AWARDS

KB	Georgia L, Lily T
K/1L	Skyla P, Ashton M
1/2H	Dexter W, Tyler L
1/2S	Harrison M, Flex K
2/3W	Eloise J, Toby C
3/4C	Nate G, Felicity J
3/4L	Lillian C, Sunnie H
5S	Madison G, Elroy C
5/6E	Ella Y, Baxter W
5/6P	Olivia H, Jayden K

## PRINCIPAL AWARDS

KB	Celina E
K/1L	Jai H
1/2H	Annabelle B
1/2S	Jake H
2/3W	Harley M
3/4C	Violet W
3/4L	Grace T
5S	Megan D
5/6E	Alex C
5/6P	Matilda O

## GOLD CARD AWARDS


1st Card	2nd Card	4th Card	5th Card	7th Card	8th Card	10th Card
Aiden D Zoe M Emma S Joshua C Madison T Amelia M Violet W Ethan B		Hamis M Charlie L Ruby F	Sophie L Cooper H Billy S			

## PBL AWARDS

KB	Madison T
K/1L	Lydia H
1/2H	Jack M
1/2S	Aaliyah P
2/3W	Charlotte W
3/4C	Ethan C
3/4L	Austin C
5S	Jasmine S
5/6E	Chloe J
5/6P	Joshua C



## POSITIVE BEHAVIOUR FOR LEARNING

<b>WEEK 10-1</b> Responsible		<ul style="list-style-type: none"> <li>Remain in chosen play area</li> <li>Sit down and finish food before play</li> <li>Go to toilet/get drink during break time</li> <li>Look after belongings</li> </ul>
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You did it!  

**Congratulations**

<b>GOLD PENNANT AWARDS</b>	
Georgia H	Georgia is a kind and caring student who consistently strives to do her best in all learning tasks. She is reliable, trustworthy and is always willing to help both her teachers and peers. Georgia has a creative flare which emerges through her writing and her interesting additions to our class discussions. She is a hard- working and persistent student who is to congratulated on receiving her first Gold Pennant.
Zander W	Zander is a responsible and respectful student both in the classroom and on the playground. He approaches all learning tasks with positivity and persistence. Zander always follows classroom rules and expectations and consistently sets a positive example for his peers. He has an encouraging and supportive nature and is always willing to help others. Well done Zander for achieving your first Gold Pennant!
Ethan C	Ethan is a master of observation and communication, applying his skills persistently during group work activities. He is a generous, well-mannered and a compassionate friend to all of his peers. Ethan's relentless pursuit of knowledge drives him towards achieving any academic goal that he sets for himself. He is a wonderful role model to younger students and is wholly deserving of his second Gold Pennant.
Xavier H	Xavier's inquiring mind unearths fountains of knowledge every day. He is ingeniously resourceful, coming up with creative solutions to problems he is faced with. Pursuing all tasks sedulously, Xavier persistently strives to achieve success. He is a courteous student who treats all others with the utmost respect and listens to their opinions. Congratulations Xavier on your second Gold Pennant.
Kiara T	Kiara is a student of boundless positivity. She holds herself to high standards and leads others in her tenacious desire to reflect on her learning goals – of which she achieves in abundance. Kiara is adored by her peers for her enduring kindness and invariably approaching all challenges with an open mind. She is a paragon of virtue and thoroughly deserves this, her third Gold Pennant.
Flynn B	Flynn is an exceptional student who is driven by his passion for learning new things. He thrives on sharing his abundance of knowledge across a wide variety of learning task. Flynn's pleasant disposition and honesty has resulted in the formation of a strong camaraderie within his peer group. He consistently models positive behaviours within the classroom and playground, setting the example for all students. Flynn is a selfless student who always puts the needs of others ahead of his own. Congratulations Flynn on a well-deserved second Gold Pennant!

# You did it! Congratulations

GOLD PENNANT AWARDS	
Chloe J	Chloe is a responsible student who demonstrates a positive attitude towards her work. She is an enthusiastic member of the Stage 3 Dance Group and loves to perform with a big smile on her face! Chloe is a cheerful, honest friend that willingly helps others. She is a reliable class citizen and is a deserving recipient of her second Gold Pennant.
Katelyn M	Katelyn is an outstanding reliable school citizen. She is always focused, organised and is keen to learn. Katelyn is an honest helpful student who is always willing to assist students and teachers. Katelyn enjoys participating in creative arts and is an enthusiastic member of the Stage 3 Dance Group. She performed her role in the school concert with elegance. Congratulations Katelyn on a well-deserved third Gold Pennant.



Safe, Respectful, Responsible, Learners who Care



# CONCERT

Last term we were witness to the most amazing talents of the students of Grose View Public School in our concert, 'This is Australia'. A fabulous mix of song, dance and drama, pulling together our community and country.

A big thank you to Mrs Stacey Jenkinson and her fantastic team of helpers, all staff members for their creativity and skills in seeking costumes and building props, and support staff for their help in many ways often not seen. Thank you to Mr Feneley for his comedic wit and the P&C for coming up with true 'Aussie' treats on the day. You can see why it takes two years to come up with such a spectacular event.

The most important thing was this concert gave you as parents, the opportunity not only to see your child perform, but all children of the Grose View community.

*Michael Smith*



## SCHOOL SPORT AUSTRALIA CHAMPIONSHIP

In August Louise R attended qualifying trials for the PSSA Nationals in Darwin in September. She came fourth in shot put and second in discus. The top three athletes in all disciplines were then selected to represent NSW. Louise also applied to compete in the multievent based on results of past 12 months.



The trip to Darwin was over eight days that included an opening ceremony, four days of competition, a day excursion to the Adelaide River and a closing ceremony.

Louise competed in the multievent over two days. She had a personal best in the 100 m, shot put and 800 m. She finished seventh overall in the 800 m final. In discus Louise pulled out a huge personal best throw of 30.87 m, placing her second after the first round. Unfortunately this was bettered by another two girls in the final round and Louise finished in fifth place.

Although Louise was disappointed at missing out on a medal, she achieved very good results and should be very proud of herself for finishing in the top 10 in Australia in both events.

Well done Louise!

## YOU CAN READ ANYTHING, ANYWHERE WITH ANYONE!

Calling on all parents, carers, grandparents, uncles, aunts, anyone with photos!



*"I read my book (brochure) to wobbly (wollaby)"*

In the library Mrs Thomas is after photos of GVPS students reading in all sorts of places! The could be reading anything (bus timetable, sign, poster, magazine, newspaper, website, book).

Feel free to send photos in for me to scan and return, or just email them directly to Mrs Thomas if they are already in digital format.

## HAWKESBURY CHRISTMAS CARD COMPETITION

Robyn Preston MP, Member for Hawkesbury, invited students from Kindergarten to Year 6 to submit entries to the 2019 Hawkesbury Christmas Card Competition.

The winning entry will be featured as the cover of her 2019 Christmas card which will be mailed to local residents, business and organisations.

Please see the office for an entry form.

All completed entries need to be returned to her office no later than 5.00 pm on Friday 18 October. Details are on the entry form.

## MINDQUEST

The 93rd MindQuest enrichment weekend will be held on 9-10 November from 9.30 am - 3.30 pm at Glenwood High School. The program is for students in Years 1-6 and the cost is \$200.

Students will have an opportunity to participate in over 37 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, lego robotics, art and much more.



If you would like a brochure please contact the office. Applications close Friday 18 October.

## BRYNORM'S

Brynorm's have made some changes to their opening hours.

Store opens	9.30 am
Closed for lunch	1.00-1.30 pm
Store closes	4.45 pm



# Grose View Public School

~ A future focused school ~



Education  
Public Schools

10 May 2019

Dear Parents

## EXPRESSION OF INTEREST - KINDERGARTEN ENROLMENTS 2020

We are presently in the process of organising our Kindergarten Orientation Program for 2019. The program during Term 4, will involve activities such as parent/teacher meetings, pre-school visits, preschoolers attending our school and information packages.

If you are considering enrolling your child, or you know of someone who is, it would be appreciated if you could complete and return the form below. A letter regarding orientation for Kindergarten will be sent home at the end of Term 3. You are welcome to contact our school for further information.

Yours sincerely

Mr Damien Feneley  
Principal

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### GROSE VIEW PUBLIC SCHOOL Kindergarten Enrolment 2020

Child's Name \_\_\_\_\_ Male / Female Date of Birth \_\_\_ / \_\_\_ / \_\_\_

Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_

Mailing Title \_\_\_\_\_ Home Phone \_\_\_\_\_

Home Address \_\_\_\_\_

In area Yes / No

Mobile - Mum \_\_\_\_\_ Mobile - Dad \_\_\_\_\_

Email - Mum \_\_\_\_\_ Email Dad \_\_\_\_\_

Is there any medical information or special needs your child may require at school? Yes / No

If yes, please give brief details \_\_\_\_\_

Does this child have any brothers or sisters enrolled at a NSW Government school? Yes / No

If yes, please provide the details of the most recently enrolled brother or sister.

Name \_\_\_\_\_ Male / Female Date of Birth \_\_\_ / \_\_\_ / \_\_\_

School \_\_\_\_\_ Year \_\_\_\_\_ Class \_\_\_\_\_

## 2020 SCHOOL REQUIREMENTS

### Kindergarten

Library bag (eg orientation bag)  
Paint shirt  
Kindergarten pack (to be purchased through office)

### Stage 1

A4 128 pg exercise book—homework (2)  
A4 clear document wallet  
HB lead pencils (8) \*  
Pkt 12 coloured pencils  
Whiteboard markers (2) \*  
Safety scissors  
Pencil sharpener \*  
30 cm wooden ruler  
35g glue sticks (2) \*  
Eraser \*  
Library bag  
Paint shirt

\* These items will need to be topped up at the beginning of Term 3

### Stage 2

A4 128 pg exercise book—homework  
A4 clear document wallet  
HB lead pencils (4) \*\*  
Pkt 12 coloured pencils \*  
Fine point blue biros (4) \*\*  
Fine point red biros (4) \*\*  
Pencil sharpener \*  
30 cm wooden ruler  
35 g glue stick \*\*  
Eraser \*\*  
Library Bag  
Paint shirt

### Stage 3

A4 clear document wallet  
HB lead pencils (4) \*\*  
Pkt 12 coloured pencils \*  
Fine point blue biros (4) \*\*  
Fine point red biros (4) \*\*  
Scissors  
Pencil sharpener \*  
30 cm wooden ruler  
35g glue stick  
Eraser \*\*  
Pencil case  
Collins or Macquarie pocket dictionary  
Geometry set  
Calculator (optional)  
Library bag  
Paint shirt

\*\* These items will need to be topped up at the beginning of each term

\* These items will need to be topped up at the beginning of Term 3

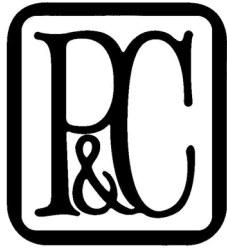




# CALENDAR

Thursday 24 October	3.15 pm	Japanese Cultural Centre excursion—Group 2—Stage 3 AFL Clinic
Friday 25 October	3.15 pm	World Teachers Day Gymnastics Program Year 6 Farewell Committee Meeting
Monday 28 October		Longneck Lagoon Waste Audit—Stage 3
Wednesday 30 October	2.00 pm 3.15 pm 5.15 pm	Assembly—Gold Pennants & 5S GVPS Trip to Japan Information Session 1 GVPS Trip to Japan Information Session 2
Thursday 31 October	3.15 pm	Hawkesbury Public Speaking Competition Semi Final Year 6 Mini Fete AFL Clinic
Friday 1 November		Gymnastics program
Monday 4 November	6.00 pm	Kindy 2020 Parent Information Session
Wednesday 6 November	2.00 pm	State Athletics Carnival Assembly—3/4C
Thursday 7 November	3.15 pm	AFL Clinic
Friday 8 November		Gymnastics program Hawkesbury Public Speaking Competition Final
Saturday 10 November	10.00 am	Kurrajong-a-Buzz Festival
Monday 11 November	6.30 pm	Remembrance Day Service Hawkesbury Council Waste Expert visit—Stage 2-3 P&C Meeting
Tuesday 12 November	9.30 am	School Executive speeches
Wednesday 13 November	9.15 am 9.50 am 4.00 pm 5.00 pm	Open Classrooms Book Character Parade P&C Superhero Disco—K-2 P&C Superhero Disco—Years 3-6
Thursday 14 November	3.15 pm	AFL Clinic
Friday 15 November		Gymnastics program Multicultural Perspectives Public Speaking State Final
Monday 18 November	2.00 pm	Sports Executive speeches
Wednesday 20 November	2.00 pm	Assembly—Gold Pennants

# P&C NEWS



## P&C MEETING

Our next P&C meeting will be held on Monday 11 November commencing at 6.30 pm in the staffroom.

All parents are very welcome to attend.

## Shopping Tour Fundraiser

The planned Shopping Tour fundraiser for Sunday 27 October has been postponed due to lack of ticket sales. Those that have purchased their seats already will be refunded once the money has cleared from Flexischools.

We look forward to hosting another Shopping Tour next year when timing suits our community.

Thanks so much for your support.



Please remember to sign our Visitors Book in the office when you arrive and again when you leave.

All volunteers are required to complete declarations and provide 100 points of identification to the office.

If we have no current records on file, the appropriate documents will be sent home. Once the documents have been returned they are current for seven years.



## School Banking

Student banking is processed on Tuesdays. Please send books to school in the morning and they will be returned to students on Wednesdays.

# NOTICES



**RayWhite**



Geoff Luscombe JP

0412 899 206

[geoff.luscombe@raywhite.com](mailto:geoff.luscombe@raywhite.com)

## Proudly sponsoring Grose View Public School P&C

Geoff Luscombe is celebrating 10 years of selling Real Estate throughout the Hawkesbury.

When experience and local knowledge counts, give Geoff a call to arrange an obligation free appraisal.

[raywhitenorthrichmond.com.au](http://raywhitenorthrichmond.com.au)

# NOTICES



100% Natural, Cruelty Free and Vegan Friendly  
Tan Solutions and Tan Care Products

Call Cheryl for your next spray tan on 0401 808 505

  GOLDENGLOWBYCHERYL



*Mobile Spray Tanning  
We come to you!!*

# NOTICES



## Register Now!

Grose View PS (After School) Auskick Centre

Each Thursday starting 24th October - 14th of November from 3:15pm - 4:15pm

Each child will receive: Auskick Bluetooth Speaker, Footy Cards, Footy Pump AND an AFL Auskick Football!

Your child will enjoy a safe, fun, action-packed 4 week program of games and skill development, ideal for boys and girls aged 4-12 for only \$48

### Register Now!

To register, visit [play.afl/auskick](http://play.afl/auskick) and enter 'Grose View', then click on "Grose View PS (After School) Auskick Centre"

To receive FREE Tickets to GWS GIANTS home games be sure to choose the GIANTS as your team of support!

For more information contact: Keeley Roberts on 0434 102 440 Email: [keeley.roberts@afl.com.au](mailto:keeley.roberts@afl.com.au)



Visit [play.afl/auskick](http://play.afl/auskick)



# NOTICES

- 31<sup>ST</sup> ANNUAL -  
*Doll, Bear &*  
**Craft  
Fair**

**Saturday 26th**  
October 2019  
9am - 4pm

**Sunday 27th**  
October 2019  
9am - 3pm

**Museum  
of Fire**

**AT THE MUSEUM OF FIRE - 1 MUSEUM DRIVE, PENRITH**

TEDDY BEARS & MAKING SUPPLIES · WOODEN TOYS & FURNITURE  
DOLLS & ACCESSORIES · DOLL HOUSES & SUPPLIES  
JEWELLERY & CRAFT · REBORN DOLLS · AROMATHERAPY  
UNIQUE HANDMADE PRODUCTS · & MORE!

ADULTS \$6, CONCESSION \$4, CHILDREN \$2

FOR MORE INFORMATION, CALL 4731 3000 OR VISIT [WWW.DOLLEBEARCRACFTFAIR.COM.AU](http://WWW.DOLLEBEARCRACFTFAIR.COM.AU)

# NOTICES

Come here friend

and join us for the launch of a beautiful new picture book

**FREE**  
activities  
for children

*Cooee Mittigar*

A story on Darug songlines

By Jasmine Seymour & Leanne Mulgo Watson

to be launched by The Hon Linda Burney MP

**FREE**  
event all  
welcome

**2-4pm Saturday 2 November**

**Rex Stubbs Memorial Garden  
HAWKESBURY CENTRAL LIBRARY  
(300 George Street, Windsor)**

- Families welcome • Bring a picnic
- Children's activities & Face painting

**Puddles &  
Gomberee  
will be  
there**



Magabala  
Books



# NOTICES

## WINDSOR HIGH SCHOOL



# CAR SHOW

Sunday 17 November

car entry 8am to 9am \$10  
public entry 9am to 2pm \$2

PRIZES

BBQ

STALLS

General enquiries contact  
Helen 0407 364 925

Car queries contact  
Doug 0407 296 125



**Hawkesbury  
Scrap Metal**

PRIZES • BBQ • STALLS

PRIZES • BBQ • STALLS

PRIZES • BBQ • STALLS



# NOTICES

**JOIN US FOR THE CHRISTMAS COUNTDOWN**

Light up  
**Windsor**  
Street Fair

5PM - 9:30PM  
**SAT 23 NOV 2019**  
**THOMPSON SQUARE TO WINDSOR MALL**

MARKETS | LIVE & ROVING ENTERTAINMENT  
CHRISTMAS WORKSHOPS | KIDS ACTIVITIES  
DISPLAY OF LIGHTS ON ICONIC BUILDINGS  
**LIGHTING OF THE CHRISTMAS TREE | LOCAL EATERIES**  
MEET & GREET WITH SANTA | **SNOW INSTALLATION**

<b>LIGHT SHOW SPONSOR</b>   	<b>PRESENTED BY</b>  <b>GOLD SPONSOR</b>  	  <b>SILVER SPONSOR</b>  	<b>BRONZE SPONSOR</b>    
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*Celebrating Christmas*

# NOTICES

SATURDAY ❁ 26TH OCTOBER 2019

# SCARECROW FESTIVAL

Rotary 

Colouring Competition: Forms available from the office.

Colour the Scarecrow to win a prize. Entries close 3 pm Friday 25 October 2019. Page must be delivered to The Secret Garden, Western Sydney University, Clydesdale Lane, Richmond NSW 2753 by closing date and time. Winner will be chosen at Scarecrow Festival at The Secret Garden on Saturday 26 October 2019. Come along to the Scarecrow Festival to see the winning Scarecrow.



We're here for your kids, if they need support they can...



Call us for FREE  
1800 55 1800



Email us



WebChat with us

Parents! For more information and resources,  
please check out our Kids Helpline parents section

[kidshelpline.com.au/parents](http://kidshelpline.com.au/parents)

# NOTICES



## Transition to High School Newsletter

Transitioning to high school can be an exciting time and full of new experiences, but it can also be worrying and challenging for many young people. These worries are all normal. High school also means a move from the familiar to the unknown, and a whole new way of doing things.

### New social expectations

High school is a time of major social growth and going from being the oldest students in primary school to being the youngest in high school can be scary. Many students worry about their ability to fit in, make new friends and establish their position within a peer group.

### New academic expectations

Young people can also worry about handling the extra workload. They need to adapt to new teaching and assessment styles, cope with a wider range of subjects, and adjust to having different teachers in different classrooms. Students are expected to become more responsible for their own learning.



[facebook.com/parentinewsouthwales](https://facebook.com/parentinewsouthwales)

PLIn001

 **Parent Line NSW**  
1300 1300 52  
[Parentline.org.au](https://Parentline.org.au)

# NOTICES

## Getting around

Young people have to adjust to a new school campus, find their way around, get to class on time with the right books and materials, and possibly cope with new transport arrangements.

## Longer days

The days at high school can also be longer and more tiring, possibly due to sporting commitments before or after school and using public transport for the first time.

## Changes in body

The hormonal changes that accompany puberty and drive physical, emotional and cognitive growth can be confusing and overwhelming.

During such significant changes, it is not uncommon for new high school students to feel:

- Anxious that he/she will not fit in.
- Worried that he/she will not be able to cope with new demands.
- Nervous about learning new routines, making new friends or wearing a new uniform
- Unhappy and lonely until new friends are made.
- Sad about missing old friends and their old school.
- Lost and confused.



## Signs of stress

The young person might show their stress in the following ways:

- Headaches, stomach pains, feeling 'jittery' or not wanting to go to school
- Changing behavior such as rebelling, being silly or withdrawing
- Not wanting to talk
- Being disagreeable
- Being irritable and short-tempered

Parent Line counsellors can help you if you are worried about how to support your teen.

## Questions or things to consider when deciding on a high school

- What are the unique needs of my child and will this school meet those needs?
- How does the school support students who have academic, social or emotional difficulties?
- What is the school's approach to student discipline?
- What is the school's approach to student safety and bullying?
- What electives, sports, and service opportunities are available?
- How does the school measure individual achievement and progress?
- What is expected of my child with regards to homework?

**Parent Line is open 7 days per week from 9am – 9pm Monday to Friday and 4pm – 9pm on weekends. Parents and carers can get in touch by calling Parent Line on 1300 1300 52 (for the cost of a local call) or, alternatively, they can private message us on facebook and we can arrange for a Parenting Counsellor to call them back.**



[facebook.com/parentlinenewsouthwales](https://www.facebook.com/parentlinenewsouthwales)

PL1001

 **Parent Line NSW**  
**1300 1300 52**  
Parentline.org.au

# NOTICES

A BETTER START PROGRAM INITIATIVE



## CARING FOR A CHILD WITH DISABILITY?



### You are invited to a free workshop for parents run by the Better Start team at Carers NSW

Come to a free event for all parents and guardians of children with disability aged up to 12 years old.

Gather information and strategies to support you and your child.

All NDIS questions answered. It does not matter if you have a plan or not. Everyone welcome. Meet other parents and chat about your experiences.

Local speakers include:

- ECEI partners (0-6 age group NDIS)
- Local Area Coordinators (7+ age group NDIS)
- Local Disability Advocacy Agency
- NSW Dept of Education

If you would like to attend but cannot, please let us know.

#### EVENT INFORMATION:

**WHEN:** Tuesday 29 October 2019  
9:30am - 2:00pm  
(Registration 9:15am)

**WHERE:** North Richmond Panthers  
33 Beaumont Avenue  
North Richmond NSW 2754

**RSVP:** The Better Start Team  
**CALL US:** 1800 242 636  
**EMAIL:**  
[betterstart@carersnsw.org.au](mailto:betterstart@carersnsw.org.au)

**COST:** Free

Morning tea and light lunch will be provided, tell us if you have any allergies or dietary requirements.

**SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT**

[www.carersnsw.org.au](http://www.carersnsw.org.au) [contact@carersnsw.org.au](mailto:contact@carersnsw.org.au) CARE LINE 1800 242 636 PO Box 715 North Sydney NSW 2059

# NOTICES



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](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council

 **Griffith**  
UNIVERSITY  
Queensland, Australia

GU Ref No: 2019/146

# NOTICES



## Grose Vale Brigade – We need you!!

Have you ever thought of volunteering with the Rural Fire Service? Helping to protect and serve our community and our environment? Have you ever wondered what it may be like to be a volunteer bushfire fighter?

**Grose Vale Brigade is seeking new members who are keen to offer their time as a volunteer firefighter.**

Our brigade members are men and women from all walks of life, young and old, from different cultural backgrounds and all kind of professions.

After a basic training, brigade members attend a range of incidents and activities including bush and grass fires, house and structure fires, motor vehicle accidents, hazard reductions and community education events, to name just a few.

If you are keen to broaden your skill set, the RFS offers a wide range of additional training to its members and offers multiple opportunities to develop leadership.

If this sparks your interest and you would like to know more, come and see us at the "RFS Get Ready Weekend" on Saturday, 14<sup>th</sup> September at Bowen Fountain Park from 10:00am until 2:00pm

You can also call our Training Officer, Greg Walker on 0408 683 395 or drop us an e-mail at [info@gvrfb.com](mailto:info@gvrfb.com)



# NOTICES

## Hawkesbury Helping Resources

CREATED TO ENSURE YOU CAN GET HELP WITH JUST ONE PHONE CALL

FaCS Child Protection Helpline (24hr)	132 111
Mental Health Access Team	1800 011511
Nepean Hospital Detox	4734 1333
NSW Domestic Violence Line	1800 656 463
Mens Line Australia (24hr)	1300 789 978
Alcohol Drug Info Service	1800 422 599
Department of Human Services (Windsor)	132 850

### FREE MEALS

<b>Hawkesbury Community Kitchen</b>	4577 5203
38A Macquarie St Windsor Mon, Tues, Thurs & Fri 10am-1pm Mon-Fri 6pm-7pm	
<b>Hawkesbury Helping Hands</b> (Windsor)	0416 956 263
Lunch Wed & Dinners Sat & Sun	
<b>The Living Room</b> (Richmond)	4578 8007
Wed & Thurs 10-2pm East Market St behind the barber	

### FOOD PARCELS AND VOUCHERS

Hawkesbury City Salvation Army	1300371288
Hawkesbury Community Services	4587 8091
St Vincent De Paul (Windsor)	4577 4880
Hawkesbury Helping Hands	0416 956 263
Women's Cottage Richmond (Women only)	4578 4190
Christ Mission Possible	1300HELP2U

### OTHER SERVICES

ONE80TC Rehab (Men & Women)	1800 679 657
PLATFORM Youth Services	47 600 800
Wentworth Community Housing	4777 8000
San Miguel - yourtown (Families)	4579 6622
HDHS SJOG Counseling services, Drug & Alcohol, Cannabis clinic/smoking cessation	4560 5714
Hawkesbury Community Services	4587 8091
StreetMed Homelessness Support Team	0417269475
Western Sydney Tenant's Service	8833 0933



1800 152 152

Link2home is a single state-wide information and referral service available 24 hours a day, 7 days a week. Our trained Link2home staff will assess your needs and, if needed, refer you to a local service to help you get the support you need.

### Specialist Homelessness Services

The Right Door

1800 760 071

Freecall number to access specialist services in Lithgow, Blue Mountains, Hawkesbury and Penrith Local Government Areas (operating in business hours). Follow the prompts to talk directly to the local service that best meets your need.

### Partner Organisations:



Hawkesbury District  
Health Service

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we stand



An initiative of the Hawkesbury Housing Forum and Hawkesbury City Council