Year 5 Camp

On Thursday 10th and Friday 11th September, Year 5 went to Camp at YMCA Yarramundi. A good time was had by both the students and teachers. The students enjoyed outdoor fun that had a focus on developing important life skills such as collaboration, resilience, confidence and critical thinking.

Woolworths Earn & Learn

We would like to say a very big thank you for all of your support during the Woolworths Earn & Learn Promotion. It has now ended and all of the stickers will be collected to obtain points to redeem supplies for our classrooms, library, music, sport and science. Please return all of your stickers to the front office by Friday 18th September.

School Banking Update

Commonwealth Bank School Banking Update – Please Read following the decision last month to recall the Cosmic Light Beam Torch due to a potential safety issue, a decision has been made to also withdraw the upcoming Lunar Light Band reward from the School Banking Rewards Program. To avoid disappointment there is a new reward item available for redemption in Term 4 while stocks last. Students can now test their skills with a game of Frisbee with the new Galaxy Glider! Once students have collected 10 tokens, they can simply include a note, along with their 10 tokens in their deposit wallet on banking day to advise that they would like to redeem their tokens for the Galaxy Glider reward item. Don't forget the Outer Space Savers Money Box is also available in Term 4.

Lost Property

2 x NRL watches
1 x smuggle watch
1 x pendant
1 x necklace with cross pendant

Have you lost a mobile phone? We have it here in the office.

Canteen Closed Last Day of School
Friday 18th September

Students are to return to school in Term 4 in their Summer Uniform.

Have a Safe & Happy Holiday
School Resumes Wednesday October 7th.
What a wonderful day we had at the Netball Gala Day at Penrith last Wednesday. We were very proud of the children as they played with enthusiasm and good sportsmanship. Their behaviour on the day was exemplary and they showed good manners to all.

These days could not happen without the help of many people. Firstly a big thank you to all the parents who came and supported their children and a special thank you to those who helped manage a team. Another huge thank you to the Bede Polding umpires, Julia Malvagna, Kate Hogan, Brianna Henry and Emily Young – we worked them very hard; all day long! Lastly a special thank you to Mrs Kojic, who helped train teams at lunch time.

Results:
Yr. 4 Girls 1st
Yr. 5 Girls Equal 2nd
Yr. 6 Girls 1st
Yr. 4 Boys 1st
Yr. 5 Boys Equal 2nd
Yr. 6 Boys Equal 3rd
Yr. 6 Mixed Equal 3rd

Helen Harper
Netball Co-ordinator

School Disco
Panthers North Richmond
Thursday 17th
Years K-2 5:30-7:00 pm
Years 3-6 7:15 – 8:45 pm
$5.00 entry fee to be paid at the door.
Water will be provided for the children.

Hawkesbury Cup Change of Venue
Please be aware of the change of venue for the Hawkesbury Cup to be held this Thursday for Year 3 & 4 boys.
The new venue is Colonial Reserve, Bligh Park.
The boys are to be at the field by 8:30am. A timetable of the day went home last week.
Good Luck St Monica’s!!
A 7 session course about healing wounds and recovering self-confidence and hope.

Venue: Diocesan Assembly Centre, 1 – 5 Monan St Blacktown

Time: 7.30pm – 9.45 pm

Dates: Seven Wednesdays commencing 21st Oct 2015

Fee: $80.00

Bookings essential.
For further information and registration.
Solo Parent Services
02 9933 0205
soloparentservices@ccss.org.au

If you are separated or divorced, and are unsure as you step out on your new path, then this self-help workshop is designed for you.

What it is:
• A supportive learning process
• An opportunity to share just what you want to (and no more), just when you want to (and not before).
• An opportunity to listen to others who have also suffered loss.
• A series of workshops that set in training a liberating and life-changing dynamic.
• A process which helps you move from having a victim mentality to one in which you know you can choose to be co-creator of your future destiny.

The Workshop Program

Each of the seven meetings follows a set agenda including video input, personal reflection, journaling, large & small group sharing.

All of the trained and accredited facilitators have a personal experience with the loss of a spouse or partner through death, separation or divorce.

- Non Exploitative
- Non Directive
- Non Judgemental

The Post-Separation Recovery Program assists you to take control of your life so that you can move towards positive life goals of your own choosing.

Don’t waste your tears. Learn from your sorrows and grow!

Seven Steps Towards Recovery

1. THE CRISIS: Unraveling, like a knitted cloth coming apart, the feeling of failure and the destabilization of emotions and of life, loss of self-confidence and future hope. Identify your feelings and own them.

2. THE BRIDGE: The twisty road of relationships, the unthinkable chasm which separates couples forever: choices, reconcile, compromise or cross the bridge. Burn the bridge and move on.

3. GRIEF: Grief takes you down a path with many twist and turns, and returns. Grief cannot be hurried. Understand that part of your experience is grief.

4. LESSONS LEARNED: Life is looked at as a building site on which something new must replace the old; preparing the site means dealing with the rubble of the old structure. Learn from your past mistakes so that you don’t repeat them.

5. REDEFINING MYSELF: Have I worth as a person? Am I lovable? Other people’s eyes can influence how you answer that question. New days may require new friends. Seek out people who will look at you with fresh eyes and with approval.

6. TAKE NO PRISONERS: Don’t get even, get better: resentment leads to sickness; forgiveness leads to health; holding “prisoners” takes a great deal of energy. Let the ‘enemy’ go and use all your energy on recovery.

7. LOVE MAGNET: Love is the glue which helps a shattered person get back together again. There are many loves besides romantic love. Like iron filings drawn to a magnet, people are drawn to people who give love to others. Learn to love again and you will be loved.
RESILIENCE WORKSHOP

Hawkesbury House is hosting a practical and experiential workshop exploring Alternative & Supportive Therapies for Resilience.

Introduction – ‘A Story of Resilience’

‘Resilience – Evidence Based Interventions’ – Lisa Fahey, Psychologist

‘Discovering Resilience through Art Therapy’ – Emma Braun, Art Therapist

‘Experience Movement in the Self Equation and Build Resilience’ – Fiona Weir, Sand Therapist

LUNCH BREAK

‘Play Therapy as a Pathway for Building Resilience’ – Rebecca Marakakis, Therapist

‘Finding Your Inner Energy to Build Resilience’ – Holly de Carvalho, Naturopath & Kinesiologist

‘Building Resilience through Mind/Body Connection’ – Michele Hookham, Homeopath & Mental Health Practitioner

‘The Path to Happy-ness’ – how mindful attunement with a horse can build resilience – Camilla Mowbray, Equine Therapist

Held at Hawkesbury House
6 Christie Street,
WINDSOR NSW 2756

Wednesday 7th of October
Tea & coffee from 9.30am
Program: 10am to 2pm

$50 per person – lunch included

Bookings at our website
www.hawkesburyhouse.com

Enquires (02) 4577 6454
### School Holiday Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 24 September</td>
<td>10 am – 12 noon</td>
<td><strong>School Holiday Hands-on Science Program</strong>&lt;br&gt;<strong>ROCKET WORKSHOP</strong>&lt;br&gt;Lots of fun for kids of all ages. Make and launch your own paper rocket and watch water rockets being launched. The program will also include a short presentation, a 3D astronomy movie and SAFE and detailed viewing of the sun through our telescopes (weather permitting).&lt;br&gt;Cost $15 child/adult</td>
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<tr>
<td>Saturday 26 September</td>
<td>7 pm – 10 pm</td>
<td><strong>Astronomy Night</strong>&lt;br&gt;CHECKING OUT OUR NEIGHBOURS&lt;br&gt;A close up look at our solar system with some of the latest news about Pluto.&lt;br&gt;The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes</td>
<td></td>
</tr>
<tr>
<td>Thursday 1 October</td>
<td>10 am – 12 noon</td>
<td><strong>School Holiday Hands-on Science Program</strong>&lt;br&gt;<strong>ROCKET WORKSHOP</strong>&lt;br&gt;Lots of fun for kids of all ages. Make and launch your own paper rocket and watch water rockets being launched. The program will also include a short presentation, a 3D astronomy movie and SAFE and detailed viewing of the sun through our telescopes (weather permitting).&lt;br&gt;Cost $15</td>
<td></td>
</tr>
<tr>
<td>Saturday 3 October</td>
<td>7 pm – 9 pm</td>
<td><strong>Astronomy Night</strong>&lt;br&gt;THE LIVES OF STARS&lt;br&gt;How do stars form and what happens when they die?&lt;br&gt;The night will include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.</td>
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</table>

**Cost:**<br>Astronomy Nights: $18 adult, $12 child/concession and $50<br>Workshops: $15 per child/adult

**Bookings are essential:**<br>Book and pay online: westernsydney.edu.au/observatory, What’s On<br>Tel: (02)4736 0135 Email: penrithobservatory@westernsydney.edu.au<br>westernsydney.edu.au/observatory<br>www.twitter.com/uwsobservatory<br>www.facebook.com/UWSObservatory

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### Ready Set Trot Carnival

**Carnival at the 2015 Australian Interschool Championships**

**What’s happening on the day?**
- Pony rides with a Ready Set Trot registered delivery provider.
- Horse skills demonstrations for different horse sports.
- Games and Activities from the Ready Set Trot Programme Skills program.
- Gee Gee’s Skill Tester.
- Meet and Greet with some of Australia’s best athletes.
- Interactive “Spy” to point you in the right direction to watch all the best action of the Interchool Challenge.
- Free entry to the Ready Set Trot Challenge competition starting at 3:00pm.

**The Ready Set Trot Challenge** is an annual competition open to everyone that includes physical and mental activities about horses, all aiming for the successful price packs or offers per age division.

**All ages welcome:** entry every child will be asked to nominate their age. This school that has the highest number of children that attend on the day will receive a FREE Ready Set Trot Show Bag. So make sure you bring along your friends.

Entry is free. Turn up on the day or pre-register online to receive a FREE Ready Set Trot Shoe Bag – visit ReadySetTrot.com to register.
# 'Youth Farming' Holiday Workshops

**“New” @ The Secret Garden & Hawkesbury EarthCare Centre**

## School Holiday Programs Mon 21st - 25th Sep 2015

<table>
<thead>
<tr>
<th>Day</th>
<th>Workshop</th>
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<tbody>
<tr>
<td>Mon</td>
<td>'Wonders with Worms’</td>
</tr>
<tr>
<td>Sep 21</td>
<td>Make soils from scratch using compost and worm farms. Bring kitchen scraps along and see them transformed.</td>
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<tr>
<td>Tue</td>
<td>'Life from Seeds’</td>
</tr>
<tr>
<td>Sep 22</td>
<td>Harvest seeds, grow herbs and vegetables using lots of different ways in a 'real' working nursery.</td>
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<tr>
<td>Wed</td>
<td>'Veggies from scratch’</td>
</tr>
<tr>
<td>Sep 23</td>
<td>Recycling, designing, preparing, planting, labelling, mulching, watering.....grow your own food!</td>
</tr>
<tr>
<td>Thu</td>
<td>'Caring for Chickens’</td>
</tr>
<tr>
<td>Sep 24</td>
<td>Meet the farmyard family with hands-on fun caring for the chicks, goats, pigs, ducks and sheep...guinea pigs &amp; rabbits...collect eggs, provide homes, water and goodness.</td>
</tr>
<tr>
<td>Fri</td>
<td>'Healthy Harvest’</td>
</tr>
<tr>
<td>Sep 25</td>
<td>Hunting, gathering, preparing, cooking &amp; feasting together</td>
</tr>
</tbody>
</table>

## Bookings

Where: The Secret Garden and The Hawkesbury EarthCare Centre on the campus of University Western Sydney Richmond campus enter via Bourke St.

Cost: $10 per workshop per child - complete all 5 x workshops for a certificate and ‘youth farmer’ badge!

Time: 2 x hours 10am -12pm  
Phone: 0428 988341
**FAMILY SHOWS**

**ARCHIBALD THE AWESOME CIRCUS MUSICAL**
With Ms Emma Harris, Wednesday 23 September

There's more than just entertainment in this visual and musical feast where children learn about their own INNER AWESOMENESS. With fantastic costumes and sets, and larger than life characters, this fully interactive show is just good, old fashioned fun.

**WHO:** For the whole family  
**TIME:** 10:30 - 11:30am  
**TICKETS:** $5 per person (children under 2 free).

**MIME & MAGIC SHOW**
With Leo Bonne, Wednesday 30 September

The amazingly funny mime and entertainer Leo Bonne is coming back to Penrith City Library by popular demand. Leo will dazzle and amaze the whole family with unicycling, mime, comedy and magic! With audience interaction, clown gags and slapstick, you won’t be able to get the smile off your face.

**WHO:** For the whole family  
**TIME:** 10:30 - 11:30am  
**TICKETS:** $5 per person (children under 2 free).

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**WORKSHOPS**

**HENNA WORKSHOP**
With Aseem, Tuesday 22 September

Learn techniques to apply henna and how to make henna mud. Aseem will apply a henna tattoo on you, or apply a tattoo on yourself or your friends. Take home a henna recipe.

**WHO:** For 10 - 15 year olds  
**TIME:** 10:30am - 12:30pm  
**TICKETS:** $12 per child

**STAGE CRAZY DRAMA WORKSHOP**
With Miss Em, Wednesday 23 September

Come on a journey of silliness and self-discovery...proving that even the shyest of children can shine on stage. Miss Em will share all her theatrical wisdom from voice warm-ups, physical workouts, theatre-sports games and simple scripts. Have fun and be silly while improving listening skills and self-esteem.

**WHO:** For 5 - 12 year olds  
**TIME:** 1 - 2:30pm  
**TICKETS:** $15 per child

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**SCHOOL HOLIDAY TICKETS ON SALE FROM MONDAY 24 AUGUST**

All events are held at Penrith Library unless stated otherwise. Bookings are essential! Tickets sell quickly so be quick to avoid disappointment. There will be no refunds or exchanges for tickets purchased. Family shows are $5 per person and every adult and child attending must have a ticket. Workshops are supervised by professional performers and library staff. All accompanying adults can attend our workshops for free. Your feedback helps us plan future events - email the Library's Children's team at bkaur@penrithcity.nsw.gov.au
WORKSHOPS

CARTOONING WORKSHOPS
With ‘Cartoon Dave’ Hackett, Thursday 24 September

CARTOON ANIMALS
Learn to draw cartoon animals in this fully interactive cartooning workshop. Students of all abilities can discover how to easily access and implement their own creativity!

WHO: For 6 - 10 year olds
TIME: 10:30 - 11:30am
TICKETS: $15 per child

MAKING UP MANGA
If you love manga you will love Cartoon Dave’s no-rules approach to cartooning. Be involved right from the start in this hands-on workshop. Improve your cartooning skills within a relaxed, fun environment.

WHO: For 11 - 14 year olds
TIME: 12 - 1pm
TICKETS: $15 per child

JUNIOR ROBOTS
With Anthony Head, Tuesday 29 September
Welcome to the world of robots with LEGO WeDo Robotics! You will work in pairs building models with motors and sensors and connect them to a computer to program and control them. Build the hungry crocodile, dancing birds, drumming monkey or airplane rescue.

WHO: For 5 - 10 year olds
TIME: 10:30am - 12:30pm
TICKETS: $30 per child

EMBROIDERY WORKSHOP
With Del White & friends, Thursday 1 October
Gain lifelong skills as you learn the basics of handmade needlecraft from the wonderful talents of Del and her friends. In this workshop you will have fun and improve your craft skills as you create beautiful Christmas decorations to celebrate the upcoming festive season.

WHO: For 7 - 13 year olds
TIME: 10:30am - 12:30pm
TICKETS: $10 per child
<table>
<thead>
<tr>
<th>Event</th>
<th>Audience Description</th>
<th>Dates/Schedule</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Challenging Behaviours WITH FREE CHILDCARE</td>
<td>For Dads and Mums/primary carers of children aged 0-12 years</td>
<td>3 x Saturdays - 10th, 17th &amp; 24th October</td>
<td>10am—12.30pm</td>
</tr>
<tr>
<td>A Guide to Financial Security— for working people</td>
<td>For working people who want to develop healthy financial plans</td>
<td>3 x Mondays 12th October, 2nd &amp; 23rd November</td>
<td>7—8.30pm</td>
</tr>
<tr>
<td>LIONS FREE SIGHT &amp; HEARING SCREENING No need to book—just drop in</td>
<td>For anyone wanting sight and hearing screening</td>
<td>Tuesday October 13th</td>
<td>10am—3pm</td>
</tr>
<tr>
<td>Tackling Sibling Rivalry WITH FREE CHILDCARE</td>
<td>For Dads and Mums/primary carers of children aged 0-12 years</td>
<td>Wednesday 14th October</td>
<td>6.30 – 9pm</td>
</tr>
<tr>
<td>GUTS (Growing Up Through Separation)</td>
<td>For kids aged 7—12 years who have experienced the breakdown of the parental relationship</td>
<td>3rd, 10th, 17th &amp; 24th November, 1st &amp; 8th December</td>
<td>3.30-5pm</td>
</tr>
<tr>
<td>Helping the Anxious Child WITH FREE CHILDCARE</td>
<td>For Dads and Mums/primary carers of children aged 0-12 years</td>
<td>Wednesday 4th November</td>
<td>6.30 – 9pm</td>
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</tbody>
</table>

Richmond Community Services Inc
P O Box 260
20 West Market Street
Richmond NSW 2753
Tel: 02 4588 3503 (direct line for EO)
02 4588 3555 / 02 4588 3502 (Generic)
Fax: 02 4578 3322
[www.rcsi-neighbourhoodcentre.org](http://www.rcsi-neighbourhoodcentre.org)

Other e-mails and telephone numbers:
Administration & Hall Hire: 4588 3501, admin@rcsi.ngo.org.au
Family Support: 4588 3504, familysupport@rcsi.ngo.org.au
Finance/Accounts: 4588 3506, accounts@rcsi.ngo.org.au
Neighbour Aid: 4578 3934, neighbouraid@rcsi.ngo.org.au
Assistant to the EO: 4588 3508, a2m@rcsi.ngo.org.au
Reception: 4588 3502, reception@rcsi.ngo.org.au

We acknowledge the traditional Dharug owners of the place in which we work and pay our respects to the Dharug people past and present.