



**Dates to Remember**

**14 Feb**  
**Text Book Sale**

**21 Feb**  
**School Photos**

**27 Feb**  
**Swimming Carnival**

**Notes You Should Have**

**Stage 3 2023**  
**Canberra Excursion**

**Swimming Carnival**

**Photo Envelope**

**Principal's Report**

It has been pleasing to see our students settle into their new classes for the year displaying our school's core values 'Safe, Respectful Learners'. I am so proud of all of our students and staff and congratulate them on a great start to the year! I also thank our parents and carers who have assisted and ensured this smooth start.

It has been very heart-warming to see our Kindergarten students embark on their educational journey. The fabulous and settled start to life at 'big school' is thanks largely to the excellent organisational skills and commitment of our amazing kinder team. Thank you, Miss Coleman (rel. Assistant Principal), Mrs Gibbons, Mrs Wells, Mrs Bond, Mrs Wrench, Leigh and Nat.



**Third Party Software Consent 2023**

Narara Public School is committed to providing a technology-rich environment for our students. The school uses third-party providers such as Class Dojo to offer web-based educational resources and cloud-based storage to support our administrative functions and enhance learning outcomes.

The department has a service agreement with some providers which have been assessed as meeting privacy and security standards required for the department. The school offers students access to a number of services in addition to these.

Your consent is required for your child's information to be provided to these third-party providers. Before giving your consent, it is important you understand what information is collected, how it will be used and who may have access to it. An information and consent form will be sent home this week which outlines this information. If you have any questions regarding any information please don't hesitate to contact the school.



**NararaPublic School**  
Newling Street,  
Lisarow NSW 2250

**Phone: (02) 4328 3024**

**Fax: (02) 4329 1472**

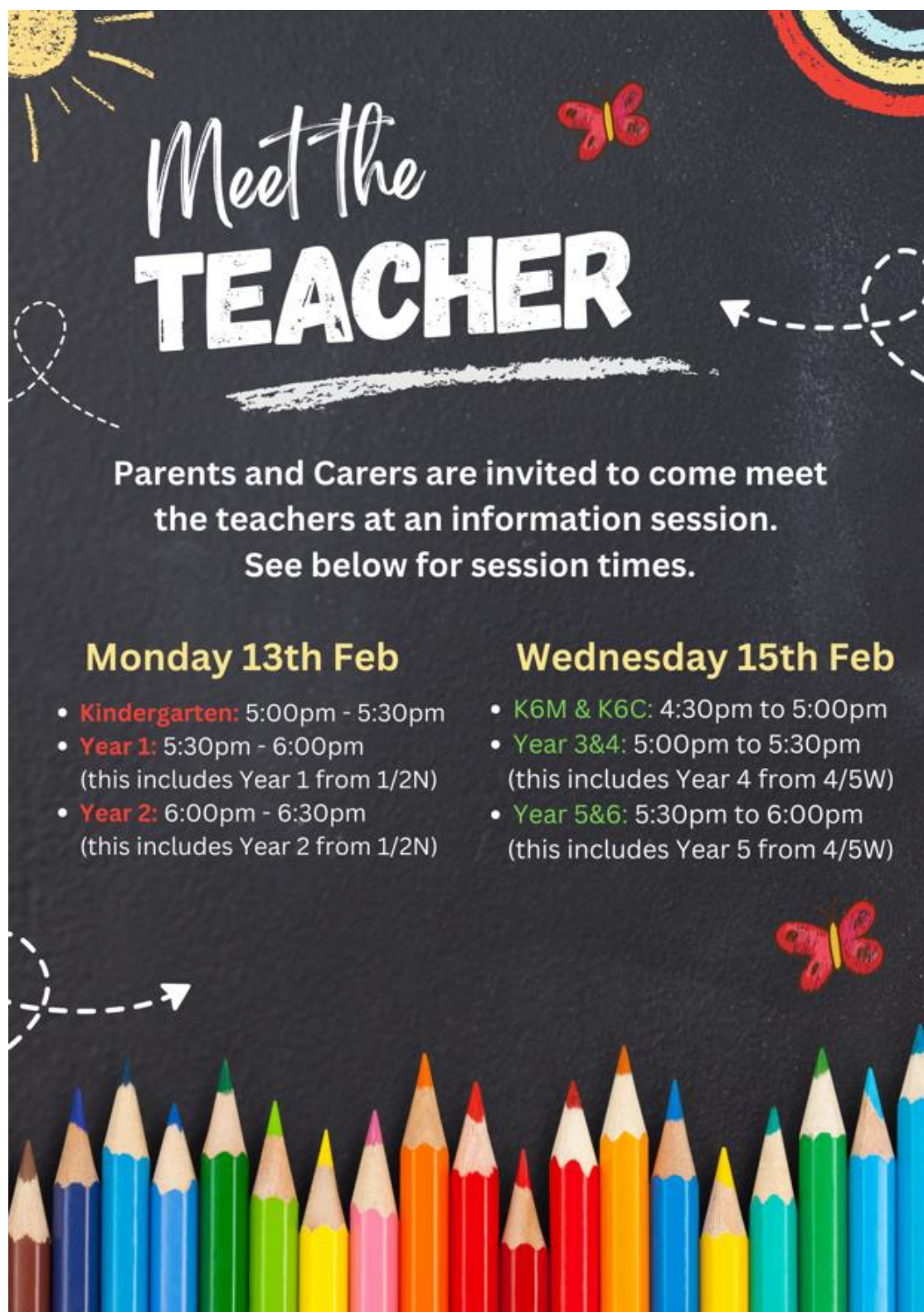
**Email: narara-  
p.school@det.nsw.edu.**



### Parent / Teacher Information Sessions

At the beginning of each year, we like to invite parents and carers to come and meet their child's new classroom teacher/s and find out more information for the year ahead. The dates and times for these sessions are included in this newsletter.

It would be great to see all parents taking the opportunity to meet their child's teacher/s this year. With this said, I understand some of these times may not suit your busy schedule. If you are unable to attend, please don't hesitate to connect with your child's teacher/s at a mutually agreeable time.



## Meet the TEACHER

Parents and Carers are invited to come meet  
the teachers at an information session.  
See below for session times.

Monday 13th Feb	Wednesday 15th Feb
<ul style="list-style-type: none"><li>• <b>Kindergarten:</b> 5:00pm - 5:30pm</li><li>• <b>Year 1:</b> 5:30pm - 6:00pm (this includes Year 1 from 1/2N)</li><li>• <b>Year 2:</b> 6:00pm - 6:30pm (this includes Year 2 from 1/2N)</li></ul>	<ul style="list-style-type: none"><li>• <b>K6M &amp; K6C:</b> 4:30pm to 5:00pm</li><li>• <b>Year 3&amp;4:</b> 5:00pm to 5:30pm (this includes Year 4 from 4/5W)</li><li>• <b>Year 5&amp;6:</b> 5:30pm to 6:00pm (this includes Year 5 from 4/5W)</li></ul>

## Swimming Carnival

This year's carnival will be held on Monday 27 February at Mingara Aquatic Centre. Please be advised that swimmers will be seated in the grandstand in house groups and this area is only for students and staff. There will be a designated area for parents to watch and cheer on all competitors.

A revised permission note was sent out earlier this term. Please return this note as soon as possible. This will assist with the organisation of this event. This is classified as a normal school day and it is expected that students will either attend the swimming carnival or school.



## Attendance

Attendance is regularly monitored at school, with the firm belief that missed school equals missed learning. Parents are reminded that absences must be notified to the school either with a phone call or with a note to the teacher. Remember, if your child misses one day a week that will equal a term each year, which in turn, is approximately 1.5 years by the end of Year 6 and 2.75 years by the end of Year 12.

If your child is absent from school, you are legally required to explain the reason for their absence within 7 days of the absence. If your doctor provides you with a medical certificate for your child, a copy can be provided to the school to support their absence. Family holidays are not an acceptable category for exemption from school attendance. In most cases these will be documented as an unjustified leave. If you are having difficulty getting your child to attend school regularly, you might like to contact the school for assistance.

Students who are displaying flu like symptoms are required to undertake a COVID-19 test and should not return to school until they receive their test results and are symptom free. Information related to household contacts has been supplied previously. If any families are unsure of what to do or where to access the Department's Digital Learning Packs, please don't hesitate to make contact with our school.

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...



education.nsw.gov.au



### **Student Leaders Investiture Assembly**

On Friday 17 February we will be holding our annual Student Leadership Investiture Assembly at 1:45pm in our School Hall. At this assembly we will be presenting the School Captains, Prefects, House Captains, Choir Leader and Band Leader with their badges. Parents are welcome to attend this event.

### **P&C**

Joining our P&C is a great way to meet and get to know other school families. New members are always welcome to come along and join. The next meeting for 2023 is scheduled for Tuesday 14 February. Hope to see you there!

### **Anaphylaxis**

Anaphylaxis is a potentially life-threatening medical condition. It is a severe and sudden allergic reaction, which occurs when a person is exposed to an allergen (such as a food product or an insect bite). At Narara Public School we have students that are susceptible to anaphylactic reactions.

In an attempt to keep our students safe and minimise the risk of exposure, we request that all parents clearly label lunch boxes, bottles and other drinks with the name of the child for whom they are intended. We ask that parents remind their children about the importance of washing hands, eating their own food, and not sharing food, food utensils or food containers.

We are also asking parents not to send peanut butter on sandwiches, or nut products in school lunches, but rather save these food preferences for home and for weekends.

### **School Voluntary Contributions**

Each year we ask families to support their child/children by donating a small school contribution per child to the school. This money is used to purchase much needed literacy, numeracy and technology resources. For us to continue to provide additional quality literacy and technology resources, we would appreciate your support.

Voluntary Contributions for 2023 are as follows:

- \$40.00 for the first child
- \$25.00 for the second child
- \$10.00 for the third and each subsequent child

School contributions can be made to your child's class teacher, at the front office or online. A note will be sent home to all families in the coming weeks.

### **Custody Orders and AVOs**

If your child is subject to custody orders, could you please ensure a copy of these orders are lodged with the office staff. Custody orders and the like can often impact on school life in some form or another, so having them on site gives us the best opportunity to support your family. This needs to be done annually to ensure the best care for your child.

### **Riding Safely to School Declaration**

All students riding to school are required to sign the declaration annually. The Riding Safely to School Declaration can be picked up from the front office. Thank you for your support with this initiative. The intention behind the declaration is to keep students safe. If you have any questions or concerns, please contact me via the school.



## **Procedures for entering and exiting school grounds**

Parents are encouraged, where possible, to walk with their child to school to reduce traffic congestion around the school. This also encourages children to be more physically active and provides an opportunity to teach children how to be safe in the traffic environment. It is strongly encouraged that students do not cross the Pacific Highway without adult supervision due to high traffic flow.

There are three entrances to Narara Public School. The front entrance is located on Newling Street leading to a pedestrian crossing, which is supervised by a traffic warden before and after school. Teachers assist with supervision of students at the completion of school (2:30pm) with bus lines and walkers on Newling Street and the side entrance on Douglas Close.

Parents and students are not permitted to walk through the staff car park as this is not a safe pedestrian area. Unless parents / carers have approval from the school or have a clearly displayed disability parking permit they are not to access the school carpark. The school carpark is for staff and students requiring transport. There are also 2 accessible car spaces for people who have a mobility disability. We are finding more and more families are using the carpark in the morning for OSH drop-offs. This should not happen after 7:20am. If you are dropping off your child/ren to OSH in the morning, we ask you use the section at the end of the carpark closest to the front of the administration office. I ask that parents do not park in a spot that has a yellow reserve sign as these are reserved for staff.

### **Parent / Carer Recommendations:**

- Hold your child's hand when crossing a road
- Model safe behaviour when crossing the road
- Use the available supervised pedestrian crossing to cross Newling Street
- Where possible cross in an area away from parked cars
- Be conscious of road rules including abiding by 40KM Zones 8.00-9.30am and 2.30-4.00pm. Other rules include abiding by 'No Stopping Zones' and 'Bus Zones' and performing a u-turn across double lines or out the front of the school
- Parents are strongly advised to not call students across the road. Instead, the safest action is to meet your child at the school gates and walk with them or meet them at the crossing
- When parking be respectful of our local residents and ensure they have adequate space to access driveways
- If you are running late please ring the administration office prior to school finishing
- It is recommended to have a designated pick up point as children get confused if multiple exits are used

### **Students:**

- Avoid walking through the car park as this is not a safe pedestrian area
- Should not be crossing the Pacific Highway without adult supervision
- Use the "Stop, Look, Listen, Think" strategy before crossing the road
- Use the available supervised pedestrian crossing to cross Newling Street
- Walk quickly and directly across the road
- Students should sensibly and promptly be sitting (weather permitting) at their designated bus / walkers line on the completion of school
- When walking home students are encouraged to walk along the council strip and not through local resident's front yards
- When using public transport, students should present their opal card, stay seated (where possible), place school bags under the seat and obey the driver
- Students return and wait with the supervising teacher if a parent, carer or designated person is not there to collect them
- At all times students of NPS should be respectful of our wider school community
- Students attending after school care should wait quietly on the silver seats located outside the hall
- Return the Riding Safely to School Declaration if riding a bike to and from school

## Teachers

- Ensure all classes have reached their designated leaving point before exiting school grounds
- Ensure students are sitting (weather depending) and following school rules prior to leaving school grounds
- Closely monitor students leaving school grounds to ensure they are complying with road and transportation rules
- Wait until all students have been accounted for and collected by a parent, carer or designated person
- Students who have not been collected must be accompanied to the office where a staff member will make contact with parent, carer or where necessary emergency contact person. Staff will wait with the student until they are collected by an identified person

## Uniform

I encourage all parents to ensure their child / children are in full school uniform, this includes black shoes with black shoe laces. Wearing full school uniform presents a strong message of unity and projects a positive image of school pride. If your child is unable to wear full school uniform on a particular day, please supply them with a note addressed to their teacher with an explanation. It is great to see so many students wearing their full school uniform each and every day.

## Uniform Shop

The uniform shop is looking for a new coordinator / volunteers in 2023. Without assistance, the uniform shop will not be able to operate. If you can help at the shop, please make contact with the P&C on [nararapublicschool@pandcaffiliate.org.au](mailto:nararapublicschool@pandcaffiliate.org.au)

Due to lack of volunteers the uniform shop at this point in time will not operate on Tuesday mornings as it has in the past. It will only be open Friday mornings 8:15am to 8:45am

All assistance is greatly appreciated, as an onsite uniform shop greatly benefits our school !

## Quality Workers

Students	Class	Work Sample
All students	All	Great start to 2023!
Blake S	4/5W	Holiday Recount
Abby S	3/4A	Mathematics

Grant McFarland  
Principal

## Student Survey

Our 2022 'Tell Them from Me' survey indicated that Sense of Belonging was an area for us to work on here at Narara PS. For us to find out exactly what will help us to improve in this area we asked our students for feedback. During Week 3, we ran a voluntary student survey around what makes our students feel good or worried, what activities they enjoy participating in at school and what activities they would like to see introduced.

I am looking forward to letting you all know what our students' ideas were in the next newsletter!

Mrs Cotterill  
Assistant Principal Learning Support

## Curriculum Reform

Students in Kindergarten to Year 2 will begin learning from a new English and Mathematics syllabus this year. One key change in the English syllabus is the way that teachers will support beginning readers.

*The following information has been adapted from the NSW Department of Education's curriculum support materials.*

### What is Phonic Knowledge?

Phonics is the understanding that there is a predictable relationship between phonemes (the sounds of spoken language) and graphemes (the letters that represent them in written language). At Narara Public School, we have explicitly taught phonics for a number of years, using the MSLE pedagogy.

### Decodable Texts

Decodable texts are specifically written for beginning readers as they are developing their blending and segmenting skills and their knowledge of phonics (the alphabetic code). The primary purpose of decodable texts is to provide students with the opportunity to practise what has been taught during explicit phonics instruction.

Decodable texts support students as they practise blending the letter-sounds they have been taught through words, in continuous meaningful text. In the context of effective reading instruction in the early years, decodable readers play an important role in supporting students to learn the alphabetic code.

This means that your K-2 child will not be sent home with a predictable text that older siblings may have previously used (repetitive text which encourages children to look at the picture, use their knowledge of high frequency words and other strategies to guess the text). Instead, they will be encouraged to practice decoding words, sentences and/ or passages that are decodable.

Lynda Brogan

Assistant Principal Curriculum & Instruction

## The National Assessment Program

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3 and 5. It is a nationwide measure to determine how young Australians are developing in literacy and numeracy.

This year, the NAPLAN Assessment will be held online. **Students will need a pair of plug-in headphones and a plug-in mouse for both the NAPLAN practise test and the NAPLAN Assessment.**

The assessment period is much earlier this year, beginning Wednesday 15<sup>th</sup> March (Week 8, Term 1). We will conduct practice tests across Week 6, from Tuesday 28<sup>th</sup> February – Thursday 2<sup>nd</sup> March.

Lynda Brogan

Assistant Principal Curriculum and Instruction

## Wellbeing Week

Wellbeing Week will run in Week 5 of each term focusing on our students their families and our staff.

This term each student will receive a homework grid with fun wellbeing activities included, This will be sent home on Friday of Week 4. This grid should be returned to school by Friday 24<sup>th</sup> February to be included in our Wellbeing Week draw.

This term we will also be running a range of fun activities in the playground. I will be sure to take some photos to share.

We are also very excited to have Catherine Gow (nee. Onmi), Director and Psychologist at Augmentia Allied Health, lined up to speak with our parents and carers on Tuesday morning, 21<sup>st</sup> February, about anxiety. This is a free session that we will be sending more information home about this week.

There are also a range of parent courses happening around the Central Coast in the upcoming months that we will provide information on in our newsletter and on our social media platforms.

Enjoy the week!

Mrs Cotterill

## School Photo Day - Tuesday 21st February 2023

Please find attached an information flyer from MSP photography. Every child should have an individual flyer go home with them. These have a shoot key on them that is specific to each child and must be used when ordering.

Orders are to be placed online.

Kindergarten will receive their flyers this week.

Envelopes for sibling photos can be collected from the office.

# say cheese

## School Photo Day is

21 February 2023

*Have your child's school memories captured forever*

Please take time to read the relevant information on the MSP Photography Flyer and remember these helpful points:

**You can place your order online up to 7 days after photo day**

1. Log on to [www.msp.com.au](http://www.msp.com.au) and click ORDER ONLINE.
2. Enter the Shoot Key and select the pack you wish to order.



To order a pack for another student from the same family at the same school use the "Change Shoot Key" function to enter the next shoot key.

Want to order later, individual students only...  
phone our office (orders will be subject to a surcharge).

Family order forms can be collected from the school office

Should you have any queries, please don't hesitate to contact us.

e [admin.nhvcc@msp.com.au](mailto:admin.nhvcc@msp.com.au)

p 02 4966 8292

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





Dear Parents/Carers

Narara Public School participates with Scholastic Book Club.

Each term your child will come home with a club catalogue with a selection of books offered.

(Normally 2 issues each Term))

**Issue 1 2023 of the Scholastic Book Club has been sent home with your child today.**

All orders submitted give your child's school points with which to purchase resources for the classroom and the library.

Ordering is via LOOP (NO cash or orders are taken at school). See information towards the back of the Book Club order form.

LOOP is the easy way for families to order and pay for Book Club. Login, or create a new account at [www.scholastic.com.au/loop](http://www.scholastic.com.au/loop)

1. IF you are new to Book Club , follow the Wizard to set up your profile.
2. Click the ORDER tab, and select your school and child's class.
3. Add you child's first name and last initial (so the school knows who the book is for)
4. Enter the product item number shown in the Book Club catalogue.
5. Make payment via credit card.

The books will arrive around two weeks AFTER the closing date.

**The closing date for Issue 1 is**

**Monday 20<sup>th</sup> February 2023.**

Thank you and happy reading!

Karen, Yvette and Sharon (Library)

## NSW Health Mobile Dental Program



### • NSW Health Primary School Dental Program

NSW Health is working with public primary schools to offer free dental check-ups and preventive care to students as part of a school-based mobile dental program. Your child's school has been selected to participate in this program.

The program involves a mobile dental team making scheduled visits to your child's primary school. During the first appointment a dental check-up and preventive care package will be provided, subject to parental consent. A letter will be sent to parents/guardians providing an update on the child's dental check-up.

**The program is scheduled to visit your child's school from 13/03/2023 to 6/04/2023.**

Parent Information and Consent Packs will be sent home, including information sheets, consent forms and the program privacy statement. Parents/guardians who want their child to receive care are advised to:

1. → Read all the information provided
2. → Carefully complete the consent forms
3. → Return the consent forms to the school as soon as possible

More information about the program is available on the NSW Health website:

<https://www.health.nsw.gov.au/oralhealth/primaryschool dental>



From July 2019, children attending participating primary schools in The Central Coast will have access to free dental care through the NSW Health Primary School Mobile Dental Program.



## **PAYMENTS DUE**

- School Voluntary Contribution 1<sup>st</sup> Child \$40, 2<sup>nd</sup> Child \$25, each other child \$15
- Stage 3 Camp 2023 (Years 5 & 6) 2<sup>nd</sup> instalment due 17<sup>th</sup> February \$50:00.
- Swimming Carnival payment due by 17<sup>th</sup> February 2023.
- Year 6 Shirt Due 17<sup>th</sup> February 2023.

Please remember, when paying for an excursion, send in the permission notes to the office.  
This is as important as paying for the cost.

## **Car Parking**

The Car park is for STAFF ONLY. This is for the safety of our students and school community.



## **COMMUNITY NEWS**

### **OSH CLUB at NARARA.**

Come along and meet our staff.

We pride ourselves on providing your child/ren with fun, play based learning experiences before and after school as well as during the school holidays. Whether your child attends OSH daily or only occasionally, each visit is an exciting and engaging adventure.

We also fuel their curious minds and growing bodies, helping to shape your child's understanding of health and wellness positively.

On our menu we have (Gluten free), and Vegan options.

We have qualified staff so as a parent you can be confident that your child/ren are always safe.

For bookings.

Oshclub.com.au just click and reg

### **Free foot and leg check**

The University of Newcastle Podiatry Clinic at [Wyong hospital](#) is offering children age 0-17 free lower limb assessments. Children will be assessed by final year students, supervised by a podiatrist. Children and their families can receive advice on footwear, flat feet, and normal development, and receive treatment of foot warts, foot and leg pain, walking problems, and night-time 'growing pains'.

**When:** Mondays from 2.45 to 4.30pm from 27<sup>th</sup> Feb to 22<sup>nd</sup> May 2023

To make a booking, or for more information, call 4394 7280





## OURIMBAH-LISAROW RSL SUB-BRANCH

### RSL MEMBERSHIP

**FREE  
MEMBERSHIP**

Ourimbah-Lisarow RSL Sub-Branch aim is to continue providing respect and support to our Veterans and their families.

By ensuring the Sub-Branch has the ability and resource required to deliver outcomes that benefit the Veterans and their families.

To protect and share our history and traditions for future generations.

### LEST WE FORGET

#### WELFARE and SUPPORT:

The RSL Sub-Branch provides WELFARE and SUPPORT to Veterans and their families in a friendly environment.

#### COMMEMERATIVE EVENTS:

**ANIMIALS AT WAR DAY** - 24th February, **ANZAC DAY** 2– 25th April, **REMEMBERANCE DAY** —11th November.

#### FAMILY FRIENDLY:

We include Veterans families in our activities and events.

#### SOCIAL EVENTS:

There are SOCIAL EVENTS where members meet and have a laugh together.

#### MONTHLY MEETING:

10am for 10.30am start, every 2nd Sunday of the month at the OURIMBAH RSL CLUB Ltd.

**AUSTRALIAN DEFENCE FORCE members, former and currently serving, are welcome to attend or join.**

#### MEMBERSHIP

Any person who is or has been a member of the Australian Defence Force (ADF) for at least six months (unless discharged earlier for reasons outside there control) or who served with or supported the armed forces of an allied Commonwealth Country, may be admitted as a Service member of RSL NSW.

Any non-veteran may join the League as an Affiliate member at a Sub-Branch that accept this category of membership.

### COME ALONG AND JOIN US

Apply on line at: [www.rslnsw.org.au](http://www.rslnsw.org.au) or

request an application form from the reception disk at

OURIMBAH RSL CLUB Ltd, 20 Pacific Hwy, Ourimbah, NSW, 2259







Come Fly With Us in 2023! Registrations are now well underway for the Ourimbah-Wyoming Magpies -- one of the Coast's foundation footy clubs with a rich history in grassroots rugby league. Come join a strong community club & watch your kids thrive in an environment where the focus is on having fun. Use your Active Kids Vouchers to offset registration fees.

REGISTER

TODAY: <https://profile.mysideline.com.au/register/clubsearch?criteria=Ourimbah+Wyoming+JRL+Youth+and+Community+Club+Inc.&club=12211&source=rugby-league>

U6 & U7: Active Kids Voucher + \$20

U8 to U17: Active Kids Voucher + \$60

ALL Girls Age Groups, (League Tag and Tackle) are FREE in 2023!

[#comeflymagpies](#) [#ourimbahwyoming](#) [#ourimbahmagpies](#) [#juniorrugbyleague](#) [#nswrl](#) [#footy](#)



GIRLS PLAY FREE IN '23!

As part of an exciting initiative to grow rugby league participation in our community, the Ourimbah-Wyoming Magpies are covering the costs of all girls who want to play this year. It's a great way to be part of a thriving, family club where you'll meet new friends, stay active and have loads of fun along the way! So 'Come Fly' with the Magpies in 2023! We're also throwing in jersey, shorts and socks, so there's never been a better time to get involved.

Teams include:

U6-U12 (Mixed Tackle)

U13, U15, U17 (Girls Tackle)

U14, U16 (Girls League Tag)

REGISTER

TODAY: <https://profile.mysideline.com.au/register/clubsearch?criteria=Ourimbah+Wyoming+JRL+Youth+and+Community+Club+Inc.&club=12211&source=rugby-league>

# GOSFORD KARIONG STORM

## TRIAL DAY

COME AND SEE WHAT RUGBY LEAGUE IS ALL ABOUT

Saturday 11 Febraury 2023

10am to 2pm

Leagues Club Park  
(opposite Central Coast Leagues Club)

**SAUSAGE SIZZLE**

**MEET THE COACHES  
AND PLAYERS**



**JOIN IN ON SOME  
SKILL BASED DRILLS**

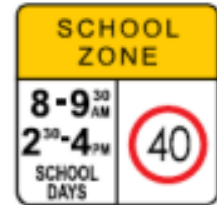
Brent  
0423 270 329

gosfordkariongstorm@hotmail.com

# Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

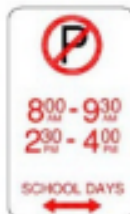
- ✓ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ✓ **School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- ✓ A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



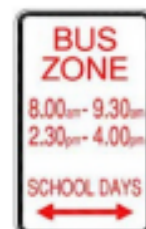
**THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP**

**BUT YOU MUST**

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones  
HEAVY FINES and DEMERIT POINTS APPLY**

- ✓ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



- ✓ A **No Stopping Zone** means no stopping at any time.

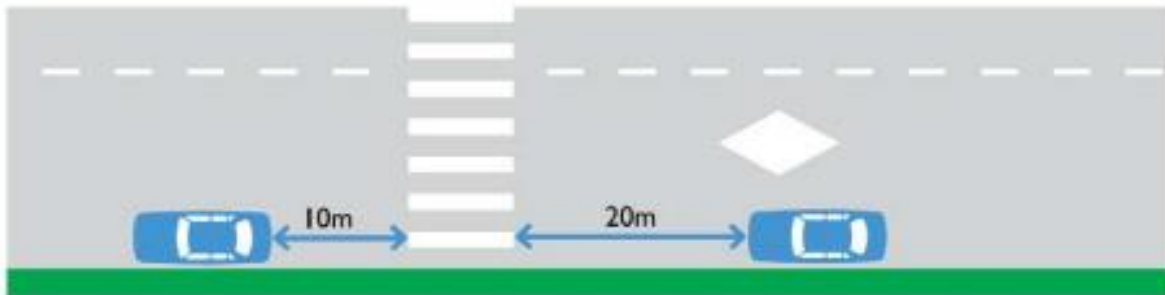




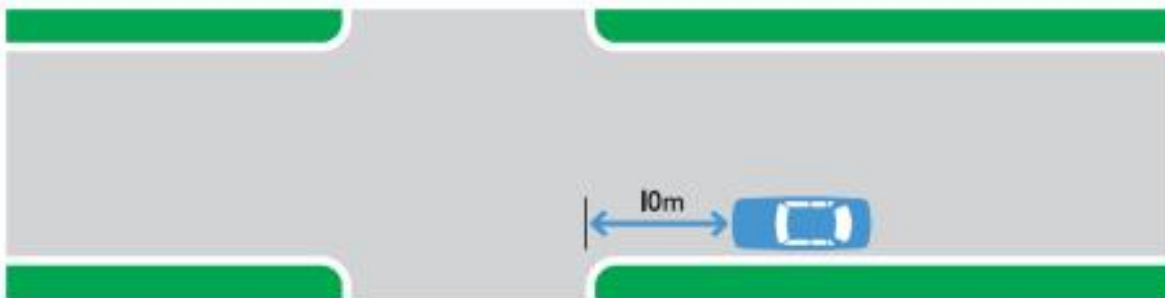
## Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

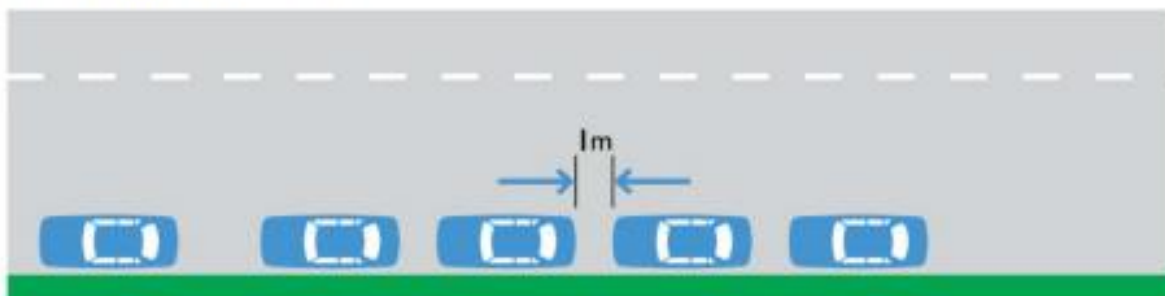
- ❑ Double parked (that is in the road alongside a car that is parked)
- ❑ Across a driveway or footpath
- ❑ On a median strip or traffic island
- ❑ On footpaths and nature strips
- ❑ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- ❑ Within an intersection
- ❑ Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- ❑ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- ❑ At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- ❑ Within three metres of any double centre lines
- ❑ Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.





# ART THERAPY GROUP

Join us for our 6 week art therapy group for women to come together and express themselves through creativity.



Social Connection



Personal Wellbeing



Strengthen relationships

Afternoon tea provided!

## BOOKINGS ESSENTIAL

CCFSS@CCFSS.COM.AU  
WWW.CCFSS.ORG.AU  
02 4340 1585



**NO EXPERIENCE IN  
ART MAKING  
NEEDED**

### WEDNESDAYS

Philip House -21 Old Mt  
Penang Rd, Kariong  
12pm - 2pm  
6 weekly sessions  
Starting Feb 22nd 2023

### ABOUT ART THERAPY

Art Therapy uses  
mark making,  
materials and the  
creative process to  
express feelings and  
emotions visually. It  
helps build self  
confidence and  
enhances resilience.



Central Coast Family Support Services presents:



## TRIPLE P - POSITIVE PARENTING PROGRAM

The Triple P – Positive Parenting Program provides parents and carers of children aged 0-12 years with knowledge, skills and confidence in raising their children.

The program teaches parents how to use effective strategies to promote their children's development and deal with common behaviour and developmental challenges, to create family environments that encourage children to realise their potential.

### WHEN:

Wednesday, 1st March - 29th March 2023 (5 weeks)

### WHERE:

Wyoming Women's Health Centre -  
37 Maidens Brush Road, Wyoming

### TIME:

10:00am-12:00pm (2 hours)

For women  
with children  
aged 0-12  
(expecting  
mothers  
welcome)

[Click here to register online](#)

**CHILDCARE  
AVAILABLE TO BOOK**

**Bookings essential!**



CENTRAL COAST



FAMILY SUPPORT SERVICES



For more information, contact CCFSS on:

4340 1585

[ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

[www.ccfss.org.au](http://www.ccfss.org.au)







Central Coast Family Support Services presents:



## FEAR-LESS POSITIVE PARENTING PROGRAM

Fear-Less Triple P program is for parents or grandparent caregivers of children aged from 6 to 12 years, who have moderate to high levels of anxiety that negatively impact on everyday functioning.

The program supports parents and carers to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children.

### WHEN:

Wednesday, 1st March - 5th April 2023 (6 weeks)

### WHERE:

St John Fisher Catholic Primary School  
4 Hicks Lane, Tumby Umbi

### TIME:

9:15am-11:15am (2 hours)

For parents  
with children  
aged 6-12  
(expecting  
parents  
welcome)

[Click here to register online](#)

Bookings essential!

For more information, contact CCFSS on:



4340 1585

[ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

[www.ccfss.org.au](http://www.ccfss.org.au)

