The Gospel reading for next Sunday presents us with an image of Jesus very different from last week when He was revealed in His glory, triumphant over suffering and death; here we see Jesus enraged to find the sacred Temple reduced to a marketplace for sacrificial animals. With a little imagination we can almost hear the sounds of bleating, the flapping of wings and shouting voices; the smells of manure and smoke. It was also a place where the complicity between Roman taxes, priestly corruption and caste divisions was a visible mockery of everything the Temple stood for.

The gospel recounts Jesus’ anger at their ‘turning of my Father’s house into a market’, turning over tables, wielding a whip of cords and driving them out of the Temple. It’s important to realise that the moneychangers performed a needed function so what’s the lesson here? Jesus does not disapprove of trade, it is integral to the cohesion of society and the spread of civilisation. But markets cannot be the foundation of our society. Lent is a time for us to remember every good thing comes from God, that the best things in life cannot be bought or sold.
**Important Upcoming Dates for your Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5th March</td>
<td>St Edward’s Open Day, Diocesan Schools Staff Mass</td>
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<tr>
<td>6th March</td>
<td>Classroom Helper Training. VSR 9.15, 6B-RSL Museum</td>
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<tr>
<td>9th March</td>
<td>Catholic Schools Week. OLR Open Day</td>
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<tr>
<td>10th March</td>
<td>6G—RSL Museum</td>
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<tr>
<td>16th March</td>
<td>World’s Greatest Shave &amp; Crazy Hair Day</td>
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<tr>
<td>17th March</td>
<td>St Patrick’s Day &amp; Pancake Breakfast</td>
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<tr>
<td>18th March</td>
<td>Communion Registration Night—OLR Parish—6.30pm</td>
</tr>
<tr>
<td>25th March</td>
<td>Parent Info Night -Sacramental meeting— OLR Parish—6.30pm</td>
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<tr>
<td>26th March</td>
<td>Year 6 Cluster Mass</td>
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<tr>
<td>27th March</td>
<td>Year 2 Excursion Newcastle Wetlands, Yrs 4 &amp; 5 students-RSL Museum</td>
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<tr>
<td>31st March</td>
<td>Kinder Hat Parade at Nareen Gardens</td>
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<tr>
<td>1st April</td>
<td>Kinder 2016 Parent Information Night 7pm</td>
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<tr>
<td>2nd April</td>
<td>Holy Thursday—last day of Term 1</td>
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</tbody>
</table>

**From the Principal**

Parent engagement has been one of the priorities for us the last couple of weeks. Last year you told me you wanted more opportunities to meet with the Principal and Leadership Team - be careful what you wish for!

Thank you to those Year 6 parents who came along to discuss our approach to this important year in the life of the students. It was J.R.R. Tolkien who coined the word ‘tween’. In the Fellowship of the Ring he wrote, “At that time Frodo was still in his tweens, as the hobbits called the irresponsible twenties between childhood and the coming of age at thirty three.”

Thank goodness we generally don’t have to wait until they are thirty three before we see adult behaviour as the ‘tweens’ are now generally understood to be the years between childhood and the teenage years, two very exciting stages of development. It can be a tumultuous time for children as they transition to the next stage so we want to provide opportunities and experiences to help them develop lifelong dispositions and skills to manage themselves in the changing world around them. The Year 6 teachers and I appreciate your commitment to working with us this year to bring about our shared hopes and aspirations.

I am delighted to announce that Ms Tanya Hannan has been appointed to the job-share position with Mr Burns, a great team for 6 Blue.

On Monday we conducted two meetings to discern with you the model of parent body you want for our school. Thank you to the parents who came along and engaged in a robust discussion. As advertised, Ms Carmel Hewitt, Parent Liaison Officer from the Catholic Schools Office, facilitated a process where we looked at the purpose of parent engagement, what works, what doesn’t work. In answer to the question ‘Why are parent bodies important?’ you told us that a formal body of some type for OLR is important as

- a means of involvement,
- a way to build community,
- a forum for parent voice and
- a structure to facilitate communication between parents and staff and between parents, and not to forget fund raise.

*Material in the newsletter is not to be reproduced without the permission of the School Principal.*
We also looked at the Enablers and Blockers to an effective functioning parent body.

You told us that some of the Blockers are

- lack of communication
- perceived exclusion
- perceived workload
- lack of role clarity

The Enablers discussed included

- openness
- explicit communication
- accountability
- inclusivity
- shared goals
- transparency

In answer to the question ‘What type of Parent Body do you want?’ there was general agreement about establishing a body to facilitate parent engagement at OLR.

So where to next?

On **Monday 16th at 6:00 PM** we will hold a meeting to identify the positions and tasks for a Parent Community Team. If you were at the meeting last Monday come along to work on the evolution of your Ideas. If you were unable to attend the last meeting come along anyway to be part of the shaping of the way forward.

Please indicate your attendance by contacting olrte@dbb.catholic.edu.au

As promised we have attached a very short survey regarding parent engagement for those parents who were unable to attend the meetings. Please complete and return to the office by Mon 9th March.

For more information regarding parent engagement in schools you can go to the Diocesan Parents Council website


**Class Parents Program 2015**

Included in this newsletter is an Expression of Interest for Class Parents and a Role Description. We look forward to establishing a dynamic group who will work with the school and the Parent Community Team. The Nomination Form and Role Description can be found on our Website. Go to School Community, Class Parents.

**Kindergarten**

Starting school is a significant milestone in a child’s life. There is often anxiety mixed with excitement on the part of parents and the children. As we start Week 6 of Term 1 I would like to acknowledge how well the 2015 Kindergarten Class has settled into formal schooling. In doing so I recognise the work of the Kindergarten teachers and collaboration of the parents in this important transition. We are setting up the children to be active, confident agents in their learning.

Kate Clancy

**Acting Principal**
SURVEY

Celebrating Community
Outcome: Develop ideas to continue to build an inclusive and effective parent body at OLR The Entrance.

Please complete the following survey:

1. Why are parent bodies important, what is their purpose/goal? -

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. How do you think your P & F has been functioning, what’s working, what’s not?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. What are the enablers and blockers?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. What type of Parent Body do you want?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. What type of Parent Body can you support?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Enrolling a child for Kindergarten 2016

I am a current parent of Our Lady of the Rosary Catholic Primary School, The Entrance and I intend applying for enrolment for my child in Kindergarten 2016.

Eldest Child currently attending OLR: __________________________Class:____

Child’s Name for Kinder 2016:_________________________________________

Child’s Date of Birth__________________ Religion:________________________

Please return this form to school before Monday 23rd March
**From the Assistant Principals**

**Singing at the Parish Mass**: This Saturday night our children will be singing at the 6pm Parish Mass at the Entrance Church. All children are invited to join the school choir, who will be leading the singing. Just turn up a little before Mass and join the children in the choir loft.

**CLASSROOM HELPERS INFORMATION SESSION**: This Friday morning, 6th March, 9.15am we will be holding a REPEAT workshop for parents who would like to help in the classroom. At this workshop we will cover ways to support and encourage the children in the areas of English and Mathematics and how to best support the teachers in the classroom. We will conduct this meeting in the VSR. We would like all parents who help in the classroom to attend this session, if they missed the last one. If at this stage you are unable to assist in the classroom but are interested in ways to support your children at home please feel free to attend.

**BANNERS on the FENCE**: The school would like to ‘tidy up’ the corner of the school near the big roundabout. While many of these banners are on the council’s fence, some on our fence. We believe that permission has not been sought for these banners. If you own one of these banners on the school fence, please see Greg Cumming before Friday, as they will be removed.

Congratulations to all the students who competed in the CCC Swimming Carnival. Our students did very well and we thank them and their families for their participation.

Congratulations also to Chase, Year 6. Chase represented the Central Coast Under 11 Boys at the recent Oztag State cup in Coffs Harbour and from there was selected to represent NSW in the Under 11 Boys team to play against Queensland on the Sunshine Coast in May.

If the next couple of weeks are any indication, Year 6 students and teachers are looking forward to a busy year, full of great learning and exciting moments. Our students have been invited to the RSL Museum at Long Jetty to learn more about the proud history of Australian men and woman who have served their country. Afterwards, they are being hosted by Diggers for lunch.

Next Wednesday, 11th March, Year 6 are also heading off to St Peter’s to watch a dress rehearsal of ‘Grease’ the musical and be amazed by the talents of senior school students. We are very grateful to St Peter’s for their invitation to see students performing at such a high standard.

The students are also looking forward to gathering at The Entrance church on the 26th March with other Catholic Year 6 students of the Central Coast for the annual cluster Mass. It will be an inspiring moment to see hundreds of Year 6 students join together with their teachers, school and CSO leadership, parish clergy and our new bishop to welcome in and bless their final year at primary school.

Watch out for the new Year 6 sports shirts. I’m sure you’ll agree that they are quite striking and stylish and will really set the students apart as leaders. Also look out for the leadership badges being worn now by all Year 6 students as a sign of the responsibilities and privileges that accompany their roles as school leaders.
THE AWESOME GIFT OF YOUR CHRISTIAN FAMILY FOR THE CENTRAL COAST

“The family has the mission to guard, reveal and communicate love, and this is a living reflection of and a real sharing in God’s love for humanity and the love of Christ the Lord for the Church His bride” (Familiaris Consortio, no. 17).

Lent is a time to take stock of OUR FAMILY’S MISSION TO WITNESS TO THE GOSPEL OF JESUS CHRIST. This is reflected in the qualities of unconditional love as a spouse, a parent or a child. Families are great places for this unconditional love to grow through gratitude, forgiveness, faith and generosity.

Some simple ways to grow and show these Christian qualities:

The Central Coast needs your witness to Gratitude: Make ‘please’ and ‘thank you’ a routine verbal expression to each other. Include God in this practice at the family dinner table or at the end of each day by looking for the blessings of the day and saying ‘thank you’ to God.

The Central Coast needs your witness to Forgiveness: People living together and having conflict go hand-in-hand especially when there is a mix of personalities and different stages of development. These are our learning opportunities if we are open to talking and listening. Simply saying sorry as a way to forgive and forget doesn’t work as forgiveness is a process and needs a calm resolution to forgive and carry on! So take time to resolve issues.

The Central Coast needs your witness to Faith: Christian families are the seedbeds of faith in God and life. God and life go together and we can’t separate them as some fundamentalists are trying to do. God is the source of life and all life is good. Family life and the life of individuals within it are good and sacred. Whatever causes damage to this life is sinful. What might be limiting the faith and well-being of your family?

The Central Coast needs your witness to Generosity: Generosity is a beautiful thing in the family and builds good will. It can be as simple as giving a compliment, helping each other out in the morning rush, interrupting the routine to do something special for another. Busy family members live by tight schedules and become so busy that the gift of generosity becomes collateral damage. Keep your eyes wide to watch for opportunities for generosity this Lent.

OLR COMMUNITY WITNESSES TO SOCIAL JUSTICE

Thank you and blessings to our Social Justice team members: Jo, Jennifer, Tracey, Joanne, Frances and Grace who have volunteered at Coastshelter on three occasions so far. The team is committed to cooking and serving the homeless on the third Monday of each month.

THANK YOU

Coastshelter appreciates all your donations of non-perishable food to our OLR Giving Tree which is located in the foyer of the Office.

REMINDER

I have pre-loved school clothing in store which I am happy to give out because the more I give out, the more will come in—that's the way it works!

Many Blessings,

Kay Taylor Chaplain
Catholic Schools Week at OLR
8-14 MARCH 2015
EDUCATING FOR TODAY & TOMORROW

Open Day!!!

Monday 9th March
9am – Assembly in the School Hall
9:30-10:30am – Open Classrooms
10:30am – Morning Tea in the School Hall

Come and see great Catholic Education in action at OLR!
Canteen News

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Karim A, Frances O’S, Nicky D</th>
<th>Thursday</th>
<th>Renee T, Jasmin S, Susan Sm, Lisa G</th>
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<tr>
<td>05/03/15</td>
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<td>12/03/15</td>
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<tr>
<td>Friday</td>
<td>Jo D-D, Joannem, Jodie B, Shay C</td>
<td>Friday</td>
<td>Julie M-R, Kelly O’S, Cath Mac, Kara H</td>
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<td>06/03/15</td>
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<td>13/03/15</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Alicia K-S, Kristie K, Danielle H</td>
<td>Monday</td>
<td>Gillian R, Rebecca R</td>
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<tr>
<td>09/03/15</td>
<td></td>
<td>16/03/15</td>
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<tr>
<td>Tuesday</td>
<td>Melanie M, Vanessa R, Gabrielle D</td>
<td>Tuesday</td>
<td>Sharon McC, Sharon S, Michelle M, Amanda B</td>
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<tr>
<td>10/03/15</td>
<td></td>
<td>17/03/15</td>
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<tr>
<td>Wednesday</td>
<td>Lisa O, Stuart H, Joan C</td>
<td>Wednesday</td>
<td>Susan Sm, Desley G-B, Linda C</td>
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<tr>
<td>11/03/15</td>
<td></td>
<td>18/03/15</td>
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The term is fast disappearing. Our next occasion in the Canteen will be St Patrick’s Day on Tuesday, March 17th. The Canteen will be “Turning Green” and have special green treats available. This is NOT a pre-order day, just order on the day as usual. See the attached flyer for details. (Flyer can also be found on our website in the Canteen Section)


Finally, please make sure you are using the current price list (found on our website in the Canteen Section). Some orders are still coming in with the old prices.

Remember, Sushi is NO longer available.

Healthy Eating  Sue MacSween  Canteen Co-Ordinator

On Thursday the 12th March, Emma Hawkings (Tracy’s daughter, School Office) will be shaving her bright blue hair to raise much needed funds for the Leukaemia Foundation as a part of the World’s Greatest Shave. Follow the link below for more information or to donate online. A box will be placed in the school front office, or donations can be made directly to Tracy Hawkings at the front office. The event will be held at Hogs Breath at Tuggerah from 5.30-7.30 with the Shave happening about 7pm. Come and see Emma Shave her head and you can meet The Hogster.

http://my.leukaemiafoundation.org.au/emhawkings
ST PATRICK’S DAY SPECIALS
TUESDAY 17TH MARCH
Order as normal – no pre-ordering required

Dublin Roll
(Sausage Roll)
$2.50
½ a Dublin Roll $1.50

Belfast Pie
$3.00
Small $2.50

Banshee Blood
(Tomato Sauce) 30c

Leprechaun Fingers
(Chicken Fingers)
6 for $3.20 or 3 for $1.60

Pot of Gold
(4 Nuggets)
$2.50

Bogart Fritters
(Hash Browns)
80c

Green Guinness
(Green Spider)
$1.00

RECESS TREATS

Paddy’s Green Pikelets 10c
Leprechaun Bread 10c
Frog in a Pond Jelly 90c
Four Leaf Clover Fruit Cups 90c(large) 60c(small)

Happy St. Patricks Day
OLR is supporting

WORLD’S GREATEST SHAVE

The OLR community is delighted to support:

Alora, Sam and Noah as they

‘Shave their HEADS’

Show your support by:

Making a donation to join in on our:

CRAZY HAIR DAY
Monday 16th March
Come along at 2.10pm to support and watch

Donating online:

Alora:
http://my.leukaemiafoundation.org.au/alora

Sam and Noah’s Team:
http://my.leukaemiafoundation.org.au/samoah

Do you want to cut off one of Alora’s ponytails? Send your generous donation in an envelope with your name and phone number to the office and the highest bidder will cut them off at the start of the assembly.
Our Lady of the Rosary Catholic Primary School, The Entrance  STUDENT ABSENTEE NOTE

We are required by law to record all absences for children enrolled in our school with an accompanying note.

My child ____________________________________ of class__________ was absent from school

on the following date/s:

__________________________________________________________

Please sign below to indicate that your permission was given for this/these days absent.

I ________________________________ verify that my child was absent from school with my permission on the dates above.

Reason:_____________________________________________________________________

Signature:____________________________________________ Date:__________________

THIS NOTE IS AVAILABLE ON OUR WEBSITE ON THE EVENTS PAGE
Pancake Breakfast - Tuesday March 17th 2015—Take 2
Reminder for all orders to be sent in by Monday 16th March. Please see order form below.
If you can help out / serve please make sure you place your name at the bottom of order form.

Easter Raffle
We will soon be sending home raffle tickets for the annual Easter Raffle. If you can please start sending in a donation of an Easter Egg or Easter themed prize with your child it would be greatly appreciated.
Thank you for your continued support.

Fundraising to improve the quality of our children’s education

OLR Parents and Friends Association

Tuesday, 17th March
Time – 8.15am – 9am
ORDERS MUST BE PLACED BY MONDAY, 16th MARCH

One Order form per child please

Please tick your preference below

☐ PANCAKES ONLY $2.50

☐ PANCAKES WITH JUICE $4.00 (please tick which flavour)
   ☐ ORANGE  ☐ APPLE

☐ PANCAKES AND FLAVOURED MILK $4.00 (please tick which flavour)
   ☐ CHOCOLATE  ☐ STRAWBERRY  ☐ BANANA

Child’s Name: ___________________________ Class: _________

I ___________________________ am able to help on the day.
(Name)

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OLR Class Parent Program 2015

The OLR Class Parent Program consists of 34 volunteer parents across the school. There is also a Class Parent Coordinator who facilitates communication between the Class Parents, school principal and the school P & F. We also ask that one of the Class Parents per class be in attendance at each P & F meeting.

The primary aim of the Class Parent role is to:

- communicate a sense of welcome and care to parents and children within their grade/class.
- enable parents to get to know each other within and across the grades.
- enhance communication between parents and teachers.
- organise simple and fun social/connecting functions to support the above.

All activities should require minimum organisation and be “no fuss” activities that are inclusive of all.

We are requesting expressions of interest for the Class Parent roles for 2015.

Later in the term, the Class Parent Co-Ordinator will liaise with the School Principal and the Class Parents to plan a calendar of events for the year.

What exactly is required of a Class Parent?

The specific expectations of the Class Parent role are detailed over the page.

---

**EXPRESSION OF INTEREST TO BE A CLASS PARENT**

Name: _____________________________________________________________

Class Volunteering for: ________________________________

Home phone: __________________________ Mobile: _______________________

Email: ________________________________________________

PLEASE COMPLETE THE ABOVE SLIP AND RETURN IT TO SCHOOL BY MONDAY 9TH MARCH.
CLASS PARENT ROLE DESCRIPTION 2015

The role of Class Parent is reasonably simple and designed to accommodate all volunteers. The following broad areas need to be covered:

Class / Grade Social Activities – it is suggested that the Class Parents organise:

- One parent social activity per grade per semester/half year, or as suited to the grade. This should be a simple, easy activity eg dinner, BYO functions, coffees, morning teas, walk. Always ensure activities involve evening and day opportunities, are fun, easy and cheap for inclusive involvement of all families.
- One child based social activity per grade per semester/half year, or as suited to the grade eg park afternoons, bike activities, picnics.

Working with class teachers – class parents are encouraged to:

- Make a time in Term 1 and discuss appropriate support according to class teachers needs
- Welcome new children and families to the class.
- Liaise with Class Parent Co-Ordinator to plan a special activity for International Teacher’s Day (October)
- Organise a card and chocolates (available at the school office, provided by the P & F) for the teacher’s birthday. Class Parents do not collect money or purchase gifts on behalf of the class.

Class Parent Introduction (Term 1)

- The Class Parents introduce themselves via a letter to all families. To assist with ease of communication, the letter will ask parents to provide email contact details on a confidential basis, as well as an overview of activities for the year. (sample letter will be provided). All notes MUST be approved by the School Principal before distribution.

School Functions

- Class Parents provide a channel of communication to promote activities through the class. They are NOT expected to attend all functions but are expected to encourage parent involvement in such functions.

Parent Community Team Responsibilities

- One of the Class Parents from each class will be asked to attend PCT meetings to assist in the communication of important information to Class Parents.

Confidentiality

As a Class Parent you will probably be an “ear” to some issues – but you are not an advocate for parent’s concerns.

Confidentiality of all members of the School Community is respected. The teams operate on the premise of genuine respect and trust for each child and adult in the OLR Community.
Dr Cathie Harrison
Early Childhood & Gifted
Education Consultant & Advisor
to ABC Children’s Television
Play School.

Sally Harrison
Education Consultant
– Early Learning
Catholic Schools Office

One of the best parts of parenting is having fun with your kids.
Most of the time, it’s easy, but sometimes it’s not.
Unleash your “inner child” with these playful ideas to help encourage confidence, support emotional-intelligence and grow connections.

After all, “creativity is the greatest gift of human intelligence”
(Robinson, 2011)

Play creates that magical bond in and around your home – it is not about spending money but spending quality time.

There is no cost for workshops and all are welcome. Following the 1 hour workshop, you are invited to ‘stay and play’.

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<thead>
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<th>CENTRAL COAST CLUSTER</th>
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<th>Venues</th>
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<tr>
<td></td>
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<td>Wednesday 25 March</td>
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<td>Our Lady Star of the Sea Catholic School</td>
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<td>165 Serpentine Road, TERRIGAL</td>
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<td>Thursday 26 March</td>
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<td>St John Fisher Catholic School, Hicks Lane, TUMBI UMBI</td>
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<td>EVENING</td>
<td>Thursday 26 March</td>
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<td></td>
<td>7 – 8.30pm</td>
<td>St Brendan’s Catholic School, Carters Road, LAKE MUNMORAH</td>
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<td></td>
<td>1 Hour workshop with option to ‘stay and play’</td>
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</tbody>
</table>

Proudly presented by the Diocesan Parent Council (DPC) in conjunction with the Diocese of Broken Bay Catholic Schools Office (CSO).

RSVP: Via DPC Website www.brokenbayparentcouncil.com
SUPPORTERS OF THE OLR P&F & FETE

YOUR STORAGE PROBLEMS SOLVED

SIMPLE STORAGE SOLUTIONS
BERKELEY VALE: (02) 4388 5965

STORAGE KING

50% OFF YOUR FIRST MONTH*
*SELECTED SIZES ONLY

• New customers and selected sizes only
• 50% off storage rental only
• No refund on free period
• Cannot be used in conjunction with any other offer or redeemed for cash

See in store for terms and conditions.

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Megan’s Music

Piano, Keyboard and Theory lessons

Megan Tattersall A.T.C.L. (London)
Bateau Bay Location
Working With Children Check
Ph: 0421 307 412
All ages from 7 to 87
Over 30 years experience. All styles of Music including AMEB exams.

Ray White

Ray White Denny Partners
Tumbi Umbi & Berkeley Vale
Two Offices – One Experienced Team

Ray White Denny Partners would like to offer the families of Our Lady of the Rosary a special deal!!

Sell or lease your home with our office and we will donate $1,000.00 per sale & $500.00 per management to the school!! **

Tumbi Umbi
31 Wyong Road
Tumbi Umbi NSW 2261
Ph: (02) 4388 8888
Fax: (02) 4388 4845
www.raywhite.com.au

Berkeley Vale
254 Lakedge Avenue
Berkeley Vale NSW 2261

**(Be sure to mention this advertisement. $1,000.00 is payable on Settlement. $500.00 will be paid on 12month anniversary.)
Pre loved OLR uniforms available for sale.

Please contact Tina on 0421339967

THE ENTRANCE TIGERS NETBALL CLUB

The Entrance Tigers Netball Club is looking for players in the 10 years and 5-7 years age groups.

All enquires to Michelle Draper on 0478093312
FREE Teen Triple P Seminar Series
The Power Of Positive Parenting

Children and Young People's Mental Health is pleased to offer parents of young people this evidence based seminar series. There are three 2 hour seminars in the series which will be held on 3 consecutive Wednesday evenings at Erina Community Health Centre. You can attend just one or all three seminars.

The program does not address the management of mental health problems in teens, however many parents have found the program useful in reducing the everyday conflict and stress associated with parenting teens.

DATES: 11TH MARCH – RAISING RESPONSIBLE TEENAGERS
18TH MARCH – RAISING COMPETENT TEENAGERS
25TH MARCH – GETTING TEENAGERS CONNECTED

TIME: 6PM – 8PM

VENUE: ERINA COMMUNITY HEALTH CENTRE (189 The Entrance Road, Erina 2250)

PRESENTERS: Ruth Phelan and Jo Heap

BOOKINGS ARE ESSENTIAL: To book into our seminars or for more information, please phone Children & Young People's Mental Health on 4328 7350 and ask for Ruth or Jo
EAST COAST TAEKWONDO ACADEMY

MEMBERSHIP INCLUDES:
(For Limited Time! Conditions Apply.)
- FREE uniform
- FREE one month training
- TKD Instructional DVD

- LONG JETTY DONJANG – Cnr The Entrance & Azac Roads
  MONDAY & WEDNESDAY
  Junior Beginner 5:10pm – 6:10pm
  Jnr Intermediate 6:10pm – 7:10pm
  Senior Class 7:15pm – 8:40pm
  TUESDAY
  Hapkido 9:30am – 10:45am
  THURSDAY
  Comp Class 5:00pm – 6:15pm
  Black Belt Class 6:30pm – 7:50pm
  SATURDAY
  Hapkido Class 9:30am – 11:00am

7th DAN MASTER CHRIS PENNINGTON
0416 102 487 or 43903370
www.taekwondoeastcoast.com.au

“HARMONY KIDS” on Wednesdays at Toowoon Bay Surf Club
4.00 - 5.00pm | $18 casual attendance | Yoga & Meditation 123 class
W: www.meditation123.org
Valentina M: 0425 249 259 | Merrin M: 0419 183 055