Dear Stella Community,

**Easter Reflection**

One of this week’s readings focuses on the challenge of Christian belief. Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” He said this while teaching in the synagogue in Capernaum. **John 6:53-59**

The 2015 Good Samaritan Benedictine Pilgrimage has been an opportunity for Jenny Molloy and me to explore our knowledge of Christian beliefs and our Benedictine heritage. Starting in Rome, we traced the story of Benedict and Scholastica as well as appreciating the richness of the Christian tradition. We had the opportunity to visit Norcia, Subiaco and Monte Cassino where Benedict established monasteries following the Rule that he wrote. Moving to England we met the English Benedictines at Douai, Downside and Ampleforth as well as the nuns of Stanbrook Abbey. It has been an amazing experience and we both look forward to sharing with the Stella community the stories of the pilgrimage.

**Anzac Ceremonies**

This week will see many of our students involved in the Anzac ceremonies on the northern beaches and in Gallipoli. We thank them and the Stella staff for their involvement in the centenary events.

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Thank You

Thanks to Mary Ryland who has watched over the Stella community this week while I have been on the pilgrimage. I appreciate her good stewardship of the community during these difficult conditions.

Elizabeth Carnegie, Principal

FROM THE DEPUTY PRINCIPAL

Dear Stella Community,

Thank you for your patience and understanding through a week that has been very trying for everyone.

The College lost power on Tuesday and with it, all potential for communication. At 9.30pm on Tuesday the State Emergency Operations Centre placed the College in a voluntary evacuation zone with the potential for it to change to mandatory evacuation. At that point I felt I had no option other than to close the College for Wednesday. It would have been irresponsible to bring 1000 people into an area under evacuation. Getting that message out to everyone from my home, which also had no power at that hour of the night, was a challenge. While I do not advocate the constant use of social media, I used every medium at my disposal to communicate the fact that I wanted students and staff to remain safe and at home.

While we have been left with some water damage and we are still experiencing difficulty with communications, we are functioning normally now.

This was an extraordinary weather event and I know that many of the staff are still without power as I am sure is the case with many families. I hope the weekend gives you all the chance to clean up and get back to normal.

Mary Ryland, Deputy Principal
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Apr</td>
<td>ANZAC DAY</td>
<td></td>
</tr>
<tr>
<td>29 Apr</td>
<td>Student Learning Conferences 4.00-7.00pm, Benedict Campus.</td>
<td>Benedict Campus.</td>
</tr>
<tr>
<td>6 May</td>
<td>Student Learning Conferences 2.20-7.00pm, Benedict Campus.</td>
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</tr>
<tr>
<td>8 May</td>
<td>Mothers’ Day Breakfast</td>
<td></td>
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<tr>
<td>11 May</td>
<td>P&amp;F Committee Meeting 7.00pm, Benedict Campus.</td>
<td></td>
</tr>
<tr>
<td>12 May</td>
<td>NAPLAN till 15 May refer details within Newsletter.</td>
<td></td>
</tr>
<tr>
<td>14 May</td>
<td>Year 10 Self Protection</td>
<td></td>
</tr>
<tr>
<td>16 May</td>
<td>Stella Maris P&amp;F Trivia Night 6.30pm, Benedict Campus.</td>
<td></td>
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<tr>
<td>19 May</td>
<td>Year 8 Retreat till 15 May, Naamaroo, Lane Cove.</td>
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</tr>
<tr>
<td>20 May</td>
<td>Stella Maris Athletic Carnival</td>
<td></td>
</tr>
<tr>
<td>21 May</td>
<td>Student Learning Conferences 4.00-7.00pm, Benedict Campus.</td>
<td></td>
</tr>
<tr>
<td>29 May</td>
<td>Stella Day</td>
<td></td>
</tr>
</tbody>
</table>

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**STELLA MARIS MOTHER’S DAY BREAKFAST**

Mothers, or significant women in the lives of the students, are invited to attend our Mother’s Day Breakfast to be held:

**Friday 8 May**

7.30-8.30am on the College Deck

Please RSVP, with numbers attending, by Monday 4 May to canteen@stellamaris.nsw.edu.au or 02 9976 1826 for catering purposes. Please also advise of any special dietary requirements.

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**SCHOOL FEES RAFFLE**

Win one year of school fees to the value of $7000. See the P&F Committee report for details on how to purchase tickets.

*Only 20 tickets left!*

---

**STELLA TRIVIA NIGHT**

**Saturday 16 May 2015**

6:30pm at the Benedict Campus

Come along to a fantastic night!

$20 per person

Bookings can be made through Try Booking www.trybooking.com/HBFA or the School Canteen.

Year 11 and 12 students are also invited - $10 a ticket, ticket can only be purchased through the Canteen.

Great prizes and silent auction, invite your friends and family – TABLES OF 10 (free seating)!

**BYO Drinks and Nibbles**

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**P&F Trivia Night**

Silent Auction & Competition Prizes Needed

Advertise your business by supporting the P&F Trivia Night.

Everything you can offer is needed and appreciated.

The P&F Committee request donations of goods or services suitable for prizes from parents & friends of the College. Prizes can be large or small. We are good at bundling little goodies into fantastic prizes.

If your business wishes to donate, you have the opportunity to:

- Display your business logo in the Newsletters leading up to the Trivia Night
- Have your business included in the Thank You Sponsors page in the Newsletter following the event
- Receive a Certificate of Appreciation to display in your workplace

So... if you wish to make a donation please call

Lee Mills (0412 242 085) or Paloma Llamazares (0421 610 941) or donations can be left at the College office, clearly marked for the Trivia Night, by Monday 11 May

This is the main P&F fundraiser for the year. Money raised goes straight to the College for our students’ benefit.

With sincere appreciation, the Stella Maris P&F Committee
FROM THE DIRECTOR OF CURRICULUM

BOSTES
BOARD OF STUDIES
TEACHING &
EDUCATIONAL
STANDARDS NSW

National Assessment Program – Literacy and Numeracy 2015

LETTER TO PARENTS

In May 2015 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child’s level of achievement. Each student’s level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student’s right to privacy is maintained.

The NAPLAN tests will be conducted from 12-14 May 2015.

<table>
<thead>
<tr>
<th>TUESDAY 12 MAY</th>
<th>WEDNESDAY 13 MAY</th>
<th>THURSDAY 14 MAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language Conventions</td>
<td>Reading</td>
<td>Numeracy</td>
</tr>
<tr>
<td>(Spelling, Punctuation and Grammar)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 15 May – A ‘catch-up’ day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student’s normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child’s participation in NAPLAN.

Additional information about NAPLAN can be found at www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html.
FROM THE DIRECTOR OF ADMINISTRATION

PARENT – TEACHER ONLINE

Student Learning Conferences are booked online through PTO. Four dates are available for interviews for all Years 7 – 12:

- 29 April (4.00—7.00pm)
- 6 May (2.20—7.00pm)
- 12 May (4.00—7.00pm)
- 21 May (4.00—7.00pm)

It is recommended that Year 12 parents book interviews on 6 May as interview timeslots are slightly longer than on other nights.

Both Parent/Carer emails have been set-up in PTO, but please only make ONE set of Interviews per daughter unless it is absolutely necessary that you each attend separately.

INSTRUCTIONS FOR ACCESSING YOUR LOGIN DETAILS

1. Go to your Parent Portal page (or to the school website) and you will find a link to PTO. Click on this link and it will take you to the following page:

2. Your page should now look like this:

3. CHECK YOUR EMAIL MAILBOX. Assuming you have entered the correct email address, an email will be sent immediately to this address and will contain your Login details. PLEASE SAVE THESE DETAILS. (A secure link may also be included, which allows you to bypass the login).

4. Return to PTO screen, click on LOGIN as shown below:

5. Enter your SURNAME (Login) and PIN number and Click on the Login Button.

6. On the WELCOME screen, click on OK at the bottom

7. You should see a screen with your daughter(s) teachers. From here you can use the drop down arrows to SELECT TIMES for appointments. Click on MAKE BOOKING to confirm the time. If a timeslot is NOT showing, it means that the teacher is already booked at that time.

8. A yellow exclamation mark means that a teacher is requesting that you definitely make an appointment to speak with him/her.

9. Access to bookings will CLOSE at 9:00 a.m. the DAY BEFORE each of the interview dates.

10. For ALL ENQUIRIES/PROBLEMS please email: PTOhelp@stellaris.nsw.edu.au

Jennifer Molloy, Director of Administration
YEAR 8 ITALIAN

Year 8 students of Italian have just finished the first part of their Travel Diary - a virtual tour of all the fascinating cities in Italy. From the fashion houses in Milan to the gondola rides in Venice, to the art work of the Masters of the Renaissance in Florence to love-struck Juliet at Verona, the students have learnt about Italian traditions and customs.

One of these customs is the Carnevale in Venice, as with Carnival around the world, it takes place in the days leading up to Lent. Carnival (or Carnevale) is one of the biggest celebrations in Italy - and from Venetian masks to masquerade balls, no place does it like Venice!

During the 40 days of Lent, parties were off-limits as were eating foods like meat, sugar and fats. As a result, people would try to get rid of all of their rich food and drink (and get their partying out of the way!) before Lent - hence... Carnival. In fact, the word Carnevale may come from the Latin words carne and vale, meaning “farewell to meat”! According to tradition, Venice’s Carnival got its start in 1162, when townspeople celebrated a victory over the Patriarch of Aquileia and it has been celebrated ever since.

The tradition of masking has a long tradition in Venice. All the way back in 1268, a law was passed to ban - of all things - putting on masks and throwing perfumed eggs! By the time of the Renaissance, masks were a fixture of Carnevale celebrations. By the 16th century, the popular Commedia d’Arte troupe performed slapstick comedy in the piazzas of Venice while masked.

Here are some of the masks made by the Year 8 students of Italian. Well done girls!!

Teresa Milazzo, Teacher of Italian

GIFTED AND TALENTED

OUTSTANDING SCIENCE RESULTS

68 school teams recently competed in the Year 8 National Science IQ Online Quiz held by the Science Teachers’ Association of Western Australia. Stella Maris College entered a record number of Year 8 teams this year. This is now the 4th consecutive year that Stella Maris Students have been placed in the top 3 teams in Australia. It is a challenging and fun competition that encourages teamwork and collaboration. **Well done girls, we are extremely proud of your achievements!**

Also, a big thank you to all the Year 8 students who competed.

Ruth Longworth, Gifted & Talented Coordinator

LANGUAGES

YEAR 8 ITALIAN

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Teresa Milazzo, Teacher of Italian
SANTA TERESA IMMERSION

In the first week of the recent holidays Nina Longfellow, Samantha Picello, Jessie Sutherland and I, Rebekah Odgers, with other school students, were lucky enough to travel on an immersion for the experience of a lifetime. As strangers we flew into Alice Springs, anxious and confused about what was planned for the rest of the week but as we got started and met our fellow peers we lost track of the days and our nerves.

For the first half of the trip, our group explored the tourist aspects of Alice Springs. The first day we stopped at many man-made institutes such as the school of the air and royal flying doctors service which gave us an insight to the isolation of the small community, the reptile park and an eerie look through an old jail. On the second day we moved onto the natural beauty of our beautiful country as we climbed rocks, pranced through chasms and swam in murky creeks.

It was already the second half of the week and our group became as close as ever which was helpful for the two-hour drive we had into the rural community of Santa Teresa. Nothing could prepare us although we knew it would be a different way of life. We didn’t want to change their ways but instead learn about the traditional owners of the land. We met Sister Liz who taught us what to say, what to wear, how to act, and to walk so we cant hear our own footsteps—which is especially difficult on pebbles. In Santa Teresa we helped out with car cleaning, preschool kids, meals on wheels and anything else that needed to be done, there was no time for rest. On our last night we went to the “club” at the recreational center where all the children despite their age, gender, clothes or looks came in to do flips, play pool or join in our massive group game of basketball whilst enjoying the music. We all agree that this is a highlight to our trip as it proved to us the unique vibe the entire community shares with each other as they join in as one big family.

We flew out of Alice Springs as close friends with so much experience to share as we are each inspired to help our new friends in Santa Teresa with you this term.

Rebekah Odgers

MATHS HELP

The Mathematics Department is offering Maths Help for our Stella students. Students are welcome to bring along Maths questions they have from their lessons and receive help from a Maths teacher on the following days in Term 2 between 3:30-4:30pm in E28:

- Week 2 - Monday 27 April
- Week 3 - Tuesday 5 May
- Week 4 - Monday 11 May
- Week 5 - Monday 18 May
- Week 6 - Monday 25 May
- Week 7 - Wednesday 3 June
- Week 8 - Tuesday 9 June
- Week 9 - Tuesday 16 June

We will see you there!

Kim Naylor, Teacher of Mathematics

SPORTS

ATHLETICS CARNIVAL

The Stella Athletics Carnival will be held at Narrabeen on Wednesday 20 May. More details about the carnival will be in next week’s newsletter.

CONGRATULATIONS

Congratulations to Teigan O’Shannassy who has recently been selected into the 2015 Australian U17 Netball Squad! Teigan played for NSW U17 team in the National Netball Championships at Homebush during the holidays. Her team made it to the grand final and were runners up. Well done Teigan on this amazing achievement!

CROSS COUNTRY

Good luck to the students who are representing Stella at the BBSSSA cross country carnival at St Ives Showground next Wednesday.

NETBALL

The Peninsula Cup netball competition will commence on Tuesday. All games are played at the Curl Curl netball courts. A bus will take students from school to the courts at 3.30pm. Parents will need to collect the girls at 5.00pm from the courts. All students are reminded that they will need to purchase the netball uniform from the uniform shop before the game on Tuesday.

WATER POLO

Next Monday is the first round of the Year 8 and 9 NSSWPA water polo competition. Games are played on Monday nights at the Warringah Aquatic Centre.

The Open competition continues on Friday nights until the end of Term 2.

Jenny Wickham, Head of Sports
CLUB SPECTRA

Interested in making elephant toothpaste? No?

Hmm... What about a Heston Blumenthal experience and make ice cream using dry ice?

How about learning about the principles of light to make an award winning paper plane?

Or grow an award winning crystal?

Set up a city of sea monkeys?

The Spectra Science Club provides you with these opportunities and more!

Spectra will run on Wednesdays at lunchtime in E112. It is open for anyone in Years 7-10 that have a keen interest in discovery and invention.

Please email Ms Slik to register your interest.

Kate Silk, Head of Science

CAREERS

Parents Information Night
28 April, 6:00-7:30pm, Sydney TAFE Building W: Lvl 8, 827-839 George Street Sydney. Bookings essential. Phone 9217 4854 or email Sydney.CareerAdvice@tafensw.edu.au

The Art of Presenting
5 May, 6.00-8.30pm
Master the art of presenting yourself, your product, your ideas. Project professionalism, increase confidence, succeed at interviews. Marketing, Media and Design Personality, John Eussen www.eussen.com.au.au will share his key points to present, articulate and deliver your message with clarity, coherence and confidence. Cost $175+GST. Email John@eussen.com.au to register.

The University of Notre Dame Australia: Young Achievers Early Offer Program
The 2016 Program will offer students the opportunity to join the Notre Dame community before they even sit their end-of-year examinations, benefiting recipients as this allows them to sit their final HSC examinations with reduced stress and added confidence. You can apply under the following categories:
• Commitment to community and/or Church;
• Commitment and excellence in cultural pursuits;
• Commitment and excellence in sporting achievements; or
• Academic excellence
Applications must be submitted by Friday 31 July 2015 to the Admissions Office at 140 Broadway, Chippendale or mailed to PO Box 944, Broadway NSW 2007. Unsuccessful candidates in the Early Offer Program will automatically be considered for the Main Round offers - there is no need to submit another application form. Young Achievers Early Offer Program - Sydney

Scholarship Application Process, Turning Point Consulting
Focusing on competencies and understanding of these we work to create a depth of knowledge as to personal abilities as demonstrated in school, work and home life for students to draw on in scholarship applications. Offering suggestions as to effective application writing we highlight areas requiring attention and recommend self-reflection, assessment of behaviours. http://www.turningpointconsulting.com.au

Leadership Skills Workshop, Turning Point Consulting
Throughout higher education and into tertiary studies or the workplace, students are required to better understand and utilise leadership capabilities to demonstrate behaviours within their school or institution. Students also need to provide a framework for allowing success. http://www.turningpointconsulting.com.au/wp-content/uploads/2013/09/Student-Leadership-Higher-2015.pdf

William Angliss Institute Scholarships
The William Angliss Institute Foundation provides educational opportunities and financial assistance to support students in achieving their career ambitions. Closing date 30 May. http://www.angliss.edu.au/future-students/scholarship-information

High standards at College of Event Management
Recent data shows a high calibre of participants in our Diploma of Events, a high standard of work, a high completion rate, a high take-up of industry engagement and a high rate of students gaining employment after graduating. Visit http://collegeofeventmanagement.com.au or phone 1300 725 846.

Jeanette Ferguson,
Director of Staff Services & Careers Adviser
PARKING RESTRICTIONS
Please note parking time limitations:
- 2 hours around the school
- 5 hours (9.30-2.30) in the bus zone
- 4 hours at Keirle Park
- Unrestricted (Warringah Council):
  * Off Pittwater Rd behind Queenscliff Health Centre
  * Up steps near Queenscliff Beach near SPLAT coffee shop

- Students are not to lend their card to others. Card owners must be in attendance if students want to buy for others.
- Students should have only ONE card. Old cards will not be served.
- Replacement cards cost $5. Defaced cards will need to be replaced.
- Please check your daughter’s My Student Account to ensure she has sufficient funds to purchase items.
- Information: 1300 369 783
- Add Funds: 1300 884 668

SAFETY NOTICE
For students safety, the Canteen will only provide boiling water for noodles to students who either buy the Fantastic Noodles from the Canteen or bring from home the 70g ‘Fantastic Noodles’ or ‘Simplee’ (available from ALDI). These containers are more sturdy than others, can withstand the boiling water and are not too flimsy to hold.

HEALTHY OPTIONS CAMPAIGN
Students receive points on their My Student Account for purchasing healthier foods, e.g. water, salad rolls and multigrain/wholemeal rolls. Prizes are awarded at the end of the year for one girl in each year group (the Year 12 prize is one formal ticket paid for) so think about what you’d like to order and get those points accumulating.

Bernie McGrath & Cheryl Young, Canteen Supervisors

CANTENE

CANTENE ROSTER
Hours are 9.30am-2.30pm approx. Call Bernie to arrange a replacement 0414 519 108 or 9976 1826.

<table>
<thead>
<tr>
<th>Mon 27 April</th>
<th>Tue 28 April</th>
<th>Wed 29 April</th>
<th>Thu 30 April</th>
<th>Fri 1 May</th>
<th>Mon 4 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brigitte Sewell</td>
<td>Lisa Loates</td>
<td>Margaret Roberts</td>
<td>Beverley Diaz</td>
<td>Belinda Grover</td>
<td>Jo Palme</td>
</tr>
<tr>
<td>Gillian Wymer</td>
<td>Jo Nesbitt</td>
<td>Megan Grealy</td>
<td>Sonia Panetta</td>
<td>Kate Caracci</td>
<td>Jody Sutherland</td>
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<tr>
<td>Dianne Park</td>
<td>Susie Kirk</td>
<td>Teresa Tisano</td>
<td>Anna Cabrera</td>
<td>Kerry Seipelt</td>
<td>Nicole Mackee</td>
</tr>
<tr>
<td>Helen Scott</td>
<td>Michaela Andrew</td>
<td>Tina Lovell</td>
<td>Jen Dounene</td>
<td>Jan Carlen</td>
<td>Wendy Sather</td>
</tr>
<tr>
<td>Kelly Stoker</td>
<td>Rose Pitter</td>
<td>Bronwyn Robinson</td>
<td>Sally Norton</td>
<td></td>
<td>Angela Politis-Carnivale</td>
</tr>
</tbody>
</table>

UNIFORM SHOP

HOURS (During School Terms): 8:00am-4:30pm Tue/Wed/Thu.

PAY BY: Cash, Visa, Mastercard, American Express, EFTPOS, cheque (made out to ‘Stella Maris College’) and Student Card.

CHECK THE COLLEGE WEBSITE FOR:
*Uniform Regulations *Second Hand Uniform Policy
*College Shoe Policy *Uniform & Stationery Price Lists

SECONDHAND UNIFORMS
Please contact us if you have winter uniforms to sell. Due to changes in the uniform we are only accepting limited items. Please contact us prior to bringing in items to check if they are needed. Uniforms will be accepted on consignment.

VOLUNTEERS ROSTER
None required for this week.

WINTER UNIFORM
Winter uniform is worn during Terms 2 and 3. There is a two week changeover at the start of Term 2, with all girls being in winter uniform by Monday 4 May.

For those who have ordered blazers, these are expected within the next two weeks. Girls will be emailed when they arrive. Payment is required at collection - $160 for Junior Blazers and $190 for Senior Blazers.

Gail Hickey & Maree Sewell, Uniform/Book Shop Supervisors
9976 1819 or uniform_books@stellamaris.nsw.edu.au
STELLA SCHOOL FEES RAFFLE 2015

WIN ONE YEAR OF SCHOOL FEES TO THE VALUE OF $7000

$50 PER TICKET - only 200 tickets will be sold!

Due to overwhelming demand, the Stella School Fees Raffle is back in 2015!
The P&F is running another raffle with the opportunity for you to win $7000 towards your daughter’s school fees.
First in, first served so be quick! Limited opportunity to participate. These are very good odds!
This raffle will help us raise some money for the school.

Please Note:
• Once all the tickets are sold, the raffle drawing date will be published in the Newsletter.
• Please note that if not all 200 tickets are sold, then a full refund will be given for tickets purchased.

How can you purchase your tickets?
2. Complete the raffle form below, make payment using cash or credit card, and return it to the Stella Maris Finance Office.

*Limit of 10 tickets per family.

Stella School Fees Raffle 2015

Complete this order form with the number of tickets that you would like to purchase* and take the payment slip to the Finance Office (open Monday-Friday 8am-4pm). Payments can be made by cash or credit card.

Name ……………………………………………………………………………………………………………………………

Student Name(s) …………………………………………………………………………………………………………………

Payment Type c MASTERCARD c VISA c AMEX c CASH

Credit Card Number __ __ __ __ / __ __ __ / __ __ __ / __ __ __

Expiry Date __ __ / __ __ CCV __ __ __ Signature ………………………………………………………………….

Phone ……………………………………………………………………………………………………………………………

Activity No 1030A93 Ticket No……………………

The P&F gratefully acknowledges the support of the following individuals and businesses who have generously donated to the P&F Trivia Night. Please, in turn, support their businesses while shopping in the community.
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PA R E N T S  A N D  F R I E N D S  C O M M I T T E E
COMMUNITY

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting: Harbord Diggers
Evans Street, Freshwater

Monday 27 April 11:30am – 5:00pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate.
Eat! Have a good sized breakfast or lunch.
Please bring photo I.D. with you.

To make an appointment call 13 14 95 or visit donateblood.com.au

Building good mental health in young people
Interactive online learning courses for parents developed by Black Dog Institute

BUILDING RESILIENCE IN YOUNG PEOPLE
This course includes five short, interactive, and engaging modules that will help you understand what resilience is and how you can play building resilience in the young people you care for.
You will learn about:
• what resilience is in the context of mental health and how it helps
• useful strategies for building resilience in young people including how to control emotions, identify personal strengths and a step by step process for problem solving.

NAVIGATING TEENAGE DEPRESSION
This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.
You will learn about:
• the causes and signs and symptoms of depression and bipolar disorder
• useful strategies for supporting a young person you care about
• help and support services available

Access the courses at www.BLACKDOGGLMS.com
More information at www.HEADSTRONG.org.au

Your guide to ADHD Information, services & resources in the Northern Sydney region.
www.adhdnorthern.com.au

Northern Beaches
ADHD
Support Group

A problem shared is a problem halved
The Northern Beaches ADHD Support Group is a volunteer run group offering support for parents of children or teenagers with ADHD via regular meetings. The group is run to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

SPAKER EVENING: DR EMMA GAI GOLDS
“ADHD & Self-Esteem in Children: Helping your child with ADHD not to feel lazy, crazy or stupid”

Dr Emma-Gai Gold is a clinical psychologist who has completed a doctorate in clinical psychology and a thesis on social anxiety disorder and rumination. Emma has clinical experience working in both the public and private sectors, and has worked extensively with adults, adolescents, children and families presenting with a wide range of psychological concerns. She has a special interest in anxiety, mood disorders, ADHD and autism spectrum disorders. Emma currently works at Dr Coroline Stevenson & Associates, a general psychology practice, specialising in treating children and adults with ADHD.

Monday 27th April 2015 @ 7:00-9.00pm
The Pittwater RSL, Main Hall Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential

Facebook: https://www.facebook.com/NorthernBeachesADHDSupportGroup
Email: nbsupportgroup@hotmail.com
Website: www.nbsupportgroup.com.au

Your event is proudly sponsored by
Pittwater RSL Club