CROMER COURTESIES: - Listening carefully without fiddling.

NOTES HOME: Zone Cross Country, Sydney North Dance Festival, 6S note.

<table>
<thead>
<tr>
<th>W4</th>
<th>Mon 19th May</th>
<th>Tues 20th May</th>
<th>Wed 21st May</th>
<th>Thurs 22nd May</th>
<th>Fri 23rd May</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 6 Camp</td>
<td>Yr 6 Camp</td>
<td>Yr 6 Camp</td>
<td>Yr 6 Camp</td>
<td>Winter PSSA 3</td>
</tr>
<tr>
<td></td>
<td>K - 2 Awards Assembly 2pm</td>
<td>Zone Cross Country</td>
<td>Instrumental Music Meeting 9am - Staff room - CANCELLED</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>P &amp; C meeting 7:30pm - Staffroom</td>
<td>ICAS - Computers Assessment</td>
<td>Yr 1 CSIRO visit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NSW Strings Festival rehearsal - Croydon</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W5</th>
<th>Mon 26th May</th>
<th>Tues 27th May</th>
<th>Wed 28th May</th>
<th>Thurs 29th May</th>
<th>Fri 30th May</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>3 - 6 Awards Assembly 2pm</td>
<td>Class Parent meeting 9am - Staffroom</td>
<td>OPEN DAY for 2015 Kindergarten children and families 9:15 - 11am</td>
<td>Winter PSSA 4</td>
</tr>
<tr>
<td></td>
<td>Yr 6 Camp</td>
<td></td>
<td>9 - 9:45am Hip Hop Audition in Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>K - 2 Assembly 2:10pm</td>
<td>ICAS Science Assessment</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W6</th>
<th>Mon 2nd June</th>
<th>Tues 3rd June</th>
<th>Wed 4th June</th>
<th>Thurs 5th June</th>
<th>Fri 6th June</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 5C &amp; 5F CSIRO visit</td>
<td>Yr 4 CSIRO visit</td>
<td>ICAS Science Assessment</td>
<td>Junior Choir PCS Rehearsal (Wheeler Heights Public School)</td>
<td>School Council Meeting 7:30am - Staff room</td>
</tr>
<tr>
<td></td>
<td>Art camp</td>
<td></td>
<td></td>
<td></td>
<td>Winter PSSA 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W7</th>
<th>Mon 9th June</th>
<th>Tues 10th June</th>
<th>Wed 11th June</th>
<th>Thurs 12th June</th>
<th>Fri 13th June</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PUBLIC HOLIDAY Queen's Birthday</td>
<td>3 - 6 Assembly 2:10pm</td>
<td>Class K-6B Athletics Carnival</td>
<td>Parent Forum reading 9 - 10:30</td>
<td>Winter PSSA 6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Public speaking competitions - Belrose Public School</td>
<td></td>
</tr>
</tbody>
</table>

Contact Details:-
Email: cromer-p.school@det.nsw.edu.au
Principal's Email: maureen.t.gray@det.nsw.edu.au
Web: www.cromer-p.schools.nsw.edu.au
Ph: 9971 0499  Fax: 9971 4635
Cromer Kids Club: 9971 2332
I would like to congratulate all Year 3 and Year 5 students for the way they have participated in National Assessment (NAPLAN) testing throughout Tuesday, Wednesday and Thursday. Students completed tests in Language Conventions, Writing, Reading and Numeracy. Class Teachers, the Learning and Support Teacher, the Reading Recovery/ESL Teacher, the Teacher Mentor and Senior Executive have all administered tests and provided support to Year 3 and Year 5. The general consensus of staff was that our students gave their best effort throughout the various tests. Well done, boys and girls!

Many thanks to all staff involved and to the rest of the school for keeping the school environment so quiet whilst testing was in progress. This testing took place in every Australian primary and secondary school for Years 3, 5, 7 and 9 students. Parents will receive reports on their child’s progress later in the year. Once again it is important to keep in mind that each test was a snapshot in time on one day and for some children their results may not reflect their overall ability. It is important to keep things in perspective.

We have endeavoured to catch up any children who have been away due to illness and will complete this task today. Unfortunately our lovely Deputy Principal, Nicole Herrmann sustained a fall whilst collecting NAPLAN test materials on Tuesday and has broken bones in her foot. I am informing you of this so parents can explain to young children Ms Herrmann will have to wear a special boot for a number of weeks to support her foot and allow her bones to heal. We hope to see Ms Herrmann back with us when she is feeling better, send her our love and wish her a speedy recovery.

Congratulations must go to our Year 2 students for their excellent participation and behaviour throughout their excursion to the Maritime Museum this week. Also, K-6B was part of the Department’s Arts Unit filming project about teaching dance to disabled students. K-6B students were wonderful ambassadors for Cromer PS. Both the Junior and Senior Girls Dance Groups have made it into the Sydney North Dance Festival to be held at Glen Street Theatre and our Boys Dance Group are three weeks away from taking to the stage in an eisteddfod. Cross Country Reps are off to the next stage of competition and PSSA Teams will be playing against other schools.

All of these extra-curricular activities occur with the generosity of staff who give up their time to support and train students before and after school, during lunch times and even on weekends. Most competitions, festivals and concerts that we enter have limited numbers of participants and so trials must be held to select teams and groups. This is not an easy task as every teacher who takes on an additional role operates from best endeavour and puts their heart and soul into what they are doing for our students. In very big schools such as ours, we can have large numbers of students trying out for teams/groups. When there are only so many places, decisions are based on performance at trials. Coaches cannot play favourites as we never know from one year to the next what skills new students may possess and who has improved incredibly from one year to the next when going from juniors to seniors.

Sometimes we cannot mount two teams as there are only really enough students to field one. Naturally some children will be disappointed in not being selected but how we handle disappointment through the loving support of parents is an essential part of preparing children to live in the real world.

Most teachers who take on a group or train a team have extensive experience in that field or a passion for the area or have been the person who has put up their hand to provide an additional opportunity for students as no one else was available and he/she didn’t want students to miss out. Fair play and good sportsmanship are qualities that schools endeavour to promote. Teachers don’t undertake selection of participants in an ad hoc way. They explain that there will be a selection process based on what they see during trials and try outs. They do not set out to create angst or devastation for any child. Unfortunately as you get older we all have to face competition in one form or other. Competition quite often can bring out the best in some people but equally the worst in others.

As adults we need to teach children to accept the coach, trainer, manager or umpire’s decision. After all they have the big picture of what is needed with regard to team membership and have seen the skill level of all those trying out. We want students to develop a love of public speaking, art, dance, sport, drama, music etc whilst being proud of themselves for having a go and being able to accept the selector/selectors’ decision.

Not everyone is an Ian Thorpe, Cate Blanchett, Leyton Hewitt or Sally Pearson. However, if you are willing to dive in that pool and swim for your house at the swimming carnival even though you don’t do squad; take to the stage and act in the Year 6 play even though you have butterflies in your tummy; serve or score a winning point in a tough match because you are doing your best for your team or run like the wind for sheer enjoyment and fun….just imagine if every child developed an understanding that sometimes the tough things we have to do or the disappointment we overcome makes us stronger and more determined to succeed.

I would hate to see the day arrive when the large number of opportunities that we offer students decreases because of a lack of parental support. I hope you can tell I feel very strongly about this issue. I wouldn’t put my hand up to take on something extra if I was going to be criticised at every turn or verbally denigrated when I have taken on something additional because I care about kids and want to help broaden their range of experiences. We all have different strengths, abilities, talents, gifts and interests. Teachers endeavour to nurture skill development whilst building students resilience to deal with both success and disappointment in a responsible manner. We would appreciate your understanding in this matter in the best interest of our students.
I would like to remind all Year 4 parents that Opportunity Class ‘OC’ applications for Year 5 in 2015 were advertised to close on Friday, 16th May. The closing date has been extended until midnight Sunday, 18th May. This will be strictly adhered to and if you have not done so you will need to complete an online application by this closing date. OC information has been published in previous newsletters.

In closing, I would like to wish Year 6 students and staff all the best for their major excursion that commences very early on Monday morning. I am sure this trip will probably become the major highlight of your primary schooling. Enjoy every minute!

Maureen Gray
Principal

DEPUTY PRINCIPAL’S REPORT

NAPLAN Assessments
Congratulations to all the Year 3 & Year 5 students and staff for their tremendous efforts with the preparation and completion of the NAPALN assessments this week. The students were extremely focused and completed the tests with confidence.

Please place this date in your diary for Year 3 & Year 5 in 2015 – NAPLAN Assessment week will be 12th – 14th May 2015.

FESTIVAL OF INSTRUMENTAL MUSIC REHEARSAL
On Thursday 22nd May, 17 talented violinists and 3 talented understudies will be travelling to Croydon Public School for the Festival of Instrumental Music rehearsal. Students are to be at school no later than 7:45am, as the bus will leave at 8:00am. Students need to wear full school winter uniform and bring in their music/excursion bag - fruit break, morning tea, lunch, plenty of drinks, music, music stand, pencil, eraser and their instrument. Students will return to school at approximately 2:30pm.

YEAR 6 CANBERRA TRIP
We wish Year 6 a great four day adventure in Canberra and the Snowy Mountains next week. All Year 6 students need to be at school on Monday 19th May NO LATER than 5:30am as the buses will depart promptly at 6:00am. Don’t forget to pack your winter woollies for the cold evenings!

NATIONAL VOLUNTEERS WEEK 12th – 18th May
National Volunteer Week (NVW) is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 6 million Australians who volunteer.

We’d like to take this opportunity to recognise and thank all our parent volunteers who do so much in and around the school. Your valuable time, effort and support in making a difference in all our students’ education, is greatly appreciated.

OPEN DAY for 2015 KINDERGARTEN
We will be holding our Open Day for Kindergarten 2015 on Thursday 29th May starting at 9.15am. If you intend starting a child next year or know of someone considering Cromer Public School for their child, this is a great opportunity to hear about our school and our programs.

2015 KINDERGARTEN ENROLMENTS
We are now accepting enrolments for 2015 Kindergarten students. If you have a sibling who will be starting with us next year, could you please assist the school by collecting an enrolment form from the Administration office and returning it as soon as possible. This early identification of sibling enrolments assists us greatly with our forward planning for next year.

OPPORTUNITY CLASS REMINDER
The closing date of Friday 16th May 2014 for applications for OC placement in 2015 has been extended to midnight on Sunday 18th May 2014. It will not be possible to lodge a late application after this date.
All applications are to be submitted online at www.schools.nsw.edu.au/ocplacement OR parents can pick up a paper copy at the office.

The Opportunity Class Placement Test for placement in Year 5 in 2015 will take place on Wednesday 23rd July 2014. The outcome advice of these assessments will occur in late October 2014.

SAFETY @ CROMER

SCOOTER and BIKE SAFETY – KEEP OUR STUDENTS, PARENTS and STAFF SAFE!!!

Many thanks to all the Senior students who abide by the Cromer school rule of walking their bikes and scooters in and out of the school grounds. You certainly are great role models to our younger students of the school.

It has come to our attention however, that many younger students and / or their siblings are riding their bike or scooter within the school grounds both before and after school. We’d like to take this opportunity to remind parents and students that under NO circumstance is any child (students of Cromer or their younger siblings) allowed to ride their scooter or bike within the school grounds for safety reasons. There are many parents, toddlers and elderly relatives at drop off and pick up time, especially in the Kindergarten area and the school is concerned for everyone’s safety.

WALK SAFELY TO SCHOOL DAY – 24TH MAY

On Friday 24th May, start a healthy habit by leaving the car at home and walk your child to school as part of Walk Safely to School Day. The day promotes fitness, road safety, public transport and the environment. If you can’t walk the whole way, walk to and from public transport or, if you must drive, park the car a good distance away from the primary school gates and walk the rest of the way.

A free Walk Safely to School app has been designed with interactive features to encourage regular safe walking, not only in the lead-up to the day, but beyond. The app allows you to track kilometres travelled, time spent walking and the average walking speed. The app also has some good safety advice.

DEC INFORMATION

Too sick for school?

As the cold weather hits, so do the winter bugs. It's often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Mental maths strategies

We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of “number” which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here: www.bit.ly/JkiUsY

Does speaking another language at home confuse children?

Are your children fortunate enough to be growing up in a home where two or more languages are spoken? Many parents worry that bilingualism can cause confusion and even delays in learning for their children, but according to the Raising Children Network, that’s not the case at all. A good knowledge of your native language can actually help your child with learning English. Bilingual children who are read books and spoken to in their native language find it easier to learn to read and write in English when they get to school. More information is at www.bit.ly/1m0agnk

Warm Regards

Julie Johnson and Nicole Herrmann
Deputy Principals
PRINCIPAL AWARDS

YEAR 3 - 6
Term 2 Week 3
Michael C - 3O
Miliana K - 3O
Bradley A - 3P
Tessa D - 3P
Sasha D - 3S
Christian M - 3S
Ruby G - 3S
Natasha L - 3T
Remy R -3T
Amy M - 3/4M
Sophie C - 3/4M
Jessica G - 4G
Charlize I - 4G
Ochie B - 4L
Oriana - 4L
James M - 4N
Bianca C - 4N
Harry De A - 4P
Aleyah M - 4P
Rose D - 5C
Maximillian L - 5C
Alex B - 5F
Nina C - 5F
Minato T - 5N
Khloe H - 5N
Dylan W - 5P
Georgia H - 5P
Tasha S - 5Q
Frank McG - 5Q
Christopher M - 6C
Naomi McP - 6C
Hannah T - 6G
Hannah D - 6R
Xander H - 6R
Hamish L - 6S
Amelia S - 6S
Makki L - 6S
Claire B - K-6B

CANTEEN NEWS
Recess Ordering
Recess is NOW available to order! Log onto Flexischools for the menu. Children are required to come to the canteen to collect, and a special window will be open just for this purpose, so no need to queue.

Volunteer Roster
Please contact me ASAP if you can't make your schedule volunteer day.

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>MON 19 MAY</th>
<th>TUES 20 MAY</th>
<th>WED 21 MAY</th>
<th>THURS 22 MAY</th>
<th>FRI 23 MAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TARA T</td>
<td>KERRY G.</td>
<td>TATUM W</td>
<td>KAREN S.</td>
<td>AMANDA C</td>
</tr>
<tr>
<td></td>
<td>11-1</td>
<td>9-1.30</td>
<td>9-1.30</td>
<td>11-1</td>
<td>9-1.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>KYLIE F.</td>
<td>SARAH W.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11-1</td>
<td>9-1.30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TROLLEY: TA-TUM W/MICHELLE B</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 5</th>
<th>MON 26 MAY</th>
<th>TUES 27 MAY</th>
<th>WED 28 MAY</th>
<th>THURS 29 MAY</th>
<th>FRID 30 MAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NICOLE M</td>
<td>JULIE MCM</td>
<td>KATHIE P</td>
<td>LOUISE S</td>
<td>BRENDA H</td>
</tr>
<tr>
<td></td>
<td>9-11</td>
<td>9-1.30</td>
<td>9-1.30</td>
<td>9-1.30</td>
<td>9-1.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>JOANNE H</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11-1</td>
</tr>
<tr>
<td></td>
<td>TROLLEY: JADE L/GABRIELLE F</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Laura & The Canteen Team

UNIFORM SHOP NEWS

$5.00 MONTH OF MAY $5.00
ALL 2ND HAND
FLEECE JACKETS ZIP JACKETS TRACK TOPS
## PSSA RESULTS

<table>
<thead>
<tr>
<th>TEAM</th>
<th>PLAYED</th>
<th>RESULT</th>
<th>BEST AND FAIREST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jnr Boys Soccer Team A</td>
<td>Seaforth</td>
<td>Lost 2 - 0</td>
<td>Keegan M - W</td>
</tr>
<tr>
<td>Jnr Boys Soccer Team B</td>
<td>Seaforth</td>
<td>Lost 2 - 1</td>
<td>Jake H</td>
</tr>
<tr>
<td>Snr Boys Soccer Team A</td>
<td>Seaforth</td>
<td>Lost 2 - 1</td>
<td>Ben E</td>
</tr>
<tr>
<td>Snr Boys Soccer Team B</td>
<td>Seaforth</td>
<td>Lost 1 - 0</td>
<td>Matthew J</td>
</tr>
<tr>
<td>Snr Girls Soccer Team B</td>
<td>Balgowlah North</td>
<td>Won 5 - 0</td>
<td>Emily F</td>
</tr>
<tr>
<td>Netta 1</td>
<td>Curl Curl</td>
<td>Won 12 - 0</td>
<td>Neha R</td>
</tr>
<tr>
<td>Netta 2</td>
<td>Curl Curl</td>
<td>Won 6 - 0</td>
<td>Sarah W</td>
</tr>
<tr>
<td>Jnr Netball Team B</td>
<td>Balgowlah North</td>
<td>Won 9 - 0</td>
<td>Lauren T</td>
</tr>
<tr>
<td>Jnr Netball Team B1</td>
<td>Harbord</td>
<td>Won 19 - 5</td>
<td>Jessica S</td>
</tr>
<tr>
<td>Snr Netball A</td>
<td>Beacon Hill</td>
<td>Won 15 - 1</td>
<td>Ella E</td>
</tr>
<tr>
<td>Snr Netball B</td>
<td>Beacon Hill</td>
<td>Won 18 - 2</td>
<td>Tamzin C</td>
</tr>
<tr>
<td>Snr Netball C</td>
<td>Curl Curl North</td>
<td>Won 7 - 2</td>
<td>Lauren H</td>
</tr>
<tr>
<td>Jnr Rugby League Team A</td>
<td>Narraweenena</td>
<td>Draw 6 - 6</td>
<td>Aiden C</td>
</tr>
<tr>
<td>Jnr Rugby League Team B</td>
<td>Dee Why</td>
<td>Won 30 - 6</td>
<td>Cooper S</td>
</tr>
<tr>
<td>Snr Rugby League Team A</td>
<td>Narraweenena</td>
<td>Won 24 - 18</td>
<td>Ben P</td>
</tr>
<tr>
<td>Snr Rugby League Team B</td>
<td>Dee Why</td>
<td>Lost 30 - 24</td>
<td>Patrick E</td>
</tr>
</tbody>
</table>

## What’s happening in the art room?

Welcome back to term 2!

**Art Show**

We have an exciting art-filled term ahead of us as we busily prepare for the upcoming Art Show! Don’t forget the dates for your diary: 22nd, 23rd & 24th of July. Our Cromer Art Show is a great fundraiser for our school resources and showcases the exceptional talent of our Cromer students. More to come on this exciting event!

**Donations**

Many thanks for the generous donations of plastic containers. We will have paint storage for months to come! We still need art shirts (old t shirts) if you are doing a clean out.

**CAN YOU HELP WITH ART SHOW FRAMING?**

Please let myself or our lovely office staff know if you are able to help with framing on Wednesday 21st May. I am hoping to have a few helpers for a couple of hours, from 8:30 until 12:30. If you are free and able to assist, please pass on your details including phone number and I’ll be in touch with you.

Stay up to date with news from the art room by following the ‘In The Art Room’ blog. [http://intheartroomblog.blogspot.com.au/](http://intheartroomblog.blogspot.com.au/)

**Miss K Nixon**

Art Teacher
Our theme this week at Kids Club was “under the sea”. In the kitchen the children cooked starfish cupcakes, clam biscuits and beach thong biscuits. It was children’s choice for afternoon tea on Thursday, so they decided on fish fingers and chips to go with our theme. Outside, our group games were octopus and ship shark shore (theme based).

We had porridge on the BSC menu this week for the first time and the children loved it. We had run out of it by Wednesday! We will continue with this on the menu.

Dana will be away for the next three weeks. Bess and Philipp will be the Team Leaders, so if you have any questions, please don’t hesitate to ask them.

Have a great weekend!
The Team at Cromer Kids Club!
www.ooshnb.com.au

Please note that the advertisements appearing in this newsletter do not necessarily carry the endorsement of Cromer Public School. The credentials of advertisers have NOT been checked by the school. For reasons of child protection, interested parents are strongly advised to closely check the credentials of any person or group advertising activities that would directly involve the participation of their children (e.g. camps, coaching, classes etc.)
SUPPORT GROUP for PARENTS of
ADHD, ASPERGER, AUTISM children

Balgowlah Uniting Church
122 Condamine Street
Balgowlah
(parking opposite Church in Stockland car park)

Commencing Friday 23rd May @ 10.30 - 12.30
(thereafter every 2nd and 4th Friday in the month during term time)

With years of experience of working with parents of
the above-mentioned children I am aware of the need
for parents to spend time together with others on this
long and tiring journey. The opportunity to chat, share
ideas over a cup of coffee, share a Q & A time, and
generally relax can make all the difference to us.

There is so much available with which to manage our
child(ren), having the support of other parents traveling
the same path helps us cope better.

I look forward to meeting you.
Jan Brenton
Enquiries welcome.
jan.brenton@optusnet.com.au

BRAZILIAN JIU JITSU

Our Academy is a fun place
where kids learn important life changing skills
and the Art of Jiu Jitsu.
Discipline, Fun,
Friendships, Self-
Awareness & De-
fense.

Call Vince on 0452-535-741 or Morgan on
0402220269

Very Limited Vacancies for 2014!
NOW offering Show Team Performance Classes and Elite
Extension Program along with classes “Just for Fun” and
official Angelina Ballerina Partner Studio!
Ballet (RAD), Jazz, Hip Hop, Tap, Tiny Tots, Boys Only.
Acro, Leaps and turns, Strength and Conditioning, Stretch, Contemporary.

Classes conveniently held at Cromer Public School and at our new professional Studios
24 Middleton Rd Cromer
Phone 8084 9339
www.nbdanceco.com
admin@nbdanceco.com
## 2014 Term 2 Seminars and Groups for Parents and Carers

**North Shore / Peninsula**

<table>
<thead>
<tr>
<th>Child Age / Family Issue</th>
<th>Course / Content</th>
<th>Format / Cost</th>
<th>Where / When</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (0-1 years)</td>
<td><strong>Bringing Baby Home</strong>: Helps new parents prepare for life with baby. Learn how to strengthen your relationship as a couple and how to promote healthy social and emotional development in your child.</td>
<td>2 day program $100 per couple</td>
<td>Waitara Family Centre Sat 5 Jul: 9.00am - 3.30pm and Sat 12 Jul: 9.00am - 3.30pm</td>
</tr>
<tr>
<td>Infants (0-1 years)</td>
<td><strong>Baby’s first touch-Infant massage</strong>: Skills mums and dads in basic baby massage to promote bonding and attachment.</td>
<td>6 week group program $60</td>
<td>Waitara Family Centre Fri 9-11.30am: Starts 16 May</td>
</tr>
<tr>
<td>Infants to pre-teens (0-10 years)</td>
<td><strong>Circle of Security</strong>: Learn how to better understand your child’s needs and behaviours; help them manage their emotions, develop their confidence and strengthen the parent-child relationship.</td>
<td>8 week group program $30</td>
<td>Waitara Family Centre Tue 6.30-8.00pm: Starts 6 May Brookvale Family Centre Mon 6.30-8.30pm: Starts 5 May</td>
</tr>
<tr>
<td>Toddlers to pre-teens (2-9 years)</td>
<td><strong>Triple P (Positive Parenting Program)</strong>: A system of easy to use, proven strategies to manage everyday parenting concerns which will assist you to raise confident, competent and resilient children.</td>
<td>3 week seminar series Free</td>
<td>Warringah Council Chambers (call Brookvale Family Centre) Mon 6.15-8.15pm: Starts 5 May Crowns Nest Centre (call Naremburn FamilyCentre) Tue 6.30-8.00pm: Starts 13 May</td>
</tr>
<tr>
<td>Toddlers to pre-teens (2-10 years)</td>
<td><strong>Triple P (Positive Parenting Program)</strong>: Builds on the seminar program. Learn easy to use, proven parenting strategies to develop a positive and caring relationship with your child and techniques for dealing with specific behaviour problems.</td>
<td>5 group sessions + 2 telephone consultations Free</td>
<td>Brookvale Family Centre Tue 10am-12.30pm: Starts 6 May</td>
</tr>
<tr>
<td>Toddlers to pre-teens (2-10 years)</td>
<td><strong>Tuning into kids</strong>: Use emotion coaching to help your child understand and manage their feelings. Learn to understand your child’s emotions, manage your own &amp; guide your child’s behaviour with appropriate limits.</td>
<td>6 group sessions $40 / $20 concession</td>
<td>Brookvale Family Centre Wed 10am - 12.30pm: Starts 7 May</td>
</tr>
<tr>
<td>Parenting children with disabilities (2-12 years)</td>
<td><strong>Stepping Stones Triple P (Positive Parenting Program)</strong>: Designed specifically for parents of children with a developmental disability, this program provides ways of dealing with childhood behavioural problems or issues that can make family life stressful. It covers parenting skills to promote child development including building positive relationships, setting rules and giving instructions, responding to misbehaviour, effective discipline strategies and parent self-care.</td>
<td>7 week program (gold coin donation)</td>
<td>Waitara Family Centre Wed 10.00 -12.00pm: Starts 30 April</td>
</tr>
<tr>
<td>Parenting post separation (0-13 years)</td>
<td><strong>Keeping kids in mind</strong>: Learn strategies for working better as co-parents for the well-being of your children, how to support them through and beyond the separation to deal with feelings of loss and grief and to build resilience. Learn how to communicate with less conflict and how conflict impacts on your children.</td>
<td>5 week group program $10BA</td>
<td>Waitara Family Centre Wed 6pm-8pm: Starts 7 May Brookvale Family Centre Mon 6-8.30pm: Starts 5 May</td>
</tr>
<tr>
<td>Beyond domestic violence</td>
<td><strong>Women of strength</strong>: Provides a confidential support group for women who are currently in, or who have been in, an abusive relationship.</td>
<td>8 week group program Free</td>
<td>Waitara Family Centre Mon 10am-12.00pm: Starts 5 May</td>
</tr>
<tr>
<td>Financial Counselling</td>
<td><strong>Free, independent and confidential</strong>: Our financial counsellors assist families with short-term crises and long term prevention strategies, including budgeting, advocacy and negotiation with utilities or creditors, and referral to other services if necessary. *Please note our counsellors are not legal advisors, mortgage brokers, financial planners, investment advisors or money lenders</td>
<td>Free</td>
<td>Naremburn Family Centre Brookvale Family Centre</td>
</tr>
</tbody>
</table>

---

**CatholicCare**

Diocese of Broken Bay