

# The Rocks Report Term 3 Week 7 2022



1 - We acknowledge the lands of the Bidjigal people of the Darug Nation upon which our school stands and pay respects to traditional owners and elders, past, present and emerging.

Below the buildings, playground and asphalt, this land is and always will be, Aboriginal land.

## **NEWSLETTER OF NORTH ROCKS PUBLIC SCHOOL**

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# **TERM 3 DATES**

## **TERM 3 DATES**

Friday 2nd September - Jersey Day - in support of Organ Donation Tuesday 6th September - 7:30pm - P&C Meeting Friday 9th September - Grandparent's Day - K-2 and Support Unit classes Tuesday 13th September - Choral Concert rehearsal - Salvation Army Centre, Sydney Monday 19th September - Primary Proms Brindabella Concert - Sydney Town Hall Friday 23rd September - LAST DAY of TERM 3

# **PRINCIPAL'S REPORT**



BOOK WEEK & EDUCATION WEEK OPEN DAY - Tuesday 23rd August

#### **2023 KINDERGARTEN ENROLMENTS**

With Term 3 now well underway, I would like to remind parents that enrolments for Kindergarten 2023 are now due to be returned to school. If you live in our school catchment area and have a child who will be starting Kindergarten next year, please visit the North Rocks PS website to complete an enrolment form. This will ensure the school can maintain places for all our in -area students. I would like to thank those families that have already visited the school and completed their enrolment details.

northrcks-p.schools.nsw.edu.au

JERSEY DAY FOR ORGAN DONATION AWARENESS - Friday 2nd September

# JERSEY DAY

## **ORGAN AND TISSUE DONATION**

#### DID YOU KNOW

One organ and tissue donor can transform the lives of many people. Effective transplantation treatment can save lives, restore health and improve quality of life.

Australia is a world leader for successful transplants. In 2018, 1,782 lives were saved through transplantation which is twice the amount of lives in comparison to 2009.

Our donation rate has significantly increased in recent years. Throughout the past decade the number of donors has more than doubled with 554 in 2018 compared to 247 in 2009, but there is much • more we can do.

Australia needs more active engagement and awareness within the community to increase Australia's family consent rate. In Australia, the family will always be asked to confirm the donation decision of the donor before the donation can proceed. This is why encouraging family discussion of organ donation is so important.

#### Our aim is to encourage families to begin the conversation of organ and tissue donation with their loved ones.

#### THE FACTS

- Around 1,400 Australians are currently waitlisted for a transplant.
  A further 11,000 are on dialysis, many of whom would benefit from a kidney transplant.
- On average, people on the transplant list must wait between 6 months – 4 years.
- The majority of Australians (71%) think it's important to talk with their family/partner but only half (51%) of Australians have discussed whether they want to become a donor.
- The majority of Australians (69%) are willing to donate their organs and/or tissue when they die.
- One in three Australians are registered donors despite the majority (69%) believing that registering is important.
- Of the 36% of Australians who feel confident they know if their loved ones are willing to be a donor, 93% say they would uphold their wishes.
- 90% of families say yes to donation when their loved one is a registered donor.

Discover	Decide	Discuss
the facts about organ	about becoming a donor	your decision with
and tissue donation	and register online	your loved ones

The annual Jersey Day in support of Organ and Tissue Donation will be held on Friday 2nd September. Children and staff are encouraged to wear their favourite jersey to school. Jersey Day was established to raise awareness of the importance of Organ Donation across Australia after a tragic accident which claimed the life of 13 year old Nathan Gremmo in 2015. However, from this tragedy Nathan and his family's support for organ donation meant six other lives were saved - an amazing gift!

**REMINDER OF REQUIREMENTS IF STUDENTS HAVE COVID-19 SYMPTOMS** 

If a student or staff member is unwell and has any <u>symptoms</u> they should always test for COVID-19, either with a rapid antigen test (RAT) or PCR (nose and throat swab) test. If the test comes back negative for COVID-19, the student or staff member should still not return to school until either:

- the student no longer has any symptoms, or
- a medical certificate is provided to the school confirming that symptoms are explained by another diagnosis (such as hay fever).

It is important that students do not attend school if they are unwell, even if they have tested negative for COVID-19. RATs can produce false negative results and symptoms of other illnesses can also be similar to COVID-19, including flu, the common cold and stomach bugs. Health advice is that students who are sick should always stay home to rest and recover and avoid putting other students and staff at risk of getting sick. A reminder that if a student records a positive RAT, they/their family must register the positive test on the <u>Service NSW website</u> or <u>Service NSW app</u> so they can be linked to important health care support and advice. Parents and carers must ensure that they select North Rocks Public School when prompted when registering a positive test result for their child.

# FROM THE DEPUTY'S DESK

## CHECK-IN ASSESSMENTS for Years 3,4,5 and 6

During Terms 3 and 4, students will participate in the Check-in assessment. The Check-in assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning.

The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with a disability may receive the same level of support during the assessment they would normally receive in the classroom.

- The assessment will be scheduled for our Year 6 students during Weeks 8 10, Term 3
- Students in Years 3, 4, 5 will complete their assessments during weeks 1-4 in Term 4
- All students complete a reading assessment and a numeracy assessment. Year 6 students will also complete a writing task

Students are asked to bring headphones that plug into a computer to enable them to hear audio during the assessment.

BE YOU STUDENT SURVEY - Information for parents and carers

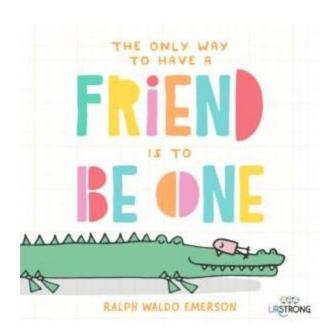
Over Week 6 and & 7 of Term 3, our school will be taking part in the Be You student survey. The survey will provide us with valuable feedback on how our school can improve Years 4-6 student wellbeing and mental health. Educators will be gathering data to reflect on how engaged students are at school, how they believe their voices are being heard as well as their ideas and opinions on mental health. Schools around Australia use the Be You survey to identify what they're already doing well and what areas can be improved.

The survey is completed online and is run by an independent research company. Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students won't need to write their name on the survey. The survey typically takes 15 minutes or less to complete and will be administered by the class teachers. Once the surveys are completed, reports are prepared and are available to the school. This survey will help our school better understand how to promote children and young people's mental health, wellbeing and school engagement to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped. If you do not want your child to take part in the survey, please contact the school by email by Friday, 19th August.



URSTRONG FOR PARENTS: Friendship is... RESPECT!



At URSTRONG, we look at social-emotional wellbeing through the lens of friendship. This month, we're exploring the importance of RESPECT in friendships, which we define as: "Honouring and accepting your friend for who they are – their thoughts, feelings, and opinions."

**Friendship Fact #3 reminds us that trust & respect are the two most important qualities in a friendship**. They are the foundation of a healthy, feel-good friendship that sits in the Green-Zone of the Friend-o-Meter. When disrespect enters a friendship, a Friendship Fire<sup>®</sup> ignites and the friendship feels in the Red-Zone.

# Whether you are a teacher or a parent, enjoy our fun <u>RESPECT Freebie</u> colouring-in sheet that features the quote: "The only way to have a friend is to be one."

This invites a powerful conversation with children on the reciprocal nature of respect in a friendship; the idea that we give respect to get respect. Explore some examples of respect in-action, such as:

- You listen when your friend is talking (and they do the same for you).
- You don't make fun of your friend if they like something different (and they do the same for you).
- If they don't like hugs, you give them a high-five instead (and they do the same for you).
- When doing a group project, you consider your friend's ideas (and they do the same for you).

BOOK WEEK OPEN DAY - TUESDAY 23rd AUGUST

## K-2 ATHLETICS CARNIVAL



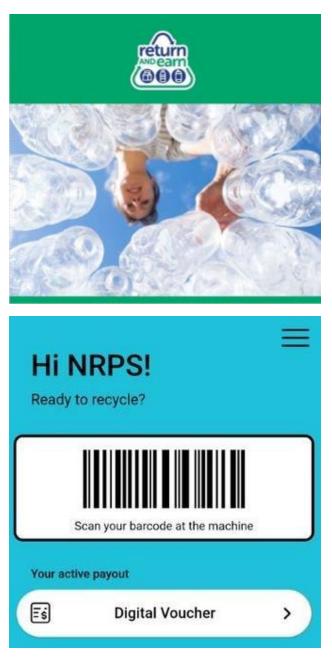
**KINDERGARTEN ENROLMENTS 2023** 

Kindergarten enrolments for 2023 are now open. If you have an in area child who is due to start Kindergarten in 2023, please visit the school website to complete the enrolment process. Enrolment information is available on the website by clicking on the 'enrolment' tab at the top of the page. Here you can find information about our local intake area and the enrolment process. Please be sure to share this information with any friends or neighbours who have children due to start Kindergarten at our school next year.



#### **RETURN AND EARN**

Did you know you can donate your bottle and can 10c refunds to North Rocks Public School? The funds collected go towards the maintenance and improvement of the school vegetable garden and buy staple ingredients when cooking school-grown produce! Simply scan the barcode at the return machine to donate and smile knowing that you've contributed to providing valuable life skills for our students!



## WINTER FLU AND COVID-19

A reminder to all families that any students displaying flu or Covid-19 symptoms should be kept at home. Please do not send sick kids to school.



# **LIBRARY NEWS**

# **STUDENT WORK**

# **P & C NEWS**

P&C DATES FOR YOUR DIARY Father's Day Stall – Thursday 1 September Splash & Dash / Colour Run – Wednesday 26 October

## **P&C MEETINGS**

Our P&C Meetings are held on Tuesday nights, on the 2nd and 8th week of the term.

Our next P&C Meeting will be Tuesday 6th September at 7:30pm

It will be a Hybrid meeting, so you are welcome in person or via Zoom.

For meeting information and Zoom link, please add your details to our mailing list <u>https://bit.ly/3szCf6y</u>

## CONNECT WITH US!

Facebook https://www.facebook.com/NRPSPandC

Instagram https://www.instagram.com/nrpspandc/

Email nrpspandc@gmail.com

Join our mailing list <a href="https://bit.ly/3szCf6y">https://bit.ly/3szCf6y</a>

John Bolwell, Jaythene Hiscock, Kaili Metani, Karen MacGregor, Lara Scott, Melanie Smith, Myra Kim, Nicole McGowan, Tasha Arhipoff, Thomas McCarthy, Ashley Kelly.

## **NRPS P&C Executive**

FATHER'S DAY STALL- Thursday, 1st September

North Rocks Public School is very excited to announce that we will be holding our Father's Day Stall this year on Thursday 1st September as part of the P&C Fundraising Initiative. All students from K-6 will have the opportunity to purchase some lovely gifts throughout the morning.

Children are invited to purchase gifts for their fathers, grandfathers and other special people. All the gifts are \$6 each, and there is a large variety to choose from.

Tokens for gifts can be purchased via the Flexi Schools App. They are available to purchase up until 9am Friday the 29th of April. Students will be given their tokens on the day of the Father's Day stall by their classroom teacher, and will need to bring a bag to take their gifts home in.

Students who are involved in the Zone Athletics Carnival on the day and wish to purchase a Father's Day Gift will be sent a Google form link to choose their gift. This will then be given to their class teacher when their class attends the stall.

Thank you for your supporting our school

P&C



A massive thank you to our sponsors of the "Quizmas in July" trivia night.

Thank you to these local businesses for their support of the NRPS Trivia & Games Night. Please support them, as they have so generously supported us!





J. 2017 -· BEAUTIFUL BLENDS ·











# sparks shoes











# **SPORT REPORT**

#### **PSSA RESULTS**

Finally, the sun shone and the grounds were dry enough to play the final two rounds of PSSA. Congratulations to both the Junior Girls and Senior Girls Soccer Teams who have made the Semi Finals along with the Senior Light Blue Netball Team. The Girls Newcombe Ball Team has also just made the Semi Finals narrowly making it in on points along with the Senior Boys Soccer Team. We wish all our teams in the Semi Finals goodluck and know that they will make North Rocks Public School proud.

Term 3 Week 3	Team	Opposition	Won/Lost	Score
1	AFL Juniors	Murray Farm	Won	51-0
	AFL Seniors	Murray Farm	Won	32-9
	Rugby league Juniors	Sherwood Ridge	Won	30-20
	Rugby league Seniors	Sherwood Ridge	lost	28-32
	Soccer Junior Boys	Carlingford West	draw	1-1
	Soccer Senior Boys	Carlingford West	won	4-0
1	Soccer Junior Girls	Carlingford West		
	Soccer Senior Girls	Carlingford West		
	Newcombe Ball Boys	Carlingford West	Won	60-53
	Newcombe Ball Girls	Carlingford West	Won	59-52
	Netball Senior 1	Oakhill Drive 1	lost	3-15
	Netball Senior 2	Sherwood Ridge 2	lost	3-15
	Netball Senior 3	Beaumont Hills 3	won	8-1
9	Netball Junior 1	Matthew Pearce 1	won	6-2
	Netball Junior 2	Northmead 2	draw	3-3
	Netball Junior 3	Oakhill Drive 3	lost	0-3

Term 3 Week 6	Team	Opposition	Won/Lost	Score
	AFL Juniors	Jasper Road	Lost	26-19
	AFL Seniors	Jasper Road	Wan	53-1
	Rugby league Juniors	Matthew Pearce	wich	30-14
-	Rugby league Seniors	Matthew Pearce	mon	26-14
	Soccer Senior Girls	Carlingford West	WOR	6-0
	Soccer Senior Boys	Carlingford West	with .	4-0
	Soccer Junior Girls	Carlingford West	VED!	7-0
	Soccer Junior Boys	Carlingford West	draw	1-1
	Newcombe Ball Boys	Crestwood	wort	54-44
	Newcombe Ball Girls	Crestwood	lost	43-47
	Netball Senior 1	Bella Vista 1	lost	14-20
	Nethall Senior 2	Oskhill Drive 2	lost	7-10
	Netball Senior 3	Baulkham Hills North 3	wion.	4-0
	Netball Junior 1	Carlingford West 3	lost	0-3
	Netball Junior 2	Castle Hill 2	Won	3-0
	Netball Junior 3	Baulkham Hills North 3	wom	3-0

# HIGH PERFORMANCE CORNER

**OC AND SELECTIVE HIGH SCHOOL EQUITY POLICY** 

#### APPLY NOW FOR NORTHMEAD CREATIVE AND PERFORMING ARTS HIGH SCHOOL





Audition Information for Parents and Students

# Northmead Creative and Performing Arts High School.

#### CAPA Auditions Semester 2 - Apply online via School website.

#### Monday 12th - Friday 16th September 2022

### AUDITIONS FOR YEAR 7, 2023 (AND FOR YEARS 8-11, 2022)

Talented students in Dance, Drama, Visual Arts, Music and Circus are encouraged to apply for positions in the 2023 specialised pathways in either Dance, Drama, Music, Visual Arts or Circus.

Local (In Area) students wanting to be part of our selective Creative and Performing Arts program **MUST** also audition.

Northmead Creative and Performing Arts High School has a long tradition as a centre of excellence in the Creative and Performing Arts. An exciting opportunity is available for talented students to audition for placement in our outstanding CAPA programs.

Students in the specialised streams are afforded a wide range of opportunities to excel in their chosen field with extensive co-curricular programs and a whole school approach to fostering our gifted students' talents.

Auditions will be held for Dance, Drama, Music, Visual Arts and Circus. The cost of auditions is \$50.00.

#### Applications close and forms need to be submitted to NCAPAHS by Monday 5<sup>th</sup> September 2022

Please register your interest via our school website or contact Mrs Stepic on 9630 4116 Email june.stepic@det.nsw.edu.au

CAPA Audition applications are to be submitted with all documentation, portfolios and video submissions online. (Video submissions are for Circus and Visual Arts only)

Principal: Narelle Vazquez www.northmead-h.schools.nsw.edu.au 28 Campbell St, Northmead NSW 2152 Ph: 9630 4116

## **ICAS ACADEMIC COMPETITIONS**



# **BAND NEWS**





ABN 43 009 422 129 PO Box 87 Kenthust NSW 2156 Unit 31 / 286-287 New Line Rd Dural NSW 2158 office hours Mondoy - Friday Parn - 4.30pm phone (02) 9651 7333 fax (02) 9651 7133 email info@hachingservices.com.au

# Join The Band

Dear Parents,

Enrolments are now open to students who wish to join the school band in 2022. See below for a basic overview of the program.

## Band Program Structure

**Rehearsal**: students work together in a full band setting, generally before or after school (30-60min each week)

Tuition: students work in small groups at school to learn new skills, usually on the same day as rehearsal (30min each week)

Students attend both rehearsal and tuition (weekly) at school.

Regular practise at home (3-4 times a week) is essential.

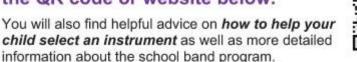
## Band Program Costs

Tuition Fees: small group tuition and band rehearsal costs \$195 (plus a \$10 resource levy) per term. Individual tuition costs extra and is not available at all schools.

**Instrument**: students require their own instrument. TSA sells quality new instruments or offers 'rent-to-buy' starting at \$43 per month.

Accessories: students are provided with a workbook on enrolment but may require other accessories, generally less than \$50 per year.

# For information on how to enrol use the QR code or website below.





www.teachingservices.com.au/EOI

# **COMMUNICATION PLATFORMS**

North Rocks PS uses a number of communication platforms. The following table briefly summarises their intended purpose.

o schoolstream	Schoolstream App	Our primary communication platform. Information, alerts, notes and reminders are pushed out to mobile devices through our School Stream App.
Signmee:	Signmee	Signmee is an online service which allows NRPS to create and send online forms that can be filed, paid and signed by parents without the need for printing and returning paper forms to school.
Terrate and the second se	North Rocks Public School Website	The school website is a public platform with important information about our school as well as department notices.
Google Classroom	Google Classroom	Used by class teachers, mainly in Years 3-6, to communicate and set work for students. Students can log into their Google Classroom to show their work to their parents.
Tell Reis Tall: Saul	Official North Rocks Public School Facebook page	This Facebook page is to be used as a platform to celebrate school and student achievement. We welcome your support in making this page a positive and supportive forum to celebrate all of the good things at North Rocks Public School.
	Official North Rocks Public School P & C Facebook page	This Facebook page is used by the P&C to celebrate events, make announcements and advertise P&C initiatives. This information is also available in the newsletter.

# **ADVERTISE WITH US**

# Tracey Ave, Carlingford MURRAY FARM PUBLIC SCHOOL



# SATURDAY 17<sup>TH</sup> SEP 2PM-8PM FIREWORKS @ 7PM

- Tombola
- Rides & Jumping Castle
- Games & Prizes
- White Elephant Stalls
- Bubble Tea

- Laser Tag
- Cake Stall
- International Food & BBQ
- Lolly Stall & Fairy Floss
- Murraycinos Café

# \$2 Ride Coupons, 3-4 Coupons per Ride \$35 Unlimited Ride Armband

\* Gold Coin Donation on Entry \* No consumption of alcohol, smoking or drugs on school grounds





Learn Music on Keyboard at school Enrol to start now!

Great songs! Musical activities! Cool music knowledge!

- Convenient at-school lesson venue
- Small group, 45 minute weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music

(02) 9411 3122 VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

VIP .Music est. 1984

# RUN. JUMP. THROW.

# NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE



Registrations open in August. Season runs September to March. www.nrclac.org.au



# Are you looking for a kids' sport played locally?

# PLAY SOFTBALLS

Softball is designed to be fun, flexible and engaging for children from kindergarten age to Year 6, focusing on fun activities while learning basic throwing, catching and striking skills. Community sport such as softball provides activities that enhance motor skills, fitness and social connections. North Rocks Softball Club is now looking for more players for the summer softball season. Season starts in September.

Contact us on nrsoftballregistrar@gmail.com and reserve your spot in one of our teams.

For more information visit our website https://www.revolutionise.com.au/northrockssoftball/

Or Register via https://www.revolutionise.com.au/northrockssoftball/registration/



# NORTH ROC SOFTBALL CLUB

# REGISTRATIONS ARE NOW OPEN!!

Batter upUnder 6 yrsJuniors6 -12 yrsSub Juniors13 - 17 yrs beLadies18 yrs plus

**Registrations via our website** 

https://www.revolutionise.com.au/ northrockssoftball/

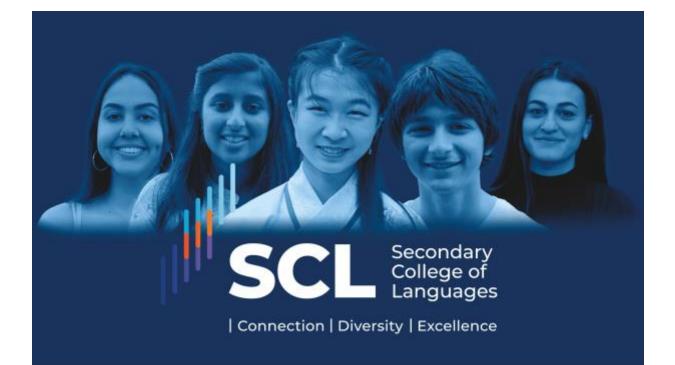
> Reduced fees with Service NSW Active Kids Vouchers

> > More Information: nrsoftballregistrar@gmail.com

WE

WAN

YOU



# Study your language with us

The Secondary College of Languages provides a pathway for students to maintain education in their mother tongue when that language is not available for study at their own school. We offer classes in 23 languages to students in Years 5-12.

Classes are held on Saturday mornings at 14 Campuses across Sydney, Newcastle and Wollongong. Our courses contribute to the award of an HSC and ATAR.

# SCLanguages.schools.nsw.gov.au

Arabic | Armenian | Bosnian | Chinese | Croatian | Filipino | Hindi | Italian | Japanese | Khmer | Korean | Macedonian | Modern Greek | Persian | Polish | Portuguese | Punjabi | Russian | Serbian | Spanish | Tamil | Turkish | Vietnamese |



LOOKING FOR WORK? Parramatta LGA – 73701

Transport for NSW Careers

# We're hiring School **Crossing Supervisors**



### He prote o vibra school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

## PermanentPart Time roles Days and hours availablein Parramatta LGA-73701

- Rydalmere East Public School
- Girraween Public School

#### Does this sound like you?

- Willing to work outdoorsin all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

- 20-hours each fortnight.
- Shifts are between 8:00 am-s 9:30 am and 2:30 pm -4:00 pm.
- . Work Monday to Friday during school terms.

## Apply today

Applications close Wednesday 10th August 2022

See jobs.transport.nsw.gov.au and search for Reference Number: 73701 or search 'School Crossing Supervisors' for a full list orvacancies or scan the QR code to apply.

For further information, contact Lisa Schreiber lisa.schreiber@transport.nsw.gov.au P: (02) 9983 3823





#### **Reading and Creative Writing**



Honday 3-4.30pm

Year 1-3 946/seadow Inite Wolnig Aropean will help the aludorfs schemes the way they contribute words to create a more expan-and antiacturing prove to advance readers. Statistics will expansioned and explane with alliferent types of anti Journalism, passes, questions, etc. ( to create away different passes. They will reasons help in flucture) to writing process of techcies will been many examples along the way to help its instants help in flucture to stating them are writing process.

#### Public Speaking

Wednesday 3-4.38pm Year 1+ \$41/session

Pdds: quaking charas are designed to increase students' tess of speaking and develop their speaking important and presentation adds. The argumentations will have table to the speaking the speaking the analysis and product speaking. The speaking speak was to be seen to the speak increase thereases and their confidence where speaking, and tests them a valuable will that the coartist for the frame.

#### Coding

Friday 3-4.30pm

Year 1 + \$37/wreation



Eul/section Early based on the line same as barring a tree tanguage skill. It is based to start have may been to under in the same years. Coding and Same Design (Notably empowers indefault to not only compare digital mosts and taxinologies, both or custs it. When taxinet code, they take complex problems and thread them down only any more participant, an which may approve as problems with hegatical and computational thinking. This logical Relating is a powerful take in actual, werk, and this.

#### Mathematics & Thinking Skills

Tuesday 3-4.30pm Year 1-3 840/session



Threating Bellis Lakes a lot of weighting in the OC Test and the benches Test. It involves proved, logic numericals, and illuracios. It links all these har components together to test the children's capabilities. All A children, we candidate Mathematics and Thisking Bolts together. Itselents will no longer have to gastering reservace sects formatics mataliang front digits or attemat formate to concretel block have the test minutes mataling the math concepts and logic, which benefits there to the forther learnings.

STEAM Thursday 3-4.30pm Year 1-3 \$37/session



ETMAD is important because it generative every part of our lives. Setteme is a merpulsees in the world answard us. Technology is continuously requirating tota every aquest of our Texas. Experiencing backets the charitrages or developing patient events and environmental friendly charges to an inners. Replanmatics is in every attrictly are do in nor Texas. With the integrative attrict, charters are instant. The technological coverage is an even of users approximation. See phone states, charters are instant the technological coverage is an even of users approximation. See phone states and approximation is not be technological coverage. These will intervine a parameter that advector apportanties to require STMEM eventors are an endower and the states and the technological states and advector parameters backs and an induce its areas for the advector approximation and advector back free and induces along the states to the matchine. Texas and advector back free and induces along the phone induces in texas and advector back free and induces along the phone induces.





Re 1.1 Academy Contact: Vivian Chen

Email: yw.chen309@gmail.com

Parramatta/Holroyd Family Support and Positive Parent-IN invite you to join our

# Triple P parenting group - ONLINE!





#### Triple P is a parenting program that provides practical answers to everyday parenting concerns.

Whether you're a mum, dad, single parent family, step parenting or a carer, the Triple P Positive Parenting Program can help you with a specific problem, or provide tips on parenting and help with understanding your child's development and behaviour.

The Triple P Program gives you the tools to:

- encourage behaviour you like from your child
- deal positively and consistently with problem behaviour
- take the stress out of parenting.

Triple P can also help to develop family relationships, assisting children to reach their full potential.

Developed by the University of Queensland Parent and Family Support Centre, Triple P parent groups have helped families in Australia and throughout the world for more than 30 years.

When will it happen? Online group sessions 10am-12pm Wednesdays, 18 Aug — 8 Sept, then 3 individual phone sessions (weekly), concluding with an online group session on 6 Oct.

What is it like online? Sessions run for 2 hours each, at a set time each week (see dates above). As well as seeing and hearing the group facilitators, you will be able to hear and see other participants, watch videos, participate in group exercises and discussions, learn new parenting ideas and share your experiences - all in the safety and comfort of your own home!

What equipment will I need? To participate, you will need a device that has internet connection, a connected camera, speakers and a microphone (or a phone). Please contact Wendy on 0415 391 758 or wendy@phfs.org.au for more information or to discuss this further.

What will it cost? Participation is FREE of charge!

Places are limited, and bookings are essential. To register please contact Wendy on 0415 391 758 or fill out our online Expression of Interest form at http://www.tinyurl.com/TripleP2021



0401 578 527 Landscaping-Maintenance-Excavation

# **CONTACT US**



359 North Rocks Road Phone: 9871 1772

North Rocks NSW 2151 Fax: 9872 1448

Email: <u>northrocks-p.school@det.nsw.edu.au</u>

website: <a href="http://www.northrocks-p.schools.nsw.edu.au/">http://www.northrocks-p.schools.nsw.edu.au/</a>