‘HEIGHTS HIGHLIGHTS’

Term 3 Volume 13 August 2014

Lucas Heights Community School

Teamwork
Year 3 students were inspired by watercolour images from the Sydney 2000 Olympic Games. The action movements reminded them of their own sporting achievements and working together as a team.
Principal’s Report ….

My report this issue is brief due to yesterday certainly not going to plan!

At 0915, three police officers arrived at the school’s office after stopping abruptly in our bay. They advised us that a bomb threat had been made and was received by police via a skype account. The police directed us to evacuate the site.

At that point, staff immediately implemented our emergency procedures which we practice at least twice a year. In around eleven minutes, we had all personnel, students, staff and visitors assembled on the council oval to the south of the school, albeit on this wet day in the bitumen car park. Fortunately it was not raining at the time but highlights the need to perhaps consider keeping a cheap throw-away poncho in children’s bags for such occasions.

The Deputy Principals are each responsible for the actual evacuation and the Principal liaises with emergency services during such events. The police dog squad soon arrived with a spaniel breed and commenced a search of all buildings.

After the search was conducted and an all-clear report received, we were allowed to re-enter the site but not the buildings. In such emergencies, the principal is no longer in charge of the site and is also required to follow directions from emergency services. We were directed to wait for one hour before entering any buildings and were only allowed back on site and under cover due to approaching storms.

Police were impressed at the way we conducted the evacuation and re-entry back onto the site and passed on only minimal constructive criticism: That when we exit rooms, we leave them open so that the sniffer-dogs can gain entry and also in discussion police and I agreed that it would be prudent to have students keep in their bags, some form of rain wear for such occasions even if only a cheap throw-away poncho. Police were somewhat reluctant to allow us back on site so soon and only did so because of approaching storms.

Police also advised that an identical incident occurred at a catholic school in the inner west on Wednesday including the call being made over skype.

In summary, we hope that the culprit is swiftly apprehended by police and we regret the inconvenience to all. To find something good from the situation; we were all provided with a practice of our emergency procedures, with good results. We can all now get back to the business of teaching and learning and planning for community carnivals!

Thank you for your support of your child’s learning.

Kevin Haydon

PARKING

The driveway near the Junior Hall is for the use of staff ONLY and parents who have a disability sticker on their vehicle.

All parents and students are to enter and exit the school via the front gates.
At NO time should parents or students be in the staff car park.
This is not safe as cars are entering and leaving this area throughout the day.
This continues to be an ongoing issue.
Our aim is to keep the children safe!
LHCS celebrates National Environment week (24-30 August) all year round!!

We have been working hard to develop our sustainability profile over the past 2 years. Enviro club students have been engaged in designing, finding sponsorship and building our 5 new vege garden beds and compost area. We then entered the Yates growing program and worked with Mrs Papathanasious’ class to plant and raise seedlings which we later planted with yr 11 senior science. We have had crops of snow peas, baby carrots more snow peas and we are almost into the broccoli and cauliflower season. These crops have been delicious and much has been harvested and donated to the HS Support unit for use on their Friday cooking program.

Here are a few pictures from our planting program. We hope to plant again prior to the holidays so we have plenty of seedlings available for sale and the community carnival on 18th October.

LHCS celebrates National Science Week 16-22 August

The celebrations started on Monday with a great showing in the Junior Hall. The inaugural K-6 Science Fair was enjoyed by the whole school community. Tuesday saw students appreciate how lucky they are with many 7-12 students during REAL viewing a powerful Powerpoint presentation comparing the weekly food intake of families from all over the world (sticking with the theme for the week- Food for the Future). Wednesday was the "rev up" on all assemblies with discussions about the theme of the week- Food- and a gold coin donation and wear a touch of orange to support families from overseas nations who are a lot less fortunate-run in the High School. Thursday "took off" in a big way with students K-6 competing in a paper plane flight competition which saw 100's of students design their own planes to compete and enjoy the freedom of sending their designs skyward!!!

As you can see by the pictures (and my new t-shirt for the occasion) we all had a good week of Science Fun.
Carnival Update

With only 7 weeks to go until our Community Carnival, there is a lot of work going on behind the scenes, thank you to volunteers and teachers.

You would have now received a note about pre-purchasing the ride bands. To keep the number of rides we have booked, we need to sell over 400 ride bands before the Carnival. Please pre-purchase your ride bands at the office and save yourself $5, remember they are refundable if the carnival is cancelled.

We are still on the lookout for donations for our Silent Auction, this will be a big fundraiser for the school on the day of the carnival.

What is a Silent Auction you may ask? Silent auctions are auctions held without an auctioneer. People place their bids on sheets of paper for items they are interested in. This continues all day and if you are really interested in something, you will have to keep going back to it to make sure someone else hasn’t outbid you. This will continue until the auction is closed and the person with the highest bid wins the item for the price that they had written on the sheet.

If you have something to donate or know someone that would be willing to donate an item please take it to the office by the end of this term, 19th September.

Also remember to take class donations to the office ASAP, some of these items will be used to make up hampers for the Silent Auction.

We are on the lookout for stall holders and displays, if you know anyone that would like hold a stall or stage a general interest display at our Carnival, the application form is on the school website under the Carnival tab.
Thank you to our **Community Carnival sponsors** -

**Vickie Fisher & Ray White Menai** - Real Estate Agents located in Menai Metro with over 20 year's local experience, call 9543 0333 or 0418 460 402

**ANSTO** - Australian Nuclear Science and Technology Organisation offers events and tours, to see what's on go to www.ansto.gov.au or call 9717 3090 for bookings.

**Belle Property Menai** - Real Estate Agent located in Menai Metro, call 9543 0770

**Sports Apparel Australia** - Supplier to the school uniform shop, go to www.sportsapparelaustralia.com.au for all sporting apparel you require.

**Smart Saver** - Coupon and deal booklet delivered to homes, see our ad's appearing before the Carnival, To advertise locally call Jerry on 0419 465 944

**TBSM Bicycle Emporium** - Owned by a family from our school, for all your bike needs and to find out all about them go to www.tbsm.com.au

**BANGOR GOURMET MEATS**

Bangor Gourmet Meats - premium quality meat at Bangor Shopping Centre

**Kindifarm** - Mobile Animal Farm, see Kindifarm at our Carnival, go to www.kindifarm.com or call 9970 8708 for details

**Claudine Schoolwear** - School Uniform Shop Supplier and uniform sales at Caringbah - www.claudineschoolwear.com.au

**Manson Property** - Real Estate Agent at Bangor Shopping Centre, call 9543 7355

**Bella Chic Designs** - Giftware and Property Styling at Menai Metro, call 9543 3386

If you know of a business that would like to sponsor our Community Carnival, please call or email Lyndal Townsend on 0416 389 909 or lyndal_townsend@hotmail.com, or Tania Petrou on 0400 672 773 or taniapetrou@outlook.com.
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<td>Karen Hodgson</td>
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Lucas Heights Community School
Community Carnival - 18th October 2014
Primary Zone Athletics

We were lucky enough with the weather last Wednesday and were able to complete the Engadine Zone Primary athletics carnival at the Sylvania Waters track. All events were timed finals due to time constraints. Lucas Heights performed extremely well on the day coming 4th overall and with 7 children progressing on to the Regional carnival at Homebush on Wednesday 3 September. Congratulations and well done to all competitors and good luck next week to our seven in the zone team.

Laraine Mealing
Carnival Organiser

Visit from Mootilda

Mootilda visited Lucas Heights Community School at morning lines on Monday and was very happy to assist Mr Redman while he handed out awards to our students.

Mootilda reminded students to look out for the order form in their school bag so that they can order a box of fruit for their family. For each small box $7 will be donated back to the school and $10 will be donated back for each large box.

Be quick to return your order form because the offer runs out soon. Orders will be accepted up until 3pm on Tuesday 2 September! Simply return your form in an envelope to the school office.

Fruit boxes will be delivered to the nominated address on the form in Week 9. Credit cards will not be debited until the day prior to delivery. Delivery does not have to be local so you may wish to surprise friends or family with a box delivered to their door!

World’s Biggest Classroom

Congratulations to our Year 3 Artworks, involving team efforts for being selected for “The World’s Biggest Classroom” exhibition (as displayed on the front page). The works will be made into A0 sized (8xA3) decals and will be displayed along the Dawn Fraser Avenue wall of Olympic Park station during September and November.

Please like the art on the following Facebook link:
https://www.facebook.com/worldsbiggestclassroom

Thanks for your support
Carolyn Lakiss
On Monday, year 3-6 participated in the 2014 Science Fair. I did my project with my brother Thomas and we did ours on “Dog Scents.” There were all different projects from nail polish to colour changing milk. Overall I think that a lot of people including myself learnt something along the way and I thought it was very fun. I also am looking forward to another science fair project next year.

Jessica Y 6T

On Monday 18 August, we had our Science Fair. We got to see most of 3-6 science projects. It was very exciting to see all of the projects that the people have worked hard on. I did my project on “How salty is the sea?” I could see that every student had worked hard on their projects. I could say that is was one of the best things I’ve ever done. I had lots of fun and I think that next year everyone should have a go at the science projects.

Shelly H 5B

On Monday 18 of August, we had our Science Fair. There were approximately 45 very interesting displays and just as many students enthusiastic to explain and describe how their experiments worked. Students and teachers from primary and the high school seemed to enjoy the exhibition. To finish science week Ms Rogers organised a fun lunchtime activity which enabled all students from the primary school to participate in a paper plane competition. It was great to see so many students taking part in making and flying their planes as well as counting down on the microphone. A big thankyou to Ms Rogers and the year 10 students for making it a memorable afternoon.

V Brown
Organising Teacher
On Monday 18 August our primary school had a science fair in the junior hall. Students from 3-6 could participate and siblings could do it together. My brothers and I did our together on which door has the most germs. There were lots of experiments and they were all interesting. I’m sure everyone learnt something out of their experiment. It was a very enjoyable day for all the students and it was fun telling the teachers and students all about our project. It was a great experience and I’m sure lots of students will be participating next year.

Olivia M 5B

The Science Fair was exciting and interesting with all of the many different projects and even though some of the experiments were the same the results were all different.

Cooper R 5B

On Monday 18 August we had a science fair. There were lots of experiments from years 3-6 I had lots of fun. Next year I think the whole school should participate in the science fair, you don’t have to do something hard, do something simple like a volcano or a floating egg. Just remember don’t leave it to the last minute like I did.

Cooper L 5B

The science fair was exciting and interesting with all of the many different projects and even though some of the experiments were the same the results were all different.

Cooper R 5B

On Monday 18 August our primary school had a science fair in the junior hall. Students from 3-6 could participate and siblings could do it together. My brothers and I did our together on which door has the most germs. There were lots of experiments and they were all interesting. I’m sure everyone learnt something out of their experiment. It was a very enjoyable day for all the students and it was fun telling the teachers and students all about our project. It was a great experience and I’m sure lots of students will be participating next year.

Olivia M 5B

The Science Fair was really fun because it is an educational but enjoyable activity to participate in. You get to see everyone else’s ideas and projects. You also learn much more. I recommend everyone to participate next year. It is not only fun and educational but it is also a memory guaranteed to last.

Mia A 6T

The Science Fair was a very fun and enthusiastic activity because you had the chance to experience exciting and different experiments. I recommend you participate in the years to come because I guarantee you will love it.

Jade M 6T
BE YOUUnique
Sutherland Shire Healthy Minds Seminar & Expo 2014

Proudly brought to you by:
aftercare
and
Sutherland Shire COUNCIL

WED 08th OCT
from 10am to 5.15pm
Sutherland Entertainment Centre
30 Eton St, Sutherland NSW 2232
RSVP online:
or phone Aftercare: 9532 8500

‘To hear a range of Younique talks on mental health topics and learn about services in Sutherland Shire’

SPEAKERS
Peter Slattery – Resilience & Self-esteem
Local School Presentations - Projects on Mental Health
John Goodwin – Personal Story
Toni Garretty – Families & Carers
Sutherland Community MH - Acute Care Services
Andrew McCleland – Mind/Body Wellness
Beate Zanner – Holding Suicide
Fay Jackson – Personal Story
Black Dog Institute – Breaking Down Depression & Building Resilience

Information stalls of services in Sutherland Shire | Entertainment | Laughter Yoga | Refreshments provided
Used books for Community Carnival

We are planning to have a used book stand at the LHCS Community Carnival on 18 October. Books will only sell if they are in good condition and are enjoyable to read.

If you have a spare book that has been enjoyed by members of your family that you are willing to part with then it can be donated to the school for resale.

It would be good to have a variety of books. Picture books, popular fiction for all ages K-12 and adult recreational reading books including fiction, cooking books, biographies and high interest non-fiction books would be most suitable.

Books can be delivered to the library for sorting. Please be aware that the books will need to be stored until the carnival so we would appreciate fewer good quality books over a high volume of books that no one wants.

No encyclopaedias please. They are heavy and not the preferred way to research anymore.

Thank you for any assistance you can give with this request.

Library staff

Copies of Notes

Please be aware that the office will no longer be holding extra copies of notes. All current notes for excursions, incursions and sport etc are on the website under ‘Events’ and also the ‘Calendar’.

REMINDER OF TERM DATES

Last day of term 3—19 September 2014
First day of term 4 students return—Tuesday 7 October

Lucas Heights Community School is now on Facebook. Please “like” us to follow events at:

www.facebook.com/LucasHeightsCS
Supporting Children Experiencing Anxiety
FREE workshop for parents, grandparents & teachers

This FREE workshop is for anyone who is supporting children aged 4 - 8 years old, who are experiencing anxiety.

Through presentations, case studies and panel interviews, the workshop will give participants the opportunity to ask questions, receive relevant information and learn practical strategies on how to best support children experiencing anxiety.

Date: Monday 15th September 2014
Time: 9.30am - 12.30pm
Venue: School Hall
Sutherland Primary School
Eton Street, Sutherland

Registration is essential: To register, please contact Rosanna, Community Development Manager, Gynae Community Aid on 9524 9559 or censevice@goals-ngo.org.au by Wednesday 3rd September.

Thank you to Sutherland Primary School for donating their time venue.

Supporting Children Experiencing Anxiety
9.30am - 12.30pm
Monday 15th September 2014
Sutherland Primary School - Eton St, Sutherland

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<td>9.30am - 9.45am</td>
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<td>Workshop Overview</td>
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<td>10am - 10.30am</td>
<td>What to Look Out For: Signs &amp; Symptoms</td>
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<td>Linda Selim - Clinical Psychologist</td>
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<td>10.30am - 11.15am</td>
<td>Practical Strategies to Support Children</td>
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<td>Case Study</td>
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<td>Linda Selim - Clinical Psychologist</td>
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<td>Clinical Psychologist - Linda Selim</td>
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<td>GP - Dr Alison Vickers</td>
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<td>Primary School Teachers - Jenny Hunter &amp; Sue Horwood</td>
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<td>Parent - Nadine</td>
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<td>12.15pm - 12.30pm</td>
<td>Evaluation &amp; Close</td>
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Cool Little Kids Parenting Program
Early Intervention for Anxious 3-6 Year Olds

Is Shyness Normal in Preschoolers?
Some shyness can be a normal part of development. However, research has revealed that excessive shyness in preschool aged children can lead to the development of more serious problems in later life, such as the development of anxiety disorders. Helping parent who is anxious also increases a child's likelihood of developing anxiety.

What is the Cool Little Kids Program?
The Cool Little Kids Program is a group treatment program for parents of children aged 3-6 years who exhibit excessive shyness or anxiety. It supports parents with both knowledge and practical skills and tips on how to help their child manage and overcome anxiety. The program uses Cognitive Behaviour Therapy (CBT) techniques to give parents effective tools and strategies to assist their child.

What Topics Does the Program Cover?
- Understanding anxiety and shyness in preschool children
- Causes and risk factors for child anxiety
- Helping our child deal with school worries
- Strategies that help your child build brave behaviours and face fears
- Dealing with setbacks and difficulties
- How to maintain progress after the program ends

Who Should Attend?
Whoever possible and applicable, we recommend that all parents involved in the day-to-day care of the child attend the group. If this is not possible, we would suggest that the same parent attends each session (rather than alternating parents). This allows a parent to build on knowledge learned in previous sessions and would encourage the attending parent to include the non-attending parent in the program by updating them on session content learned and involve them in tools being practiced each week at home. Children do not attend groups and children is not available on site, so childcare arrangements should be made for the 8 sessions.

Dates: Wednesday 13, 20, 27, 30, 14, 21, 28, 1, 8, 15, 22, 29, 16, 3, 11, 18, 25, 12, 19, 11, 14
Time: 10.30am – 12.30pm
Venue: Caringbah Community Health Centre
In the rear grounds of The Sutherland Hospital
The Kingway, Caringbah
Facilitators: Alison Downs and Lisa Leontica
Cost: $30 for manual
Enquiries: Contact Intake on 9532 1000. A telephone interview will be organized with one of the facilitators to determine your suitability for the program.

Bouncing Forward: Transition to High School
Resilience Based Program for children in years 5 & 6

Who is it for?
Anyone who is feeling a little anxious about the move to high school, and anyone wanting to beef-up their social & emotional skills to give themselves a great start to an enjoyable high school life. Max group size 8 children.

What will it cover?
Each of the 8 sessions will be 90 minutes, topics include:
- My Strengths, building self-confidence
- What is Resilience and how to ‘Bounce Forward’
- Positive thinking, managing new tasks and challenges
- Staying cool-handling positive or negative emotions and worries
- Creating the reputation I want, friends and social media
- Connecting, helping others and the power of kindness
- My support system & managing tricky situations
- Pulling it all together

Who is running it?
The facilitators, Sara Berrstoff Terry, is a Mental Health Social Worker, Child & Family Counsellor and experienced Group Leader. Find out more at www.mimacounselling.com.au

Where?
Mental Health Therapy, 76 Oxford Street, Balmain, 2041, Sydney

When?
4-5.30pm Wednesdays, starting Wednesday 15th October 2014

Cost?: $46 per session if paid weekly, $336 for 8 week block ($42 per session)
If your child experiences anxiety you may be able to get a GP care plan and receive $19 medicare rebate per session.

How do I book my child in?
Please contact Sara to discuss enrolment
Clinic No. 65446308
Mobile: 0400270689
sara@mimacounselling.com.au
The Australian Red Cross Mobile Blood Service is visiting ANSTO,

Friday 12 September, 9.00am – 2.00pm

20 more donors needed

If you haven’t already made an appointment to give blood, you can make an appointment online or call us on 13 14 95.

1 in 3 Australians will need blood, but only 1 in 30 donates. Donated blood helps cancer patients, people with blood disorders, mothers-to-be and newborn babies, as well as trauma and surgical patients.

We look forward to seeing you again soon.

Sincerely,

Australian Red Cross Blood Service

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School Formal Discounts Available

Shop 1, Ground floor
Building G, Menai Central
5-21 Carter Rd,
MENAI NSW 2228
Ph: (02) 9543-0182

www.idobridesgroomsformals.com.au
THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You're sure to find a camp the kids will love.

Kids' Camps from $45 per day

fb.com/nswsportandrecreation
www.dsr.nsw.gov.au/kidscamps 13 13 02
TIPS FROM THE DEC

Primary and High school

Flu season is here!
Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.
The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Banish the “I’m bored” complaints these holidays
It’s harder in winter to keep kids occupied with anything other than a small screen. Here are some websites that have great tips for things your family can do these school holidays, whether you’re staying put or taking off on a holiday across the state:

Destination NSW  (http://bit.ly/1niJ7sI)
Winter school holidays in Sydney  (http://bit.ly/1nQsVC6)
School holidays in Newcastle  (http://bit.ly/1nljpq)
Winter school holidays Central Coast  (http://bit.ly/11E8vMw)
Attractions for kids in regional NSW  (http://bit.ly/1ingSwX)
Australian Museum  (http://bit.ly/1uEBhxD)
Kids Camps – NSW Sport and Recreation  (http://bit.ly/1hWxTra)

Keep brains ticking over these holidays
If your child is working on a personal project or a school assignment these school holidays (or you want to make use of the break for a little revision), don’t forget www.SchoolAtoZ.com.au has lots of information and fact sheets to help with homework.

For students polishing their spelling skills, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. Here’s where you’ll find the free app to download: http://bit.ly/Q9ez0G
Every week parents contact me and ask how they can assist with their child’s Career planning. This week I have taken information from the DEC website on a booklet they have available titled “Parents talking Career choices”. The opening paragraph states: “As a parent or guardian we have a key role to play in helping young people make career decisions. Career development is a lifelong process, beginning in childhood. Research shows that parental involvement is one of the biggest factors influencing the development of a child’s sense of the world of work. While the information provided by career professionals is very important, the conversations you have with your teenager about their career decisions are also very valuable. It is important to talk with your teenager about all the options available for further study and employment after school. Remember that almost everyone will change career direction multiple times in their lifetime, and your teenager may eventually take up a job that does not exist yet. What you are looking to do is find a starting point with your teenager. You can help your teenager by being positive about their ideas and opportunities for finding a satisfying career path. Consider together your teenager’s suitability for different jobs and help them identify their ABILITIES, INTERESTS, and EXPERIENCES. Talk about their HOPES and VISIONS for the future and any ideas they have about WORK or STUDY.”

Pathways through school and beyond
There are many different pathways that can lead to rewarding careers. Remember, a choice made today is not a choice made forever. People are no longer locked into one occupation or education level. It is possible to move from work to study, TAFE to University, or from an Australian Apprenticeship into a long-term professional career. There are lots of great websites that can assist parents and students, including:

Career Advice Australia
Career Advice Australia is an Australian Government initiative that strives to help all young Australians make a smooth transition through school and on to further study, training or work. If you have a child aged 13 to 19, Career Advice Australia providers may be able to help you assist your child in their career development.

www.careeradviceaustralia.gov.au

Bullseye Charts
The Australian Government produces a series of 30 career information charts called the Bullseye Charts. Each chart looks at a school subject, and the many occupations that subject can lead to. These Bullseye charts are located around our school and are used in school based Careers lessons. You can view or download the Bullseye Charts at www.deewr.gov.au/bullseye

Job Guide
Hard copies of the Jobguide are available in the Careers office and students regularly refer to them in class.

The Job Guide offers an in-depth look at more than 500 entry level occupations and the education and training pathways leading to them. The Jobguide is also available online at www.jobguide.deewr.gov.au

myfuture.edu.au
myfuture is Australia’s online career information and exploration service. myfuture provides information and tools to help people investigate career pathways. It also has a parent information section which can assist you in supporting your teenager to identify career options and set career action planning.

www.myfuture.edu.au

Year 12 - What Next?
This booklet and website is designed to inform Year 12 students about the pathway options available to them. www.year12whatnext.gov.au

Finally take the time to explore the 2 career specific websites used by our school:

www.lucasheightscareers.com
www.jobjump.com.au (go to the website then type Lucas Heights Community School into the school box. Students and/or parents then enter your email address (preferably your home email address) and click Login. You will then need to put in our school password: hounddogs)

As always we are available to assist with any questions or help you need.
**Upcoming Events**

**University of Wollongong Information Evenings Year 12 Students and Parents**
Saturday AUGUST 30th

SYDNEY CAMPUS (circular quay) open day
Gateways Building
1 Macquarie Place
Sydney
1.00pm - 6:00pm

**Southern Sydney Information Evening**

St George Leagues Club (Mahogany Room)
Tuesday 9 September
6.30pm - 8.30pm

**August/September University Open Days**

University of Wollongong
August 30th 2014 Saturday (Sydney Business School, CBD Campus)

**University of Technology, Sydney**
August 30st 2014 Saturday

**University of Notre Dame (Broadway & Darlinghurst)**
August 30st 2014 Saturday

**University of Sydney**
August 30st 2014 Saturday

**University of Western Sydney (Parramatta Campus)**
August 31st 2014 Sunday

**Australian Catholic University**
September 6th 2014 Saturday (Nth Sydney Campus)
September 13th 2014 Sunday (Strathfield Campus)

**University of New South Wales**
September 6th 2014 Saturday
August 30th 2014 Saturday (Australian Defence Force Academy, Canberra)

Mrs Eagles and Ms Smith
Careers Advisers
<table>
<thead>
<tr>
<th>Open days for 2014–15</th>
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<tbody>
<tr>
<td><strong>APM College of Business and Communication</strong></td>
<td></td>
</tr>
<tr>
<td>North Sydney campus</td>
<td>16 August 2014</td>
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<td></td>
<td>15 November 2014</td>
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<td>9 December 2014</td>
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<tr>
<td><strong>Australasian College of Natural Therapies</strong></td>
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<td>For information call 1300 017 287.</td>
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<tr>
<td><strong>Australian Catholic University</strong></td>
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<tr>
<td>Canberra campus</td>
<td>30 August 2014</td>
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<tr>
<td>North Sydney campus</td>
<td>6 September 2014</td>
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<tr>
<td>St Leonards campus</td>
<td>13 September 2014</td>
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<tr>
<td><strong>Australian College of Applied Psychology</strong></td>
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<td></td>
<td>For information on these and other events, visit <a href="http://www.acap.edu.au">www.acap.edu.au</a></td>
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<tr>
<td><strong>Australian Maritime College</strong></td>
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<tr>
<td>Beauty Point campus</td>
<td>31 August 2014</td>
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<tr>
<td>Newnham campus</td>
<td>31 August 2014</td>
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<tr>
<td>Campus tours can be arranged by appointment year round. Visit <a href="http://www.amc.edu.au/visit-amc">www.amc.edu.au/visit-amc</a></td>
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<tr>
<td><strong>Australian National University</strong></td>
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<td>30 August 2014</td>
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<td>For campus tours, visit <a href="http://students.anu.edu.au/events/campustours.php">http://students.anu.edu.au/events/campustours.php</a></td>
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<tr>
<td><strong>Billy Blue College of Design</strong></td>
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<tr>
<td>North Sydney campus</td>
<td>16 August 2014</td>
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<td>11 November 2014</td>
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<tr>
<td><strong>Charles Sturt University</strong></td>
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<td></td>
<td>Open day every day</td>
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<td>For campus tours/appointments and course information, call 1800 DEGREE (1800 334 733) or visit <a href="http://www.csu.edu.au/campustour">www.csu.edu.au/campustour</a></td>
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<tr>
<td><strong>CQUniversity</strong></td>
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<tr>
<td>Sydney campus</td>
<td>3–7pm, 7 August 2014</td>
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<tr>
<td>Virtual Open Day (online only)</td>
<td>10am–7pm, 10 September 2014</td>
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<td>For more information on these and other CQUniversity events, visit <a href="http://www.cqu.edu.au/events">www.cqu.edu.au/events</a></td>
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<tr>
<td><strong>Griffith University</strong></td>
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<tr>
<td>Gold Coast campus</td>
<td>10 August 2014</td>
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<tr>
<td><strong>International College of Management, Sydney</strong></td>
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<tr>
<td>Manly campus</td>
<td>17 August 2014</td>
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<tr>
<td><strong>Jansen Newman Institute</strong></td>
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<tr>
<td>Pyrmont campus</td>
<td>10am–1pm, 3 May 2014</td>
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<td>16 August 2014, 15 November 2014</td>
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<td>Jansen Newman Institute holds regular open days and information sessions at the Pyrmont campus throughout the year. Visit <a href="http://www.jni.edu.au">www.jni.edu.au</a> or call us on 1800 777 116 to reserve a place.</td>
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<tr>
<td><strong>La Trobe University</strong></td>
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<tr>
<td>Albury-Wodonga campus</td>
<td>29 August 2014</td>
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<tr>
<td>Mildura campus</td>
<td>13 August 2014</td>
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<tr>
<td><strong>Macleay College</strong></td>
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<tr>
<td>Sunnys Hills campus</td>
<td>23 August 2014, 17 January 2015</td>
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<tr>
<td>South Melbourne campus</td>
<td>23 August 2014, 17 January 2015</td>
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<td></td>
<td>But open day is every day. For a personalised campus tour, call 1300 959 888.</td>
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<tr>
<td><strong>Macquarie University</strong></td>
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<td>13 September 2014</td>
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<td><strong>MIT Sydney</strong></td>
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<td>For campus tours/appointments and course information, call (02) 8267 1400 or visit <a href="http://www.mit.edu.au">www.mit.edu.au</a></td>
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<td><strong>National Art School</strong></td>
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<td>For information call (02) 9339 8651.</td>
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<td><strong>SAE Creative Media Institute, Australia</strong></td>
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<td>For information call 1800 723 338.</td>
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<tr>
<td><strong>Southern Cross University</strong></td>
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<td>For personalised campus tours and special events, call 1800 626 481 or (02) 6620 3975 or visit <a href="http://www.scss.edu.au/campustours">www.scss.edu.au/campustours</a></td>
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<tr>
<td><strong>Sydney Institute of Business and Technology (SIBT)</strong></td>
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<td>For information call (02) 9850 6222.</td>
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<td><strong>University of Canberra</strong></td>
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<td>30 August 2014</td>
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<td><strong>University of New England</strong></td>
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<td>2 May 2014</td>
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<td>For personalised tours, call 1800 818 865 or visit <a href="http://www.une.edu.au/campustours">www.une.edu.au/campustours</a></td>
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<tr>
<td><strong>University of Newcastle</strong></td>
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<tr>
<td>Newcastle campus (Callaghan)</td>
<td>23 August 2014</td>
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<tr>
<td>Central Coast campus (Ourimbah)</td>
<td>16 August 2014</td>
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<tr>
<td>Port Macquarie campus</td>
<td>7 August 2014</td>
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<td><strong>University of Sydney</strong></td>
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<td>30 August 2014</td>
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<td><strong>University of Technology, Sydney</strong></td>
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<td>City campus</td>
<td>30 August 2014</td>
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<tr>
<td>Kuring-gai campus</td>
<td>6 September 2014</td>
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<td><strong>University of Western Sydney</strong></td>
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<td>Parramatta campus</td>
<td>1 September 2013</td>
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<td>UWS Campus Experience tours are held throughout the year. To register, visit <a href="http://www.uws.edu.au/campusexperience">www.uws.edu.au/campusexperience</a> or call 1300 089 689.</td>
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<td><strong>University of Wollongong</strong></td>
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<td>Wollongong campus</td>
<td>16 August 2014</td>
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<td><strong>UNSW Australia</strong></td>
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<td>6 September 2014</td>
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<td>Australian Defence Force Academy, Canberra 30 August 2014</td>
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<tr>
<td><strong>William Blue College of Hospitality Management</strong></td>
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<td>North Sydney campus</td>
<td>16 August 2014</td>
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<td>9 December 2014</td>
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<td>For information on school visit days, contact individual institutions.</td>
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With so many school newsletters getting into the press for all the wrong reasons, I will keep this week short.

Mootilda's visit to the school on Monday, 25 August was a great reminder to all the kids that now is the time to order your Aussie Farmers fruit and vegetable boxes. Healthy, convenient, fresh locally grown fruit and vegetables and a generous dollar amount from each box coming straight back to the school. Why wouldn't you? The deadline to return the forms has also been extended to Tuesday, 2 Sept at 3pm. While you are filling in forms, don't forget to return your Community Carnival form. Thank you for all the items that have so far been donated. We still need more, so please, keep them coming.

The follow day is the P&C meeting, Wednesday, 3 Sept at 7:30pm. We look forward to hearing all about the big changes in the department of education and communities, and learning about the impact that they will have on our school.

See you there!

Anita Gardner
P&C Vice President
Farming has always been there to support the local community, we take this one step further. When you shop with Aussie Farmers Direct, part of your purchase will support the fundraising efforts of your local community, school or club.

Fundraising Introductory Pack

We’re all about fresh produce straight from the farmer to your door. Try it out with this introductory pack!

1. Go to AussieFarmers.com.au/Fundraisingoffer
2. Fill in your details and we’ll give you a call
3. Your pack will be delivered to your door by your local milko.

Pack Contents: 1x Loaf 1x Wholemeal Bread 700g
1x Reduced Fat Milk 2L 1x Apples 2kg
1x Free Range Eggs Doz 700g 1x Bananas 750g

ORDER NOW

If you’re already a customer link your account at AussieFarmers.com.au/LinkMyAccount

AussieFarmersFundraising.com.au

Terms & Conditions: 1. The Fundraising Program: Fundraising introductory Box is valued at $30. 2. Prices may vary from state to state. 3. This offer is strictly for new Aussie Farmers Direct customers only. 4. If it is determined that you are not a reasonable address when you have filled in your details, we will notify you. 5. This offer cannot be used in conjunction with any other Aussie Farmers Direct offer.
How to order:

1. Complete the order form below and return to your school/club/group by the advised date.
2. Aussie Farmers Direct will send you an email confirming your delivery details.

School/Club/Group Name*

Your First Name*         Your Surname*

Student Name*            Class/Team/Group*

Unit Number        Street Number*        Street Name*

Suburb*               State*              Postcode*

Email* (a valid email address is required for your delivery confirmation details)

Mobile Phone*           Home Phone [PLEASE INCLUDE AREA CODE]

Are you a customer?    No. of Small Fruit Boxes   No. of Large Fruit & Veg Boxes

CREDIT CARD Payment Details (NOTE: NO CASH OR CHEQUES WILL BE ACCEPTED - please provide financial information below)

Visa  Mastercard  Credit Card Number

Cardholder's First Name*     Cardholder's Surname*

Card Expiry Date

Terms & Conditions: 1. By purchasing a Fundraising Drive product you agree to Aussie Farmers Direct contacting you in relation to this purchase and our services. 2. The contents in the above offers may vary slightly, subject to availability. 3. If it is determined that you are not in a serviceable area after you have completed this form, we will notify you. You will be able to arrange another delivery address or pick up directly from the school/club/group on a day determined by your local milkman.

AussieFarmersFundraising.com.au