OPEN NIGHT

Once again our annual showcase was a resounding success with many prospective students and parents attending. The feedback overwhelmingly detailed the myriad of opportunities for students at WHS and the enthusiasm of students and staff.

Applications for both the 2017 Creative and Performing Arts Class and Enrichment Class closed last week. The Enrichment class testing will take place in the school hall on Wednesday 23rd March beginning at 9.00am. CAPA auditions will be held the following week on Tuesday 29th March, information regarding the audition times for each discipline will be sent to all candidates.

Mrs Donna Thompson will be the parent representative on the Out Of Area panel which will meet in term two to consider all applications for enrolment at WHS in 2017 from non local students.

FEES

Families will have received an invoice for 2016 fees. Can I encourage all families to support our school in providing every opportunity for all students by paying school fees and voluntary contributions. The payment of fees makes an enormous difference to what we can provide for students in each of our faculties and extra curricula activities. As always, student assistance is available for eligible families, the application form is available on our website or can be collected from the front office. Additionally, families have the option of making progressive payments, again payments can be made online through the school website.

LEARNING CENTRE

Congratulations to all students who are attending Tuesday afternoon learning centre, Mr Rayner reports that he has had at least 50 students attend each session in the last two weeks. Mr Rayner and other teachers are available at the learning centre to assist students with homework, assessment tasks and revision.

Senior students have additional learning centre time; each Monday, Wednesday and Thursday afternoon. Mrs Marie Pickering and Mrs Kate Rayner, the senior student coordinators are in attendance on Monday and Wednesday and provide focused, individual assistance and mentoring for each student. Thank you to Mrs Penny So who volunteered to supervise and assist senior students on Thursday afternoon, a request from senior students has resulted in the additional afternoon session in 2016. Many of our senior students are attending the learning centre four afternoons each week, well done, your commitment and dedication to your studies will pay dividends.
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DON’T FORGET TO LIKE US ON FACEBOOK

Come along and enjoy a fun community movie night!

Located at Woonona High School

$5 donation entry, includes small popcorn

Where: Woonona High School, Senior Quad

When: Friday 1st April

Time: 6:30 gates open

7:30pm “Cloudy with a Chance of Meatballs”

Food stalls available

Face painting

Delivering excellence, innovation, opportunity and student success
Woonona High School’s Open night held on the 7 March was a brilliant success. There was a huge turn out of prospective students and their families, all gathered to inspect our great school. After a welcome presentation from Principal Ms Wall and our SRC executive, the guests were treated to performances by our "silks" and "aerialist" performers as well as a musical performance. Guests were then invited to inspect each faculty, where interactive work stations, displays, presentations and student class work were being showcased. Our guests were also treated to some delicious food prepared by Mr De Main, Mrs Mete and the Year 12 Hospitality class as well as treats from our canteen ladies (see the article on page 5).

It was a fantastic effort from our staff, our student helpers on the evening and Ms Wall to promote and “show off” Woonona High Schools’ many, many assets.

There were many excited Year 6 students taking part in the faculty activities as well as enthusiastic parents in attendance. As was over heard from one parent “I wish I could come here”! - Very true when the opportunities for students here at Woonona High School are endless.
Preparations for our Open Night were a team effort with everyone from our canteen ladies, Ms Wall, all faculty staff and our Year 12 Hospitality class working hard to ensure a successful night. On the day all faculties were busy putting the finishing touches to presentations, displays and showcases. Our Year 12 Hospitality class were especially busy practicing their cooking techniques by making delicious treats such as caramalized onion and goats cheese pizza, spiced prawns, rump steak baguettes, cheeseburger meatballs and polenta rounds all to be served on the night. Our canteen ladies were busy as well preparing an array of treats for this special event.

A lot of effort and team work is required to stage such a successful Open Night and Woonona High School definitely rose to the challenge. Our friendly office staff, particularly Mrs Jenny Glass (who prepared the information packs and took photos for the newsletter on the evening) also worked hard to ensure a great night. I’m sure all visitors to the school were suitably impressed with our spectacular school.
YEAR 8 CAMP

On Wednesday the 2nd of March year 8 attended the Great Aussie Bush Camp on the Central Coast. This was a great opportunity for students to continue to grow as a cohort, to challenge themselves, escape their comfort zones and to develop a range of important leadership and teambuilding skills. The 3 day program consisted of rock climbing, initiative games, mud-runs, sports sessions, high ropes, giant swings and night activities and it was fantastic to witness students supporting and encouraging each other throughout these often challenging activities. Despite their newfound cooperative skills and support, however, Year 8 were unable to defeat the teachers in the prestigious ‘hostage game’ in which Mr Rayner, Mrs Matthews and Mrs Pryor all showed their commando abilities and expert night vision to stop students invading the teachers’ base. Further highlights included an impromptu fashion parade, a ‘planking’ contest and the survivor mud challenge in which students desperately tried (and failed) to avoid having buckets of mud thrown at them by camp instructors.

Thanks to all the parents who provided this opportunity for Year 8 and to the students for their positive attitude and enthusiasm throughout camp. Thanks also to Mr Rayner, Mrs Matthews and Mrs Pryor for their dedication and to all teachers who provided cover during this period.

Mr Mucci
On Friday 4th March two Woonona High School teams competed in the Open Girl's Water Polo knockout competition. Most members of the two teams were in Year 7 and had never played a game of Water Polo before the first game on the day. They were competing against Year 7-12 students from other schools who had a lot of experience. Despite not finishing the day on top, all the girls represented the school extremely well, demonstrating a positive attitude and willingness to have a go. There will be an under 15s Water Polo competition at the end of the year and the girls are looking forward to getting back in the pool with a bit more experience. Special mention to Hayley Walker, Lalita Protsenko, Kiahni Scott, Bronte Eady and Kaia Breinen who offered support and leadership to the less experienced girls on the day.
Miss Walker (English Teacher)
P&C Donation! What is this for????

By now you would have received your invoice for school and subject contributions and noticed there is a yearly $20 P&C Donation. You may have found yourself wondering “what is this P&C donation for?” As we are all time poor, it is difficult to host and organise fundraisers for P&C members. For the rest of our school community the inconvenience of having to sell raffle tickets and then remember to get the money in on time, and let’s not forget those chocolates that you end up buying and eating yourself. These are experiences we can all do without. So, to make it more convenient the P&C engages in minimal fundraisers throughout the year and kindly asks that you donate $20 in lieu of having lots of fundraising initiatives where you would probably spend more than $20 over the year anyway.

What has the P&C Donation been spent on in the previous years?

In 2015 the P&C donated to the development of our new dance studio. In previous years the P&C donation has funded a piano, & projection screens in the hall. If you have been in the school hall lately, with this hot humid weather you would be very thankful for those fabulous and very effective large ceiling fans - another P&C funded project.

What will the P&C Donation be spent on in 2016?

At the last P&C meeting it was suggested and discussed that in 2016 the P&C donation will help fund new curtains for the hall. The current curtains are quite shabby and are literally taped together in some places. A quote for $20,000 has been obtained for curtains and tracks. If you would like to find out more or have your say how the P&C uses these funds, than come along to the next P&C meeting in May.

Thank you from your P&C Committee

Delivering excellence, innovation, opportunity and student success
Year 11 Ancient History have been investigating the life and death of the New Kingdom boy-pharaoh Tutankhamun. The discovery of his treasure filled tomb complex in the Valley of the Kings by Howard Carter in 1922 set off a global fascination with this young man’s complicated life and premature death—known as ‘Tutmania.’ Recent archaeological investigations into the possibility of a second burial complex, behind Tutankhamun’s and possibly that of queen Nefertiti’s, has further brought this history to public attention.

As part of their studies, Year 11 engaged in their own form of ‘Tutmania’ by reconstructing the layout of Tutankhamun’s tomb, to scale, in the Woonona High main quad. ‘Archaeological’ teams were responsible for different chambers and the work of Sophie Jorgenson, Rachel Pollock, Milla Byrne and Cameron on the burial chamber and sarcophagus stood out in particular for its detail and historical resemblance. A walk-in tour of the tomb, with Mitchell Begley playing a passable Howard Carter and Donevan Moss in the role of site sponsor Lord Carnavorn gave a sense of the immensity of this archaeological find.

Well done to all students for their impressive work.

Mr Mucci

(Ancient history Teacher & Year 8 Adviser)
On Thursday 16 March, students from Woonona High School went to the performance of Ash Girl at Wollongong Performing Arts High School. This performance featured Drama, romance and featured the meaning of bullying and depression. This performance was based on Cinderella but a different version.

All students were very well behaved and enjoyed the show. Everyone was very surprised and impressed with the actors as they performed.

The show was not only for our entertainment but also about a girl that was sad and her mean stepsisters bullied her and were very cruel and vain.

Woonona High School students even got a little time at the end to ask any of the cast questions about the performance. The day turned out to be a beautiful day and everyone listened and was well behaved in the performance and on the train. The cast made everyone have a good laugh and a little cry. I hope we can go there again soon to watch another performance.

Thankyou teachers for taking us there and back safely and thankyou to everyone else for coming to watch the performance and being well behaved.

Report from Keone Ephraims.
The Australian Computer Society’s ‘Big Day In’ was held at UTS on March 3 to promote careers and opportunities in Computer Science and Information Technology (IT). As we approached the entry hall which was lined with stalls from a range of companies including Google and Microsoft and WestPac Bank and many more we suspected that it would be an interesting day out.

Once inside the main venue we were greeted by two UTS host students eager to share their experience in IT. We heard from a wide variety of representatives of IT fields as varied as animation (Animal Logic), professional gamers (‘Electronic Sports’) and IBM who shared an interesting weekly work schedule.

The day was informative regarding opportunities and career paths encouraging us all to pursue IT careers. We would like to thank Mr Mete (Science and Information Software Technology Teacher) for organising this inspiring excursion and to Mr Chamberlain (Careers Adviser) for accompanying us.

Nick Austin Year 11

World Education Program Australia (WEP), a non-profit student exchange organisation, is looking for generous volunteer host families to host high-school European exchange students in July for their term, semester and academic year programs. These students are looking forward to becoming a member of a local family, local school and local community. If you wish to extend your hand in friendship then request a free information pack by contacting WEP on 1300 884 733, sylviakelly@wep.org.au or visit www.wep.org.au
On Monday the 7th March students from Woonona High School had the opportunity to take part in the Northern Illawarra Zone Netball Knockout Competition. We had two under 15 girls’ teams and one open girl’s team from our school attend the competition this year, the most I have had the pleasure of taking away with me to this competition in the last 5 years which was great to see.

This year we played against all northern Illawarra high schools including Bulli, Corrimal, Figtree, Keira, Smith’s Hill and Wollongong Performing Arts high schools. All Woonona High students played hard and showed great enthusiasm as well as outstanding sportsmanship on the day. Unfortunately we did not make it to the next round this year, however the Under 15’s A team was extremely close. They came equal second according to the wins and losses on the day however missed out on goal count back to Bulli High School by 1 goal. Next year girls!

Our teams consisted of:

**Under 15’s A team:** Carla Baker, Jasmine Clayden, Caitlin Hill, Brooklyn Younger, Alicia Nahona, Aishah Muhammed, Caitlin Joy and Chloe Mitchell.

**Under 15’s B team:** Kaia Brienen, Jade Timbrell, Jasmine Wood, Camryn Aston, Jordan White, Kate Moore, Lauren Kinney, Payton Brown, Emily Steele and Micah Pourau

**Open’s team:** Lili Van Duin, Jessica Ayrton, Carlie Hayward, Grace Mellows, Elly Moore, Shannon Cracknell, Madelina Camilleri, Jade O’Brien, Erin Wall and Maggie Esdale

I would just like to say, once again, a huge congratulations and thankyou to Carla Baker, Kaia Brienen and Lili Van Duin for being outstanding captains on the day for our three teams, you were all fantastic. Special mention also goes out to our Most Valuable Player Award recipients from the day.

The Captain’s Most Valuable Player Awards went to Caitlin Joy, Emily Steele and Elly Moore

The Team’s Most Valuable Player Awards went to Alicia Nahona, Jade Timbrell and Lili Van Duin

Congratulations again girls, I can’t wait to see what next year brings.

Mrs McCarthy

The staff and students of Woonona High School would like wish Mrs McCarthy (Science Teacher and Netball coach) all the best for the safe arrival of her first child who is due soon. Carla will be on maternity leave shortly and we will happily announce this important arrival in the newsletter (hopefully with a picture) when the big time comes. Best wishes.
On Monday 14 March Woonona High School Open Boys Football team competed in the Errea Cup held at Hollymount Park Woonona. The boys team competed in round one against Five Islands Senior College and played extremely well to win the match 9—1.

Standout performances from Alexia Rosser, Sam Adnum and Harrison Rose helped the team to their memorable victory. A special mention must be made of Tommy Nellies who, in his first competitive game, scored a goal and could have scored many more.

Thank you to Mrs Guthrie (Sam Adnum’s mum) for these great photos of the match.

Mr Rayner (Head Teacher Welfare)
FUTSAL

On Tuesday 2nd March the under 14s girl's Futsal team competed in a knockout competition at Berkeley Sports Stadium. The team consisted of Ella Marrott, Ruby Sargent-Wilson, Lara Van Loo, Kate Moore and Jade Timbrell. The girls competed extremely well, winning their first two games despite only having the bare five players required for a team. The third match was extremely tight with the two teams being evenly matched. Unfortunately a lucky shot from the opposition saw the Woonona team lose 1-0. The remaining two games were played in high spirits, however the lack of substitute players had started to fatigue the girls and they were unable to snatch the win in the final two games. Well done to all the girls who played. They approached the day with positivity, a healthy competitive spirit and camaraderie.

Miss Walker (English Teacher)

AREA SWIMMING CARNIVAL

Congratulations to all our swimmers who attended the Area swimming carnival at Dapto pool last week. Special congratulations to the following students who qualified for the State Carnival.

Zara Sharman - once again Zara was outstanding in all her events. Her results were:

1st in 14 years 100 metre butterfly
   400 freestyle
   100 freestyle
   200 metres individual medley
   50 freestyle
   100 backstroke
   200 freestyle

Zara will also swim in the 800 metres freestyle and the 400 individual medley at the state carnival. Zara was also the age champion 14 year girl at this carnival.

Bronze Sweeney - 2nd in 15 years 100 freestyle
   2nd in 50 freestyle
   3rd in 200 freestyle

Bronte will also swim the 100 backstroke at the State carnival. Bronte was 3rd in her age championship.

Jade Van Duin - 3 draw in 12 years 100 backstroke. Jade was 4th in her age championship point score.

Congratulations and good luck to these 3 girls at the State carnival.

Ms Sim
Sports Organiser
What is it?

Mindfulness is a Buddhist-inspired introspective concept that emphasises active attention on the moment to keep the mind in the present. In simple terms, it’s about paying attention to the present moment rather than be distracted about what you did yesterday and what you have on tomorrow.

Why do it?

Over the last few years there has been a lot more research into the effects of being mindful. It is scientifically proven that mindful meditation for example has benefits such as fewer distractions, less anxiety and more focus.

The benefits of being mindful for our students can include:
Less mind wandering while learning and studying.
Performing better on tasks that test working memory.
A better comprehension of reading texts.
Less anxiety and stress.
Enhances concentration and attention.
More empathy and self awareness.
Better ability to view information from different perspectives.
Think more creatively.

Meditation sessions for HSC students run on Thursdays at lunchtime in Room 8.
WOONONA HIGH SCHOOL COMMUNITY SERVICE
WORK STUDIES
CLEAN-UP AUSTRALIA DAY

Year 11 and 12 Work Studies classes helped ensure that Woonona High School’s strong link to the local environment and sense of civics and citizenship was upheld. March 4th found the dedicated contingent of volunteers, decked out in colour coded ‘Woonona Gold’ gloves enthusiastically engage in the nationwide initiative. The two teams worked diligently removing an assortment of rubbish from not only the school grounds, but also the well-trodden ‘goat track’, and streets adjacent the school grounds.

Australia wide an estimated 526,268 volunteers cleaned up 13,563 tonnes of rubbish at 6,165 clean-up sites across Australia. Well done to both the Preliminary and HSC Work Studies students for doing their bit.

Mr R Locke & Ms B Coote
HSIE Faculty
WHS Clean-up Australia Day Coordinators

WRAP ENGLISH

On Monday 7 March Ms Kings WRAP English class also got in on the act and set about cleaning up the creek area next to the school. Donning gloves and trade mark gold bags the students set about collecting rubbish and tiding up the area. Well done Year 12 English WRAP and Ms King.
Delivering excellence, innovation, opportunity and student success

Mr Dal Proudfoot our Religion Education Teacher and Brekky Club organiser would like to say a big thank you to all the volunteers who have stepped up for the Brekky Club on Tuesday and Thursday mornings this year. Our students certainly appreciate your efforts and definitely enjoy being fed Brekky on these mornings. Thank you again.

So we can keep our Brekky club going we would once again like to ask for any donations of jam or vegemite that any one would be kind enough to give. Our Brekky Club is very popular, and with cooler weather so approaching it is likely to get even more so, so any donations would be gratefully accepted.

TANESHA MAKES HER MARK

Tanesha Harnett has kicked off her season goals to a great start at the first round of the Victorian junior motocross championships. Tanesha won all her races in the girls 12-16 class and placed well in her boys classes.

In 2015 Tanesha won the NSW titles on the 85. She was 1st on the 85 and 2nd on the 125 in Queensland's state title. She was also placed 2nd overall in the Victorian titles.

At the Australian junior championships in Western Australia Tanesha was 3rd overall on the 85 and 4th on the 125.

Tanesha has set some big goals for 2016 were she is aiming to win the NSW, QLD, and Victorian state title on the 125 and 85cc and to win the Australian junior title on both bikes in South Australia.

For 2016 Tanesha had gained some much welcome support from Husqvarna Australia were she will be racing on the junior team and she is also supported by R&D Husky at Emu Plains.

Tanesha is still supported by both Abby and Jay Marmont with her on and off bike training. Tanesha would love to represent any local companies who would like to support her in bringing these titles back to Wollongong.

Contact Chris on 0414939848

BREKKY CLUB THANK YOU

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BOOK CLUB

This fortnight our guest speaker, Ms King, spoke about her favourite book The Boy in the Striped Pyjamas by John Boyne.

During World War II, 8-year-old Bruno and his family leave Berlin to take up residence near the concentration camp where his father has just become commandant. Unhappy and lonely, he wanders out behind his house one day and finds Shmuel, a Jewish boy of his age. Though the barbed-wire fence of the camp separates them, the boys begin a forbidden friendship, oblivious to the real nature of their surroundings. A very touching tale.

I spoke about the new book series, Changeling by Steve Feasey. Trey thought he was an ordinary teenager. Then he meets a mysterious stranger, Lucien Charron—luminously pale, oddly powerful, with eyes that seem flecked with fire and skin that blisters in sunlight. Somehow Trey finds himself in a luxury London penthouse, like a Bond villain’s lair. It’s the heart of a sinister empire, built on the powers of the netherworld—werewolves, vampires, sorcerers, and djinns. And Trey himself has a power that’s roaring to break free. Is he a boy or is he a beast? Action packed and well worth a read.

PREMIER’S READING CHALLENGE 2016

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier’s Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9. Students need to read 20 books by the 1st of September, 15 of which need to be selected from the PRC reading list. If your child would like to participate they need to log on to

https://online.det.nsw.edu.au/prc/home.html

Delivering excellence, innovation, opportunity and student success
WHY ENCOURAGE YOUR CHILD TO READ?

A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one.”
— George R.R. Martin, A Dance with Dragons

These are powerful words, and they speak to the power of reading to open doors to empathy, adventure, and learning. A love of reading doesn't happen automatically though. It needs to be nurtured. Here are some tips.

**Choice:** Children are more likely to read when their interests are taken into account and they have control of how and what to read.

**Availability:** Opportunities to read should be plentiful.

**Safety & Support:** Safe, comfortable reading spaces encourage visitors. As do confidence in being able to find the right book and having a reading buddy to read to.

**Creativity:** Reading a book doesn't have to be where the story ends. Kids can have fun creatively expressing what they've read, and they don't have to know that they're also demonstrating their...
A GOOD EDUCATION IS SO IMPORTANT

This will open many doors creating employment opportunities as well as financial independence.
Learning to drive safely is just as important as having tertiary qualifications.

To “Drive to Survive” cost safely, parents need to know the risks. Educating learner drivers, their parents about smarter driving practices is a positive step towards our road safety future.

I urge you to take advantage of this NO cost life saving event.

Belinda Wall
Principal at Veoona High School

THIS ROAD SAFETY FORUM IS ABOUT SAVING OUR MOST PRECIOUS RESOURCE, HUMAN LIFE!

Respected motoring expert, driver training pioneer, media personality and founder of “Drive to Survive” - Ian Luff is hosting an exclusive “Drive to Survive” forum for parents and their learner driving children.

The forum will be one hour in duration, you and your teen will learn defensive driving techniques.

Ian Luff’s 40 years of experience will create a positive environment, guaranteed to excite. Positive thinking, actions and behaviour.

Our exclusive “Drive to Survive” forum will only cost you your time. Thursday 31 March, making this an impeccable way to improve your child’s driving skills.

Ian Luff
“Drive to Survive”

BECOME A SMARTER LEARNER DRIVER!

NO PARENT CAN IGNORE THESE ROAD SIGNS

Venue: Veoonga City Motors
Car Flinders & Stenton Streets,
Veolonga NSW 2500

Date: Thursday 31st March 2016
Time: 7.00pm to 8.00pm

Bookings are essential, positions are strictly limited and secured at time of booking.

Phone (02) 9622 5424 - Ask for Suzy or Vicky

Delivering excellence, innovation, opportunity and student success
TERM CALENDAR

Mar 21  Year 7 Killealea Excursion
Mar 23  Enrichment class testing
Mar 23  School Cross Country
Mar 23  Year 11 Drama Darling Harbour
Mar 24  Year 11 Geography Excursion Minnamurra
Mar 25  GOOD FRIDAY
Mar 28  EASTER MONDAY
Mar 29  2017 WHS CAPA Auditions
Mar 31  Leadership Hike—Boys
Apr  1  Leadership Hike—Boys
Apr  1  WHS Movie Night
Apr  4  CoS Transition Day
Apr  4  CoS 6—7 Afternoon
Apr  4  CHS Swimming Carnival
Apr  4  Regional Performing Ensemble
Apr  5  CHS Swimming Carnival
Apr  5  “Unplugged”
Apr  7  Leadership Hike—Girls
Apr  8  Leadership Hike—Girls

Mon 21st Mar  Karen Dubowic
Tue 22nd Mar  Kerrie Austin
Wed 23rd Mar  Help Needed
Thu 24th Mar  Donna Thompson
Fri 25th Mar  Good Friday
Mon 28th Mar  Easter Monday
Tue 29th Mar  Help Needed
Wed 30th Mar  Help Needed
Thu 31st Mar  Karen Bate
Fri 1st Apr  Help Needed
Mon 4th Apr  Gabi James
Tue 5th Apr  Janece Pender
Wed 6th Apr  Help Needed
Thu 7th Apr  Janelle Te Pariri
Fri 8th Apr  Help Needed

TRAVEL OVERSEAS
in your summer holidays
with the Lions Clubs International Youth Exchange Program

Applications close 30 June 2016 or when places are filled.
APPLY NOW TO AVOID DISAPPOINTMENT

- Lions Clubs International is one of the largest service organisations worldwide.
- The Lions Youth Exchange Program gives Australian youth aged 16-21 years an opportunity to travel overseas independently and safely, to become a member of one or more host families and experience their lifestyle, culture, interests and values.
- No school attendance is required overseas.
- Overseas destinations include Europe, North and South America, USA, Malaysia, New Zealand, Scandinavia and Japan. Chaperoned stopovers are available in Los Angeles and London.
- Youth to leave depart late November and return late December. Youth to other destinations depart early December and return mid-January.
- Each Australian youth will pay approximately $3,000—$7,500 depending on their overseas destination. Accommodation is provided at no cost by host families associated with Lions Club International. Travel is not sponsored by Lions Australia.
- Email Lion Lorraine Hemsworth (Lhemsworth@bigpond.com) of the National Lions Youth Exchange Committee to discuss the application process.
- For more information, download the Guidelines for Australian Youth Travelling Overseas brochure from the Lions Australia website: www.lionsclubs.org.au/ye

Mon 21st Mar  Karen Dubowic
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Tue 29th Mar  Help Needed
Wed 30th Mar  Help Needed
Thu 31st Mar  Karen Bate
Fri 1st Apr  Help Needed
Mon 4th Apr  Gabi James
Tue 5th Apr  Janece Pender
Wed 6th Apr  Help Needed
Thu 7th Apr  Janelle Te Pariri
Fri 8th Apr  Help Needed

Delivering excellence, innovation, opportunity and student success
Dear Carmen,

Thank you so much for uniting in Pink and getting the girls together for Cancer Council’s Pink Ribbon.

The $221.65 you raised at your fundraiser has contributed to an amazing total of $975,000 in NSW which will make a real difference in the fight against all women’s cancers.

Your generosity gives them courage to face today and hope for a better future. Because of you Carmen, they no longer feel alone in their battle.

I hope you and your girlfriends had a lot of fun getting together for such an important cause. I want you to know that every dollar you raised is dedicated to driving major advances in women’s cancer research – and supporting patients and their families throughout their cancer journey.

Thanks to you, together we can bring us closer to the day we have beaten women’s cancers forever.

You are truly appreciated. Thank you.

Sincerely,

Karen Canfell
Director, Cancer Research Division
Cancer Council NSW
Cannabis and young people

A workshop for parents and carers, and service providers.

This workshop will provide up-to-date information on cannabis including:

- Effects of cannabis use,
- Current trends, and
- Cannabis and mental health.

It will also explore ways to raise the conversation and discuss cannabis use with young people.

When
Thursday 7 April, 5.30pm-8.30pm

Where
headspace Wollongong
(Level 1, 85 Smith Street, Wollongong)

Bookings
www.trybooking.com/KHUL
or contact Donna on 4254 2700

Bookings essential as spaces limited.

Facilitated by:
David St. Quintin
Illawarra Drug & Alcohol Service

Delivering excellence, innovation, opportunity and student success
2016 High School Basketball

New Comp!

PCYC

High School Mixed
School Years 7 to Year 9
Monday Afternoon

Mens Comp
Tuesday Evening

Contact us for team/player registrations

Referees wanted
Passionate about sport and fitness. Earn money and keep fit as a referee.
We are seeking referees for our week night basketball comps.
Must be aged 14+

Contact us
Bulli PCYC in person, on ph (02)42843878 or email bulli@pcycnsw.org.au
for more information

FSC WIN Network
Senior Boys Academy

For boys aged 13 - 16 years

Monday nights 5:00pm - 6:30pm
Ian McLennan Park, Kembla Grange

Summer Term:
Monday 15 February -
Monday 11 April
(8 Weeks)

13 - 16 years

Summer Term Cost $160

Registrations
Now Open

Coaches:
Noel Spencer
Jason Spencer

www.footballsouthcoast.com

Training Kit - $40

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