From the Principal

Musical
Congratulations to all students, community members and staff who have had input into our very successful musical for 2015, Miss Saigon. This year, we have a total of 132 students involved as either cast, members of the orchestra or backstage crew. It is truly wonderful to see the commitment, excitement and enthusiasm that has been evident now for a number of weeks.

Since opening night on Tuesday, I have had nothing but positive reports about the professionalism displayed in all aspect of the production. In fact, one person present on Tuesday evening who works with the Sydney Theatre Company was highly complementary to the point of saying that our show more than rivalled anything she had seen. The email that I received from our College Principal, Mr Neil Worsley was simply titled, ‘WOW’ and went on to say, “…there were so many great performances and aspects of the production. The teamwork of so many people involved is such a positive aspect of the whole event. For me the highlight was the standard of the lead performers who I would rate as the best I have seen in a school production. Brilliant!”

No doubt we can honestly say that Miss Saigon will be remembered as adding to the long list of highly successful productions at Manly Selective Campus.

Project Penguin
Once again, students from Manly Selective Campus have made a significant contribution to Project Penguin with 45 of our Year 9 students acting as mentors for students from local primary schools as they work through the environmental enrichment program, raising awareness within our local community of the plight of the fairy penguin colonies along our coastline. This project, in partnership with Taronga Zoo, has been running for many years now and has grown from its initial group of 90 students to this year, where over 600 students participated.

Two of our students, Tea Hosman and Daniel Gleeson, were recognised by staff from Taronga Zoo as ‘Mentors of the Year’ for their outstanding contribution to leading their primary school groups. Both were presented with certificates at the Zoo on Thursday by the Deputy Mayor of Manly, Mr Stephen Pickering.
Working Bee
We would like to pass on a huge debt of gratitude to the parents and students, in excess of 70 in number, who made themselves available to assist at the P&C organised Working Bee last Sunday. To be able to come in to school on Monday morning and see the significant difference to our grounds was indeed appreciated. In particular, the finalisation of the garden area near the bus bay was a significant achievement. It has certainly enhanced that area of the school which is a major focal point of our school for those travelling along Harbord Road.

Special mention goes to Mr David Nord who coordinated the event, organising the teams of people to work on certain aspects of the Working Bee, organising equipment, supplies and overseeing that all fitted in to the P&Cs plan of overall enhancement of our facilities.

Manly/Odawara Student Exchange Program
On Wednesday evening next week four of our students will attend the Farewell Ceremony prior to travelling to Manly sister city Odawara, Japan. This ceremony, hosted by the Mayor of Manly, Mrs Jean Hay at the Manly Council Chambers will farewell Jake Hochstadt, Phoebe Russell, Ella Ryan, Sophie Yang and Harrison Keys who have all been selected to represent Manly Council and our school on this exchange program. These five students, along with students from other schools in the local area, will spend the July school holiday period visiting Odawara, living the local culture and furthering their Japanese language skills.

We congratulate these students on their selection and wish them well for their travels.

Tony Rudd
Principal

From the Deputy Principals
The school musical was an absolute delight to witness this week. The school has received high praise from members of the community, parents, staff and senior educators alike for this years’ production, Miss Saigon. The talent on display, coupled with the incredible hard work and sheer determination of all involved, is a wonderful credit to the school and all associated with it. Hearty congratulations are extended to all the people involved.

Year 10 will receive more information about their subjects for Year 11 next week. It is important that they respond in the timeframes they are given. In addition the Years 9 & 10 Parent Teacher night will be held Week 1 next term. Please refer to details later in this newsletter.

Year 12 receive their Trial HSC examination timetable next week. Their examinations begin in Week 3 next term and we wish them well in their preparations. Remembering to keep a balance will become increasingly important over the next few weeks and research suggests 20 minutes in the sun can do wonders for mood, concentration and staying power. If there is a family dog that requires walking, perhaps suggest your Year 12 student does this one day a week over the holidays.

Year 8 have set the bar high for wearing correct uniform. At a recent meeting we held, they looked extremely proud to be seen as part of the school community, with every student present in full winter uniform. We are indeed a school of which to be proud and wearing our uniform is one way to show that pride.

Barbara Bannister
(Deputy Principal Years 8, 10, 12)
Wow! Last night I was in the audience for Miss Saigon and am absolutely in awe of the talent, professionalism and dedication of all involved in this impressive production. As Deputy for Year 7, 9 and 11, I was particularly proud to see students from all these years excelling in their starring roles – your voices are amazing! Congratulations also go to the talented staff members, cast, orchestra, back stage crew, dancers, ex students and parent helpers who work tirelessly to ensure the musical is such a success.

Over the past couple of weeks I’ve had the privilege of reading through Year 7 and 9 reports prior to them being posted home next week. Congratulations to all students who have been demonstrating their academic excellence and consistently achieving their personal best. To those few students who have yet to realise their potential, please read the report feedback provided by your teachers and reflect on your Semester 2 performance to ensure that you work towards improving your knowledge, understanding and results over the remainder of this year. As Year 11 students have realised, a sound and consistent work ethic in the junior years ensures students are well prepared for the demands of Senior School. 

Cath Whalan  
(Deputy Principal Years 7, 9, 11)  

Additional bus route 769 school service  
From 13 July 2015 there will be an additional route 769 school service from Manly Selective Campus to Eastern Valley Way near Sunnyside Crescent.

The additional school service will depart Manly Selective at 3:35pm and follow the same route as the current 769 school service.

Additional information regarding school services is available on the Sydney Buses website at www.sydneybuses.info.

Congratulations to Toby Kovacs (Year 11) who was awarded the U16-18 Cricketer of the Year at the MWJCA Presentation night. He was also part of the Wakehurst Redbacks U16-18 team who were joint premiers in the 2014/15 season.

YEAR 10 INTO 11 SUBJECT SELECTION INTERVIEWS
Parents of Year 10 students are advised that there will be an interview process during Week 4 Term 3 for students who will enrol in Year 11 2016. Each interview will last no more than 20 minutes and parents/carers are strongly encouraged to attend with their Year 10 student.

To assist with this process each Year 10 student will receive an interview sheet during Week 2 which must be completed prior to the interview. At the interview, students will have an opportunity to discuss their subject choices, make any changes as necessary and link their Stage 6 subject choices to their post-school aspirations/wishes.

A booking code will be distributed to parent email addresses on July 17th, along with a blank copy of the student interview sheet for reference and discussion at home.

We look forward to working closely with every Year 10 student during that week.

YEAR 10 AND YEAR 9 PARENT TEACHER NIGHT
4-8pm
Thursday
16 July 2015

YEAR 10 AND YEAR 9 PARENT TEACHER NIGHT
4-8pm
Thursday
16 July 2015

Wraps for Love
The holidays are only a couple of weeks away!! Come and get your wool to knit while you are travelling or just sitting around home. Already the squares are coming in and increasing all the time. Donations of wool are much appreciated by the 135 students who are busy knitting. Students please bring in those finished squares so that blankets can be sewn together over the holidays.

Mrs Harrison
SCHOOL MUSICAL

Miss Saigon

Thank you to the many, many parents who helped with our show. And what a show it was. But now we have to pack it all away along with the great memories. I’ll be at school on Sunday cleaning out the change rooms and would appreciate any help. Come to the school foyer any time between 11am and 2pm.

Judy Boylan (email: Judy.Boylan@det.nsw.edu.au)

BANDS OF MANLY
SELECTIVE CAMPUS

Workshop day Monday 13 July for SWO/WE/CB/BB/SB/SwB
An important rehearsal will be held for all bands preparing for the NSW Band Festival after the holiday break. Times are being circulated via band liaisons.

Jazz Combo to perform at Warringah Council community event, Sunday 21 June ALL WELCOME.
Free, relaxed concert 2-3:30 pm. Afternoon tea will be available. Stony Range Regional Botanic Gardens, 810 Pittwater Rd, Dee Why.

Band Diary Dates

TERM 2

- Stony Range Regional Botanic Garden, Dee Why, Sunday 21 June, 2-3:30pm: Jazz combo
- NSW Band Festival, Saturday 27 June, UNSW Clancy Auditorium, 6-9 pm: JO arrive 6:20

TERM 3

- Workshops (Pupil free day), Monday 13 July (times TBC) at MSC: SWO/WE/CB/BB/SB/SwB
- NSW Band Festival, Saturday 18 July, Clancy Auditorium, UNSW, arrive 5pm: SWO
- NSW Band Festival, Sunday 19 July, Clancy Auditorium UNSW: arrive 11:15 am: CB
- NSW Band Festival, Sunday 19 July, Leighton Hall, UNSW: arrive 9:07am: SwB
- NSW Band Festival, Sunday 19 July, Leighton Hall, UNSW: arrive 11:53 am: SB
- NSW Band Festival, Sunday 19 July, Leighton Hall, UNSW: arrive 1:57 pm: BB
- NSW Band Festival, Sunday 19 July, Clancy Auditorium UNSW: arrive 4:20pm: WE
- City to Surf Fundraiser, Sunday 9 August, Bondi Beach: All welcome
- Term 3 Band Meeting, Monday 10 August, Band Room: All welcome
- TAU Concert, Monday 24 August, Verbruggen Hall, Con High: WE (TBC)
- Musicale Rehearsal, Friday 11 September, MSC: SWO/JO/CO/SE
- Musicale, Saturday 12 September, Independent Theatre: SWO/JO/CO/SE
- Assembly farewell to Year 12, Thursday 17 September, MSC Hall: SB.

Band web site
For current information go to the band website at http://manlypandc.org.au/?page_id=34

Band Names

Wind Stream:
SWO~Symphonic Wind Orchestra; WE~Wind Ensemble; CB~Concert Band; SE~String Ensemble; CO~Chamber Orchestra

Jazz Stream:
JO~Jazz Orchestra; BB~Big Band; SB~Stage Band; SwB~ Swing Band

Jazz Improvisation:
Impro ~Impro Workshop
JC ~ Jazz Combo
NBSC Duke of Edinburgh’s Award

There are two groups of Gold Duke of Ed students heading out these holidays on expeditions: 15 students will join 8 other NBSC students to complete their practice Gold expedition: Somerset ‘Urban Challenge’, starting at Berowra Oval and spending 4 days and 3 nights of fun and adventure hiking, navigating, camping to finish and finishing under the Harbour Bridge! Another group of Year 12 Manly students are completing the Kanangra to Katoomba walk for their Gold practice expedition. We wish all these students the very best and look forward to hearing about your journeys!

All Year 9-11 NBSC Duke of Ed students have been invited to participate in the ‘Provide First Aid’ course, run by Surf Life Saving NSW at Freshwater Senior Campus on Thursday 6 August 2015. The course provides participants with the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. This is excellent training for Duke of Ed expeditions. The certificate is valid for three years and is nationally recognised WorkCover approved training. Normally a 2 day course, this will be presented in 1 day with a prerequisite workbook which is to be completed by the student in their own time prior to the commencement of the course. The workbook, with accompanying manual, will be handed out to students once payment and permission slip has been returned. Please return your note and $70 payment to the office ASAP.

Naomi Yorston  
Northern Beaches Secondary College  
Duke of Edinburgh’s Award Co-ordinator (Thursday/Friday)  
ph: 02 99396942 fax: 02 9939 6904

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MSC ART CLUB TERM 3

PICK UP A PERMISSION NOTE FROM OUTSIDE THE CAPA STAFF ROOM TO JOIN IN TERM 3

Weeks 2 - 10

Only 20 places available!!!
Be quick and hand in your note and $20 to the office by Friday 17th July
See Mrs Tye for more information
CALENDAR – TERM 2

WEEK 10

20/06/2015  School Musical
22/06/2015  Year 7 Scripture Period 1
             Wraps for Love cake stall
23/06/2015  TBC Vocal Ensemble Performance at Opera House, 7.45am-1.45pm
24/06/2015  Year 10 PALS Training Pds 1-3 inclusive
25/06/2015  HSC Modern History Excursion
             10, 11, 12 Principal's Award Morning Tea, 9-10.30am
             Whole School Assembly
             Ext 2 Maths Assessment, 12.40-1.40pm
26/06/2015  7, 8, 9 Principal's Award Morning Tea, 9-10.30am

TERM 3

WEEK 1

13/07/2015  Staff Development Day
            Band Workshop - all Ensembles, 9am-1.20pm
14/07/2015  SRC Year 12 executive 2015/16 Nominations open
15/07/2015  Year 12 Careers Information Night (Hall), 7pm-9pm
16/07/2015  TBC Fresh Ed Year 8 & 9
             TBC U16 Rugby Union v Brisbane Waters
             Year 10 and Year 9 Parent teacher night, 4-8pm
17/07/2015  CHS Cross Country
18/07/2015  Schools Band Festival
19/07/2015  Schools Band Festival

WEEK 2

20/07/2015  Year 12 Trial HSC Music 2 practical examinations
            Regional Athletics carnival
21/07/2015  Year 8 Day 1 High Resolves
            SRC Year 12 executive 2015/16 Nominations close
            Trial HSC Music Extension practical examinations
            Regional Athletics carnival
22/07/2015  OC Class Placement Test in Hall
            Year 11 & 12 Music Excursion Meet the Music 3
23/07/2015  RACI Chemistry Competition
            TBC Year 9 High Resolves Social Action Project
24/07/2015  Year 9 Contemporary Photography class to Cockatoo Island

WEEK 3

27/07/2015  Trial HSC Examinations
            Year 11 Year meeting SRC Elections 2016
28/07/2015  Trial HSC Examinations
            Year 7-10 SRC 2016 nominations open
            English Competition 7-10
29/07/2015  Trial HSC Examinations
            UMAT
            Principal's Tour of school. Bookings essential via reception tel: 9905 3982
            P&C Meeting
30/07/2015  Trial HSC Examinations
            Maths Competition
31/07/2015  Trial HSC Examinations
School Captains 2015/16 nominee interviews periods 1 and 2

WEEK 4

3/08/2015  Trial HSC Examinations
Year 10 into 11 Subject selection interviews

4/08/2015  Trial HSC Examinations
Year 10 into 11 Subject selection interviews
Year 7-10 SRC 2016 nominations close

5/08/2015  Trial HSC Examinations
Year 10 into 11 Subject selection interviews
Australian Science Olympiad Exam - Chemistry
Year 8 into 9 Subject Night

6/08/2015  Trial HSC Examinations
Year 10 into 11 Subject selection interviews
TBC Year 9 High Resolves Social Action Project

7/08/2015  Trial HSC Examinations
Year 10 into 11 Subject selection interviews
WHS Team Meeting

8/08/2015  HAST Test for entry into Years 8-11 at MSC

9/08/2015  Bands - City to Surf Fundraiser

WEEK 5

10/08/2015  Year 11 into 12 Interviews
Science Techno Museum - Year 8
Year 7 and 8 SRC Elections
Parent Band meeting

11/08/2015  Year 11 into 12 Interviews
Science Techno Museum - Year 8
Year 9 and 10 SRC Elections
Year 11 Biology Rock Platform excursion

12/08/2015  Year 11 into 12 Interviews
Science Techno Museum - Year 8
Australian Science Olympiad Exam – Biology
HSC Drama Performance Night

13/08/2015  Year 11 into 12 Interviews
Science Techno Museum - Year 8

14/08/2015  Australian Science Olympiad Exam - Physics
English Extension 2 completion date
Year 7 Science + Year 11 Physics Cosmodome

WEEK 6

17/08/2015  40 hour famine
School Captains elections in hall

18/08/2015  Red Cross Blood Bank visit
Year 12 Tripod Survey Follow up Assessment

19/08/2015  Art 61 P & C Function

20/08/2015  Art 61 P & C Function

21/08/2015  Art 61 P & C Function
Science Techno Museum Final

WEEK 7

25/08/2015  12 Physics/Chemistry ANSTO
World Challenge meeting
26/08/2015  CAPA Exhibition
27/08/2015  CAPA Exhibition
TBC Year 9 High Resolves Social Action Project
28/08/2015  Pinestock

**WEEK 8**
31/08/2015  HSC Music Performance - tbc
1/09/2015  HSC Music Performance - tbc
2/09/2015  HSC Music Performance - tbc
Year 10/11 Drama excursion
Principal's Tour of school. Bookings essential via reception tel: 9905 3982
P&C Meeting
3/09/2015  HSC Music Performance - tbc
4/09/2015  HSC Music Performance - tbc
Pinestock wet weather back up

**WEEK 9**
7/09/2015  Year 11 Yearly Examinations
Year 10 Science Excursion to ANSTO
8/09/2015  Year 11 Yearly Examinations
SRC Induction 3.20pm
9/09/2015  Year 11 Yearly Examinations
Announce SRC 2016 on assembly
10/09/2015  Year 11 Yearly Examinations
TBC Year 9 High Resolves Social Action Project
11/09/2015  Year 11 Yearly Examinations
Musicale Rehearsal
Year 10 & 12 Music Excursion Meet the Music 4
12/09/2015  Musicale

**WEEK 10**
14/09/2015  Year 11 Yearly Examinations
15/09/2015  Year 11 Yearly Examinations
16/09/2015  Year 11 Yearly Examinations
17/09/2015  Year 11 Yearly Examinations
Year 12 Farewell Assembly
18/09/2015  Year 11 Yearly Examinations

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**Manly Selective Campus—Bushcare group**
- Do you love working outdoors?
- Do you want to get your hands dirty?
- Do you have a any Monday mornings free this term?
- Do you want to do something for the environment and the school?

Join other MSC parent volunteers and Bushlink!!

Email info@bushlink.org.au to find out more or register your interest

**Term 2 Mondays**
4/5, 25/5, 22/6

‘Bushlink’—Disability Bushcare Group invites YOU to join us in improving the school’s bushland.
MSC Winter Soirée showcasing Art61.
7pm Friday 21st August, 2015

What’s this? Once a year we like to get everyone in the MSC community together for a social evening to relax, make connections with other families, celebrate and raise funds to support all the projects we have underway to enhance the experience of all our students at this great school.

Why Art 61? The event is the closing night of a 3 day Art Exhibition and sale of works created by the wide Manly community – students, parents, friends, staff, local artists, even a local identity or two. This theme is run every other year and 61 refers to the age of the school. So the last ones were Art 59, Art 57 ......

How does it work?
• Anyone and everyone is welcome and encouraged to take part and contribute a work.
• 25cm X 25cm canvasses are available for you, your friends, family, colleagues to create your own work, based on the theme “Life on the Northern Beaches”.
• You can use any medium that can be applied directly onto a canvas (acrylic, oil, oil pastels, gouache, mixed, encaustic) or other media that can be wrapped and secured onto the canvas (collage, photography, watercolour, beading, quilting, stitching, metalwork).
• These can be picked up from the school office and the pack includes a return post pack, and all the necessary instructions. These need to be returned by 27th July.
• The result of all this talent and creativity is a 3 day exhibition and sale in the school hall. Artworks will also be available to view and buy on a dedicated website prior to the exhibition. There are no names attached, so you just buy what you like. You may be surprised later when you learn who created your masterpiece.
• All this culminates in a wonderful evening on the Friday with food, drinks, music and time to enjoy the company and the amazing range of artistic talent in our community.

What to do now. There will be much more to come next term, but for now the most important things are:
• Make sure you have the dates in your diary – Exhibition 19 to 21 August, cocktail evening on the 21st.
• Pick up a canvas and have some fun with the theme.
• Encourage your family and friends to join in. The more canvasses we have the better the show and more we can support the school.

Not an artist? Maybe you know someone who is or you can still support the cause by sponsoring a canvas or two. At $10 each this helps to cover the costs of the canvasses and is much appreciated. This can also be done at the school office.

Who to contact. If you have any questions, suggestions or would like to get involved in the organising in any way please contact Sharon Porter on 0434 394 899 or by email:
porterhole@optusnet.com.au
## Parenting Programs

**Child & Adolescent Parenting**

### WHAT'S ON IN TERM 3 - 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

**Chatswood 5 wks/2.5hrs** (30/7 – 27/8, 7.00-9.30pm)

#### Dealing with Teen's Backchat Workshop
- Learn how to restore a respectful & positive relationship with your teenager
- Understand what it is like being a teenager today
- Learn how to talk so that they listen & how to listen so that they talk to you

**Chatswood (23/7, 7.00-9.30pm)**

#### Tuning in to Kids Course - Chatswood (27/7 - 24/8)

#### Triple P Seminars - Chatswood (5/8, 12/8 & 19/8)

**Communicating with Kids Workshop** (based on PET)-Chatswood (31/8)

### WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- Dealing with Teen's Back Chat
- Transition to High School
- Triple P Seminar Series (Teens)
- Resilient Kids
- Bully Busting Workshop

### OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

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

### Enquiries: Child & Adolescent Parenting 9887 5830

HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;

MAKE cheques/money orders payable to: Northern Sydney Local Health District

POST the completed Application Form and the fee to:

Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:

FAX: 9887 2941

Staff Concessions: 20% discount for staff of Northern Sydney Local Health District on courses only.

Childminding: We regret we cannot provide childminding.

Public Holidays: Classes are NOT held on public holidays.

Receipts: Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits: Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre,
57 Hercules St

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Couples discount available for courses only.
We regret that we cannot provide child minding.
FOR CHILDREN 1–12 YEARS

Toddlers: Terrible or TErrific
3 x 2.5 hr workshops $50pp or $120pp for 3 workshops in one term  Age 1-3yrs
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep
Term 3 Tues 7.00-9.30pm 28/7(1), 4/8(2), 11/8(3) Chatswood
Term 4 Mon 7.00-9.30pm 28/10(1), 2/11(2), 9/11(3) Chatswood

New Helping your Pre-School Child with Anxiety
2 x 2.5hr workshops $80 for the 2 workshops
PARTICIPANTS MUST ATTEND BOTH WORKSHOPS
Content: Understand anxiety, symptoms, impacts & causes; find out traps to avoid & where to seek help.
Term 3 Wed 7.00-9.30pm 26/8 & 3/9 Chatswood
Term 4 Tues 7.00-9.30pm 24/11 & 8/12 Chatswood

FOR TEENS

Tuning in to Teens
5 wks (2.5hrs) $175pp ($150 concession)  Age 3-10yrs
Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent wellbeing problems and teach them to deal with conflict.
Term 3 Mon 7.00-9.30pm 27/7 – 24/8 Chatswood
Term 4 Tues 7.00-9.30pm 20/10 – 17/11 Chatswood

Triple P (Positive Parenting Program)
3 x 2hr seminars $50pp or $120pp for 3 seminars
1. The Power of Positive Parenting
2. Raising Confident, Competent Children
3. Raising Resilient Children
Term 3 Wed 7.00-9.00pm 5/8(1), 12/8(2), 19/8(3) Chatswood
Term 4 Thurs 7.00-9.00pm 5/11(1), 12/11(2), 19/11(3) Chatswood

Communicating with Kids Workshop
2.5hrs $50pp
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.
Term 3 Mon 7.00-9.30pm 31/8 Chatswood
Term 4 Thurs 7.00-9.30pm 29/10 Chatswood

Resilient Kids Workshop
2.5hrs $50pp
Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.
Term 3 Tue 7.00-9.30pm 18/8 Chatswood
Term 4 Mon 7.00-9.30pm 16/11 Chatswood

Dealing With Teen’s Backchat Workshop
2.5hrs $50pp
Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.
Term 3 Thurs 7.00-9.30pm 20/10 – 17/11 Chatswood
Term 4 Wed 7.00-9.30pm 28/10 - 25/11 Chatswood

Triple P (PPP) Seminars (2hrs) $500ea
Organised through schools, centres and councils
Positive ways to promote children/teens development
1-12yrs: Seminar 1: Power of positive parenting
Seminar 2: Raising confident, competent children
Seminar 3: Raising resilient children
TEENS: Seminar 1: Raising responsible teenagers
Seminar 2: Raising competent teenagers
Seminar 3: Getting teenagers connected

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS
Community rate $500 group booking (25 people)
Corporate rate available on request
To organise a workshop/seminar OR for details of workshops/ seminars scheduled, phone 9887 5830.

Toddler Workshops
2.5 hours
1. Understanding Your Toddler/Discipline & Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

Older Sibling – New Baby
2.5 hours
Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

Grand Parenting
2.5 hours
Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/ grandchildren through active listening & problem solving, discussion around real life scenarios.

Communicating with Kids Workshop
2.5hrs
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

Transition to School
2.5 hours
Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

Bully Busting and Cyber Bullying for Parents
2.5 hours
Content: Who is affected by bullying behaviour, myths about bullying, how to help your child if they are being bullied, they are doing the bullying behaviour or if they witness bullying behaviour.

Resilient Kids
2.5 hours
Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School
2.5 hours
Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

Dealing with Backchat
2.5 hours
Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.
footballSSG.com
Small Sided Games
SUMMER SOCCER IS BACK
Now at two brilliant venues
PITTWATER  BROOKVALE
RAT PARK    OVAL

HEY GIRLS, IT’S FOR US TOO!

Girl’s-only and Ladies’-only competitions in age groups from Under 9/10 to Over 35’s.

It's the MOST FUN you'll have this summer!

REGISTRATIONS OPEN NOW
www.footballssg.com