



# School Newsletter

Term 3 Week 5

August 19 2020

## St Mary Star of the Sea School Board

Fr Mariusz Adamczyk  
Steve O'Halloran  
Jim Andreoli  
Warren Schmidt  
Kym Redden

Ex-Officio  
Ex-Officio  
Chairperson  
Vice Chair  
P&F Rep

David Kearney  
Sue Jordan  
Val Shrubbs  
Susana Svilicich

Member  
Secretary  
Member  
Treasurer

## IMPORTANT THINGS TO REMEMBER

### Week 5

Thursday Aug 20

OLNA Reading Yr 9

### Week 6

Monday Aug 24

First Eucharist Parent/Child Meeting 6.30pm

Wednesday Aug 26

OLNA Numeracy Yr 9

Wednesday Aug 26

Dental Screening—PP, Yr 3 & Yr 6

Wednesday Aug 26

Parish Council Meeting 6.30pm

Friday Aug 28

Primary Assembly—Yr 5

Sunday Aug 30

First Eucharist

### Week 7

Monday Aug 31

OLNA—Writing Yr 10-12

Tuesday Sept 1st –4th

ACC Camp

Thursday Sept 3

Father's Day Stall K-2 (PM)

Friday Sept 4

Junior Sports Carnival PP-Yr 2

Friday Sept 4

Father's Day Breakfast & Liturgy

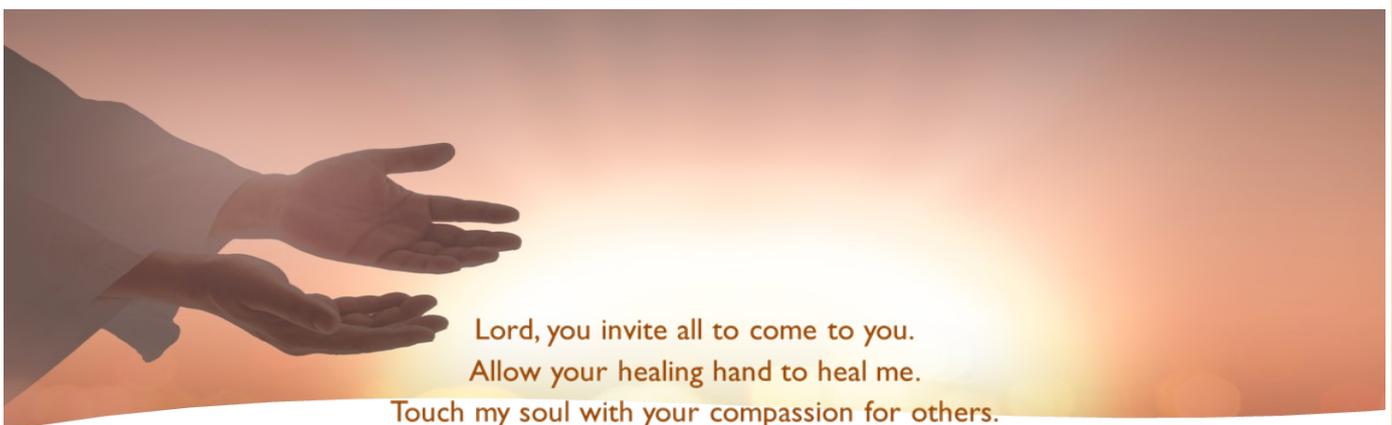
Friday Sept 4

Father's Day Stall Yr 3-12 (Recess)

### Week 8

Monday Sept 7

Catholic Faith Day—Pupil Free Day



Lord, you invite all to come to you.  
Allow your healing hand to heal me.

Touch my soul with your compassion for others.

Touch my heart with your courage and infinite love for all.

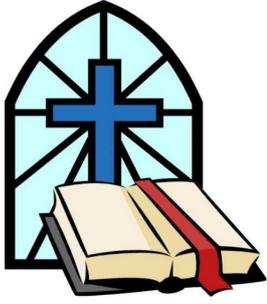
Touch my mind with your wisdom, that my mouth may always proclaim your praise.

Teach me to reach out to you in my need and help me to lead others to you by my example.

Most loving Heart of Jesus, bring me health in body and spirit that I may serve you with all my strength.

Touch gently this life which you have created, now and forever.

Amen



## *From the REC desk...*

**Mass Times: Saturday 7.00 pm Sunday 9.00 am**

*Please adhere to all COVID – Safe regulations. Hand sanitiser is available*

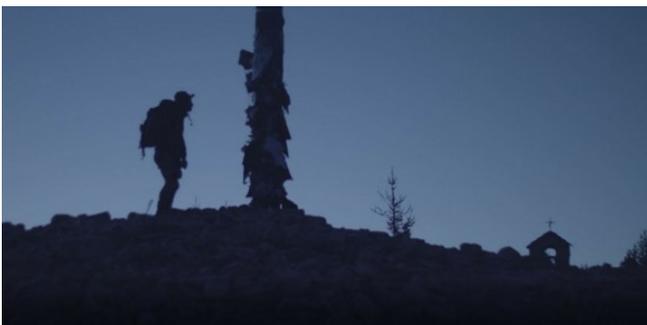
I cannot believe it is Week 5 already! It has been such a busy term with sacramental programs, Athletic Carnival days, Science Week, Retreats and the Bishop's visit that I wonder how the rest of the term will pan out? First Eucharist students are preparing for their sacrament next week, so please keep them in your prayers.

The *Saint-sations!* Logo competition has had a great response with 26 entries across the Primary and Secondary years. The final decision will be made at the end of the week by the judging panel so watch this space! The performing group have all met to discuss upcoming events, shirts and rehearsal times. Tuesdays will be reserved for soloists at lunchtimes and Wednesday for the whole group to come together. Closer to public performance, there will be an expectation to attend after-school rehearsals. Letters will be going out shortly to all parents of interested and committed students next week.

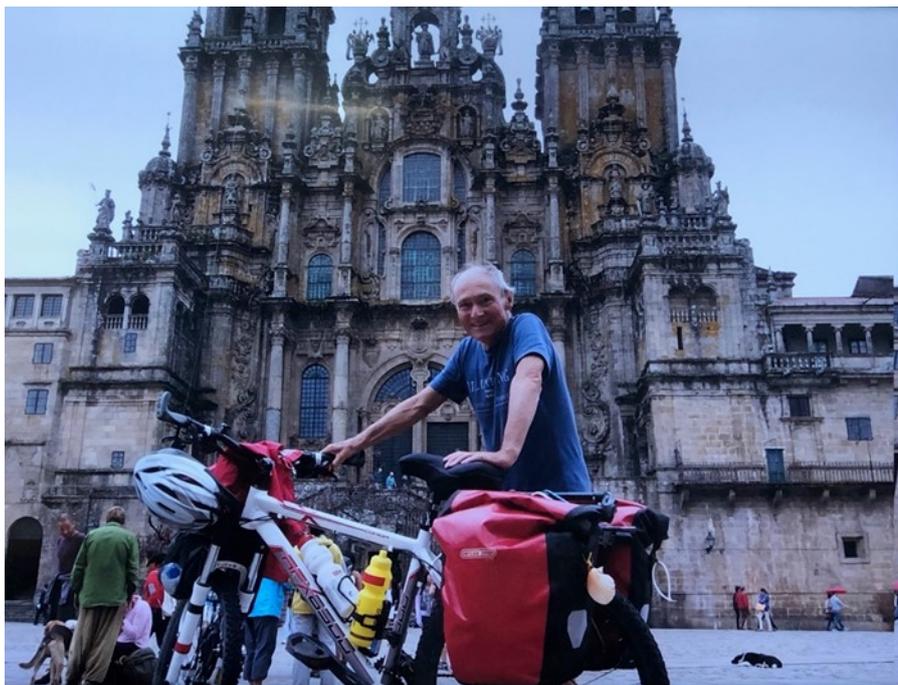
The Congo Care project is also coming shortly to a close. Please send in any donations and/or sewing equipment to myself or Mrs Griffiths by the end of this school term. I will be driving to Perth with all the bags to send to Congo from there as well as transfer all funds collected to the Lay Salvatorians who are administering the project in Congo. I will provide a final report to everyone next term. Thank you to all the individuals and families from our school and parish community who have supported this project so far.

Last Friday, Mr Paul Fee who used to be Head of Middle School and our Science teacher at St Mary's, came in to talk to the Year 12s about the Camino de Santiago (The Way of St James) pilgrimage that he has completed 5.5 times! Mr Fee shared many beautiful photographs, short films and gave a very passionate and engaging presentation about his experiences on the Camino. It was a fascinating culmination to our pilgrimage study unit in the Religion and Life course. Of special note were the stories that Mr Fee related about the time he went on Camino with Mr Daryl Weatherdon which they unfortunately could not complete that particular year. They had made plans to do so later which tragically did not happen due to Mr Weatherdon's very sudden passing. In 2018, Mr Fee made that pilgrimage in honour of his very good friend Mr Weatherdon and left a small stone at the Cruz de Ferro (The Iron Cross). Cruz de Ferro, or Iron Cross, is a cross on the Camino de Santiago, located between the towns of Foncebadón and Manjarín, on the Camino Frances (in France).

It consists of a wooden pole about five feet high surmounted by an iron cross. At its base, a mound has been forming over the years. A legend says that when the Cathedral of Santiago de Compostela was being built, pilgrims were asked to contribute by bringing a stone. The tradition is to throw a stone, brought from the place of origin of the pilgrim, with his or her back to the



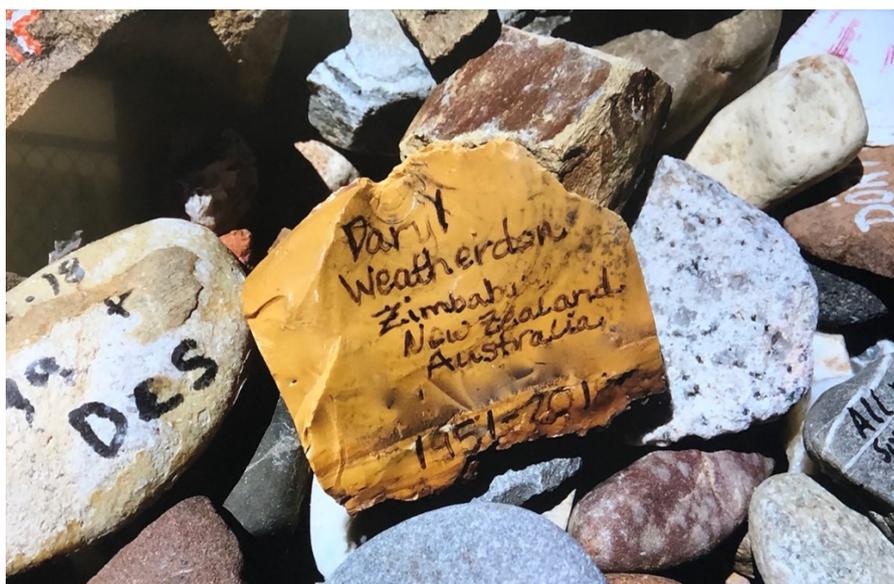
*Continued...*



*Mr Paul Fee—in front of the Cathedral of Santiago de Compostela*

In 1982 a chapel dedicated to St. James was built by the Cross, and for some years the Centro Gallego de Ponferrada has been celebrating the feast of Santiago/Saint James with a pilgrimage to the place that brings together hundreds of thousands of people.

The cross is believed to have been placed here in the 11th century by Gaucelmo. When you visit the cross today you will see that pilgrims traditionally leave a rock here. Sometimes pilgrims pick up a rock along the way to carry with them, others bring them from home. The rocks may have a letter, word or message to a loved one on them. There is a rock at the Cruz de Ferro in memory of Mr Daryl Weatherdon who taught HASS, PE and Media (Photography) for many years at St Mary's. Thank you, Mr Fee, for sharing your precious memories with us all. Daryl Weatherdon: 1951-2018 – may he rest in eternal peace. Amen.



God bless until next time ...

*Sam Da Luz*

Religious Education Coordinator

## SECONDARY NEWS

Once again, it has been a very busy fortnight! Our Year 9 students completed their first OLNAs in Writing last week followed by two very busy days of athletics, both field and track as well as a 1500m run at lunchtime on the Monday prior! It was so wonderful to see so many students make a real effort to achieve to the best of their ability. The final results should be announced today. Go Quobba!

Acknowledgement must be made to Miss Barrett and the Year 12 students for their preparation and planning of so many activities for so many students. And the hard work doesn't stop there, as now the results are in, Miss Barrett is able to select the team for ACC! On top of the preparation of the carnival, Miss Barrett has also been training students for the ACC three times a week in the mornings and afternoons. Hopefully, those students who attended training will be rewarded with a fantastic camp! Students will leave on the 1<sup>st</sup> September and return 4<sup>th</sup> September.

Year 9s will be continuing with their OLNAs on Thursday (20<sup>th</sup> August) with Reading and will finish their last assessment (Numeracy) on Wednesday 26<sup>th</sup> August. It is essential students have charged devices with keyboards for these assessments.

From athletics to Science!! We are fully underway celebrating Science Week! Miss Hegarty has been very busily organising a timetable of events to engage students in the many different forms of science throughout the whole week. It is a celebration for the whole school and as result, activities have been planned for all year groups from the Kindies to the Year 12s. We look forward to seeing photos as we progress ... keep an eye out for our Facebook page!

Finally there is an interesting article by Frances E. Jensen, MD on the 'Teenage Brain'. I have included a few excerpts for those of us parents who are still trying to understand the mysteries of the teenage brain!!

*'When you learn, you are using the same pathway over and over again in your brain. As a result, something kind of magical happens, which is that this process triggers the building of a synapse. That's where two brain cells connect. All the proteins that are required to build these synapses are actually programmed at higher levels in children and teenagers, which is why teenagers can learn so well.....'*

*Adolescents can improve skills tremendously. Their synaptic plasticity is higher. They learn at higher rates. This is a carpe diem time of life. It's the best time to correct reading problems, to improve in math, or whatever it is. As adults, we have to put much more effort into our learning. Teenagers need to know that they are coming out of this golden period. Their IQ can change. It can go up, but it can also go down. We all thought IQ stayed the same, but that's not true and that's great news. Parents should be working on that. In elementary school, parents are very involved, and then in middle school, we decide you're a scholar or you're not. That's not right. It can change....'*

*A lot of people believe that once their children physically mature, there is an adult brain in there. That's not true. The brain is only about 80% of the way to adulthood at the end of your teenage years. Even when you leave college, your brain is not fully mature yet. The BRAIN does not mature until around their mid-20s.*

*Teenage Brain by Frances E. Jensen MD*

Kind regards

**Narelle Holtham**

Acting Head of Secondary



## Yr3-6 Coping with Adversity & Change

Some things are in our control, whilst others are not. Despite what many of us imagine, we often cannot control what happens to us, or what curveballs life has in mind for us. When something unexpected happens to us, or goes wrong, acceptance is acknowledging what has happened, and then figuring out a strategy to respond to it rather than avoiding it.

It can be worth considering at times that unexpected change might have good elements or that we could even grow from it—we just might not know it yet.

The first distinction to make about acceptance is that it doesn't mean that we must like or approve of what has happened. Acceptance means acknowledging that there is a situation that we need to deal with. Self awareness and mindfulness limit damaging reactions. When we are confident that we can cope, we view unexpected situations as challenges rather than insurmountable hurdles.

The second thing to consider about acceptance is that it doesn't mean we can't work on changing the situation at hand. Acceptance doesn't mean things have to stay this way forever or that we give up. For many things in life, it is important to internalise the truth that *this too shall pass*.

*Have a great week !*

**Trudy Cox**

**A/Head of Primary (3-6)**





## 4 MORE SIGNS TO GO!

Various students from Yr 7 – 11 have been busy after school preparing these signs...

How fabulous do they look?!

## Athletics Training Program 2020

It's athletics this term which means a jam-packed 10 weeks of training and carnivals. Please see below the current training program for **Years 7-12**. If your child/ren is hoping to attend the ACC Athletics Camp in Week 7, they must attend the training related to their events.



	<b>Monday afternoon (2.45-3.45pm) Jumps &amp; Throws</b>	<b>Wednesday morning (7.15-7.45am) Breakfast will not be provided.</b>	<b>Thursday afternoon (2.45-3.30pm) Sprints &amp; Relays</b>
Week 1			Sprint practice
Week 2	Shot Put (Miss B) & Triple Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Circular relay practice
Week 3	Javelin (Miss B) & Long Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Circular relay practice
Week 4	High Jump (Miss B) & Discus (Mrs H)	<i>Carnival week</i>	<i>Carnival week</i>
Week 5	Shot Put (Miss B) & Long Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Sprint Practice Circular Relay – Finalise Teams
Week 6	High Jump (Miss B) & Discus (Mrs H)	Middle Distance Running (400, 800, 1500m)	Sprint Practice Circular Relay – Finalise Teams
Week 7	Javelin (Miss B) & Other (Mrs N)	ACC	ACC



*Staff enjoyed morning tea and a visit from Vince Catania MP to present Mr O'Halloran, Mrs O'Halloran and Mrs Cox with certificates of appreciation for their valuable contribution to education.*

*The school community would also like to acknowledge Mrs Da Luz and Mrs Holtham for the support they give to all staff and students.*



## STUDENT REPRESENTATIVE COUNCIL

Congratulations to the following students on being chosen as the Semester 2 Primary Student Representative Council.

Year 5: Amelie Meynell, Dan Nguyen and Angela Trieu

Year 6: Takira Bassett, Daniel Nguyen, Heidi Bumbak and Mali Hibbert



### PLEASE NOTE: CHANGES TO TERM 3 CALENDAR

The Pupil Free Day planned for Friday August 21st has been cancelled. As such, students will now be required to attend on this day.

The Catholic Faith Day that was scheduled for Monday August 24th has now been rescheduled to Monday September 7th. As such, students will be required to attend school on Monday August 24th.

### **Congratulations** to our Merit Award Winners from Week 3!



# SCIENCE WEEK 2020

## BUILD YOUR BEST BOAT!

AT RECESS STUDENTS FROM ACROSS THE PRIMARY SCHOOL DESIGNED AND BUILT BOATS OUT OF ALUMINIUM FOIL, POPSTICKS, STRAWS, SKEWERS AND GLUE.



SMSC 2020 SCIENCE WEEK

### JLC CARTESIAN DIVERS

Students created Cartesian Divers, by increasing the pressure on their diver by squeezing the bottle, they could see their diver, dive to the bottom.



SMSC 2020 SCIENCE WEEK

## Bath Fizz

Today we went into the wonderful world of chemistry and created Bath Fizz (aka deconstructed bath bombs). Our Bath Fizz was either lavender or citrus bliss scented and made of household products. Students were given their own bag of Fizz to take home and use in the shower or bath.

The recipe is listed below.





# St Mary Star of the Sea School Carnarvon WA

## Qualified Teacher - Temporary Part-Time FTE 0.4 (2 days per week)

**IMMEDIATE START to 31 December 2020**

Applications are invited for this teaching coordinator role of the **Aboriginal Families as First Educators Program (AFaFE)**. This program involves working with children from 0 – 3 years of age, and their parents.

Applicants must submit a curriculum vitae, addressed to the Principal, including the names and contact numbers of three referees, one of whom must be the current employer. Current TRBWA registration and Working with Children Card are required.

Applications to be addressed to: The Principal, Mr Steve O'Halloran, St Mary Star of the Sea Catholic School, P O Box 772, Carnarvon WA 6701.



### ABORIGINAL FAMILIES AS FIRST EDUCATORS

The playgroup Facilitator and Family Liaison Officer will work alongside parents and carers as first educators to prepare their children with strong foundations to, BE, BELONG and BECOME independent, spirited individuals with a bright and prosperous future.

<b>WHO</b> For Aboriginal and Torres Strait Islander families with children 0-4 years of age	<b>WHERE</b> 30 Egan Street	<b>WHEN</b> Monday and Wednesday Mornings 9am-12pm
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### WHAT'S ON AT PLAYGROUP?

**FRUIT TIME** LEARNING GAMES  
CONVERSATIONAL READING INDOOR ACTIVITIES  
SENSORY ACTIVITIES **OUTDOOR PLAY**  
ENRICHED CARE-GIVING LAUGHTER FUN  
TEA AND COFFEE **LEARNING**





St Mary Star of the Sea  
Catholic School Parents &  
Friends Association  
@smscpanzf



Thanks to the small bunch of committed parents who attended the P&F meeting on 6 August. Underway is a project to select and install some inspirational quotations and artwork to the student bathrooms. The idea has been raised with the Student Representatives Committee and appropriate designs and pricing are now being sought.

Due to COVID-19 impacting many important school events earlier in the year, these are now being rescheduled to Terms 3 and 4. As such, the P&F in conjunction with the School Leadership group have had to decide which planned events will go ahead this year. As a result, the **Colour Fun Run will be postponed until 2021.**

This Term the P&F will have the **Fathers Day Stall** and we also have a fun **Footy Dress Up Day** lined up for the last day of Term! Keep an eye on our Facebook page and the Newsletter for more information!

Our next meeting will be held on **17 September** at **2.45PM** on the **outdoor stage area**. Children are welcome to stay and play!

## FATHERS DAY STALL

THERE'S SOMETHING FOR EVERYONE!

Does your dad have a 'man cave'?

Maybe one of our number plates would be a good addition!

We have soap on a rope and mini torches - perfect for those who like to camp!

*Perhaps a bamboo travel mug - great to throw in the camper if too many in the house!*

**Whilst loading your camping gear, throw in a few family friendly games - we have Uno, Who am I, Hi bounce balls and travel size Snakes n Ladders!**

*If dad is the king of bad jokes, we've got you covered in that department too!*

Plenty of little tool kits, screwdriver sets plus the good ole tape measure too!

*Fully stocked with choccies and mints, toffees and jelly beans,*

**And some awesome bottle openers for those who like the waves!**

*Mini chopping boards - perfect for cheese!*

Socks to keep dad's feet warm,

**And hopefully some plants (if they survive!)**



# Carnarvon Residential Aged Care update

## Stage 1 of the project has begun

On 26 June 2020 the Minister for Health announced construction of a new \$18.8 million residential aged and palliative care facility to be co-located with the Carnarvon Health Campus with local Midwest business Crothers Constructions awarded the construction tender.

Carnarvon Health Campus is currently a hive of activity as the builders begin Stage 1 of the project and prepare for site demolition of what is known as Block F.

To ensure visitors and residents continue to have easy access to Poinciana Lodge during construction a temporary, enclosed walkway is being constructed off the main hospital corridor. Power and water will be disconnected in the old part of Block F ahead of the expected demolition in mid-August.

In September, construction will begin on the 38 bed facility. The WA Country Health Service (WACHS) is working with the Shire of Carnarvon, Crothers Constructions and St Mary Star of the Sea School to ensure that there are minimal interruptions to the traffic around Johnston and Cleaver streets, and in particular that the safety of our local residents and school children is considered.

The construction phase is expected to be completed in late 2021. Stage 2 of the project will then commence which transitions residents from Poinciana Lodge into the new facility. The old Poinciana Lodge will then be demolished, providing additional space for communal outdoor activities for our residents.

We welcome members of the community to join a Community Reference Group currently being established. This reference group will be an informal opportunity to provide input on the community garden, way finding, public art and naming of the facility. If you are interested in finding out more or being involved please fill out the Expression of Interest slip below.

For more information contact Alex Maslen, Redevelopment Project Officer on 9941 0308.



JOHNSTON STREET VIEW



### Expression of Interest for Community Reference Group

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Interest: \_\_\_\_\_

Please email form to: [Midwest.Redevlopment@health.wa.gov.au](mailto:Midwest.Redevlopment@health.wa.gov.au)

or post to: Carnarvon Hospital (Redevlopment Officer)

PO Box 417

Carnarvon, WA 6701

Dear Local Resident,

**Re: Residential Aged Care Development Project – Carnarvon Health Campus, Johnson Street, Carnarvon**

Crothers Construction has been appointed to complete Stage One Works for the Carnarvon Residential Aged Care Development Project. The Site is located within the portion of the Carnarvon Health Campus immediately south of Johnson Street.

Demolition and excavation works are due to commence on site in mid-August 2020, with anticipated completion mid-September 2020.

Asbestos containing material (such as eaves and wall panelling) has been identified in the existing building which will be removed by a licensed contractor and in accordance with an Asbestos Removal Control Plan which is compliant with Worksafe WA requirements. Low levels of asbestos primarily in the form of bonded cement fragments with some localised asbestos fines (<7mm sized debris) from old fencing and roofing as well as pesticides from previous termite treatment have been identified in shallow soils. These soils will be remediated as part of the redevelopment work, in a manner consistent with Department of Water and Environmental Regulation and Department of Health guidelines.

These works will be managed and controlled in accordance with the site's environmental management plan to mitigate any potential risk to on Site workers and the surrounding environment. This management will include regular dampening of soil to suppress dust and dust and air quality monitoring undertaken within the building during the removal of ACM and around the perimeter of the site for the duration of the demolition, excavation and remediation works.

Refer to the Frequently Asked Questions (FAQ) information sheet for additional information. Should you have any queries, please do not hesitate to contact the project personnel below.

Immediate concern regarding site activities including traffic, noise, vibration and dust management	Site Managers	John Reynolds M: 0419 903 273 E: John.Reynolds@crothers.com.au
		Nathan Smith M: 0404 238 416 E: Nathan.Smith@crothers.com.au
General query / concerns regarding site activities including traffic, noise, vibration and dust management	Project Manager	Brett Kinner M: 0413 666 608 E: Brett.Kinner@crothers.com.au
Query regarding soil remediation and monitoring data	Environmental Advisor	Stephen Patmore M: 0418 866 812 E: stephen.patmore@auroraenvironmental.com.au
General query regarding redevelopment project	Redevelopment Project Officer	Alex T: 08 9941 0301 E: Midwest.Redevlopment@health.wa.gov.au

Yours faithfully

**BRETT KINNER - PROJECT MANAGER**

**PERTH OFFICE**  
Level 3, 21 Kintail Road, Applecross WA 6152  
T 08 9450 7961

**HEAD OFFICE**  
160 Chapman Road, PO Box 11  
Geraldton 6531 Western Australia

T 08 9964 2700 admin@crothers.com.au  
F 08 9964 2955 www.crothers.com.au

ABN 56 084 751 511 Builders Registration No. 10576

## FREQUENTLY ASKED QUESTIONS

Residential Aged Care Development Project - Carnarvon Health Campus, Johnson Street, Carnarvon

### WHY IS THE SITE BEING REDEVELOPED?

- The Site is being redeveloped for the new \$18.8 million residential aged and palliative care facility. The 38-bed facility will meet the longstanding and rising demand for aged care services in the local community.

### HOW WILL ASBESTOS IN THE BUILDING BE MANAGED DURING DEMOLITION?

- All asbestos containing material (ACM) will be carefully removed from the building by a contractor who is licensed by the Department of Mines, Industry Regulation and Safety (Worksafe WA) who is trained and experienced in this type of work.
- ACM will be removed in strict compliance with the Asbestos Removal Control Plan and Safe Work Method Statement which have been prepared in accordance with Code of Practice for the Safe Removal of Asbestos (NOHSC:2002 [2005]), Health (Asbestos) Regulations 1992 and the Environmental Protection (Controlled Waste) Regulations 2004.
- Control air quality monitoring will be undertaken throughout the ACM removal process.
- All ACM leaving site will be double bagged or securely wrapped in 200µm sheeting in accordance with the Shires waste transportation requirements.
- The building will be subject to inspections and clearance certificates issued to confirm the removal of all asbestos prior to demolition commencing.

### WHAT WAS IDENTIFIED IN SOIL?

- The most common type of asbestos found was in the form of asbestos cement sheeting, flat or corrugated, as pieces of roofs, walls or fences. This material contains 10-15% asbestos by weight which is strongly bound in a cement matrix. This and other types of bound asbestos are termed non-friable, meaning that the asbestos fibre is not easily released into the air and unlikely to present a health hazard.
- Asbestos fines (<7mm sized debris) were identified in a few soil samples collected from the below the existing concrete slab. These are considered related to cement sheeting and are not uncommon.
- Pesticides (such as aldrin and dieldrin) were detected in shallow soils beneath the existing buildings pads. These types of pesticides are not unexpected as they were regularly used for termite treatment for most buildings, including houses.

### WHAT WILL BE DONE TO REDUCE THE RISK OF PUBLIC EXPOSURE TO DUST, ASBESTOS AND PESTICIDES DURING THE REDEVELOPMENT?

- The community should plan to go about their day as usual on the basis that site activities will be proactively managed.
- A water cart will be used to dampen down the building during demolition and soils throughout the remediation.
- The Site Manager will monitor weather conditions and increase dust management controls as required.
- Loads leaving the Site will be wetted down and the haulage tray will be covered.
- General dust (PM<sub>10</sub>) will be continuously monitored (24hrs) at three locations around the Site perimeter during the demolition, remediation and bulk earthworks (expected to be 1 month). The monitors will alert Site Managers via SMS if the Corrective Action Response Level is exceeded. The Corrective Action Response Level is lower than the maximum allowable concentration of dust so that proactive dust prevention actions can be undertaken.
- In terms of protecting public health with respect to asbestos, four monitors will be positioned around the Site boundary during the demolition and remediation. The target level will be equivalent to the normalised background level and detection limit of 0.01 fibres/mL of air, which is 10 times below the National Exposure Standard in accordance with national best practice.
- In the event of dust is seen leaving the site or monitoring data indicates an exceedance at the site boundary, the cause will be identified and remedied. Properties facing the site will be notified of any exceedances.
- Soil remediation will be undertaken in compliance with Department of Water and Environmental Regulation and Department of Health guidelines.

### WHAT IF I HAVE CONCERNS REGARDING SITE ACTIVITIES?

- Please contact the following project personnel:

Site Manager	John Reynolds
	M: 0419 903 273
Project Manager	Brett Kinner
	M: 0413 666 608
Environmental Advisor	Stephen Patmore
	M: 0418 866 812

## COMMUNITY NEWS

### SUPPORTING CHILDREN & ADOLESCENTS WITH ANXIETY (ONLINE & IN PERSON)

JOIN DOLLY BHAGARVA FROM BEHAVIOUR HELP FOR FREE PARENTING SESSIONS. ONLINE VIA ZOOM OR IN PERSON AT THE ANGLICARE WA BROOME OFFICE.

Join behaviourist and author Dolly Bhargava as she discusses:

- Understanding Anxiety
- Bio-psycho-social causes of Anxiety
- Anxiety symptoms
- Types of Anxiety
- Strategies to manage Anxiety
- Talking effectively to children and adolescents with Anxiety

**Where:** Online via Zoom or in person at Anglicare WA, 2 Weld Street, Djugun WA 6725

**Session 1:** 11.30am – 1.30pm (starts at 12 noon) - Wednesday 19, August 2020

**Session 2:** 6.30 – 8.30pm (starts at 7pm) - Wednesday 26 August, 2020

For online attendees our advice is to log in early if you need technical support.

**Cost:** FREE

**Facilitator:** Dolly Bhargava (Behaviour Help).

**Register:** To enrol, contact PCWA Parenting Partnership Coordinator Desiree Sutherland on 08 9194 2471 or email [desiree.sutherland@anglicarewa.org.au](mailto:desiree.sutherland@anglicarewa.org.au). Log in details will be supplied when you enrol.

**Note:** These sessions are available online and in person. You will need to download the Zoom app.

Supported by



### TALKING EFFECTIVELY TO ADOLESCENTS (ONLINE & IN PERSON)

JOIN DOLLY BHAGARVA FROM BEHAVIOUR HELP FOR FREE PARENTING SESSIONS. ONLINE VIA ZOOM OR IN PERSON AT THE ANGLICARE WA BROOME OFFICE.

Join behaviourist and author Dolly Bhargava as she discusses:

- Understanding adolescent brain
- Effectively communicating with adolescents
- Dealing with challenging situations and problem solving together

**Where:** Online via Zoom or in person at Anglicare WA, 2 Weld Street, Djugun WA 6725

**Session 1:** 11.30am – 1.30pm (starts at 12 noon) – Thursday 20, August 2020

**Session 2:** 6.30 – 8.30pm (starts at 7pm) - Tuesday 1, September 2020

For online attendees our advice is to log in early if you need technical support.

**Cost:** FREE

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**Note:** These sessions are available online and in person. You will need to download the Zoom app.

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Parenting Connection  
Supporting WA parents

### TUNING IN TO KIDS Parenting Workshop

A FREE SIX SESSION PARENTING PROGRAM FOR PARENTS AND CARERS OF YOUNG CHILDREN.

WOULD YOU LIKE TO LEARN HOW TO:

- Communicate with your child more effectively?
- Understand your child's needs?
- Help your child learn how to manage those difficult emotions?

TUNING IN TO KIDS SHOWS YOU HOW TO HELP YOUR CHILD DEVELOP EMOTIONAL INTELLIGENCE.

Children with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to calm down when upset or angry

EMOTIONAL INTELLIGENCE MAY BE A BETTER PREDICTOR OF ACADEMIC AND CAREER SUCCESS THAN IQ!

**Where:** Central Regional TAFE, 14 Camel Lane, Carnarvon WA 6701

**When:** 9:30 - 11:30am, Every Wednesday starting 19, 26 Aug and 2, 9, 16 & 23 Sep 2020.

**Cost:** FREE, morning tea provided

**Crèche:** Provided, subject to current COVID advice

**Facilitator:** Minh Henderson

**Phone:** 0438991755 or **Email:** [Gascoyne.PCWA@gala.com.au](mailto:Gascoyne.PCWA@gala.com.au)

Supported by



### After School Program



8-12 years

### Inspire Hope

A weekly online workshop series offering practical and fun activities to help kids learn about positive communication, inner strength, coping skills and healthy ways to express themselves through art and craft.

**When:** Weekly on Thursday afternoons | 3pm – 4pm

20, 27 August, 3, 10, 17 & 14 September

**Where:** Helpingminds Office, 5 Stuart Street

**Who:** For young people aged 8-12 years who have emotional difficulties or who are at risk of developing a mental health challenge

**Cost:** Free

Register your interest online [helpingminds.org.au/workshops](https://helpingminds.org.au/workshops)

For more information contact us on (08) 9427 7100 or [info@helpingminds.org.au](mailto:info@helpingminds.org.au)



[helpingminds.org.au](https://helpingminds.org.au)



Carnarvon Tennis Club  
Cnr Butcher St & Dempster Rd  
Carnarvon  
www.facebook.com/tenniscarnarvon

Jarron - 0409 485 117  
tennis@suncitytennisacademy.com.au  
www.facebook.com/suncitytennis



# REMOTE TENNIS SERVICES AUS

WA's Leading Regional High Performance Tennis Academy & the Gascoyne's Highest Qualified Coaching Team!

**We cater for all ages and standards 3 years to Adult.**

**With classes starting at just \$13.75 a week!**

**TERM 3 2020 begins SUNDAY September 6th - 4 week Program**

*1st session to be held SATURDAY 5th September to start program.*

*2nd session to be held SUNDAY 6th September.*



## Programs on offer SUNDAYS:

- Private Lessons
- ANZ Hotshots
- Adult Groups
- School Programs
- Full Proshop service



CARNARVON TENNIS CLUB Inc  
PO Box 892  
Cnr Butcher St and Dempster Rd  
CARNARVON WA 6701



Got a group of friends who want to play together?  
Not a problem, let us arrange a time that suits you!  
Spaces Available SUNDAY only at Carnarvon Tennis Club.

To secure your spot please contact us either via email, phone, sms or Facebook!

**tennis@suncitytennisacademy.com.au / 0409 485 117**

All coaching staff are ATPCA & Tennis Australia Qualified & Endorsed.

## What's on offer @ SCTA Carnarvon - Term 3 2020

<u>Class Type</u>	<u>Time</u>	<u>Cost</u> (GST Inc)	<u>Ages</u>	<u>Schedule</u>
Tiny Tackers Red Ball	30mins	\$13.75	3-4yrs	2:30-3:00pm
Orange Ball Hotshots	1 hour	\$19.25	5-7yrs	3:00-4:00pm
Green Ball Hotshots	1 hour	\$19.25	8-11yrs	4:00-5:00pm
Yellow Ball Groups	1 hour	\$19.25	12-16yrs	5:00-6:00pm
Adult Group	1 hour	\$19.25	17yrs+	6:00-7:00pm
Private Lesson	30mins	\$44.00	N/A	Subject to availability
Private Lesson	1 hour	\$77.00	N/A	Subject to availability

*\*Programs are subject to enrolment numbers. Classes may be combined or cancelled. Enrolments are on 1st in best booked basis.*

**Invoices issued at 1st session - Payments not received by due date may result in removal from Program.**

Membership to CTC allows unlimited Court use and access (Courts 7 & 8 for Juniors) & aids CTC in supporting Coaching & other programs

*SCTA encourages all of our Clients to Support CTC by becoming Members in 2020 & beyond.*