Dear Parents and Carers,

MOTHERS’ DAY BREAKFAST:
What a wonderful celebration of mothers and the important role they play in our lives. This morning over 200 mothers and daughters gathered for breakfast to munch on bagels and drink coffee, while sharing conversations and listening to Mrs Gemma McDermont our Director of Student Wellbeing. Mrs McDermott shared her experiences of being the mother of two ex-Mercy students and speaking of the role mothers play in steering their daughters through life.

A big thank you to Phillipa Sobb (P&F President) and her band of helpers, who prepared food yesterday afternoon or came in early this morning.

To thank mum on Sunday for all that she has done for you doesn’t require a lot of money, just your time. Here are a few that don’t cost anything and fit into our Healthy Lifestyle Promotion (see below).

- Picnic in the park; pack a picnic with mum’s favourite snacks and even pack some games to play.
- Discover a new walking track and take mum on an adventure into the bush.
- Campout with her under the stars, pitch a tent and toast marshmallows.
- Ride bikes down to the local park or beach.

Healthy Lifestyle Promotion:
The senior student leaders have taken on as their theme this year, the promotion of developing a healthy lifestyle. They launched their campaign at assembly this week with an amusing video of how students can build up their fitness level to a point where they can walk up the stairs to the top of M block without being out of breath. We look forward to seeing what healthy lifestyle exercises and activities the seniors have organized for us for the rest of the year.
STORIES IN THE DARK DRAMA PRODUCTION:
For those who were lucky enough to attend one of the performances of our production Stories in the Dark, you will understand the great praise in the comments below. I received many emails and phone calls commending the professionalism of the production and the quality of the actors. I have listed just a few below.

“The final performance on Friday evening was a stunning presentation which really captured the audience and transported them into another time and place full of fables and stories with a profound message.”

“I had the privilege of witnessing one of the best plays I have ever seen. The entire production was brilliant.”

“I was not familiar with this play before tonight and I have to admit to being somewhat teary towards the end—such were the powerful performances, none more so than the two leads.”

Many staff were in involved in creating props, helping with costumes or supporting the production in other ways, but I would like to thank three of our teachers in particular for their dedication, commitment and talent: Mrs Amy Gill as Producer and Director, Mr Matt Robertson as Musical Director and Mrs Jane Lennon as Stage Manager.

Wishing all our mothers, grandmothers, greatgrandmothers and those who take on the role of mothering a very Happy Mothers’ Day on Sunday and we offer this prayer:

All-loving God, we give you thanks and praise for mothers young and old. We pray for young mothers, who give life and count toes and tend to our every need; May they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us; May they continue to guide us in strong and gentle ways.

We remember mothers who are separated from their children because of war, poverty, or conflict; May they feel the loving embrace of our God who wipes every tear away.

We pray for women who are not mothers but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love.

Amen.

Best wishes

Suzanne Kavanagh

Principal
Welcome back to Term 2.

Reminders for the start of Term 2

**Winter Uniform is worn for Terms 2 & 3.**
- College kilt (length is to be 5cm below the knee), blouse, jumper, blazer, pale grey tights/stockings.
- All students: Skivvies are not to be worn under the blouse.
- Pale grey tights/stockings. Socks are not to be worn under tights/stockings.
- Black, lace-up leather school shoes with no coloured stitching, metal tabs or higher heels.
- The College blazer must be worn to and from school as the outer garment in Terms 2 and 3.
- Plain navy or black scarf (if required), to be purchased from College office.

**General Uniform Regulations:**
- If hair touches the collar, it should be tied back with a ribbon, scrunchie or hairclip in navy, white or black.
- Hair should be a natural colour and of a conservative style.
- The following jewellery items may be worn: a watch, one pair of plain studs or sleepers (gold or silver) in the lower lobe. All other facial piercing is prohibited. A cross on a chain may be worn but must not be visible when worn with the school uniform.
- Make-up, nail polish, acrylic and gel nails are not to be worn.
- Chewing gum is prohibited

**Parent Teacher Interviews**

Year 7: Tuesday 17 May 2:00pm – 6:30pm
Years 11 & 12: Tuesday 24 May 2:00pm – 6:30pm

Please note on Tuesday 17 May and Tuesday 24 May classes will start at 8:45am and conclude at 1:45pm for Parent Teacher Interviews to begin at 2pm.

**Ms E Kayrooz**
Deputy Principal

—

**Message from the Director of Student Wellbeing**

On behalf of the Pastoral Care team I hope you had an enjoyable and relaxing family break and your daughter is well rested and ready for the term.

As this Sunday is a very special day for Mothers, we send our best wishes and thanks to all our Mercy Mothers for Mother’s Day.

Nothing is better than a daughter’s love and sharing great joys and laughs with your daughter.

**A Mother’s Love**

~ Anon

Of all the special joys in life,
The big ones and the small,
A mother’s love and tenderness
Is the greatest of them all.
On Friday 29 April, Kristen S (Year 11) and Caitlin M (Year 7) competed in NSW Combined Catholic Colleges Swimming championships representing Mercy College. Caitlin competed in the 100m Freestyle where she came 4th, 50m Freestyle where she came 7th and the 50m Backstroke where she qualified 3rd making it into the next round of NSW all schools Championships. Kristen competed in the 50m Backstroke where she also came 3rd qualifying for NSW all schools. Caitlin and Kristen will be competing this Friday the 6th of May in the 50m Backstroke.

We wish them luck as they represent NSW Combined Catholic Colleges against the rest of the schools in the state.

Ms J Knapinski
BBSSSA Co-ordinator

During the holidays two students from Year 10 Rebecca Mc and Imogen O'C spent a week at camp assisting young adults with disabilities. When speaking to the girls last week they told me they go on camps during holidays but these holidays decided to this particular camp, to give those with disabilities the opportunity to experience an activity camp. They were asked (at the camp) if they were doing this for some community award or project. Their response was no, they were doing this to allow those less able then themselves to enjoy the experience of being on a camp. Below is their recount experiences.

In the holidays, both Bec and I attended a camp called Life Exchange at Camp Kedron. Camp Kedron is a Christian group that run camps for kids in the holidays. They go for a week and enjoy amazing activities and learning more about Jesus. This particular camp we went to was called “Life Exchange” for people with disabilities. It allows them the chance to attend a camp, have fun, make new friends and experience everyday activities like the rest of us. On this camp there was a group of us that were buddies with a person with a disability. We experienced the week with our buddies and became their friend/mentor.

As much as it was very challenging, and tiring it was extremely rewarding as we were able to see them individually grow within themselves. Spending a week with this group, we learnt a lot about value and self-worth, and that these people are not very different to us at all. Coming out of the week, we both have grown more deeply with our faith and took the opportunity to show God’s love by serving at this camp. These kids were the most beautiful, creative, intelligent and loving people and should never be judged on the disability they have, but the value God gave them. This was an amazing experience for us which we will never forget!

Immy O’C and Bec Mc
Year 10

Ms E Kayrooz
Deputy Principal
Student News

Year Eleven Biology Field Trip: North Narrabeen.

On the last week of a long school term the two Year Eleven Biology classes undertook the annual Biology ‘pilgrimage’ Field Trip excursion to North Narrabeen. The purpose of the exercise was to increase their familiarity and understanding of the organisms existing on the rock platform and the interactions between these organisms and their physical environmental conditions. It was a beautiful day despite the warm conditions but the students were a little uncertain of what to expect considering what they were to learn was to be tested in an assessment task in Term 2.

After an initial talk regarding the organisms they were to encounter, they were soon on the rock platform ‘getting to know’ the numerous species of organisms and their special adaptations required to survive the demanding conditions. The students were fortunate enough to find several exciting animals, particularly a number of octopi where the ladies quickly learnt that they possessed many sucking tentacles!

Following this, they had to measure a number of abiotic conditions on the rock platform, then through the use of various ecological sampling methods, determine how these conditions influence the distribution and abundance of certain organisms over the platform.

The students also increased their awareness of the various strategies employed by the Coastal Environment Centre (CEC), who conducted the excursion, that assisted in the conservation of organisms and the environment that supports them. They learnt that it is illegal to harm or interfere with any of the organisms, despite witnessing a fisherman who disregarded this regulation while collecting live bait.

By the end of the day the students significantly increased their understanding and appreciation of the life on the rock platform and the use of ecological sampling techniques. The two staff members of the CEC remarked several times how courteous and responsive the Mercy students were and how they would like ‘every school who visited the rock platform to be as well behaved and enthusiastic’! Well done to the Year Eleven Biology students. A special thank you is also extended to Ms Lamplough and Ms Cary who provided valuable assistance on the day.

Sean Marshall
Senior Biology Teacher
On Friday, 1st of April, Marist College North Sydney, Marist College Eastwood, St Pius X College, St Aloysius College and Riverview College boys entered the gates to participate in the Year 8 Mercy Dance. The dance was held from 5 - 8 pm and the money raised went towards the Mercy Week fundraiser. It took time, but with the loud music and encouragement from the Year 12 volunteers, the dancing started. The boys eventually decided that they couldn't hide the whole time and as it turned out, they could dance. Amongst all this, the real stars of the night were Mr Cuttler and Mr Strong, which was proven in their intense dance off. This encouraged some of the Marist boys to show off their skills, including the worm and the dolphin. Before we knew it, the last three songs were played and the night was almost over. On behalf of Year 8, I would like to thank the teachers and the Year 12 students that gave up their time to supervise. Personally, I had a really good time and I hope everyone else did too.

Regards- Serena B
Year 8 Media & Creative Arts Representative
Student News

ATHLETIC CARNIVAL

Friday 20 May: Students will be transported by bus to and from Rotary Athletics Oval on Mowbray Road for our Inter House Carnival. A basic canteen will be operating on the day but students are encouraged to bring their own lunch and water bottle. Also, girls should ensure they have a hat, warm clothes, towel, ground mat and wet weather gear. Students are to wear their sports uniform or Winter uniform to school before changing into their respective House colours before the buses depart. Your daughter will be notified of any changes due to wet weather.

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DESIGN AND TECHNOLOGY EXCURSION

On Friday 29th of April, Year 11 and 12 Design and Technology classes visited the Powerhouse Museum in Ultimo to see the HSC Major Works from 2015. We were able to see both the innovative designs and products made by the students and the accompanying portfolios. The Year 12’s were able to find some extra inspiration and tips for their major works this year and the Year 11’s could see the level of work and quality that is expected. There were some really cool designs in the exhibition including a clothes line that popped up with an umbrella when a sensor felt rain to keep the clothes dry and a bench made out of compressed newspapers. A lot of the designs were environmentally sustainable and took into account environmental friendly initiatives and so we could see how the designs were influenced by trends and environmental awareness. In another exhibition the textile major works were on display which were really impressive and inspired a few of the girls. The designs in the exhibitions were all really diverse in concepts and materials, inspiring us all in a different way of the types of projects we could create.

Alex and Cara

YEAR 9 ENGLISH NEWS

This year, as we celebrate Shakespeare’s 400th anniversary, Year 9 students will be undertaking a new unit of study called ‘Shakespeare’s Women’ in Term 3. The learning opportunities will include an examination of the status of women in Shakespeare’s times and the roles they played in some of his most enduring works. Students will examine the key speeches of some of the most intriguing female characters Shakespeare created including Juliet, Portia, Cat, Cordelia and Ophelia. To explore how and why Shakespeare’s plays are still relevant today, students will be asked to read Jackie French’s novel, Ophelia: Queen of Denmark. Jackie French’s novel is a reinterpretation of Hamlet. Goodreads explain that:

…while Hamlet’s family stab, poison or haunt one another, Ophelia plans a sensible rule, one filled with justice and the making of delicious cheeses. Even if she has to pretend to be mad to make it happen, Ophelia will let nothing, not even howling ghosts, stand in her way.

Unfortunately, this text did not appear on the book list distributed to students at the end of last year. This means that students are required to purchase a copy of this text by the beginning of Term 3. I apologise for any inconvenience this may cause. If you have any queries or concerns, please do not hesitate to get in touch with me.

TITLE: Ophelia: Queen of Denmark
AUTHOR: Jackie French
YEAR OF PUBLICATION: 2015
ISBN: 9780732298524
ISBN 10: 0732298520
PRICE (RRP): $16.99

Mrs Tamara Munro
Acting English Co-ordinator
STORIES IN THE DARK

Last week saw the production of Stories in the Dark come to life on stage for sold out audiences. The school community could not be prouder of the students and staff involved. Over 70 students from both Mercy Catholic College and St Pius X Catholic College have stepped away from their screens to build new relationships, work collaboratively and explore their creativity through this project.

The play, which told the stories of two children fighting for survival in a worn-torn city, touched the hearts of audiences. This is what the audience had to say:

“The play was sooooooo good. You have done a wonderful job to bring the stories alive!!”

“I was not familiar with this play before tonight and I have to admit to being somewhat teary towards the end- such were the powerful performances, none more so than the two leads.”

“I had the privilege of witnessing one of the best plays I have ever seen. The entire production was brilliant. Stories in the Dark truly touched me, not just the wonderful story line and professional acting, beautiful music, costumes and designed sets, but how two schools came together and poured their heart and soul into executing such a splendid play.”

“The final performance on Friday evening was a stunning presentation which really captured the audience and transported them into another time and place full of fables and stories with a profound message.”

Thank you to all involved. Hopefully this is the beginning of many more productions to come.

Mrs A Gill
Educator
Student News

Year 12 Retreat Reflection – “My Life Journey is my Faith Journey”

On the 6th April, the graduating class of 2016 arrived at the retreat destination of sunny Mulgoa. Nothing could stop the excitement and curiosity of what the next couple of days held for Year 12.

Day 1 – The Past
The day began with an introduction theme of the Retreat which was ‘My Life Journey is my Faith journey’ by Ms Stojanovski. The focus of the first day was the past, and each student was invited to share a sacred object and add it to the sacred space. This enabled the Year 12 cohort to learn a little bit more about each other and it became a very loving and respectful environment. Next we had some free time and were put into our cabins. Free time involved building our relationships with each other through endless games of cards, playing soccer, patting the horses, going for walks and nail painting sessions. The Retreat sessions included Ms Stojanovski’s testimony of her life journey, small group activities and Ms Kavanagh led our final session which allowed us to reflect on our individual gifts and how much of ourselves we have given to the school community over the past 6 years. The day ended with a “friendly” game of trivia, which was a great way to bond as a Year group.

Day 2 – The Present
The day started bright and early for many girls who opted to begin with a reflective scenic walk around the grounds. It was a good opportunity to be immersed in nature and chat with our peers. After breakfast, the retreat activities officially began with the day’s focus being our lives at present and our relationships with ourselves, our families and with God.

The Retreat activities began with a meditation led Ms D’Arcy. This was followed by an affirmation session led by Adrian where we were given the opportunity to recognise the qualities we value in others and to reiterate the common theme - that to give is to receive. Mrs Morgan shared the faith journey in her life and Mrs Gill shared a moving story about the love of parents. We learnt that some things are beyond our control but it is how we pick ourselves up and get through life that matters. Undoubtedly an emotional time, whether joyful, sad or nostalgic, it was a time to appreciate the love of our families and put into perspective the important things in our lives so far. The evening ended with Sacramental Reconciliation and Mass led by Father Paul.

Day 3 – The Future
The focus of the third day was the future. We spent the morning writing affirmations and reflecting on how we can take what we learnt on Retreat back into our lives.

On behalf of Year 12 we would like to extend our deepest thanks to all the staff that attended the Retreat. In particular, what made all the sessions so powerful was the fact that the stories shared had happened to real people, our teachers that we see every day. I would like to thank Fr Paul for traveling from Chatswood to celebrate Mass with us; to Adrian, thanks for maintaining an interest in our Year group and attending our retreat for the second year in your role as Youth Minister at OLD; to all the teachers that attended (Ms Stojanovski, Ms McKay, Ms D’Arcy, Ms McDermott, Ms McGreal, Ms Kavanagh, Ms Gill, Ms Morgan), thanks for looking after us and getting to know us, leading the small groups and sharing your own experiences; to Ms Thomas, thanks for preparing the activities; and finally, a massive thank you is extended to Ms Stojanovski for organising the retreat.

Karina B and Alex R
Year 12
School Captain and Vice-Captain
ANZAC DAY LITURGY 2016 – THE CENTENARY OF THE BATTLE OF THE SOMME

“No greater love has a man than to lay down his life for his friends.” John 15:13

On Tuesday 26 April at 9:00am Mercy College held their ANZAC Day Liturgy for 2016. This year marks the centenary of Battle of the Somme, which includes a series of battles fought between 1 July and 18 November 1916 along the Somme Valley in France. Almost 300,000 Australians served on the Western Front in France and Flanders, taking part in every major British offensive between 1916 and the Armistice in 1918. More than 46,000 soldiers lost their lives, of whom some 18,000 have no known grave.

It was at Gallipoli and in the battles like the Somme which followed that the ANZAC tradition was formed. At our ANZAC Liturgy we as a College community acknowledged and commemorated the service and sacrifice of generations of Australian servicemen and women in theatres of conflict around the globe and across the decades. We remembered the ANZAC spirit of pride, bravery, compassion and mateship.

The liturgy was led by Year 11, 2 Unit Studies of Religion students who gave touching readings about the Gallipoli landing and the significance of ANZAC Day. Lieutenant Commander Alistair Tomlinson, a member of the Royal Australian Navy Reserve and College parent, gave a moving Commemorative Address about the impact of war on civilians and the futility of military campaigns.

The service included the laying of a wreath and poppies as a symbol of remembrance. Led by Mr Robertson, Year 11 Music students performed the songs ‘I was Only 19’ and ‘Note from a Soldier’. The Last Post and Reville were performed by Ashleigh H in Year 11. It was a touching service that drew the student’s attention to these important chapters of Australia’s history.

Ms Gabie Stojanovski
Religious Education Co-ordinator
WYD Update—Pilgrims participate in local formation program

Preparations for our Mercy students travelling to WYD 2016 in Krakow Poland are gaining momentum, and enthusiasm builds as this ‘life making’ experience is swiftly approaching.

On the first Monday of the school holidays our six WYD pilgrims from the College gathered with other local Chatswood school aged pilgrims from St Pius X, Chatswood High and Mount St Benedict’s to undertake the Australian Catholic Bishops Conference WYD Formation Program. The program for the day was based around prayerfully analysing a theme of transformation and unpacking the meaning of the WYD Prayer and applying the issues to our very own lives.

Our girls took to the program with enthusiasm and in particular they appreciated the opportunity to build relationships with their fellow pilgrims and pilgrim group leaders. I would like to extend particular thanks to Mr Adrian Brannan for leading the formation program and Father Paul and the Pilgrim Group Leaders from St Pius X who provided guidance to the students by facilitating small groups on the day.

Each of the students had the opportunity to handle and reflect on the very same Gospel that Pope Emeritus; Benedict 16th held and Blessed the congregation with at the WYD Sydney 2008 Final Mass at Randwick Sydney in 2008.

We also had the opportunity to hear at length from a recent young pilgrim to the WYD in Rio de Janeiro in 2013, this afforded the opportunity to learn directly about the anticipated experience. Our day finished with what will be a regular occurrence for this same group on Pilgrimage; a small community Mass, Fr Paul celebrated a simple but powerful Mass for our small group.

This commencing term will see some intense periods of preparation as the students prepare both practically and spiritually to embark in Term 3 for the 22 day trip through Italy and Poland. Local community events to farewell and commission our pilgrims at the College and within the Diocese before their departure are being planned for later in this term and details will be made available shortly.

Please continue to pray for our pilgrims and leaders as they continue their preparations, just as we will be taking the prayerful intentions of the Mercy College Community with us to Krakow.

Ms Gabie Stojanovski
Religious Education Co-ordinator
PINK ROUND 4: SATURDAY, 7 MAY
Teams to wear some pink in support of Breast Cancer Research. Given a fundraiser round, donations can be made at collection points at the Courts. A special cause so close to Mothers Day – please get in the spirit of the day and support.

NSNA NEWSLETTER
This season has seen the introduction of an NSNA newsletter. If you miss the monthly e-copy, please refer to the Newsletter tab on the NSNA website: http://nsna.nsw.netball.com.au/home.aspx?

There’s monthly updates, including advice for umpires (Whistleblower) and coaches (Coach the Coaches). “Do yourselves a favour” and check it out.

Wishing all the netball mums a very happy Mothers’ Day – enjoy “your day”.
Activities Club

In Term 2, It is Time to Shine will be offering two new classes. There will be a Year 7/8 Drama Club and a Mindfulness, Meditation and Relaxation lunchtime class.

DRAMA CLUB

Drama Club is an activity that seeks to develop confidence, self-esteem, communication skills, collaboration skills and interest in the dramatic arts in a fun, supportive and non-competitive environment. Students are encouraged to be creative, imaginative and collaborative. Skills are developed in the areas of voice, movement, improvisation, playbuilding, scene and script work. Drama Club will participate in a performance which will be presented on Creative Arts night that will showcase the talent and creativity of students.

When: Tuesday 4:15pm – 5:15pm (Years 7 and 8)
Where: Drama Room
Cost: $128 per term (8 weeks)

MINDFULNESS, MEDITATION AND RELAXATION

Mindfulness, Meditation and Relaxation is designed to enhance the wellbeing of students by exploring the breath, listening skills, mindfulness, movement, positive affirmations, guided meditations, self-belief, developing positive relationships, resilience and gratitude. The classes are practical and skill-based.

When: Thursday 1.30pm – 2pm (Years 7 - 12)
Where: Flexible Learning Space
Cost: $80 per term (8 weeks)

For further information contact Donna D’Silva e: donna.d’silva@dbb.catholic.edu.au or m: 0422 392 901.

Parent News

Important Information from the School Careers Department

We have a NEW CAREER WEBSITE!!

Our school has now provided its students and their parents/caregivers with a new ‘School Careers/Enrichment Website’. You can find it at http://www.mercychatswoodcareers.com/
It’s a “One Stop Shop” for your daughter’s child’s needs with their Career Planning, information, HSC, Post School Options, Resume writing, Gifted and Talented Activities, Enrichment, Honours and Blue & Gold Awards, Gap Year and much, much more. This Website is not just for Year 12’s. It is useful for students from Year 7 all the way to Year 12.

When you open the link above you will see on the “Message Board” a detailed document which will help you and your daughter get the most out of the website.
The site is also designed with you, the parent/caregiver in mind, to provide you with all the information you need about your daughter’s Career Planning and post school options – and as you are aware, the information is constantly changing in these areas. As the College Career Adviser, I will endeavour to inform you of any changes via a Career Newsletter and Message Board. You can subscribe to the Newsletter if you wish to receive this information.

I hope you will find it useful. If you wish to discuss any aspect of the Website or your daughter’s future career, please give me a call.

Mr Eric Regoli
Careers Adviser/Gifted and Talented/ Enrichment Teacher
Parent News

Message from the P & F President

Mothers’ Day Breakfast

This morning we celebrated Mothers’ Day with a breakfast of gourmet food and coffee at school. There were over 220 diners enjoying the food, the company and the speech from Gemma McDermott. Thank you to those who volunteered to ensure the preparation was easy and the morning ran smoothly. I am especially grateful to the Dads, Students and P&F Executive Members who came to school at 6am to prepare for the breakfast.

Diary Dates

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<tr>
<td>1 June 2016</td>
<td>Term 2 P&amp;F Meeting</td>
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<td>10 August 2016</td>
<td>Term 3 P&amp;F Meeting</td>
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<td>19 October 2016</td>
<td>Term 4 P&amp;F Meeting with AGM</td>
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<td>1 September 2016</td>
<td>Fathers’ Day Breakfast</td>
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With best wishes,

Phillipa Sobb  
President P & F  
perrysobb@gmail.com  
0411 429 629
Parenting Programs

Child & Adolescent Parenting

WHAT’S ON IN TERM 2 – COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
Understanding teenagers today & communication skills
Emotional intelligence skills
How to prevent behaviour problems & conflict resolution
5 wks Chatswood 18/5 – 15/6 (7.00-9.30pm) Brookvale 10/5 – 7/6 (6.30-9.00pm)

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 (11/5, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (9/5 - 6/6)
Triple P Seminars—Chatswood (17/5, 24/5 & 31/5)
Communicating with Kids Workshop (based on PET)-Chatswood (2/6)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS 8877 5152
Dealing with Teen’s Back Chat
Transition to High School
Triple P Seminar Series (Teens)

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
Understanding Your Toddler/Discipline & Tantrums << Older Sibling – New Baby
Tucker without Tantrums/Toilet Training << Transition to School
Speech & Language Development/Sleep << Grand Parenting
Triple P (PPP) Seminar Series (1-12 years) << Communicating with Kids

Enquiries: Child & Adolescent Parenting 8877 5152
# Canteen Roster

If you are unable to attend Canteen on your rostered day please try and swap with another volunteer.

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**IMPORTANT INFORMATION**

Please help us to serve your daughters! We need volunteers for canteen—once a week, once a fortnight, once a month or even once a term. Whatever suits you. WE are always happy to see you.

If you can help in anyway please contact us ASAP 9419 2890.

Thank you

Anna, Angela and Nancy