

Hornsby South Public School

Darug and Garigal Land
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www.hornsbysouthps.com.au (website)

Newsletter – 5 April 2023
Term 1 Week 11

CALENDAR



Thursday 6 April
Easter Hat Parade/
Grandparents' Day & last
day of Term 1

Monday 24 April
School Development Day
Staff only

Wednesday 26 April
Students return Term 2

Thursday 4 May
Selective High School
Test

Friday 5 May
K-2 Assembly

Monday 8 May
Music Viva

Principal's Message

THANK YOU

I would like to acknowledge the hard work and the continued commitment of our teaching, office and support staff, General Assistants and P&C. They have worked many extra hours and performed duties beyond my expectations to ensure excellence in teaching, as well as the safety and wellbeing of our students and families. A very special thank you to all staff at Hornsby South Public School.

Thank you also to the community for your continued support. I feel immense gratitude for the community in which we all live and work. Hornsby South Public School has continued to rise to the challenges of the day, with students showing our school values through their respectful and responsible attitudes. Our parents and community have once again shown that 'Our diversity is our strength', working together to support our students and each other. We have all enjoyed a very busy and productive term and are looking forward to Term 2. We wish everyone a very safe and joyous holiday period.

The HSPS P&C election BBQ was held on Saturday with many of the local community enjoying a variety of food from bacon & eggs to gourmet sausage sandwiches. It was a great success with many sales and satisfied voters. HSPS dad, Ben stepped up again to repeat his Federal election democracy sausage management skills. Thank you.



Alongside Ben was an army of awesome HSPS mums and dads that gave their time to ensure the event was a success. A huge thank you goes out to Rory, Sarah, Megan, Elisa, Tomomi, Ciaran, Nick, Marzi, Samantha, Lisa, Christiaan, Angus, Liz A, Alex, Andrea, Preet, Aparajita, Liz B, Pooja, Steph & Tara.

SHARE OUR SPACE

What is Share Our Space (SOS)?

Share Our Space (SOS) gives the people of NSW access to the outdoor areas of participating schools, use of school ovals, playgrounds, sports courts and gardens during the **WEEKENDS ONLY** in school holidays.

Hornsby South Public School will participate in SOS **from 8 am to 5 pm on weekends and public holidays ONLY** during the upcoming School Holidays. There are no toilets open for use by the public.

The front pedestrian gate will be used as the entry point into our school. The school gate will be open between 8 am and 5 pm on **7th April, 8th April, 9th April, 10th April, 15th April, 16th April, 22nd April, and 23rd April 2023**.

Hornsby South Public School will not be open on any other days for community use. On weekdays, the site is used by **OSHClub exclusively**.

School staff (including GA's) are not required to be onsite during SOS and are not responsible for supervising children. It is expected that all children will be **supervised by their parent or a carer whilst on school grounds**.

If you have a general security concern during this time, you can contact the School Security Unit on 1300 880 021. In case of an emergency, call 000. We are looking forward to Sharing Our Space with our community.

DATES FOR YOUR DIARY

LAST DAY OF TERM 1 FOR STUDENTS

Thursday 6 April 2023

SCHOOL DEVELOPMENT DAY FOR TEACHERS ONLY

Monday 24 April 2023

PUBLIC HOLIDAY (ANZAC DAY)

Tuesday 25 April 2023

FIRST DAY OF TERM 2 FOR STUDENTS

Wednesday 26 April 2023

AREA SWIMMING CARNIVAL

Sixty-five Hornsby Zone representatives attended the Sydney North Area swimming championships on Thursday, 23rd March at Sydney Olympic Park Aquatic Centre. Students were very well behaved and were excellent representatives for their schools. There are many talented swimmers across the area, so it was extremely tough competition. Congratulations to our Sydney North Area representatives Jin K and Alex S.

DATES FOR ENTRY TO OPPORTUNITY CLASSES IN YEAR 5 IN 2024

Thursday 30 March 2023

Applications open 12am

Monday 15 May 2023

Applications close 11:59pm

Thursday 13 July 2023

Test centre and test authority advice released

Thursday 27 July 2023

Opportunity Class Placement Test

Thursday 3 August 2023

Illness/misadventure requests submitted

Sunday 6 August 2023

Last day to change opportunity class choices

Friday 20 October 2023

Placement outcome expected to be released



Please click on the link for further information.

<https://education.nsw.gov.au/content/dam/main-education/public-schools/selective-high-schools-and-opportunity-classes/media/oc-applicpack.pdf>

EASTER HAT PARADE AND CRAZY HAIR DAY

We are so excited and looking forward to seeing everyone tomorrow at the Easter Hat (K-2) / Crazy Hair (3-6) and Grandparents' Day. The parade will be held in the front playground from 9:30am. There will be morning tea available for our guests; however, the students will still be required to bring their own recess.

NATIONALLY CONSISTENT COLLECTION OF DATA (NCCD)

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students receiving an adjustment due to disability and the level of reasonable adjustment they are receiving. The national data collection counts students who have been identified by our school learning support team as receiving an adjustment to address a disability as defined under the *Disability Discrimination Act 1992* (the DDA).

Parents of students involved in the NCCD will be advised by their child's classroom teacher. For further information regarding NCCD, please access the following link.

<https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>

<https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>

MUSICAL TALENT

Cielle K. in Year 4 is a talented young violinist who currently attends the Rising Stars program at the Sydney Conservatorium of Music. Cielle is auditioning to be chosen to perform at the state music festivals at the Sydney Opera House and/or Sydney Town Hall. On behalf of Hornsby South Public School, we wish Cielle all the very best and look forward to hearing about her future successes and performances.

ANZAC DAY – 25 APRIL 2022

Each year, our school leaders traditionally attend the ANZAC dawn service at Hornsby RSL. Thank you to Miss Monique Oliphant and our school leaders Julia S and Oliver M for attending this service, laying a wreath and representing our school.

This morning, all students attended an ANZAC service at school to commemorate all those who served or died in all wars, conflicts and peacekeeping operations. Thank you to Miss Emily Madigan for organising this service and to Leading Seaman Hamburger for participating in our ANZAC Day Assembly.



Jennifer Davey
Principal

INCLUSIVE, ENGAGING AND RESPECTFUL SCHOOLS

The Inclusive, Engaging and Respectful Schools package has been developed by the Department of Education. It ensures every student is engaged and learns to their fullest capability and ensures all students, teachers and staff are safe in school.

The Department of Education website has a vast amount of information for parents and carers about the changes associated with this initiative and the ways in which all Department of Education schools know, value and care for our students. For more information please access the DoE website by using this link

<https://education.nsw.gov.au/student-wellbeing/whole-school-approach/inclusive--engaging-and-respectful-schools>



LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information gives some information about how to seek help for anxiety. Please take some time to read this information.

There are many community resources available to assist you should you need. Please see contact information for some of these services at the end of the newsletter.



Carolyn Smith
Deputy Principal

SCHOOL ASSETS

As mentioned in the last newsletter, we will have some work carried out within the school property during the school holidays. This work will be taking place in the following areas:

- between H Block and C Block.
- School oval

The work taking place near H and C Block will mean that the OSHClub building will not be accessible. For this reason, other spaces in the school have been allocated. The drop-off and pick-up point for OSHClub during this period will be from the two Kindergarten rooms in the front playground.



Adam Spencer
Assistant Principal

APC&I –THE K-2 MATHS SYLLABUS IN ACTION

Thank you to everyone who attended the Community, Coffee and Catch-Up session on the new Maths Syllabus. During the session we explored the changes to the curriculum and had a look at the new Syllabus in action in classrooms. I will be sending out a copy of the slides to the school community. In these slides you will find useful links to curriculum resources that will help you understand the changes to the Maths Syllabus and the resources developed by the Department. Here are some photos from our classrooms.



Mrs Skye Harper
Assistant Principal, Curriculum and Instruction



Psychology
at Hornsby South PS



Anthony Nguyen
Psychologist Intern
BA (Psych) (Hons), B Sci (Psych)

IMMEDIATE AVAILABILITY FOR NDIS PARTICIPANTS
FOR HELP WITH:

- EMOTIONAL REGULATION
- ANXIETY
- SOCIAL SKILLS

Anthony Nguyen has such a calm and fun way of working with children. He is experienced in behaviour therapies, CBT and play-based therapies. Anthony is experienced working with children with special needs, including AD/HD, Autism, intellectual disability and more.

To book or find out more contact us via our website:
<https://www.sarabalmer.com.au/contact-us>
or call us on:
02 9477 1600





SARA BALMER PSYCHOLOGY FOR KIDS

Sara Balmer Psychology for Kids is now at Hornsby South Public School! We are very lucky to welcome Mr Anthony Nguyen, an enthusiastic and caring Psychologist who provides psychological assessments, as well as guidance to parents and teachers, allowing children to reach their full potential. If you would like further information or would like to book your child in to see Anthony at Hornsby South Public School, please visit the website or call 02 9477 1600.

ATTENDANCE

Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Student attendance data is reviewed each fortnight at Learning and Support meetings. Any student who has an attendance rate of 92% or less for the calendar year or the previous 10 school weeks, (whichever is the longer period of time), is monitored for attendance patterns and justifications by the Learning and Support Team. Late arrivals and early departures are also included in the student's attendance data.


Let's improve Hornsby South Public School's attendance together! Next term, let's focus on arriving at school BEFORE 9:10am to reduce the number of late arrivals!



EVERY MINUTE COUNTS . . .

When your child misses just . . .	that equals . . .	which is . . .	and therefore, from Kindy to Year 12, that is . . .
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of school
1 hour a day	1 whole day of learning each week	8 weeks per year (nearly a term)	Over 2 ½ years of school

Your child's best learning time is at the beginning of the day!



School starts at 9:10am

Positive Behaviour for Learning: Respectful, Responsible, Aspire






Miss Kylie Madden
Assistant Principal, Learning and Support





Canteen

Respectful	<ul style="list-style-type: none">• I will use good manners.• I will be patient.• I will buy only for myself.	
Responsible	<ul style="list-style-type: none">• I will stand and wait quietly behind the line.• I will only go to the canteen if I have money to spend.	
Aspire	<ul style="list-style-type: none">• I will plan my order.• I will make healthy choices.	

WHERE EVERY FACE HAS A PLACE

POSITIVE BEHAVIOUR FOR LEARNING

As a school we like to ask the question, "how can I contribute to promote healthy, safe and active communities?" Our canteen is open 5 days a week.

Hours: Monday- Friday: 8:30am-2:30pm (breakfast, recess and lunch)

Hornsby South Public School Canteen, "The Snack Shack", is a not-for-profit Canteen run by the P&C Committee. They serve healthy fresh food to the students and staff at Hornsby South every day.

Students are taught the how to be respectful, responsible and aspire to make good choices towards the canteen staff. This week students are reminded to only buy food for themselves. They should only go to the canteen if they have been given money. Money should not be traded or given as a gift during school hours.

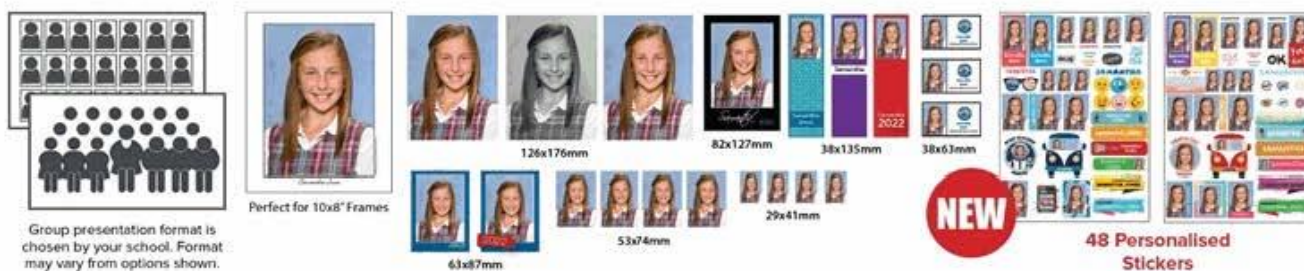
We also need parents, grandparents and friends to volunteer in our Canteen or Canteen Garden. If you can help for an hour or so with things like preparing food, packing lunch orders, counter service or helping in the canteen garden please contact us.



Miss Stephanie Jensen
Relieving Assistant Principal Year 2



school photographs are coming up soon



Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

F7G 54C 2P2

in the 'order and download' box. This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available.



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography.

Please note this delivery timeframe is dependant on proofing and additional photography days at your school.

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact

advancedlife
school photography & print specialists



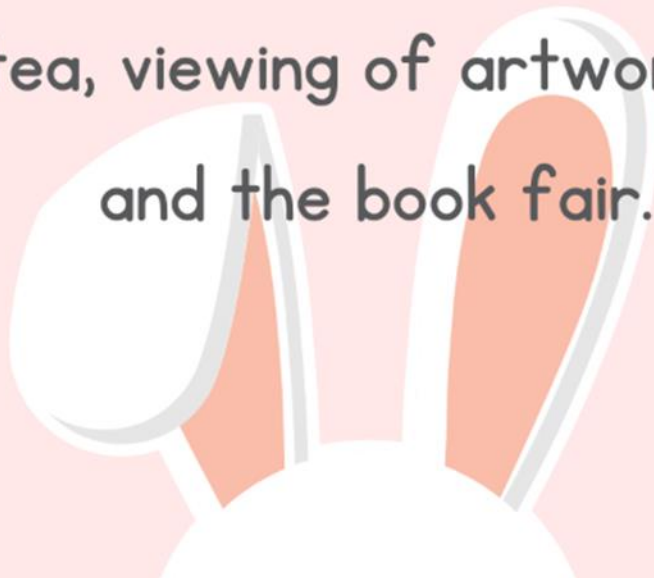
Easter Hat Parade

You are invited to our Easter Hat Parade and Grandparents Day!

WHEN: Week 11, Thursday 6th April 2023

WHERE: 9:30am in the front playground

WHAT: Students will be performing a short dance that they have choreographed as a class. Following this you are invited to enjoy a morning tea, viewing of artworks in the hall and the book fair.



Congratulations to our PBL Award Winners

Gold Award Winners



Oliver P, Harrison S, Rashdan A, Ryu P, Isabelle L, Isaac A

Platinum Award Winners



Julia S



ANZAC DAY

LEST WE FORGET



Drop-off and Pick-up zones

Safety tips

Safety tips for drivers using a Drop-off and Pick-up zones

- Always drop off or pick up your child from the designated zone and follow the school's procedures.
- Drivers should remain in their vehicles at all times in the Drop-off and Pick-up zone.
- Make sure children use the Safety Door (the rear footpath side door) to get in and out of the car.
- Make sure the handbrake is applied when the vehicle is stationary.
- Always park legally.
- Avoid dangerous manoeuvres such as U-turns and three-point turns.



Kids and Traffic Safety
Door sticker
RTA45091021K

Safety tips for students

- Always get in and out of the vehicle through the Safety Door, the rear footpath-side door.
- Stay buckled up until the vehicle has stopped in the Drop-off and Pick-up area.
- Make sure your school bag and other items are in a safe position, such as on the floor.
- Be ready to get out of the vehicle with your belongings when the car has stopped and you have unbuckled your seatbelt.

Safety tips for volunteers

- For easy identification, wear a safety item, such as a fluoro vest, sash or hat.
- Remain on the footpath when helping students to exit and enter each vehicle, in turn, in the Pick-up and Drop-off zone.
- Do not attempt to direct traffic and do not enter the road environment.

More information

[Keeping our kids safe around schools](#) has information for principals, parents and members of the school community.

Order Safety Door stickers from the Centre for Road Safety website [online catalogue](#).

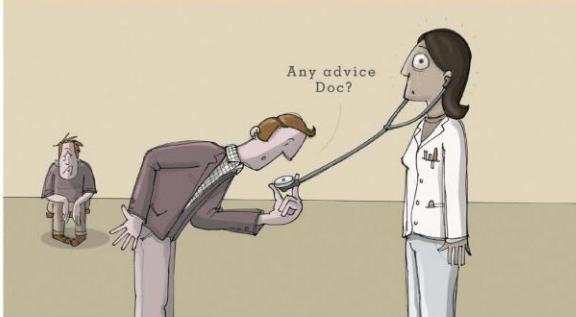
roadsafety.transport.nsw.gov.au

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Seeking help for anxiety



What this fact sheet covers:

- Why seek help for anxiety?
- Who to talk to
- Treatment available

It's important to get treatment for anxiety

Anxiety is physically and emotionally exhausting. Getting help early means you can start to get relief and recover sooner. There are many professionals who treat all kinds of anxiety.

There is a wide range of effective treatments for anxiety, from cognitive behavioural therapy (CBT) and e-mental health tools to relaxation techniques and medications. There are also lots of things you can do to help yourself.

Often it's a combination of things that help us get better, such as:

- a well-informed health professional you feel comfortable talking to
- the right psychological and medical therapies
- support from family and friends
- exercising and healthy eating
- learning ways to manage challenges and stress, such as structured problem solving, meditation and yoga.

How do I know it's anxiety?

Severe anxiety can appear in ways that feel like other health issues, e.g. chest pain, a racing heartbeat, dizziness and even rashes. Sometimes anxious people think they're having a heart attack.

Keeping health in mind

When we're anxious, we can also become hyper-aware of our body and aches and pains, perceived threats and danger. Sometimes, once we're aware of a problem, we can become 'hyper-vigilant' in checking on all the niggles and pains we feel. This can spiral into feeling more concern and worry, making the anxiety more severe.

You should always see a doctor, so they can make a thorough check of your symptoms and rule out any other medical condition.

Who can provide help for anxiety?

As well as your GP, there are other health professionals who can help with anxiety, including:

- psychologists
- psychiatrists
- counsellors
- school counsellors
- social workers and occupational therapists trained in mental health
- mental health nurses
- Aboriginal and Torres Strait Islander health workers trained in mental health.



**Black Dog
Institute**



What type of treatment is available?

There are three broad categories of treatment for anxiety:

- psychological treatments (talking therapies)
- physical treatments (medications)
- self-help and alternative therapies.

Psychological therapies are the most effective way to treat and prevent the recurrence of most types of anxiety. Depending on the type of anxiety, self-help and alternative therapies can also be helpful. They can be used alone or combined with physical and psychological treatments.

A thorough assessment by your doctor is needed to decide on the best combination of treatments for you.

Psychological treatments

Psychological treatments can be one-on-one, group-based or online interactions. Psychological treatments are sometimes called 'talking therapies' as opposed to 'chemical therapies' (i.e. medications).



Talking therapies can help us change habits in the way we think, and cope better with life's challenges. They can help us address the reasons behind our anxiety, and also prevent anxiety from returning.

There are a wide range of psychological treatments for anxiety, including:

- cognitive behaviour therapy (CBT)
- exposure therapy (behaviour therapy)
- interpersonal therapy (IPT)
- mindfulness-based cognitive therapy
- positive psychology

Keeping health in mind

- psychotherapies
- counselling
- narrative therapy.

Some of the above treatments can be accessed online. Evidence-based online treatments can be as effective as face-to-face treatments. These online treatments are often referred to as e-mental health programs.

Physical treatments

Your doctor should undertake a thorough health check before deciding whether medication is a good option for you. Taking medication for anxiety must be supervised by a doctor. If medication is prescribed as part of your treatment, your doctor should explain the reason for choosing the medication they've prescribed.

Your doctor will:

- discuss the risks and benefits, side effects, and how regularly you need check-ups
- advise what treatments can work together with the medication, such as psychotherapy, lifestyle changes (e.g. exercise) and other support options.

Anti-anxiety medications are used for very severe anxiety in anxiety types such as panic disorder, generalised anxiety disorder (GAD), and social phobia. Anti-anxiety medications, such as benzodiazepines, can:

- be addictive
- become ineffective over time
- have other side effects such as headaches, dizziness and memory loss.

Anti-anxiety medications are not recommended for long-term use.

It's important to know that not all anxiety needs medication. Many people respond well to lifestyle changes and psychological treatments.



**Black Dog
Institute**



Self-help and alternative therapies

There are a wide range of self-help measures and therapies that can be useful for anxiety. It's good to know that there are things you can do for yourself to feel better.

Self-help and complementary therapies that may be useful for anxiety include:

- exercise
- good nutrition
- omega-3
- meditation
- de-arousal strategies
- relaxation and breathing techniques
- yoga
- alcohol and drug avoidance
- acupuncture.

Different types of anxiety respond to different kinds of treatments. Severe anxiety may not respond to self-help and alternative therapies alone. These can be valuable adjuncts to psychological and physical treatments.

e-mental health programs

e-mental health programs can be used in conjunction with a mental health professional or as a stand-alone option. e-mental health programs (also called 'e-therapies' or 'online therapies') are online mental health treatment and support services. You can access them on the internet using your smartphone, tablet or computer. The programs can help people experiencing mild-to-moderate depression or anxiety.



Some e-mental health tools, such as myCompass developed by the Black Dog Institute, have been found to be as effective in treating mild-to-moderate depression as face-to-face therapies. e-mental health treatments are based on face-to-face therapy, positive psychology and behavioural activation. These therapies mainly focus on reframing thoughts and changing behaviour.

Key points to remember

- Lots of professionals can help you with anxiety
- There are many types of treatments for anxiety, and you can get better
- Many people who have had anxiety have been able to seek help and live active, fulfilling lives

Black Dog Institute

Hospital Road, Prince of Wales Hospital,
Randwick NSW 2031

(02) 9382 4530

Email: blackdog@blackdog.org.au

www.blackdoginstitute.org.au

The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment.

For information: www.blackdoginstitute.org.au



[blackdoginst](https://www.facebook.com/blackdoginst)



[@blackdoginst](https://twitter.com/blackdoginst)



[/BlackDogInst](https://www.youtube.com/BlackDogInst)

Keeping health in mind



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Resources for Families

If you or your child needs to talk to someone...

Name	About	Phone	Online
 Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, wherever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
 Headspace	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
1800RESPECT 	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
Mental Health Line 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx






If you are looking for an app to support you or your child...



Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free App Store Google Play</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free App Store Google Play</p>



If you are seeking additional information...

Name	About	Website
Raising Children  raisingchildren.net.au <small>the australian parenting website</small>	Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer.	https://raisingchildren.net.au/
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

Are you in danger?

If you, or someone you are with is in immediate danger please call:

 000

or

go to your nearest hospital emergency department





IT IS YOUR TURN TO HAVE A BLAST



School Holiday Program
POWERED BY THE SYDNEY SIXERS

Sydney Sixers Holiday Program - Greenway Park, Cherrybrook

Tuesday 18th April | 9am - 3pm

Please select the "girls" or "mixed" group when registering

Jade Boyce | jade.boyce@cricketnsw.com.au

Cost: \$49



SEARCH SYDNEY SIXERS HOLIDAY PROGRAM & FIND YOUR LOCATION OR OTHER LOCATIONS NEARBY



IT IS YOUR TURN TO HAVE A BLAST



School Holiday Program
POWERED BY THE SYDNEY SIXERS

Sydney Sixers Holiday Program - Mark Taylor Oval, Waitara

Monday 17th April | 9am - 3pm

Please select the "girls" or "mixed" group when registering

Jade Boyce | jade.boyce@cricketnsw.com.au

Cost: \$49



SEARCH SYDNEY SIXERS HOLIDAY PROGRAM & FIND YOUR LOCATION OR OTHER LOCATIONS NEARBY



SCHOOL HOLIDAY PROGRAMS

CREATING THE WBBL STARS OF TOMORROW

- Fun for all ages and abilities
- Learn ball skills and stay active
- All girls groups whenever possible
- Coached by our trained Cricket NSW staff

- Participants will be grouped together with their friends and others of similar age & skill.
- Learn ball skills through fun game-based activities.
- Short, modified games - bat, bowl & field.



SCAN THE QR CODE TO REGISTER FOR THE PROGRAM!

EVERY PARTICIPANT WILL RECEIVE A FREE CRICKET BLAST HOLIDAY PACK



YOU HAVE TIME FOR CRICKET.

Cricket now offers a range of short modified weekend game competitions for kids and adults. Check out PlayCricket for more details.

Play Cricket



APRIL HOLIDAY DRAMA WORKSHOPS

MAKE A PLAY WITH NEW FRIENDS!

BUILD CONFIDENCE AND COMMUNICATION SKILLS.

HORNSBY & KILLARA
11TH - 14TH APRIL 2023
OR
17TH - 21ST APRIL 2023

EMAIL: info@mstyp.org.au
PHONE: 02 9880 2356

LEARN MORE AND ENROL HERE!

ENROL NOW

TERM 2 2023 WEEKLY CLASSES

CLASS LOCATIONS:

- KILLARA
- GORDON
- TURRAMURRA
- HORNSBY
- ASQUITH

BUILD ACTING, PERFORMANCE AND CREATIVE SKILLS, WHILST DEVELOPING A DEEPER UNDERSTANDING OF THE WORLD AND YOURSELF

PERFORM IN TERMS 2 & 4.

WE TAKE CREATIVE KIDS VOUCHERS

MARIAN ST THEATRE FOR YOUNG PEOPLE

LEARN MORE AND ENROL HERE!





School HOLIDAY program

Are you aged 5-15 years?
Do you have a passion for animals?
Want to make some new furry friends?

Then join the RSPCA NSW Education Team
for the upcoming School Holiday Program!

rspcansw.org.au



SESSIONS INCLUDE

- A behind-the-scenes tour of our shelters
- Making enrichment toys
- Meeting a variety of shelter animals
- Talks from various roles at the RSPCA
- Exploring how our Inspectors perform rescues and enforce the law

PROGRAMS



**LOWER
PRIMARY**
(5-7 years)



**UPPER
PRIMARY**
(8-11 years)



SECONDARY
(12-15 years)

Sydney Adoption and Education Centre
201 Rookwood Road, Yagoona NSW 2199

To express your interest, please visit our website:
rspcansw.org.au/what-we-do/education/school-holiday-program/

If you would like more information,
contact the Education Team on:

☎ (02) 9782 4478

✉ education@rspcansw.org.au



APRIL 2023 SCHOOL HOLIDAY PROGRAMS

JEWELZ CIRCUS SHOW

Everybody has superpowers and we all have powers that are SUPER! Join Jewelz Rainbow Sparkle Heart as we discover how we are all 'Born to Shine'.

Get your daily dose of Hoopy Loopy Happiness with this interactive fun show presented through dance, hula hoops of different shapes & sizes, circus skills and storytelling! BYO cape and get ready to dance!

When: Tuesday 11 April 2023, 10.30am-11.30am

Where: Pennant Hills Library

When: Thursday 13 April 2023, 10.30am-11.30am

Where: Hornsby Library

Age: 3-8 years.

Cost: \$5.00 per child

Bookings: Children 7 and under must be accompanied by an adult. Bookings essential. Book online at hornsby.nsw.gov.au/library



KIDS WRITING WORKSHOP

Have you always wanted to write but are unsure where to start? If so, then this workshop is for you. Aimed at young writers, the workshop offers invaluable advice.

All the key areas of children's writing are covered: Where to get story ideas? How to write your story? What to put in and leave out of your story?

When: Thursday 20 April 2023, 10am-11.30am

Where: Hornsby Library

Age: 13-17 years

When: Thursday 20 April 2023, 2.30pm-4pm

Where: Berowra Library

Age: 10-12 years

When: Friday 21 April 2023, 10.30am-12pm

Where: Pennant Hills Library

Age: 7-10 years

Cost: \$5.00 per child

Bookings: Children 7 and under must be accompanied by an adult. Bookings essential. Book online at hornsby.nsw.gov.au/library



APRIL 2023 SCHOOL HOLIDAY DROP IN PROGRAMS

DROP IN AND DISCOVER – CREATE

Explore your creativity in this interactive session.

Bring your colouring page to life with Quiver, use your construction skills with Lego, check out our craft kits, and more!

When: Wednesday 12 April 2023, 10am-12pm

Friday 14 April 2023, 10am-12pm

Tuesday 18 April, 2pm-4pm

Where: Hornsby Library, 28-44 George Street, Hornsby

Age: 5-12.

Cost: Free

Bookings: Bookings not required. Children 7 and under must be accompanied by an adult.



DROP IN AND DISCOVER – STEM

Have fun with STEM

Interact with our Dash robots, Sphero minis, Makey Makey kits and more!

When: Thursday 13 April, 2pm-4pm

Monday 17 April, 10am-12pm

Wednesday 19 April, 10am-12pm

Where: Hornsby Library, 28-44 George Street, Hornsby

Age: 5-12.

Cost: Free

Bookings: Bookings not required. Children 7 and under must be accompanied by an adult.



Bookings are essential. For booking details and further information on these events and more events in your library visit hornsby.nsw.gov.au/library



For further information on these events and more events in your library visit hornsby.nsw.gov.au/library



Alan Stopford's School Holiday Tennis Camp

Camp 1: 11 - 14 Apr

Camp 2: 17 - 21 Apr

Hours: 9am – 3pm

Where: Normanhurst Boys High School, Normanhurst *

Ages: 5 to 15 years

4-day camp: \$170 (\$135 for half days)

5-day camp: \$205 (\$145 for half days)

Half days run 9am - 12pm

Casual day: \$65 (\$45 for casual half day)

Coaching of forehands, backhands, serves, volleys, correct grips, ready positions and footwork.

To register, complete the form on the reverse side or call 0411 426 554 or email stopfordalan@gmail.com

Fun games!

Challenges!

Friday pizza!

Tournaments!

* No vehicles on school grounds. Access via Gate 3 on Fraser Rd.

Alan Stopford Tennis Camp

\$5 EARLY BIRD DISCOUNT - PAY 1 WEEK PRIOR *
\$5 SIBLING DISCOUNT FOR 2ND CHILD

Alan Stopford is a Tennis Australia Qualified Coach with over 35 years of experience coaching in the local area.



Alan's school camps are ideal for kids of all standards:

- Beginners learn basic tennis strokes
- More experienced players improve their game play
- Advanced players compete for prize money!
- Trophies and medals are given for each group

Wet weather program available.

To register, call 0411 426 554 or email stopfordalan@gmail.com

* Discount available for full camp only



**YOUNG ENGINEERS
ROBOTICS & STEM CLUB
HORNSBY SOUTH PS – Wed's
3:15-4:30pm**



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**HOLIDAY PROGRAM
17th - 21st April 2023**

Suite4&5, 11-15 Florence Street, Hornsby

WRITING WORKSHOP

10-12pm Writing
12-12:30pm BYO Lunch
12: 30-2: 30pm Speaking
2: 45-4: 45pm Writing

CONFIDENT KIDS PUBLIC SPEAKING

- Take more chances
- Ask for what they need
- Speak up for themselves and others
- Become leaders



Hornsby@keacademy.com.au



Read

Write

Speak

Tel: 0447 768 311

Positive Behaviour for Learning (PBL) - Respectful, Responsible, Aspire



Northern Academy of The Arts

Ku-ring-gai High School has a long standing culture of creative and performing arts. Our specialised Year 7 Creative and Performing Arts class for Music, Dance, Visual Arts and Drama is **enrolling now**.

For more information and to submit an expression of interest, visit our website:

<https://kuringgai-h.schools.nsw.gov.au/>



Ku-ring-gai High School

Inspiring the next generation of artists.

The Occasional Performing Sinfonia

presents

When Stars Align

Works by rising young composers

Ella Macens - Space Between Stars

Christine Pan - Kamikaze - Wind of the Divine

and

Kalliwoda - Concertino for Oboe
with young soloist Mimi Chen

and

Dvorak - The New World Symphony

A Fundraiser for
Music Therapy
at Westmead
Children's Hospital

Sunday 30 April 2023, 3.00 pm

**Hornsby Girls' High
Edgeworth David Ave.
Hornsby**

All in with **SCHF** Sydney Children's Hospitals Foundation

Adult: \$30.00

Concession/Child: \$20.00

Children under 5: Free

Family (Two adults, two children): \$80.00

Online Book at <https://events.humanitix.com/tops-when-stars-align>
or at the door





NorthernLife KIDS K-6 Holiday Club!

INTO THE WILD

April 17-19, 9am-12:30pm

1 Pretoria Pde Hornsby 2077

More info & rego at northernlife.org.au/kids/



BECOME AN ASQUITH MAGPIE



Boys and Girls u6 League Tag
Boys and Girls Minis u7 to u9's
Boys and Girls Mod u10 to u12's
Girls Tackle u14 to u18's
Boys Tackle u13 to u18's
Men and Women's Open Age and u20's

Register Now

www.asquithmagpies.com.au





ASQUITH BOYS HIGH SCHOOL

2024 Scholarship Program

Asquith Boys High School provides opportunities for students to pursue high quality academic, creative arts and music programs, whilst studying curriculum developed by NESA (NSW Education Standards Authority). Scholarship opportunities are offered at Asquith Boys High School to encourage and acknowledge students in excellence across academic and creative arts subjects.

Year 7 2024 Instrumental Band Scholarship applications are now open



Download the Information and Application package from the website www.asquithboy-h.schools.nsw.gov.au or phone the school on 9477 3508. Applications close Friday 28 April, 2023, 3pm.

RAVENSWOOD OPEN DAY

RAVENSWOOD

FRIDAY 28 APRIL



We're proud to be a top academic school in NSW. Prouder still of the potential we ignite in all of our students.

Ravenswood. Multi award-winning Positive Education and wellbeing school.

ravenswood.nsw.edu.au



Catholic Education NSW

RAVENSWOOD IS A UNITING CHURCH SCHOOL FOR GIRLS, PREP TO YEAR 12, BOARDING FROM YEAR 7, GORDON NSW



Come along to our **FREE** KIDS GARDENING CLASSES AT FLOWER POWER

11AM WEEKDAYS

Tue 11 - Fri 14 April & Mon 17 - Fri 21 April

No classes on Easter Mon 10 April

No booking required



Kids under 5 must be accompanied by an adult For more information go to flowerpower.com.au



Join us this April School Holidays for mixed day activities and camps!

SHP COST: \$65 per day (8am-4pm)

CAMP COST: \$40 per day (9am-1pm)

AGES: 5-13 years

BOOK NOW



Early drop offs (7-8am) and late pick ups (4-6pm) available for \$20.00

Tues 11th	Pickleball, Trampoline, Parkour Fun, Capture the flag
Wed 12th	Basketball Fun, Nerf Wars, Beam skills, Tote bag creation
Thur 13th	Badminton, Gymnastics, Boxing Skills, Bookmark crafting
Fri 14th	Dodgeball Comp, Nerf Wars, Uneven bar skills, Key ring creation
Mon 17th	Pickleball, Gymnastics, Table Tennis, Parkour skills
Tue 18th	Dodge ball, Build-a-fort comp, Nerf wars, Trampoline
Wed 19th	Badminton fun, Boxing skills, Photo frame crafting, DMT skills Gymnastics Camp
Thur 20th	Basketball, Parkour workshop, Floor is lava, Rainbow wand creation Gymnastics Camp
Fri 21st	Soccer skills, Trampoline fun, Nerf Wars, Bookmark crafting
Mon 24th	Pickleball, Capture the flag, Nerf wars, Ceramic pots & vases

Additional info: Bring your water bottle, morning tea, afternoon tea, lunch and enclosed shoes! For further information, contact the club at hornsbypcyc@pcycnsw.org.au or (02) 8998 5400



IS LIFE CHANGING



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Art School The Palette

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Claim your \$100 voucher here
NSW GOVERNMENT

Drawing · Painting · Design · Craft · Mixed media · Sculpture

After School Art Class Kindy to Year10
Mon - Fri (3:50 - 5:20pm / 5:25 - 6:55pm) Sat (10:00 - 11:30am)
Beginner / Intermediate / Advanced

Preschool Art Class From 4-5 years old
Mon - Fri (10:00 - 11:00am)

For a trial lesson, book via appointment beforehand!

Contact us
SMS: 0493 122 541
Email: tpasydney@gmail.com
Suite 7 & 8, Florence Street, Hornsby 2077
(1-3 mins walk from Hornsby Station / Westfield Hornsby)

SCHOOL HOLIDAY WORKSHOPS!

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An **EXTRAORDINARY** experience for kids!

- * Galaxy Far Away (inspired by Star Wars™)
- * Superheroes & Ninjas
- * Learn to Code with LEGO® Robotics
- * Mining & Crafting (inspired by MineCraft™)
- * Remote Control Mania
- * Pocket Brick Monsters (inspired by Pokémon™)
- * And MORE!

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11&12 April ASQUITH
20&21 April TURRAMURRA



Enrol with us!

- Early Childhood Education
- 0-6yrs of age
- Open Monday - Friday, 7am-6pm
- Located next door to Hornsby South PS
- \$0 waitlist fee
- Open 52 weeks of the year
- Nutritious meals prepared on site
- Family owned
- Purpose built centre, opened July 2021
- Large outdoor play space
- School readiness program
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