



Grose View Public School Newsletter

20 November 2019

Term 4 Week 6

Volume 19

From the Desk of the Principal

Bushfire Safety

As we head into Summer, it is already apparent that this season is shaping up to be a very hot and dry one. Please remain vigilant and in touch with our school website and Facebook page consistently for updates. Our Bushfire Plan is in place and the safety of our students, staff and families is paramount. I would like to personally thank you all for your understanding, flexibility and support in what is a very difficult time for many. We acknowledge the amazing work of our emergency services and thank them for all they have done, are doing and will continue to do!

Introducing Warin!

Grose View Public School is very excited to introduce Warin to the community as part of our Positive Behaviour for Learning (PBL) Team. Warin is our friendly Rainbow Lorikeet mascot whose name comes from the Darug language. We are so very blessed here at GVPS that we have so many different types of bird life around our school grounds that we thought it appropriate to acknowledge this. Warin will be featured around the school as part of our PBL expectations as a reminder for our students, so keep your eye out for him!



Central Appointments

I would like to officially congratulate and extend a warm welcome to both Mrs Kelly Futcher and Mrs Melissa Azzopardi who will be joining our Grose View team from 2020. Mrs Futcher and Mrs Azzopardi were successful in obtaining a Service Transfer to GVPS and are both very excited to be joining our beautiful community. They will be a fantastic asset to our team and we look forward to working with them in the future.

Leadership Speeches

On Monday 18 November, I had the absolute pleasure of listening to our Year 5 students present their leadership speeches for 2020 executive positions. I was so impressed with the calibre of our speakers and want to congratulate them on their confidence and bravery. Despite experiencing some nerves, all students presented beautifully and made GVPS very proud. We wish them the best of luck and look forward to announcing the positions on Presentation Day.

P&C Superhero Disco

On Wednesday 13 November, our P&C organised our Superhero Disco. Students enjoyed dancing up a storm and dressing up in superhero costumes that I'm positive held super powers! We would like to extend a very special thank you to the P&C and all of their wonderful volunteers who helped on the night to create such a fun event!

Rachel Graham



**In support of
White Ribbon**

ASSEMBLY AWARDS

Congratulations to the following students.

CLASS WORK AWARDS

KB	Eamon M, Hayley F
K/1L	Hayley E, Heath R
1/2H	Tyler L, Hawi T
1/2S	Tyler B, Charlie L
2/3W	Lachlan J, Ella L
3/4C	Gabrielle L, Ellen O
3/4L	Georgia W, Sophie L
5S	Luke P, Isaac M
5/6E	Alex C, Chloe J
5/6P	Katelyn M, Jasmine N

PRINCIPAL AWARDS

KB	Archer S
K/1L	Madison B
1/2H	Joshua e
1/2S	Alexandra J
2/3W	Stephanie G
3/4C	Ayden H
3/4L	Alexander G
5S	Olivia C
5/6E	Joshua B
5/6P	Elijah M

PBL AWARDS

KB	Elijah H
K/1L	Thomas M
1/2H	Marley M
1/2S	Ruby S
2/3W	Ayla H
3/4C	Ronan S
3/4L	Koby C
5S	Louise R
5/6E	William M
5/6P	Avalon V

GOLD CARD AWARDS

1st	2nd	4th	5th	7th	8th	10th	11th
Emilia S Celina E Lily T Brax P Madison B Eamon M Leila M Scarlett J Noah B Hayley F Corey M Archer S Elijah H William F Aaliyah P Jayden K	Jai H Jacob P Thomas H William J Flex K Tyler B Jack G Jaxon T Lucia S Amelia R Tyler L	Logan D Kobi H Angus L	Annabell S Ayden H Ronald S	Billy H Dean L Lucy G Terence C Elroy C	Brock P Sam W	Kiara T	Katelyn O Megan D

You did it!

Congratulations

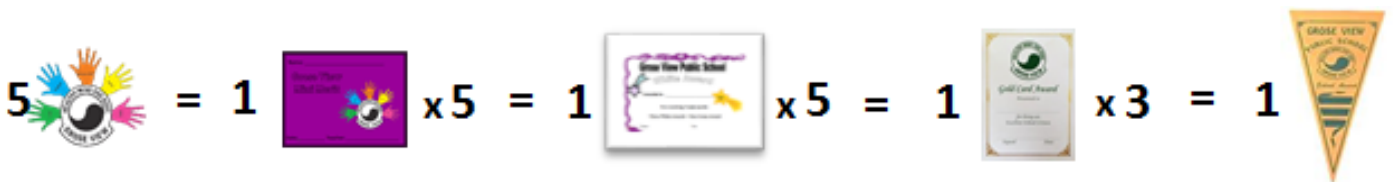


GOLD PENNANT AWARDS	
Jack M	Jack is a diligent student who works tirelessly to achieve his learning goals. He is never deterred by a challenge, rather fuelled by the desire to succeed and grow. Jack exhibits great prowess on the sporting field and loves to lead an active lifestyle. He is kind and considerate toward both his teachers and his peers, always offering to lend a hand when one is needed. Jack is an excellent role model and thoroughly deserving of his first Gold Pennant.
Lucas L	Lucas is an enthusiastic student who always strives to do his best. He is a thoughtful and kind friend and is always keen to lend a hand to his peers and teachers. Lucas has a great sense of humour and imagination. He enjoys participating in all facets of school life, including the Stage 2 Dance Group and Green Thumbs. Lucas should be very proud of receiving his second Gold Pennant.
Mia B	Mia is a friendly and effervescent student who is well-liked by her peers and teachers. She readily takes on extra responsibilities and is always keen to assist teachers. Mia consistently contributes to classroom discussions, presenting unique and humorous responses. She is an avid member of the Stage 2 Dance Group and thrives on the opportunity to demonstrate her incredible talents. Congratulations Mia on a well-deserved second Gold Pennant.
Riley M	Riley is a vibrant and engaged member of our class. His sense of humour, huge imagination and open minded approach to his learning, provides our class with valued input and entertainment in discussions. Riley thinks outside the square and always contributes positively to group work. He is a diligent worker and a great friend to his peers. Riley is a respectful member of our school community and an excellent role model for younger students at Grose View Public School. Congratulations on your second Gold Pennant.
Jake P	Jake is a pleasant and kind member of our school community. He is a hard worker who always strives to achieve his best. Jake has a great sense of humour and often entertains his peers and teachers. He is always willing to assist teachers and staff, acting responsibly and respectfully. Congratulations Jake on your second Gold Pennant.
Baxter W	Baxter is an enthusiastic and considerate learner who displays a positive attitude towards all aspects of school life. He is a reliable and honest student and is a member of the Student Representative Council. Baxter always displays exemplary behaviour within the playground and the classroom, consistently modelling positive behaviours. Congratulations Baxter on a earning your second Gold Pennant!
Ella Y	Ella is a responsible student who demonstrates a positive attitude towards her work. She is an attentive listener who always completes set tasks to the best of her ability. Ella has been an integral part of the Stage 3 Dance Group and loves performing. She is a cheerful, honest friend that willingly helps others. Ella is a reliable class citizen and is a deserving recipient of her third Gold Pennant.

You did it! Congratulations

GOLD PENNANT AWARDS

Blaize S	Blaize is a kind and caring student who is always willing to help teachers and her peers. She always completes set tasks to the best of her ability and seeks feedback to improve her learning. Blaize consistently shows outstanding behaviour in the classroom and on the playground. She is a dedicated member of the Stage 3 Dance Group and has represented Grose View at the Synergy Dance Festival, Hawkesbury Eisteddfod and Hawkesbury Dance Festival this year. Well done Blaize on your third Gold Pennant.
Lee S	Lee is a diligent student who applies himself to all learning tasks. He enjoys challenging his thinking during mathematics tasks and loves to write creative stories. Lee has many artistic talents and always surprises his teachers and peers with his exceptional drawing ability. He consistently follows all PBL expectations and is a great role model to younger students. Congratulations on a well-deserved third Gold Pennant.
Alyssa X	Alyssa is a kind class member who applies herself to all learning tasks. She always follows school rules and is a great role model to younger students. Alyssa has been a caring Year 6 buddy and a wonderful friend. She is a member of the Stage 3 Dance Group and has represented Grose View at the Synergy Dance Festival, Hawkesbury Eisteddfod and Hawkesbury Dance Festival this year. Congratulations on your third Gold Pennant.



Safe, Respectful, Responsible, Learners who Care



Snapshot of KB



What We're Learning

We love hanging out with our Year 6 buddies and have loved having them help us over the year.



We are very clever at using our Captain Dispositions in our Steam Teams. We are learning how important it is to communicate with one another and listen to other people's ideas. We aren't always successful in our challenges but we have fun doing them.

We love trying out our Gymnastics skills!



Fun Facts

- Everyone in KB has brothers or sisters!
- We have 11 girls and 11 boys in our class if we include Mrs Harrington!
- We like to greet and farewell each other every day with a high five, hug, fist bump, dance or handshake!

Class Photos



Teacher Contact Information

Mrs Belinda Harrington
belinda.harrington@det.nsw.edu.au



REMEMBRANCE DAY

Our school commemorated Remembrance Day with a school service held on Monday 11 November. Our student executive team, class SRC representatives, sound room operators, flag bearer and Miss Graham led the successful running of a respectful service.

We are all very proud of how all students demonstrated respect and consideration during the service for the fallen, injured and serving Australian men and women during all conflicts.

Heidi Lavender



BOOK WEEK

READING IS GROSE VIEW'S SECRET POWER!

Grose View had a fantastic Book Week last week and what super heroes our students are!

Parents and Carers Read

We began the day on Wednesday with a number of our parents and community members joining us in the classrooms to read. It was great to see the interest and enthusiasm in the students getting to share their reading with their loved ones.



Book Parade

At the Book Parade there were many and varied costumes, with the books to go with it. Even the staff rose to the occasion finding characters who were greatly influenced by reading in some way.



And the winners were...

Best dressed was a super difficult decision to make! But in the end the winners of the Book Fair vouchers were:

Early Stage 1	Emma S	Aphrodite
Stage 1	Benjamin D	Captain Underpants
Stage 2	Cloe S	The Little Mermaid (non-Disney folk tale)
Stage 3	Megan D	Maleficent
Overall	Daniel O	Eragon



Reading Relay

In the afternoon, our teachers held our Reading Relay. Students from all classes got to go and visit different teachers to hear them read some of their favourite picture books. At one stage, Mr Leeson's classroom was overflowing! Mrs Thomas also gave our primary grades the chance to have a "free read" where they could bring a book they desperately wanted to have some time just to read to themselves. It was awesome to see how many of the books they had purchased at the Book Fair come back to be read!

Robyn Thomas



CONGRATULATIONS!

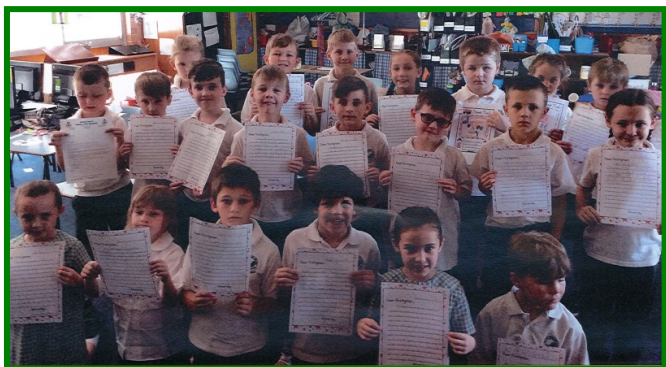
Despite the following hurdles in recent competition—being the youngest in her races; bike running out of fuel just before the finish line in her third race; and crashing in another — Blaize S pushed through and still took out Under 16 NSW Girls' Dirt Track Champion!

What an effort. Congratulations Blaize.



THANK YOU FIRIES!

Last week 1/2S wrote letters of thanks and encouragement to Grose Wold Rural Fire Brigade.



We received a lovely letter of thanks and some pictures of real fires.



Thank you for keeping us safe!

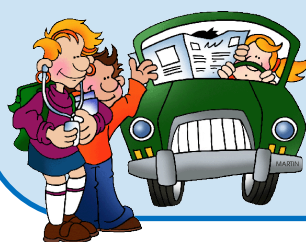
BRYNORM'S

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

Kiss n Drop Zone & U-Turn Bay

Please be reminded that the Kiss n Drop zone has a maximum standing time of no more than two minutes. This time allows for many parents to drop off and pick up children in safety. Drivers must not be more than 2 metres from the vehicle. Whilst waiting, vehicles must not impede buses or passing traffic.



Please do not drop children off in the U-turn bay. Please use the "Kiss n Drop zone".



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

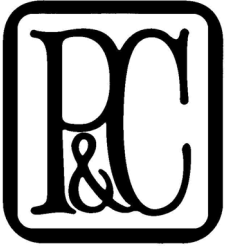
* These items will need to be topped up at the beginning of Term 3



CALENDAR

Thursday 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
Thursday 28 November	3.15 pm	Auskick AFL Clinic
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
Friday 6 December	2.00 pm	Year 4 Camp—Blue Mountains Gymnastics program Scripture Concert Kindy Transition 1
Monday 9 December	6.30 pm	P&C Meeting
Tuesday 10 December		Canteen open
Wednesday 11 December	9.30 am	Canteen closed Presentation Day
Thursday 12 December	6.00 pm	Year 6 Farewell
Friday 13 December	2.00 pm	Kindy Transition 2
Monday 16 December		Talent Quest Semester 2 Reports sent home
Tuesday 17 December	5.00 pm	Class Parties Carols with a View
Wednesday 18 December		Last day of Term 4 for students
Thursday 19 December		School Development Day

P&C NEWS



P&C MEETING

Our next P&C meeting will be held on Monday 9 December commencing at 6.30 pm in the staffroom.

All parents are very welcome to attend.

FLEXISCHOOLS

You are now able to order canteen items through Flexischools.



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

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	PRESENTED BY	BRONZE SPONSOR
	GOLD SPONSOR	
STAGE SPONSOR		SILVER SPONSOR

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

Mental Health & Suicide Prevention Forum Monday 25 November 1pm to 4.30pm Hawkesbury

Let's talk...

For people who use local mental health or suicide prevention services and their carers

Have your say!

Nepean Blue Mountains Primary Health Network and Nepean Blue Mountains Local Health District are inviting you to help shape our local mental health and suicide prevention services.

- How can mental health services in your local area be improved?
- What improvements would support family and carers?
- What can be done to improve the way mental health services work together?
- What other ways can we work with the community to enable people to continue to shape mental health, suicide prevention and support services in our region?

HAWKESBURY LEISURE AND LEARNING CENTRE

114 March Street, RICHMOND

Monday 25 November 1pm to 4.30pm

**RSVP ONLINE by
Wednesday 20 November**

Registration is essential for catering purposes and to receive a pre-forum information package. A light meal will be provided.

Support persons are welcome to attend. Please register your support person separately.

Alternatively, you could register to attend one of our online forums.

• Tuesday 26 November 12:30pm – 1:30pm • Thursday 5 December 12:30pm – 1:30pm • Monday 9 December 7:00pm – 8:00pm

REGISTER AT: www.nbmphn.com.au/MentalHealthForums



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

A promotional poster for a Christmas event. The background is dark with out-of-focus, colorful bokeh lights in shades of red, blue, and purple. The main title 'Light OF THE WORLD' is written in a large, white, stylized script font. To the right, event details are listed in a clean, white, sans-serif font. At the bottom, the location and website are provided.

Light
OF THE
WORLD

OUTDOOR FESTIVAL
+ INDOOR CAROLS
DEC 15 | FROM 4:30PM

FREE RIDES,
FOOD, FACE PAINTING, SANTA,
CAROLS AND CHRISTMAS
FUN FOR THE WHOLE FAMILY!

357 WINDSOR RD, VINEYARD | VINEYARDCHURCH.COM.AU

NOTICES

HEALTHY KIDS

SNACK BOXES DELIVERED

SAVE TIME & MONEY WITH HEALTHY SNACK BOXES
DELIVERED TO YOUR DOOR!

FROM
\$39⁹⁹
PER BOX

GET \$10 OFF

YOUR FIRST BOX

USE PROMO CODE:
thebookwarehouse



WHY SNACKWIZE?

- ✓ All snacks free from artificial nasties
- ✓ Nutritionist approved
- ✓ Gluten free, dairy free, vegan & nut free snacks available
- ✓ Mixture of sweet & savoury
- ✓ Prices cheaper than the major supermarkets
- ✓ Australia wide shipping

Order online today at shop.snackwize.com



NOTICES



Colo High School Uniform Shop



2020 stock now in!

Open every Monday and Wednesday 7:30am – 1pm

On Orientation Day for Yr 7 2020, the Uniform Shop will be available for parents during one of the sessions. As your student(s) will be with you, it is a great time to check fit. Extra staff employed to minimise wait!

Holiday hours

January 21st, 24th and 28th: 9am – 1:30pm

Please be advised, while the shop is open during these times, limited staff can result in long lines.



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