Principal’s Report Term 1 Week 11

Vale Ms Chris Jones
Last month one of our esteemed colleagues lost her battle with cancer. Ms Chris Jones, counsellor for the IEC, had shown great determination and resilience over many years fighting her illness. Ms Jones had been a counsellor at the IEC for 15 years and during that time no student or staff could have wanted a better advocate for disadvantaged students. This dedication never wavered, even when gravely ill, she was asking about others and how they were dealing with their concerns. Ms Jones always had time to chat with everyone. Her generosity and kindness will be missed.

Digital Education Laptops
Year 9 students received their laptops on Thursday 4/4/13 and they will be having a training morning on Wednesday 10/04/13. These laptops, as explained to parents, are on LOAN to them for this year. This situation will be reviewed at the end of the year. This differs from previous years when the laptops were given to students and stayed with them till they left in Year 12.

iPads
The introduction of iPads as a trial is still on the agenda, unfortunately the timeline has been broken by the delay with delivery of the charging stations. Teachers are meeting every week to investigate how to successfully integrate this latest technology into their lessons.

MAX POTENTIAL
Max potential is a program supported by a number of local clubs where a mentor/coach works with school students to further develop their leadership skills and give them opportunities to work on projects that benefit the wider community. Samantha Murray and Connor Sadgrove have been nominated to represent Marsden High School. Ms Symons and myself attended the official launch where Mr Victor Dominello and Mr John Alexander spoke of the importance of this program for both the students and the community.

Parent Details
Parents/Carers are asked to ensure that their details on school records are up to date. Recently we had an unfortunate incident, when a student was injured and not one contact number was correct. Consequently, we could not inform the parents of their injured child and that the student was being taken to hospital. Mr Nguyen (Head Teacher IEC) accompanied the student to the hospital and then home. This was distressing for all concerned.

Our next P&C meeting is on Tuesday 30th April in the Library at 7:30pm
Uniform Shop News

The cost of the sports polo will increase to $30.00 effective Term 2. The uniform shop has been out of stock, but I have been assured they will arrive no later than week 2 term 2. Thank you for your patience.

New long sleeve unisex winter shirts will be available term 2. They will sell for $40.00.

The ‘buy-back’ scheme for blazers is up and running. Blazers are available in limited numbers but all sizes. You only pay $100 and can return it in good condition to receive a $50 refund.

Winter vests have not been popular, therefore, to move stock they are on sale for $35, which is below cost. Only sizes 14, 16, 18 and 20 are in stock.

Deb Blumendeld
Co-ordinator

Reminder – ties are compulsory terms 2 & 3

How to tie a tie

Calendar

May
1  ANZAC Service
6-10 Year 11 Construction workplacement
7  WarHorse Lyric Theatre Yrs 9-12
14-16 NAPLAN
21  Yr 7 & 12 Parent teacher night
21  ICAS – Computing skills Yrs 9 & 10
23  Zone Cross Country
29  School Athletics Carnival
31 5 Lithgow Camp

June
3-5 Lithgow Camp
7  Yr 7 & 9 vaccinations
10 Queens Birthday Holiday
12-14 Year 11 Crossroads Camp

School holiday dates:
Term 1
Easter break - Good Friday 29th March and Easter Monday 1st April
Last day of term Fri 12 April

Term 2
Students return Wed 1st May
Last day of term Fri 28th June

Term 3
Students return Tues 16th July
Last day of term Fri 20th Sept

Term 4
Students return Tues 8th Oct
Last day of term Wed 18th Dec

School holiday dates:
Term 1
Easter break - Good Friday 29th March and Easter Monday 1st April
Last day of term Fri 12 April

Term 2
Students return Wed 1st May
Last day of term Fri 28th June

Term 3
Students return Tues 16th July
Last day of term Fri 20th Sept

Term 4
Students return Tues 8th Oct
Last day of term Wed 18th Dec

Uniform Shop News

The cost of the sports polo will increase to $30.00 effective Term 2. The uniform shop has been out of stock, but I have been assured they will arrive no later than week 2 term 2. Thank you for your patience.

New long sleeve unisex winter shirts will be available term 2. They will sell for $40.00.

The ‘buy-back’ scheme for blazers is up and running. Blazers are available in limited numbers but all sizes. You only pay $100 and can return it in good condition to receive a $50 refund.

Winter vests have not been popular, therefore, to move stock they are on sale for $35, which is below cost. Only sizes 14, 16, 18 and 20 are in stock.

Deb Blumendeld
Co-ordinator

Reminder – ties are compulsory terms 2 & 3

How to tie a tie

Calendar

May
1  ANZAC Service
6-10 Year 11 Construction workplacement
7  WarHorse Lyric Theatre Yrs 9-12
14-16 NAPLAN
21  Yr 7 & 12 Parent teacher night
21  ICAS – Computing skills Yrs 9 & 10
23  Zone Cross Country
29  School Athletics Carnival
31 5 Lithgow Camp

June
3-5 Lithgow Camp
7  Yr 7 & 9 vaccinations
10 Queens Birthday Holiday
12-14 Year 11 Crossroads Camp

School holiday dates:
Term 1
Easter break - Good Friday 29th March and Easter Monday 1st April
Last day of term Fri 12 April

Term 2
Students return Wed 1st May
Last day of term Fri 28th June

Term 3
Students return Tues 16th July
Last day of term Fri 20th Sept

Term 4
Students return Tues 8th Oct
Last day of term Wed 18th Dec

Uniform Shop News

The cost of the sports polo will increase to $30.00 effective Term 2. The uniform shop has been out of stock, but I have been assured they will arrive no later than week 2 term 2. Thank you for your patience.

New long sleeve unisex winter shirts will be available term 2. They will sell for $40.00.

The ‘buy-back’ scheme for blazers is up and running. Blazers are available in limited numbers but all sizes. You only pay $100 and can return it in good condition to receive a $50 refund.

Winter vests have not been popular, therefore, to move stock they are on sale for $35, which is below cost. Only sizes 14, 16, 18 and 20 are in stock.

Deb Blumendeld
Co-ordinator

Reminder – ties are compulsory terms 2 & 3

How to tie a tie

Calendar

May
1  ANZAC Service
6-10 Year 11 Construction workplacement
7  WarHorse Lyric Theatre Yrs 9-12
14-16 NAPLAN
21  Yr 7 & 12 Parent teacher night
21  ICAS – Computing skills Yrs 9 & 10
23  Zone Cross Country
29  School Athletics Carnival
31 5 Lithgow Camp

June
3-5 Lithgow Camp
7  Yr 7 & 9 vaccinations
10 Queens Birthday Holiday
12-14 Year 11 Crossroads Camp

School holiday dates:
Term 1
Easter break - Good Friday 29th March and Easter Monday 1st April
Last day of term Fri 12 April

Term 2
Students return Wed 1st May
Last day of term Fri 28th June

Term 3
Students return Tues 16th July
Last day of term Fri 20th Sept

Term 4
Students return Tues 8th Oct
Last day of term Wed 18th Dec

Uniform Shop News

The cost of the sports polo will increase to $30.00 effective Term 2. The uniform shop has been out of stock, but I have been assured they will arrive no later than week 2 term 2. Thank you for your patience.

New long sleeve unisex winter shirts will be available term 2. They will sell for $40.00.

The ‘buy-back’ scheme for blazers is up and running. Blazers are available in limited numbers but all sizes. You only pay $100 and can return it in good condition to receive a $50 refund.

Winter vests have not been popular, therefore, to move stock they are on sale for $35, which is below cost. Only sizes 14, 16, 18 and 20 are in stock.

Deb Blumendeld
Co-ordinator

Reminder – ties are compulsory terms 2 & 3

How to tie a tie

Calendar

May
1  ANZAC Service
6-10 Year 11 Construction workplacement
7  WarHorse Lyric Theatre Yrs 9-12
14-16 NAPLAN
21  Yr 7 & 12 Parent teacher night
21  ICAS – Computing skills Yrs 9 & 10
23  Zone Cross Country
29  School Athletics Carnival
31 5 Lithgow Camp

June
3-5 Lithgow Camp
7  Yr 7 & 9 vaccinations
10 Queens Birthday Holiday
12-14 Year 11 Crossroads Camp

School holiday dates:
Term 1
Easter break - Good Friday 29th March and Easter Monday 1st April
Last day of term Fri 12 April

Term 2
Students return Wed 1st May
Last day of term Fri 28th June

Term 3
Students return Tues 16th July
Last day of term Fri 20th Sept

Term 4
Students return Tues 8th Oct
Last day of term Wed 18th Dec

Uniform Shop News

The cost of the sports polo will increase to $30.00 effective Term 2. The uniform shop has been out of stock, but I have been assured they will arrive no later than week 2 term 2. Thank you for your patience.

New long sleeve unisex winter shirts will be available term 2. They will sell for $40.00.

The ‘buy-back’ scheme for blazers is up and running. Blazers are available in limited numbers but all sizes. You only pay $100 and can return it in good condition to receive a $50 refund.

Winter vests have not been popular, therefore, to move stock they are on sale for $35, which is below cost. Only sizes 14, 16, 18 and 20 are in stock.

Deb Blumendeld
Co-ordinator

Reminder – ties are compulsory terms 2 & 3

How to tie a tie
EARN AND LEARN – WOOLWORTHS
Once again Marsden High School is participating in the Earn and Learn program to secure resources for our school. If you shop at Woolworths could you please collect the points and place them on the Points Sheet. The students can return the sheets to the Front Office. Thank you. Cathie Rust – Admin Manager and Co-ordinator

PDHPE
In Term 2, 2013 students in Year 11 at Marsden High School will be involved in a course called Crossroads. Crossroads is a Stage 6 course which extends the learning experiences of students in Years 7-10 in Personal Development, Health and Physical Education.

The Crossroads course is mandatory in NSW government schools and it is a compulsory area of study for all NSW senior students. There is no formal assessment or examination for this course. Crossroads aims to support senior students as they address issues related to identity, independence and the changing responsibilities they face. In Crossroads, students have the opportunity to develop knowledge, understandings and skills to enable them to make informed decisions about issues which are pertinent to them. The course is divided into two focus areas: Working at relationships and Drug issues.

This year we have engaged the services of Ian Bradburn from Optimum Experiences Outdoor Adventures. Ian and his team will present 3 exhilarating days of team-building, interactive leadership and experiential activities of personal growth. This will take place at beautiful Jamberoo Valley Lodge on the South Coast of NSW. They will be using a range of equipment and activities that will challenge our students both physically and mentally whilst developing skills in team cohesion, communication, cooperation, negotiation, problem solving, strategic planning, decision making and leadership. The sessions are presented with a focus on fun, safety and a 'challenge by choice' theme. PDHPE staff will present engaging workshops and presentations around drug use.

Grade Sport Round 6 & 7
Boys touch football 15s
19/3/13 BYE
26/3/13 v Ryde won 13-2 MVP – J Van Diggele

Boys touch football Opens
BYE
v Ryde won 7-0 MVP – B Hando

Mixed volleyball
19/3/13 v Burwood won 2 – 1
MVP – S Bray, C Plummer & J Jung
26/3/13 v Ryde lost 3-0
MVP – D McCrory & J Jung

Girls Touch Football
v Burwood won 3-2 MVP – S Siddiqui
v Ryde won 4-1 MVP – S Siddiqui

Cross Country
Age Champions
12’s E.Garret and A.Johnson
13’s P.Ji and Z.Kethel
14’s B.Spenceley and S.Travis
15’s J.Baikie and B.Phillipson
16’s J.Jung and E.Godden
17’s T.Wass and C.Cahlin

Cross Country House Results
1st Cuthbert
2nd Bradman
3rd Young
4th Konrads

The HSC live in action
On 20th March, Year 12 HSC ESL English students and their teachers enjoyed seeing their prescribed HSC text come to life in a performance of Educating Rita, held at the Parramatta Riverside theatres. Directed by Debbie Smith, the Riverside Lyric Ensemble production was a
great opportunity for our Year 12 ESL English students to enjoy a theatre production of the play that we have been studying 'on paper' throughout Term 1.

‘Educating Rita’ by Willy Russell is a two-handed play (only two characters) and it is therefore very important that our students gain a strong understanding of the characters, their sense of belonging and/or alienation with their social peers, and the characters’ personal search for identity. For many of our students, this was their first visit to a theatre play and a great opportunity to develop their understanding of their HSC text. Many thanks to Mrs Linda Larsen for organising the excursion.

Mrs Trish Swinkels
English/ESL Faculty

Study Skills
www.studyskillshandbook.com.au
Username: marsdenhs
Password: 181results

SRC Update
Community Service Update!

Blood Donations occurred on the 28.3.13. Jake Morton as the SRC organiser did a fabulous job promoting and coordinating students to attend the Red Cross Blood Donor Centre at Parramatta. Jake Morton, Uyen Phung, Jordan Amin and Ross Trodden participated in this community service. Blood Donations are a fabulous way to provide back to others who need blood during operations. Thank you to these students for contributing towards others, this is a valuable exercise that deserves commendation. It is anticipated that Blood donations will happen once each term. Ms McNaughton is the coordinating teacher, and is supported by the SRC. If you are over 16 and interested in donating blood, see an SRC representative or listen out for upcoming blood donation drives. We look forward to increasing our numbers for next term!

The SRC BBQ was held after the cross country and was a success. More fundraising and other BBQ’s are planned for later in the year. The SRC appreciates the support from staff and students to contribute to the effective running of these events.

A number of Senior SRC students including Tim Wass, Lauren Van Ostayen, Fiona Yu, Jenny Chen, Coco Kou, Seul Lee and Ms Mo contributed to the Global Citizens Initiative with Dr Kate Sinclair and University students to “Register their Movement Now”, an initiative developed by Parramatta High School, that aims to improve the awareness and action to help address extreme poverty. Check out the websites www.un.org.milleniumgoals and www.milleniumvillages.org to get more information relating to their passionate program called “Peace of Heart” which is gaining international support. The Global Citizens Initiative was started in 2012 and is being continued this year.
http://www.globalcitizenleaders.com/gysd/projects/
The Harmony Day Assembly was supported by the SRC, orange ribbons were supplied for every staff member and student to wear throughout the Day. Orange is the official colour for Harmony Day and its aims include promoting cultural, racial and religious intolerance, by promoting respect, fairness and a sense of belonging for everyone. Thank you to all the students who gave up their time to organise the ribbons for all of Marsden.

Enjoy your holidays and see everyone on the 1st Wednesday in the common room for the start of Term 2. A big thankyou to all the hard working, enthusiastic, reliable and wonderful students who contribute to the SRC. Your contributions are greatly valued.

Thanks for a great start to Term 1, we look forward to the momentum continuing!

Project ideas and initiatives for the SRC are always welcomed.

Ms Bernyk and Ms Mo
SRC Coordinators

Library News
Last fortnight in the library we have been very busy stocktaking to ensure our collection is managed under DEC instructions. This has been a bit inconvenient for some teachers and students but it is a necessary yearly task that ensures the collection stays up to date and relevant for all.

We are open for business as usual and will continue to be for the rest of the year!!!

Year 7 classes continued throughout stocktake and as you can see below students were very busy playing ‘Order in the Library’. This is a fantastic game were students sort and shelf Fiction and Non Fiction books.

Library Monitors!!
Would you like to become a Library Monitor? It doesn’t take up to much time as you can allocate when it suits you to help in the library and by giving your time you can an insight into the library that you don’t get on the other side of the counter. Marsden is lucky to have a dedicated monitor crew in the library and there is always room for more!!!

In Term 2 we will be recruiting Library Monitors so come to the Library and get a registration form to apply!!

Listen to what Naomi has to say about becoming a library monitor:
Being a library monitor is a great job! You help re-shelve books, write book reviews and help in the senior area. Library monitoring isn’t always about the hard work, there are parties, excursions, an air conditioned environment and a chance to spend time with your friends and the librarians. It is the perfect way to spend your lunch time or recess! Naomi

NSW Premiere’s Reading Challenge!

Explore the different categories and discover new treasures to enrich your reading experience. Through books you will acquire knowledge, develop your imagination and improve your mind. Accept the Challenge and enjoy the adventure

All year 7’s students will be taking part in the NSW Premiere’s Reading Challenge (PRC) in their Library classes but in this National Year of Reading we are encouraging all years to take part. Students in year’s 7 to 9 can take part in the traditional reading challenge all that you need to do is come to the library at recess or lunch and Mrs Cole or I will take your name and explain the rules and show you how to log on to your reading Log!

The rules are easy: Students must read

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Number of books needed to complete the Challenge</th>
<th>Minimum number of PRC books for your Challenge</th>
<th>Maximum number of personal choice books</th>
<th>PRC booklist selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9</td>
<td>20</td>
<td>15</td>
<td>5</td>
<td>7-9</td>
</tr>
</tbody>
</table>

All the PRC books are kept on a separate shelf in the library. All books have stickers on them stating that they are PRC books to make it easy for participants to borrow the right books. So there is no excuse come along and join in and you will receive your Certificate from the NSW Premiere when you complete the challenge.

Happy reading over the holidays and we look forward to seeing you in the library in Term 2.

Thankyou
Ms Langelaar  Teacher Librarian

Year 11 Marine Studies Camp

Marsden High School Marine Studies excursion to Gibberagong was a terrific success. At 8am Wednesday morning on the 18th of March nineteen intrepid Marsdenites left mobile reception and arrived for three full-on and fun packed days at Gibberagong, located in the picturesque area of Bobbin Head in the Ku-ring-gai Chase National Park.

On the excursion Marsden students paddled the waterways in canoes learning about the vital and unusual ecosystem of mangroves and waterways around Sydney. They also viewed and learnt about significant Aboriginal sites in the National Park. Students were trained to use
IPADs for marine subjects and created their own video on issues that affect fragile Marine environments. Students discussed potential marine jobs and avenues for employment that result from their study of this fantastic subject. They also spent time fishing! With much success - students caught Leather Jacket, Whiting, Flounder, Snapper, Bream, Catfish and Tarwhine.

Congratulations to the following students and teachers for their enthusiasm and cooperation during the camp. John Borg, Layla Jardine, Meryem Ates, Stephen Cole, Nihal El Hamoui, Cheyenne Garcia, James He, Vanessa How, Matthew Gordon, Stephanie Tai, Patrick McGregor, Curtis Reeves, Connor Sadgrove, James Bolliger, Anthony Garcia, Blake Hando, Tommy Thungsanawan, Bowen Zhao, Mr Charles, Mr Najdek and Mrs Symons.

With a special thank you to Mr Bulgin for all the work involved in organising the camp.

Mr Bulgin shows students significant Aboriginal sites.

Boys group line up ready to race.

Ms Amber King
Learning and Support Teacher

Year 10 celebrate the 100 year anniversary of the Bohr Model of the atom.
Science Scene
Frances Bodkin is Aboriginal and is D’harawal elder who has explored indigenous knowledge systems for many years and has a Masters of Environmental Science from Macquarie University. Fran studied botany, biology, climatology, marine sciences, palaeontology & geology at University. She shared her ecological wisdom and taught numerous groups in her capacity an indigenous educator.

Frances Bodkin studied Science to confirm that Aboriginal knowledge of Science was indeed Science. There are four components in Science - observation, experience, measurement and experiment. The first two components were part of Aboriginal Science. Observations and experiences were recorded and stored in stories. Today’s modern Science comprises of the latter two. By joining Modern Science with Aboriginal Science, she was able to perceive the science of the environment and the earth as a living entity.

She combined her formidable knowledge of D’harawal creation, history and law to teach Year 7 and 8 students about the native plants in the Marsden school environment on Tuesday, 2 April, 2013. The students were thoroughly engaged and enjoyed walking around the school ground (especially the bush regeneration area) to deepen their knowledge and awareness of indigenous uses of native plants.

S Barui
**Goodbye and best wishes to all**

I would just like to take this opportunity to say a fond goodbye to all of the students at Marsden and their parents. At the end of last year I made the decision to retire after working at Marsden since 1985. I really did not have the opportunity to say farewell to you until now. I enjoyed working with so many of you over the years and wish you all the very best of success in your chosen paths in the future.

A couple of weeks ago I had the chance to say farewell to the wonderful staff of Marsden at a retirement dinner which was organised by Ms Barui. I thought I would include a photo of some of the Science staff who attended on the night. Students and parents might recognise some of the faces of present and retired Science staff that go back quite a few years into time.

Best wishes for the future. I will miss you all.

Jan McBryde

---

**School Vaccination Program 2013**

Vaccination clinics for students in *Years 7 and 9* will be held on the following dates at Marsden High School.

- **Friday 7 June 2013**
  - HPV (dose 2) All Year 7 and Year 9 boys
  - VZV (Chicken Pox) Year 7 only

- **Wednesday 7 August 2013**
  - dTpa (Boostrix) Year 7 only

- **Thursday 7 November 2013**
  - HPV (dose 3) All Year 7 and Year 9 boys
  - Hepatitis B (dose 2) Year 7 only

The booklets for immunisation will be handed out to Year 7 and Year 9 during class time over the next couple of days. If you have any question please contact Amanda Train at school on 9874 6544.

**PLEASE NOTE:** Year 7 students do not need to be vaccinated for Hep B if they have already been vaccinated as babies. If your child has already handed in their form and they have already been vaccinated for Hep B could they please notify Ms Train.
Fourteen students from four local colleges will take part in this year’s Max Potential program.

The Max Potential program was launched at Club Ryde X on Friday night by Club general manager Brad Browne representing Club Ryde X, Ryde MP and Max Ambassador Victor Dominello, Bennelong MP John Alexander and the General Manager of Gladesville RSL Community Club Michael Donovan.

The Max Potential program is designed to mentor students with local community leaders with the aim of maximising each student’s potential to become a future community leader.

It is sponsored by Club RydeX, Ryde-Eastwood Leagues Club, North Ryde RSL Community Club, North Ryde Golf Club, Gladesville RSL Community Club and Gladesville Sporties.

This year’s students are Joshua Jeffery, Damian Martelli, Jack Crossin, Daniel Jones and Dylan Dooner from Marist College in Eastwood with Samantha Murray and Connor Sadgrove representing Marsden High.

Riverside Girls High is being represented by Krishani Dhanji and Sophie Lara-Watson while Ryde Secondary College is being represented by students Tenille Simpson, Camille Livingsdon-Newstead, David Yuan, Joshua Supnet and Rona Lee.

This year’s 20 week Max Potential will see the students undertake community projects and creative expression assignments to be displayed later this year.

The 20 week program also aims to teach the Max Potential principals of Make Things Happen, Achieve Personal Significance, Stamp Out Negatives, Internalise Principles of Right Conduct, March to a Mission, Integrate All Of Life, Set Your Focus On Caring for People, Energise Internally and Realign Rigorously.

FREE FAMILY INFORMATION SESSION FOR Marsden High School STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2013

Student Exchange Australia New Zealand, a not-for-profit organisation registered with all state and territory departments of education, is pleased to extend an invitation for Marsden High School students and their families to attend our next LIVE Online information session being held on Wednesday, 24th April. The session starts at 7.30pm (EST).

PO Box 1420, Mona Vale, NSW, 1660, Australia
Tel: +61 2 9997 0700
Fax: +61 2 9997 0701
Web: www.studentexchange.org.au
World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2013/14 exchange programs for a summer, semester or year. Students can choose to study and live life with a carefully selected host family in more than 25 countries – [www.wep.org.au](http://www.wep.org.au)

The University of Notre Dame, Sydney, would like to invite students to participate in their inaugural ‘HSC Four Day Study Intensive’ to run from Monday 8th July to Thursday 11th July 2013. More information may be found at [http://www.nd.edu.au/events/notre-dame-hsc-study-week](http://www.nd.edu.au/events/notre-dame-hsc-study-week)

Any interested U13 and U14 and U15s players wishing to play Rugby League in the combined NSW ICCC competitions with the Dundas Shamrocks JRLFC

Please contact club on 9874 9033
Are you interested in developing skills to enable you to help someone with their English?

Meadowbank TAFE is offering a free 5 week training session to give you skills for tutoring small groups or individuals in English.

The classes will begin on Tuesday 14 May from 10am-1pm. They will run for 5 consecutive Tuesdays at Meadowbank TAFE.

For more information please
Email susan.mills2@dct.nsw.cdu.au
Phone 9942 3572
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Communicating with Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today
* Assertiveness skills
* Problem ownership
* Problem solving
* Listening skills
* Peer group pressure & self-esteem issues
Chatswood 5 wks/2.5hrs (20/5 - 24/6, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you
Chatswood (13/5, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/5-25/6)
Triple P (Positive Parenting Program) Course - Chatswood (8/5-26/6)
Communicating with Kids Course - Chatswood (23/5-27/6)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
* Dealing with Teen's Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids
* Bully Busting Workshop
* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
* Older Sibling - New Baby
* Transition to School
* Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

NSW Government
Health
Northern Sydney Local Health District
Information Evenings for Parents/Carers - 2013

Living with Teenagers

Relationships, Strategies, Connections, Health

Parents and carers are warmly invited to attend the 2013 series of information evenings.

Please note all sessions are 7.00pm – 8.30pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Presenter</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 14th May</td>
<td>Greg Powell</td>
<td>Relationships and Resilience</td>
<td>Galston</td>
</tr>
<tr>
<td>Wed 15th May</td>
<td>Peter Walz</td>
<td>Keeping Connected with your Teenager</td>
<td>Hornsby</td>
</tr>
<tr>
<td>Wed 12th June</td>
<td>Andrea Simpson</td>
<td>Safe Partying – Messages for Parents</td>
<td>Hornsby</td>
</tr>
<tr>
<td>Tue 30th July</td>
<td>ThinkUKnow</td>
<td>Cyber Strategies</td>
<td>Galston</td>
</tr>
<tr>
<td>Wed 31st July</td>
<td>Greg Powell</td>
<td>Bullying Strategies</td>
<td>Hornsby</td>
</tr>
<tr>
<td>Wed 28th August</td>
<td>Andrea Simpson</td>
<td>Adolescent Mental Health</td>
<td>Hornsby</td>
</tr>
</tbody>
</table>

Hornsby - Mission Australia
1 Coronation Street

Galston - Galston High School
Waddel Professional Learning Centre
403 Galston Road

Greg Powell has worked as both a clinically-trained psychologist and a primary school teacher. He is an experienced presenter and has given seminars for both adolescent and adult groups in Northern Sydney across a variety of topics relating to parenting, education and mental health.

Peter Walz is a Clinical Psychologist at the Hornsby Child and Adolescent Mental Health Service which is based at Hornsby Hospital. He has worked with children, adolescents and their parents in Community Child and Adolescent Teams for over 15 years. He sees relationships within the family as central to his work.

Andrea Simpson has been a Psychiatric Nurse for over 17 years both in the UK and Australia. She has worked in Drug and Alcohol, Inpatient and Early Psychiatric Teams and is currently working as a Clinical Nurse Consultant at Hornsby Child and Adolescent Mental Health Service.

ThinkUKnow is an Internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones. It is a partnership between the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by Ninecom and Datacom. This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

Enquiries/Bookings
Please contact CAFS (Mission Australia) on (02) 9482 1366 during business hours. Bookings are essential.