Celebrating Learning
Redhead Public School Strategic Directions 2016

1. Quality student learning
2. Quality teaching and leadership
3. Developing community learning partnerships

“Redhead Public School has innovative programs which meet our students’ aspirations and interests”

Principal Awards

Congratulations to Phoenix, Lars and Cameron who were awarded Principals’ Awards this week.

Merit Awards

Congratulations to our Merit Award recipients from Week 10. Please see the back of the newsletter for more details.

Voluntary Contributions

Thank you to those families who have already paid their voluntary contributions for 2016. These funds are utilised to provide “extras” for our students.

Congratulations to the Hatcher, Hallin and Regan families who were our winners of the $50 Charlestown Square vouchers which were kindly donated by our P & C Association.

Representing Our School

Year 5 ANZAC Writing Competition Winner

On Friday at our school’s ANZAC day service Emily will share her award winning essay.
She will also read her essay at the Redhead Community ANZAC Day ceremony on ANZAC day.

Every Face has a Place
PSSA Netball

Last Friday, Dakota and Reynah represented our school at the regional netball trials. Reynah qualified for the possible and probable list, trialling again on Tuesday. Reynah had a stellar trial and made it through to the Hunter Regional team. She will be travelling to Wagga to play in July. Congratulations Reynah!

Hunter Hockey Trials

On Friday 8 April Jacob, Scarlett, Max and Cooper will trial for the Hunter Hockey team at Newcastle Hockey centre. Good luck!

Hunter Boys Soccer Trials

On Friday 8 April James, Harry and Ethan will attend the Hunter boys’ soccer trials at Mayfield. It is fantastic to have three Redhead Public School students trialling at such a high level of competition. Good luck boys!

Redhead Public School Netball Team

Our team played Wirripang Public School on Tuesday. The girls played a sensational game with strong attack and defence. We were victorious, winning 35-0. The girls represented their school proudly and were humble and supportive towards their opposition. Thank you to our parents and community members who supported our team and assisted with umpiring and scoring. Ms Vaughan and Mrs McDonald.

School Cross Country Carnival

Friday 29 April - School Oval – 9:20am

Just a reminder that students from year 2-6 will compete in our annual cross country carnival on Friday 29 April on our School oval. The carnival will begin at approximately 9:20am. All students will need a water bottle, fruit for fruit break, hats and appropriate sports uniforms. Please ensure asthma plans are up to date prior to this event for appropriate risk management.

We do require parents/carers to assist with track supervision throughout the morning. If you can help please inform the office, Mr Finlay or a member of the sports committee (track supervisors may wish to bring a chair, hat and water).

To assist with the smooth flow of the carnival, once the first six place getters have crossed the line, that race will be declared finished. Only first place will be timed for championship data.

A special cross country meal deal will be available to all students on Friday 29 April. The canteen will be open for normal recess orders but only offering the meal deal for lunch.

A coffee van will be on site from approximately 10:15am.

The K-1 infants cross country carnival will be held on the 13 May in the middle session. Parents are welcome to attend. This is always a fun event where our infant students get a chance to run around the BIG track. Mr Finlay

Cricket

We will be playing Warner’s Bay Public School on the 3 or 4 May, which will fall in Week 2 of Term 2. A permission note will go out to all boys selected to play. To minimise costs, parental support with transport to and from Seaman Oval in Warners Bay is essential. Keep your eye in over the holidays and be ready for training when you get back. Mr McGill

“Our school prides itself in assisting our students to develop their individual character, social responsibility and respect.”

Every Face has a Place
Last Friday, our new 2016 choir sang at Friday's assembly. We performed two songs 'Funky Town' and 'California Dreaming'. I was very pleased with the choir having performed a different song only the previous week at Grandfriends' Day, and then learning two different songs for this assembly. I am especially pleased with how all the new Year 3 girls have learnt how to perform for an audience and I am sure this is due to the wonderful example set from the older girls. I am looking forward to teaching the choir more new songs throughout this year. Any other children that would like to join the choir in Term 2 would be most welcome. If so, they may come and see me at school.

There will not be an assembly this week as we are holding our ANZAC service in the morning.

Our first assembly for Term 2 will be May 6 commencing at 2:15pm. Our class item will be shared by Iota 5/6.

Kidsmatter – Every Face Has a Place

Anxiety is normal and part of everyday life. There is no better time than in childhood for learning how to cope with anxiety.

On the back page of our newsletter are some handy hints for parents/carers to assist their children to acquire this skill.

Included in this newsletter is information from our P & C who are organising an “Inter-relate” night on 3 May in our library. Please consider this event.

Can you help us?
When we return after holidays the weather will be cooler. It is also the time for colds. It would be appreciated if people could donate a box of tissues or a bottle of hand sanitiser for their classroom.

Combined ANZAC service
Stage 3 students were fortunate enough to be part of the Combined ANZAC service at the Civic Theatre today. It was a moving ceremony. The service gave students a greater understanding of the ANZAC tradition. Our students were wonderfully behaved and represented their school with pride.

Redhead Public School ANZAC Service
Our school ANZAC service will be held on Friday 8 April at 9:30am under our school COLA, weather permitting. Brendon Bailey from the Defence Force will be attending the ceremony to speak to the students. Students will be asked to bring a flower on the morning of the ceremony to lay upon our ANZAC letters. Please separate flowers out so they can be easily shared amongst the students.

Primary students can wear their sports uniforms. Captains and School councillors will need to wear full school uniform and bring their sports uniforms.

Theta Walking Excursion
On Monday Theta went for a history walk as a part of their unit exploring the history of Redhead. We visited the site of the Lambton B Colliery (now the Mens' Shed) and followed the old coal railway to the Redhead Station. It was fascinating viewing video footage of the mine and railway in operation and listening to Ray share his stories as a miner. A special thank you to Ian York and the men at the Mens' Shed. It was a fantastic morning.

Stage 2 Camp at Glenrock
Our bi-annual camp to Glenrock is currently being organised. Notes and money need to be returned to school before Friday 13 May. It is important that notes are received by this date to allow for
risk assessments to be developed and approved and for general camp organisation.

A parent information session will be held closer to the event. We have had a lot of offers of assistance for food preparation. I will contact people with a roster in the new term. Thank you for all the offers of help. It is wonderful to have a community that is supportive of school.

Stage 3 Camp to Canberra
Thank you to everyone who has returned their permission note.

We are happy to accept weekly part payments to assist families with the cost of this excursion.

Interrelate – Years 3 to 6
On Tuesday 3 May from 6:00pm Interrelate will be running a family evening program for Years 3 to 6. There will be two sessions:

- Session one – Where Did I Come From 6:00-7:00pm (Years 3,4,5,& 6)
- Session two – Preparing for Puberty 7:15-8:15pm (Years 5 & 6) (Years 3 & 4 at parent’s discretion)

Cost is $27.50 per family to attend one session or $33 per family to attend two sessions. Please use the booking form attached to this newsletter to secure your place.

Year 5 2017 Opportunity Placement
If you would like to have your child considered for Year 5 opportunity class entry in 2017, you need to apply soon. You will need to apply on the internet using a valid email address (not the student’s email address).

Applications for opportunity class placement are considered mainly on the basis of the Opportunity Class Placement Test results and school assessment scores. The Opportunity Class Placement Test will be held on Wednesday 27 July 2016.

Detailed instructions on how to apply online will be available from 26 April 2016 in a printed application booklet and at www.schools.nsw.edu.au/ocplacement.

The application website opens on 26 April 2016 and closes on 13 May 2016. No late applications will be accepted.

Band News
What a great term of band we have had. Each and every player has made vast improvements on their instruments and are continually coming together as a band. There will be no band this Friday as preparations for the ANZAC Ceremony will be under way during our normal time. Don’t forget about paying your band fees which help with covering costs such as tutelage and instrument upkeep. I look forward to another musical extravaganza next term.

To assist in the implementation of our new system, we are going to trial producing our newsletters every two weeks. The dates for release during term 2 will be 5 May, 19 May, 2 June, 16 June and 30 June.

End of Term 1 – Thank You
This term has been a very busy term with many events and activities for our students. Thank you to our school community for their support throughout this term. This partnership has made it a great term for our school.

Some of the events included:-
- Swimming Carnival
- Sing Out Loud
- Class Information Sessions
- Swans AFL Visit
- Premier’s Debating Workshop
- Welcome to Redhead Public School Picnic
- Sustainable Social Skills Program
- PSSA Tennis, Cricket, AFL, Netball, Rugby League, Soccer Trials
- Zone Swimming
- Grandfriend’s Day
- Writing Enrichment Program
- Easter Hat Parade
- ANZAC Services
- PSSA Cricket and Netball games
- Premier’s Reading Challenge
- ANZAC Day Essay Competition
- Homework Club
- Harmony Day School Disco

Every Face has a Place
• Cleanup Australia Day
• Robotics and Cool Coding Group
• Starstruck
• Theta Walking Excursion

Thank you to our great staff for their dedication in ensuring that these activities were available for our students.

Maths Trivia Question
“How could we obtain the number 32 using our human body?”

Congratulations to our winner – Cooper Ross for his correct answer – there are 32 adult teeth.

Library News
Primary students have been honing their research skills in library this week as we use inquiry questions to guide our research. They have been finding and selecting reputable websites and collecting and refining information. With the masses of information online it is now important for students to learn how to filter this information, take notes and to avoid being distracted by internet noise.

Students will be finishing and sharing their digital presentations next term as we turn our research notes into completed projects.

P & C News
P & C meeting was a great success. Thank you to everyone who attended and we encourage all parents to come along to our friendly, relaxed and positive meetings in the future.

• President, Secretary & Treasurer positions have been filled:
  Dianna King (President)
  Dianna has 3 children, Charlie who is in year 2, Lucy who is in Kindergarten and Ella who is 3 years old.

  Louise Morgan (Secretary)
  Louise has 3 children, Lachlan who is in year 2, Sophia and Olivia who are 1 ½ years old.

  Amber Jones (Treasurer)
  Amber has 2 children, Alex who is in year 1 and Eamon who is 3 years old

  The P & C are starting a fundraising group, our first meeting will be held at the Redhead bowling club Thursday 28 April 7pm. Our fundraising goal is to cover the costs of air conditioning units which are over ten years old.

• The P & C are holding an information night with Interrelate. Tuesday 3 May 2016 in the school library. There are two sessions: session 1 ‘Where Do I Come From?’ (Years 3-6) & Session 2 ‘Preparing for Puberty’ (Years 5-6)

• Flu season starting: We are asking for families to bring in some hand sanitiser, wipes and tissues.

• We would like to thank Mrs Kylie Tayler for her hard work in the canteen and great success on the hot cross bun day. Families are now able to order pies and sausage rolls on Wednesday, Thursday and Fridays and remember you can order online as this saves you looking for change and the order forms arrive to the canteen by 8:45am which gives the volunteers more time to prepare.

Entertainment Book
Our online order page is now active and ready to take book and digital orders for the new Entertainment™ memberships at https://www.entertainmentbook.com.au/orderbooks/3u4669

$12 from every book sold comes straight back to the school to be used for resources for our children. If you have friends and family that you think would like to place an order please forward these details on.

Thank you for your continued support in this great fundraising effort. Amanda

Uniform Shop News
The uniform shop is open each Wednesday morning 8:45am – 9:15am. For access outside of this time contact Tracey 0408 460 737 or Jan 0438 448 703.

Canteen News
Thanks to all our fabulous helpers for another successful term. Please note that a new menu has been created for Term 2. A copy will be sent home today. There are several new items available on the menu including fresh pumpkin soup on Wednesdays and warm Milo at recess (must be pre-ordered).

Don't forget Cross Country orders. It would be appreciated if you could get them in this week. Last date of acceptance will be Wednesday 27
April, which is the first day of Term 2. The canteen will be open for normal recess orders, but only the cross country lunch pack will be available at lunch time.

Sushi days will be held monthly next term, on Thursday 12 May and Thursday 9 June. You will be able to order online or by using the form that will go out in Week 2’s newsletter.

Please consider signing up to online ordering at ouronlinecanteen.com.au. We currently have a discounted items section, where we are selling off items cheaply that have been removed from the Term 1 menu. There will also be regular specials on the online site for seasonal foods. We encourage parents to join ouronlinecanteen.com.au, as it saves volunteers a lot of time counting money, deciphering handwriting and chasing up missing orders, especially on busy days.

We always welcome new volunteers. Please contact Kylie Tayler on 0414636261 if you are interested, or join our Facebook page - Redhead P & C Canteen.

### Canteen Roster Term 2

**Weeks 1 - 4**

<table>
<thead>
<tr>
<th>Date</th>
<th>Dayle Cummings</th>
<th>Brooke Gillett</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday 27 April</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Thursday 28 April</strong></td>
<td>Joanne Dunkin</td>
<td></td>
</tr>
<tr>
<td><strong>Friday 29 April</strong></td>
<td>Kyle Tayler</td>
<td>Janie McLachlan</td>
</tr>
<tr>
<td><strong>Cross Country</strong></td>
<td></td>
<td>Kellie Booth</td>
</tr>
<tr>
<td><strong>HELP NEEDED THROUGHOUT THE DAY FOR SHORT PERIODS</strong></td>
<td>Kylie Tayler</td>
<td>Cheryl Davico</td>
</tr>
<tr>
<td><strong>Wednesday 4 May</strong></td>
<td>Helen Clare</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday 5 May</strong></td>
<td>Sandra Hatcher</td>
<td></td>
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<tr>
<td><strong>Friday 6 May</strong></td>
<td>Jodie Hadden</td>
<td>Catherine Peek</td>
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<tr>
<td><strong>Wednesday 11 May</strong></td>
<td>Rochelle Potts and mum</td>
<td></td>
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<tr>
<td><strong>Thursday 12 May</strong></td>
<td>Kylie Tayler</td>
<td>Cheryl Davico</td>
</tr>
<tr>
<td><strong>Friday 13 May</strong></td>
<td>Kellie Booth</td>
<td>Mel Box</td>
</tr>
<tr>
<td><strong>Wednesday 18 May</strong></td>
<td>Dayle Cummings</td>
<td>Brooke Gillett</td>
</tr>
<tr>
<td><strong>Thursday 19 May</strong></td>
<td>Kylie Amos</td>
<td></td>
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<tr>
<td><strong>Friday 20 May</strong></td>
<td>Janie McLachlan</td>
<td>Mel Lambert</td>
</tr>
</tbody>
</table>

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### Important Dates and Reminders

<table>
<thead>
<tr>
<th>Date</th>
<th>Who</th>
<th>What</th>
<th>Note</th>
<th>Note/Money Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 April</td>
<td>All School</td>
<td>ANZAC Assembly</td>
<td></td>
<td></td>
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<tr>
<td>8 April</td>
<td>All School</td>
<td>Last Day for Term 1</td>
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<tr>
<td>27 April</td>
<td>All School</td>
<td>First Day for Term 2</td>
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<tr>
<td>29 April</td>
<td>Years 3 and 5</td>
<td>Years 2-6 School Cross Country</td>
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<td></td>
<td></td>
<td>NAPLAN</td>
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<tr>
<td>13 May</td>
<td>K-1</td>
<td>K-1 Cross Country</td>
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<tr>
<td>19 May</td>
<td></td>
<td>Zone Cross Country</td>
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<tr>
<td>1 July</td>
<td></td>
<td>Athletics Carnival and last day for Term 2</td>
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<tr>
<td>29 July</td>
<td></td>
<td>Athletics Carnival back up day</td>
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Please Note: No payment will be accepted after the due date unless prior arrangements are made with the office. If you have not received a note for any activity these are available from the office or the school website.

All notes and money must be returned to the office box in an envelope with your child’s name, class and activity.
# Class Merit Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sigma</strong></td>
<td>Maddison Box</td>
<td>Excellent homework and home reading</td>
</tr>
<tr>
<td></td>
<td>Amelia Bowron</td>
<td>Enthusiastic participation in drama</td>
</tr>
<tr>
<td></td>
<td>Lachlan Macadam</td>
<td>Interesting ideas to share in class</td>
</tr>
<tr>
<td><strong>Omega</strong></td>
<td>Dustin Campbell</td>
<td>Improved concentration in phonics</td>
</tr>
<tr>
<td></td>
<td>Harper Smith</td>
<td>Great oral reading</td>
</tr>
<tr>
<td></td>
<td>Amelia Phillips</td>
<td>Fabulous effort in handwriting</td>
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<tr>
<td><strong>Chi</strong></td>
<td>Eva Potts</td>
<td>Working hard to improve in mathematics</td>
</tr>
<tr>
<td></td>
<td>Josie Snowden</td>
<td>Being a super star of the week</td>
</tr>
<tr>
<td></td>
<td>Ronan Holland</td>
<td>Being a wonderful star of the week</td>
</tr>
<tr>
<td><strong>Phi</strong></td>
<td>Lachlan Hawting</td>
<td>Outstanding homework</td>
</tr>
<tr>
<td></td>
<td>Audrey Maxfield</td>
<td>Wonderful helper in the classroom</td>
</tr>
<tr>
<td></td>
<td>Amelia Linnert</td>
<td>Excellent homework</td>
</tr>
<tr>
<td><strong>Kappa</strong></td>
<td>Stella Piggott</td>
<td>Fabulous imaginative text writing</td>
</tr>
<tr>
<td></td>
<td>Ruby Anderson</td>
<td>Using compound and complex sentences in recount writing</td>
</tr>
<tr>
<td></td>
<td>Charlie King</td>
<td>Trying really hard to complete work in a set time</td>
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<tr>
<td><strong>Epsilon</strong></td>
<td>Ethan Holland</td>
<td>Trying hard with his phonics</td>
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<tr>
<td></td>
<td>Samuel Lloyd</td>
<td>Writing an excellent poem</td>
</tr>
<tr>
<td></td>
<td>Jasmine Troke</td>
<td>Writing a super recount</td>
</tr>
<tr>
<td><strong>Alpha</strong></td>
<td>Jemima Mason</td>
<td>Lovely bookwork</td>
</tr>
<tr>
<td></td>
<td>Phoenix Kennedy</td>
<td>Improved handwriting</td>
</tr>
<tr>
<td></td>
<td>Cameron Hargrave</td>
<td>Amazing pencil drawings in art</td>
</tr>
<tr>
<td><strong>Delta</strong></td>
<td>Eli Kidd</td>
<td>Confident, creative and cooperative participation in visual arts</td>
</tr>
<tr>
<td></td>
<td>Phoebe Duffy-Smith</td>
<td>Helpfulness and enthusiasm in visual arts</td>
</tr>
<tr>
<td></td>
<td>Makenna Regan</td>
<td>Demonstrating artistic flair and imaginative ideas</td>
</tr>
<tr>
<td><strong>Gamma</strong></td>
<td>Alice Tayler</td>
<td>A mature and sweet class member</td>
</tr>
<tr>
<td></td>
<td>Mitchell Barr</td>
<td>Working hard during maths lessons</td>
</tr>
<tr>
<td></td>
<td>Jesse Roni</td>
<td>Amazing improvement in benchmarking</td>
</tr>
<tr>
<td><strong>Theta</strong></td>
<td>Brooke Hill</td>
<td>Excellent persuasive writing</td>
</tr>
<tr>
<td></td>
<td>Harrison Quinn</td>
<td>Improved focus in class</td>
</tr>
<tr>
<td></td>
<td>Ethan Gilmore</td>
<td>Consistent effort in all areas</td>
</tr>
<tr>
<td><strong>Lambda</strong></td>
<td>Scarlett Mason</td>
<td>Contributing to classroom resources</td>
</tr>
<tr>
<td></td>
<td>Dakoda Kerr</td>
<td>Working hard on maths problems</td>
</tr>
<tr>
<td></td>
<td>William Watts</td>
<td>Working hard during research tasks</td>
</tr>
<tr>
<td><strong>Iota</strong></td>
<td>Lucy Scobell</td>
<td>Amazing dance performance</td>
</tr>
<tr>
<td></td>
<td>Jazmin Ledbury</td>
<td>Narrative writing skills</td>
</tr>
<tr>
<td></td>
<td>Lucy Hadden</td>
<td>Reading accuracy and comprehension</td>
</tr>
<tr>
<td><strong>Library</strong></td>
<td>Lars Bergman</td>
<td>Building an amazing engineering project</td>
</tr>
<tr>
<td></td>
<td>Joel Younger</td>
<td>Working hard in P.E</td>
</tr>
<tr>
<td></td>
<td>Phoenix Kennedy</td>
<td>Excellence in physical education</td>
</tr>
<tr>
<td></td>
<td>Rowan Lovelock</td>
<td>Building an amazing engineering project</td>
</tr>
</tbody>
</table>
Easing children’s anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm
Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

CALM is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

ACCEPT your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

CHALLENGE the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan
ENCOURAGE your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.
When kids ask “the” questions...
Interrelate has the answers!

Interrelate's high-quality Sexuality and Relationship Education program is coming to your school!
With over 85 years' experience in this field, Interrelate has a reputation for providing excellence in sexuality and relationship education. Today, over 49,000 students and family members participate in Interrelate School and Family programs each year.

Many parents find it hard to discuss questions relating to sexuality education. *We know how to help break the ice.* Interrelate programs are interactive and family focused, and are conducted by highly trained and experienced educators, who adhere to a strict code of ethics.

**Session 1: Where did I come from?** (1 hour session – Years 3-6)
This session educates children more about how their bodies work and the differences between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

**Session 2: Preparing for puberty** (1 hour session – Years 5-6; Years 3-4 at parent’s discretion)
This session prepares children and parents/caregivers for the physical, social and emotional changes associated with puberty, and addresses changing emotions and relationships with families and peers.

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**Interrelate School Services Presents**

*a Special Evening Program*

**Family cost:** 1 session $27.50 per family  |  2 sessions $33 per family

**Where:** REDHEAD PUBLIC SCHOOL

**When:** Tuesday, 3rd May 2016

**Time:** Where did I come from? – 6.00pm sharp  |  Preparing for puberty – 7.15pm

*Specialty books are available for purchase on the night*

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*Please complete and return to the school office, with payment in an envelope labelled with child’s name and class*

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**A Special Evening Program**

Name of family: ---------------------------------------------------------------

No. attending:  □  Session 1: Where did I come from?  □  Session 2: Preparing for puberty

Amount enclosed: $ ____________________________

I have made an online payment through my school. My receipt no is: ---------------------------

OR  □  Cash  □  Cheque (payable to the school)
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Cynthia Culhane your local Saver Plus Worker:
(02) 4032 4703 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Newcastle by The Smith Family. The program is funded by ANZ and the Australian Government.

The simplest way

Did you know?
Our faces are exposed to ultraviolet (UV) radiation every day of the year. Wearing the right hat can protect skin from damage and reduce by 50% the amount of UV radiation reaching our eyes.

Choosing the right hat
The right hat will protect your face, head and ears and the back of the neck. Make sure it has: a broad brim to shade the whole face; close-weave fabric; a dark lining to reduce UV reflection; good ventilation; and is not a safety risk (i.e. with cords or toggles that may get caught during physical activity).

Sun-safe hats:
✓ Broad-brimmed hat: brims should be at least 7.5cm for adults and 6cm for children.
✓ Bucket hat: should have a deep crown and sit low on the head.
✓ Legionnaire-style hat: should have a flap that covers the back of the neck.

Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and therefore are not recommended.

To help keep your kids safe in the sun, check your school's SunSmart status by heading to www.sunsmartnsw.com.au