

# Hornsby South Public School

*Darug and Garigal Land*  
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[www.hornsbysouthps.com.au](http://www.hornsbysouthps.com.au) (website)

*Newsletter – 8 March 2023*  
Term 1 Week 7

## CALENDAR



**Wednesday 8 March**  
Zone Swimming Carnival

**Friday 10 March**  
3-6 Assembly

**15 to 27 March**  
NAPLAN

**Tuesday 21 March**  
Harmony Day

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

**Wednesday 26 April**  
Students return Term 2

## Principal's Message

### 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

### PARENT/TEACHER/STUDENT INTERVIEWS

Last week (Week 6) information was sent home regarding parent/teacher interviews and how to book online for an appointment with your child's class teacher. These interviews will be held during Weeks 10 and 11. If you require assistance in booking an appointment, or you would prefer to have a phone interview, please contact your child's class teacher.

### PARENTS AND CITIZENS' ASSOCIATION (P&C)

The next meeting is Wednesday 15 March 2023. The AGM will start at 7:15 p.m and the meeting from 7:30pm in the library. Please join us!



## **EASTER HAT PARADE AND CRAZY HAIR DAY**

All students are invited to participate in the Easter Hat (K-2) / Crazy Hair (3-6) and Grandparents' Day which will be held on the last day of Term 1, Thursday 6 April 2023. The parade will be held in the front playground. We are extremely excited to extend an invitation to parents, carers, grandparents and friends. This event will take place in the front playground. However, in the event of wet weather, it will be moved to the school hall.

## **EXTENDED LEAVE TRAVEL APPLICATIONS**

It is a NSW Department of Education policy that family holidays and travel can no longer be approved by Principals. Travel outside of vacation periods is now counted as an unjustified absence.

## **CALENDAR ON SCHOOL WEBSITE**

On the home page of the school website there is a calendar with school events. As a school, we are endeavouring to create a culturally safe community for all. To celebrate our multicultural diversity, we have added special multicultural and Aboriginal and Torres Strait Islander dates throughout each term. If there are any special events that we may have missed, please contact the school office with the dates and names of these days so we can add them in.

## **MOSQUITOES**

We have arranged for the school to be sprayed for mosquitoes again following the recent downpours. We suggest students wear an effective insect repellent on exposed skin, except for the hands or near the eyes and mouth. We have also ordered numerous packets of mozzie wipes, which can be purchased through the front office for \$8 per packet of 10 wipes (cash sales only at the front office or online payment in the usual way). These wipes are non-toxic, contain aloe-vera, Vitamin E and Citronella Oil, and are suitable for children from 6 months of age.

\$8 per packet of 10 wipes  
from the school office



## **SAFE, RESPONSIBLE AND RESPECTFUL USE OF DIGITAL TECHNOLOGY**

Our children and young people have grown up with digital technology and it is woven into their lives. During COVID -19 many young people are using digital technology more often to learn and to socialise.

Supporting children and young people to use technology in a safe, respectful and responsible manner allows for more active online learning that can increase student engagement and participation. It also supports access to a broader range of content and learning resources that can supplement students' learning experiences.

Being safe online is a shared responsibility for students, teachers, parents, carers and the broader community.

It is important that families can communicate with their children about the how to use digital technology in safe, responsible and respectful ways.

Here are some key reminders for children and young people of how to stay safe online:

- Protect personal information, including name, address, school, email address, telephone number, pictures and other personal details.
- Never share usernames or passwords and only use your own



- Ask a teacher or other responsible adult for help if anyone online asks for personal information, wants to meet or offers money or gifts.
- Let a teacher or other responsible adult know immediately if anything online that is suspicious, harmful or inappropriate.
- Never hack, disable or bypass any hardware or software security, including any virus protection, spam and filter.

Further information can be found at:

- Digital Citizenship website: <https://www.digitalcitizenship.nsw.edu.au/>
- Esafety Commissioner: <https://www.esafety.gov.au/>

The department's [Student use of digital devices and online service policy](#) supports schools to maximise the benefits and minimise the risks of digital environments, and prepare students for life beyond school.



**Jennifer Davey**  
Principal

### **NAPLAN 2023 – Year 3 and 5 Students**

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

From 2023, NAPLAN is moving to Term 1 and will take place from **Wednesday 15 March** to **Monday 27 March**. The reason for this change is so that results can be returned to schools earlier in the year which will support teachers to understand the learning needs of their students and plan accordingly.

**In order for student to access the NAPLAN assessments they will require a set of wired headphones that can be used with a laptop computer. Please ensure your child has a set of wired headphones, labelled with their name, in a plastic bag at school no later than Monday 13 March 2023. These headphones can be taken home after all NAPLAN tests are completed on 27 March 2023.**

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2023, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked.

Students and parents can access the [public demonstration site](https://www.nap.edu.au/online-assessment/public-demonstration-site) (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with NAPLAN and the types of questions and tools available. Excessive preparation for NAPLAN is not required nor recommended.

If you have any questions about NAPLAN, please contact your child's teacher.



**Carolyn Smith**  
Deputy Principal



# Sentral and Enews transition update

As you would be aware, in 2023 we are making a switch to SENTRAL for all of our community communications. This is a phased approach. While we had planned to not be using Enews by now, we are trying to ensure all families are linked to our new system. We have decided to use Enews in parallel to SENTRAL until the end of Term 1.

**If you have already signed up to SENTRAL and downloaded the app to your device, you can now remove Enews.**

We now have a dedicated webpage about SENTRAL. The link is in the banner on our school website: <https://hornsbysth-p.schools.nsw.gov.au/> This also provides another access point to the Parent Portal in instances where you do not have your dedicated device at hand.

A physical letter and email have been provided to each parent/carer explaining the sign up process. These letters contain a unique KEY for EACH parent/carer. The KEY can only be used by one parent/carer. If you have not yet signed up to SENTRAL, or need a new KEY, please send an email to the school office: [hornsbysth-p.school@det.nsw.edu.au](mailto:hornsbysth-p.school@det.nsw.edu.au)

Through SENTRAL, class teachers have the ability to send each parent direct messages. Parents/Carers are able to send and receive direct messages through the Parent Portal/App.

As a school, the system also allows us to send emails to parents/carers. This will be done to ALL primary contacts. Where there is more than one parent/carer, emails will be sent to both.

Please be patient with us as we make this transition. Staff are still learning best practice in the use of SENTRAL.

Regards,



**Adam Spencer**  
Assistant Principal



## 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*





## HSPS COMMUNITY, COFFEE & CATCH-UP

In Week 10, you are invited to come and take a look at the new K-2 Mathematics Syllabus in action. I will be giving a brief presentation about the changes to the K-2 Mathematics Syllabus and how our teachers are implementing it in our classroom. Afterwards, you will be able to join other community members for a cup of coffee, morning tea and continue conversations about the new Mathematics Syllabus.

Please RSVP if you are able to join us. This will help with catering for the day.

RSVP: <https://forms.gle/vdrnM3f4yuugX24i9>



# HSPS

## Community, Coffee & Catch-Up

*Join us for coffee, morning tea and enjoy chatting  
with our APC&I*

**Who:** Mrs Harper- Assistant Principal, Curriculum and Instruction

**What:** The new K-2 Maths Syllabus in action

**When:** Thursday 30th March, 9:30-10:30 am

**Where:** Hornsby South Public School in the hall

**RSVP:** <https://forms.gle/vdrnM3f4yuugX24i9>



*See you there!*



**Mrs Skye Harper**  
Assistant Principal, Curriculum and Instruction



# HOW TO MAKE A PAYMENT



Payments to the school can be made in a number of ways.

**Cash/cheque payments** can be made at the school front office. The cash/cheque should be placed in an envelope with the child's name, class and details of what the payment is for written on the front.

**Online payments** can be made from our Hornsby South Public School website using either a Visa or MasterCard credit or debit card. Payments can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the school's website by selecting **\$ Make a payment**.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and school activities. There is also a category called "Other". This covers items not covered in the previous headings. "Other" can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

- The student's name, and
- Date of birth.

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account.

For any enquiries regarding the Online Payment process please contact the School Administration Office.





**ISRE** | ISLAMIC SPECIAL  
RELIGIOUS EDUCATION

Dear Muslim Parents and Caregivers,

Did you know that all children in NSW Public Schools are entitled to a session of religious education every week?

Our aim in providing SRE is to educate the Muslim students in your school to the best of our ability. With your support and assistance, we seek to develop in Muslim students a better understanding towards the teachings of their religion whilst also developing in them a stronger connection to their creator, their school and wider community.

Teachers are provided with a syllabus with weekly lessons. All we need is ½ hour to 1 hour of your time per week.

Are you interested in filling this position?

All information and materials are provided by the Islamic Special Religious Education (ISRE) body of the Islamic Council of NSW. It's easier than you think and is also extremely rewarding!!

**YOU can make a big difference to our children.**

Show our children how important Islam is to you and how vital it is for the development of our community. Your time and help will be greatly appreciated and immensely rewarding!

Please feel free to contact us on 9708 0880 (Monday to Thursday 9:30am-2:00pm), or email [info@isre.org.au](mailto:info@isre.org.au) for further details or interest.



**ISLAMIC COUNCIL**  
OF NEW SOUTH WALES





# Executive Team



Mrs Davey  
Principal



Ms Smith  
Deputy Principal



Mr Spencer  
Assistant Principal  
Stage 3 Leader (Years 5 & 6)  
Year 5 Supervisor



Miss Madden  
Assistant Principal  
Learning & Support



Miss Nicholson  
Acting Assistant Principal  
Kindergarten Supervisor (ES1)



Mrs Harper  
Assistant Principal  
Curriculum & Instruction  
Stage 1 Leader (Years 1 & 2)  
Year 1 Supervisor



Miss Jenson  
Relieving Assistant Principal  
Year 2 Supervisor



Ms Morales  
Acting Assistant Principal  
Year 3 Supervisor



Miss Oliphant  
Relieving Assistant Principal  
Year 6 Supervisor







# EAL/D

English As An Additional Language Or Dialect



Ms Goranic



Mrs Campbell



Mrs Chambers



Mrs Fitjer



Mrs Standingford

## School Counsellor

## Library Teachers



Stefan Goldfinch



Ms Hollis



Mrs Standingford





# Science



Mrs Love



Mrs Banks

# Numeracy



Mrs Payne

# Literacy



Mrs Palozzi





# Office Staff



Mrs Horrocks  
SAM



Mrs Jerram  
SAO/SAM



Mrs Petts  
SAO



Alison Jurotte  
SAO

## SLSO

### School Learning Support Officer



Leonia  
SLSO & MiniLit



Deanna



Mr Low



Alma



Christine



Ella



Anita



Lucy



# STUDENT REPRESENTATIVE COUNCIL 2023

Congratulations to our Student Representative Council (SRC) members who have been elected for 2023. This year our SRC members will represent their class for the year. This is to give the students ample opportunities to represent their class and voice their classes opinions throughout the year.

The SRC badges will be presented at our next K-6 assembly on the 31<sup>st</sup> March at 11:45am.

| <b>Class</b> | <b>Student 1</b> | <b>Student 2</b> |
|--------------|------------------|------------------|
| <b>1A</b>    | Emma E           | Ollie S          |
| <b>1B</b>    | Taiga P          | Chloe T          |
| <b>1C</b>    | Mila W           | Lloyd S          |
| <b>1M</b>    | Rudra V          | Darsameen C      |
| <b>2B</b>    | Bella H          | Stanley T        |
| <b>2J</b>    | Austin S         | Hojin S          |
| <b>2W</b>    | Ellie H          | Steven J         |
| <b>3J</b>    | Alana W          | Luke M           |
| <b>3W</b>    | Rashdan I- A     | Olivia D         |
| <b>3S</b>    | Rose S           | Jin T            |
| <b>3/4M</b>  | Diyan C          | Regina T         |
| <b>4W</b>    | Harry A          | Clara L          |
| <b>4H</b>    | Shawn K          | Kiana Z          |
| <b>5S</b>    | Valerie W        | Amber L          |
| <b>5M</b>    | Thinuri M        | Sunil D          |
| <b>5G</b>    | Jackson T        | Charlotte J      |
| <b>6O</b>    | Jin K            | Minka D          |
| <b>6A</b>    | Enya C           | Leena K          |
| <b>6S</b>    | Johnny M         | Aldrei V         |





# HARMONY DAY

*Celebrating Our Cultural Diversity*

**TUESDAY 21ST MARCH 2023**

Wear your school uniform with a touch of orange e.g. ribbon/socks/scrunchie





# Congratulations to our PBL Award Winners

## Gold Award Winners

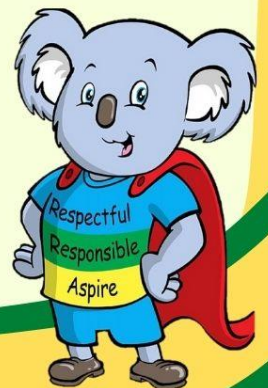


Julia S, Chloe Y, Tommy R, Marcus B, Ryu P

## Platinum Award Winners



Jane K





## LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information from The Black Dog Institute is on “Positive Psychology”. Please take some time to read this information. There are many community resources available to assist you, should you need.

# Positive psychology



### What this fact sheet covers:

- What is positive psychology?
- Practical strategies to increase your psychological wellbeing
- Where to get more information

### What is positive psychology?

Traditionally in psychology, the focus has been on identifying and treating mental health problems such as depression. This is critically important for those facing mental illness however, it provides an incomplete picture of mental health.

Positive psychology is a relatively new branch of psychology that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement, positive relationships and accomplishment.

Gable and Haidt (2005) defined positive psychology as “the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions.”

Positive psychology is not about putting on a happy face all the time. Life can be hard and disappointments and challenges are inevitable. However, scientific research has shown that there are some strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets.

### Practical strategies to increase your psychological wellbeing

#### 1. Enhancing pleasure

**Savouring** is the awareness of pleasure and of giving deliberate conscious attention to the experience of pleasure. Fred B. Bryant and Joseph Veroff of Loyola University have identified five techniques that promote savouring:

- **Sharing with others:** seek out others to share the experience and tell others how much you value the moment. This is the single strongest predictor of the level of pleasure.
- **Memory building :** take mental photographs, or even a physical souvenir of the event, and reminisce about it later with others.
- **Self-congratulation:** don't be afraid of pride; tell yourself how great you are and remember how long you have waited for this to happen.
- **Sharpening perception:** focus on certain elements and block out others, like closing your eyes and listening to the music.
- **Absorption:** allow yourself to become totally immersed and try not to think, just sense.

**Keeping health in mind**



**Black Dog  
Institute**





**Avoid forming habits.** Rapidly repeated indulgence in the same pleasure does not work. Neurons are wired to respond to novel events, and not to fire if the events do not provide new information. Seek out a variety of experiences and spread out pleasurable events over time. Surprise yourself or others with small presents of pleasure.

## 2. Engagement

**Mindfulness:** Mindlessness pervades much of human activity. We act and interact automatically, without much thinking. Mindful attention to the present moment can be developed through meditation and mindfulness based therapies. Through mindfulness we can focus our perspective and sharpen our experience of the present moment.

**Nurture relationships:** Your income level has a surprisingly small effect on your psychological well-being. The most fundamental finding from positive psychology is that strong personal relationships have the greatest impact on your satisfaction with life. Make sure that you invest time and energy in your friends and family.

**Identify and use your strengths:** Think about your personal strengths and how you might use them in your everyday life. Are you a leader, playful, fair, curious or original? Do you have a good sense of perspective? Do you love learning? Are you genuine? Are you good at teamwork? If you have internet access you can take an online test on Martin Seligman's website ([www.authentichappiness.org](http://www.authentichappiness.org)) to explore your personal strengths. Cultivate and use your strengths at work, in family life and in your leisure time.

**Seek out 'flow' experiences:** Through his research, Mihaly Csikszentmihalyi sought to understand how people felt when they most enjoyed themselves and why. He developed the concept of 'flow' which describes a state of joy, creativity and total involvement. Problems seem to disappear and there is a feeling of transcendence. 'Flow' is the way people describe their state of mind when they are doing something for its own sake. Some activities consistently produced 'flow' such as sport, games, art and

hobbies. Csikszentmihalyi has identified the ingredients to creating these optimal experiences:

- the task is challenging and requires skill
- we concentrate
- there are clear goals
- we get immediate feedback
- we have deep, effortless involvement
- there is a sense of control
- our sense of self vanishes
- time stops

Csikszentmihalyi says work and family life can provide important opportunities for 'flow'. When people were in 'flow', either at work or in leisure, they reported a much more positive experience. When challenges and skills were both high, people felt happier, more cheerful, stronger and more active. They concentrated more, felt more creative and satisfied.

## 3. Finding meaning

**Keep a gratitude diary:** Take the time each day to write down three things that went well and why. This causes psychological well-being levels to increase in a lasting way.

**Thank a mentor:** Write a letter of thanks to someone to whom you owe a debt of gratitude such as a teacher or grandparent. Then visit the person and read the letter to them. People who do this are measurably happier for more than a month.

**Learn to forgive:** Let go of anger and resentment by writing a letter of forgiveness to a person who has wronged you. Inability to forgive is associated with persistent rumination.

**Weigh up your life:** Take time out occasionally to consider how you are going in the major facets of your life such as family, work, finances, health and play. Reflect on the progress you are making in working towards your major life goals. Make changes in your life to match your priorities.



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**Perform small acts of kindness:** Performing five kind acts a week, especially all in one day, creates a measurable boost to levels of psychological well-being. Giving not only makes you feel good about yourself, it enhances your connection with others and can bring you positive feedback from others.

These and other strategies are detailed in Martin Seligman's book *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*.

## Where to get further information

### Positive Psychology

Lyubomirsky, S (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. Penguin Putnam

Seligman, M E P (2011). *Flourish: A New Understanding of Happiness and Wellbeing*. Nicholas Brealey Publishing

### Flow

Csikszentmihalyi M (1991). *Flow: The Psychology of Optimal Experience*. Harper Perennial

Csikszentmihalyi M (1997). *Finding Flow: The Psychology of Engagement with Everyday Life*. Basic Books

### Altruism

Post S, Neimark J (2007). *Why Good Things Happen to Good People*. Broadway

### Gratitude

Emmons R (2007). *Thanks!: How the New Science of Gratitude Can Make You Happier*. Houghton Mifflin

### Positive Psychology – Academic resources

Bryant F B, Veroff J (2006). *Savoring: A New Model of Positive Experience*. Lawrence Erlbaum Associates

Gable S L, Haidt J (2005). What (and Why) Is Positive Psychology. *Review of General Psychology*, Vol. 9: 103-110

Kahneman D, Diener E, Schwarz (eds) (2003). *Well-Being: The Foundations of Hedonic Psychology*. Russell Sage Foundation Publications

Keyes C L M, Haidt J (eds) (2003). *Flourishing: Positive Psychology and the Life Well-Lived*. American Psychological Association

Petersen C (2004) *Character Strengths and Virtues: A Handbook and Classification*. Oxford University Press

Petersen C (2006). *A Primer in Positive Psychology*. Oxford University Press

Snyder C R (2005) *Handbook of Positive Psychology*. Oxford University Press

*The Journal of Positive Psychology*. Published by Routledge

### Useful Websites

Centre for Confidence and Well-being, Scotland  
[www.centreforconfidence.co.uk](http://www.centreforconfidence.co.uk)

Positive Psychology Institute, Sydney  
[www.positivepsychologyinstitute.com.au](http://www.positivepsychologyinstitute.com.au)

The Positivity Institute  
[www.thepositivityinstitute.com.au](http://www.thepositivityinstitute.com.au)

The University of Pennsylvania, Positive Psychology Centre  
[www.ppc.sas.upenn.edu](http://www.ppc.sas.upenn.edu)

Time Magazine: The New Science of Happiness.  
[www.time.com/time/2005/happiness](http://www.time.com/time/2005/happiness)

Six Part BBC Series: The Science of Happiness.  
[http://news.bbc.co.uk/2/hi/programmes/happiness\\_formula](http://news.bbc.co.uk/2/hi/programmes/happiness_formula)

For information: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



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

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**Keeping health in mind**



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



# Easter Guessing Competition 2023

Easter is upon us, which means it's time to start collecting Easter eggs for our Easter Guessing Competition which will be drawn at the Easter Hat Parade on Thursday 6<sup>th</sup> April. If you are able to donate some items for the raffle, please send them in with your child to give to the office staff by Monday 27<sup>th</sup> March. Some items may include chocolate Easter eggs, Easter themed activity books, pencils or small toys.

We are also after baskets/bags to put the prizes in. If you have any spare baskets/bags around the house we would really appreciate them too. |

## Ticket selling information

**When:** 8:40am-9:10am on Wednesday, Thursday and Friday of Week 9 and 10.  
8:40am- 9:10am Monday and Tuesday of Week 11

**Where:** At the flagpoles in the front playground

**Price:** \$2.00 each or 3 for \$5.00

Thank you,  
Easter Hat Parade Committee



JOIN US

## SMALL STEPS CHILDHOOD ANXIETY SEMINAR

### A FREE SEMINAR ON ANXIETY IN CHILDREN

Maximise protective factors, **reduce** the impact of anxiety on your child

Wednesday, 29 March  
10:30am - 12pm  
at Hornsby Library

WayAhead



SCAN TO BOOK NOW



STARTS  
16 FEBRUARY  
2023

## ABORIGINAL & TORRES STRAIT ISLANDER SUPPORTED PLAYGROUP

Provides a relaxed and friendly environment for Aboriginal & Torres Strait Islander families and carers to bring their children to socialise and engage in culturally fun activities with other children.

### KATE'S PLACE

29 YARDLEY AVENUE WAITARA

- Fun activities such as, craft, story time and rain making.
- Guest speakers on child development.
- Parenting experts will offer tips on:
  - Attachment with your baby/infant
  - Boundaries and routines
  - Managing 'big feelings'.
- Learn about self care.
- A range of cultural activities.

### WEEKLY FROM 16 FEBRUARY 2023

10.00AM - 11.30AM

We are also planning on introducing some baby massage lessons and much more!

Come along and access parenting supports, community and meet other parents in a culturally supportive environment.

Bring some fruit or snacks for your little ones and we'll supply tea and coffee.



## MORE INFO & BOOKINGS

Simone - Intake Family Support  
P: 0481 602 083  
E: intakefs@catholiccaresbb.org.au  
W: www.catholiccaresbb.org.au

ALWAYS WAS, ALWAYS WILL BE ABORIGINAL LAND 

We acknowledge the traditional custodians of the land across our Diocese. We recognise the Aboriginal people as holding memories, the traditions and the culture of the lands we live and work upon. We pay our respects to Elders past, present and emerging.

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





# LOOKING FOR A MUSIC TUTOR FOR YOUR CHILD?

## GLISS MUSIC SCHOOL

We have expert tutors available now

- CELLO
- GUITAR
- TRUMPET
- PIANO
- VIOLIN
- CLARINET

Tutors travel directly to your  
home for lessons

Location: North-Western &  
Northern Suburbs

**CONTACT US**

[admin@glissmusicschool.com.au](mailto:admin@glissmusicschool.com.au)

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



# LOOKING FOR A MUSIC TUTOR FOR YOUR CHILD?

## GLISS MUSIC SCHOOL

We have expert tutors available now

- CELLO
- GUITAR
- TRUMPET
- PIANO
- VIOLIN
- CLARINET

Tutors travel directly to your  
home for lessons

Location: North-Western &  
Northern Suburbs

**CONTACT US**

[admin@glissmusicschool.com.au](mailto:admin@glissmusicschool.com.au)

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





HORNSBY LIONS



## Play netball in 2023 with the Hornsby Lions!

New players welcome.

Active kids vouchers can be used.

The club trains at Montview Oval and plays at Pennant Hills Park, as part of the Hills District Netball Association.



**Hornsby Lions Netball Club**

Home About News Teams Get Involved

**Welcome to Hornsby Lions Netball**

We are a Not for Profit Club and we play at Pennant Hills in the Hills District Netball Association (HDNA). The club was created in the early 2000's and has grown over the years. We are a close, family oriented club and welcome any new members.

[Register Here](#)




**Registrations close 15 March 2023**

Visit our website:

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

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HORNSBY RSL CLUB

# Registrations open

HORNSBY LIONS



NetSetGo is an introductory netball program for 7 to 10-year old girls and boys.

When: Friday 10 February - 17 March, 4:30pm to 5:30pm

Where: Montview Netball Courts, Hornsby Heights

Cost: \$85 (includes a players membership fee and Netball Australia fee for 2023).



[www.hornsbylionsnetball.com](http://www.hornsbylionsnetball.com)

Each NetSetGo participant also receives a netball and t-shirt.

**Come and try a free trial session!**

**Email: [registrar.hornsbylions@gmail.com](mailto:registrar.hornsbylions@gmail.com) or register through our website**

With the FIFA Women's Football World Cup coming to Sydney in 2023 what a perfect time to -

# JOIN OUR TEAM!

Hornsby Heights Football Club offers teams from U6 upwards. We have an ethos of supporting female footballers to play at whatever level is right for them. To have fun, meet new friends, get fit and learn new skills.



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**BALL MASTERY**  
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**GIRLS 6-7 HUB ON SUNDAYS**  
**GIRLS SATURDAY AND/OR SUNDAY OPTIONS**



[hhfc.org.au/registration](http://hhfc.org.au/registration)

Enquiries to: [girlsfootball@hhfc.org.au](mailto:girlsfootball@hhfc.org.au)

**GIRLS ONLY TEAMS FOR ALL AGES & SKILL LEVELS**

**ALL NEW FEMALE PLAYERS WHO REGISTER IN MARCH RECEIVE FREE SOCKS, SHORTS AND FOOTBALL**

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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)



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