

St Joseph's Primary School Newsletter

Term 2 Week 10

24th June 2015

Dear Parents and Carers,

Our scripture reading at Monday's assembly came from the Gospel of Mark 4:35-41. It was that wonderful story of Jesus calming the storm. Having spent the day teaching the crowds that followed him, Jesus wanted to cross the Sea of Galilee and pray quietly away from the crowds. Jesus fell asleep on the boat when a storm broke and the apostles feared for their safety. When they woke him and he became aware of their fear, Jesus said to the sea, "Quiet now! Be calm!" and the wind stopped and all was calm again. We too can find quiet and calm in Jesus when we turn to him in prayer. On Sunday, the parish sacramental preparation program for Confirmation began. Please keep the children in your prayers as they prepare to be confirmed as a final step of their initiation, which began with Baptism, into our Catholic faith. Confirmation will be held Thursday 1st October at St Joseph's Church.



Mr Mark Aggar has accepted a position at another school. We thank Mr Aggar for his contribution to our school as acting REC and teacher of 6MA and wish him well in his new appointment.



Mrs Monique Boyer will be joining our staff as acting REC and Year 6 teacher for the remainder of the school year. Mrs Boyer, an experienced teacher, is currently on staff at Corpus Christi, Cranebrook. Welcome to St Joseph's!

Congratulations to all the students who received an award at our Term Award assembly yesterday! It's always rewarding to acknowledge the achievements of our students. You are all STARS!



Last week, students represented our school in the Captivate Showcases, held from Friday 12th June to Friday 19th June. Different groups performed on the five nights. Thank you to all the parents for supporting your child's participation and special thanks to Mr Tim and Ms Nicholls for preparing and organising the students each night. Thank you to Mr Jackson for supporting the band for their two performances. A great team effort!

Last Friday, Ty Hickson competed in the Diocesan Cross Country. Ty raced a time of 13 minutes and came 39th in a field of 70. Well done Ty!

Our Year 6 rugby league team competed in the Greg Alexander Shield finals competition yesterday. They were undefeated and won the competition. Congratulations Mading, Jonah S, Jon, Taine, Jonah P, Jai, Ziggy, Maksim, Aden and Zaid. Thank you to Mr Faccin and the parents for supporting them on the day.



This Friday we celebrate NAIDOC Week. We are fortunate to be selected for a presentation of *Animals of the Dreamtime*, a Taronga Zoo outreach program, which is visiting our school on Friday morning. Students will gain an insight into Aboriginal Culture and develop an awareness and appreciation of the importance of the land and animals to Aboriginal people. This is a free event for our students and will be held at the school.

The Chancery of the Catholic Diocese of Parramatta, has written a response to the current debate re changing the legislation for marriage. We have been asked to distribute this to all our families. The eldest child in each family will be given a copy to take home on Friday.

Fran Jackson
Principal

Reminder: Staff Development Day

Monday 13th July 2015



Learning without Limits

94 Joseph Street, Kingswood NSW 2747

Phone: 4732 3999 Fax: 4731 1432

Website: stjosephskingswood.catholic.edu.au Email: stjosephskwood@parra.catholic.edu.au

General News

Overdue School Fee Accounts

Thank you to those families whose school fee accounts are paid up to date. For those families who have not finalised their Term 2 school fees account, and are not on an approved fee arrangement, please pay your school fees account as soon as possible. If you cannot pay your fees by the end of Term 2 please contact Jenny Pendleton on 4732 3999. The Catholic Education Diocese of Parramatta will be following up outstanding accounts during the holidays and will insist on immediate action. Term 3 fee statements will be sent home approximately the 16th July.



2016 Enrolments

We are accepting enrolments for Kindergarten 2016. Enrolment Forms are available at the school office and the school website. Please contact Karen Sprycha on 4732 3999 to arrange an interview.

School Library Books

We have a large number of library books that have been borrowed but never returned. Please return ALL library books to school by the end of term.



Woolworths Earn & Learn 2015

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths.



From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit www.woolworths.com.au/earnandlearn

Lowes School Uniforms

AVAILABLE NOW

Trousers - Navy Long Blockers embroidered with school initials
Track pants - Navy micro fibre embroidered

AVAILABLE SOON

Shorts and culottes with embroidery

ON SALE

Girls Lemon blouses overstocked. Price reduction - Normally \$31.99 down to \$14.99 to clear the stock



Monday 13th July – Staff Development Day

Tuesday 14th July – First day back for students Term 3

Monday 20th July – Athletics Carnival

School Reports and Parent Teacher Interviews

School Reports will be sent home on Tuesday 14th July.

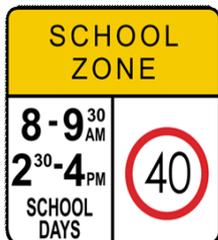
Parent Teacher Interviews will take place between Monday 20th and Friday 24th July. If you would like to book an interview with the class teacher please go to



www.schoolinterviews.com.au

Use the event code **JBPUM** and follow the prompts.

If you have any problems with booking an appointment please contact the school office for assistance.
Please note Miss Treble will be conducting interviews for both Year 6 classes



School Zone Reminder

A reminder to all our parents ahead of the break at the end of Term 2 that school zones remain in place for the safety of our children and families. School zones operate on all gazetted school days, which are all days the school is open, even pupil free days.



School Attendance

When your child has been absent from school please send in a note explaining their absence. Many families have received attendance letters over the past month. Please complete and return the Unexplained Absence form by the end of this term. If your child is late to school please accompany them into the office and sign them in.

Sport News



Congratulations to the Stage 3 boys Rugby League Team. They were entered into the Greg Alexander Rugby League Final Competition as a wildcard. They played undefeated all day and won the Grand Final 16-14! Well done boys!



CONGRATULATIONS
to our
WINNERS!

End of Term Awards



Child's Name	Award Name	Class
	Outstanding Achievement	KBP
Brodie Evans-Vaz	Faith in Action	KBP
Preeti Nepal	Positive Work Habits	KBP
Ashton Quinn	Bounce Back	KBP
Trent Miller	Outstanding Achievement	KGW
Mayen Baak	Faith in Action	KGW
Bhoke Mseti	Positive Work Habits	KGW
Tegan Ceniccola	Bounce Back	KGW
Rinnah Churchill	Outstanding Achievement	1VG
Vivian Konatarevic	Faith in Action	1VG
Sieanna Last	Positive Work Habits	1VG
Samuel Richardson	Bounce Back	1VG
Joseph Lynch	Outstanding Achievement	1EA
Jaimee Holbrook	Faith in Action	1EA
Emily Vella	Positive Work Habits	1EA
	Bounce Back	1EA
Skye McAuley	Outstanding Achievement	2MF
Emilie Brett	Faith in Action	2MF
Elijah Lynch	Positive Work Habits	2MF
Angelo Aish	Bounce Back	2MF
Jennifer Akok	Outstanding Achievement	2HR
Samuel Skoreyko	Faith in Action	2HR
Chanel Murphy	Positive Work Habits	2HR
Jade Paul	Bounce Back	2HR
Tan Duenkhunthod	Outstanding Achievement	3JS
Rianna Costa	Faith in Action	3JS
Kane Barrett	Positive Work Habits	3JS
Brock Harding	Bounce Back	3JS
Cheyann Grimes	Outstanding Achievement	3LG
Owen Halliburton	Faith in Action	3LG
Cooper Austin	Positive Work Habits	3LG

Sabrina Ristovski Bremez	Bounce Back	3LG
Jasmine Lynch	Outstanding Achievement	4AA
Laura Bowes	Faith in Action	4AA
Shanelka Perera	Positive Work Habits	4AA
Jessica McCann	Bounce Back	4AA
Kaitlyn Ross	Outstanding Achievement	4JM
Claire Nolan	Faith in Action	4JM
Holly Bastin	Positive Work Habits	4JM
Erica Worley	Bounce Back	4JM
Caitlin Yardin	Outstanding Achievement	5KC
Brock Rodziewicz	Faith in Action	5KC
Yashu Banypal	Positive Work Habits	5KC
Zacharie Moore	Bounce Back	5KC
William Vella	Outstanding Achievement	5CM
Stella Vergara	Faith in Action	5CM
Mikyla Pronesti	Positive Work Habits	5CM
Tyreece Grimes	Bounce Back	5CM
Alex Miller	Outstanding Achievement	6MA
Mario Shaker	Faith in Action	6MA
Bella Wilson	Positive Work Habits	6MA
Maksim Vujasin	Bounce Back	6MA
Jai Bunfield	Outstanding Achievement	6ET
Keeley Davies	Faith in Action	6ET
Mitchell Pledger	Positive Work Habits	6ET
Maddison Fisher	Bounce Back	6ET
Charbel Ellias	Perfect Attendance for Semester One	KGW
	Perfect Attendance for Semester One	KBP
	Perfect Attendance for Semester One	1EA
Megan Stacey	Perfect Attendance for Semester One	3LG
Chelsea Weldon	Perfect Attendance for Semester One	4AA
Emily Stacey	Perfect Attendance for Semester One	6ET

Excursion News

Year 3's Family Astronomy Night

Year 3's Family Astronomy Night was held on Friday evening 12th June. We had 22 families attend around 80 people in total.

On Friday night I went on an excursion to the UWS Observatory. At UWS we watched a 3D movie about planets and lots of other cool system things. After the 3D movie we had a rest and then we went outside to use the telescopes. Through the telescopes we could see Saturn. It looked so cool, so I looked at it again through another telescope. After, we went to the dome upstairs. Upstairs there was the biggest telescope they had and we got to see Saturn again, but it looked the same size as it did in the other smaller telescopes. After this we were allowed to have tea and coffee, but we just went home and watched tv.

By Cooper 3LG

Last Friday night Year 3 went on an optional excursion to the UWS Observatory. These are the things we got to do there.

When we were there we got to look through telescopes, two on the ground and one upstairs in the dome. Before we got to look through the telescopes, everybody including the parents got to watch a 3D movie. The movie was a whole heap of pictures put together to make a 3D film. The 3D movie was about all the planets and all the things that happen in space. Each telescope was pointed at the planet Saturn.

By Emma 3LG

Last Friday me and my family and some other people with their families went to the Observatory.

When we got there we ran into the Observatory as quick as a flash. We watched a slide show which I thought was awesome. We learnt a lot of things, these were just a few of them: We learnt that there are many stars much larger than the sun, that Pluto is a dwarf planet and that the Earth is one of the smallest planets.

We saw through two telescopes in the bigger telescope we saw Jupiter and in the small telescope we saw two stars that were really close together that looked like one single star.

Before the telescopes we watched an amazing show of how small the world is. We had to keep our hands down so we didn't block off other people's view of the 3D display.

There were heaps of people... When we got there it was 6:30 and ended at 9:00 so we were there for two hours and a half and that's a really long time.

By Jai 3JS

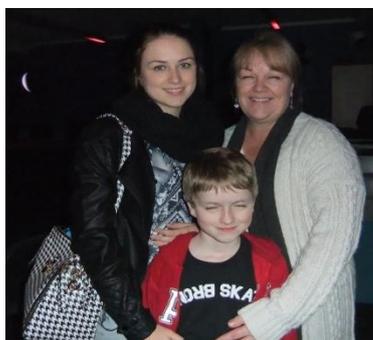
On Friday last week I went to the Observatory at the University of Western Sydney.

I got there at 6:30pm./ There was a lot of people there. I went down to the front and there was a seat next to my friends. I sat down and we waited for a long time and the slide show started too. It was amazing.

When the slide show was over we started the boring stuff. When the boring stuff was over the lady handed out the 3D glasses. I got blue and my friends got black and one of my friends wanted to trade with my sister because she got blue. We really, really liked it. I thought it was coming into my eyes.

Then as quick as a flash I went upstairs to the biggest telescope and we saw Saturn which was really small when we looked in. Then we went to the little telescope and we saw two stars and then it was about 9:30pm.

By Kaleb 3JS



Captivate News

As I went to all five performances it was very fun not just to get out of school but to say that I performed and be proud to represent my school. It was a good time and it was more fun because I had some friends that were there. So I recommend to you to go to at least one of the performances.

Thomas 6MA



Drama Showcase Friday 12th June

On Friday June 12th, 11 selected Year Six students travelled to Nagle College. The moment we arrived my stomach dropped. It was nerve wracking. We rehearsed once on stage, and then watched most of the other groups rehearse. We were second to perform and as the people poured into the Hall we all started to shake. Then we were on, and performing our piece felt like pure magic. At the end we bowed and the audience clapped and cheered. It's something I will never forget.

Jamie 6ET

Band Showcase Wednesday 17th & Thursday 18th June

At the Captivate Band Showcase I was on trumpet. I'd like to say I enjoyed it very much. I'd like to do it again, even in high school.

Luke 6MA



Best of Showcase Friday 19th June

On Friday June 19, 10 Year six students performed at the Captivate Best of Showcase at the Joan Sutherland Performing Arts Centre. Beforehand, Mrs Jackson, Mrs Nicholls, Mr Tim and Mr Jackson took us to Sittano's for dinner. We had so much fun. We ate burgers, spaghetti, pizza, chips and chicken schnitzel. With our bellies full, we played and sang on stage with lots of other students.

Sarah 6MA

Captivate

Yesterday I went to Captivate with Sammie, Alex, Emma and Isabelle. We had to wait in the library a very long time. We all were watching the others sing and people playing instruments from the TV. When we were waiting we were playing Uno with Alex. Alex won. I won a round then we all had to go in our lines. Then we had to run in the rain to get to the stage. I was in the front. We all had to sing 3 songs to the audience and the Principals. My mum picked me up when we finished Captivate. Then we all went home.

Zarey 3JS

Community News



Sacrament Of Penance - Saturday after morning mass

St Joseph's Catholic Church Kingswood—Mass Times

Cnr Joseph Street & Richmond Road, Kingswood Phone 4721 4080

Office Hours: 9:00am-2:00pm Tuesday and Thursday, 8:30am—1:30pm Friday

Weekend Masses

Saturday Vigil - 6pm
Sunday - 8.30am and 10.00am
Polish Mass - Saturday 4pm

Weekday Masses

Monday to Friday 8am
Saturday 8.30am



Eucharistic Adoration - Before all masses

SAVE THE DATE

Faith in Marriage
3rd Annual Marriage Conference
Sunday 23rd August 2015 • 9am – 3pm
at Our Lady of Mercy College, Victoria Road Parramatta

2015 Theme:
Marriage – A Culture of Love & Life

Speakers include: Reverend Father Peter Williams,
Jonathon Doyle and Lara & Tim Kirk
On-site child-minding available

Register your interest at marriage@ccss.org.au or call 02 9933 0222

CATHOLIC CARE SOCIAL SERVICES
Solo Parent Services

**Younger Widowed
Bereavement Support Group**



Has your spouse or partner died and are you searching for someone who understands the enormity of your loss and the impact this is having on your life and your children?

Do you long to connect with others who have experienced a similar loss?

Are you unsure of how to assist your children through their grief? Would you like support as you deal with your changed circumstances?

We welcome you to our Monthly Support Group

VENUE: CCSS Centre 51 – 59 Allawah St., Blacktown
DATE: 3rd Tuesday of each Month (Feb –Dec)
TIME: 7.00pm – 9.00pm
COST: \$5.00

REGISTRATION
Solo Parent Services
PHONE: Eileen or Rita - PH: 9933 0205
EMAIL: soloparentservices@ccss.org.au



SEMINAR

Dealing With the Legal System

PRESENTED BY:

Mr. Richard Brading

Principal Solicitor at Wesley Community Legal Service, Castlereagh Street, Sydney

At this Seminar you will learn

- How the Legal Process Works
- How to choose the best lawyer for your situation
- How best to prepare for and communicate with your Lawyer so as to minimize your legal fees,
- How to protect your rights regarding family assets.
- Options if you can't afford a lawyer or Representing yourself

DATE
24th June 2015

TIME
7.30pm—9.30pm

VENUE
CCSS
2A Villiers St, Parramatta

COST
\$7.00



Further Details and Bookings
Solo Parent Services
PH: 9933 0205
Email: soloparentservices@ccss.org.au

Bookings

Bookings are essential for all groups, seminars, or workshops. All groups, seminars, workshops are free unless there is a cost for workbooks.

If you register for a group, and then are not able to attend, please contact us to let us know that you are not coming. We often have a waiting list for groups and when you do not attend, you deprive another parent of coming to the group.

Group & workshop flyers are available at <http://handsheartsminds.wordpress.com/parenting-groups-and-workshops/>.

Refreshments

Tea and coffee provided. Please bring your own snacks. Most of the groups do not have a scheduled break.

Child minding

Child minding is available for some groups. Bookings are essential to ensure we have the correct carer-to-child ratio. Child minding services are provided by Care Pair and/or Nepean Community & Neighbourhood Services.

Please bring snacks, lunch, and drink bottle for your child (no peanut products please). Please dress your child in play clothes and sturdy shoes. Please bring a hat and nappies. And label everything. Parents are responsible for toileting or changing their child.

Transport

All venues have parking available. The venues are also accessible by public transport—please ask for more information when booking your place.

Contact Details

Narelle Smith Family Worker
 Mobile Phone: 0409 986121
 Centre Phone: 4721 8520
 Email: Narelle@nepeancommunity.org.au

Nepean Community & Neighbourhood Services



RESPECT. RESILIENCE. RECONCILIATION.
www.nepeancommunity.org.au

Parenting Groups and Workshops

Term 3, 2015



ParentingInPenrith



handsheartsminds.wordpress.com

GROUPS	DAY, DATE & TIME	LOCATION
Triple P parent group (Positive Parenting Program) <i>for parents of 2 to 12 year-olds</i> Need some more tools for your parenting toolbox? Build strong and positive relationships, manage mistaken behaviour, make parenting more enjoyable and less stressful. Child minding available.	Wednesdays 5 sessions 29th July to 26th August 9:45am to 12pm	South Penrith Neighbourhood Centre 3 Trent St
Teen Triple P parent group (Positive Parenting Program) <i>for parents of teens</i> Tips and tricks for living with teens and making the experience more positive for everyone.	Tuesdays 5 sessions 18th August to 15th September 10am to 12:15pm	Koolyangarra corner of Pendock Way and Kington Place Cranebrook
Stepping Stones Triple P seminars for parents of children with disabilities 1. Positive parenting for children with a disability 2. Helping your child reach their potential 3. Changing problem behaviour into positive behaviour These are seminars NOT a group. You are free to attend any or all of the seminars. Child minding available.	Tuesdays 3 seminars - 28th July - 4th August - 11th August 11:30am to 1pm	South Penrith Neighbourhood Centre 3 Trent St
Circle of Security Increase your awareness of your children's needs and your responses to those needs. Become aware of the learned patterns that get in the way of being able to be a bigger, stronger, wiser, and kinder parent. Learn the importance of belonging and connection, and relationship repair.	Wednesdays 7 sessions 29th July to 9th September 12:30pm to 2:30pm	South Penrith Neighbourhood Centre 3 Trent St
Cool Little Kids This group is a treatment programme for parents of children aged 3 to 8 years who are excessively shy or are demonstrating anxiety at home and in the community. This group has a 1 week break after Session 3.	Fridays 4 sessions over 5 weeks 7th August to 4th September 10am to 12pm	South Penrith Neighbourhood Centre 3 Trent St

SUPPORT GROUP	DAY & TIME	LOCATION
ADHD Parent Support Group - Monday night	20th July 2015 17th August 2015 21st September 2015 7:30pm to 9:30pm	South Penrith Neighbourhood Centre 3 Trent St
BY APPOINTMENT (Daytime only) ...	DETAILS	
Triple P • Parent Traps • Coping with your anger • Partner Support • Coping skills	Do you need extra support to get Triple P going in your family? For parents who have completed the Triple P parent group. These are individual modules.	
Triple P • Disaster Recovery	For parents who are needing parenting support after a natural disaster.	
Triple P • Family Transitions (separation & divorce)	For parents who are experiencing parenting challenges associated with separation and divorce. Cost: \$45 for the workbook & CD	
Triple P • Stepping Stones	For families who have a child with a disability. This is an individual consultation to address parenting challenges.	
Resilience Doughnut	Resilience Doughnut is a tool that parents can use to measure their child's resilience.	
Special Playtime	Special Playtime helps parents to build a relationship with their child through play. Special Playtime has been shown to reduce child behavioural difficulties in children under 7 years of age.	

JOIN OUR KIDS COOKING CLUB

Start collecting today!

Get Kids Cooking has taught thousands of kids how to cook. Our monthly kits are suitable for boys and girls 5-13 years. No long term commitment, delivered to your door. Fun for the whole family. Start collecting today!

WHAT'S IN YOUR MONTHLY KIT?

- Build your collection with a monthly skills badge for your Get Kids Cooking apron
- A skill card to assist your mini chef to master the skill of the month
- The cooking tool/utensil of the month**
- Easy-to-follow, child friendly and allergy aware recipe cards*
- Pantry ingredients to get started**
- A shopping list
- A fun, food related craft activity
- "Chitter Chatter" to help get your family talking at the dinner table

*Recipes will differ each month
 **Cooking tools and pantry ingredients will vary each month

Subscribe at getkidscooking.com.au

Find us on [GetKidsCookingAustralia](https://www.facebook.com/GetKidsCookingAustralia)



PENRITH CITY COUNCIL

PYJAMA NIGHT STORYTIME Wednesday 26 August 5 - 8pm

Come along in your favourite PJ's and join the fun at Penrith Library's annual Pyjama Night Storytime. Enjoy craft between 5pm and 6pm, and then sing songs and listen to some great stories between 6:30pm and 8pm in the lower lounge of the library. If you were here last year we know you'll be back, and if you missed the fun, make sure you join us. Mums, Dads and all carers are welcome to wear their PJ's too!

FREE AUTHOR TALK & WRITING WORKSHOP With Kylie Fornasier, Tuesday 25 August 6 - 7:30pm

Kylie is a local author and primary school teacher librarian, who also works with a writing group for young people in Western Sydney. Kylie has won several writing awards and has published three books, *Masquerade*, *The Ugg Boot War* and her new picture book *The Prince who Shrank*. Kylie will share her experiences as a writer, and lead a writing workshop.

This is a free event but places are limited. Tickets are available from Penrith Library from Monday 3 August. For 7 - 16 year olds.

WORKSHOPS

SCIENCE WORKSHOPS with the Crazy Scientist, Monday 6 July

CRAZY DINOSAURS

Learn about the prehistoric world. With dinosaur skeletons, a sabre tooth tiger skull, a real woolly mammoth bone, and much more, this hands-on workshop is a must for all would be palaeontologists!

WHO: For 7-12 year olds
TIME: 10:30-12pm
TICKETS: \$15 per child

GROSS & GHASTLY SCIENCE

Explore the gross world of your body and how it protects itself from bugs and diseases. This workshop teaches kids in a fun and engaging way about the biology of the human body.

WHO: For 7-12 year olds
TIME: 1:30-3pm
TICKETS: \$15 per child



EMBROIDERY WORKSHOP With Del White, Tuesday 7 July

Gain a lifelong skill and learn the basics of handmade needlecraft. Embroidery is fun and easy and it's a hobby you can be proud of. In this workshop you make your own sewing kit.

WHO: For 7-13 year olds
TIME: 10:30-12:30pm
TICKETS: \$10 per child



VISUAL THEATRE WORKSHOP With Dennis Clare, Thursday 9 July

The giant slinky is back, and this time you get to jump inside and learn how to make it move! Make wonderful shapes as you wriggle and glide. Become a character with only the most subtle of movements. You will be jumping out of your skin to join in the fun!

WHO: For 7-13 year olds
TIME: 10:30-12pm
TICKETS: \$15 per child



@ ST CLAIR LIBRARY

St Clair Shopping Centre
Bennett Road

MAGIC SHOW with Lindsay Gardner, Saturday 4 July

Be amazed by our local magician, Lindsay. You will be astounded by his amazing tricks and enjoy the audience involvement. A wonderful show that the whole family will love.

WHO: For 2-12 year olds
TIME: 10:30-11:30am
TICKETS: Free. Please collect from St Clair Library.



FAMILY SHOWS

UNTITLED - AN ART EXPERIENCE With Ms Kandinsky, Wednesday 1 July

The colourful Ms Kandinsky invites you into her abstract world in this poetic, musical, interactive performance. With music and puppetry, this show is a fun and playful way for children to be transported into the colourful world of art.

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



KOORI KINNECTIONS With Jess Sinnott, Wednesday 8 July

To celebrate NAIDOC Week, have fun learning about our first people. Learn about sustainability, bush tucker and traditional dance. Jess has a wealth of knowledge about Aboriginal culture, history and heritage.

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



WORKSHOPS

REPTILES UP CLOSE! With Brett Peters, Tuesday 30 June

Hands on learning sure to stimulate a love for the Australian bush and its creatures. Some of the friends you might meet are a shingleback lizard, Cunningham's skink, bearded dragon and a carpet python.

WHO: For 5-12 year olds
TIME: 10:30-11:30am
TICKETS: \$12 per child



ART WORKSHOP With Na'ama Atzmon-Simon, Thursday 2 July

Explore a still life display and flowers using a variety of drawing techniques using pencils, charcoal, oil pastels, and chalk on a range of paper. Create a mixed media work from your observations.

WHO: For 6-10 year olds
TIME: 10:30-12pm
TICKETS: \$15 per child



GET YOUR TICKETS FROM MONDAY 1 JUNE

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 is appreciated. To provide feedback about our family shows or workshops please email the Library's Children's team at bkaur@penrithcity.nsw.gov.au



Nutrition Snippet

The simplest way

...to eat well and prevent disease.

Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don't eat enough of either, particularly veg.

Try to add fruit and veg to every meal:



- Add chopped bananas or strawberries to your brekky cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch
- Reduce meat in your stir-fries, curries and pasta sauces – and add more vegies.

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.



