



Grose View Public School Newsletter

6 November 2019

Term 4 Week 4

Volume 18

From the Desk of the Principal

A Warm Welcome!

I would like to personally thank all of the staff, parents and students who have welcomed me into the Principal role for Term 4. It certainly is big shoes to fill and we wish Mr Feneley all the best in his new role! I look forward to working with you all throughout what is shaping up to be a very exciting and busy term ahead!

Aboriginal Acknowledgement of Country

Mrs Lewis and I had the privilege of attending an Aboriginal Acknowledgement Workshop at Richmond High School last Wednesday. We were joined by two students and a parent representative. The workshop involved defining the meaning of 'Country' and an introduction to the differences between an Acknowledgement of Country and a Welcome to Country. Our students learnt correct protocol and presentation skills when presenting an Acknowledgement of Country in front of an audience. Together we created a personalised Acknowledgement of Country for Grose View Public School to be presented at school assemblies and events. Moving forward the students will be presenting this information to staff and students. I would like to thank Riley M, James E and Jess Munro for their contributions and representation at this event.

Japan 2020

Two information sessions were held on Wednesday 30 October to discuss our proposed school visit to Japan in 2020. We had an amazing turnout of families and I would like to congratulate Sensai Lewis on her excellent presentation. Those in attendance definitely walked away inspired and well informed. We look forward to engaging as many families as we can to be a part of this wonderful opportunity. Should you require more information, please contact Sensai Lewis.

Kindergarten Parent Information Evening

Last Monday night GVPS hosted our annual Kindergarten Parent Information Evening. The evening was very successful with 27 of our 35 families in attendance. Mrs Lavender and Mrs Harrington did a wonderful job of sharing the program with our new Kindergarten families. A special thank you goes to our guest speakers and Mrs Camilleri for her amazing spread of food. Overall the evening was a wonderful display of what Grose View Public School has to offer.

Interactive Touchscreen Panels

I am pleased to advise that our new interactive CleverTouch panels have been installed and staff and students are currently engaging with them and enjoying what they have to offer.

Stage 3 Waste Audit

Stage 3 have been investigating the Key Inquiry Question of 'How might we change our behaviour towards waste in our school?' Students conducted a litter audit to gather some baseline data and discovered that food wrappers were our biggest concern at Grose View Public School. In groups, students began to problem solve solutions to this issue and will now share their results with the THINK SHARE ACT Team. A future litter audit is planned in a months time to evaluate the project. Thank you to Mrs Stone, Mrs Edwards, Miss Procopio and Longneck Lagoon for providing such authentic learning experiences for our Stage 3 students.

Rachel Graham



**In support of
White Ribbon**

ASSEMBLY AWARDS

Congratulations to the following students.

CLASS WORK AWARDS

KB	Emilia S, Leila M
K/1L	Tahli H, Koa D
1/2H	Reece C, Spike P
1/2S	Ella J, Benjamin D
2/3W	Georgia H, Annalise M
3/4C	Eloise L, Isaac S
3/4L	Levi S, James E
5S	Saxon C, Ashton B
5/6E	Klancy G, Kolya S
5/6P	Hamis M, Alyssa X

PRINCIPAL AWARDS

KB	Noah B
K/1L	Jacob P
1/2H	Thomas O
1/2S	William J
2/3W	Hayden P
3/4C	Ilaria F
3/4L	Katya R
5S	Imogen K
5/6E	Eliana H
5/6P	Kobi H

GOLD CARD AWARDS

1st Card	2nd Card	4th Card	5th Card	7th Card	8th Card	10th Card
Charlize B	Kooper P Heath R	Grace T Ireland N Liam D Eloise J Katya R				Harrison D

PBL AWARDS

KB	Aide D
K/1L	Sebastian J
1/2H	Jaxon T
1/2S	Ruby F
2/3W	Samantha J
3/4C	Thomas H
3/4L	Logan D
5S	Alyssa G
5/6E	Cooper O
5/6P	Blaize S

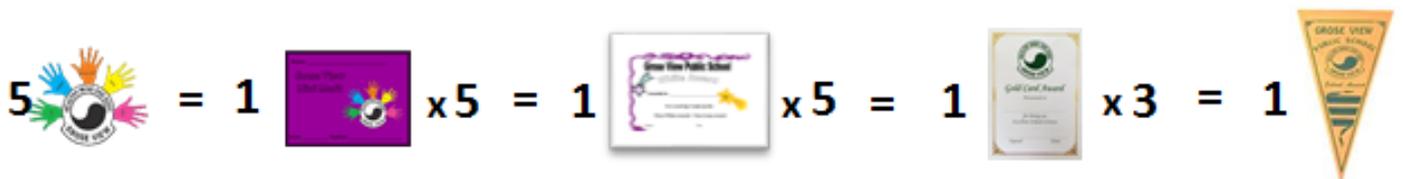


POSITIVE BEHAVIOUR FOR LEARNING

<p>WEEK 2-3</p> <p>Learn</p>		<ul style="list-style-type: none"> • Be a problem solver • Follow game rules • Try new skills
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You did it! Congratulations

GOLD PENNANT AWARDS	
Olivia C	Olivia is a diligent student who always works hard and applies herself to the tasks given. She is a responsible and respectful student who has developed a friendly rapport with both the teachers at Grose View Public School and her fellow peers. Olivia has a keen sense of humour which brings a smile to the faces of her friends. She is a positive and motivated student and is well deserving of her second Gold Pennant. Congratulations Olivia!
Celeste F	Celeste is an enthusiastic and conscientious member of the Grose View Community. She participates in many aspects of school life and applies herself to her classwork with focus and determination. Celeste has been an active member of the Stage 3 Dance Group this year, performing at the Synergy Dance Festival, Hawkesbury Eisteddfod and the Hawkesbury Dance Festival. She is a friendly and caring student who is always ready to assist both teachers and students. Congratulations on a well deserved third Gold Pennant.
Elijah M	Elijah is always focused, organised and keen to learn. He actively participates in all aspects of school life and represents his school with pride. Elijah is always polite and helpful, and is a good role model to both his peers and younger students. He works diligently, is a keen mathematician and a reliable school citizen. Congratulations Elijah on your third Gold Pennant.
Matilda O	Matilda is a mature student who displays a keen desire to improve her knowledge and always works to the best of her ability. She has developed confidence to complete set tasks to a high standard. Her friendly nature and exceptional manners makes her a good role model to her peers and an outstanding school citizen. Congratulations Matilda on your third Gold Pennant.



Safe, Respectful, Responsible, Learners who Care

ASSEMBLY AWARDS

Congratulations to the following students.

CLASS WORK AWARDS

KB	William F, Pierce H
K/1L	Matilda B, Brax P
1/2H	Jacob X, Lucia S
1/2S	Oscar E, Charlie L
2/3W	Connor H, Liam D
3/4C	Savannah L, Hunter A
3/4L	Matilda H, Cooper H
5S	Liam G, Lily B
5/6E	Jayde B, Maisie M
5/6P	Katelyn O, Hana W

PRINCIPAL AWARDS

KB	Corey M
K/1L	William L
1/2H	Zara K
1/2S	Jack G
2/3W	Violet G
3/4C	Annabell S
3/4L	Brock P
5S	Elliott P
5/6E	Dean L
5/6P	Harrison D

GOLD CARD AWARDS

1st Card	2nd Card		4th Card	5th Card	8th Card	10th Card
Cooper H Koby C Georgia L Olivia H	Jayde B Benjamin D Max T Oscar E Alexandra J Jesslyn J	Wyatt C Ella J Jack P Eric P	Andrew H Annabelle B Hunter C Lucas C	Ben S Lily B		

PBL AWARDS

KB	Scarlett J
K/1L	William W
1/2H	Amelia R
1/2S	Lucas C
2/3W	Hayley W
3/4C	Nate G
3/4L	Olivia P
5S	James H
5/6E	Ethan B
5/6P	Billy-Jay H



POSITIVE BEHAVIOUR FOR LEARNING

WEEK 4-5 Care		<ul style="list-style-type: none"> • Encourage others • Include others
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Book Fair Opening Hours

Friday 8th	Students will visit during class time to create a 'Wish List'
Monday 11th	8:40am – 9:00am & 3:00pm – 3.20pm & in-class buying (K, 1, 2, 3, 4)
Tuesday 12th	8:40am – 9:00am & 3:00pm – 3.20pm & in-class buying (5, 6)
Wednesday 13th	8.40am – 9:00am & after the character parade

**BOOK FAIR CLOSSES AT 11:30AM on
Wednesday 14th November**

You can pay for purchase with cash or credit card on the day at the Book Fair, or alternatively you can pay online or over the phone (information on how to do this will be on the back of student "Wish Lists" as well as in the catalogue which will go home with students during Week 4).



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



Notes & Newsletters

Each time a note is sent home with every student, youngest/only students and selected students a copy is uploaded to our website under "School Notes". If a note has gone astray between school and home, please click on the link and print a copy at home.

Our School Bytes application is proving to be a great tool in ensuring that fewer children miss out on opportunities to join in school events. It allows us to email reminders about outstanding permission notes and/or payments. The emails are personally addressed by the application, however, if you have already returned the note and/or payment you may ignore the reminder.

For this reason, it is more important than ever to keep your email address up to date with the office.

Each time a newsletter is published a copy will be uploaded to our website under "NEWSLETTERS". Simply click on the link to read and/or print a copy at home.

Permission Notes and Payments—Due Dates

A lot of behind the scenes organisation is involved when students attend an excursion or a school event, eg attendee lists need to be prepared for the co-ordinating teacher, and split lists and work needs to be prepared for students not attending. On some occasions the venue requires confirmation of numbers and payment in full up to 14 days prior to the event.

Wherever possible we send notes home at least four weeks prior to the event. Notes are also posted on our website—please check the website if your child has been absent from school. Reminders are sent home via School Bytes prior to the due date, and class teachers use Class Dojo to send reminders also.

If you are unable to return a permission note and/or payment on time please contact the office, before the due date, to see if alternate arrangements are possible.

Please understand that we do not want any of our students to miss out on events, but we do need time to complete the associated administrative tasks. We appreciate your understanding.



Head Lice

Please remember to check your children's hair regularly for nits and eggs. Children should be kept home until hair has been treated.





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

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

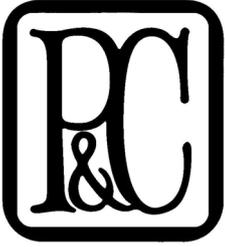
* These items will need to be topped up at the beginning of Term 3



CALENDAR

Thursday 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		Remembrance Day Service Hawkesbury Council Waste Expert visit—Stage 2-3 6.30 pm 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
Thursday 21 November		Year 3 Camp—Yarramundi
Friday 22 November		Year 3 Camp—Yarramundi Gymnastics Program
Monday 25 November	1.00 pm	Kindy Orientation 1 and Parent/Carer Workshop
Tuesday 26 November	3.15 pm	Band Concert
Wednesday 27 November	11.00 am 3.15 pm	Kindy Orientation 2 and Parent/Carer Workshop Guitar & Keyboard Academy Concert
Friday 29 November	1.00 pm	Kindy Orientation 3 and Parent/Carer Workshop Gymnastics program
Monday 2 December		Responsible Pet Education Program
Tuesday 3 December		High School Orientation Day
Wednesday 4 December		Year 4 Camp—Blue Mountains
Thursday 5 December		Year 4 Camp—Blue Mountains

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. This will also be our AGM and we will be looking to fill all positions: President, Vice President, Secretary and Treasurer (bookkeeping and payroll and advantage due to new canteen role).

All parents are very welcome to attend.

FLEXISCHOOLS

You are unable to order canteen items through Flexischools at the moment while the adjust our account to reflect the new menu. We apologise for the inconvenience.



Book Parade Cake Stall

The band committee will hold a cake stall at this year's Book Character Parade on 13 November.

Sweet treats, tea, coffee and hot chocolate will be available from the end of the parade at 10.50 am.

So, come along and enjoy morning tea in support of our school's wonderful Music Program, or pick up a take home pack for an after school treat.

The Band Program includes private music lessons held in class time, before school Mini Musos for K-2 and the opportunity to be part of the outstanding Grose View Concert Band. To find out more email: gvpsband@gmail.com or visit the school website: www.groseview-p.schools.nsw.edu.au



NOTICES



RayWhite



Geoff Luscombe JP

0412 899 206

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

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 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



Visit play.afl/auskick



NOTICES

<u>Parent Connect 2019</u> With FREE childcare	For Dad's & Mums of children aged 0—8 years	Term 4 11th & 25th Nov, 9th Dec	10am—12noon
<u>First Aid Tips for Parents</u> WITH FREE CHILDCARE	For Dads and Mums/ primary carers of children aged 0-18Tues years	Tuesday 29th October 2019	9.30am - 12.30pm
<u>Communication Skills for Couples</u> WITH FREE CHILDCARE	For Dads and Mums/ primary carers of children aged 0-12 years	3 weeks ongoing Saturdays: 19th & 26th October, 2nd November 2019	10am - 12.30pm
<u>Thriving Babies—Strategies for Parents</u> WITH FREE CHILDCARE	For Dads and Mums/ primary carers of children aged 0-12 years	Weds 6th November 2019	10am - 12.30pm
<u>Supporting Kids Through Loss & Grief</u> WITH FREE CHILDCARE	For Dads and Mums/ primary carers of children aged 0-12 years	Weds 26th February 2020	6.30 - 9pm
<u>GUTS—Growing Up Through Separation</u>	For kids aged 7- 12 years who have experienced parental separation	6 x Tuesdays 25th February, 3rd, 10th, 17th 24th & 31st March 2020	3.30-5pm

NOTICES

THE AUSTRALIANA PIONEER VILLAGE



ROSE STREET, WILBERFORCE
(Behind the Heritage Hotel/Motel)
Ph 02 4575 1777 / 0438 751 775
www.theapv.org.au

Upcoming Events



Sunday 10th November
Remembrance Day
Service

Sunday 24th November
The Village's
49th Birthday



Friday 6th December
Twilight
Christmas Market

... 2020 ...

Sunday 26th Jan

Australia Day

Sunday 9th February

Sydney Military Muster

a great venue for your Christmas Party
and we can arrange for a free Santa Visit

Children under 5 FREE, School Children \$3,
Adults \$5, Family Pass \$15
FREE Parking inside The Village

NOTICES



Shop & save for Christmas

EXCLUSIVE TO ZERO & REWARDS
CARD HOLDERS



20% OFF
EVERYTHING
INCLUDING SCHOOLWEAR



INSTORE & ONLINE THURSDAY 14TH NOVEMBER.

* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only.

Styles and colours may vary from store to store.

No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.

Offer ends midnight (AEST) 14/11/19. Must use Zero or Rewards card to receive discount.

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**

LIGHT SHOW SPONSOR    STAGE SPONSOR 	PRESENTED BY  GOLD SPONSOR  	  SILVER SPONSOR  	BRONZE SPONSOR    
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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

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

PLIn001



Parent Line NSW
1300 1300 52
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



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

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146

NOTICES

IS YOUR CHILD USING A HANDHELD DEVICE ?

This research will involve a two-part online survey that is expected to be completed in 2019 and in 2020. Each survey will take approximately 30 minutes.

If your child is born between 30/10/2013 to 28/02/2015 and engages in handheld device use, we would like to hear from you!

Screen time is a popular pastime activity in children today. We are interested in exploring the effects of parental wellbeing and handheld devices (e.g. iPads, tablets, mobile phones) on development.

YOU WILL GO INTO THE DRAW TO WIN 1 OF 4 \$100 COLES/MYER GIFT CARDS!!!

HOW TO PARTICIPATE

SCAN THE QR CODE



OR

https://bit.ly/st_survey19

ON THE WEB AND ENTER PASSWORD SCREEN19

This proposal has been approved by the UTS Human Research Ethics Committee (HREC#: ETH18-2354)

For further questions or information, please feel free to contact:
Primary Researcher: Nghi Bui (ngbi.bui@student.uts.edu.au)
Primary Supervisor: Dr John McAlonan (john.mcalonan@uts.edu.au or 9514 7240)
Secondary Supervisor: Dr Josephine Paparo (josephine.paparo@uts.edu.au or 9514 4276)



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, 14th 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



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

Hawkesbury Community Kitchen	4577 5203
38A Macquarie St Windsor Mon, Tues, Thurs & Fri 10am-1pm Mon-Fri 6pm-7pm	
Hawkesbury Helping Hands (Windsor)	0416 956 263
Lunch Wed & Dinners Sat & Sun	
The Living Room (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



An initiative of the Hawkesbury Housing Forum and Hawkesbury City Council