Dear Parents and Caregivers,

The cool winter weather has been bringing its fair share of health issues to all schools in recent weeks. Narrabeen Lakes has not been spared and many staff and students have had bad coughs, colds or the flu. If your child is at all unwell, please keep them at home to prevent the further spread of illness.

School Planning
Narrabeen Lakes is entering the planning stages for the school for the next three years and beyond. We believe that is very important for ALL parents, caregivers, students and staff to have a say in this planning. Next week I will be advertising two sessions for parents and caregivers to participate in the planning process – one will be a morning session during school time; the other will be an evening session for those with work and family commitments. There will also be the opportunity to respond to a couple of online surveys. Watch this space for further details.

Enrolments
Parents who have enrolled their children for Kindergarten 2015 will later this month be receiving letters of confirmation from Mr Zappia, along with invitations to our Kindergarten Orientation mornings in Term Four.

It is not too late to enrol for 2015. If you already have a sibling at Narrabeen Lakes and have not yet enrolled your child for Kindergarten, it is very important that you do so now as the numbers determine our staffing allocation for 2015 from the Department of Education and Communities. Please pick up an enrolment form from the office when you’re next in the school.

Still deciding? Our last two school tours will take place on Thursday 28 August and Tuesday 16 September – both commence at 9.30am. Please call 9913 7077 to express your interest.

Cyber Safety presentation
This Wednesday 6 August at 7pm, our school will host a cyber safety presentation for parents entitled ‘Raising Responsible Digital Citizens’. Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four. She will demonstrate strategies to keep your kids safe online and cover topics such as:
• Screen time balance
• Safe social media

Dates for Your Diary
7 Aug 2014 K-6 Athletics Carnival
12 Aug 2014 ICAS Maths competition
12 Aug 2014 Yr 5-6 Schoolhouse Museum exc.
19 Aug 2014 Crazy Hair Day
19 Aug 2014 P&C Meeting 7.30pm
20 Aug 2014 Yr 5/6 Narramarkets
20 Aug 2014 Parent Club meeting
28 Aug 2014 School Tour
29 Aug 2014 Open Day, Band Performing
3 Sep 2014 Science Fair/Father’s Day Stall
6 Sep 2014 P & C Market Day
9 Sep 2014 Stage 2, Seymour Centre
10 Sep 2014 Open Day for 125th
11 Sep 2014 School Art Show
11 Sep 2014 Evening 125 Celebration
11 Sep 2014 Life Education/Kindy to Gruffalo
12 Sep 2014 Art Show in Hall
• Cyber bullying
• Smart phone safety
• Avoiding adult content

Narrabeen Lakes is hosting the event on behalf of the 12 other schools in the Peninsula Community of Schools (PCS). Although online bookings are now closed, all parents and caregivers are still welcome to attend. Please see the flyer in this edition for further details.

125th Anniversary
Next week we will be releasing all the details about our 125th anniversary celebrations on Wednesday 10 September and Thursday 11 September. A reminder that we have limited edition anniversary mugs on sale at the office for $12. Be quick because once they’re gone, they’re gone!

Athletics Carnival
We’re looking forward to a great day for our K-6 Athletics Carnival at Dee Why Park this Thursday. Events should commence at around 10am and all parents/caregivers and family members are welcome. If you have a dog, we would ask that you do not bring it along to the carnival as a matter of workplace health and safety for students and staff.

Student Achievement
Oliver R, 20 Blue
Evie D, Oliver R, Gus L, Milly R, Josh B, and Angelique K all receiving 10 Red
Laurie B, 10 Blue

Last Sunday, Roxy Syron competed in the Showcase Dance Championship at NIDA with over 600 competitors. Roxy competed in the Lyrical Solo section and received Gold Platinum with a score of 195/200. She was also given an award for placing in the Top 5 Junior Lyrical Soloists and qualified for Nationals in Queensland. Well done, Roxy!

Wishing everyone a great day at the Athletics Carnival.

Andy Rankin
Principal

HOT CHOCOLATE
Cups of hot chocolate are available from the canteen for $1.00 during lunch on MONDAYS!
LIBRARY NEWS

***All the books donated at the ‘Donate-a-Book’ Fair have now been loaned out to students (provided all their other Library books have already been returned!!)***

Premier’s Reading Challenge

All reading logs must be entered online by Friday August 22 – about 2 weeks to go. Parents, if you are having trouble logging in to the PRC website, please pop in to the Library or drop me a line to let me know. Look out for the names of successful PRC students, in the Library windows!

Vicky Machar
Teacher/Librarian

DANCE NEWS - Term 3

Dear Parents,

Thank you so much for your wonderful support and enthusiasm for dance at Narrabeen Lakes.

Starting in Week 5 (next week), there will be some changes to the lesson times and teachers.

Now that the Music Festival and Sydney Eisteddfod are completed, the dance groups will be learning a new routine to be performed for you during Term 4.

Please see below for the new times and teachers who will be taking the groups.

Thank you for your patience and understanding.

Mrs Lynn Chant

- Monday 8am Senior Contemporary (Years 3 - 6 boys and girls with Mrs Syron)
- Monday lunch Junior Hip Hop (Years 1-2 boys and girls with Miss Seeney)
- Tuesday 8am Senior Hip Hop (Years 3 - 6 boys and girls with Mrs Syron)
- Thursday lunch Junior Contemporary (Years 1 – 2 boys and girls with Mrs Horton)
**SPECIAL NOTE!**

**CLOTHING POOL**

The Clothing Pool will be open **every Thursday** from **Term 1** between 2.30 pm and 3.10 pm.

Please note we are located now to a room on the outside of the Hall (North side).

Please come to the office for any enquiries and we will direct you to the new location.

DON’T FORGET that we welcome any good 2nd hand uniforms that your child/children have outgrown. Simply drop them into the office.

Thank you.

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**PITTWATER PSSA WINTER DRAW 2014**

Girls—Soccer    Girls—Netball
Boys Soccer

Soccer venue listed in brackets below
Netball ALWAYS at Boondah, Warriewood

Please note the following dates for PSSA:

**TERM 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Match</th>
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<tbody>
<tr>
<td>8 August</td>
<td>NLPS vs Collaroy Plateau (Boondah)</td>
</tr>
<tr>
<td>15 August</td>
<td>WASH OUT if required</td>
</tr>
<tr>
<td>22 August</td>
<td>WASH OUT if required</td>
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**PLEASE PASS THIS INFORMATION** onto any relatives that may wish to see your child play.

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**NSW PSSA BOY’S TOUCH FOOTBALL CHAMPIONSHIPS**

Last week I had the opportunity to travel to Ulladulla in the NSW PSSA Boys’ Touch Championships 2014. I was stoked to represent Narrabeen Lakes as part of the Sydney North team. There were 12 players in total from the Manly to Central Coast area. We played 15 games in 3 days including semis and finals! We lost 1 game and drew 1, winning the rest!

We played Polding in the grand final, who we actually lost to in round 2! However, we won in a tight game 2-1! We were the Sydney North State Champions for 2014!

A BIG thank you to Mr Rankin, teachers, students and the entire school community for your generosity.

I am so thankful and overwhelmed by all your support. I couldn’t have got there without it!

Thank you so much, you all rock!
By Talon 5/6Ca
Warringah Council presents
RAISING RESPONSIBLE DIGITAL CITIZENS
With Leonie Smith the Cyber Safety Lady

Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four.
Learn how to keep your kids safe online.

• Screen time balance
• Safe social media
• Cyber bullying
• Smart phone safety
• Avoiding adult content

Wed 6 Aug
7 – 8.30pm
Narrabeen Lakes Public School
1299 Pittwater Rd, Narrabeen
FREE but bookings essential on youthbookings@warringah.nsw.gov.au.
For more information call 9942 2681.
Tuning in to Kids

5 WEEK PARENTING COURSE - LIMITED PLACES

In this course, presented by Godelieve Hofman-Verkuyl, a highly trained and experienced parent educator, you will learn how to better understand and manage your children's emotions (such as anger, sadness and anxiety), as well as:

- be better at talking with your child
- understand your child better
- help your child learn to manage their emotions
- help prevent behaviour problems in your child
- teach your child to deal with conflict.

By learning these skills you can support the development of your children's emotional intelligence, which helps them:

- have greater success with making and keeping friends
- have better concentration at school
- be more able to calm down when upset or angry
- have fewer illnesses
- manage change and challenges better.

5 week course
Tuesday nights 6.30-9.00pm
beginning 12 August 2014
$145 or $115 concession

Venue: Be Centre
3/9 Apollo Street Warriewood NSW

For more information and to book
please contact Hayley or Sophie on
02 9986 0955 or info@becentre.org.au

www.becentre.org.au
Respect Responsibility Have a Go!

It's best to seek help early so your problems don't get out of control. Financial counselling can:
- help relieve your stress,
- help resolve your immediate financial problems and
- help you plan for the future.

Financial Counselling Service

Naremburn Family Centre
Main contact:
(02) 8425 8700
email: naremburnfc@dbc.org.au
40 Naremburn Avenue
Naremburn NSW 2065
Monday to Friday
9:00am – 5:00pm

Brookvale Family Centre
(02) 8966 5100
Unit 9B, 44 Wattle Road
Brookvale NSW 2100
By appointment
9:00am – 5:00pm
If you require an Interpreter, please call
TIS National 131450

Brought to you by:
CatholicCare
www.catholiccaredbb.org.au

About us

We provide FREE, independent and confidential financial counselling to anyone having difficulties managing money.

Our Financial Counsellors can assist by helping you:
- prepare a budget or money plan,
- manage debt,
- set financial goals,
- understand your rights,
- negotiate with creditors.

We have offices in Naremburn and Brookvale.
The financial counselling service is funded by the NSW Office of Fair Trading.

Our services are FREE.

What can a Financial Counsellor do for you?

Financial Counsellors can:
- Listen in a non-judgmental and caring manner.
- Analyse and assess your financial situation.
- Give you information about credit and debt issues.
- Involve you in the process as much as possible.
- Help you develop a plan to improve your situation.
- If appropriate, act as an advocate for you and negotiate with the people you owe money to.
- Refer you to other services if necessary.
- Provide information on bankruptcy and assist you to explore alternatives.

What we can't do

A financial counsellor is not:
- A legal advisor,
- A mortgage broker,
- A financial planner,
- A money lender or
- An investment counsellor.

Where you'll find us

Local Government Areas we cover:
- Hunters Hill
- Lane Cove
- North Sydney
- Mosman
- Manly
- Willoughby
- Warringah
- Pittwater

We are easy to contact:
Phone: 8425 8700
email: naremburnfc@dbc.org.au
TUNING IN TO KIDS

EMOTIONALLY INTELLIGENT PARENTING

A FIVE SESSION PARENTING PROGRAM FOR
PARENTS OF PRE-SCHOOL - PRIMARY-SCHOOL AGED CHILDREN

Would you like to learn how to:
- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence.

VENUE: Chatswood Community Health Centre  
57 Hercules St, Chatswood  
DATES: Wednesday 13th August - Wednesday 10th September (5 wks)  
TIME: 7.00pm - 9.30pm  
COST: $165pp ($140 concession)

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District.

Health  
Northern Sydney Local Health District  