



## Coming Events

30 Mar	Parent/ Teacher bookings close K-2 Responsible Pet Ownership 11am
31 Mar	Grandfriends Day from 11am Easter Hat Parade Book Fair
4 Apr	Parent /Teacher Interviews
5 Apr	K-2 Awards 2.40pm
6 Apr	3-6 Awards 2.40pm
7 Apr	Last Day of Term 1
24 Apr	Staff Development Day
25 Apr	ANZAC Day Public Holiday
26 Apr	Students return for Term 2

Oaks Road  
Thirlmere, NSW, 2572  
[www.thirlmere-p.schools.nsw.edu.au](http://www.thirlmere-p.schools.nsw.edu.au)

E: [thirlmere-p.school@det.nsw.edu](mailto:thirlmere-p.school@det.nsw.edu).  
P: 4681 8476  
F: 4681 8727

**The office is open from  
8.30am to 3.00pm**

## Principal's Message

### Easter and School Holidays

It is hard to believe that Easter is fast approaching and Term 1 is nearly over. This term we have held our school Swimming Carnival and Harmony Day/ Anti-Bullying Day. Both days were a great success with our children displaying respect for themselves and their peers.

Friday will be one of the biggest days on our calendar where we welcome Grandfriends to our school and hold our K-2 Easter Hat parade. There is always loads of excitement around these events and this year will be no different. On this day Year 6 will also host our annual sausage sizzle. All funds raised from this event will go towards sponsoring our family in Ethiopia. This is a great way to teach our children that they are part of a bigger world and whilst sometimes we deal with things that are a little difficult, there are people suffering on a greater scale and we have a responsibility as global citizens to help.

ANZAC Day is another incredible time when we as a school can stop and remember those who have gone before us and the sacrifices they endured for our freedom. I look forward to joining our children on Sunday 23 April and Tuesday 25 April at these special events. A time when together we pause, remember and give thanks.

As the term draws to a close, I would like to thank the children of Thirlmere Public School for greeting me at the school gate or in the playground with a huge grin on their face and a 'high five'. Also thank you to the parents/carers who volunteer their time to help out and all parents who trust us with the education of their children. Lastly, a huge thanks to the hard working and dedicated staff of TPS. One great term down and three to go!

Please drive safely on our roads over Easter and come back to us safe and sound on Wednesday 26th April.

Regards,  
Lisa Whitfield  
Principal

## Parent/Teacher Interviews

Just a quick reminder that our Parent/Teacher interviews are being held on Tuesday 4 April. We are looking forward to a great turnout with as many parents as possible taking this opportunity to discuss their progress. If you have not already made an appointment, you can do so online up until 3pm on Thursday 30 March. Instructions are included in this Newsletter.

## Principal's Awards

Isabella L, Amelie B, Harry S, Oscar W, Noah W  
Karl-Erik A, Kaylum B, Summer D, Evelyn S, Brianna B,  
Piper H, Tahlia H, Thomas R, Angus L

## School Voluntary Contributions

Over the last 5 years Thirlmere P&C have been collecting voluntary contributions from families to buy much needed equipment and resources for the school not funded by the government. From this year forward, these contributions will be collected directly through the school.

This year we are aiming to raise \$10,000 to purchase much needed readers, literacy resources and maths equipment for all classes. If all families pay the contribution fee, we will raise over \$15,000. We would greatly appreciate as many families as possible helping us reach our target of \$10,000.

The fees for 2017 will be \$40 per child and \$60 per family. This can be paid in instalments over the year. Each family will notice this fee on their next statement of account. If you do not wish to pay this fee, just contact the school and it will be removed from your statement.

Thank you for your support.

## Grandfriends Day

Grandfriend's Day will be held on Friday 31<sup>st</sup> March and Parents, Carers and Grandfriends are invited.

The Itinerary is as follows:

- 11.00am -P&C Morning Tea in the hall  
-Library book fair begins (library open until the end of lunch)
- 11.30am -Senior Chior Performing followed by K-2 presentations and Easter hat Parade under the COLA outside the canteen.
- 12.20pm -Grandfriends are invited into 3-6 classrooms
- 12.30pm -Grandfriends are invited into K-2 classrooms
- 12.45pm -Lunch for 3-6 commences
- 1.00pm -Lunch for K-2 commences



The poster for the Thirlmere Public School's annual Book Fair is vibrant and colorful. At the top, a treasure chest is open, spilling books and gold coins. A speech bubble from a pirate parrot says 'Theme for Terms 1 & 2 2017'. The central text reads 'BOOK FAIR!' in large, bold letters, with 'Where books are the treasure!' written below it. The bottom section features a collage of book covers, including 'YOM GIES', 'DORK DIARIES', 'PUSHER', 'HOT BOG', 'BAD GUYS', and 'WIFEDOM'. A small text box says 'You're invited to our SCHOLASTIC BOOK FAIR!'. The date and time are listed as 'Friday 31 March 11am' and the location is 'Our Library'. A note at the bottom states 'All purchases benefit our school!'. The overall theme is pirate-themed, with a treasure map and a pirate ship in the background.

Thirlmere Public School's annual  
**BOOK FAIR**  
**Friday 31 March**  
Grandfriends Day!  
In the library from **11am**.  
Buy a new book or donate one to our library.  
A percentage of all purchases go to our school library.

# Thirlmere Public School

29 March 2017

Term 1 – Week 10

## Zone Swimming Carnival Results

Here are the overall School results for the Zone Swimming Carnival:

School	Competitors at Zone	Competitors at SSW
Bargo	22	5
Buxton	19	0
Camden	28	1
Camden South	28	9
Cawdor	18	4
Cobbitty	27	10
Currans Hill	26	5
Douglas Park	23	0
Elderslie	27	8
Harrington Park	26	8
Mawarra	30	5
Mount Annan	26	1
Mount Hunter	13	4
Narellan	18	0
Narellan Vale	27	4
Oakdale	20	0
Oran Park	22	5
Picton	27	2
Spring Farm	9	0
Tahmoor	22	2
The Oaks	25	1
Thirlmere	28	0
Warragamba	25	3
Wilton	27	1
Yanderra	0	0

## Razorback PSSA Facebook Page

With all the wet weather, it is very difficult to keep parents informed of cancellations and re-schedules. We are trying our best to keep everyone updated and advise parents to check the Razorback PSSA facebook page regularly for any changes.

Razorback PSSA Committee



## ANZAC DAY 2017



### Important dates to remember

**Wednesday 19<sup>th</sup> April**- RSL Lifecare Taara Gardens, Thirlmere at **10.30am**

**Thursday 20<sup>th</sup> April**- RSL Lifecare Queen Victoria Park, Picton at **10.45am**

**Sunday 23<sup>rd</sup> April -Thirlmere** - Assemble at St Stephens Church at **1.30pm**, for the **1.45** march to the Thirlmere Memorial Park. All students are invited to join us to march proudly under our school banner. You must wear full school uniform.

**Tuesday 25<sup>th</sup> April – Picton** - Assemble behind Picton Hotel at

**6.30 am** for the march to the Memorial near the Bowling Club, Ceremony at **7am**. You must wear full school uniform.

**Thursday 27<sup>th</sup> April**- Picton High School, at **10 am**.

**Friday 28<sup>th</sup> April** - **Thirlmere Public School** - Ceremony **10 am**.

### Picton-Thirlmere-Bargo RSL Sub Branch ANZAC Service

Sunday 23<sup>rd</sup> April 2017 at 2pm-Thirlmere Memorial Park

Assemble for March at 1.30 pm (March commences at 1.45pm) outside St Stephens Church, Westbourne Ave, Thirlmere.

This years' service will be a memorable one. At 2pm a Royal Australian Air Force C27 Spartan will do a flyover of the park.

So don't forget to invite your family and friends to come and see this magnificent machine and honour all who have served in the Australian Defence Force





# Thirlmere Public School

29 March 2017

Term 1 – Week 10

## UNSW ICAS Competitions 2017

Students in Years 2 - 6 have received a note about this year's UNSW ICAS examinations. ICAS provides an opportunity for all Years 2 – 12 students to gain a measure of their own achievement in an external testing situation.

Entry to these competitions is not compulsory.

The entry fee per student and sitting dates are as follows:

**Digital Technologies** – 23 May 2017 - \$8.00 Years 3-6

**Science** – 30 May 2017 - \$8.00 Years 2-6

**Writing** – 13 June 2017 - \$17.00 Years 3-6

**Spelling** – 14 June 2017 - \$11.00 Years 2-6

**English** – 1 August 2017 - \$8.00 Years 2-6

**Mathematics** – 15 August 2017 - \$8.00 Years 2-6

**All of the above** - \$60.00

The last day for payment for all competitions is **TOMORROW, Wednesday 29.03.17.**

Miss Mace

## Easter Egg Raffle

We are currently running an Easter Egg Raffle with all proceeds going toward much needed resources for the school.

Tickets will be on sale out the front of the library every morning with the winners drawn on Friday 31<sup>st</sup> March.

Ticket prices are \$1 for 1 ticket or \$2 for 3 tickets.

## Notes Sent Home

### Kindergarten

- Responsible Pet Ownership

### Stage 1

- Mrs Reason return to work
- Responsible Pet Ownership

### Stage 2

- 4U RSL Museum Excursion

### Stage 3

- Year 6 Shirt and Bag
- Canberra Year 6 Camp
- Pt Wolstoncroft Year 6 Camp

### All Students

- Grandfriends Day
- Stewart House Clothing Appeal



# TUCKSHOP TALK



## GRANDFRIENDS DAY

Grandfriends Day is on again this year on Friday 31<sup>st</sup> March.

As always P & C offers our Grandfriends a complimentary morning tea.

In the past this is quite an event & expectations are high. P&C happily will accept any donated baked items from our lovely parents & they can be dropped off from 9am on the day.

Please remember Morning Tea is for our Grandfriends & we would ask that no students be brought into this area.

Please be reminded that there will be **NO LUNCH ORDERS** on this day. Year 6 is hosting a sausage sizzle & P&C would encourage anyone to pre order for this on the day with funds raised going to the Eshuta family in Ethiopia.

# Thirlmere Public School

29 March 2017

Term 1 – Week 10

## Wollondilly Performing Arts Festival

Dear Parents and Caregivers,

The Wollondilly Performing Arts Festival is proud of its achievements which began approximately 30 years ago.

Your child may have had the opportunity to shine as part of this previously annual Festival. The commitment of individual schools, the commitment of the group of schools and staff in ensuring the Festival happens is unquestionable.

However, due to the increased demands on schools, staff, students and parents, the Wollondilly Performing Arts Festival will move to a biennial event. It is believed that this will ensure the high standard and quality of performances that we have all come to expect.

During the “off” year– that is the year the Festival is not held, each school will endeavour to promote the Performing Arts within their own school programs.

We greatly look forward to our festival in 2018 and to our students’ enthusiasm for performance.

The Wollondilly Performing Arts Festival Committee.

## Cross Country

Please remember that the school Cross Country Carnival will be held on Friday 5th May 2017 and will start at 11.30am.

For students wishing to do well, now is a good time to start training at home or join the joggers club on a Tuesday and Wednesday morning. Good luck!

Mrs Pulbrook

## IMPORTANT: EpiPen Recall

We wish to alert parents that certain batches of EpiPen have been recalled. The affected batches have an expiry date of April 2017. For more information visit:

<https://www.tga.gov.au/alert/epipen-300-microgram-adrenaline-injection-syringe-auto-injector>

## It's Important to be at School Every Day Counts

Under the Education Act (1990) all children from six years to seventeen years of age are legally required to attend school every day. At Thirlmere Public School, we value good attendance from all students.

Habits of non-attendance can develop quickly. Did you know that if a child misses just 8 days of school a term, they miss more than one year of schooling by the end of primary school? This presents problems as they begin high school.

A Western Australian Study (Stephen R. Zubrick) assessed the attendance patterns of over 415,000 primary and secondary students across a five-year period.

The study dispelled the belief that there is a safe level of absence that students can get away with before their academic outcomes suffer and strongly suggested that **every day of attendance** in school contributes towards a child's learning.

Research found that “A 10-day period of unauthorised absence in a year is sufficient to drop a child about a band in the NAPLAN testing.”

While some student absences are unavoidable and understandable, many are not.

If your child is absent from school, you must inform the school as soon as possible and provide a legitimate reason for your child's absence. This can be done by

- Sending a note on your child's return to school
- Contacting through email, phone or fax
- Visiting the school

Your child's education is important. Please contact the school if there are problems in getting your children to school or if there are concerns you have about them at school. A positive partnership between home and school in this area is of great value to the school but most importantly to the success and quality of your child's education

Kristen Kable  
Home School Liaison Officer  
Thirlmere Public School

# Thirlmere Public School

29 March 2017

Term 1 – Week 10

## SCHOOL FINANCE & OFFICE NEWS

### Payments and Excursions

All excursions and sporting events have a **last day to pay date**. Parents are asked to have payments to the office before this date, as our system will not allow payments to be processed after the date. This will avoid any disappointment for your child.

EVENT	COST OF EVENT	YEAR	LAST DAY TO PAY
<b>ICAS University Competitions:</b>			<b>29 March 2017</b>
Digital Technologies	\$8.00	Years 3-6	
Science	\$8.00	Years 2-6	
Writing	\$17.00	Years 3-6	
Spelling	\$11.00	Years 2-6	
English	\$8.00	Years 2-6	
Mathematics	\$8.00	Years 2-6	
All of the above \$60.00	\$60		
Sausage Sizzle	\$4.50	All Students	<b>31 March 2017</b>
Band-Beginner and Established	\$80	Selected Students	<b>7 April 2017</b>
Canberra Year 6 Camp	Deposit - \$50 Balance - \$205 Total - \$255	Year 6	<b>29 March 2017</b> <b>2 May 2017</b>
Point Wolstoncroft - Year 6 Camp	Deposit - \$50 Balance - \$225 Total - \$275	Year 6	<b>5 April 2017</b> <b>30 June 2017</b>
Berry Camp	Deposit - \$80 Balance - \$200 Total - \$280	Year 4	<b>1 May 2017</b> <b>7 August 2017</b>

### Band

Invoices for both Beginner and Established Band have been sent home.

The cost is \$80 and should be paid before the end of term.

# Thirlmere Public School

29 March 2017

Term 1 – Week 10

## Award Recipients for Week 9

The following Students will presented with an award at the Week 11 Award Assemblies.

The Kindergarten to Year 2 Assembly will be held on Wednesday 5 April at 2.40pm and the Years 3 to 6 Assembly will be held on Thursday 6 April, also at 2.40pm. Parents and Carers are welcome to attend.

Kindergarten to Year 2 Class	Recipients
KA	Jessica C Daisy W Darcy P Dominic B Flynn B
KB	Chloe A Flynn D Alexis T Cainan A
KC	Deakan M Arzraelle H Elliana B Lukas B
1G	Eve p Cody L Cooper R Ella O Kaide B
1F	Harry O Harrison C Liam M Shylah O Nate W
1/2H	Ruby C Eden F Ahna D Marcus C
2K	Clyde J Kirstie R Capree H Lilyanne M Angus W

Years 3 to 6 Class	Recipients
2/3O	Zoey D William C Alexander G
3P	Dane L Scott H Daniel
3/4T	Darci N Hannah N Rhianna J
4U	Summer W Abbey N Tyrese B
4/5Z	Thomas F Keira H Kaitlyn J
5A	Zayden D Jorja S Kaidyn B
All Year 6	Maddison W Isabella L Brody H Henry H

## Term 1 Canteen Roster- 2017

Week 10			
Fri 31 March	Cindy Hile	Tracy Digger	Natalie Sharp
Week 11			
Mon 3 April	Julie Bird	Nicole Hepburn	
Wed 5 April	Diane Hunt	Meryl C	
Fri 7 April	<b>Closed</b>		

## Term 2 Canteen Roster- 2017

Week 1			
Wed 26 April	Lee-Anne Armstrong	Deb Parker	
Fri 28 April	Lea Blatch	Mel Anderson	Kristy Sharpe (Orientation)
Week 2			
Mon 1 May	Kathryn Davidson	Amanda Lee	Amber Shortus (orientation)
Wed 3 May	Diane Hunt	Meryl Cooper	
Fri 5 May	Cindy Hile	Christie Henry	Sharon P (half day)
Week 3			
Mon 8 May	Kerri Devine	Julie Bird	
Wed 10 May	Theresa Young	Neen Donnelly	
Fri 12 May	Sam Billingham	Tracy Digger	Tammy Parker
Week 4			
Mon 15 May	Robyn Green	Lani Nairn	
Wed 17 May	Cindy Hile	Sarah Hicks	
Fri 19 May	Kristy Sharpe	Lea Blatch	Annie Down
Week 5			
Mon 22 May	Alison Tarrant	Nicole Hepburn	
Wed 24 May	Fiona Groves	Neen Donnelly	
Fri 26 May	Bianca Long	Effie Lee	Jess Hayes
Week 6			
Mon 29 May	Sarah Fishpool	Amber Shortus	
Wed 31 May	Vanessa Zahra	Lani Nairn	
Fri 2 June	Lea Blatch	Mel Anderson	Felicity Sneddon
Week 7			
Mon 5 June	Kathryn Davidson	Amanda Lee	
Wed 7 June	Diane Hunt	Meryl Cooper	
Fri 9 June	Cindy Hile	Annelie Davis	Tracy Digger
Week 8			
Mon 12 June	<b>Closed- Public Holiday</b>		
Wed 14 June	Deb Parker	Theresa Young	
Fri 16 June	Mel Moroz	Deb Collings	Sharon P (half day)
Week 9			
Mon 19 June	Kerri Devine	Nicole Hepburn	
Wed 21 June	Lee-Anne Armstrong	Lani Nairn	
Fri 23 June	Cindy Hile	Tammy Parker	Mel Anderson
Week 10			
Mon 26 June	Robyn Green	Julie Bird	
Wed 28 June	Sarah Hicks	Neen Donnelly	
Fri 30 June	<b>CLOSED- Last day of term</b>		





# THIRLMERE PUBLIC SCHOOL

Oaks Road, Thirlmere NSW 2572  
Principal: Mrs Lisa Whitfield

Phone: 02 4681 8476 Fax: 02 4681 8727  
Email: thirlmere-p.school@det.nsw.edu.au

9 March 2017



## THE EASY WAY TO BOOK SCHOOL INTERVIEWS

Dear Parents

Parent/Teacher interviews will be held on Tuesday 4<sup>th</sup> April 2017. Bookings for this event close on Thursday 30<sup>th</sup> March at 3pm, bookings must be finalised by this date. For parents that do not have internet access, computer kiosks will be available in our library on 23<sup>rd</sup> March, from 2:00pm to 3:00pm for parents to make their own bookings.

Interviews are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Now you can book school interviews for the times that suit *your family*.  
Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

jjx3n

Go

Simply enter the code and press "Go"  
**THIS CODE CHANGES – DO NOT USE  
YOUR LAST EVENT'S CODE**



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately –

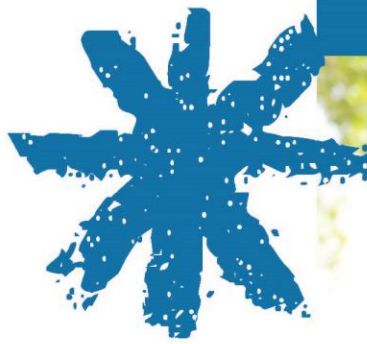
**Check your junk mail folder AND make sure you have spelled your email address correctly**

You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until the bookings close on Thursday 30<sup>th</sup> March at 3:00pm.

You may change your bookings, any time prior to the closing date, by re-visiting the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 46 818 476.

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and leave some feedback - anonymously if you wish, but please include the school's name and suburb.

# parenting\*ideas insights



## Four parenting priorities for 2017

By Michael Grose

Like the earth's crust the parenting landscape is constantly shifting always bringing new challenges for parents. Not only are children and young people constantly growing and developing but societal trends evolve and change at such rapid rates that it's hard to keep up. It's also hard to differentiate between the significant and the frivolous when it comes to trends and changes.

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

### 1. Time to tackle technology

Want to travel along Parenting Easy Street? That's easy. Make tackling this parenting game-changer your priority. It's no point being all doom and gloom about technology because tablets, mobile phones and smartphones are here to stay. They connect us, educate us and entertain us like nothing has before.

But the jury is still out on the impact of digital devices on children and young people. Currently there are studies being conducted on the effects of technology on children's brains, as well as studies on gaming addiction, social media addiction, attention-related issues, obesity, decision-

making, hand-eye coordination and sleep to name a few.

The technology genie maybe out of the bottle, but we need to bring some sanity into the area. Children and teenagers, (and yes technology, primary school and secondary school kids can be mentioned in the same sentence as first-time smartphone users become younger by the day) who use communication technology need constant parent vigilance and diligence, a flexible approach and the ability to say a loud and clear "NO you can't have/use that now."

It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can't hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together. You can insist that social media isn't the only way to stay in touch with friends and show them that Dr. Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don't be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.





## parenting\*ideas

## Four parenting priorities for 2017

**2. Promote physical and mental health**

Finally, good mental health habits are top of mind in Australian schools. A focus on student wellbeing is now a well-established pathway to academic success for children and young people.

But kids' levels of physical activity need a boost. Recent research tells us that children's physical activity peaks at around four years of age in Australia and gradually decreases every year from there. It makes a mockery of the image of Australian childhood spent in the great outdoors.

Remember the old 'healthy body, healthy mind' maxim that past generations so fondly spruiked? Well, it's true. Physical and mental health are inextricably linked.

So this year while we encourage our kids to practise mindfulness; get a good night's sleep and ensure they relax and unwind, let's also make sure kids get plenty of physical activity, preferably outdoors.

**3. Put the spoon back in the drawer**

I've hidden the controversial part in the middle of the article. Ready for it? I think that parents currently do too much for kids. We spoonfeed them. We make life too easy and don't demand enough from them. Not all parents, but enough that we should be worried that our kids may grow up to become risk-averse, fearful adults who have difficulty making decisions lest they make a mistake. That is, if

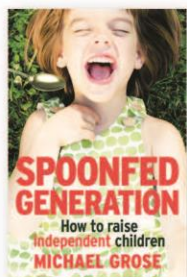
they ever do grow up? As reported in Fairfax Media recently, "In 1970's only one in five under-30's in Australia lived with their parents but now it's one in two." This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is develop their children's independence and achieve the most important parenting outcome of all – their own redundancy.

In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

**4. Put integrity top of the pedestal of character traits**

Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn't have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child's moral compass that will help him/her make smart decisions when you're not around. Generally, integrity is developed in childhood and put to the test in adolescence.

In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.



**Special note:** I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at [parentingideas.com.au](http://parentingideas.com.au)

**Visit our website for more ideas and information to help you raise confident and resilient young people.**



**PATRICIA YVONNE  
ACADEMY OF DANCE,  
DRAMA & THEATRE ARTS**

**THIRLMERE**



THIRLMERE PUBLIC SCHOOL HALL  
MONDAY & THURSDAY AFTERNOONS.

**BALLET- SPEECH & DRAMA – TAP – JAZZ  
MODERN – LYRICAL BALLET  
HIP HOP - MUSICAL THEATRE**

Students trained for EDTA Examinations & Stagecraft  
Beginners from 4yrs to Advanced

Fully qualified and caring Teacher who believes in correct and careful training.  
EDTA Inc. President/Organiser/Syllabus Creator/Examiner/Life Member.

ENQUIRIES & REGISTRATION: contact Miss Patricia EDTA, AISTD, SATD.  
(02) 4647 7728 or 0418 273115 (Mornings best)  
Email: [pyaddta@bigpond.com](mailto:pyaddta@bigpond.com)



Gymtastic Kids provides schools with fun, exciting and challenging opportunities to develop their love of sport.

We provide a wide range of programs, catering for children from 1 year to adults over 50 years. With fun classes, fitness classes, team classes and competitive classes, we're sure you'll find something you'll enjoy.

All classes are run at the Wollondilly Community  
Leisure Centre, Picton.

For a full list of classes check out our Facebook page at:

[www.facebook.com/gymtastickids.picton](http://www.facebook.com/gymtastickids.picton)

Contact Ph: 0408 203 468



Gymnastics Australia  
Gymnastics For All



**Kids<sup>in</sup>the park**



Sydney's largest school holiday program returns this autumn school holidays! There are 50+ fun-filled activities to keep kids active, outdoors and entertained. A range of activities are free or under \$25, making it affordable to discover Sydney's most exciting playground this holidays.

Archery – School Holiday Programs  
All Day Holiday Recreational Program  
Science and writing workshops  
Gymnastics  
Circus Skills & Flying Trapeze

ARTEXPRESS at the Armory  
Mythical Creatures Egg Hunt  
Sport & adventure camps  
Space Racing for Kids  
....and lots more

Full details at [www.kidsinthepark.com.au](http://www.kidsinthepark.com.au)





\*Bootcamp @ Thirlmere School – Mon & Thurs 5.30-6.30pm, Sat 8.00-9.00am  
Suitable for all ages and fitness levels

\* Early Morning sessions @ Thirlmere School – 6.00-6.45am Mon = Boxing, Tue = Cardio, Wed = Strength and core

Other services include

\* Kids Bootcamp @ Bargo oval for “non-sporty” 9-13 yr olds – Wed 4.30-5.15pm

\* Mums & Bubs @ Bargo oval – Mon 9.45-10.30am & Hume oval, Picton – Wed 9.45-10.30am

\* Mobile Personal Trainer – available for 1 on 1 or small group training at your house or local park

“Everyone needs some exercise in their life. As we age, strength training becomes even more important to maintain healthy bones and muscles. It is never too late to start. Come and join us.”

Please contact Jackie for further information 0414 703 281



Or on FB “Jackie's Fitness 2 You”

Fitness Australia

## PICTON HIGH SCHOOL

Creating Opportunities Achieving Success



**Keep up with events at Picton High School  
by having our app at your fingertips  
on your mobile phone.**

- Search for ‘Picton High School’ in the App store appropriate to your device.
- Receive important messages
- Tap to view our latest newsletters, calendar or access our full website



## Picton Tennis Club

Downing St. Picton

## APRIL 2017 TENNIS CAMPS

For Ages 5 – 14yrs

Wk 1: Mon 10<sup>th</sup>, Tues 11<sup>th</sup>, Wed 12<sup>th</sup>, Thur 13<sup>th</sup> April

Wk 2: Tues 18<sup>th</sup>, Wed 19<sup>th</sup>, Thurs 20<sup>th</sup>, Fri 21<sup>st</sup> April

Times: 9am-3pm (supervision 830am-330pm)

Full Day: \$35pp. Half Day: \$30pp.

**\*\*\*EARLY BIRD SPECIAL\*\*\***

**\$25 per camp pp if you book & pay before**

**Wednesday 1<sup>st</sup> April 2017**

Email: [pictonta@gmail.com](mailto:pictonta@gmail.com)

Tel: 0432 700 178





# Triple P

## Positive Parenting Program

**A free, 7-part series workshop designed  
for parents of teenagers**

**In partnership with Uniting Bridges for Youth program**

**The course includes information on:**

- **Positive parenting**
- **Encouraging appropriate behaviour**
- **Managing problem behaviour**
- **Dealing with risky behaviour**
- **Implementing parenting routines**

**Dates:** April 26<sup>th</sup> and May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> 2016

Workshops are once a week with telephone support sessions included.

**Time:** Wednesdays 10am-12pm (please arrive 9:45am for registration)

**Where:** Tahmoor Community Centre – 6 Harper Close Tahmoor  
**Limited Child Care Available – Bookings Essential**

**For information and bookings,  
please contact Luke or Vida on 46832776 or 0427488599**





## WESTS TIGERS HOLIDAY CLINICS

	TIME	VENUE	AGE	COST	REGISTRATION
12 <sup>th</sup> April 2017	10:00am – 1:00pm	Campbelltown Stadium	5 – 12 Years of age	\$40.00	Includes Morning Tea, Lunch & NRL Pack
20 <sup>th</sup> April 2017	10:00am – 1:00pm	Kirkham Oval, Elderslie	5 – 12 Years of age	\$40.00	Includes Morning Tea, Lunch & NRL Pack

Register at [www.playnrl.com/programs](http://www.playnrl.com/programs)

# PLAYNRL.COM