



Dates to Remember

29 – 31 May
Stage 3 Camp

Notes You Should Have

Mobile Dental Program



NararaPublic School
Newling Street,
Lisarow NSW 2250

Phone: (02) 4328 3024

Fax: (02) 4329 1472

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

Principal's Report

Thank you to all the parents / carers who attended the parent teacher information sessions in Week 4. These sessions were well attended, and it is great to see so many parents taking an active interest in their child/ren's education. I understand that due to work and other commitments that it may not have been possible for all parents to attend. For those parents, I urge you to touch base with your child/ren's teacher/s if you have any questions.

Teachers are always the first point of call when there is a classroom question, query or concern. Due to the busy nature of school if you would like to speak with a teacher, please ring the office and request the classroom teacher to return your call or organise a mutually agreeable time directly with the teacher via ClassDojo.

Student Leaders Investiture Assembly

On Friday 17 February we acknowledged our full leadership team consisting of School Leaders, Sport Captains, and Choir and Band Leaders. The students in these positions have a very important role and I am sure they are all up for the challenge. Congratulations to the following students:

School Leaders

School Captains	Lara S & Alex W
Prefects	Mei F, Naomi R, Chiara R-P, Eamon K, Kai L, Flex W



House Captains:

Hely	Isabella L & Lachlan M
Kendell	Emily L & Will M
Gavenlock	Hope R & Zac M
Dobell	Chika O & Harvey P



Choir Leader	Ivy M
Band Leader	Oliver P



Library Monitors

Congratulations to our newly appointed Library Monitors. Library Monitors are responsible students that help keep the library a safe and welcoming environment where students can come to read, borrow, play Lego, draw and enjoy other activities. Our Library Monitors will be working closely with our Librarians Mrs McMahon and Mrs May. Congratulations to the following students:

<ul style="list-style-type: none">- Ivy M- Harmony M- Grace E- Joseph M- Brendan K- Jaxon P	<ul style="list-style-type: none">- Jaxon H- Gabrielle P- Hayley W- Lilah H- Fernanda CR- Zoe N
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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 shortly which outlines this information. If you have any questions regarding any information, please don't hesitate to contact the school.

P&C

At NPS, P&C meetings are held on the 2nd Tuesday of the month. The second P&C meeting for 2023 is scheduled for Tuesday 14 March at 7:00pm in the Staffroom located in our Administration building. This will be the Annual General Meeting (AGM) where the P&C will vote for key positions such as President, Treasurer, Secretary etc. The P&C are a valued part of this school and they do a wonderful job of managing our canteen, running the uniform shop and raising funds for specific school needs. Further information is supplied in this newsletter. 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. Hope to see you there!

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.

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 7:45am. 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.



School Photos

On Tuesday 21 February we had our school photo day. The day ran very smoothly, and the photographers commented on how well behaved our students were on more than one occasion. For parents wishing to still pay for photos you can visit their website <https://www.msp.com.au/>. Alternatively, you can call their office on (02) 4966 8292 and pay via credit card. Thank you to Miss Wrench for organising our School Photo Day.

Quality Workers

Students	Class	Work Sample
Benji M	3/4M	Narrative
All students	3/4A	Foyer Display
Cameron O Jackson C Kye S Abel P Jacob D Hunter A	KB	Super Sentences Patterns
Thomas B Kobi P	KC	Super Sentences

Grant McFarland
Principal



NAPLAN

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 practice test and the NAPLAN Assessment.** They will complete a practice test across Week 6 (this week).

The NAPLAN assessment period is much earlier this year, beginning on Wednesday 15 March. A brief timetable for these assessments is below:

Week 8 (NAPLAN Week 1)	Wednesday 15 March	Year 3 and Year 5 students- Writing Assessment
	Thursday 16 th March	Year 3 Assessments
	Friday 17 March	Year 3 Assessments
Week 9 (NAPLAN Week 2)	Tuesday 21 March	Year 5 Assessments
	Wednesday 22 March	Year 5 Assessments
	Thursday 23 March	Catch-up Assessments (Y3 and Y5 students)

Additional information about NAPLAN can be found on the flyer in this newsletter. If parent/ carers are wishing to exempt or withdraw their child/ children, please contact the school to request the appropriate paperwork to be sent home.

Lynda Brogan
Assistant Principal – Curriculum and Instruction

Choir

Both junior (K-2) and senior choir (3-6) will commence during lunch times this week. I will remind students that are interested to come along to my room for one lunch time each week to rehearse a range of songs. Later this year, I am super excited that we will be involved in Central Coast Choral Festival. This Festival involves a significant number of primary schools from across the Central Coast and includes a series of massed choral events and individual items showcasing the talent of around seven hundred NSW Department of Education primary school students.

Chess

Chess will also recommence this week. All students are welcome to come along whether they are experienced or not. Students are offered a weekly lesson which helps to develop their skills. They are taught the rules of the game, what the different pieces can do in a game and how score points. In these sessions they can use their knowledge to complete challenges and puzzles as well as playing matches against other members of the Chess team.

Katie Bond
Classroom Teacher

PAYMENTS DUE

- School Voluntary Contribution 1st Child \$40, 2nd Child \$25, each other child \$15
- Stage 3 Camp 2023 (Years 5 & 6) 3rd instalment due 3rd March \$50:00.

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

Also, please pay by the due date as there is a substantial amount of organisation that goes into the activities
If you are having difficulties in paying please see the office.

Car Parking

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



Wellbeing Week

What a fabulous Wellbeing Week we have had! Students enjoyed a range of activities at lunchtime including colouring in, playdough, bubbles, dance and sport. Take a look below to see just how much fun was had! We didn't forget our wonderful teachers and had a prize draw for them which was won by Mr Emerton. Well done to all of the students who completed our wellbeing homework grids. We had some very happy students collecting prizes on Friday.



Guest Speaker

Please remember to reserve your spot for our information session on anxiety with psychologist, Catherine Gow, on Tuesday 28th February. The session starts at 9am and we will provide tea and coffee. RSVP: narara-p.school@det.nsw.edu.au

Student Survey

In Week 3 we did a voluntary survey with students to find out what activities they would like to see added to our playground. Thank you to our Year 6 Leaders who did a wonderful job setting up and running the surveys with students from grades K-6. 160 students voluntarily completed the survey at lunch time with some great ideas put forward including; craft, quiet areas, board games, more sporting equipment, books, fairies and cars. Students also indicated that they would like a specified 'Friend Zone' area that they can go to if they can't find their friends or someone to play with.

We will be starting to add some of these activities to our playground throughout Term 1. I will be sure to share updates and photos on our social pages throughout the term.

Mrs Cotterill
Learning Support





NAPLAN

Information for parents and carers

2023

Why do students do NAPLAN?

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

Your child will do the NAPLAN tests online

Schools have transitioned from paper-based to computer-based assessments. All Year 3 students will continue to complete the writing assessment on paper.

Online NAPLAN tests provide more precise results and are more engaging for students. One of the main benefits is tailored (or adaptive) testing, where the test presents questions which may be more or less difficult depending on a student's responses.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit nap.edu.au.

Participation in NAPLAN

NAPLAN is for everyone. ACARA supports inclusive testing so all students have the opportunity to participate in the national assessment program.

Adjustments are available for students with disability who have diverse functional abilities and needs.

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN. Adjustments should reflect the support normally provided for classroom assessments.

To help inform these decisions, you may consult the [NAPLAN public demonstration site](#), the [Guide for schools to assist students with disability to access NAPLAN](#), or our [series of videos](#) where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.

What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

What if my school is closed on NAPLAN days?

Schools with compelling reasons may be given permission to schedule tests after the 9-day test window.

What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. Some familiarisation and explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at nap.edu.au/online-assessment/public-demonstration-site.

NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may have fewer devices.

The NAPLAN test window starts on Wednesday 15 March and finishes on Monday 27 March 2023. Schools are advised to schedule the tests as soon as possible within the testing window, prioritising the first week.

How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. This scale indicates whether the student is meeting expectations for the literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

How are NAPLAN results used?

- Students and parents/carers may use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at myschool.edu.au.

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

To learn how ACARA handles personal information for NAPLAN, visit nap.edu.au/naplan/privacy.

Test	Scheduling requirements	Duration	Test description
Writing	<ul style="list-style-type: none">• Year 3 students do the writing test on paper (on day 1 only)• Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing across days 1 and 2 only, with day 2 only used where there are technical/logistical limitations)	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with a 'writing stimulus' (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)
Reading	<ul style="list-style-type: none">• To be completed after the writing test• To be completed before the conventions of language test	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts and then answer related questions
Conventions of language	<ul style="list-style-type: none">• To be completed after the reading test	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Assesses spelling, grammar and punctuation
Numeracy	<ul style="list-style-type: none">• To be completed after the conventions of language test	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Assesses number and algebra, measurement and geometry, and statistics and probability



Calm Kids Central Free Webinar Series - for parents/caregivers with children with big feelings or life challenges

(Clinical Child Psychologist Kirrilie Smout)

Learn to support your primary school aged child with worry, managing frustration, feeling more co-operative and managing tricky issues.

Webinar 1: "*Calm and Confident Kids*" - learn to help children with a tendency towards worry, stress or anxiety. Monday 6th of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

Webinar 2: "*Calm and Co-operative Kids*" - learn to support children with big feelings - to manage frustration and feel more co-operative. Monday 20th of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

Webinar 3: "*Calm and Connected Kids*" - learn to help children to develop positive friendships and manage peer difficulties Monday 27th of March 2023 at 7pm (ACDT), or 7.30pm (AEDT)

To register (you can attend 1 or all 3) please go to: <https://developingminds.net.au/webinars>

Are you a *child mental health professional or educator*? Please join us and STAY for 15 minutes at the end of the parent/caregiver webinar for 15 minutes for a few essential ideas for working as a professional with children with these concerns.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Developing Minds Psychology and Education Services and Calm Kid Central programs. CKC is an online program of courses and games for children to help them manage emotional health challenges.

www.calmkidcentral.com

Any questions please contact Sandra on: sandra@developingminds.net.au

Calm Kid Central is supported by Gippsland Primary Health Network Victoria, Adelaide Primary Health Network, CAMHS Central Coast NSW, WHIN NSW and HCF health insurer.

GUEST SPEAKER

CATHERINE GOW

DIRECTOR AND PSYCHOLOGIST

**COME ALONG AND JOIN US FOR A FREE
INFORMATION SESSION ABOUT ANXIETY
WITH CATHERINE GOW FROM
AUGMENTIA HEALTH.**

All welcome, tea and coffee provided



COST: Free!

TIME: 9am

DATE: Tuesday 28th February 2023

LOCATION: Narara Public School



To reserve your spot, please email
narara-p.school@det.nsw.edu.au

SUMMARY OF OFFICE BEARER POSITIONS

PRESIDENT

The President is responsible for:

- the successful functioning of the P&C Association meetings;
- the attainment of the P&C Association's objectives;
- ensuring that the P&C Association takes part in decision-making processes in the school;
- ensuring fair participation of all members and that all new members are made to feel welcome;
- supporting volunteers;
- consistent adherence to the Constitution;
- acting as the P&C Association's spokesperson when public statements or actions are needed;
- setting up lines of communication with the Principal;
- being signatory on the Association's bank accounts;
- chairing meetings;
- giving the P&C speech at Presentation Day;
- reviewing Minutes of Meeting prior to distribution to members;
- monitoring and keeping Facebook Group up to date with help of other office bearers;
- monitoring the email account nararapublicschool-pres@pandcaffiliate.org.au.

TREASURER

The Treasurer is responsible for:

- complying with financial accountability requirements;
- receiving and depositing funds;
- drawing cheques and making electronic payments;
- ensuring that all funds held and handled by P&C are properly and openly accounted for as the Treasurer is responsible for all funds held in the name of the P&C Association;
- being signatory on the Association's bank accounts;
- maintaining the financial records of the P&C and arranging for the annual audit;
- budgeting, planning and cashflow;
- preparing and presenting financial report at each P&C meeting;
- monitoring and keeping Facebook Group up to date with help of other office bearers;
- reporting and keeping records up to date with the ACNC;
- keeping ATO records up to date;
- issuing P&C membership receipts;
- monitoring the email account nararapublicschool-treas@pandcaffiliate.org.au.

SENIOR VICE PRESIDENT

The Senior Vice President is responsible for:

- supporting the President and other office bearers;
- attending Canteen committee meetings and being the Canteen convener;
- providing Canteen Report to the P&C Association at monthly general meetings;
- being signatory on the Association's bank accounts;
- ensuring employer obligations are being met and correct records are being kept in line with requirements;
- chairing meetings and carrying out other Presidential roles when the President or Junior Vice President is unable;
- monitoring the email account nararapublicschool-vp1@pandcaffiliate.org.au;

JUNIOR VICE PRESIDENT

The Junior Vice President is responsible for:

- supporting the President and other office bearers;
- chairing meetings and carrying out other Presidential roles when the President is unable;
- being signatory on the Association's bank accounts;
- monitoring and keeping Facebook Group up to date with help of other office bearers;
- monitoring the email account nararapublicschool-vp2@pandcaffiliate.org.au.

SECRETARY

The Secretary is responsible for:

- receiving and tabling all P&C correspondence;
- preparing meeting Agendas in consultation with President;
- attending P&C Association meetings to take notes in order to produce a set of Minutes for subsequent distribution to members;
- preparing general correspondence and newsletter advertisements on behalf of the P&C;
- maintaining official records of minutes, attendance and list of financial (voting) members;
- keeping P&C Federation records up to date;
- monitoring and keeping Facebook Group up to date with help of other office bearers;
- looking after Constitution, By-Laws, Agreements and Sub-committee policy documents;
- monitoring the email account nararapublicschool@pandcaffiliate.org.au.

SUMMARY OF SUB-COMMITTEE POSITIONS

UNIFORM SHOP COORDINATOR

The Uniform Shop Coordinator is responsible for:

- taking and processing uniform shop orders received online and in person via shop;
- ensuring that the uniform shop opens and operates two mornings per week (Tues and Fri, 8.15 - 8.45am) and extending and manning shop hours for special events such as headstart and start of school year;
- ensuring the shop is clean, tidy, presentable and functions smoothly;
- managing shop volunteers;
- managing stock levels to meet demand whilst maintaining it within the insurance premium, ordering stock and managing supplier relationships;
- undertaking stocktake end of term to meet insurance and auditing compliances;
- handling petty cash, banking and maintaining receipt book to record all sales;
- maintaining and updating Flexischool online content;
- maintaining and updating documents - price list, order form, uniform policy, process documents, etc;
- monitoring the gmail account nararaps.uniforms@gmail.com
- communicating uniform policies and seasonal items in timely manner to the school community in conjunction with the school principal;
- working closely and communicating with Uniform Shop Treasurer to ensure supplier payments, records and shop management is conducted smoothly, in compliance and on time;
- communicating clearly and openly with school principal, P&C committee and P&C members any uniform shop / item related content that needs to be managed and addressed for the wider community;
- attending P&C meetings.

CANTEEN TREASURER

The Canteen Treasurer is responsible for:

- processing payroll, issuing payslips and ensuring payment of PAYG and Superannuation;
- issue cheques and pay invoices as required in relation to the canteen accounts;
- maintaining the financial records of the Canteen;
- ensure relevant funds are kept for long service leave where applicable;
- review pay rates in January and July each year to check we are keeping in line with Fair Work Australia guidelines;
- provide canteen reports and updates to executive as and when required;
- attending Canteen Committee meetings;
- preparing a monthly report for each P&C meeting;
- maintain the gmail account nararaps.canteen@gmail.com;
- providing the Treasurer with Canteen records for audit.

FUNDRAISING COORDINATOR

The Fundraising Coordinator is responsible for:

- forming a Fundraising Committee of at least 5 members;
- holding a Fundraising Committee meeting at least once per term;
- providing the community with 7 days notice of any fundraising meeting via the school newsletter;
- identifying and organising events for fundraising;
- approaching potential sponsors for the purpose of fundraising;
- recording fundraising money in a spreadsheet by event;
- monitoring the gmail account NPSFundraising@gmail.com;
- providing the Treasurer with fundraising records for preparation of audit;
- providing an update of fundraising activities at each meeting of the P&C;
- providing all receipts and invoices to the P&C Treasurer for reimbursement or payment;
- overseeing and ensuring the smooth running of all P&C Fundraising events;
- keeping the President up to date with fundraising matters.

UNIFORM SHOP TREASURER

The Uniform Shop Treasurer is responsible for:

- maintaining the monthly financial records of the Uniform Shop, including the preparation of a monthly report for each P&C meeting;
- signing off on stock take at the end of each term and providing a stocktake report to the Treasurer;
- monitoring the gmail account nararaps.uniforms@gmail.com for all finance related queries;
- storing all copies of financial documents, saved to the Uniform Shop Dropbox account;
- maintaining insurance levels in accordance with stock on hand (at school premises);
- maintaining receipt/invoice books, recording cash sales in the Petty Cash Register each month;
- payment of all Uniform Shop supplier invoices using Bendigo Bank or Westpac P&C Accounts;
- maintaining the Supplier Payment Register which records all uniform shop supplier payments
- providing the Treasurer with Uniform Shop records for preparation of yearly audit;
- supporting the Uniform Shop Coordinator with any uniform reviews required by the Principal or Dept of Education;
- acting as a secondary/back up approver for bank payments loaded by the Treasurer or Canteen Treasurer.

Join more than 600
young musicians from
23 schools across the
Central Coast



Central Coast
Conservatorium
Of Music

School Band Program 2023

“ The music stretches me, in a good way, and continues to do so. If you have the chance to be part of this band program, I advise you to join in!

Reggie Wu, student



ENROL TODAY

The Schools Program is an excellent and affordable way to get your child started in music. Enrol today using the QR CODE.



SCAN ME

Do you want to learn an instrument and play in a band? Come and be part of a fun and engaging learning environment while experiencing the educational benefits of learning a musical instrument.

Program includes:

- One-to-one or small group lessons at school with Conservatorium teachers
- Whole band rehearsals with Conservatorium conductors
- Performance opportunities at school and external events

For more information phone 4324 7477 or visit our website:
www.centralcoastconservatorium.com.au/schools-program

Aboriginal Early Childhood Screening Clinic

Audiology

Speech Pathology

Immunisations

Milestone Education



Remember to bring
your child's
Medicare card
and
Blue Book

Who: Children aged 6months - 6Years•

Where: Nunyara Aboriginal Health Unit
2 Ward St, Gosford

When: 10:00am - 2:00pm

Thursday 02/03/2023

Thursday 06/04/2023

Thursday 04/05/2023

No Appointment necessary

Limited Parking available onsite

Please contact Nunyara on 4320 2698
for more information



Health
Central Coast
Local Health District



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



JOIN THE MIGHTY STORM IN 2023

GOSFORD KARIONG RLFC invites Boys and Girls of all ages to come and play rugby league at a great family club.

With quality coaching and support, everyone gets to experience the great game of rugby league in a fun and inclusive environment. With a focus on effort and determination, Players are encouraged to give their best and be there for their mates.

Ask about our 50% Discount

Registration Fees are \$120 for U6's & U7's. \$170 for U8's and above which includes insurance. Also all players with Gosford Kariong RLFC receive a club shirt, shorts and socks as part of their registration. All players also receive a trophy at the end of season presentation event.

Family discounts & payment plans are available—also don't forget to take advantage of the Active Kids Voucher

Register at www.playrugbyleague.com



Central Coast Family Support Services presents:



123 MAGIC & EMOTION COACHING PARENTING PROGRAM

123 Magic and Emotion Coaching is for parents and carers of children aged 2-12 years, wishing to learn how to manage difficult behaviours and encourage the development of their children's ability to manage their emotional reactions.

The program aims to teach parents easy-to-use skills they can use to encourage children to respond more flexibly when they are frustrated or upset.

WHEN:

Thursday, 16th March - 30th March 2023 (3 weeks)

WHERE:

Peninsula Women's Health Centre -
2A McMasters Road, Woy Woy

TIME:

12:30pm-2:30pm (2 hours)

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

[Click here to register online](#)

**CHILDCARE
AVAILABLE TO BOOK**

Bookings essential!



For more information, contact CCFSS on:

4340 1585

ccfss@ccfss.com.au

www.ccfss.org.au

