



BARDIA PUBLIC SCHOOL NEWSLETTER

37 Arthur Allen Drive
BARDIA NSW 2565
9605 2459

'THE BUGLE'



Term 4 – Week 4 – 2019

Message from the Principal

Dear members of the Bardia Public School community,

School Zone – Roads and Maritime Services have conducted a review of speed limits on the roads surrounding our school. A **40 km/h school zone** will be implemented on MacDonald Road, Arthur Allen Drive, Damascus Street and Malaya Street. This speed limit change is expected to be implemented on Thursday 21 November 2019, weather permitting. This is a positive step in improving safety for all students and road users. Please continue to exercise extreme care when dropping off and picking up students to keep every child safe.

Afternoons – If you are collecting your children from school in the afternoon, we ask that you kindly wait outside the roller door and keep the office foyer free for the office staff to attend to visitors and students needing to access the office.

Our wonderful cleaning staff have a very tight schedule to clean our entire school, so we ask that all students and parents leave the school premises by 3:20pm in order for the toilets and courtyard to be cleaned.

Kindergarten Orientation – Our Kinder Orientation program begins next week on the 12th November. Invitations have been sent out to all families who have enrolled for next year. If you have a child starting Kindergarten in 2020 and have not yet seen the office to start the enrolment process, please do so as soon as possible.

Selective high school placement – If you have a child in Year 5 and are considering a selective high school then applications for selective high school placement in Year 7, 2021 are closing on 11th November, 2019. You must apply online at:

education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7

November

Wednesday 6/11
Monday 11/11
Tuesday 12/11
Wednesday 14/11
Thursday 15/11
Tuesday 19/11
Thursday 21/11

Tuesday 26/11
Friday 29/11

Stage 3 Tiger Tag
Remembrance Day
Kinder Orientation
BGT Auditions
BGT Auditions
Kinder Orientation
Assembly 2pm
ALL WELCOME
Kinder Orientation
K-2 Athletics Fun Day

December

Tuesday 3/12
Wednesday 4/12
Thursday 5/12
Wednesday 11/12
Thursday 12/12
Friday 13/12

Line of coins
Russ the Bus Stg 2 & 3
Bardia's Got Talent (BGT)
Year 6 Farewell
Presentation Day
Combined scripture

Please remember that you **MUST** be here at 3.00pm each afternoon to collect your child. There is no afternoon supervision provided. If you are going to be late regularly you should enrol your child in after-school care. Camp Australia is the licensor on school premises. If there is an emergency and you will be unavoidably late, please ring the school before 2.30pm and inform the office staff.

Please note that children have been arriving at school long before 8.30am. Supervision is only provided from 8.30am.

Did you know that if a child is absent from school an average of 14 days per year from Kindergarten to Year 12 this equates to them missing a whole year of education?

If you really want your child to have a good future

*make sure they come to school **every day! And on time!***

Miss Lewis
Acting Principal

Disclaimer:

Bardia Public School does not endorse any product or services advertised in this newsletter.

We need your help! Because our school is growing so quickly it is becoming very difficult when planning and allocating resources. It would help tremendously if you could let the school know: **Do you have a child starting kindergarten in 2020?**

Library News

The term is well underway with the children enjoying library lessons and practising their silent sustained reading. The Kindergarten children have been working on reading for 5 minutes whereas the Year 5 & 6 students have been reading for 20 minutes.

We have been discussing what real reading looks like:

We stay in one place

Read the same book

Think about the story while reading

Feel like we are in the story

We can talk about what happens in the story afterwards



Choosing books right for me

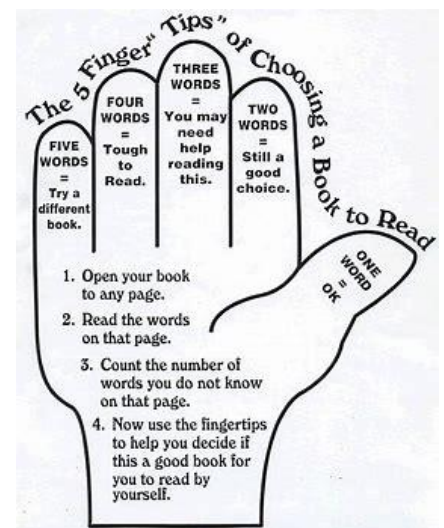
At school we teach children to know what books are right for them. Their home reader is for practising and is meant to be easy to build confidence.

Books from the library are selected for other reasons. Students are taught to look for books that interest them. Some of these books will be too hard and require an adult to read with them. The Year 3-6 students are asked to have a book on their table at all times and this is used for their home reading. This will be a chapter book so they can read it over a number of days. This book should be at their instructional level that is not too easy and not too hard. The guide we teach the students is the "Five Finger Rule".

Overdue Books

I'm sure our library books like to go on adventures. They end up in all sorts of places. This week we have been thinking like a library book and the students have come up with this list of the most likely places a library book would hide:

- ♥ Car
- ♥ In my library bag which is lost!
- ♥ Under the coffee table
- ♥ With my other books on the bookshelf trying to look like my book.
- ♥ Under my bed
- ♥ Under my sister's bed
- ♥ In my mum's room
- ♥ In the bottom of my wardrobe from when I tidied up.



What we do know is they are off on an adventure. Please return home.

If your child has an overdue book, don't panic, stay calm, have them check your home and then contact us in the library and if you haven't found it and we will go from there. Unless your child has many books overdue they will still be able to borrow.

Parent Helpers

Are you looking to get involved in the school?

The library is a great place to start. Many parents who have been wanting to return to work and need some volunteer time to gain back their confidence have gained employment after working in the library.

If this is you and you're wanting to get more involved or explore how you can gain work experience please contact us in the library.

Mrs Gabriela De Horta & Mrs Kathy Wyber
Teacher Librarians

READING

is to the
MIND
what
exercise
is to the **BODY.**

for Richard Steele



Halloween Fundraising Disco

Last Wednesday night we had our Halloween fundraising disco at Lollipop's Playland & Café at Campbelltown. We had around 130 children and their parents in attendance and it was a fantastic night. Dancing, laughter and prizes to be won.

Special thanks goes to Mrs Amy Rankin, Mrs Rebekah Banga, Mrs Vanessa Foreman and Mrs Wendy Freeman.

Ladies it could not have been done without you! We also would like to thank Lollipop's Playland & Café for

allowing us to take over their venue free of charge! Finally thank you to all the parents who were able to support this fundraiser.



Kindness

Our kindness focus has been seen around the school with good deeds and acts of kindness overflowing everywhere...

We know that kindness is important but science backs this as well.

We all know the golden rule: treat others the way you want to be treated.

Science shows that as children, we're biologically wired to be kind and we can further develop this trait with practice and repetition. Sometimes, however, due to outside influences and the stress of our day-to-day lives, we can lose this inherent ability.

Being kind not only has an effect on those receiving kindness but also on the person giving kindness. Studies show that:

Kindness releases feel-good hormones

Kindness eases anxiety

Kindness helps build strong relationships

Kindness strengthens your heart physically and emotionally

Kindness reduces stress



KINDNESS to SELF

- Do something that makes you happy today
- Exercise for 10 minutes and get your heart pumping
- Smile more often
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
- Take time to practice mindfulness
- Take long slow deep breaths for 3 minutes
- Listen to your favourite music



During weeks 3 & 4 students will be doing activities to promote kindness to self. Here are some ideas to try at home... →



We're skipping through the term!

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces! Bardia has already raised \$7931.64.

It's not long until our final day of *Jump Rope For Heart* so keep reminding your kids to practise those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details.

www.jumprope.org.au/parents



Heart Foundation

Jump Rope for Heart



Education

High Performing Students Team

Applying for Year 7 entry to selective high schools in 2021

Thinking of applying for
a government selective
high school for Year 7
in 2021?

You must apply online at:

education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7



Key Dates

Application website opens:
8 October 2019

Application website closes:
10 pm, 11 November 2019
You must apply before this deadline.

Test authority advice sent to all applicants:
27 February 2020

Selective High School placement test:
12 March 2020

Placement outcome information sent
overnight on:
4 July 2020

Please read this booklet carefully before applying.

Parents should check the website at education.nsw.gov.au/shs-oc regularly throughout the application and placement process.

Please check the website for information before you contact the Team.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team*.

Contact Details:

High Performing Students Team, NSW Department of Education
Email: ssu@det.nsw.edu.au
Telephone: 1300 880 367
Fax: 02 9266 8435
Postal Address: Locked Bag 53, DARLINGHURST NSW 1300
Facebook: <https://www.facebook.com/groups/772251106301086/>

Please Note:

* In this document, the High Performing Students Team is referred to as the Team.

'Parent' is defined under the Education Act, 1990, as a 'guardian or other person having custody or care of a child'

FROM THE OFFICE

Tissues



URGENT! We have run out!

It would be appreciated if families would pop a box of tissues into their shopping trolley next time you are shopping to build up our supply. Boxes can be sent to the office.

Thank you in anticipation.

Office staff.

School Banking



Wednesday is school banking day and students should bring in their weekly deposit to the front office before 9:00 a.m.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for a school banking reward item in recognition of their continued savings behaviour. Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting the School Banking program at Bardia Public School.



LOST PROPERTY

We have a quite a number of uniform items in lost property with no names. If your child has lost clothing that does not have their name on it but you feel you would recognise it, please go through the lost property (located in the blue crate under the COLA).

UNIFORM INFORMATION



Don't forget to bring your hat and jacket purchases to the office for embroidery with your child's unique initials. We retain a register of all records so we can return any **lost items to the students**.

Spare Uniforms

Do you have any uniform clothing that you don't use anymore?

We would greatly appreciate it if you would kindly donate them to the school as our spare clothing pool is getting low. Please drop off to the front office.

Brooke's CANTEEN



Tommy Warmers

Keep an eye out on the Brooke's Canteen Facebook page for photographs of just some of the healthy counter items that are made daily!



Sandwiches And Wraps

Vegemite, Jam or Honey HM	\$1.50
Cheese Sandwich V HM	\$2.00
Cheese & Tomato Sandwich V HM	\$2.50
Ham & Cheese Sandwich HM	\$3.50
Tuna Sandwich HM	\$3.50
Salad Sandwich V HM	\$3.50
Ham & Salad Roll HM	\$4.00
Chicken Caesar Salad Wrap HM	\$5.00
Chicken & Salad Wrap HM	\$5.00
Sweet Chilli Chicken Wrap HM	\$5.00
Salad Wrap V HM	\$5.00

Salad Boxes & Cold Food

Garden Salad Box GF V H HM	\$3.50
Fruit Salad Box GF V H HM	\$4.00
Vermicelli Noodle Salad Box V H HM	\$5.00
Greek Salad V HM	\$4.50
Teriyaki Chicken Rice Paper Rolls HM	\$5.00
Vegetarian Noodle Rice Paper Rolls HM	\$5.00
Teriyaki Chicken Salad HM	\$5.00
Ham or Tuna Salad Box HM	\$5.00
Moroccan Chicken Salad Box HM	\$5.00
Chicken Caesar Salad Bowl HM	\$5.00
Yoghurt Fruit & Muesli Bowl V HM	\$5.00

Pizzas & Quesadillas

Garlic Bread H V HM	\$2.00
Cheese Pizza Roll H V HM	\$2.50
Cheese & Diced Ham Roll HM	\$2.50
Vegetarian Pizza Roll H V HM	\$3.50
Hawaiian Pizza Roll HM	\$3.50
BBQ Chicken Pizza Roll HM	\$3.50
Cheese & Tomato Quesadilla V HM	\$4.00
Spinach & Feta Quesadilla H V HM	\$4.00
Ham & Cheese Quesadilla HM	\$4.50
BBQ Chicken Quesadilla H HM	\$4.50
Vegetarian Quesadilla H V HM	\$4.50
BBQ Chicken Pizza H	\$5.00
Cheese Pizza H V	\$5.00
Meat Pizza H	\$5.00



Snack Food



Frozen Pineapple Ring GF V H HM	50c	Milo Cereal Cup V	\$1.00
Piece of Fruit GF V	\$1.00	Nutrigrain Cereal Cup V	\$1.00
Carrot or Cucumber Sticks GF V HM	\$1.00	2 x Vegemite Saos V HM	\$1.00
Yoghurt Tub V	\$2.00	2 x Cheese & Tomato Saos V HM	\$2.50
Frozen Grapes GF V H	\$2.00	Popcorn GF V H HM	\$1.00
Corn Cobette GF V H HM	\$1.50	Koala Popcorn – BBQ, Chicken + Sweet Chilli	\$2.00
Custard Cup V	\$2.00	Grain Waves Sour Cream & Chives 28g	\$2.00
Watermelon Cup GF V HM	\$2.00	Red Rock Deli Crisps Sea Salt 28g	\$2.00
Honey & Yoghurt Cup V	\$2.50	Mamee Noodle Snacks	\$2.00
Orange Wedges GF V H	\$2.00	Mamee Rice Sticks GF	\$2.00
Fruit Kebab GF H V HM	\$2.50		



Thirst Quenchers

Water 600ml	\$2.00
Fruit Infused Water	\$2.50
Oak Milk Lite	\$2.50
Juice Bomb Cans	\$2.50
Juice Poppers	\$1.50

Frozen Treats

Ice Many Triangle	\$1.00
Juicies Ice Treat	\$1.00
Quelch Stick	\$1.00
Frozen Juice Cup	\$1.00
Moosies	\$2.00
Frozen Yoghurt	\$2.50

To order online please go to www.myschoolconnect.com.au. All online orders must be placed by 8am. If you miss this cut off time orders can be placed at the canteen by 9:00am. We accept cash & EFTPOS payments also. Sauces + Salad dressings are available for 50c each. Sandwiches can be toasted for an extra 50c and can also be changed to a wrap or bread roll for \$1. You can add cheese and other extras for 50c each. Extra spoons and forks are 10c each. All ice blocks, watermelon cups, yoghurt cups, noodle cups and custard cups need to be collected from the canteen by the student as these will not be sent to their classroom to avoid any spillage. Healthy over the counter items are available daily and range from 50c to \$2.50, these will be displayed on the counter at lunch and recess.

If making a halal or gluten free order or if student has any allergies please write dietary requirements clearly on the lunch bag.

H = Halal, GF = Gluten Free, V = Vegetarian, HM = Homemade



Term 4 Weekly Specials

Week 2: Banana split with granola and yoghurt \$5.00

Week 3: Chicken Caesar lettuce cups \$5.50

Week 4: Tuna poke bowl \$5.50

Week 5: Egg, mayo and lettuce sub \$4.50

Week 6: Beef mince and rice casserole \$5.00

Week 7: Ham and corn pasta salad \$5.00

Week 8: Pancakes with honey and banana \$4.50





OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 4

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!



STEP 4a



STEP 4b



STEP 4c

STEP 5

Once you have completed your order, view your order summary in the "cart", and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



STEP 5a



STEP 5b

Note: only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy/Now", and you can order for the day, week. It's that simple!

www.myschoolconnect.com.au/bardiaps



My School Connect has a 7 day a week Support Line, contact (03) 8669 1869



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 1

Register your account on any device, simply login to www.myschoolconnect.com.au/bardiaps and click on "Create Account", follow the prompts to add your email and password.



STEP 1

STEP 2

Add your Child as a "Student", and make sure that you select your school and classroom details.



STEP 2a



STEP 2b

STEP 3

Select "Top Up" to add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.



STEP 3a



STEP 3b

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

BARDIA PUBLIC SCHOOL - UNIFORM PRICE LIST.

Macdonald Road

Bardia, NSW, 2565 Phone : 9605 2459

Email : bardia-p.school@det.nsw.edu.au

Website : www.bardia-p.schools.nsw.edu.au

Available from the school (Mondays 8.30 - 9.30am) and at our retail shop in Ingleburn.

Proudly supplied by :

SKOOL UNIFORMS PTY LTD

Shop 45A Oxford Road, Ingleburn, 2565

Phone : 9829-1027

Email : skooluniforms168@gmail.com

Prices effective 1/1/2019 inclusive of GST.

GIRLS UNIFORM	SIZES	PRICE
Dress	5, 6, 8, 10, 12, 14 and 16	\$62.00
Polo Shirt with Logo	5, 6, 8, 10, 12, 14 and 16	\$29.00
Jazz Pants	5, 6, 8, 10, 12, 14 and 16	\$26.00
Skort	5, 6, 8, 10, 12, 14 and 16	\$24.00
Navy Tights	4 to 6, 6 to 8, 8 to 10, 10 to 12, Ladies 2 to 8	\$10.00
BOYS UNIFORM		
Polo Shirt with Logo	5, 6, 8, 10, 12, 14 and 16	\$29.00
Microfibre Shorts	5, 6, 8, 10, 12, 14 and 16	\$20.00
UNISEX UNIFORM		
Polar Fleecy Jumper with Logo	5, 6, 8, 10, 12, 14 and 16	\$34.50
Bomber Jacket with Logo	5, 6, 8, 10, 12, 14 and 16	\$44.00
Fleecy T/Pants with Cuffs	5, 6, 8, 10, 12, 14 and 16	\$23.00
Bucket Hat with Logo	S (55cm)/M (57cm)/L (59cm)	\$14.50
Sport Socks	S (9 to 2)/M (2 to 7)/L (7 to 12)	\$10.50
White Socks	9 to 12, 13 to 3, 2 to 8	\$3.80
PAYMENT BY CASH, EFTPOS, CREDIT CARD (VISA / MASTERCARD) AND INTERNET (EFT) AVAILABLE.		
Account name : Skool Uniforms	BSB : 062185	Account number : 498172378
Reference is BPS plus childs name and surname.		V2

Book Club LOOP

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order
using your credit card. If your school is not yet in the **LOOP**,
speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

LOOKING FOR MORE PRODUCT INFORMATION?

7

Item No.

FIND



- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.

- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**



Dear Parents,

We are participating in Redgum Book Club this term and the flyer has been sent home with your child. Every order will earn resources and books for our school.

The Redgum Book Club catalogue is now all online. The online catalogue will continue to be packed with quality books and educational game options (from international and local publishers), bestsellers and gold coin options. Please open the link to view the current catalogue.

Redgum Book Club Term 4

Books start from \$2 with hundreds more titles on their website. www.redgumbookclub.com.au

The catalogue is now open and closes on the 4th November. Orders will be delivered to the school by 22nd November.

New Release titles in the current catalogue include:

- **Frozen II** – The ultimate companion to Disney's highly anticipated second instalment of the Oscar winning film, Frozen. Due for release in December [Frozen II](#)
- **Definitely Do Not Open This Book** – From Australian Author, Andy Lee, this fun story will delight children and adults alike [Definitely Do Not Open This Book](#)
- **The Pug Who Wanted To Be A Reindeer** - A festive adventure starring a loveable little pug with a heart of gold [The Pug Who Wanted To Be A Reindeer](#)
- **Diary Of A Wimpy Kid: Wrecking Ball** - Book 14 of the Diary of a Wimpy Kid series, from international bestselling author, Jeff Kinney [Diary Of A Wimpy Kid: Wrecking Ball](#)
- **Minecraft Annual 2020** - A look back at the excitements, surprises and new potential for fun and creativity that came about in Minecraft's tenth year [Minecraft Annual 2020](#)
- **The Monster Who Wasn't** – From Australian Author, T C Shelley, comes a brilliantly rich fantasy adventure that will make us all believe in monsters - be they good, bad or somewhere in between [The Monster Who Wasn't](#)
- **Eddie Woo's Magical Maths** – Australian Author, Eddie Woo's bumper book of maths fun, stuffed with things to draw, puzzle, invent, order, unscramble and code. [Eddie Woo's Magical Maths](#)

How to place an order:

- Order online and pay by credit card www.redgumbookclub.com.au
- Email orders@redgumbookclub.com.au

If you have any questions, email Lesley on schools@redgumbookclub.com.au



National Recycling Week Program



Service Name	Date	Theme
NSW Bardia Public School	11 th – 15 th November 2019	National Recycling Week

EXPERIENCES

	Monday	Tuesday	Wednesday	Thursday	Friday
Planned activity 1	Use recycled newspapers to make hats.	Plastic recycled plant pots to display or take home.	Paper Towel Seed Germination	Recycled Felt Pen Painting	Recycled robot using collected recycled materials.
Planned activity 2	Bottle Lid Stamps	Paper Roll Flowers	Paint using recyclable materials.	Make a Happy Chappy Suggestion Box.	Water Bottle Flowers
Planned activity 3	Make Mini Guitars using recycled materials.	Construction Corner/ Lego recycling factory challenge.	Discuss food waste and what we can do with leftover food.	Magazine and Newspaper Flower Garden	Recycled Crayons Experience
Yarning Circle	Discuss with children their knowledge of Recycling. Create a display – adding the children's thoughts each day.				
Weekly Specials	Create a recycle, waste and garden display using tissue boxes.	Cooking Experience: Banana Bread	Music Time Games/ Musical Status and Musical Chairs	Explore the process of recycling water.	Discuss and explore recycling in other countries.
Extension					
Child initiated					

To book, visit www.campaustralia.com.au or call 1300 105 343

National Recycling Week Program



Service Name	Date	Theme
NSW Bardia Public School	11 th – 15 th November 2019	National Recycling Week

ZONES

Chillout Zone Resting mat for reading and relaxing time.	Mindfulness Yoga Slow Movement Dance	Homework Club Children are encouraged to do their homework and educators help kindergarten students with home reader.	Crafty Collection Collected recycled materials from children's homes will be used for endless creative possibilities.
Games Central Bingo Monopoly Connect 4 Guess Who I Am UNO cards	Nature's Way Collect some dry leaves from the garden, pebbles and sand for planting activities.	Sports Box Handball Cricket Soccer Tip Basketball	Construction City Lego Zoob Connectors Coloured shapes Wooden blocks Foam blocks

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Weet-Bix Oats Corn flakes Rice bubbles Toast & spreads	Breakfast: Weet-Bix Oats Corn flakes Rice bubbles Toast & spreads Pancakes	Breakfast: Weet-Bix Oats Corn flakes Rice bubbles Toast & spreads Anzac Biscuits	Breakfast: Weet-Bix Oats Corn flakes Rice bubbles Toast & spreads French Toast	Breakfast: Weet-Bix Oats Corn flakes Rice bubbles Toast & spreads
Afternoon Tea: Mixed fruit and veggies platter, Sandwiches with spreads, crackers and salsa, Pizza	Afternoon Tea: Mixed fruit and veggies platter, Sandwiches with spreads, noodles, baked beans	Afternoon Tea: Mixed fruit and veggies platter, Sandwiches with spreads Mexican mix	Afternoon Tea: Mixed fruit and veggies platter, Sandwiches with spreads, noodles, baked beans	Afternoon Tea: Mixed fruit and veggies platter, Sandwiches with spreads, Fruit kebabs
Late snack: Milo and Leftover fruits	Late snack: Sultana with dry apricots	Late snack: Left over fruits and Bill's balls	Late snack: Milo with left over fruits	Late snack: Popcorn

To book, visit www.campaustralia.com.au or call 1300 105 343

BOOK NOW!!!

2-DAY MEGA CAMP

OCTOBER 2019

Find us on Facebook



Motiv8sports Macarthur

Get mega motiv8ed!

FREE jersey for all new campers!

Campers who attend Mega Camp will compete for the EAST SIDE ALL STARS, WEST SIDE ROLLERS, SOUTH SIDE SONICS & NORTH SIDE COMMANDO'S – earning points over the 2 days to be crowned Mega Camp champions. With our trademark array of non-contact sports and team building challenges, this is sure to be the best two days of your holidays. Mega Camp is only held once a year giving campers a chance to participate in 12 of our hybrid sports and 12 special All-Star Showdowns.

Pizza Day 2

Ash 0409 115 515

Ben 0421 432 410



motiv8sports

At TWO locations near YOU!

BOOK NOW

MOTIV8SPORTS.COM.AU

macarthur@motiv8sports.com.au

**Macarthur Adventist AND
St Gregory's**



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146

