



### **Ironbark Ridge PS**

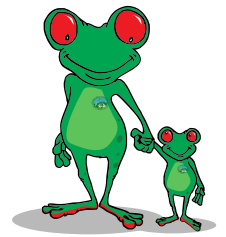
Cnr. Ironbark Ridge Road and Withers Road, Rouse Hill, 2155

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Webpage: [www.ironbarkrg-p.schools.nsw.edu.au](http://www.ironbarkrg-p.schools.nsw.edu.au)

*Nurturing personal growth through inspired learning...*



# **Newsletter 2016**

**Term 2      Week 5      27<sup>th</sup> May, 2016**

***Be Safe, Be Responsible, Be Respectful***

## **DATES FOR THE DIARY**

30<sup>th</sup> May – Stage 3 Multicultural Speaking Final

JUNE

1<sup>st</sup> – ICAS Science, Pulse Rehearsal, STAR Award Assembly      2<sup>nd</sup> – Stage 2 Multicultural Speaking Final

3<sup>rd</sup> – PSSA – Round 5, Ridges Cross Country Back up      6<sup>th</sup> – CARES Excursion 3/4C

8<sup>th</sup> – STAR Award Assembly      10<sup>th</sup> – PSSA – Round 6

*\*\* Subscribe to our new 'Ironbark Ridge – Events' Google calendar (see the app or the school website)*

## **RELIEVING PRINCIPAL'S REPORT**



### **Mr Thomson's Travel Update**

As you know, Mr Thomson is now halfway through his trip of a lifetime driving across Australia. He and his family have made it safely to Broome, where they will base themselves for a few days, before exploring The Kimberley next week. They have visited deserts, gorges, ranges, swam in oceans and rivers, and fed dolphins. We look forward to hearing the stories he is bound to bring back!

### **Ironbark's Talented Students**

It has certainly been a busy but very productive fortnight at Ironbark Ridge Public School. We have experienced successes in local chess and debating competitions, our choirs are fine tuning their preparations for their upcoming festivals, our public speakers are honing their skills for the Multicultural Perspectives Public Speaking Competition, and our dance groups have begun serious rehearsals. All these activities are 'extra' to the normal curriculum and are examples of the outstanding opportunities afforded to our students at IRPS. Thank you to our parents and teachers for supporting these events, and allowing our students' talents to shine.

As I'm writing this, our Cross Country runners are warming up to represent our school at the Zone Carnival today. Good luck to them all and thank you to Mrs Walker and Mrs Nahirny for their organisation of this event.

I have had a wonderful response to the request for students displaying talents and achievements outside of school.

Congratulations to Ray (5H - pictured) who has been selected to represent NSW in the U13 table tennis team at the Junior Nationals in July. He has also won U11 titles at the two most recent NSW state table tennis tournaments.

Amelie (5H) won her first two figure skating competitions this year: Penrith Ice Palace Trophy and Sydney Figure Skating Club's Trophy Night at Canterbury. Well done Amelie, we are proud of you!

Jay (5/6T) has been selected in the Sydney West Boys Touch Team, which will compete at the NSW PSSA Boys Touch Carnival in July. Congratulations Jay on this remarkable achievement.



**Ray receiving his medal**

### **Debating Team Successes**

Congratulations to our two debating teams. They are participating in the Blacktown Debating Competition, led ably by Ms Antoniazzi and Mrs Barton. Yesterday, both teams debated the topic 'Pets Teach Us Responsibility', but on opposing sides, each against a different school. Our negative team won against Rouse Hill PS, but our affirmative team was narrowly beaten by Caddies Creek PS. Both teams are displaying a marked improvement in their skills, with excellent teamlines and rebuttals being mentioned by the adjudicators of each debate. Well done to Jacob, Amithi, Stephanie, Sussana, Darshanik, Trinica, Arden, Halle, Megan, Yash, Owen and Ray.

### **Reconciliation Week**

Each year Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. It is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation journey. Reconciliation Week has a different theme each year. This year it is '*Our History, Our Story, Our Future*'. Every class at Ironbark Ridge has completed History units of work this semester, with many focusing on the history of Australia and our shared heritage with Indigenous Australians.

### **Illness**

As we approach the winter months of the year, students, staff and parents alike will be prone to colds and flu. We have had a significant increase in the number of students coming down to sick bay very unwell over the last 2 weeks. We acknowledge that at times it is difficult to take time off work to look after a sick child; however if your child is sick, we do ask that you try to keep your child at home. This allows children time to recover from their illness, and helps to stop the spread of illness to other children and teachers.

### **Election Day Fundraising**

The Federal Election will take place on 2<sup>nd</sup> July 2016. The students and families attending our China excursion will be organising the all-important Election Day BBQ and cake stall to raise funds for their trip in October. Many thanks to the P&C for their support and for allowing us to 'take over' these stalls.

### **Would you like to work on Election Day?**

If you are interested in working as a polling official on the day of the Federal Election (2 July 2016), information can be found at [www.aec.gov.au](http://www.aec.gov.au). By following the links, you will be able to make your application online.

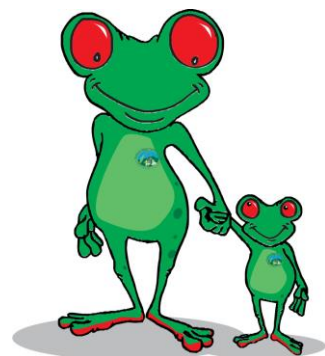
### **Drop off and Pick up – Keep Our Children Safe**

**Arrive early – park – and walk your child into school.**

**Arrive early – park – and come into the school to collect your child.**

Kind Regards,

**Kerrie Pho**  
Relieving Principal



# **PARENTING SEMINAR**

## **“Building Resilient Kids”**



You are invited to this special seminar.  
Fostering confidence and optimistic thinking in  
pre-school and primary aged children.

**Presenter: Ruth Fordyce**



**Date:**

**Tuesday 7th June 2016**

**Time: 7.30pm-9pm**

**Location:**

**Ironbark Ridge Public  
School cnr Ironbark  
Ridge Rd & Withers Rd  
Rouse Hill**

Ruth Fordyce is a Registered Psychologist who has many years' experience working with children, adolescents, younger adults and families.

Ruth's specialty areas include, working with children and adolescents to build resilience and deal with issues such as anxiety, bullying, social skills, self esteem, depression, and family dynamics. Ruth currently practices with The Resilience Centre at Epping.

**Donation: \$20 per person or couple**

**Enquiries & RSVP Ph: 8814 5213 Email: [info@rhcbc.com.au](mailto:info@rhcbc.com.au)**

**Presented by Rouse Hill  
Community Baptist Church**  
**[www.rhcbc.org.au](http://www.rhcbc.org.au)**

**Rouse Hill  
COMMUNITY**  
BAPTIST CHURCH  
*Seeing People Transformed Through Faith in Jesus*

# RELIEVING DEPUTY PRINCIPAL'S REPORT

## Cybersafety



The internet is an integral part of young people's lives. At Ironbark Ridge, we encourage and teach our students to navigate the online environment in a responsible and safe manner. Using the internet to search for information can support producing exciting and dynamic learning. However, the ever-changing nature of the internet can pose many challenges. As adults, it is important to understand the world of technology use. While children might seem to be tech savvy, they still need a guiding hand to help make sure their online experience is positive and safe.

Here are some ways to help support:

1. Senior Constable Rob Patterson will present a parent information session on **14<sup>th</sup> June at 7pm**. Please save this date. It will be a highly informative session that is not to be missed. Senior Constable Rob will provide valuable information especially for parents with children in Years 3 to 6 who want to be on Facebook, Twitter, Instagram and other social media sites to connect with their friends. Cybersafety/bullying is the number one non-academic problem that schools and young people experience today. Online behaviour often affects students' self-esteem, learning and relationships. Children are now exposed to images, words and behaviour that is most inappropriate for their age and this can be accessed through the internet, social networking and online gaming. Parents must know how to use technology and should know what to avoid, where to seek help and what their children are doing online. Parents and carers must have at least a basic understanding of social media in order to keep their children safe. Some topics covered will include:

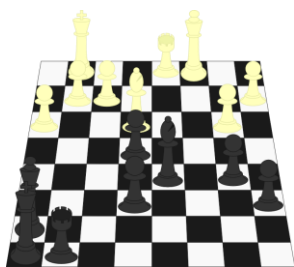
- How to keep children safe online
- The latest social networking sites
- Online gaming
- Cyber bullying
- 'Sexting'
- Cyber luring
- Facebook/ Instagram / KIK/ Snapchat
- Relevant laws and police action



2. How do I stop my child from writing a harmful message in the heat of the moment? First and foremost it is important that discussions and learning include understanding how messages impact on others. A recent option of which we have become aware, is an available tool called 'Reword'. This tool is designed to help prevent abusive online behaviour by identifying insulting statements in real time. What makes Reword so unique is the red line. Similar to a spell checker, the line intuitively strikes through insulting statements, interrupting impulsive behaviour and prompting you to reconsider your words before you post. This tool assists users to understand that words can hurt. Please take a look at the information on the website and consider if it is appropriate for your family.

<https://www.youtube.com/watch?v=FHP1EjXdYrI>

## Our Chess Champions



On Thursday, our amazing chess team attended an interschool championship at Beaumont Hills. A number of local schools competed in this highly contested competition. Winston and Yifu started on boards 1 and 2. (These being at the highest possible starting positions in the competition). As our team played and won, scoring their way to success, others soon noticed. The crowd began to note the dynamic team. The sound of whispers about their skills began to fill the room. Ironbark Ridge was considered a very challenging opponent.

Yifu won every game. By beating the best of the best, he played and landed up in first position. Winston fought a brave battle and, with great courage, was very close in score. He achieved second position overall. Edison and Ethan also received recognition for their skills, placing fifth and sixth. Ironbark Ridge was the team to beat, winning the overall interschool competition. Our boys took home the school trophy. What's next for our chess team? The top three schools will compete in the semi-finals. What an outstanding result, Ironbark Ridge!



## The Ironbark Chess Champions



**Mrs De Jager**  
**Relieving Deputy Principal**

## ADMINISTRATION NEWS



We are now taking enrolments for 2017 Kindergarten local students and for siblings of our non-local students. Please refer to the Enrolment Policy on the website which shows you what documentation is required. We need to sight originals and will photocopy this for you and return the original to you.

**Allison Batten**  
**School Admin Manager**

# Ridgy Didge Awards

## WEEK 4

<b>KB</b>	James, Akana, Chloe
<b>KG</b>	Hantian, Kiana, Aarav
<b>KT</b>	Rylan, Isaac, Gianna
<b>1F</b>	Melinda, Adeel, Jeremy, Gwyneth
<b>1G</b>	Zeke, Addison, Taneisha, Rylan
<b>2A</b>	Ashleigh, Caeden, Amber, Molly
<b>2/3L</b>	Shaan, Stephan
<b>3/4C</b>	Liam, Cameron, Zakariah, Abby, Elvin
<b>3/4M</b>	Dylan, Khematip, Brody, Jorge, Leanne, Hannah
<b>3/4W</b>	Ali, Yug, Zara, Allura, Malachi
<b>5/6A</b>	Lilly, Sophie, Sami, Cooper, Elaine, Cassie, Zeenat
<b>5/6B</b>	Gabi, Keyan, Jose, Zac, Dilan
<b>6S</b>	Muskan, Jacob, Stephanie, Sean
<b>Chinese</b>	2/3 Luxembourg, Kuha – 2/3L
<b>Library</b>	5/6 Argentina, Jack – 5/6A
<b>Art</b>	Harry – 2A, Zoe – 1P, Muskan – 6S, Sean – 6S
<b>Principal</b>	S2 Playground Pals

## WEEK 5

<b>KD</b>	Koloti, Ciara, Elliot, Akshata
<b>KS</b>	Tyler, Henri, Imogen, Leila
<b>1J</b>	Juhi, Cooper, Teegan, Noah, Ruby
<b>1S</b>	Blake, Ashlee, Chase, Shyla
<b>2 I</b>	Jonathon, Coby, Rachelle, Giselle
<b>2P</b>	Lachlan, Ella, Tailor-Jay, Austin
<b>3/4K</b>	Kevin, Charlotte, Daniel, Rachel, Kayvaan
<b>3/4S</b>	Joshua, Alex, Joon, Harry, Christian
<b>4/5M</b>	Nikki, Etjam. :icju. Sasja. Cjar;ptte
<b>5H</b>	Ethan, Ray, Ryan, Shivani, Amelie
<b>5/6J</b>	Olivia, David, Chloe, Edward, Liam, Simone, Alana
<b>5/6T</b>	Bronte, Max, Liam
<b>Art</b>	Bronte, Ella, Lachlan, Lily, Natalie, Charlotte
<b>Chinese</b>	2 Italy, Mia (2I)
<b>Library</b>	1 Spain
<b>Principal</b>	Stage 2 Colonial Day

## KINDY CAPERS



All of our Kindy kids should be very proud of their efforts so far this term, certainly impressing their teachers! Students are working hard to develop their reading and writing skills, as well as developing an understanding of mathematical concepts. A lot of our learning this term is focused around our theme topic of 'Places We Go'. We have been enjoying exploring different places that we visit with friends and family, learning lots along the way!

It has also been great to see the number of students completing their weekly homework. The activities involved are aimed to consolidate learning at school and offer opportunities for extra practice of basic skills and knowledge. It is a great chance to sit down with your children and talk about what they're doing in the classroom and share their understandings with you. They will love being the 'teacher' and sharing their learning with you. Please ensure that homework and home readers are being returned on Thursdays.

Students should all now have their Reading Eggs login. They are encouraged to utilise this fabulous resource whenever possible. Teachers see how much they enjoy using it in the classroom so please keep it up at home! Please also keep practising your child's sight words, both reading automatically and beginning to write them.



Another reminder regarding the contents of lunch boxes is to please ensure that there is no food being brought to school that contains nuts and eggs. We have students with severe allergies and it is essential that these foods are not being sent.

Thank you to all of the parents that have begun volunteering in the Kindy classrooms. The assistance is always appreciated and our students really enjoy having their mum or dad in the classroom too!



At this time of year teachers find lots of jumpers left in their classrooms. Please ensure that all clothing items are clearly labelled so that they can be returned to the correct owner.

Have a great weekend.

**The Early Stage 1 Team**

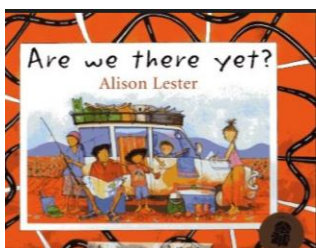
## STAGE 1 SNIPPETS

We are fast approaching the middle of Term 2. Wow, time flies when you're having fun!

Stage One has had a productive and busy two weeks and have enjoyed having the new "Reading Eggs" program. This has been incorporated into both their school and home reading routines. A reminder to keep encouraging your children to use their home readers so that they can continue to earn awards for each reading milestone they achieve. Reading is such an important skill and should be encouraged as much as possible.



On Monday we had a visit from a representative of Rouse Hill Library. She came to discuss 'Frog Club', a Year one reading program for students to take part in. It is a great library program that encourages students to learn more about their local library and what it can provide as well as encouraging them to read. With a reward based system and educational activities it is a great resource opened to year one students to access outside of school.



This semester Stage One has been looking at the concept of journeys. Term one saw us setting personal learning goals within the classroom and this term we have been taken on a journey around Australia through the book "Are we there yet?" by Alison Lester. This book has certainly inspired the little artist within and several classes have created spectacular Uluru art. We really do have some amazing artists in Stage One.

Just a final reminder that during NAIDOC week on Tuesday the 21<sup>st</sup> of June 2016, students who have paid will be participating in the 'Snake Tales' program that promises to be very exciting. We can't wait!

**Stage 1 teachers.**

## STAGE 2 SNIPPETS



The convicts, soldiers and free settlers of Stage 2 had a wonderful time being transported back in time during our Colonial Day on Monday. Students were given the opportunity to interact with characters and experience life in Sydney Town in the early Colony of New South Wales. Students learnt of the hardships faced back in the early colonial days and were even witness to a court trial and flogging of a very naughty convict, complete with the cat 'o nine tails and fake blood! The colonial show provided our students with a rich learning opportunity using authentic equipment, real-life anecdotes, songs and events from Australian history. Special mention to the students (and teachers) who dressed up for the day, you looked fabulous!







Stage 2 students have done a wonderful job presenting their speeches for the Multicultural Perspectives Speaking Competition. Presenting a speech to an audience can be quite daunting and we are proud of our students for doing their best and giving it a go! Congratulations to the following students for being selected as their class representatives. These students will present their speeches to all of Stage 2 and they will also be expected to give an impromptu speech for one minute. Stage 2 class finalists;

3/4K Lily T, Dylan G

3/4W Amudha B, Zainab S,

3/4C Abigail B, Eden M

3/4M Indya W, Ananya

3/4S Emily M, Sienna P

3/4 L Alex H, Jasmine J

5/4M Nikki C, Nicki K

The Stage 2 finals will be held on Tuesday 31<sup>st</sup> May and we wish our finalists well.

Just a reminder, the Science ICAS Test is on this Wednesday 1<sup>st</sup> June. Students sitting this test need to be at school by 7.45am and need a pencil and eraser.

## Stage 2 Teachers

## STAGE 3 SNIPPETS

### Buddies – Stage 3 and now YEAR 4!!!

Our fantastic group of Buddies has increased! Our buddies are doing such a tremendous job that the younger students cannot get enough of them. Due to the demand on Stage 3 students with extra curricula activities available, Year 4 students interested in developing their leadership qualities have joined the buddies. We now have over 150 students giving up one lunchtime a week to mentor, provide learning and help those younger students needing development in social skills or just needing a 'friend' for the day.



The classroom was full of Buddies learning about the changes to the timetable now that Year 4 are joining us!

The Buddies are learning how to work in groups for the benefit of our younger students. They are developing imperative leadership skills for their future.



### Stage 3 Teachers

## KIDZBIZ

We're appealing to our awesome Ironbark community to help us collect items until the end of term....

Our Year 5 students have embarked on an intrepid business venture running over two terms, culminating in a market day in Term 4. Being responsible citizens, they care about the environment and are thus looking for the items listed below in order to make their products. Many are items you would usually toss in the recycling, other are items you may have lying around and find this is an opportunity to declutter. ☺ Items can be delivered to the Stage 3 classrooms.

Thank you for helping us in our quest to be responsible, creative 'manufacturers' !

- Plastic jars (smallish)
- Caps from milk/juice cartons
- Plastic softdrink/water bottles – all sizes
- Cardboard boxes and shoeboxes
- Hangers
- Small plastic sauce containers (take-away ones)
- Plastic plates
- Plastic cups
- Plastic spoons
- Small transparent plastic containers with lids
- String
- Wool
- Pipecleaners
- Over-sized paperclips
- Balloons
- Paddlepop sticks
- Skewers (no sharp ends)
- Googly eyes
- Blank re-writable CDs or DVDs

## Ridges Cross Country

The Ridges Cross Country was held today, Friday, 27<sup>th</sup> May at Paterson's Reserve, Quakers Hill. Mrs Walker is the Ironbark Ridge Team manager, Mrs Pho and Mrs Nahirny also attended as officials. All results and photos will be in our next newsletter.

**Mrs Walker**  
**Team Manager**

## CHINESE

**Nǐmen hǎo! 你们好!**

We will be having a big fundraiser at the end of this term to help support the students travelling to China later this year. We will be having a sausage sizzle and cake stall on the election weekend, 2<sup>nd</sup> July, and we are asking all of our Ironbark families to come and vote here at the school and grab a snack or maybe even lunch. We will be selling sausage sandwiches, bacon and egg rolls, drinks, chips and lots of cakes, cupcakes and toffees.



Please come along and show your support for our students, and please let your friends and neighbours know as well.

**Mrs Przyrembel – Chinese Teacher K-6**

## **Help Wanted!**

We are looking for any Mums and Dads who are good at carpentry and would be willing to give up some of their valuable time to help us make our sets for the school musical this year – The Wizard of Oz. You will need to be handy with a jigsaw and able to help us put together a functional backdrop. If you are interested please contact me via email

[linda.barbaro@det.nsw.edu.au](mailto:linda.barbaro@det.nsw.edu.au)

**Mrs Linda Przyrembel**  
**Backstage Team Co-ordinator.**



## P & C FUNDRAISER

Ready to tantalize your tastebuds?

Together with the TIMBERTOWN PIE company,

It's time for our 2016 **IRONBARK RIDGE PIE DRIVE!**

With 22 varieties to choose from, there is something everyone will enjoy!

**GLUTEN FREE** options available, fresh cooked and freezer friendly, stock your freezer and give yourself a few nights off cooking. **FAMILY** size as well as **INDIVIDUAL** servings available also.

**ORDER FORMS** have been sent home, so tell your family and friends too!

Orders also available on **FLEXISCHOOLS** and **CLOSE** on **JUNE 15th**.

Delivery to school and pick-up will be **THURSDAY, JUNE 30<sup>th</sup>**.





# Eastern Creek Public School

*Proud of our past, focused on our future*

**Celebrating 150 years**



## It's our 150<sup>th</sup> birthday!



Eastern Creek Public School is celebrating 150 years in 2016. If you are an ex-pupil, staff-member or community member (past or present) please register through the school to get emails with up-to-date information as it becomes available. If you know someone who should be informed of these exciting events, encourage them to visit our school Facebook page or contact the school on: (02) 9625 8112 to obtain additional information via email. We hope to reach out to as many 'Eastern Creek Public School Families' as we can.

There are a range of events happening and we would like to invite everyone to come along and help us to celebrate this exciting milestone.

Our celebrations will commence on Saturday 15<sup>th</sup> October. This is the date 150 years to the day, of the official opening of the school in 1866. A community fete is planned for Saturday 15<sup>th</sup> October to begin our week of birthday festivities. We will have rides, entertainment, a BBQ, a display of school memorabilia and a wide range of stalls for you to enjoy. Visit our Facebook page for more details closer to this event.

On Wednesday 19<sup>th</sup> October an official assembly will be held to celebrate our wonderful achievement in Public Education. On this day there will be performances, the opening of the memorial path area, an aerial photo shoot (in the formation of the numbers 150) and the cutting of our birthday cake.

Make sure you have ordered your own paver by the 1st July, 2016 so that you too can be included in our historical path. Attached to this letter is an order form with the details needed to make sure you can have a lasting memory of your time at the school.

The birthday week will continue with an outdoor family movie night on Friday 21st October. Tickets will go on sale prior to the event.

There will also be a Celebration Dinner held on Saturday 22nd October in the Waratah Room at Rooty Hill RSL. This event will be a wonderful time to reconnect with other past pupils and staff, an opportunity to share a trip down memory lane together. Again, more details will be available closer to the date.

We warmly invite everyone to come along and join us in celebrating this exciting milestone. Don't forget to mark it on the calendar, the week beginning 15<sup>th</sup> October, 2016!

Yours sincerely,



# Celebrating 150 years of teaching and learning at EASTERN CREEK PUBLIC SCHOOL In 2016

You are invited to join the celebrations in 2016 and contribute a lasting personalized paver to our memorial path.

The Eastern



Your payment of \$35.00 entitles you to have your name engraved into a paver as a lasting record of your association with Eastern Creek Public School.

The paver will be permanently installed in a memorial path near the original school bell.

Each paver is: 230 x 115 x 40mm and can be engraved with the words of your choice, within the limits set below.

Your payment includes both delivery and installation.

## ENGRAVING DETAILS

Please print clearly in block letters. Each box represents a character (letter, number, punctuation mark or space). Please complete a separate order form for each paver required.

Max 16 characters per line, three lines per brick. (No hand drawings.)

NAME PAVER	LINE 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Simply fill out this form and return along with full payment by cash, cheque, Eftpos details or money order to:

Eastern Creek Public School, 200 Rooty Hill Rd South, EASTERN CREEK NSW 2766

Alternatively call: +612 9625 8112 to make a credit card payment over the phone.

Email: [easterncrk-p.school@det.nsw.edu.au](mailto:easterncrk-p.school@det.nsw.edu.au)

Name:		Phone:	
Street:		Email:	
Suburb:	State:	Post Code:	
Offer closes Term 2, 2016			

Card Number

Expiry Date  /  Type of card (please tick) VISA ☐ Mastercard ☐

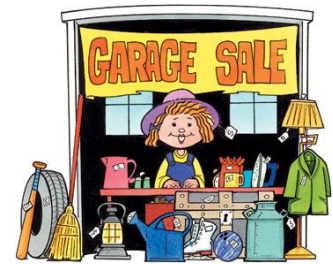
Name on Card

CCV (three digit number on back of card)

Signature:.....Cardholder contact phone number:.....

## WESLEY GIANT GARAGE SALE

Where: **In the Wesley Uniting Church grounds at 32  
Showground Road, Castle Hill.**



Dates/Times: **Friday June 3<sup>rd</sup> 2016** (operating from **8.00am to 1.30pm**) and **Saturday June 4<sup>th</sup> 2016** (also operating from **8.00am to 1.00pm**)

Sale items/Stalls will include Books, Records, CDs, DVDs, Clothing, Electrical, Jewellery, Plants, Toys, Furniture, Manchester, White Elephant, Fine Art and China etc.

We will also be providing refreshments, tea and coffee during sale hours together with a Sausage Sizzle for lunch on both days, and bacon and Egg rolls for breakfast on Saturday morning.

Enjoy the friendly atmosphere, and pick up a bargain (or two) knowing you are helping those families who need our assistance within the Hills area.

 **interrelate**  
relationship experts since 1926



### GRAND OPENING SEMINARS

**Rouse Hill**

To celebrate our official opening, the following seminars are running at our Rouse Hill center:

Seminar Title	Cost	Description	Date & Time
Being a Mum	\$25.00	Will help you become a more mindful parent and build skills to encourage closer relationships with your children.	Friday, 27 May 2016 10:00am - 1:00pm
Bullying Awareness and Cyber Safety Webinars	FREE	From the comfort of your own home, understand more about the nature of bullying and learn practical tips to keep your children safe online.	Tuesday, 31 May 2016 12:00pm - 12:45pm
The Challenge of Disciplining Your Children	\$25.00	An interactive seminar on constructive techniques for disciplining and encouraging your children.	Tuesday, 31 May 2016 6:00pm - 9:00pm
Surviving the Modern Family (with Leanna Hall, Integrative Psychologist)	FREE	This interactive seminar provides practical parenting advice for maintaining healthy relationships, a sense of humor and your sanity.	Friday, 3 June 2016 12:00pm - 2:00pm

**SPONSORED BY THE HILLS SHIRE COUNCIL**



**Bookings Essential - Phone 02 8882 7850**  
Level 2, Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill Town Centre


**About us**

Interrelate is a community based, not-for-profit organisation with a network of centres across metropolitan, regional and rural New South Wales. This year, we celebrate 90 years of delivering relationship education and services to individuals, couples, families, children and schools across NSW.

Each year, we help over 60,000 individuals, couples, families and children to strengthen their relationships.

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