

# GUYRA CENTRAL SCHOOL



## Newsletter

(not published)

### ISSUE THIRTEEN



Dates for your Diary



Around the School



Community



Important Information



Careers Corner



Principals Report



P&C Fundraiser

**Guyra Central School**

<http://www.guyra-c.schools.nsw.edu.au/contact-us>

27 Marne Street  
Guyra, New South Wales, 2365



## Dates for your Diary

### Week 7

**Tuesday 3rd September** - Year 8 Subject Selection night - 6pm-7pm

**Wednesday 4th September** - Primary Girls League Tag - Bingara

**Thursday 5th September** - 2 wheel and quad bike course

**Friday 6th September** - Grandparents Day Assembly 9.30am followed by Grandparents Day morning tea.

### Week 8

**Thursday 12th September** - Secondary Creative Arts Night - 7pm

**Friday 13th September** - PSSA North West Athletics Carnival - Tamworth

### Week 9

**All week** - Year 8 Dubbo excursion

**Thursday 19th September** - PBL Awards Assembly K-12

**Friday 20th September** - K-6 Rewards Day

### Week 10

**Tuesday 24th September** - K-6 Creative Arts Night

**Thursday 26th September** - Year 4 Thalgarrah overnight

**Friday 27th September** - Year 12 Valedictory

- Year 3 Thalgarrah day excursion




## Important Information



# GUYRA CENTRAL SCHOOL GRANDPARENTS DAY



## GRANDPARENTS DAY ASSEMBLY



DATE: FRIDAY 6TH SEPTEMBER 2019  
LOCATION: BILL WICKS GYMNASIUM  
TIME: 9.30AM  
EARLY STAGE 1, STAGE 1, STAGE 2 AND STAGE 3  
PERFORMANCES

JOIN US FOR OUR GRANDPARENTS DAY  
ASSEMBLY FOLLOWED BY OUR GRANDPARENTS  
DAY MORNING TEA.



# Supporting Children During Drought

## 1 Try to look after yourself

so you can look after your children

Parents play a vital role for children in times of drought. Your capacity to cope during drought impacts your children's response to stress and their wellbeing during and after the event. Self-care is vital so it is important that you seek out any help you need so you are better able to support your kids.

## 2 Try looking at things through your child's eyes

and see things from their perspective

If possible, try to imagine the drought from your child's point of view. This may help you to understand some of their reactions and behaviours. It may also assist connecting and supporting them.

## 3 Keep an open conversation

so they can come to you any time

Let your children know that you are available to talk with them when needed. Encouraging children to talk about their feelings will help them understand their experiences. Sometimes children don't have the words to describe their feelings, however you can reassure them that their feelings are normal and that they will come and go.

## 4 Be on the look out for changes in your child's behaviour

as this can indicate they need support

At times of stress, children can respond in different ways. While most have a natural resilience, a minority of children will find the impacts of drought more difficult to deal with. If you are concerned about your child, it may be helpful to link them in with additional support.

## 5 Support your child's social connections

with family, friends, school and hobbies

Children need positive time spent with family, friends and doing activities they enjoy. Most of all, they need time to be kids, which includes regular routines at home and school.

## 6 Give your child the opportunity to make decisions

and have their voice heard

Drought is notable for the sense of powerlessness it creates, which is why giving children choices and asking their opinions, can help them feel more empowered and positive.

## 7 Focus on the positive future

for you, your kids and your community

It is important to remind yourself and your kids that this drought will pass. Trying to do fun activities together or even making a list of things you are all looking forward to will help in keeping a more positive future in focus.

National Workforce Centre for Child Mental Health

Delivery partners



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program

emergingminds.com.au



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program



### Additional Help Services

**Lifeline** -13 11 14  
24/7 confidential crisis support

**NSW Mental Health Line** - 1800 011 511  
24/7 telephone assessment and referral service.


**Alcohol & Drug Information Service**  
1800 250 015 (24/7)  
Information, support, referral and counselling on drugs (legal and illegal) and alcohol And parents advice and assistance

**Suicide Call Back Service** 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
24/7 telephone support and counselling for anyone affected by suicide

**Beyond Blue** -1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
24/7 mental health counselling, support and referral assistance

**Men's Helpline** - 1300 789 978 (24/7hrs)  
[www.mensline.org.au](http://www.mensline.org.au)  
information and referral services for men with family and relationship concerns

**Kids Helpline** 1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
young people 5-25 years old



## DROUGHT SUPPORT PROGRAM

0477 322 851  
[HNELHD-DroughtSupport@health.nsw.gov.au](mailto:HNELHD-DroughtSupport@health.nsw.gov.au)




### Drought Support Program

The drought support program provides free mental health and emotional support to farmers, farming families, local businesses and service providers affected by the drought.

The drought support program is designed to meet the needs of individuals, couples and families; whether they require short term conversations and information or ongoing formal counselling options.

The drought support program can also assist community members to access other mental health services they may require.

The **Drought Support Team** consists of Drought Counsellors and a Drought Peer Worker located in the Hunter New England Local Health District.

The **Drought Support Program** is designed to assist:

- Farmers and farming families
- Front line service/business providers
- Any other person who is experiencing stress from the drought throughout the drought affected area of Hunter New England Local Health District

**Service Delivery**

- The Drought Support Program is a free *mobile service* throughout the Hunter New England Local Health District
- Drought counsellors and Peer Workers are able to visit and provide service on farms, in homes and businesses
- Visits can also be arranged at any other place where confidentiality can be guaranteed

### How to Access the Drought Support Program

- You can call or email yourself
- Referral by families, friends and service providers. To make a referral on behalf of someone else, you need their consent before contacting the Drought Support Team
- [Intake phone number 0477 322 851](tel:0477322851)
- [HNELHD- DroughtSupport@health.nsw.gov.au](mailto:HNELHD-DroughtSupport@health.nsw.gov.au)

Drought Support Counsellors and Drought Peer Workers work closely with the Rural Adversity Mental Health Program (RAMPH) who provide mental health training and workshops, as well as advice and information about local services. For more information visit [www.ramhp.com.au](http://www.ramhp.com.au)



## Calling for volunteers – we need your help!



Our students really enjoy participating in the Commonwealth Bank School Banking program and to keep this program running we need your help.





The program requires a volunteer School Banking Co-ordinator to facilitate the banking and distribution of School Banking rewards. This only takes a small amount of your time one day a week and the Commonwealth Bank will provide support in how to run the program. Your help with the program will greatly benefit students as they develop vital saving skills and also help our school with fundraising.

If you are interested in volunteering for this great program, please call our main office on 6770844 for further information.

### Guyra Central School

#### Order Form - School hoodie, hoodie with zipper and track suit pant.

Name:..... Class:.....

Please indicate the size and quantity you would like to order.		Size and Quantity
<b>Fleecy hoodie with school emblem</b> Colour: <b>Primary</b> - navy with yellow school emblem <b>Secondary</b> - royal blue with white school emblem Size: 4, 6, 8, 10, 12, 14, 16, S, M, L, XL, 2XL Cost: All Sizes \$27.00	 (65% Polyester/ 35% Cotton)	Size ..... Quantity ..... Total \$.....
<b>Fleecy hoodie jacket with zipper and school emblem</b> (65% Polyester/ 35% Cotton) Colour: <b>Primary</b> - navy with yellow school emblem <b>Secondary</b> - royal blue with white school emblem Size: 4, 6, 8, 10, 12, 14, 16, S, M, L, XL, 2XL Cost: Sizes 4 – 16 \$30.00 Sizes S - 2XL \$35.00	 (65% Polyester/ 35% Cotton)	Size ..... Quantity ..... Total \$.....
<b>Track pant - microfiber, straight leg with zipper at the ankle and GCS Guyra Central School down one side of the leg in white (primary) or yellow (Secondary).</b> Size: 4, 6, 8, 10, 12, 14, 16, S, M, L, XL, 2XL Cost: Sizes 4 - 16 \$32.00 Sizes S - 2XL \$35.00	 (Microfiber (115g - 100% Polyester)	Size ..... Quantity ..... Total \$.....
<b>Track pant- microfiber with elastic ankle cuff and zipper at the ankle and GCS Guyra Central School down one side of the leg in white (primary) or yellow (secondary).</b> Size: 4, 6, 8, 10, 12, 14, 16, S, M, L, XL, 2XL Cost: Sizes 4 - 16 \$32.00 Sizes S - 2XL \$35.00	 (Microfiber (115g - 100% Polyester)	Size ..... Quantity ..... Total \$.....

Total amount of order \$..... Online Payment Receipt No. ....

Parent/Carer Signature \_\_\_\_\_

Date \_\_\_\_\_

Department of Education – Guyra Central School  
 27 Marine Street Guyra NSW 2365 T 6779 0844 F 6779 2035  
 E [guyra-c.school@det.nsw.edu.au](mailto:guyra-c.school@det.nsw.edu.au) W <http://www.guyra-c.schools.nsw.edu.au>



GUYRA CENTRAL SCHOOL



## CREATIVE ARTS NIGHT

**WHEN:** Thursday 12<sup>th</sup> September 2019

**TIME:** 7.00pm

**WHERE:** GUYRA CENTRAL SCHOOL GYM

**COST:** \$2.00 per head  
\$5.00 per family

Lucky Door prize when you purchase your ticket

Light refreshments available during intermission



ENTERTAINMENT FROM STUDENTS IN YEARS 7 - 12:

Musical Items

Plays

Puppet Show

Dance Items





### **SCHOOL JACKETS & HATS**

The school office have 4 school jackets in stock, 3 x Adult Small and 1 x Youth 14 . If you are requiring a different size the office are also taking orders for the jackets. We require a minimum of 10 orders before placing our school order with our supplier. These jackets are very warm and at a cost of \$36 they are great value. There are also school caps available at the office for \$14.



### **LOST PROPERTY**

Has your child lost any of their clothing?

Guyra Central School currently has a lot of lost property, please call in to the school to check our lost property if your child has missing items.

If lost property is not collected, items in our lost property will become part of the Guyra Central School clothing pool.

# Donations

**The clothing pool is in need of  
uniform donations!!!**

**Any donation is appreciated,  
uniform donations can be handed in  
to the school office.**



In accordance with the Department of Education Duty of Care Policy, teacher supervision of students commences at 8.30am until the end of the school day. In the interests of child safety, no student is allowed at school before 8:30, as supervision is not provided.

If care for your child is required before 8:30 am, before and after school care is offered by the Guyra Preschool and by some Family Day Care providers in Guyra.





# Principals Report

## SAS Staff Recognition Week - 26th - 30th August 2019

Across NSW SAS Staff Recognition Week is being celebrated this week. At Guyra Central School we are grateful, every week, for the wonderful work that our support staff do within our school. Frankly, the school would not function without them. Our students and teaching staff say thank you to our Office Staff, our General Assistant/Groundsman, Science and Food Preparation support staff, Library and Principal support, Technical Support staff, Newsletter and Media support, School Learning and Support Staff and the list goes on. We just could not provide our students and families with the educational support that we do without these wonderful people. Take a bow!

Thank you to everyone who came along to the school on Wednesday 21st of August for our Mini Disability Expo. Huge thanks to Wendy Wilson and Deb Boileau Little and their team for their amazing efforts and to Danielle Northey, Support Teacher Transition, Department of Education for working in partnership with our school and community. I hope that our students and their families were able to gain valuable information during the afternoon.

Our students are again doing themselves, their families, school and community proud when representing on the sports field. Please see information on our amazing successes in this edition. A big good luck to our athletics team who travel down to Olympic Park next week to compete in the State competitions. We look forward to welcoming you all back into the school after the competition.

Thanks to our devoted Library Staff and K-6 staff for their great efforts during Book Week. Such a fun week with a swag of Literacy focused activities occurring during the week. Thank you to everyone, including parents for their commitment.

Our Year 12 students have four more weeks of school. Please spare a thought for them and give them all your encouragement. I do appreciate that this is a family affair and send out my support to all families with Year 12 students on board. Please call in and see me if you just need a cuppa!

Thanks to everyone for their great support for the school

Michelle Nicholson  
Proud Principal  
Guyra Central School



## Around the School

### Oorala Aboriginal Centre UNE Experience Day

On Thursday 15th August 2019, secondary students travelled to the Oorala aboriginal Centre to participate in a Law & Business Experience Day at UNE. Students are learning what it is like to be a student at UNE. Students spent the morning at the [UNE Law School](#) in the Moot Court and were introduced to the many areas of law, including Medical, Criminal, Civil and Torts Law. They also learnt about what types of careers a law degree can be useful in, such as politics. Students also spent time attending the Business component of the day, at the [UNE Business School](#).

**Eunice Blair**  
AEO Officer



### 2nd State Title for Guyra Central School Nsw Combined High School Sports Association Central Schools U16 Yrs Touch Football - Knockout Finals



This week, our secondary under 16 years touch football team travelled to Dubbo to participate in the Central Schools Under 16 years Touch Football - Knock out finals after successfully qualifying for this event earlier in Term 2 after winning the preliminary Gala Day held in Inverell.

On Tuesday 27th August 2019, our Under 16s team attended John McGrath Oval, Dubbo and played 5 games of touch football against other qualifying Central Schools across New South Wales.

Congratulations to the Under 16 years Touch Football team who have claimed the Central Schools-NSW Knockout title after winning the day undefeated. This is an amazing achievement for our participating students who displayed exceptional sportsmanship and represented our school with pride throughout the carnival. This is the second state title that Guyra Central School has claimed in a matter of weeks.

Congratulations to Alistair Connors who was named player of the day for the carnival.

Respectively, Guyra Central School would like to express our gratitude to Mr Scott Miller, Mr Andrew Murray and Mrs Nadine Youman for attending this event with our students.



### **Guyra Central School students do it again! State Title no.3 - Secondary Central Schools Under 16 Boys Rugby League 7s Winners!**

Guyra Central School have continued their winning streak taking out their third state title in a matter of weeks with our Under 16 Boys taking out the State Title for the Secondary Central Schools Under 16 Boys Rugby League 7s Knockout Competition. Guyra Central School attended their second of three carnivals held in Dubbo this week playing 4 games against other qualifying Central Schools from around New South Wales. Each of our students played exceptionally to finish the day undefeated and winning the competition. Congratulations to Billy Youman who was named player of the day.

Each of our students are to be commended for their commitment and sportsmanship throughout the carnival.

Our students looked fantastic in their new rugby league outfits which were purchased by our P&C at the end of term 2.

Respectively, Guyra Central School would like to express our gratitude to the P&C for the purchase of our new Rugby League Uniforms, Guyra junior Rugby League for supplying jerseys for previous events, Mr Scott Miller for his hard work and dedication in training our students and organising these events. Thank you to Mr Andrew Murray and Mrs Nadine Youman for attending Dubbo for the week with our students.



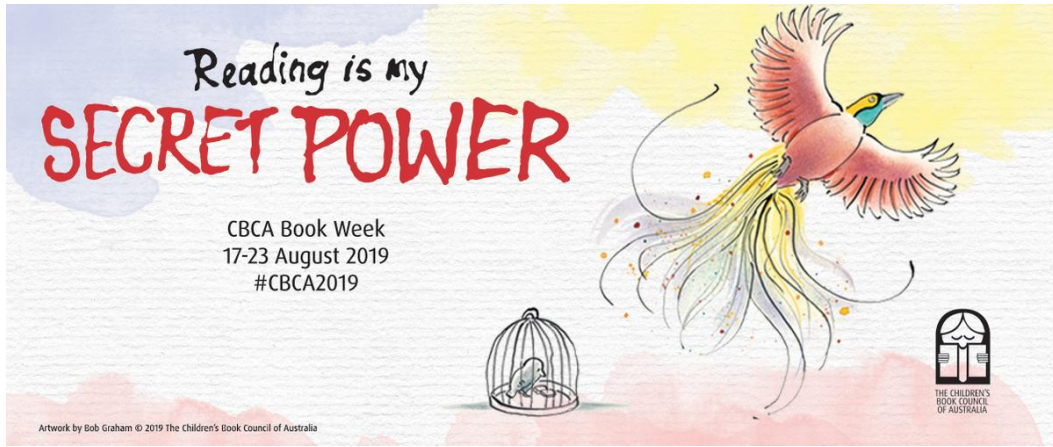
### **Secondary Central Schools Under 13 Boys Rugby League 7s**

Guyra Central Schools trip to Dubbo has come to an end with our Secondary Under 13 Boys playing in the Central Schools, Under 13 years Rugby League 7s State Championships on Friday 30th August 2019. Our students played a total of 4 games during the carnival against qualifying teams across the state completing the day with 2 wins and 2 losses. Each of our students have represented our school with pride and are to be congratulated for their determination, mateship and sportmanship during the carnival.

Again, Guyra Central School would like to acknowledge the students, Mr Scott Miller, Mr Andrew Murray and Mrs Nadine Youman for their commitment to all of the events during week 6 in Dubbo.



Guyra Central School would also like to acknowledge and thank Macquarie Anglican Grammar School in Dubbo for hosting all of our students during their stay in Dubbo.



Each year across Australia, the Childrens Book Council of Australia brings children and books together celebrating CBCA Book Week. During this time schools, libraries, booksellers, authors, illustrators and children celebrate Australian children's literature. This year Guyra Central School students got creative and during art designed artworks based on the CBCA Shortlisted books for 2019. Our students also participated in the Book Week Parade. Thank you to all of our families who attended our 2019 Book Parade.





# **PROJECT GREEN**



**An eco-friendly initiative to provide disadvantaged women and girls with washable feminine hygiene products.**

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## **Who We Are?**

Project Green is a program run by staff and students at Guyra Central School. Currently we are a small but dedicated group of students who are enthusiastic about



minimising the effects of disposable feminine hygiene products have on the environment and decreasing the financial hardship disposable products can have on girls/women. Project Green is also a Leadership Program that aims to give students practical leadership opportunities to inspire them to take on more leadership roles within the community.

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## **What We Do?**

Project Green is a based-on Project Learning where students work across curriculums on a specific project, with a focus on Technology, Literacy, Numeracy, and Technical Studies. Project Green has many roles within it for students to take on and learn valuable skills. These



roles will help students to learn leadership skills whilst helping others in their local community and abroad. Our first project is making eco-friendly reusable feminine hygiene products which will be donated to groups/organisations to distribute to community members in need within the Guyra and Armidale area.



### How Can You Be Involved?

You can help Project Green by donating fabric, travel soaps, new face washer to the project or by participating in our future fundraisers. Fabric needed are: 100% cotton, flannelette, and PUL. We are always grateful when we receive donations and support from the community.



### Mini Disability Expo

On Wednesday 21st August 2019, Guyra Central School held a Mini Disability Expo. The aim of the expo was to showcase a wide variety of service providers that are able to assist students with a disability. It was also important that our school continues to strengthen connections with multiple organisations that students in our rural location can access.

We would like to thank all the students, parents, careers and the community members who attended the expo. There was also a number of staff from our school, other school principals and local educators and interested Year 11 and 12 students with future career pathways in the health industry who found the expo very informative.

Participating service providers gave feedback to Danielle Northey (Disability Transition Consultant for our region), that the school had a very friendly "feel" and appreciated Guyra Central School's hospitality. They also valued the opportunity to be present in our local community.

**Wendy Wilson/Deborah Boileau Little**  
**Learning and Support Teachers**



## **Celebrating SASS Week**

Our SAS staff play an important role in the school community. They are often the first people you see when you enter a school and are essential to maintaining positive relationships with students, parents and the community.

SAS staff work in school offices, in classrooms and libraries and maintaining and caring for school grounds and buildings. They are often the ones to tend to students when they unwell and they ensure the efficient management of school financial and administration functions.

On Friday 30th August Guyra Central School celebrated SASS week with a morning tea.

Respectively, Guyra Central School would like to express our appreciation to our SAS staff and acknowledge the role each of our SAS staff members play in our wonderful school.







## Careers Corner

### Year 9 Work Experience

We have welcomed back our year 9 students who recently completed a very successful round of Work Experience. The students are to be commended on their wonderful efforts at organising and engaging in their workplace learning, as well as the outstanding employer feedback I have received. I would also like to give a big Thankyou to the employers and parents/carers/guardians as well as school staff who helped to make it all possible.



Pictured: Millie Roberts working hard during her Work Experience

### Guyra Central School Careers Website

I would like to announce the exciting news that Guyra Central School now has its own careers website! It has information on a range of topics for both parents and students, as well as notices on local job opportunities, scholarships and careers related events. Students will also use the secure area to create and save their workplace documents such as resumes, so they can keep them up to date and access them at any time.

Parents/carers/guardians are encouraged to contact me should you have any questions about the site which can be found at:

<https://www.guyracentralschoolcareers.com/>

**Mrs Michailee Nield**  
Careers adviser

### Costa Tomatoes New England Tertiary Scholarship 2020

<https://costagroup.currentjobs.co/job/costa-tomatoes-new-england-tertiary-scholarship-2020/guyra/113>



The Costa Tomatoes New England Tertiary Scholarship is intended to encourage and support talented and passionate local students to pursue a university education and career in Horticulture or Agriculture.

The Scholarship is valued at \$10,000 and will be paid in instalments following the successful completion of each semester. Funds may be used for any educational and living expenses.

To help put academic theory into practice, the Scholarship also includes the opportunity for paid casual employment during the year and/or academic holiday periods. This hands-on experience also enables the students to see firsthand the variety of career opportunities and pathways that exist within Costa.

**Selection Criteria:**

- 2019 Year 12 Student, residing in the Guyra, Armidale, Glen Innes or Inverell areas
- Commencing full time study in 2020, in a relevant Agriculture/Horticulture degree at an approved Australian University
- Demonstrated passion for a career in Agriculture/Horticulture
- Good academic results and demonstrated commitment to study
- Demonstrated alignment with the Costa Core values of Respect, Sincerity, Determination, Passion, Accountability

**Announcement:**

The successful recipient/s will be announced in February 2020.

**About Costa:**

Costa is Australia's leading grower, packer and marketer of premium quality fresh fruit and vegetables. With over 50 farms across Australia, our produce includes Tomatoes, Berries, Mushrooms, Avocados, Bananas, Grapes and Citrus. Our produce is supplied to all the major Australian supermarket chains, as well as independent grocers and a range of food industry stakeholders.

**About the Tomato Category:**

Our tomatoes are grown 365 days per year in one of Australia's largest and most advanced glasshouse facilities located in Guyra, NSW. An 18 month, \$67 million expansion project is planned to commence in early 2019, which will increase our production area by 33% and create an additional 150 jobs onsite. This will bring our onsite operation to 40ha of glasshouse and over 800 staff.

Our state-of-the-art glasshouse technology puts Costa Tomatoes at the forefront of innovation in ecologically sustainable practices and sets us apart in the fruit and vegetable industry.

**Job no: TXCOM2**


**Location: Guyra**

**Category: Tomato**

**Closing Date: Wednesday, 1 January 2020**



## P&C Fundraiser



Guyra Central School P&C will be holding a Krispy Kreme Fundraiser.

This is a fantastic fundraiser for our students and school. Please ask your family and friends if they would like to place an order. Additional order forms are available from Guyra Central School main office or downloaded from the Guyra Central School website.

-Go to Notes and Homework, P&C Krispy Kreme Fundraiser Order Form.

The P&C Committee members will also give 1 dozen donuts to the 3 families who sell the highest quantity. So please add to the order form the name of the student you support.

Please return your order form and cash payment to the main office by Wednesday 4th September 2019 or email your completed order form and online payment receipt no. to Prue Post - [prudencebell@hotmail.com](mailto:prudencebell@hotmail.com)



# Community

## Guyra Pre-school and Long Day Care Centre

OSHC OCTOBER 2019 SCHOOL HOLIDAY PROGRAM- WEEK 1

Tuesday 1 <sup>st</sup> October	Wednesday 2 <sup>nd</sup> October	Thursday 3 <sup>rd</sup> October
Discussion and setting of rules.	Origami	Shaving foam painting
Arts and Crafts	Mobile	Make and decorate cup cakes
<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>
Coloured Clay creations	<b>POOL Excursion.</b> Please bring- towel, swimmers, sunscreen, hat, walking shoes, pool fee entry, water and additional money to spend at the canteen if desired.	<b>Tennis excursion</b> Please bring tennis racket, enclosed joggers, athletic wear, packed lunch and water bottle. \$5.00 each- will be charged to accounts
Cooking Tacos		<b>LUNCH</b>
<b>LUNCH</b>		Face painting
Soccer		Shoe Box Matchbox or BeyBlade Arena Creations
Darts		
<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>
Slime	Iron on beads	Ninja Warrior Course
Magnetic Tiles	Free Choice	Movies and Popcorn

## OSHC OCTOBER 2019 SCHOOL HOLIDAY PROGRAM- WEEK

Tuesday 8 <sup>th</sup> October	Wednesday 9 <sup>th</sup> October	Thursday 10 <sup>th</sup> October
Science Experiments- <ul style="list-style-type: none"> <li>• Explosions</li> <li>• Volcano Eruptions</li> </ul>	Play Dough	Free choice
	Mandela Colouring in	Painting/arts and crafts
<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>
Highway park Excursion	<b>Excursion to Deano's Trout Farm</b> Please bring- sun hat, change of clothes, Sun screen, packed lunch, water bottle, fishing rod and tackle. \$15.00 each- will be charged to accounts	Skate Park Excursion. Please bring helmet, skate board, skates or scooter, enclosed shoes.
<b>LUNCH</b>		<b>LUNCH</b>
Chalk drawing		Lego
Touch Footy		Go Noodle
<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>
Zorb Ball Play	Board games- <ul style="list-style-type: none"> <li>• Twister</li> <li>• Bingo</li> <li>• Uno</li> <li>• Charades</li> <li>• Connect 4</li> </ul>	Cricket
Totem Tennis and Ping Pong		Ball Games

Please be advised- a minimum of 18 children per day are required to be booked in before 14<sup>th</sup> September to ensure the program goes ahead.

Please phone 02 67791715 to book your child in for the Guyra Pre-school and Long Day Care Centre holiday program.





Department of  
Primary Industries



## Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for *best release techniques*.

**COST is \$40 PER CHILD**, and includes \* rod and reel combination \* shirt \* hat \* tackle box \* show bag—all to take home!

**BOOKINGS ARE ESSENTIAL. Maximum 25 participants.**

1/2019/19/AL/10/15

# Guyra TroutFest

**Friday 4<sup>th</sup> October 2019**

**Location:** Mother of Ducks Lagoon, Guyra Bowling Club, Guyra

**To book:** e-mail [roger.cupples@dpi.nsw.gov.au](mailto:roger.cupples@dpi.nsw.gov.au) or ring Roger Cupples, 0267 631 242 or 0419 662 508 **Bookings are essential.**

**Web details:** <http://www.dpi.nsw.gov.au/fisheries/recreational/info/workshop>

NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts



The Fathering Project is a research/evidence based, not-for-profit organisation, which simply wants to help Dad's and Father figures spend some quality time together with their Kids.

As Fathers and Father figures, it's easy to get lost in our other roles and forget what our first job is. Yet, it's the most important job we'll ever have, because what we do, or don't do as Dads, has an enormous impact on the happiness and health of the kids we love.

Together, we can help build resilience, self-respect and emotional intelligence in our kids. We can show boys how men should treat women. We can show girls how good men behave, and how they can encourage males. In addition, we can give our kids a great deal of self-worth, just by showing up and being there.

The Fathering Project aims to positively promote the important role of Fathers, and Father figures, through a handful of small events normally within the school. Two of those being simple Dad and Kids events like Paper Planes and Pizza nights, and two being Dads only nights. The Dads only nights are also designed to be fun, informal but informative, and are non-threatening. We will never be there to tell you that 'you are doing it wrong or that you are a bad father'. We simply talk about what fathering is about and encourage each other along the way. What we will use is information which has come from reputable research, to help guide us in our journey as an effective Father or Father figure.

**Everyone benefits** when there is an engaged and effective Father or Father figure in a child's life. We know that an effective Father or Father figure has an enormous impact on the happiness and health of the kids they love.

An effective and engaged Father or Father figure helps to:

- Enhance a child's development and improve academic progress
- Reduce school adjustment problems
- Reduce alcohol, tobacco, drug use, and risky behaviour
- Increase physical activity and better health outcomes
- Increase social responsibility, social maturity, resilience and life skills
- Strengthen father-child and father-wife/partner relationships



## FIRST TUESDAY CHATS

### Cerebral Palsy Alliance - Armidale

#### FREE community education sessions on disability-related topics

Are you looking for more information around some common challenges for people with disabilities? Do you feel like you'd like to know more to help you make important decisions about therapy goals and priorities to get the most out of your funding?

*Come along and let our experienced local Senior Speech Pathologist, David Earle talk you through some key topics, and answer your questions.*

#### WHAT DOES THIS PROGRAM INVOLVE?

- **No cost.** Just come along.
- Suitable for all members of the community – clinicians, support coordinators, care staff, teachers, parents, NDIS participants, interested community members.
- **First Tuesday of the month, for 1 hour** in the late afternoon (5:00-6:00pm).
- **Over afternoon tea** - a brief talk on a specific topic, and a short time for Q&A.

#### WHAT ARE THE TOPICS?

JULY 2<sup>nd</sup> – **Speech & Language development in children**

AUGUST 6<sup>th</sup> – **Making the most of mealtimes**

SEPTEMBER 3<sup>rd</sup> – **An introduction to Augmentative & Assistive Communication options**

OCTOBER 1<sup>st</sup> – **Working with therapists (prioritising, planning, goal setting and intervention)**

NOVEMBER 5<sup>th</sup> – **"Community Request"** (*discussion on 1-2 topics requested by you*)

If you have other topics you'd like to hear more about, please phone or email your requests (details below), or mention them to David at the next First Tuesday Chats.


#### WHAT ARE THE DETAILS?

**Time:** 5:00pm – 6:00pm

**Location:** Cerebral Palsy Alliance, New England offices  
124A O'Dell street, Armidale NSW

**Cost:** No cost – this is a free service to the Armidale community.



 Call us on 6772 0978

 Email us at [newengland@cerebralpalsy.org.au](mailto:newengland@cerebralpalsy.org.au)

 Visit [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

**MIND. BODY. BEST.**

  
**Cerebral Palsy**  
ALLIANCE

**FREE**

# Parenting On Purpose

For parents who may like to strengthen their knowledge & skills.

- This course explores our habits and filters as parents and offers strategies to take the stress out of parenting.
- By connecting with the child and deepening relationship, parents have a solid base from which to discipline.
- Looking for triggers, identifying the child's concern and finding workable solutions all contribute to more peace at home.

**Stop shouting and start connecting!**

*Sick of repeating yourself?  
Giving in to stop the whining?  
Tearing your hair out?*

**WHEN:** 5 x Tuesdays - 13, 20, 27 Aug and 3 & 10 Sept 2019

**TIME:** 9.30am to 12.30pm

**WHERE:** Centacare Armidale - 150 Rusden St, Armidale

*Registrations are essential*

*This course is subject to numbers*

For more information or to register, contact the Family Relationship Centre through Centacare NENW

**1800 372 826**



<p><b>OUTREACH &amp; OTHER COURSES</b></p> <p>Outreach Education Dates for 2018  <b>Enterfield</b> - Toolkit for Dads TBA  <b>Inverell</b> - TBA  <b>Glen Innes</b> - TBA</p> <p><b>Relationship Courses</b>  <u>Love Isn't All You Need</u> - FEES APPLY - per couple - \$100 waged, \$70 unwaged with concession card (Couples only)                  No counselling! Work through exercises in the 7 Principles for Making Marriage Work book in private. This 6 x 2 hour course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.  <u>My Kids &amp; Me</u> - FEES APPLY - \$140 waged, \$90 unwaged with concession card                  My Kids &amp; Me has been specifically written for the parents of children in out of home care. It helps them to reflect on their experiences, and provide an opportunity for change.                  The aim of the program is to challenge the myths of parents who have children removed from their care.</p> <p style="font-size: small;">3/7/2019 Version</p>	<p><b>CONTACT DETAILS</b></p> <p><b>Tamworth Office</b>                  V Guy Kable Building                  201 Marius Street, Tamworth                  Phone : (02) 6762 9200                  Email: tamworth@centacarenenw.com.au</p>  <p><b>Armidale Office</b>                  3/150 Rusden Street, Armidale                  Phone: 02 6738 7200                  Email: armidale@centacarenenw.com.au</p>  <p style="font-size: x-small;">Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices in Moree, Narabri, Walgett and Inverell. Please contact our Armidale or Tamworth team for more information.                  Dates and times are subject to change.                  Courses may be cancelled prior to start date due to insufficient registrations.</p> <p style="font-size: x-small;">Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.</p> 	 <p><b>How can we help your family?</b></p> <p><b>August to December 2019 Program Guide Armidale</b></p>  <p><b>FREE CALL - 1800 372 826</b></p>  <p style="font-size: x-small;">THE SOCIAL SERVICES AGENCY OF THE CENTRAL DISTRICT OF ARMIDALE</p> <p><b>All programs and services are FREE or attract a nominal fee.</b></p> 
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<p><b>FAMILY RELATIONSHIP CENTRE</b></p> <p>Centacare and the Family Relationship Centre are here to help you strengthen family relationships; help families stay together; and assist families through separation.  <b>Courses for separated parents</b>  <u>Building Connections</u> - One session - FREE                  This program aims to help separated parents have healthy and strong relationships with their children.                  The pre-mediation program covers:                  • ways of communicating with the other parent                  • the impact of separation and conflict on children,                  • setting goals for future parenting  <b>Armidale 2019</b></p> <table border="0" style="width: 100%; font-size: small;"> <tr><td><b>Aug</b></td><td></td></tr> <tr><td>Tue 6 Aug</td><td>5.30 - 8.30pm</td></tr> <tr><td>Wed 28 Aug</td><td>9.30am -12.30pm</td></tr> <tr><td><b>Sep</b></td><td></td></tr> <tr><td>Mon 9 Sep</td><td>5.30 - 8.30pm</td></tr> <tr><td>Mon 16 Sep</td><td>9.30am -12.30pm</td></tr> <tr><td><b>Oct</b></td><td></td></tr> <tr><td>Mon 14 Oct</td><td>5.30 - 8.30pm</td></tr> <tr><td>Mon 21 Oct</td><td>9.30am -12.30pm</td></tr> <tr><td><b>Nov</b></td><td></td></tr> <tr><td>Mon 11 Nov</td><td>5.30 - 8.30pm</td></tr> <tr><td>Mon 18 Nov</td><td>9.30am -12.30pm</td></tr> <tr><td><b>Dec</b></td><td></td></tr> <tr><td>Mon 9 Dec</td><td>5.30 - 8.30pm</td></tr> <tr><td>Mon 16 Dec</td><td>9.30am -12.30pm</td></tr> </table>	<b>Aug</b>		Tue 6 Aug	5.30 - 8.30pm	Wed 28 Aug	9.30am -12.30pm	<b>Sep</b>		Mon 9 Sep	5.30 - 8.30pm	Mon 16 Sep	9.30am -12.30pm	<b>Oct</b>		Mon 14 Oct	5.30 - 8.30pm	Mon 21 Oct	9.30am -12.30pm	<b>Nov</b>		Mon 11 Nov	5.30 - 8.30pm	Mon 18 Nov	9.30am -12.30pm	<b>Dec</b>		Mon 9 Dec	5.30 - 8.30pm	Mon 16 Dec	9.30am -12.30pm	<p><b>PARENTING PROGRAMS</b></p> <p><u>Keeping Kids In Mind! (KKIM)</u> - 5 sessions - FEES APPLY                  This is a 5 week accredited course designed to help separated or divorced parents in high conflict. This course aims to help parents handle strong emotions better, understand how entrenched conflict negatively affects children and provides tips for parenting during tough times. <i>KKIM satisfies the requirements of a court ordered separated parenting course.</i>  <b>COST: Waged \$100, Unwaged \$70 with concession card</b></p> <p><b>Parenting courses</b></p> <p><u>Surviving Your Adolescents</u> - Two sessions - FREE                  Surviving Your Adolescents will provide parents with some useful skills for dealing with teenage behaviour. Find out what is normal behaviour for a teenager; how to manage risk-taking; tips to maintain and improve your relationship with your teenager; and the Four Cardinal Sins (what not to do) and what to do with your teens.</p>  <p><b>September 2019 Armidale night time</b>                  Tuesdays 17th &amp; 24th September 5.30 - 8.30pm  <b>October 2019 Armidale</b>                  Tuesdays 15th &amp; 22nd October - 9.30am - 12.30pm  <u>Toolkit for Dads</u> - FREE - One 3 hour session                  Join us to learn about:                  =&gt; What gets in the way                  =&gt; What to do if you lose it                  =&gt; What children need                  =&gt; Smarter ways to parent                  =&gt; Neuroscience and kids                  =&gt; Helping children thrive                  =&gt; New ways to discipline</p> 	<p><b>PARENTING PROGRAMS</b></p> <p>=&gt; Self-care for dads  <b>September 2019 Armidale</b>                  Thursday - 5th September - 9.30am - 12.30pm  <b>November 2019 Armidale</b>                  Thursday - 7th November - 9.30am - 12.30pm  <u>Parenting On Purpose</u> - 5 sessions - FREE                  For parents who may like to strengthen their knowledge &amp; skills.                  This course explores our habits and filters as parents and offers strategies to take the stress out of parenting.                  Using practical tools based on the latest neuroscience, parents learn that connecting with the child and deepening relationship create a solid base from which to discipline.                  Calming emotions, looking for triggers, identifying the child's concern and finding workable solutions all contribute to more peace at home.                  Sick of repeating yourself?                  Giving in to stop the whining?                  Tearing your hair out?                  Stop shouting and start connecting!  <b>August - September 2019</b>                  5 Tuesdays - 13, 20, 27 August and 3 &amp; 10 September 9.30am to 12.30pm  <b>November - December 2019</b>                  5 Tuesdays - 5, 12, 19, 26 November and 3 December 9.30am to 12.30pm</p> 
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A BETTER START PROGRAM INITIATIVE



# JOIN OUR NDIS FAMILY WORKSHOPS



## You are invited to a free workshop for parents run by the Better Start team at Carers NSW

Come to a free information session for all parents and guardians of children with disability aged up to 12 years old.

It does not matter whether your child has an NDIS plan or not.

You will be able to meet other parents and chat about your experiences

Local speaker representatives include:

- ECEI partners (0-6 age group NDIS)
- Local Area Coordinators (7+ age group NDIS)
- Local Disability Advocacy Agency
- NSW Dept of Education
- Ability Links NSW

If you would like to attend but cannot, please let us know.

### EVENT INFORMATION:

**WHEN:** Tuesday 20 August 2019  
9:30am - 2:00pm  
(Registration 9:15am)

**WHERE:** Inverell RSM Club  
68 - 76 Evans Street  
Inverell New South Wales 2360

**RSVP:** The Better Start Team  
**CALL US:** 1800 242 636  
**EMAIL:**  
betterstart@carersnsw.org.au

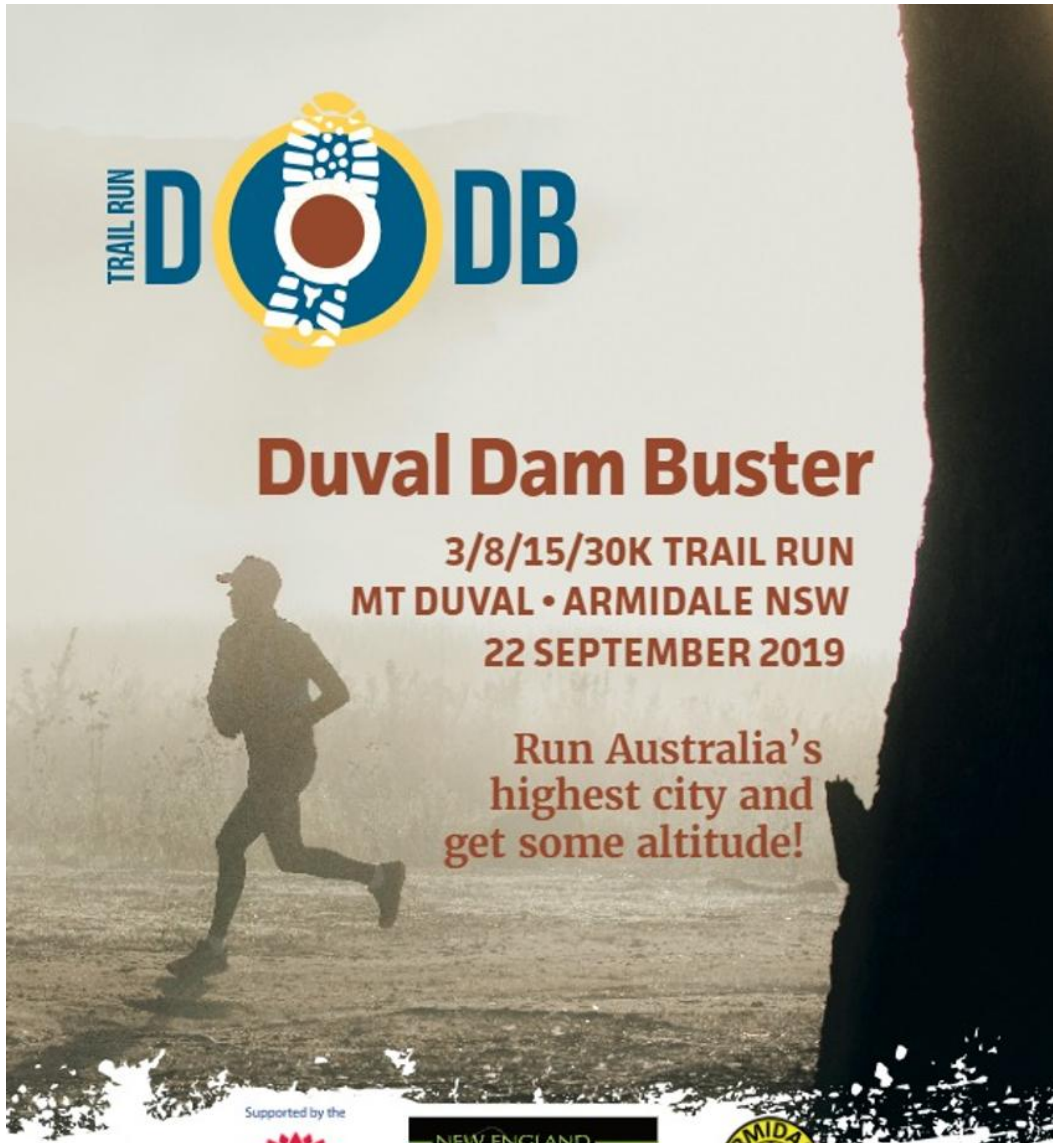
**COST:** Free

Morning tea and light lunch will be provided, tell us if you have any allergies or dietary requirements.

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[www.carersnsw.org.au](http://www.carersnsw.org.au) [contact@carersnsw.org.au](mailto:contact@carersnsw.org.au) CARER LINE 1800 242 636 PO Box 785 North Sydney NSW 2059





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