

# Tacking Point PS Newsletter

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Week 8, Term 2 2019

21 June 2019

## APPROACHING CALENDAR EVENTS

2019	
Friday 21 June	NC Cross Country – Nana Glen P&C: Orders close for Bean Cycled Coffee Mushroom Farms – Get your orders in TODAY! <b>NO K-2 Assembly</b>
Monday 24 June	Year 3-6: Athletics Carnival ( <b>volunteers required</b> for Canteen and general assistance)
Mon 24 June – Fri 5 July	Life Education
Thursday 27 June	Stage 2 & 3: Public Speaking Finals Kindy 2020 Teddy Bears Picnic
Friday 28 June	Reports sent home <b>NO K-2 Assembly</b>
Thursday 4 July	District Public Speaking Year 1: Billabong Zoo Excursion
<b>Friday 5<sup>th</sup> July</b>	<b>Last day of Term 2</b> <b>Canteen closed</b>
<b>Monday 22 July</b>	<b>Staff Development Day – No students</b>
<b>Tuesday 23 July</b>	<b>First Day of Term 3 for students</b>
Thursday 25 July	Year 6: Debating
Thursday 1 August	Year 6: Debating NAIDOC Breakfast Assembly
Friday 2 August	P&C: Inflatable World Fundraiser
Mon 5 – Fri 9 August	Education Week
Thursday 8 August	Open Day / Stem Fair
Tuesday 13 August	Year 3 and 4: The Twits, Glasshouse excursion
Wednesday 28 August	P&C: Father's Day Stall
Saturday 7 September	P&C: Trivia Night

\*\* All assemblies will be on the basketball for the duration of Term 2 and will be subject to weather.

During this time the duration of assemblies will be shortened and will be reduced to awards presentations.

## From the Desk of Mr Harris

Dear Parents and Carers,

Welcome to Week 8.

The last few weeks has indeed been busy with our Year 6 Canberra Trip and now with the Lower North Coast Dance Festival this week.

Our children have loved these opportunities and I thank all of our teachers for their tremendous gift of time to ensure opportunities like this are given to the children at our school. Our children simply shine with these extra curricular activities that are offered to them. A huge thanks to Miss Tonkin, Mrs Lindley, Miss Robinson and Mrs Nelson.

### Lost Property

Please ensure that all clothing items are clearly labelled with your child's name so that they can be returned as soon possible. We continue to have a growing amount of lost property. My thanks to Ms Horan for looking after our lost property.

### On the Move?

If you intend to move schools or go interstate at the end of the year could you please advise the office staff so that we can begin 2020 planning.

### 2020 Enrolments

We are currently accepting enrolments for Kindergarten students starting school in 2020. If you have a child who will be enrolling in Kindergarten in 2020, please contact the office to collect an enrolment form. Additionally, if you have a neighbour or friend who will be enrolling a child at Tacking Point in any grade in 2020, please advise them to contact the school.

### Nationally Consistent Collection of Data on School Students with Disability.



Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability, (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with a disability. This will take place between now and the end of Term 2. The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability. The

NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government's Privacy Policy (<https://www.education.gov.au/privacy-policy>). Further information about the NCCD can be found on the NCCD Portal (<https://www.nccd.edu.au>). If you have any questions about the NCCD, please feel free to contact the school.



## SkoolBag App

Our SkoolBag app can be downloaded through the App Store and Google play. The app allows the school to send out alerts and reminders to the whole school as well as individual grades. The app has many features including school calendar, notes, sports days, assembly days, e-forms (to notify the school if your child was absent), links to our canteen and uniform shop for online ordering and price lists, P&C information including our sponsors plus much more. You can set up push notifications to alert you for your child's grade. If you already have the app on your phone make sure it has been updated to the latest version.

## Semester 1 Reports

Student reports are being prepared by teachers and will be sent home Friday of Week 9. These reports will assist families to understand the academic and social progress made over the first half of the school year.

## Kind Regards

Phil Harris

## From the Deputy Principal

Holidays are approaching ... this is an excerpt from a magazine article ... enjoy your children everyone...

### **How To Spend More Quality Time With Your Child**

*Although the days with little kids often seem long, the years fly by. Use this practical and purposeful blueprint to savour the moments you have together.*

*The ten o'clock news hasn't even started, but you're too exhausted to watch -- who can stay awake that late? Car pools, lunch bags, after-school activities, dinner, homework, bedtime, bedtime. All on top of your own job (or jobs) and the other realities of adulthood. You have just enough energy left to drag yourself to bed so you can wake early and start the routine all over again. Each day with young kids feels like a week, each week like a month.*

*Yet as every birthday passes, the years seem to be streaking by at warp speed. Five-month-olds become 5-year-olds in the blink of an eye, and then 15-year-olds. This inexorable march of time that turns babies into big kids is the "other" biological clock facing young couples. Every day brings new growth, new milestones, and new wonderment, but the challenges of juggling our adult lives often prevent us from fully appreciating the delicate nuances of childhood.*

*We've heard about slow parenting, attachment parenting, and tiger moms. However, over my past 30 years as a paediatrician, I have learned that there is a single truth that applies to any parenting philosophy: Your children need to spend meaningful time with you. They need to see who you are and how you live your life. And in return, they will help you to better see who you are.*

*When you add up all the time your kids spend at day care, in school, asleep, at friends' homes, with babysitters, at camp, and otherwise occupied with activities that don't include you, the remaining moments become especially precious. There are only 940 Saturdays between a child's birth and her leaving for college. That may sound like a lot, but how many have you already used up? If your child is 5 years old, 260 Saturdays are gone. Poof! And the older your kids get, the busier their Saturdays are with friends and activities. Ditto Sundays. And what about weekdays? Depending on your children's ages and whether you work outside the home, there may be as few as one or two hours a day during the week for you to spend with them.*

*However, instead of worrying about how many minutes you can spend with your children each day, focus on turning those minutes into memorable moments. Parents often compensate for having such a small quantity of time by scheduling "quality time." Two hours at the nature reserve. An afternoon at the movies. Dinner at a restaurant. But the truth is that quality time may occur when you least expect it -- yes, at the nature reserve, but also in the car on the way to ballet practice.*

*Try this mental trick to help you readjust your thinking: In the course of a crazy day, imagine your biological parenthood clock wound forward to the time when your children have grown and have left home. Picture their tousled bedrooms as clean and empty. See the backseat of the car vacuumed and without a car seat or crumbs. Playroom shelves neatly stacked with*

*dusty toys. Laundry under control. Then rewind the imaginary clock back to now, and see today's minutes of mayhem for what they are: finite and fleeting.*

*Not every day with your kids will be perfect, but hopefully one day you will greet their departure with a profound sense of satisfaction because you've given them what they need to succeed and also given yourself what you need to feel like a successful parent. Although I don't know how to slow down time, I do have some ideas about how to optimize the time you spend with your kids -- while they are still tucked into their beds, where you can peek at them before you go to sleep.*

- By Harley A. Rotbart, M.D. from Parents Magazine

## **Kelly Jordan and Trevor Thompson** **Deputy Principals**

### *Cool Kids Program - School Counsellor*

Our School Counsellor, Nicole Chilcott, will be running the 'Cool Kids' program in our school commencing in Term 3. The Cool Kids Anxiety Program is designed for children in primary school, ages 8- 12 years. This program focuses on teaching children and parents, better ways to manage anxiety together.

Cool Kids involves 10 in-school sessions, in a small group structure of students that are close in age. Each of the school sessions is approximately one hour.

The program has a parent focus with a group parent information session of approximately 2 hours. This can be supported by individual consultations with parents if required.

If you would like your child to be involved in the Cool Kids Anxiety Program please ring the School Counsellor or email [nicole.chilcott@det.nsw.edu.au](mailto:nicole.chilcott@det.nsw.edu.au) by Thursday 27<sup>th</sup> June.

## **Nicole Chilcott** **School Counsellor**

### *Boys Cricket vs Wauchope*

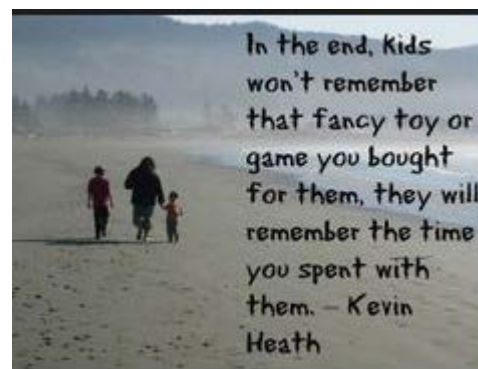
On Tuesday, 18<sup>th</sup> June our Boys' Cricket team played their Round 3 State KO match against Wauchope PS. The boys played with great enthusiasm and sportsmanship to claim a comprehensive victory.

We won the toss and elected to bat first. It wasn't the best of starts with our captain and opening batsman Ashton Newton getting run out in the over first over. He hit the ball into a gap just behind square leg and the Wauchope fielder picked it up cleanly and threw down the stumps with a direct hit. An amazing piece of fielding.

Lorcan Moore and Jimmy Strahorn then took to task and settled into the innings. Both boys played some exceptional shots with each finding the boundary with ease. Jimmy gave us an entertaining performance hitting three massive sixes. Lorcan was bowled out for 36 just after drinks but his innings was the foundation we needed.

In came Max Gardner and along with Jimmy, continued to find the boundary. Max reached 40 and had to retire within about 6 overs with Jimmy retiring not long after, making sure he hit one last boundary on the way. Riley Hollis and Harry Hudson saw out the final few overs with each of the boys finding the boundary and finishing not out. We amassed a total of 158 runs.

As a coach, I keep reminding our boys that we are a sensational fielding team. Max and Jimmy the bowling and were luckless, but kept restricting Wauchope's ability to score runs. Harry Hudson bowled his 5 overs and took a wicket. The standout bowling performances were by Cruz Lewis, took two wickets, Jimmy, Huxley, Lorcan and Angus.



A special mention to the fielding performances of Riley Hollis taking a couple of really good catches.

Great effort by all the boys! We move onto Round 4 and are scheduled to play South West Rocks PS.

## Mr de Braun



- TPPS Girls Cricket Team. Triumphant winners.

## *From the Library Information and Resource Centre*

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 2 Weeks 7 and 8:

**KC** Ella Hamilton, Emily Ashton, Liam Rowe, Ashlyn Corvetto, Rylee Chambers, Zali O'Neill, Amelia Pirie, Annabelle Courtney **KO** Eloise Proberts **KP** Sophia Novello **KE** McKenna Robertson **K1/W** Isaac Chapman, Florence Lutz, Ryan Campbell, Zac Richards, Josh Harris, Hamish Pope, Isaac Chapman, Max Jeffrey **1V** Hendrix Jaeger, Abbey Trethewey, Harriet Houghton, Jack Morris **1K** Louis Burto, Kaleb Hayter, Scarlett Brook **1R** Flynn Apthorpe, Summer Booth, Kayla Button, Lyla Eia, Sofia Hewens, Piper Chippendale, **1K** Harry Stephens, Jackson Reichelt, Coco Cox, Willow Giddins **2S** Fraser Lutz, Mahalia Anderson, Madeleine Chung, Fraser Lutz **2J** Olivia Hamilton, Alder Robinson, Ellis Bibel, Olivia Hamilton **2I** Alex Boath, Angus Hawken **2T** Benjamin Ryan Indi Payne, Sacha Cavaco, Jorja Corse, Natasha Pirnie, Chloe Beazley **3H** Lily Castiglioni **3D** Maddison Lyons- Pascoe **3J** Annie Randal, Wally Bull, Annabelle Ashton, Olivia Trethewey, Alice Beard, Beau Kirby, Jarryd Morgan, Maxine smith, Annie Randall **4B** Lucas Boath **3/4M** Anna Piri, Grace Ashton, Keegan Pope, Mikayla Campbell **5L** Jesper Robison **5B** Anastashia Griffiths, Ume Ryan, Joseph Grattan.

## Ms Lea Horan Teacher Librarian

### *Ceremony of Excellence 2019*

The Hastings Valley Community of Schools (HVCS) will host the annual Ceremony of Excellence during Education Week – 2019, on the evening of Tuesday 6<sup>th</sup> August. The focus of this year's ceremony is to recognise significant academic, cultural or sporting performance of nominated students from Year 3 to Year 12. Each school will nominate students to receive an Award of Excellence for a specific focus area. Each school already excels in recognising students for their performance, participation, spirit and citizenship throughout the year with countless ribbons, certificates, awards, trophies and rewards systems.

The HVCS Ceremony of Excellence, hosted at the Glasshouse, will recognise those students from each school for their outstanding academic, cultural or sporting performance. The evening will also showcase a small but select number of performances including quality solo or ensemble items to complement the presentation of awards.

Invitations to parents of students nominated to receive awards will be sent home in the coming weeks. Invitations will contain details of the awards night as well as ticketing information. Tickets will be complimentary for all parents of students receiving awards and/or performing on the night.

The HVCS looks forward to celebrating the achievements of this group of students who are representative of our very successful Public Schools in the Hastings Valley Community of Schools.

### Tuckerbox Canteen

The Tuckerbox will be closed on the last day of term, Friday 5 July, for cleaning and stocktake. There will be NO counter sales and NO lunch orders available.

<b>TUCKERBOX ROSTER</b>		
You can place lunch orders via the P&C's site <a href="http://www.flexischools.com.au" style="color: white;">http://www.flexischools.com.au</a>		
Mon 24/6	D. Gleave	
Tues 25/6	Marti	M. Gavel
Wed 26/6	K. Williams	N. Varga
Thurs 27/6	K. Smead	Marti
Fri 28/6	M. Brumby	H. Ryan                      J. Seaman
Mon 1/7	D. Gleave	<b>Help Please</b>
Tues 2/7	K. Schmidt	C. Chantler
Wed 3/7	H. Ryan	<b>Help Please</b>
Thurs 4/7	<b>Help Please</b>	<b>Help Please</b>
Fri 5/7	<b>*** Closed - No Lunch Orders ***</b>	
In accordance with WH&S regulations, it would be appreciated if volunteers could please wear enclosed footwear and have long hair tied back. Thanks Leanne and Sandy.		
<b>UNIFORM SHOP</b> Open Mondays & Wednesdays 8.30 – 9.00am Location: Assembly Hall Uniforms can be viewed and purchased via the P&C's site <a href="http://www.flexischools.com.au" style="color: white;">http://www.flexischools.com.au</a>		

### Volunteers Needed URGENTLY!!

The 3-6 Athletics Carnival is on Monday 24th June.

Volunteers are needed for the successful running of this event. If you could spare a few hours (any time between 9.30am - 1.30pm) to help with the BBQ, in the Canteen or just be of general assistance, please email [events@tackingpointpandc.org.au](mailto:events@tackingpointpandc.org.au)

We appreciate your help.

### **Uniform Shop - Faded School Bags**

The Uniform shop has been chasing up the issue of faded school bags and has received information in regards to this, please keep any eye out on Skoolbag & Facebook for the full response.

### **Canteen**

Canteen will be closed on the last day of Term 2 (Friday the 5th July) for cleaning and stocktake. Parents & Students are reminded to bring their own recess and lunch on that day.

### **Bean Cycled Coffee Mushroom Farm**

Today is the last day to order the Bean Cycled mushroom farms. Ensure your kids have something to do this school holidays and let them grow (and eat) their own oyster mushrooms.

The cost of each kit is \$25 and make sure you enter 'Tacking Point Public School' under the organisation name when you order. Enter the code "TPSPICKUP" for free delivery to the school.

Orders must be finalised by COB, Friday 21st June to guarantee delivery before the school holidays, so order your kit today at

<https://www.beancycled.com.au/products/farmraiser>.

## *Canberra Roundup*

- Canberra Report by Amelia Mace and Ashton Cooper

We were excited to have luggage in hand as we turned up at school on a cold wintery morning (6:30 a.m. to be precise). We had our names checked off and then we were away for our big adventure, Canberra! After our long trip, we were welcomed to the Canberra Park Resort. We dropped off our luggage and before we knew it, we were on our way to the bowling alley to test our skills.

We first experienced our first wintery chill when we all visited Mount Ainslie, the wind was enough to blow your socks off...literally! The view was amazing, we could see all of Canberra from that one vantage point.

The formal part of our excursion included, visiting The War Memorial, Parliament House, Museum of Australian Democracy, The National Exhibition Centre and the High Court. We certainly gained a sound understanding of the history of Australia, including the levels of government.

We also enjoyed visiting cultural centres such as, The National Museum, The NSW Art Gallery and our budding scientists really loved Questacon and the CSIRO- we had an enormous amount of fun! One of Year 6's favourite place was the AIS where we got to meet elite athletes and experience first- hand how they trained and kept fit. The budding economists in Year 6 absolutely loved The Mint where we learned about the history of money. We learned about the process of making coins to be circulated in our country.

At Canberra Park Resort, we were fed well, looked after by our teachers and volunteer parents and loved our accommodation. We would all like to thank volunteer parents and our accompanying teachers who gave up their own family time to come along on our major excursion. We would also like to thank all parents and carers who made this possible for us!



## Community News

# Live Life Well @ School

### Active Kids Learn Better

Children who participate in regular physical activity have:

- improved concentration
- better school attendance
- reduced inappropriate behavior
- better on-task classroom attention

Vigorous physical activity leads to higher exam results too!

Tips to keep your child active:

- walk or ride to school once a week or more
- enjoy active family time at the park or beach
- set screen time limits and replace with active play







## Make friends, have fun and get active with Netball!

<b>WHAT</b>	Hastings Valley School Holiday Clinic	Net/Set (5-7yrs) and GO (8-10yrs)
<b>DATE</b>	Thursday 11 <sup>th</sup> July 2019	<b>TIME</b> 10am-12pm (5-7yrs) & (8-10yrs)
<b>WHERE</b>	Hastings Valley Netball Association – Macquarie Park, Grant St, Port Macquarie	
<b>DETAILS</b>	\$20.30 per participant, with registrations online via the trybooking website: <a href="https://www.trybooking.com/BDGUI">https://www.trybooking.com/BDGUI</a>	
	Please bring a hat, sunscreen, water bottle and healthy snacks!	
<b>CONTACT</b>	Kirsten Clarke	M: 0497 443 991 E: <a href="mailto:kclarke@netballnsw.com">kclarke@netballnsw.com</a>

netball@netballnsw.com  
(02) 9951 5000  
netballnsw.com.au



GLASSHOUSE PORT MACQUARIE & SPARE PARTS PUPPET THEATRE PRESENTS

**Monday 12 August, 5pm**

# Roald Dahl's THE TWITS

*"Exactly what you would hope for in an adaptation of Roald Dahl's work; a fun filled, silly but clever romp, with lots of laughs."*

STAGE WHISPERS

**BOOK NOW!**  
glasshouse.org.au

**SEASON 2019**

SPARE PARTS puppet theatre ROALD DAHL

Australia Council for the Arts

This project has been funded by the Australian Government through the Department of Education and Training

GLASSHOUSE PORT MACQUARIE 02 6581 8888  
Cnr Clarence & Hay Sts, Port Macquarie

HASTINGS COUNCIL A Council of Port Macquarie-Hastings Council

## Cultural Immersion Weekend

29 & 30 June

Immerse yourself in Aboriginal culture, with a weekend full of language, storytelling, exhibiting artists in residence, floor talks, meet the curator and much more...

Free. Bookings required.

### Saturday 29 June

#### Ross Family Studio

#### Yarning Culture with our Elders 11am\*

Join Aboriginal Dughutti and Biripi Elders in this interactive and engaging session, yarning about culture, community, family and stories of the past.

#### Learn Our Lingo 12.30pm\*

Explore the Gathang and Dughutti languages through an informative and intimate journey facilitated by local linguists.

#### Curator Talk 2pm\*

Join this year's Saltwater Freshwater Art Award curator, Amanda Hayman as she provides insight into the Art Award.

*"Art is a powerful vehicle that can evoke emotion, empathy and social connectiveness and this initiative has the ability to strengthen relationships within the region"* Amanda Hayman.

\*Refreshments provided.

### Sunday 30 June

#### Glasshouse Regional Gallery

#### Artist in Residence 10am - 2pm

Come and yarn with some of the 2019 Saltwater Freshwater Aboriginal Art Award finalists. An informal opportunity to get insight into the processes and stories behind the work.

#### Curator Tour 11am & 2pm

Join this year's Saltwater Freshwater Art Prize curator, Amanda Hayman on a tour of the exhibition as she gives insight into the exhibitions themes and stories.

#### Weaving in the Gallery 10am - 2pm

An interactive and collaborative drop-in experience of weaving, yarning and making.

#### Ross Family Studio

#### Film Screening: Yarning Through Culture Film 10am - 4pm

Enjoy these short films from four of our Saltwater Freshwater communities which feature young people engaging with their Elders and sharing stories through film. This film project was funded by ILA.

# Under 12 School Holiday Clinics



SUITABLE FOR KIDS OF ANY ABILITY UNDER AGE OF 12

## Don't Hesitate

Get your school holiday plans sorted now!

Coffs Harbour – Monday July 8<sup>th</sup>

Port Macquarie – Tuesday July 9<sup>th</sup>

Taree – Wednesday July 10<sup>th</sup>

All sessions 10am-3pm

[WWW.HOCKEYNSW.COM.AU](http://WWW.HOCKEYNSW.COM.AU)

**OZ TAG**

**Junior Taggers**

**SCHOOL HOLIDAY CLINIC**

**PORT MACQUARIE**

**\$40**

**EARLY BIRD DISCOUNT**  
REGISTER BEFORE 1ST JUNE

**Thursday July 11th**

**Tuffins Lane Fields**

**9:30am – 1:00pm**

**Ages 5-14 Boys & Girls**

Register Now:  
www.oztagequipmentsupplies.com

**INCLUDES**  
OZTAG COTTON TEE  
SOFT PEAK VISOR

**NAIDOC WEEK SURF LESSONS**

As the country celebrates NAIDOC week, Port Macquarie Surf School will be joining in the celebrations, by offering Indigenous children, between the ages of 6-16 years, **FREE** surf lessons. These surf sessions are designed to encourage the local Indigenous children to be healthy and active whilst learning to surf and gain ocean awareness/knowledge.

**DATES:** Friday 12<sup>th</sup> July, Saturday 13<sup>th</sup> July & Sunday 14<sup>th</sup> July 2019

**SESSION TIMES:** 12.30pm-2pm

**BEACH LOCATION:** Flynn's Beach

**HOW TO BOOK:** Bookings are essential and need to be made through our online booking system. We only have a limited number of spaces we can offer so it will be first in basis  
Follow the link below to confirm your booking  
[www.portmacquariesurfschool.com.au](http://www.portmacquariesurfschool.com.au) and click BOOK NOW and then scroll down to Naidoc Week Surf Lesson

**Cost:** FREE

**What to Bring:** Swimwear, towel, hat, water, sunscreen

**What's provided:** Softboards, rash shirts & wetsuits

**Where to meet:** Meet Huddo, under the blue marquee at the northern end of Flynn's beach. At 12.30pm to get ready for the surf lesson, we aim to be in the water by 1pm.

**VOICE TREATY TRUTH**  
NAIDOC Week 2019

**BOOK NOW @6584 7733**  
www.portmacquariesurfschool.com.au

**Surf school**

**Drawn to Art**

**JULY 2019 SCHOOL HOLIDAY ART WORKSHOPS**

with Art Teacher/Artist, Jane Whitfield: BA Fine Arts

*Everything you need to know*

**Where:** Jane's NEW Art Studio  
21 Richwood Ridge, Crestwood Heights (off Crestwood Drive)

**Please Bring:** Snack, drink, paint shirt

**Tutor Supplies:** All materials, except where specified

**Cost per Workshop:** \$30.00 p.p.

**Contact/Bookings:** 0438 803 992 Drawn to Art

**Terms & Conditions:** Bookings before Thursday, 4th July please.  
**\*\* WORKSHOPS MUST BE PAID WITHIN 24HRS OF BOOKING BY DIRECT DEPOSIT ONLY\*\***

Newcastle Permanent Building Society BSB: 650 300 Acct No: 500373508  
 Please confirm payment by photo message.  
**\*\*Would you please use your CHILD'S NAME as a Reference on your deposit\*\***

Your child will not be able to attend classes unless they have paid. Payments are non-refundable or transferable as materials for the workshops are purchased for each student prior to the commencement of each workshop, and are included in the cost.

**Workshops 1 & 2 - World Landmarks**  
Monday 8th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

Using acrylic paints & specialised painting mediums students will choose any world landmark & create their very own recognisable landscape.

**PTO FOR MORE AVAILABLE WORKSHOPS**

**Workshops 3 & 4 - Rainbow Eye Art**  
Wednesday, 10th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

Draw a detailed, colourful and realistic eye using rainbow coloured inks and watercolours.

**Workshops 5 & 6 - Japanese Manga Art**  
Thursday, 11th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

Manga refers to Japanese comic books: a series made into cartoons or anime. Choose a character & draw them using progressio coloured and lead pencils.

**Workshops 7 & 8 - Baby Charcoal Animals**  
Monday, 15th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

Using new chalk & charcoal sticks students will explore techniques to draw hair, wrinkles & fur. Students are to bring a picture they would like to draw.

**Workshops 9 & 10 - Dragon Art**  
Tuesday, 16th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

Using lead & mixed medias, boys & girls will draw their own detailed mythological dragon. Shading & toning will be explained.

**Workshops 11 & 12 - Cloud Scapes**  
Wednesday, 17th July, 2019  
10.00 am - 12.00 pm Cost-\$30 (includes materials & tutoring)  
2.00 pm - 4.00 pm Cost-\$30 (includes materials & tutoring)

For the first time we will use oil paints on canvas boards. Students will paint their own cloud scapes using spatulas & learn other paint applications to capture the everchanging colours of the sky. Old clothes **MUST** be worn to this workshop and wear a paint shirt.



An intervention for  
**FAMILIES, FOSTER FAMILIES,  
 CARERS and FRIENDS**  
*“Staying Connected When  
 Emotions Run High”*

This FREE workshop intervention is designed to assist families and friends who support someone 12yrs – 100yrs, who experiences:

- challenges with their relationships
- difficulties managing changing emotions and strong or overwhelming feelings
- self-destructive or self-harming behaviour
- problems with identity and sense of self

*Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all*

**Date:** Tuesday 23<sup>rd</sup> July 2019

**Time:** 9:00am – 2:45pm (Registration at 8:30am)

**Venue:** Manning Valley Visitor Information Centre, 21 Manning River Drive, Taree

Morning tea and lunch will be provided. Please notify if you have any dietary requirements when you register for this event.

**RSVP:** Registration is essential as places are limited.

Please register online at Eventbrite as per link  
<https://www.eventbrite.com/e/staying-connected-when-emotions-run-high-families-foster-families-carers-friends-taree-tickets-55136878889?aff=affiliate1> or email : or  
[SallyAnne.Smith1@hnehealth.nsw.gov.au](mailto:SallyAnne.Smith1@hnehealth.nsw.gov.au) or Ph: 02 4925 7917.