

# Hornsby South Public School

Darug and Garigal Land  
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*Newsletter - 23 August 2023*  
Term 3 Week 6

## CALENDAR

### Friday 25 August

K-2 Assembly 11:35am

### Wednesday 30 August

Kindy 2024 Information Sessions -  
9:30 -10:30am & 6:30 - 7:30pm

### Friday 1 September

3-6 Assembly 10:30am  
Father's Day Stall  
Play Groups Session 1:45 -2:40pm

### Friday 8 September

K-2 Assembly 11:35am  
Play Groups Session 1:45 -2:40pm  
K-2 Disco

### Thursday 14 September

School Tour 9.30am  
Primary Proms Performance

### Friday 15 September

3-6 Assembly 10:30am  
Play Groups Session 1:45-2:40pm

### Monday 18 September

Multicultural Day

### Friday 22 September

K-6 Assembly 11:35am  
Last Day of Term 3

## Principal's Message

### KINDERGARTEN 2024

Enrolments for Kindergarten 2024 are now open. If you know anyone with a child who is planning to start school in 2024, please direct them to our front office so we can assist with their enrolment.

### HZSS UNIFORMS

Thank you to the HSPS P&C for funding the purchase of new HZSS uniforms for the Boys Netball, T-Ball, and Cricket teams to support their sense of belonging. We hope they arrive at school very soon. Thank you to Miss Monique Oliphant for designing these during the last holidays.





# HSPS CELEBRATES 175 YEARS OF PUBLIC EDUCATION

What a wonderful day we had celebrating 175 Years of Public Education. It was wonderful to have our community visit the classrooms and join in the celebrations. Thank you to Mrs Skye Harper for taking some beautiful photos to commemorate the day.





## HSPS BAND CAMP 2023

On Friday 11 - Sunday 13 August, the HSPS Training Band, Concert Band and Performance Band students attended Band Camp, held at the beautiful Crusaders campsite at Galston Gorge. For three days, the students rehearsed and participated in tutorials with expert tutors, playing music for over 10 hours across the weekend.

On Saturday afternoon, students were engaged in recreational activities such as low ropes, challenge course, archery and bushwalking. This was followed by some social time as everyone gathered to watch the Matildas vs. France World Cup soccer game on the big screen. Celebrating the Matildas' win with 70 students was certainly a Band Camp highlight!

On the final day of camp, the students prepared a one-hour concert for the parents and each band performed the pieces they were working on. They did an incredible job working as a team playing a range of pieces, some of which they had only just received at camp. The Band Camp concert closed with the 'Super Band' which was made up of all 70 students performing together, conducted by our band director Matt Dalziel.

Band Camp wouldn't have been possible without our wonderful conductors from Key Music including Matt D, Andrew R and Susanna S. A huge thank you must also go to the 2023 Band Camp Parent Crew for giving up their weekend to assist at camp. Thank you to; Stephanie H, Hilary S, Erin L, Justine L, Andrew F, Daniel S-A, Jane C, Aparajita H and Prachi S and to our band camp co-ordinators, Tim M and Alex M. A special mention to Alex M for the many hours of organisation leading up to the camp ensuring all students were catered for and looked after. Finally, to our students, who as always were exceptional. Congratulations! The camp was a great opportunity for all students to build relationships, improve their techniques and develop their independence. I look forward to hearing their next performance.







## WAKAKIRRI

### THEME - Great Stories Inspire Change!

Congratulations to the talented group of students who took part in the Wakakirri Dance Festival at Parramatta Riverside Theatre on Wednesday 16 August. The performance was truly joyful. *Kids Gone Wild* was about what happens when you leave dad at home, in charge of 87 kids at the annual Wakakirri slumber party. Nothing could go wrong, right? Or maybe the change in plans is exactly what the night needs..... The HSPS Wakakirri team won six awards; *Best Public Speaking Award*, *Storytelling Award for Best Story Theme and Concept*, *Ensemble Award for Overall Performance*, *Lead Cast Award for Performance in Dancing and Actin*, *Production Award for Sets, Props and Costumes* and *Production Award for Projection*. Congratulations and thank you to the parents for their support and assistance, to our talented teachers Miss Stephanie Jensen, Miss Maddie James, Miss Emily Madigan and Mrs Nicky Hall and to all 87 fabulous dancers involved in the performance, it was sensational! It was wonderful to see such an amazing sense of community spirit and belonging during the evening.

**LATE NEWS – Congratulations to the Wakakirri Team! We received a phone call late on Monday afternoon informing us you have been selected to perform at the state finals on 6 September 2023. An incredible feat.**

Wakakirri Ambassador Scott Irwin said "Fantastic fun Hornsby South! So energetic, with tightly rehearsed dance elements and some very cute storytelling also. A strong effort from your leads and ensemble. Such a large group and inclusive of all skill levels! Great costumes and makeup. Props & projections also. Things this size only come together with tonnes of hard work, and you are to be congratulated!"

## DEBATING

Congratulations to our Premier's Debating Challenge team, Alex Y, Julia S, Nia N, Olivia H and Oliver M who hosted Asquith Public School and debated the topic: *Should all primary schools complete 30 minutes of exercise each day?* The HSPS debating team were successful again in winning this debate. Thank you to Mr Paul Winspear for his guidance and tutelage.





**WAKAKIRRI**  
NATIONAL STORY-DANCE FESTIVAL 2023  
A NOT FOR PROFIT ORGANISATION

# BEST PUBLIC SPEAKING AWARD

Presented to  
*Hornsby South Public School*  
Congratulations!

*Adam Loxley*  
ADAM LOXLEY  
Wakakirri Festival Director



**WAKAKIRRI**  
NATIONAL STORY-DANCE FESTIVAL 2023  
A NOT FOR PROFIT ORGANISATION

## CERTIFICATE OF APPRECIATION

Presented to  
**HORNSBY SOUTH PUBLIC SCHOOL**

**WIG ONE WIG!**

What happens when you leave Dad at home, in charge of 87 kids at the annual Wakakirri skanber party? Nothing could go wrong, right? Or maybe the change in plans is exactly what the right needed...

*Great stories inspire change!*

*Adam Loxley*  
ADAM LOXLEY  
Wakakirri Festival Director



ZONE ATHLETICS

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





Congratulations to our students that attended the Zone athletics carnival on Friday 18 August held at Sydney Academy of Sport and Recreation Narrabeen. A special congratulations to Oliver M, Sean Y, Charlotte J, Eva H, Suluxmi S and Meka C who will represent our school at the Area carnival to be held on Tuesday 10 October 2023. Thank you to Miss Monique Oliphant for her exceptional organisation and dedication to all sporting events.

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

The next P&C Meeting will be held via Zoom on Wednesday 30 August at 7:30pm. New faces are always welcome. If you are not able to make this date, try and join the next meeting. Attending the P&C is a great way to meet new people in the community.

### **ASQUITH MUSIC ENSEMBLES – MUSICALE 2023**

On Thursday 24 August at 6:30pm family and friends are invited to attend the Asquith Music Ensembles – Musicale 2023 performances at Asquith Girls High School. Please scan the QR code to purchase tickets.

<https://www.trybooking.com/events/1089680/sessions/4040580/sections/2027601/tickets>



### **BONESY**

Thank you to the Manning Family for the donation of Bonesy to our Science classroom. He is already greatly loved.

### **APPROACHING THE SCHOOL**

If you have any concerns, or should you need to contact your child's class teacher, please make contact via Sentral and request an interview, or call the school office on 9489 2410. Making an appointment allows your child's teacher to perform their duties and supervise their class appropriately. It also allows your child's teacher to allocate the time required to assist you.

If, following a meeting, you still have unanswered questions or concerns that were not resolved, please contact the school office to arrange a meeting with the grade/stage supervisor; Kindergarten – Miss Grace Nicholson, Year 1 – Mrs Skye Harper, Year 2 – Miss Stephanie Jensen, Year 3 – Ms Marien Morales, Year 4 – Ms Carolyn Smith, Year 5 – Mr Adam Spencer and Year 6 – Miss Monique Oliphant.

If your concerns are still not resolved, please contact the school office to request an interview with our Deputy Principal - Ms Carolyn Smith or myself.

The staff at Hornsby South Public School welcome community members into our school and are keen to work together with parents to create a positive environment and support student learning.

### **YEAR 6 CANBERRA EXCURSION**

Congratulations to Year 6 for a successful Canberra camp this week. A special thank you to the parents and students for being at school by 5am on Monday morning and to all the staff that arrived at school at 4:30am.

A huge thank you to Miss Monique Oliphant, Mr Adam Spencer, Mr Connor Robinson, Miss Katie Smith, Miss Stephanie Jensen, Miss Leona Nicholson, Mrs Skye Harper and Miss Kylie Madden for donating their personal time to ensure the smooth running of the Year 6 camp and being on duty for over 60 hours. Without teachers volunteering their time, camps would not be able to take place.

An enormous thank you to Miss Monique Oliphant and the Stage 3 team, who conquered the COVID requirements, restrictions and guidelines with risk management plans, COVID safety plans and medical plans. It is wonderful to be able to offer Year 6 the opportunity to build their confidence, develop problem-solving skills, stimulate a sense of adventure, encourage social interaction and team building, and promote their independence.

Thank you to Year 6 for being the wonderful, special group of people that you are and making the experience enjoyable for all. We hope you all enjoyed the time too and are not too exhausted upon your return. We look forward to the Year 5 camp in Term 4.







**Mrs Jennifer Davey**  
Principal





# Congratulations to our PBL Award Winners

## Gold Award Winners

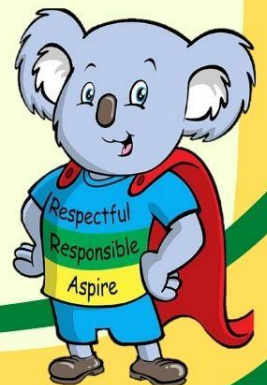


**Chloe, Arnav, Jaynie, Archer, Valerie, Jeffrey  
Kaushiki, Tsukiho, Maddison, Audrey, Aadil, Susan, Absent: Ken**

## Platinum Award Winners



**Isaac, Elisabeth, Kai**





# BOOK WEEK 2023 at HSPS

Monday 28 August – Friday 1 September 2023

## BOOK WEEK EVENTS



### Monday 28 August

- Students are invited to dress up as a character from a book.
- Classes will complete Book Week activities in their classrooms today and throughout the week.

### Friday 1 September

- A Book Fair will be held in the library from 8:30am (parents are welcome to attend the Book Fair before school).
- Book Fair 9:30am-1pm for students. Please bring along some pocket money to purchase a book.



## LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information is on depression during pregnancy. 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.

## KINDERGARTEN 2024

It is nearly time for us to meet our newest members of the Hornsby South Community. If you have children starting Kindergarten in 2024, please make sure you have enrolled them in a Kindy Play Group session and Beginner Group sessions to support their transition to Primary School. We are also holding information sessions for parents with children starting Kindergarten in 2024, on Wednesday 30 August 2023. See the Flyer in this newsletter for more information.

## SUN SAFETY

School hats are an important part of our approach to Sun Safety. Even in these cooler winter months it is important for all students to wear their hats when playing and learning outdoors. Please ensure your child/ren have their hat in their bag every day. Replacement hats can be purchased through the uniform shop.

## ROAD SAFETY

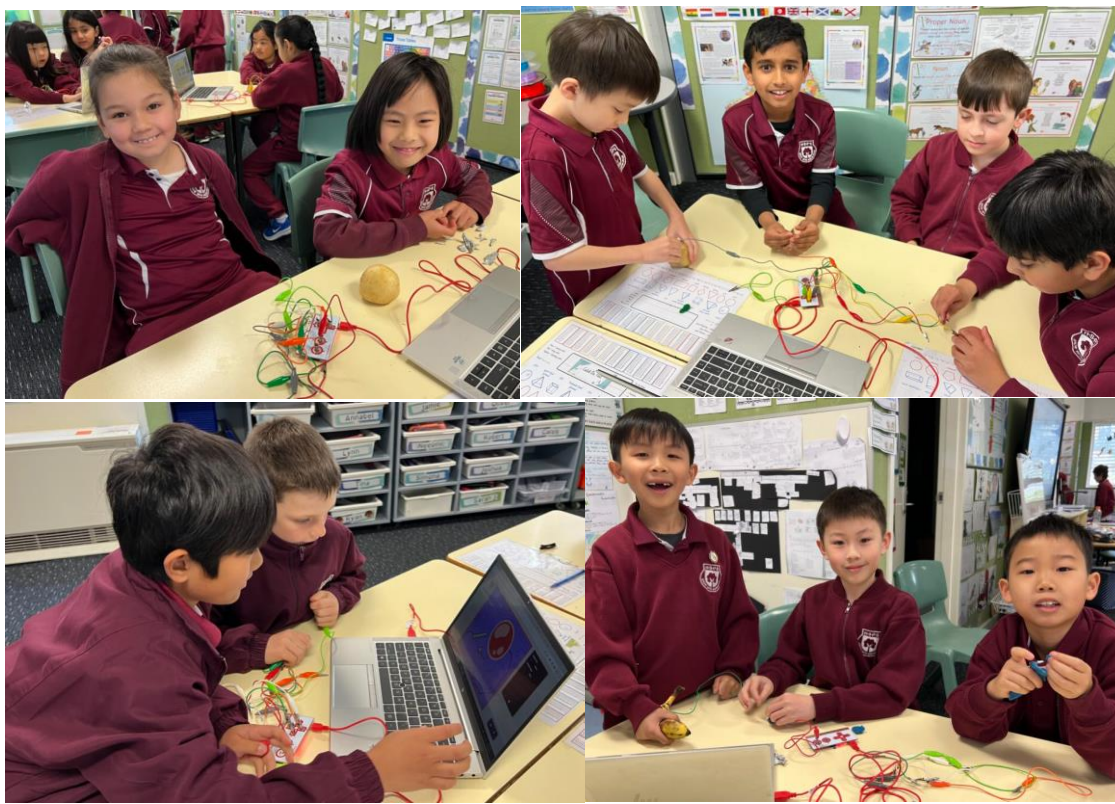
Included in this newsletter are some safety tips for use of the drop off and pick up zone outside our school. These tips are easy ways to make sure our children are able to be dropped off and picked up in a safe way. Please take some time to read these tips and discuss them with your child/ren.

## STAGE 2 TECH DAYS

As part of our Science Week celebrations Stage 2 have taken part in two exciting mornings of Technology lessons. They have developed their skills in word processing, Scratch Jr, Hour of Code and STEM activities, all while having fun. Thank you to the Stage 2 teachers for organising these engaging learning activities.







## STAGE TWO TECH DAY



**Carolyn Smith**  
Deputy Principal







## COMMUNITY COFFEE AND CATCH-UP

Join us for our next Community, Coffee and Catch Up where we will be looking at the importance of reading with our children and the different ways that we can help them as they navigate the processes of learning to read. We will look at the complexities of learning to read and also explore Scarborough's Reading Rope and what goes into the challenging task of becoming a skilled reader.

Please register your interest through the Google form:

<https://forms.gle/abarX5AFLA5EKeqq7>



**HSPS**  
*Community, Coffee  
& Catch-Up*

*Join us for a presentation and catch-up on the  
new K-2 English Curriculum*


**Who:** APC&I and AP from Hornsby South PS

**What:** How we can help our children learn to read

**When:** 30th August 3:30-4:30pm

**Where:** HSPS Library

**RSVP:** <https://forms.gle/abarX5AFLA5EKeqq7>



*See you there!*







**2023 NSW PREMIER'S SPELLING BEE**


**REGIONAL FINALISTS**

Congratulations to Diyan C and Oliver M for participating in the 2023 NSW Premier's Spelling Bee Regional Finals. What an impressive achievement. They practised for many weeks leading up to the competition. The competition was very tough, but our competitors made our school very proud. Well done!!






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



**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







# General Expectations

<b>Respectful</b>	<ul style="list-style-type: none"> <li>• <i>I will allow others to learn.</i></li> <li>• <i>I will be polite and kind to others.</i></li> <li>• <i>I will take pride in myself, my school uniform and the school environment.</i></li> </ul>	
<b>Responsible</b>	<ul style="list-style-type: none"> <li>• <i>I will be accountable for my actions.</i></li> <li>• <i>I will look after my personal belongings and school property.</i></li> <li>• <i>I will actively participate in all available learning opportunities.</i></li> </ul>	
<b>Aspire</b>	<ul style="list-style-type: none"> <li>• <i>I will be resilient and reflective.</i></li> <li>• <i>I will be academically courageous.</i></li> <li>• <i>I will be involved in my school and my community.</i></li> </ul>	

## WHERE EVERY FACE HAS A PLACE



**Miss Stephanie Jensen**  
Relieving Assistant Principal Year 2

### THE ANXIETY PROJECT

Research indicates that 70% of child anxiety is learned. Fortunately, early intervention means that most childhood anxiety can be unlearned too. But, how do we do this? How do we realistically support children through these tough times? Much of the potential for improvements in child well-being can be achieved through 'challenging' students to engage with problems - not by avoiding them.

I remember when I was 7, I had been practising a poem for weeks and it was finally time to get up on stage and present it to an audience and judges at a Speech and Drama Eistedford. Before I had to get on the stage I could hear my heart beating, I could feel the butterflies in my stomach and I begged my mum to just take me home. I did not want to do it! After I finished, I walked off stage with a giant smile on my face- happy and proud of myself for achieving something that was unfamiliar and uncertain. My mum tells me that as soon as I got off the stage I asked "can I go up and do it again?". I was obviously pretty chuffed with myself and with what I had accomplished.





I can't remember exactly what it was that helped me step onto that stage when I was little but I am sure that my mum would have been fueling me with encouragement, support and praise. How would I feel if I never got to get up and give it a go? What would I have learned if my mum did give in and take me home like I asked her?

If you notice that your child is feeling overwhelmed or worried about something, provide them with the time to calm down and then take it as an opportunity to talk about what they are experiencing and feeling.

It is normal for people to experience stress, worries or have anxious feelings throughout life. As adults, it is important that we guide children through these emotions and equip them with the skills to face these challenging moments as they get older.

Remember, what you might think is a little problem could really be a big problem through the lens of a child. Children need us as adults to help them make sense of problems and to feel secure and supported.



**Miss Grace Nicholson**  
**The Anxiety Project Implementation Coach**  
**Acting Assistant Principal Kindergarten**

## **VISIBLE LEARNING**

Visible Learning is an effective methodology to promote independence and student growth in both academic and social domains. To help spark a few school conversations at the dinner table, try asking your child the following questions relating to the mind frame of **being collaborative**.

*What are you passionate about?*

*How did you show your curiosity today? Which questions did you ask your teacher or friends?*

*What did you create in mathematics?*

*What would you want to investigate further? How could we do this as a family?*

*How can you be curious tomorrow during learning time?*



**Ms Morales & Miss Oliphant**  
**Visible Learning Coordinators**





To celebrate Book Week  
we are having a:

# Book Fair!

When: Friday 1<sup>st</sup> September

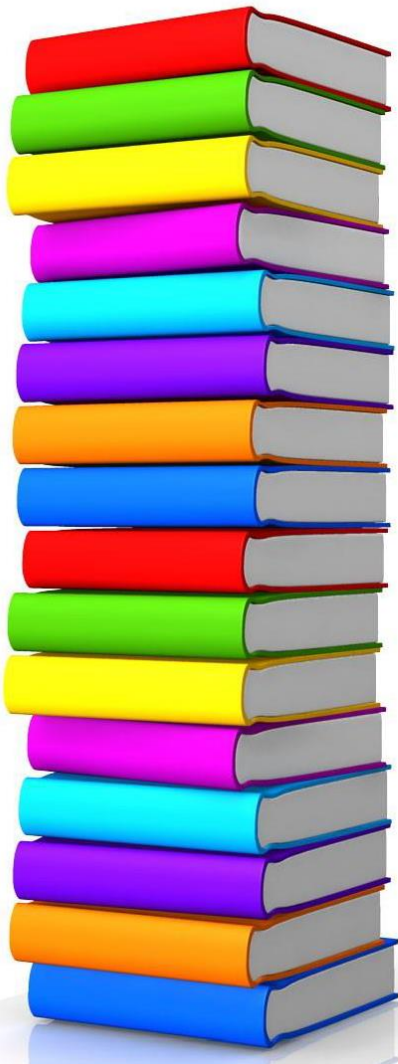
Where: HSPS School Library



What can I do?

You can visit the Book Fair  
with your parent at 8:30am

Or you can bring money to  
school and purchase a  
book when your class visits  
the Book Fair.







# Hornsby South Public School



## Kindergarten 2024 Orientation Dates



### Guided Tours of the School for Kindergarten 2024

Please ring the school office to book one of the 2023 dates below.

Friday June 2, Wednesday June 21,  
Monday August 21, Thursday September 14,  
Friday October 20, Tuesday November 7, Friday December 8  
*All tours start at 9:30am from the school office.*

### Information Session for Kindergarten 2024 Parents

*A booking is not necessary for this event.*

Wednesday 30 August in the school hall 9:30am - 10:30am or 6:30pm - 7:30pm

### Play Group Sessions for children enrolled in Kindergarten in 2024

Please book either one or two sessions at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) using  
the booking code **kn3t6**

Friday 1 September 2023 1:45pm -2:40pm  
Friday 8 September 1:45pm-2:40pm  
Friday 15 September 1:45pm-2:40pm

### Beginner Group Sessions for children enrolled in Kindergarten in 2024

*Please book up to three sessions.*

*A booking form will be provided with your enrolment pack.*

Tuesday 17 October 9:30am-11:00am  
Wednesday 25 October 9:30am-11:00am  
Thursday 2 November 9:30am-11:00am

### Pre-Entry to School Interviews for Kindergarten 2024 Parents

*Please make a booking at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)*

*A booking code will be provided with your enrolment pack.*

Monday 27 November 2023- Friday 1 December 2023

### BEST START Interviews for 2024 Kindergarten

*A booking code will be provided with your enrolment pack.*

*Please make a booking at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)*



### Start Date for Kindergarten 2024 Kindergarten

*A Starting Date and time will be provided with your  
enrolment pack.*

For more information Ph: 9489 2410 Fax: 9489 2495  
Hornsby South Public School 57-63 Clarke Road Hornsby NSW 2077  
E-mail: [hornsbysth-p.school@det.nsw.edu.au](mailto:hornsbysth-p.school@det.nsw.edu.au)  
Website: [hornsbysth-p.schools.nsw.edu.au](http://hornsbysth-p.schools.nsw.edu.au)  
NSW Department of Education CRICOS Code 00588M

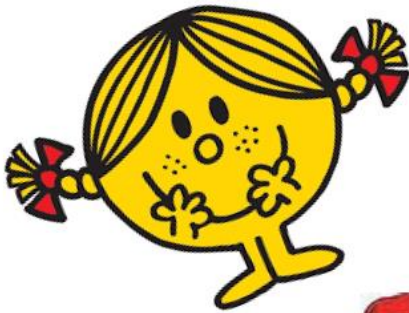






# Book Character Dress-up Day

Monday 28<sup>th</sup> August





# DISCO REMINDER

Permission notes & payment are  
due back to the school office by  
September 1, 2023

THE HORNSBY SOUTH PUBLIC SCHOOL  
P&C ASSOCIATION INVITES YOU TO...



## THE K-2 DISCO

**FRIDAY SEPTEMBER 8, 2023**

**TICKET PRICE: \$5**

### DISCO TIMES

KINDERGARTEN	3.45PM-4.30PM
YEAR ONE	4.45PM-5.30PM
YEAR TWO	5.45PM-6.30PM

*(YEAR 3-6 DISCO DATE: OCTOBER 20)*





# K-2 DISCO

**FRIDAY SEPTEMBER 8, 2023**



## Disco times

Kindergarten 3.45pm-4.30pm

Year 1 4.45pm-5.30pm

Year 2 5.45pm-6.30pm



**Cost: \$5 per child (includes an iceblock)**

**Drop off** Students must be escorted by a parent/carer through the staff carpark and signed into the disco.

**During the disco** Parents are invited to enjoy a cup of tea or coffee in the KW and KK classrooms while their children attend the disco.

**Pick up** Students can be collected by a parent/carer from the front playground at the end of the disco.

Students are encouraged to bring their own water bottle.

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**HSPS P&C DISCO - Please return payment with this form to the DISCO box in the office by Friday September 1, 2023.**

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to attend the Year K-2 HSPS P&C disco on Friday 8 September 2023.

My child has a medical condition that may affect their participation at the disco (asthma, epilepsy etc; please specify) \_\_\_\_\_

I acknowledge that this event is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 while participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

I give permission for my child to receive an iceblock at the end of the disco.

Signed \_\_\_\_\_ (Parent/carer) Date \_\_\_\_\_

I enclose \$5 cash OR  I have paid by direct deposit  
Hornsby South Public School P&C \* BSB: 062181 \* Acc number: 10142239  
(Please use your child's name and class as the reference)





Hornsby South Public School  
Parents Committee

# Father's Day Breakfast



**Friday 1st September 2023**  
**7:30 – 9:00am**

All students are invited to bring their Dad, Grandfather, Uncle or a special guest to a Father's Day breakfast at the School Hall

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*Please return this order form and cash payment to the P&C Front Office Box by  
Thursday 24 August*

<b>FAMILY NAME:</b>	
<b>Oldest Child - Name &amp; Class</b>	

Item	Quantity	Price Each	Total
Ham & Cheese Croissant		\$5.00	
Plain Croissant		\$4.00	
Pain Au Chocolat		\$4.00	
Cinnamon Swirl		\$5.00	
Apple Crown		\$5.00	
Vegan Croissant		\$4.00	
Gluten Free Blueberry Muffin		\$4.00	
<b>TOTAL ENCLOSED</b>			

*Complimentary Tea and Coffee will be available.*

*Juice, milk and water will be available to purchase on the day – **Cash Only** (No eftpos available)*



# FATHER'S DAY GIFT STALL

The Hornsby South P&C  
Father's Day gift stall will be held  
at school on Friday September 1st.

Children will visit the stall in their class  
groups to purchase one gift for their dad.

If they wish to buy a second gift they  
can do so at recess.

**Prices range from \$1 to \$9 - CASH ONLY**





# MULTICULTURAL DAY

18TH SEPTEMBER 2023

*Celebrating HSPS' Cultural Diversity*



- 9.30am - K-2 MANA performance
- 11.40am - 3-6 MANA performance
- 12.40pm - shared class lunch
- approx 1.45pm - Whole school parade





# ***CANTEEN VOLUNTEERS NEEDED***

Providing nutritious food in our canteen is a vital step in helping kids set up healthy routines and habits for life.

Our canteen is run with the help of a network of volunteers from our school community.

We urgently require volunteers to help in the canteen.

If you can spare any time to join our network and help prepare and serve food at our canteen, we would very much appreciate a hand.

It is easy and fun work with on-the-job training, and you only need dedicate as much or as little time as you can - even an hour of your time is greatly appreciated.

Volunteers must have a working with children check AND FILLED IN THE Declaration for Child Related Workers form - see below.

Please complete the form and return to the school office.

If you have any queries, please feel free to contact on  
9489 2410

or email - [canteen.hsps@gmail.com](mailto:canteen.hsps@gmail.com)

Many thanks  
*Tamara*





# INFORMATION FOR VOLUNTEERS

**If you are wanting to volunteer in any capacity at Hornsby South Public School please fill in the form below and return it to the School Office, or come into the office and collect a form. You must have a current WWCC for Volunteers issued by Service NSW & present Photo ID.**



## DECLARATION FOR CHILD-RELATED WORKERS

### Implementation document for the Working with Children Check policy

This declaration is to be completed by current and prospective employees, contractors, volunteers, and other persons seeking to be engaged in child-related work. Child-related work is work that:

- involves direct contact (face-to-face, online or physical) with people under the age of 18, where this contact is a usual part of, and more than incidental to, the work

OR

- has been determined to be child-related by the NSW Department of Education (the department).

Individuals who are [exempt from](#) the Working with Children Check (WWCC) requirement should complete all relevant sections in this form, including part 1, part 3 and part 4 (section C).

#### Reason for completing this form

- I am seeking to be engaged in child-related work with the NSW Department of Education as an employee or contractor
- I am currently employed with the department and am being appointed to a new position/role or require a probity check to continue working in my current role
- I am a parent, guardian, or close relative of a student at the school where I am volunteering or am considered an exempt person under the Child Protection (Working with Children) Act 2012
- I am a volunteer who is not the parent, guardian or close relative of a student at the school I am volunteering.



Part 1 – Applicant details			
Family name			
Given name(s)			
Previous name(s)			
Date of birth			
Gender (please tick)	Female <input type="checkbox"/>	Male <input type="checkbox"/>	Unspecified <input type="checkbox"/>
Town/City of birth			
State of birth (AUS only)			
Country of birth			
Country of citizenship			
Street address			
Town/suburb		Postcode	
State			
Email			
Telephone			
Employee ID number (if known)			

Part 2 – WWCC details	
WWCC number	
Name on WWCC clearance	
WWCC expiry date	

Part 3 – Identity documents (volunteers and contractors)		
<p>Complete this section if you are a volunteer or contractor. You must present one form of government-issued photo ID showing full name, date of birth and current address. Include details of your ID below. For further information see the <a href="#">WWCC Guide to Identity Documents</a>. Not applicable to Duke of Edinburgh's International Award volunteers.</p>		
ID document name	Issuing agency	Reference number





## Part 4 – Declaration

Read this declaration form before signing it. Place a tick in either section A, B or C as applicable to your circumstances.

**Note:** For positions that require a criminal history check, or for any application where section 'B' has been ticked, you must also complete the [Nationally Coordinated Criminal History Check \(NCCHC\) Application and Informed Consent Form](#) and provide four (4) specified identity documents (as specified on page 2 of the NCCHC form).

### Section A

I declare that:

1. I have no criminal convictions within the meaning of the Criminal Records Act 1991. I understand that 'conviction' defined in the Act includes a conviction whether summary or on indictment, for an offence, and includes a finding or order that an offence has been proved, or that a person is guilty of an offence, without proceeding to a conviction
2. I have no criminal convictions that cannot become spent within the meaning of the Criminal Records Act 1991 including, but not limited to convictions for which a prison sentence of more than six months has been imposed or convictions of sexual offences
3. I am not subject to any pending court proceedings relating to a criminal matter in Australia or overseas
4. I am not, and have never been, subject to any allegations or charges of a criminal matter in Australia or overseas

### Section B

Complete this section if you are unable to make the relevant declaration in section A.

I declare that:

1. I am unable to make the declaration in section A
2. I have completed the [Nationally Coordinated Criminal History Check \(NCCHC\) Application and Informed Consent Form](#) and understand that my employment or engagement will be subject to a national criminal history check to determine my suitability for employment or engagement.

**Note:** The department's probity unit will conduct screening for these applicants. The probity unit may contact the applicant for further information about the applicant's criminal history from the Nationally Coordinated Criminal History Check (NCCHC) to determine their suitability for employment.



**Part 4 – Declaration (continued)**

**Section C**

<input type="checkbox"/>	<p>Complete this section if you will be engaged in a child-related role but are <a href="#">exempt from the requirement</a> to hold a Working with Children Check (WWCC) clearance under the Child Protection (Working with Children) Regulation 2013 at the time of the making of this declaration.</p> <ol style="list-style-type: none"><li>1. I am not a disqualified person within the meaning of Section 18 of the NSW Child Protection (Working with Children) Act 2012</li><li>2. I have not had a Working with Children Check cancelled, refused nor am I subject to an interim bar on engaging in child-related work under the Child Protection (Working with Children) Act 2012 (this declaration may be made if a clearance was subsequently granted to you, a clearance was surrendered by you or the cancellation was overturned on review)</li><li>3. I have not been convicted of an offence, or subject to a finding of guilt for an offence or a finding that the charge for an offence is proven, where the offence was committed as an adult in NSW or elsewhere and was an offence of the kind set out in the list of offences on page 6 of this declaration</li><li>4. I am not, and have never been, subject to any allegations or charges of the kind set out in the list of offences on page 6 of this declaration and any other criminal matters in Australia or overseas.</li><li>5. I am not, and have never been, subject to any disciplinary action or findings of misconduct from a previous employer or other agency</li><li>6. I undertake, as a condition of my continuing to perform work (including volunteering) for _____ School/business area, that I will notify them of:<ol style="list-style-type: none"><li>i) the cancellation, refusal to be granted or imposition of an interim bar of any clearance I may hold under the NSW Child Protection (Working with Children) Act 2012 that would prevent me from engaging in child-related work that requires a Working with Children Check clearance</li></ol></li></ol> <ul style="list-style-type: none"><li>• any allegations, charges or conviction imposed on me for an offence, or finding that I am guilty of an offence, or finding that the charge for an offence against me is proven, where the offence is of the kind referred to on page 6.</li></ul>
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False and misleading information	
<input type="checkbox"/>	<p>I am aware that providing false or misleading information in either sections A, B or C in this document may lead to the department:</p> <ul style="list-style-type: none"><li>• withdrawing any offer of employment or engagement it has made to me; or</li><li>• terminating my employment or engagement, or taking disciplinary action which may include my dismissal; and</li><li>• to consider any false or misleading information I provide, when considering any future applications by me for employment or engagement.</li></ul>

Signed \_\_\_\_\_

Print name \_\_\_\_\_

Date \_\_\_\_\_





## FOR OFFICE USE ONLY

Only to be completed for volunteers and contractors.

To be completed by authorised NSW Department of Education (DoE) officer, or an authorised delegate of that officer. Authorised delegates checking the declaration and ID are identified in the department's Working with Children Check Procedure.

Is this application for a Duke of Edinburgh's International Award Volunteer?

- Yes
- No

I, (name) \_\_\_\_\_  
Role \_\_\_\_\_  
Location \_\_\_\_\_

Have checked and verified the applicant:

- has completed and signed this declaration form correctly
- has presented photo ID to verify their identity – matched
- is not included on the NTBE database (via eCPC Person Search)
- (if relevant) has an existing employee ID number in eCPC and a current, verified WWCC clearance: \_\_\_\_\_

Signed

Print name \_\_\_\_\_ Date \_\_\_\_\_

## Privacy statement

The department will use your personal information collected on this declaration document to manage risk associated with its legal obligations to ensure the protection of children and young persons in its care and for purposes directly related to your employment or engagement with the department.

The department will use this information to verify your identity and Working with Children Check (WWCC) clearance and to check the department's business systems, including eCPC and the database of persons Not to be Employed (NTBE), to ensure that there is no barrier to engaging the person.

All information you provide will be used, disclosed and stored consistent with the NSW privacy and other relevant law. The completed declaration form will be filed by the school/business area in secure storage for 7 years from date of inactivity and then destroyed. You may request access to this information from the school or business centre at which it is held. The department will not disclose the information to another agency or person unless required or authorised by law.

If you fail to provide all the information requested in this declaration the department may decline your request for engagement or employment.



## List of offences

The following list is consistent with the offences outlined in the Child Protection (Working with Children) Act 2012 and is not an exact copy. For a detailed list of disqualifying offences, please refer to the [Schedule 2 of the Child Protection \(Working with Children\) Act 2012](#).

As referred to on page 3 in section C of the declaration:

- a. sexual assault or intercourse offence
- b. the common law offence of rape or attempted rape
- c. an indecent assault offence
- d. a sexual servitude offence
- e. observing a person engaged in a private act, for the purpose of obtaining sexual arousal or sexual gratification (voyeurism)
- f. filming another person engaged in a private act or filming another person's private parts, for the purpose of obtaining, or enabling another person to obtain, sexual arousal or sexual gratification
- g. installing a device, or constructing or adapting the fabric of a building, for the purpose of facilitating the observation or filming of a child, with the intention of enabling any person to commit an offence referred to at (d)-(e) above
- h. murder
- i. manslaughter of a child (other than as a result of a motor vehicle accident)
- j. intentional wounding or causing grievous bodily harm to a child who was three or more years younger than me
- k. a child prostitution offence
- l. an offence involving an act of indecency with or towards a child
- m. procuring or grooming a child under 16 years of age for unlawful sexual activity
- n. using a child for the production of child abuse material, or producing, disseminating, possessing or importing child abuse material
- o. possessing or importing child pornography
- p. offences relating to the use of a postal or similar service for child pornography material or child abuse material
- q. offences relating to the use of a postal or similar service involving sexual activity with a child under 16
- r. publishing indecent articles
- s. an offence of kidnapping a child, unless a parent or carer of the child at the time of the offence
- t. a forced labour or deceptive recruiting for labour or services offence, where the victim was a child
- u. intentional or reckless infliction of grievous bodily harm on a child, during or after the delivery of the child
- v. intentionally abandoning or exposing a child under the age of seven
- w. bestiality
- x. an offence an element of which is an intention to commit one of the above offences or
- y. an offence of attempting, or of conspiracy or incitement, to commit one of the above offences or
- z. an offence under a law of another state or a territory, the Commonwealth or a foreign jurisdiction that, if committed in New South Wales, would constitute an offence listed in this clause.





# 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](https://roadsafety.transport.nsw.gov.au)

#### Disclaimer

While all care is taken in producing this work, no responsibility is taken or warranty made with respect to the accuracy of any information, data or representation. The authors (including copyright owners) expressly disclaim all liability in respect of anything done or omitted to be done and the consequences upon reliance of the contents of this information.





Science.  
Compassion.  
Action.

# Anxiety and Depression during pregnancy and the postnatal period



## What the fact sheet covers:

- Types of depression during pregnancy and the postnatal period
- Symptoms of postnatal depression
- Symptoms of perinatal anxiety
- Causes of pregnancy-related depression
- Risk factors and triggers for pregnancy-related depression
- Finding help.

## What is perinatal depression?

Perinatal depression and anxiety refer to changes in mood that may occur during pregnancy or the postnatal period. Approximately 15–20 per cent of women in Australia are affected by perinatal depression or anxiety. The childbearing years, especially the first few weeks after childbirth, are the peak period for the onset of depression in women. Perinatal depression varies with respect to symptoms, timing of onset, causes, risk factors, severity and duration. Perinatal mental health issues vary with respect to symptoms, timing of onset, causes, risk factors, severity and duration. It can also vary in the need for professional assessment and the type of treatment.

## Types of depression during pregnancy and the postnatal period

Short episodes of tiredness, nausea, aches and pains, irritability, sleep disturbance and loss of interest in sex are relatively common as part of the normal adjustment process in the perinatal period and will not require treatment.

It is important to distinguish between the 'baby blues', and other perinatal mental health issues that warrant professional treatment.

### 1. The 'baby blues'

The term 'baby blues' refers to a brief episode of mood swings, tearfulness, anxiety and difficulty with sleeping that is very common in the first



**Black Dog  
Institute**





week after the birth of a baby. It requires no special treatment, unless the symptoms are severe.

## 2. Antenatal depression

Antenatal depression refers to depression that starts during pregnancy. Between 10–15 per cent of pregnant women experience mood swings during pregnancy that last more than two weeks at a time and interfere with normal day-to-day functioning. Medical assessment is necessary in such circumstances.

## 3. Postnatal depression (PND)

PND describes the more severe or prolonged symptoms of depression (clinical depression) that last more than two weeks and interfere with the ability to function with normal routines on a daily basis including caring for a baby. Around 14 per cent of women in Australia (one in seven) experience PND. For around 40 per cent of these women, the symptoms begin in pregnancy.

## 4. Postnatal (puerperal) psychosis

This is an uncommon disorder that occurs in 1–2 individuals per 1,000 women. It has a sudden onset with severe symptoms – usually within two to three weeks of childbirth. Symptoms can also begin during pregnancy, especially where there has been a prior episode of psychosis or bipolar disorder. This illness requires urgent medical assessment and treatment.

### Symptoms of PND

There can be differences in the nature, severity and duration of the symptoms of depression seen in women who are pregnant or have recently given birth. Professional help is generally required to diagnose the type of depression and decide the best approach to treatment.

#### Common symptoms of PND include:

- Loss of enjoyment in usual activities
  - Loss of self-esteem and confidence
  - Loss of appetite and weight, or weight gain
  - Difficulty with sleep (irrespective of the baby's routine)
- A sense of hopelessness and of being a failure
  - A wish not to be alive
  - Suicidal thoughts or ideas
  - Panic attacks
  - Loss of libido
  - Fears for the baby's or partner's safety or wellbeing.

It is also very important that any talk of suicide be taken seriously and treatment from a mental health professional or other appropriate person be immediately sought.

The symptoms of postnatal psychosis can be severe and include the following features:

- Confused thinking
- Hallucinations
- Restlessness, agitated behaviours, or strange movements
- Fearfulness and worrying (often about the baby)
- Mood swings, sometimes with inappropriate emotions
- Elevated mood, extremely heightened energy levels and manic behaviours
- Inability to sleep
- Appearing out of touch with reality (psychotic), being suspicious, or demonstrating inappropriate behaviours.
- Medical assessment is necessary if any of these symptoms are present.

### Perinatal Anxiety

While pregnancy and the arrival of a new baby can be very exciting, most women experience some worries about things like having a healthy pregnancy, delivering the baby, keeping their baby safe, and potential impacts on their relationship, career, or finances. For some people, those worries can become overwhelming and unmanageable. Anxiety during pregnancy is often under-diagnosed and 10–20% of women will experience clinically significant anxiety during pregnancy or the postnatal period.





### Symptoms of perinatal anxiety

Symptoms may include excessive worry, a sense of dread, physical symptoms of anxiety such as elevated breathing and heart rate, stomach distress, and difficulty sleeping.

### Causes of pregnancy-related depression and anxiety

There are a variety of causes or triggers that can lead to the onset of clinical depression and anxiety during pregnancy and the postnatal period.

Some mood disorders such as puerperal psychosis and bipolar disorder are known to be linked to biological (genetic or biochemical) causes.

Perinatal depression and anxiety can also be associated with psychosocial stressors such as:

- Maladaptive behaviour patterns and dysfunctional thought processes and coping styles
- Problems with key relationships
- Difficult living conditions and negative life events.

### Risk factors and triggers for pregnancy related depression and anxiety include:

- A previous history of depression, bipolar
- Disorder or psychosis
- Stressful life events
- Lack of social supports

- A history of physical, sexual or emotional abuse
- Pregnancy loss
- Childbirth-related distress
- A baby that is difficult to settle, restless or unwell
- Personality types that increase vulnerability to depression such as the anxious worrier or socially avoidant personality styles.

### Finding help

Various health professionals and allied health professionals are qualified to help people experiencing depression during pregnancy and the postnatal period including:

- Doctors – general practitioner (GP)
- Obstetrician
- Psychiatrist
- Midwives
- Child and family health nurses
- Social workers
- Counsellors
- Psychologists.

The [Gidget Foundation](#) offers a free video counselling service for some new and expecting parents who are experiencing perinatal depression and/or anxiety and are unable to have a face-to-face consultation.

Check your eligibility by contacting [contact@gidgetfoundation.org.au](mailto:contact@gidgetfoundation.org.au) or 1300 851 758.





### Key points to remember

- The childbearing years, particularly the first few weeks after childbirth, are the peak period for onset of depression in women.
- Depression can begin during pregnancy.
- Excessive fatigue can contribute to low mood so adequate rest can help to prevent exhaustion.
- Around 14 percent of women will suffer postnatal depression.
- Anxiety and depression often go hand-in-hand.

### For advice about medications during pregnancy and breastfeeding

- Speak to your specialist, GP or pharmacist for safety advice about using medications while pregnant or breastfeeding.

### Crisis support

If you need support, call one of the following numbers:

- [Lifeline Australia](https://www.lifeline.org.au) – 13 11 14 (24/7)
- [PANDA](https://www.panda.org.au) [Perinatal Anxiety and Depression Australia] National Helpline (Mon to Fri, 9am– 7.30pm AEST) 1300 726 306



### For more information

Visit our website [blackdoginstitute.org.au](https://blackdoginstitute.org.au)  
Find us on social media @blackdoginst



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### [Online parenting course - help kids overcome anxiety](#)

Effective parenting strategies for child anxiety, developed by clinical psychologists | Fear-Less Triple P Online

[www.triplep-parenting.net.au](http://www.triplep-parenting.net.au)



## Resources for Families



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

Name	About	Phone	Online
 <p><b>Kids Help Line</b></p>	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 <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a>
 <p><b>Lifeline</b></p>	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 <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a>
 <p><b>Suicide Call Back Service</b></p>	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 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
 <p><b>Youth Beyond Blue</b></p>	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a>
 <p><b>Headspace</b></p>	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 <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a>
<p><b>1800RESPECT</b></p> 	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 <a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a>
<p><b>Mental Health Line</b></p> 	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	<a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a>








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



Name	About	Website
<p><b>Calm Harm</b></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</p> <p>App Store Google Play</p>
<p><b>Clear Fear</b></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.</p> <p>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</p> <p>App Store Google Play</p>
<p><b>ReachOut Worry Time</b></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</p> <p>App Store</p>
<p><b>ReachOut Breathe</b></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</p> <p>App Store</p>
<p><b>Smiling Mind</b></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</p> <p>App Store Google Play</p>
<p><b>WellMind</b></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</p> <p>App Store Google Play</p>



If you are seeking additional information...

Name	About	Website
<b>Raising Children</b>  raisingchildren.net.au the Australian parenting website	Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer.	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>
<b>ReachOut</b> 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Black Dog Institute</b> 	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.	<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>

If you are looking for online support...

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

**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







# Let's Go4Fun!



Enrol for Term 4 now

- Join the FREE 10-week program to learn healthy lifestyle skills, build self-esteem and have fun!
- Term 4, 2023 programs coming to Hornsby and Chatswood

To register visit [go4fun.com.au/register](http://go4fun.com.au/register) or call 1800 780 900.

## Getting healthier starts with small steps. Join **Go4Fun** now!

Northern Sydney Local Health District



## LIBRARY EVENT – BOOK WEEK 2023



### WAY TOO COOL!

Join Marley and Henry on their new adventure **WAY TOO COOL!** as part of Children's Book Council of Australia Book Week 2023. Enjoy a fabulous gateway into the best in children's literature through the CBCA 2023 shortlist books and celebrating the theme: **READ, GROW, INSPIRE.**

**WAY TOO COOL!** is a highly interactive musical adventure that explores ways to solve differences using empathy, kindness and a strong sense of humour.

**When:** Thursday 24 August, 5.30pm–6.30pm  
**Where:** Hornsby Library  
**Age:** 4+  
**Cost:** Free

**Bookings:** Bookings essential.  
 Book online at [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library) or at any Hornsby Shire Library Branch.  
 Children 10 and under must be accompanied by an adult.

Bookings are essential. For booking details and further information on this event and more events in your library visit [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)



## THE JUNIOR SCIENCE CLUB



### TERM 3, 2023

#### Presented by the Children's Discovery Museum

A four week program for young scientists aged 6 to 8 years presented by the Children's Discovery Museum. Participants will be able to learn and explore themes from different branches of science through numerous practical experiments.

##### Session 1: Science of Sherbet

Explore the sometimes explosive effects of acid-base reactions to discover how sherbet tingles your tongue, and make your own to take home.  
**When: Monday 28 August, 4.30pm-5.30pm**

##### Session 2: I Like to Move It

Discover what it really takes to 'move it' like the cast of Madagascar and use this to impress your family and friends with a clever physics trick.  
**When: Monday 4 September, 4.30pm-5.30pm**

##### Session 3: Eggsperiments

Eggsperiment with major ideas in physics, chemistry and biology and explain everyday phenomena using the humble egg.  
**When: Monday 11 September, 4.30pm-5.30pm**

##### Session 4: Dinosaur Doings

Join palaeontologists in exploring the prehistoric world of dinosaurs through fossils and make a fizzy dinosaur egg to take home!  
**When: Monday 18 September, 4.30pm-5.30pm**

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

**Ages:** Strictly 6-8 years

**Cost:** \$60 for the 4 week program

**Bookings:** Bookings essential. Book online at [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)

Bookings are essential. For booking details and further information on this event and more events in your library visit [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)





# Get on and Rock! At Your School!



The Music Bus brings music education and fun to your school.

## About The MUSIC BUS

The Music Bus visits over 300 schools a week, bringing music into the lives of over 5,000 students across Australia.

The Music Bus is the classroom (the bus!), teacher, instruments and curriculum all in one complete package - and it's at your school.

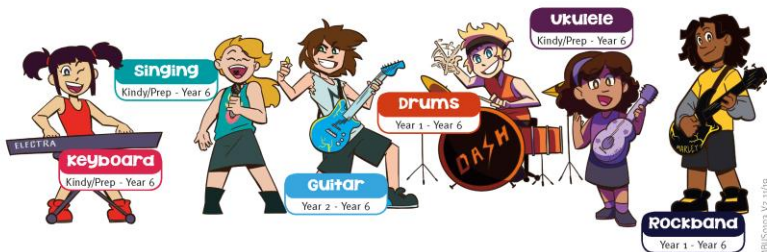
Made up of weekly half hour lessons, The Music Bus is fun, engaging and will inspire your child each and every week.

## our programs

The Music Bus offers modern and rock-style courses, using well-known songs to engage students at all ability levels. High quality instruments are provided and our experienced teachers use extensive backing tracks, developing confidence, rhythm and teamwork.

Cost: \$20 per weekly 30 min lesson (Drums \$22)

\*Lessons paid by the term on commencement



**BOOK NOW - Phone 1300 168 742 or visit [www.themusicbus.com.au](http://www.themusicbus.com.au)**

## Why we're different

- 1. We come to your school:** We offer all students, regardless of background or prior experience, specialist instrument lessons right on school grounds. That means less travel time for busy families.
- 2. We're affordable:** Our lessons are around half the price of private tuition. We also supply all the instruments during class, taking the burden off having to buy one right away.
- 3. Learning is fun:** The customised curriculum is set in a fun environment, focusing on music reading, playing, arranging and performing to help build skills and self-esteem - with lots of fun competitions and awards throughout the term.
- 4. Glowing reviews:** The award winning Music Bus program has received positive feedback from the Dept of Ed and NSW Creative Arts Department - not to mention from countless parents and Principals in your community.

## Benefits of Music Education

Numerous studies have suggested that studying music stimulates parts of the brain that are linked to maths and cognitive abilities, which may give your child an advantage in the classroom.

Learning an instrument can be a great way of enhancing kids' social skills. Learning in a group can help encourage youngsters to interact with their peers by working towards common goals and listening to each other!

Research has shown that listening to and playing music can stimulate brain development and improve memory which will increase their learning abilities.

Proud Business Partners of:



If you like what you hear and would like to book lessons for your child contact us today.

**BOOK NOW - Phone 1300 168 742 or visit [www.themusicbus.com.au](http://www.themusicbus.com.au)**

Not at your school yet? No problem - get in touch regardless and we can help you get started!

Note: Music Bus lessons are also available at Vacation Care, OOSH and Home School.

**BOOK NOW!**



Music Bus lessons at Hornsby South Public School

The Music Bus has opened their term 3 enrolments and are inviting new students to apply.

Classes offered are: · Keyboard (K-y6) · Ukulele (K -y6) · Drums (y1-y6) · Guitar (Y2-y6)

Lessons are: 30 minute duration, once per week, held in the hi tech music classroom on wheels on our site, the cost is \$20 per week (\$22 drums) payable by the term on commencement

If you wish to take part please complete this expression of interest form:

<https://app.smartsheet.com/b/form/ee4627a5204c46158e1ab17e7c8069c6>



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





# Give life. Give blood in Hornsby

26 August, 28 August and 29 August



**Hornsby**  
Mobile Blood Donor Centre  
William Street Car Park  
2 William Street, Hornsby NSW 2077  
Open 10:00am to 6:30pm



## Online Parent Course

Use discount code: **EARLYBIRD** for 33% off



SCAN ME

## Why it works:

**We are gamers too.**

We bridge the gap between parents, professionals and gamers and our strategies consider a gamer's point of view.

- 1 Learn the key motivators for gamers
- 2 Understand the culture and psychology of gaming
- 3 Discover where the line blurs between healthy and unhealthy gaming
- 4 Get on the same page and help your kids learn self regulation with training wheels.

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



WE'VE BEEN  
NURTURING  
CHILDREN FOR  
OVER 40 YEARS

CatholicCare  
Diocese of Broken Bay

## WAITARA EARLY LEARNING & CARE CENTRE

A warm, friendly, nurturing environment where we focus on communication and collaboration in partnership with families to ensure all children feel safe, secure and supported.

WE CATER FOR CHILDREN AGED 6 WEEKS TO 5 YEARS

OUR OPERATING HOURS ARE MONDAY TO FRIDAY 7.30AM – 6.00PM

WE ARE OPEN 50 WEEKS OF THE YEAR

WE PROVIDE AN AGE APPROPRIATE EDUCATIONAL PROGRAM

WE HAVE A FLEXIBLE ATTENDANCE PATTERN

WE WELCOME ALL CHILDREN & FAMILIES



Our Centre is staffed by experienced, long-term educators who regularly attend training to ensure they are up-to-date with current contemporary practices.

Our qualified cook prepares morning tea, lunch, afternoon tea and a late afternoon fruit snack. Our food is nutritious, encompassing a range of fresh seasonal fruits and vegetables. We celebrate our cultural diversity and offer a range of food choices from a variety of cultural origins.

“ I know he is safe and loved. The educators make me feel like he is the most important child in the centre, even though he is one of many! ”

### OUR EDUCATIONAL PHILOSOPHY

We are committed to providing a high quality curriculum that maximises learning potential through the implementation of a play based, interest focused curriculum, utilising the Early Years Learning Framework. Our curriculum provides children with the skills and knowledge necessary to make a smooth transition to school.

We provide children with the skills to think critically, solve problems, be aware of the world around them, strategies for conflict resolution and being respectful of each other and the wider community. Children are immersed in an environment rich in early numeracy and literacy through a play based approach. Our service provides a comprehensive preschool to school transition program.

### MORE INFORMATION

Waitara Early Learning & Care Centre  
29 Yardley Avenue Waitara  
P: 9488 2555  
E: [elc.waitara@catholiccareddb.org.au](mailto:elc.waitara@catholiccareddb.org.au)  
W: [www.catholiccareddb.org.au](http://www.catholiccareddb.org.au)

CatholicCare  
Diocese of Broken Bay





James Ruse Agricultural High School

# HSC MUSIC RECITAL

OUR AMAZING, TALENTED HSC STUDENTS

Lecture Theatre  
24 August 2023  
6pm

Design by Sophie Ahn

A CATERED EVENT  
*just for you*

YOU'RE INVITED TO THE ANNUAL  
TURRAMURRA HIGH SCHOOL

## SENIOR SHOWCASE

2023

**WEDNESDAY 23RD AUGUST 5.30-8PM**  
**THURSDAY 24TH AUGUST 3.30-8PM**

COME AND EXPERIENCE WORKS FROM HSC STUDENTS STUDYING  
DESIGN & TECHNOLOGY, INDUSTRIAL TECHNOLOGY: TIMBER,  
TEXTILES, DRAMA, MUSIC, VISUAL ARTS & ENGLISH EXTENSION 2

## ART & CRAFT KIDS VACATION CARE PROGRAM

Spots Going Fast! (6 - 12 Years)

9am - 3pm  
\$99

(Extended Program Available 8 - 6pm)

**WEEK 1**  
 25TH SEP: TIE DYE + WINDOW CANVAS  
 26TH SEP: POSCA ANIMALS + ARTY TRICKS  
 27TH SEP: DREAM CATCHERS + CRAFTY FUN  
 28TH SEP: BUTTERFLIES & FAIRY FUN + FOAM PRINTING  
 29TH SEP: FUN WITH STENCILS + POUR PAINT

**WEEK 2**  
 3RD OCT: UNDER THE SEA + ARTY TRICKS  
 4TH OCT: OUT OF SPACE + TIE DYE  
 5TH OCT: DREAM CATCHERS + CRAZY DRAWINGS  
 6TH OCT: ALL ABOUT CARS + SECRET GARDEN  
 (END OF PROGRAM PARTY)

25 Sept - 6 Oct 2023

East Lindfield Community Hall

[www.iloveart.com.au](http://www.iloveart.com.au) • 0410 669 548

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