“...children change the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later!”

Dear Parents,

This week I refer you to an interesting article focusing on the “decline in kids’ social, emotional and academic functioning, as well as a sharp increase in learning disabilities and other diagnoses”. According to the article, students come to school “emotionally unavailable for learning” and this can be attributed to the following areas:

• Technology
• Kids get everything they want the moment they want
• Kids rule the world
• Endless fun
• Limited social interaction

It sounds extreme doesn’t it… but how much truth is in this changing landscape of education and parenting?

“You can make a difference in your child’s life by training your child’s brain so that your child will successfully function on social, emotional, and academic levels”. Here’s how:

1. Limit technology, and reconnect with your kids emotionally
2. Train delayed gratification
3. Don’t be afraid to set limits. Kids need limits to grow happy and healthy
4. Teach your child to do monotonous work from early years as it is the foundation for future “workability”
5. Teach social skills. 


It is a very interesting read so I encourage you to take a look at the link. Consider whether any aspects of the article resonate with you.

Canteen Management

As many of you would be aware, Mrs Judy O’Sullivan has been recovering from a fall at work which occurred last year where she injured her ankle. In recent months, Judy has been more mobile and has returned to work for short periods in the Canteen. Judy has now made the decision to cut back her hours by half on a permanent basis, and this will be effective as of next week. Mrs Rebecca Lucas will be job-sharing the role of Canteen Manager with Judy. I take this opportunity to welcome Rebecca to the St Bernard’s staff and thank her for her commitment and time in stepping into the position full-time at such short notice last year in Judy’s absence. We also welcome Judy back and wish her well as she makes a full recovery. Judy plans on taking Long Service Leave all of Term 4 and we hope she enjoys this time with her family.

Community Survey

The Parent Responses from our recent satisfaction survey have been received. I shared these at the P&F meeting earlier this week. We are very pleased with the results. I will include some of these details in next week’s newsletter. 131 of 231 parents completed the survey. 57% completion rate is considered excellent. Thank you for taking the time to provide feedback. It is always welcomed and actioned where appropriate.

Jacqueline Heffernan
Principal
Dear Parents

On Sunday 4 September, Mother Teresa of Calcutta was officially proclaimed a saint. The crowd of thousands faced Italy's heat to witness the canonisation as Pope Francis opened Sunday Mass, which included a reading of Mother Teresa's life. Her canonisation took place one day before the 19th anniversary of her death, in 1997 at age 87.

The world has no greater model and inspiration than Saint Teresa of Calcutta. Through her life and humility, we are stripped of every excuse to do nothing to help the hungry, the sick, the lonely, the unloved, the rejected, the hurting, the confused, the imprisoned. Affectionately and respectfully known to the world as Mother Teresa, she has long been recognised and admired as a woman fully dedicated to living the call of the Gospel to be merciful to others.

In this Jubilee Year of Mercy, our Holy Father, Pope Francis, has been reminding us of the medicine prescribed by our Lord for the well-being and eternal salvation of humanity: the medicine of mercy. Mercy is a medicine we are called both to receive and to dispense. Saint Teresa of Calcutta, demonstrated in her own life the great power of mercy to heal and transform. Over and over again the tiny woman asks us not to praise her but to join her; to remember that slums, homes for the dying, and prisons are not the only places where mercy, love, and attention are needed. Her humility, loving heart, wonderful smile and giving nature perfectly encompass the message behind this Year of Mercy.

Thank you, Lord, for blessing us with Saint Teresa, who has taught us all to love as your Son loved.


Andrew Chinn Workshops and Concert: Thursday 8 September. Please watch this space for photos and a recount of the day!

School Mass: There will be no school Mass on Friday 23 September as was originally placed on the school calendar. Both Father John and Father Dominic are unavailable and I will be on leave attending a family wedding. I apologise for any inconvenience.

Wishing you a lovely weekend with your family,

Julie Valentini
Religious Education Coordinator
"Be mindful of Your mercy, O Lord..." (Ps 25:6)
Religious Education News

Father's Day

Prayer Celebration Friday 2 September

Stage One
Dear Parents,

This week, starting on Sunday 4 September is National Child Protection Week. ‘Protecting Children is everyone’s business: Play your part’ is the theme. This year all Australians have been invited to play their part to promote the safety and wellbeing of children and young people. All classes have been reviewing our school expectations and student behaviour this week. Communication between parents and teachers is essential in the school environment. All teachers communicate regularly to parents to discuss any concerns that may arise and we encourage parents to do the same.

As part of National Child Protection Week, we have been focusing on the responsibilities students have when using technology and in particular social media. If your child/ren are regularly using social media to communicate with friends, I would encourage you to visit the eSafety website: https://www.esafety.gov.au. This is an extremely informative website where parents can source information about the digital environment and keep updated on their child’s technology usage. Below is some information from the eSafety website on cyberbullying.

Cyberbullying
Research shows that one in five Australian children aged 8 to 17 have been the target of cyberbullying in the past year. The Office of the Children’s eSafety Commissioner can help you make a complaint, find someone to talk to and provide advice and strategies for dealing with these issues. Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

What does cyberbullying look like?
Cyberbullying can occur in many ways, including:

• abusive texts and emails
• hurtful messages, images or videos
• imitating others online
• excluding others online
• humiliating others online
• nasty online gossip and chat.

I am being cyberbullied—how do I stop it?

• talk to someone you trust straight away—like a parent, sibling, uncle/aunt, teacher or friend, or contact Kids Helpline
• don’t retaliate or respond—they might use it against you
• block the bully and change your privacy settings
• report the abuse to the service and get others to as well
• collect the evidence—keep mobile phone messages, take screen shots and print emails or social networking conversations
• do something you enjoy—catch-up with friends, listen to good music, watch a good show or chat online to people you can trust remember you didn’t ask for this—nobody deserves to be bullied and you will get through this.


Next Thursday 15 September Senior Constable Donna Clarke, Youth Liaison Officer from Batemans Bay Police Station, will be presenting Year 5 and 6 with information on cyber bullying and the use of social media. Any parents who would like to come along are welcome. The presentation will begin at 11.30am in the Hall. Next term Donna will be facilitating a parent evening on social media. I will communicate the date and time once it has been confirmed.

If you have any questions, please don’t hesitate to contact us.

Have a lovely weekend.

Jo Wain
Assistant Principal
Literacy and Numeracy Awards

Congratulations to the following children who received class awards last week. It is great to see so many children working hard and receiving acknowledgment for their efforts - well done to all!

Outstanding Achievement Award in Literacy
- KB - Erica D
- KH - Alexander M
- KJ - Darley W
- 1H - Kate P
- 1VS - Emma I
- S1S - Neve S
- S1S - Ellie Rose D
- 2C - Georgie K
- 2F - Murray H
- 3BT - William M
- 3C - Stephanie B
- 3H - Ayla T
- 4M - Sophie E
- 4S - Shelby H
- 5M - Sienna K
- 5Y - Tyne P
- 6O - Jake B
- 6D - Alana G

Consistent Achievement Award in Literacy
- KB - Elyssa W
- KH - Floyd P
- KJ - Chloe K
- 1H - Amelia E
- 1VS - Sonny B
- S1S - Abbie M
- S1S - Dylan G
- 2C - Luke D
- 2F - Lily P
- 3BT - Aaron J
- 3C - Ivy P
- 3H - Scarlett S
- 4M - Sarah T
- 4S - Macy F
- 5M - Madeleine T
- 5Y - Tiarna M
- 6O - Anna T
- 6D - Christopher U

Outstanding Achievement Award in Numeracy
- KB - Harry B
- KH - Anthony N
- KJ - Noah A
- 1H - Cale P
- 1VS - Indi F
- S1S - Nicholas W
- S1S - Oscar B
- 2C - Peter T
- 2F - Murray H
- 3BT - William M
- 3C - Callum C
- 3H - Bill E
- 4M - Emma P
- 4S - Macy F
- 5M - Mark T
- 5Y - Tyne P
- 6O - Anna T
- 6D - Emma M

Consistent Achievement Award in Numeracy
- KB - Blair W
- KH - Griffin H
- KJ - Callum K
- 1H - Kiana W
- 1VS - Maya B
- S1S - James C
- S1S - Cortnae-Jane F
- 2C - Lincoln D
- 2F - Cooper T
- 3BT - William M
- 3C - Aliza V
- 3H - Cooper K
- 4M - Jed F
- 4S - Michael A
- 5M - Sophie M
- 5Y - Zachary H
- 6O - Jake B
- 6D - Christopher U

CLAIM THE DATE

All parents are invited to our Learning Journey Display on Thursday 22 September, 11.30am - 12.30pm. All classes will display their learning for the term and the children are very excited about sharing their hard work.
Literacy and Numeracy Week Awards

Kindergarten

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Congratulations!
What consumes our time and energy shape our lives. When we lose something we tend to spend our time thinking about it and seeking it out. It can become all-consuming and exclude every other activity. Accompanying this search are our feelings of guilt and loss. How could we have lost it in the first place? Where have I been where I might have lost it? Will my life ever be the same without it? Often these feelings accompany our ownership to material things but probably, more importantly, how we use these things to relate to others.

The search for the lost sheep and the lost coin, however, translates this into our search for God or rather God's search for us. There can be times when we can feel lost or abandoned by God. There can be a sense that we want God to find us but we cannot stop running or being concerned about many things. God can become squeezed out little by little that we do not notice the absence until we encounter a deep emptiness inside which no material thing, no activity or project can fill. We can no longer be distracted from becoming present to the God who dwells within. The Good News is that God never abandons searching us out and leading us back to the place where we can celebrate our lives with joy.

Fr John Armstrong
Parish Priest of Batemans Bay
Administrator of Moruya
PO Box 3220
Batehaven NSW 2536
02 4472 4153
jarmstrong@cg.org.au

Sport News

Eurobodalla Netball Gala Day
Netball NSW would like to invite students in Years 3 and 4 who have played Netball, to attend a Netball Gala day on Friday 11 November 2016. The event will take place at Eurobodalla Netball Association, Captain Oldrey Park, Elizabeth Drive Broulee, and will be a fantastic opportunity for your students to compete, have fun and learn new skills with other students their own age.

While this is a standalone event, it will provide our students with a taste of netball before they are eligible for the Netball NSW Schools Cup next year.

**Date:** Friday 11 November 2016
**Where:** Eurobodalla Netball Association - Captain Oldrey Park, Elizabeth Drive Broulee
**Time:** 10.00am – 2:30pm
**Cost:** $15 per team
**Age Group:** Years 3 and 4
**Bring:** Patches, own ball, drink bottle, sunscreen and a hat
**Registrations Close:** Friday 28 October 2016

If your child currently plays Netball and is interested in being a part of a St Bernard’s team, please contact me at school or via email at megan.grant@cg.catholic.edu.au. Also, if there are any parents who would be able to assist with coaching and umpiring on the day, please let me know.

Megan Grant
PE Teacher/Sport Coordinator

Have you downloaded the Qkr APP? It is an easy-to-use phone app that has been introduced to all families this term. It gives you the flexibility to make hassle-free canteen orders and school fee payments at a time and place that suits you. Please contact us if you have any questions.
Mr. Magorium’s Museum

LAST WILL AND TESTAMENT OF MR MAGORIUM

Mr. Magorium, upon my death leave my entire emporium to the students and teachers of Stage One at St. Bernard’s School.

My wish is that you set up a Toy Museum to preserve my love of toys and joy of playing and fun.

Your job in the museum will be to inform people about toys from the past and the present.

To undertake this task, you will need to become experts of different types of toys.

As an expert consultant, you must explain to people how toys have changed and how they are important for playing and development for children.

Just remember:

Mr. Magorium

Mr. Magorium

Mr. Magorium’s Museum

STAFF WANTED

July 2012

Curatorial Positions

Old Toys Master Tips

Dela Evans Papers

Mr. Magorium’s Museum

STAFF WANTED

July 2012

Curatorial Positions

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Mr. Magorium’s Museum

STAFF WANTED

July 2012

Curatorial Positions

Old Toys Master Tips

Dela Evans Papers
Tip Sheet - Eye Contact & Tracking

AUTISM SPECTRUM DISORDERS: Strategies for home and school

Eye Contact and Tracking

Eye Contact

Teaching eye contact is very difficult, as it is actually eye gaze rather than ‘staring into eyes’.

Nevertheless it is an important skill, as in our culture people who do not give eye contact are considered unusual.

For many children we teach to look in the DIRECTION of people rather than looking in eyes.

As part of communication and socialisation eye contact demonstrates an awareness of and interest in the other person. In many cases people will think the child is not paying attention if they do not give eye contact. However, we must be cautious as many children find looking at people very uncomfortable and even report listening best with their eyes closed.

Recommended Strategies to Encourage Eye Contact

- Model appropriate eye contact with your child, always turn to look at your child when you talk to them.
- Bring object/toy up to your eye level to encourage your child to look. Initially they may only look at the toy but gradually some eye contact will emerge.
- If your child is co-operative and understands what you mean you could say “Look at me”.
- Sometimes gently touching your child’s chin can be a reminder to look BUT DO NOT DRAG YOUR CHILD’S FACE ROUND to make them look.
- Stand in front of your child when they are on the swing/rocking horse etc. Occasionally stop the swing and say “Ready, set” – wait a few moments in the hope that they may look at you and then immediately say “Go”. As they turn to look at you more readily you can encourage a vocalisation for “Go”.
- Blowing bubbles, and then waiting, is often a successful way of eliciting eye contact.
- Use a variety of ways to gain your child’s eye contact. Do not constantly nag him with “Look at me, look at me”.
- Some children feel more comfortable when engaged in a gross motor activity, e.g. on the swing, having a tickle. The child may give spontaneous eye contact during these activities.
- Praise all spontaneous eye contact i.e. say “Good looking”.

Tracking Skills

Some children need to be taught to ‘track’ or follow an object with their eyes. This is an important skill when you are using visuals or schedules. It is also an important component of eye contact.

Recommended Strategies to Teach Tracking/Scanning

- Blow bubbles, feathers in the air, balloons.
- Sparklers: move around and get child to follow.
- Torch activities: follow the light along the wall. Cover torch with different colours to make interesting.
- Toys that move on their own, remote, pull back and let go eyes follow object.
- Roll a ball, extend range and length of rolling.
- Throw at target activities.
- Books: If the child likes books looking at the pictures can be great. Pop up books can be used if not as interested in books as these are often more interesting.
- Puzzles: Start with their special interest and quick puzzles where they just need to look quickly to complete puzzle then build up.
- DVDs/TV shows can teach looking and scanning.

Excerpt from Practical Communication Programmes by Jo Adkins and Sue Larkey (Pg 45 and 46).

Practical Resource for Teaching Communication Skills

Practical Communication Programmes: By Jo Adkins and Sue Larkey

Communication is the biggest area of skill deficits in nearly all children on the autism spectrum – whether it is little to no verbalisation, social skills or simply understanding spoken language. This book offers hundreds of ideas and strategies to improve communication skills – including picture exchange, teaching literacy skills, and emotions. It includes activities and resources you can photocopy.

CODE B19 $39.95 (plus P & H)

www.suelarkey.com.au
Stepping Stones Triple P Parenting Seminars

The Stepping Stones Triple P Project Team NSW (in partnership with Cerebral Palsy Alliance) is coming to Batemans Bay, Nowra and Ulladulla. The Stepping Stones program is specifically designed for parents/carers of a child with a disability. Come along to learn how to tackle common issues related to behaviour and strategies for assisting your child to reach their potential.

If you have a child with a disability aged 2 - 12 years, register for this free event.

Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

What is a Stepping Stones Seminar?

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It’s an informal presentation, a little like a public forum. There are three seminars that each last about 90 minutes and cover a different topic. We encourage parents to try to attend all three.

When: Tuesday 13 September 2016

9.30am – 11.00am
Seminar 1 – Positive Parenting for Children with a Disability

11.15am – 12.45pm
Seminar 2 – Helping Your Child Reach their Potential

1.15pm – 2.30pm
Seminar 3 – Changing Problem Behaviour into Positive Behaviour

Where: Catalina Country Club, Forum Room - 154 Beach Rd, Catalina NSW 2536

Light refreshments provided.

Cost: FREE as part of a research project

Who: Any parent/caregiver of a child with a disability age 2-12 years

How: RSVP by contacting the NSW Stepping Stones Triple P Project Team Call (02) 9114 4106 or email fhs.steppingstones@sydney.edu.au

For more information contact:

Stepping Stones Triple P Project Team NSW - (02) 9114 4106 or fhs.steppingstones@sydney.edu.au

Note: this will also run in Ulladulla on 14 September and in Nowra on 15 September 2016.
All of the students enjoyed the visiting author Mr DC Green last Friday. Mr Green has kindly offered to extend the opportunity to purchase his books and he will autograph them. Please complete the order form below with your payment and return it to the office as soon as possible. It makes a great Christmas present.

Child's name: ____________________________________________ Class: __________________

Would like to order the following books:

☐ Three Little Surfer Pigs ($10 each). Quantity: ______________
☐ Two City of Monsters ($19 for 2). Quantity: ______________
☐ All three Erasmus James books ($35 for 3) Quantity: ______________
☐ All six DC books ($95 for 6) Quantity: ______________

Theresa Hopman
Library Assistant

P & F NEWS

Hope everyone had a lovely Father's Day.

I would like to personally thank Nicole Powell for helping me with the Father's Day preparation. Without her I would not have got it all done. I would also like to thank Jo, Lynda, Kaylyn and Nicole for taking the time out of their day to help us and our children at the stall and getting their Working With Children Check done. It is such a pleasure to help all of the children choose their special gifts for their dads, uncles and pops.

Hope everyone has a great weekend.

Tori Vincent
St Bernards P & F President

Thank you to all the students who participated in the Premiers Reading Challenge this year. I’m proud to say we had a total of 256 students complete the challenge. 32 of these students earnt their Gold Certificates this year, and 3 superstar readers have earnt a Platinum Certificate for participating in the challenge for an amazing 7 years running! Well done to all our participants. Don’t forget all the books you read now can go towards next years’ tally if you record them now. Keep Reading!

Theresa Hopman (Theresa.Hopman@cg.catholic.edu.au)
CANTEEN SPECIAL
WEEK 9

PASTA CARBONARA
$3.50 OR $5.00 MEAL DEAL.

SCHOOL BANKING NEWS $$$

Congratulations to the School Banking savers who received the following:
Will T (2C) - a Wildlife Writer Set. Emma M (6D), Genevieve P-C (3H) and Sarah A (S1S) - a Jump and Skip Rope.
Lilly W (4S) and Kira lee K (2C) - a Backtrack Eraser Pen. Emma M (6D) - Intergalactic Rocket. Remi C (KH) - ET DVD. Wonderful savings!

Also congratulations go to the following students who received a Silver Certificate: Kadyn M (2F), Kira V (1H), Logan M-B (S1S) and Olivia M (KH). Bronze Certificate: Finian B (5Y). Well done!
P & F Minutes of Meeting 6 September 2016


Meeting Opened: 7.02pm with prayer.

Minutes from last Meeting
Amendment: J. Heffernan - apology
Moved: M. Franzen, seconded N. Powell

Business arising
School bag – samples being organised. Approx $70.00 through Hip Pocket.
Roles and responsibilities for P & F members will be brought to next meeting.
P & F Minutes; email Jacqui, Jo, Heidi and Tori approximately one week after meeting.
First Eucharist went extremely well.
Sponsorship through Marymead – waiting for new director to be appointed
New dishwasher – quote - over $3,000 (one tray) – not including installation. – detergent = high cost also. J. H. sees it as a worthwhile outlay – will consider idea in future. Will make a decision at next meeting.

Treasurer’s report
Bank Balance $22,667.97.
Father’s Day stall income $2,673.20 less float $300.00 less purchases of $585.70 = $1,787.50

Fundraising
Colour run – will be brought up at staff meeting tomorrow.
Yellow and red – problem with allergies (need to be excluded).
Decision needs to be made so order for t-shirts can be ordered from Kmart.
Possible prizes for sponsorship.
Combined Catholic Schools Ball – Next year

Principal’s Report
Canteen: Judy has been on worker’s compensation for approximately 12 months. Gradual return to work is paid by P & F – hoping CE will support with wages financially. This week - final week on worker’s compensation.

As of next week R. Lucas and Judy will split allocated hours. R. Lucas will work Wednesday and Friday and Judy will work Thursdays. Judy will be taking LSL in Term 4 and R. Lucas will be working 3 days per week during this period.
Judy and Bec will job share next year.
Bec will become permanent part time as of next week.
Consideration needs to be given to paid hours. All paid canteen staff are giving a large amount of unpaid time to their position. We will raise this later in the year – to be set up for 2017.
Banking – money taken to bank – Tomax Security $36.30 for each collection. This company collects all school and P & F money. School is funding this expense. All counting of monies must be done by two people.
I.T. Strategic plan. Meeting with I.T. technician next week. To develop a rollover plan... 3 year turn around – I pads, classroom computers and computer labs. Looking at chrome books. Jo and Jacqui were involved in developing this plan at St Mary’s and believe this is a cost effective plan to ensure updated technology is available in the school. The plan will be presented when completed.
Cyberbullying – issues in Year 5 and 6. Talk with Year 5 and 6 re issues with social media.... Donna Clarke will also have a parent information evening. Website: E safety... Jo will be putting info in newsletter this week.
Bus talk = successful – Bus contracts will be implemented next year.
P & F Christmas function – 28 November. V. Vincent will investigate.
Document holders – are available.
Consideration for P & F contribution – artificial grass under Bandur’s Barn. Possible option is also soft fall.
Survey – 131 responses. Very positive results – staff will use results (grade specific) as a tool.

Business arising
P & F flyer to become part of enrolment pack. V. Vincent will develop this.
Hydroponic garden – received through grant. Will be out the back of hall (outside roller door).
Volunteer to take over clothing pool. Will be organised for next year. A. Prior will do this.
Meeting closed: 8.25pm
Mad Crazy Kids

24 September 2016
A FRINGEY THING FOR KIDS UP TO 12 YEARS OLD.
FRINGE SATURDAY FROM 11:30 AM – 2.00 PM

Let the kids loose for some Fringe fun and a licence to be silly for a few hours

- Pizza eating competition
- Cake eating competition
- Bubble gum bubble blowing competition and much more!

Heaps of prizes to be won and fun crafty stuff to build

This will be an inclusive free-ranging muck-about and … not a jumping castle in sight!!

Entry is free or if you can manage a gold coin donation would be great. So don’t forget … bring sunscreen, hats, and a blanket or cushion if you want to chill on the grass.

When: Saturday 24 September 2016
Time: 11:30am to 2:00pm
Where: Clyde River Foreshore in the Bay

Eurobodalla District Tennis Association - Junior Super League
Inter District Junior Tennis Competition

It’s registration time for the new Eurobodalla Junior Tennis Competition – for Term 4 (2016) and Term 1 (2017).

Format – Mixed graded divisions for juniors. Singles and doubles team play in home/away rounds. Clubs include: Moruya, Batemans Bay, Turooss, Broulee, Narooma, Dalmeny and Bodalla.

Matches – 9:00am – 11:30am on Saturdays

Low compression “green balls” for under 10’s.

The competition will commence on Saturday 15 October 2016.

Cost: $50 per player

To register: Contact Richard Sellick 0414753941 rsellick@bigpond.com.au or Rob Bradley 0412343651.

Keep track of your results on-line with X-point competition software. Matches, statistics, rankings, messaging, rewards shop.

SPRING INTO ART EXHIBITION & SALE
THE SOUTH COAST PASTEL SOCIETY INC.

BATEMANS BAY SURF CLUB, GEORGE BASS DRIVE, MALUA BAY
28 SEPTEMBER - 3 OCTOBER 2016. OPEN DAILY FROM 10.00AM TO 4.00PM .

KIDS PAVEMENT PAINTING SATURDAY 1 OCTOBER FROM 10.00AM TO 12.00 NOON.
SPRING HOLIDAY PROGRAMS!

AGES
5 - 13 years
Groups will be divided appropriately

BOOKINGS ESSENTIAL
Limited positions
High coach to child ratio

FOOD
Bring your own lunch
Morning & afternoon tea provided

TIME
9.00AM - 3.00PM

COST
$55 per child per day or
$150 for 3 days

COACHES
Qualified, experienced coaches in a fully
Insured Gymnastics
Australia affiliated Club

WEEK 1 TUES 27 WED 28 THU 29 SEPTEMBER

WEEK 2 TUES 4 WED 5 THU 6 OCTOBER

'FEATURING' • Fun, active games • Age appropriate craft •
New release movie for 'quiet time' • Gymnastics sessions •
Bungee • Rock Wall • No Gymnastics experience necessary!

BOOK 1 SESSION OR
MULTIPLE PER WEEK!

Units 3 & 4, 62-64 Cranbrook Road
BATEMANS BAY 02 44 722 455
agymnastics@bigpond.com

Community News