



MKPS NEWSLETTER

VOL.3. JUNE 2022

Term two	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
April / May	1	25 April – ANZAC Day 25	PUPIL FREE DAY 26	STUDENT'S FRIST DAY OF TERM 2 27	28	29	30/1
May	2	STAGE 2 GIBBERAGONG EXCURSION 2	3	4	CROSS COUNTRY CARNIVAL 5	6	7/8
May	3	9	NAPLAN WRITING YEAR 3 10	NAPLAN WRITING YEAR 5 11	NAPLAN 12	NAPLAN 13	14/15
May	4	NAPLAN 16	NAPLAN 17	NAPLAN 18	NAPLAN 19	NAPLAN 20	21/22
May	5	STAGE 3 C.A.R.E.S EXCURSION 23	24	NATIONAL SIMULTANEOUS STORYTIME 25	26	27	28/29
May / June	6	ZONE CROSS COUNTRY 30 SOUND SCAPES	SCHOOL PHOTOS 31 SOUND SCAPES	1 SOUND SCAPES	2 SOUND SCAPES	3 SOUND SCAPES	4/5
June	7	6	7	8	9	10	11/12
June	8	13 June – Queen's Birthday 13	14	15	16	17	18/19
June	9	GROUP PHOTOS 20	21	22	23	24	25/26
June / July	10	27	28	29	STAGE 2 30	CAMP 1	2/3

Communication Platforms

Sentral Portal: Essential 2-way Communication

We use the Sentral Portal app to provide quick updates and reminders to families. Please make sure you have the latest update & enable push notifications via your phone's settings.



All parents/carers should have the Sentral Parent Portal app.

Please note that important messages, such as reasons for absences or interview requests, should only be sent via Sentral or traditional note, email or phone call.

Facebook: Recommended Social Showcase

We often report on special events on our Facebook page. Please "Like" our page as well as our P&C's Facebook page (& OOSH if appropriate).

SeeSaw: Recommended Sharing Learning News

Teachers may choose to share classroom news with class parents via the SeeSaw app. You will need to have the app downloaded with notifications enabled.

*NB: SeeSaw is an informal forum and is **not** considered a two-way communication platform. SeeSaw is not checked daily and teachers may not always respond.*

Google Classroom: Student Learning Platform

Some classrooms use this digital platform for learning. Students will have logon details if appropriate.

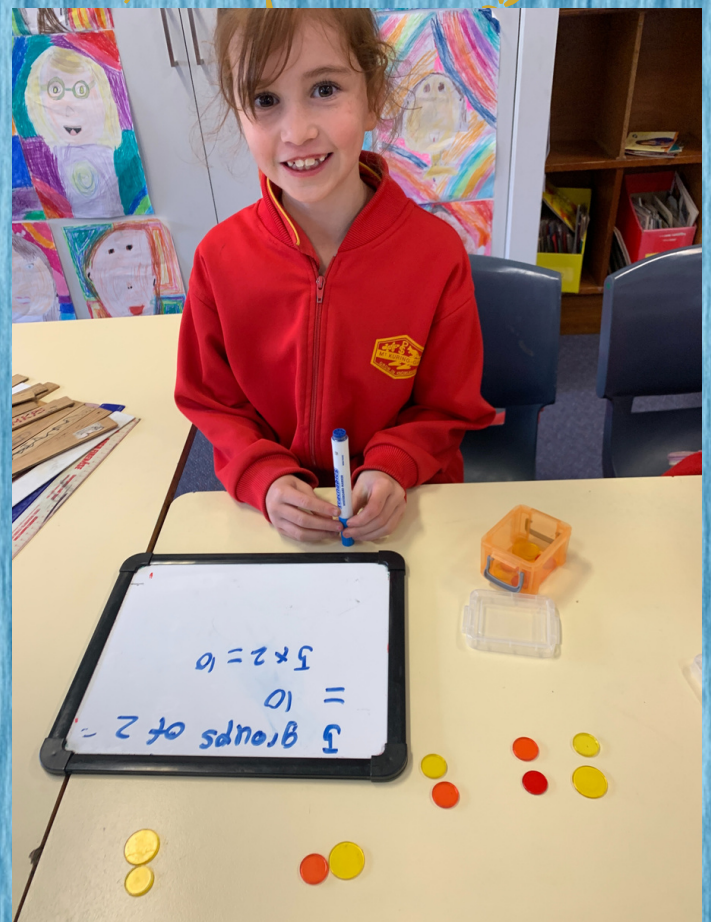
Google Classroom is for students and teachers to communicate learning

Please be mindful that our teachers may not answer your requests for 2-3 days and they are not expected to answer messages after hours. Thank you.

Learning with 1/2V

1/2V have had a fantastic start to Term 2. Students have loved the commencement of the Jim Jam music sessions. They have been using a variety of instruments to explore musical concepts such as beat and rhythm. It is so much fun! Students have also enjoyed engaging in lots of hands on activities in Maths lessons.





SYNERGY HUB

We are working towards designing and creating sustainable products and processes to answer our driving question 'How can we promote sustainable practices within the MKPS community so that we reduce our impact on the environment?' We kicked off our learning with a visit from Uncle Laurie to discuss the sustainable practices of Aboriginal and Torres Strait Islander peoples. We are now researching the important background information needed to support our own sustainable designs. We can't wait to share our designs and products with you later this term!

Inspired by the visit from Uncle Laurie, we explored the different ways that Aboriginal and Torres Strait Islander peoples tell stories and communicate through markings made into rock. This led to us exploring rocks found in our locality and turning them into ochre. We set the class the challenge of creating a pallet of pigment using only natural materials - no cups, brushes or plastic allowed. Building on this, we looked into the art pieces created by Andy Goldsworthy - sometimes permanent but mostly fleeting, and used further scavenged items to create a shared creative space in the Yarning Circle. To capture the fleeting beauty, we took photographs, thinking about angles, light and mood.

We have been developing an understanding of the Stolen Generation through analysis of quality texts such as 'The Burnt Stick' and 'Stolen Girl'. Building on this we wrote diary entries from the perspectives of the characters within the book, empathising with the experiences of the children of the Stolen Generation. We are now building on our understanding of migrants and their experiences throughout the twentieth century.

We have been learning about the importance of road safety and have familiarised ourselves with the road rules so that we can safely ride our bikes within our community. We had lots of fun on our CARES excursion, where we got to practise following road signals and traffic lights whilst riding our bikes.

We look forward to sharing more of our learning with you in the future!







CROSS COUNTRY CARNIVAL

CONGRATULATIONS TO ALL OF OUR STUDENTS WHO RECENTLY COMPETED IN THE MKPS CROSS COUNTRY CARNIVAL. ALTHOUGH THE FORECAST DID NOT LOOK FAVOURABLE, THE WEATHER HELD OUT FOR US, AND WE MANAGED TO COMPLETE THE PROGRAM WITHOUT ANY RAIN.

IT WAS WONDERFUL TO SEE OUR KINDY STUDENTS TAKE PART IN THEIR FIRST CROSS COUNTRY WITH GREAT ENTHUSIASM AND DETERMINATION. THEY WERE WELL SUPPORTED BY OUR YEAR 6 STUDENTS WHO CHEERED THEM ON AS THEY COMPLETED THE COURSE.

THERE WERE GREAT DISPLAYS OF RESILIENCE AND GRIT AS STUDENTS COMPETED IN THEIR RACES AND PUSHED THEMSELVES TO COMPLETE THE CHALLENGING DISTANCES. MOST HEARTWARMING WAS THE WAY STUDENTS CHEERED AND CHAMPIONED EACH OTHER, WILLING THEIR PEERS TO THE FINISH LINE.

OUR SINCERE THANKS GOES TO THE PARENTS WHO VOLUNTEERED TO SUPERVISE THE COURSE, BAKE FOR THE CANTEEN AND HELP WITH THE GENERAL RUNNING OF THE DAY. A SPECIAL THANKS TO THE WONDERFUL LADIES ON THE RECORDING TABLE LED BY SPREADSHEET EXTRAORDINAIRE , BELINDA ROBSON, AND TO OUR FABULOUS CANTEEN MANAGER NATALIE GALLAGHER FOR ALL OF HER EFFORTS IN RUNNING A CANTEEN AT THE OVAL.

WE WISH THOSE STUDENTS WHO WILL BE PROGRESSING TO ZONE ON THE 30TH MAY THE VERY BEST OF LUCK!







HZSS

Hornsby Zone School Sports

Soccer

Round 1: Berowra

Jnr mixed: Lost, POTM Ivy
Jnr boys: Lost, POTM The team
Snr girls: Lost, POTM Clara
Snr boys: Lost, POTM Sam



Round 2: Asquith

Jnr mixed: W, POTM Audrey
Jnr boys: 2 - 2 D, POTM Xavier
Snr girls: 6 - 5 W, POTM Zali
Snr boys: 1 - 0 W, POTM Kai

Round 3: Hornsby Heights

Jnr mixed: 6 - 0 L, POTM Kalicia
Jnr boys: 4 - 2 L, POTM Miller
Snr girls: 8 - 2 L, POTM Annabel
Snr boys: 17- 0 L, POTM Connor M

Netball

Round 1: Berowra

Jnr: 22 - 1 W, POTM Dulcie
Snr girls: 16 - 14 W, POTM Hayley



Round 2: Asquith

Jnr: 24 - 2 W, POTM Ashley
Snr girls: 50 - 0 W, POTM Ellie & Zoe

Round 3: Hornsby Heights

Jnr: 23 - 0 W, POTM Sienna
Snr girls: 17 - 7 W, POTM Luella

Upcoming games

Round 4: 10 th June (Week 7)			
Football	Team	Netball	Team
Montview 1	Mount Colah	Montview Court 1	Mount Colah
Round 5: 17 th June (Week 8)			
Football	Team	Netball	Team
Montview 4	Brooklyn	Bye	
Round 6: 24 th June (Week 9)			
Football	Team	Netball	Team
Montview 2	Hornsby North	Montview Court 2	Hornsby North
Round 7: 1 st July (Week 10)			
Football	Team	Netball	Team
Montview 3	Wideview	Montview Court 3	Wideview

Soccer



Look at our
AMAZING netball
uniforms!
Thank you, P&C



Netball



**FREE
4-WEEK
PROGRAM**

NSW GIRLS AFTER SCHOOL BLAST CENTRE

- **BASIC SKILL DEVELOPMENT THROUGH TO SHORT GAMES OF CRICKET**
- **MAKE NEW FRIENDS AND LEARN NEW SKILLS INCLUDING CATCHING, THROWING AND TEAMWORK**
- **ALL EQUIPMENT SUPPLIED**
- **FREE GIVEAWAYS**



register now

Mount Kuring-Gai Public School

1 hour session- 4 weeks (Tuesday)

Starting 7th June - 3:40-4:40PM

Stuart Fone- stuart.fone@cricketnsw.com.au

RISING STARS

Two of our very talented former students, Isabella and Jasmin Guthrie have recently competed at the Australian Athletic Championships where they both placed first in their respective events, the U20 400m and Under 20 400m hurdles. This performance secured their place at the 2022 World Athletics U20 Championships which will take place in Columbia in August.

Currently the girls training and competing costs are self funded.

If you are able to assist the girls with the financial costs of competing at the World Championships this year and would like to make a donation, you can scan the QR code below.

We are so excited to see the future unfold for our local Mount Kuring-Gai girls who have aspirations to compete at future Commonwealth and Olympic Games.

What a great inspiration for our MKPS students.



Mothers Day

In Week 2 and 3 students celebrated the special and important women in their lives at the Mother's Day stall and breakfast. On Friday 6th May, students had the opportunity to purchase some lovely gifts for their mum or mother figure at the Mother's Day stall. A huge thank you to Georgie and the P&C for organising this wonderful event. This was followed by the Mother's Day Breakfast held on Tuesday 10th May. It was lovely that we could welcome all the MKPS Mums and loved ones back on site to enjoy this special event. Students pampered their guests at stations, painting nails, giving massages, taking photos or just enjoying a story together. But who could forget the food! The breakfast spread filled with delicious treats was certainly a hit. A big thank you to Mrs Ellicott for coordinating the menu, food and special decorations, as well as the staff for giving their time to come in early and set up and ensure the morning was a special occasion. Thank you to all those that could attend, it was truly lovely to see the joy and smiles on faces as the students spent time with their loved ones.









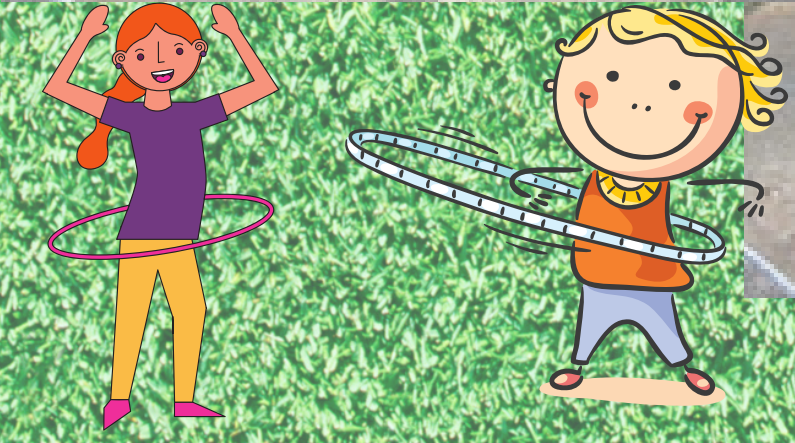
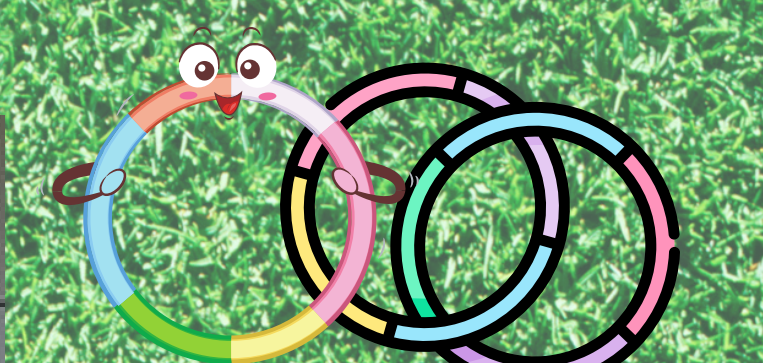
PATCH

Playground Activities that Create Happiness.

We have been able to get back in the swing of things this term with our PATCH games. What better way to get in the swing than to Hula-Hoop. The kids showed off their best hula hooping using hips, arms, legs, and heads. We had a great time finding new and interesting ways of using the hoops.

Next week we are moving our focus to creating some artworks for reconciliation week. We want our students to 'Be Brave' and 'Make change' We look forward to showing these artworks off in the coming





ANZAC Day

LEST WE
Forget

On the first day back for Term 2, Wednesday 27th April, students took time to pause and reflect during our special ANZAC Day assembly held in the school hall.

We welcomed our honored guest Mr Greg Rogers, who shared with us a very emotive story about his experiences during the war. Thank you Greg, for taking the time to share your story with us.

On ANZAC day out school leaders accompanied by Mrs Todd, proudly represented MKPS at the Berowra ANZAC day service.



National Simultaneous Storytime

National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 22nd successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

The book for this year's National Simultaneous Storytime was "Family Tree" by Josh Pyke and Ronojoy Ghosh. All the students enjoyed listening to the story together in the hall, before completing a range of fun activities related to the book.



ABOUT THE BOOK

Family Tree is a sweet book written by Josh Pyke and beautifully illustrated by Ronojoy Ghosh

It started with a seed, and that seed was me.
And, over time, laughter filled my garden...

A heartfelt celebration of family, community and the seasons of life
to cherish and to share.







Leader's Loop



ASSEMBLY WEEK 3:



WEEK 3 K-2 MERIT AWARDS:

K/1E - Theo, Jaxon, Hugo, Luka.

1/2M - Amelia, Ella, Oscar, Matilda.

1/2V - Nellie, Olivia, Lauchlan, Connor.



WEEK 3 3-6 MERIT AWARDS:

Learning Hive - Martin, Andy, Myah, Jack, Ella, Alex, Eliza, Oliver.

Synergy Hub - Finlay, Billy, Annabel, Sam, Emily, Isabella, Jasper, Clara.



READING CERTIFICATES:





Leader's Loop



ASSEMBLY WEEK 5:



WEEK 5 K-2 MERIT AWARDS:

K/1E - Jasmine, Olivia, Genevieve, Kobe

1/2M - Immi, Londyn, Maddie, Jai

1/2V - Freya, Evie, Teddy, Jack



WEEK 5 3-6 MERIT AWARDS:

Learning Hive - Elly, Lucas, Jayden,

Madeleinem Lincoln, Lydia, Sienna, Olivia

Synergy Hub - Jayden, Finlay, Hugh,
Samuel, Ayden, Baxter, Ethan, Connor

READING CERTIFICATES:





Leader's Loop



Prime Ministers:

Lexie Kettle
Anthony Dominello

Deputy Prime Ministers:

Joseph Young
Florence Thompson

Motions raised:

WEEK 4 PARLIAMENT

- Turn soft plastics into furniture - Passed (Environment)
- Minecraft club - Not passed (no Minister)
- Trash free Tuesday- Passed (Environment)
- Push taps - Passed (Environment)



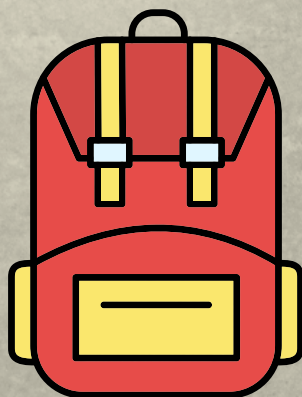
Backpacks for Flood Victims

As you know, in Northern NSW, there have been many floods with love of people losing their homes and schools. A motion was raised at our Parliament meeting in Term 1. The motion was to collect and donate toys to flood victims. Thank you to our amazing community who donated a pile of toys, stationery and books to keep these children entertained. A group of Year 6's packed the items into backpacks. These are now ready to be sent to areas in need.

- written by Emma and Rachel



THANK
YOU



A HUGE thank you, to The P&C and our community for donating funds to subsidise the cost of Wushka!



Wushka Digital Readers

1

How To Use Wushka

- Head to **www.wushka.com.au** and log in using your child's login details provided by their school (if you don't have these, please contact your child's teacher).
- Click on the **Reading Box** and choose one of the levelled readers that has been allocated to your child, then click on the cover.
- Press the **white play icon (1)** on the cover of the reader.
- When the reader has loaded, press the **orange play icon (2)** in the top right corner of the page to start reading.
- If your child's teacher has selected to turn on the narration function for that reader, the audio narration will start and the pages will turn automatically.
- To turn the pages at your own pace, use the **green arrows (3)** to click through.
- If you turn the pages manually, you will need to press the **orange play icon (2)** in the top right corner of the page each time to start the audio for that page.
- When you have finished the reader, click the **blue cross (4)** at the top right corner of the page to close the book (this will then register that the book has been completed.)



2

Tips for Home Reading

Before Reading

- It's important to get your child into the right frame of mind for a successful reading session. Try to find somewhere **quiet** and **comfortable** that is away from distractions. This will not only improve your child's concentration and the quality of their reading, but will also help to develop a positive association with reading as a method of relaxation.

- Before you start reading, ask your child to think of **one question** about the reading material based on the subject matter, their existing knowledge or what they can see on the front cover. You can then go back to this question once you have finished reading and try to answer it.

During Reading

- During reading, use **positive** and **encouraging language** to support your child. If your child makes a mistake when reading, allow them to continue to the end of the sentence without interrupting them. Then, go back to the mispronounced word and ask, 'What's that word?'
- Be patient, and allow your child time to self-correct if they have made a mistake. Avoid using negative statements such as, 'That's wrong.'
If you are reading a story with dialogue, you could encourage your child to **use different voices**, or take it in turns to read the dialogue of different characters in voices. This will make your reading session more enjoyable and engaging, and your child will enjoy your participation.

After Reading

- After reading, **encourage reflection** on what you've just read by asking questions such as, 'Did you enjoy the book? Why/why not? Who was your favourite character? What was your favourite part? Did you learn any new words/information from this book? Does it remind you of anything else you have read or seen? Would you like to read more books like this?'
- Above all, **have fun!** Happy reading!

3

Frequently Asked Questions

- **I've forgotten/lost my child's login details. How can I retrieve them?**

Your child's teacher will be able to help with this. The teachers and Wushka Product Coordinator at your child's school are the only ones who are able to retrieve or reset your child's login details.

- **My child has completed all of the readers in their dashboard. How can we access more readers?**

Your child's teacher is the only one who can allocate readers to your child's account so you can contact them to let them know that you are ready for more books. They are also the ones who decide whether or not to turn on the audio narration and comprehension quiz functions for each reader.

- **My child completed one of the readers, but it is not showing up in their Reading Record. Why is this?**

Each time your child finishes a reader, make sure that they click the blue cross in the top right corner of the page to close the book. If they simply exit the web browser or close the Wushka page, it will not register that the reader has been completed and therefore not be captured in their Reading Record.

Joyful June 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it



27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

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REGISTERED PROVIDER
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We Learn. We Build. We Play.



S.T.E.M
LEARN & PLAY
WITH LEGO®
BRICKS

5-12
YEARS OLD

2022 WINTER LEGO & ROBOTIC STEM CAMPS

Hornsby

Bricks 4 Kidz Creativity Centre - 505/ 88 George Street, Hornsby

Week 1

Mon 27 - Tue 28 June	9am - 4pm	Transforming Creations (inspired by Transformers™!)	2 days \$200
Wed 29 June	9am - 4pm	Junior Robotics 101 - Coding, 7+	1 day \$120
Thu 30 June - Fri 1 July	9am - 4pm	Mining & Crafting	2 days \$200

Week 2

Mon 4 - Tue 5 July	9am - 4pm	Galaxy Far Away (inspired by Star Wars™!)	2 days \$200
Wed 6 July	9am - 4pm	Wizards & Witchcraft (Inspired by Harry Potter)	1 day \$105
Thu 7 - Fri 8 July	9am - 4pm	Extreme Ninjas	2 days \$200

Week 3

Mon 11 - Tue 12 July	9am - 4pm	Remote Control Mania	2 days \$200
Wed 13 July	9am - 4pm	Junior Robotics 101 - Coding, 7+	1 day \$120
Thu 14 - Fri 15 July	9am - 4pm	Mining & Crafting	2 days \$200

Week 4

Mon 18 July	9am - 4pm	Pocket Brick Monsters (inspired by Pokémon)	1 day \$105
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Carlingford/ North Rocks

Don Moore Community Centre - N Rocks Rd & Farnell Ave, Carlingford

Week 1

Mon 4 - Tue 5 July	9am - 4pm	Transforming Creations (inspired by Transformers™!)	2 days \$200
Wed 6 July	9am - 4pm	Junior Robotics 101 - Coding, 7+	1 day \$120
Thu 7 - Fri 8 July	9am - 4pm	Mining & Crafting	2 days \$200

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Thu 14 - Fri 15 July	9am - 4pm	Extreme Ninjas	2 days \$200

Camp activities using LEGO® Building Technic
They think it's COOL. You know it's EDUCATIONAL.

We're ready to accept your
Parents NSW Vouchers

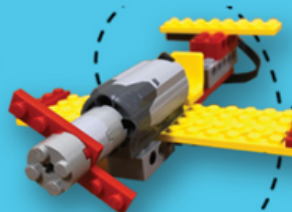


Use your vouchers for arts, entertainment,
recreation and accommodation
at participating businesses.

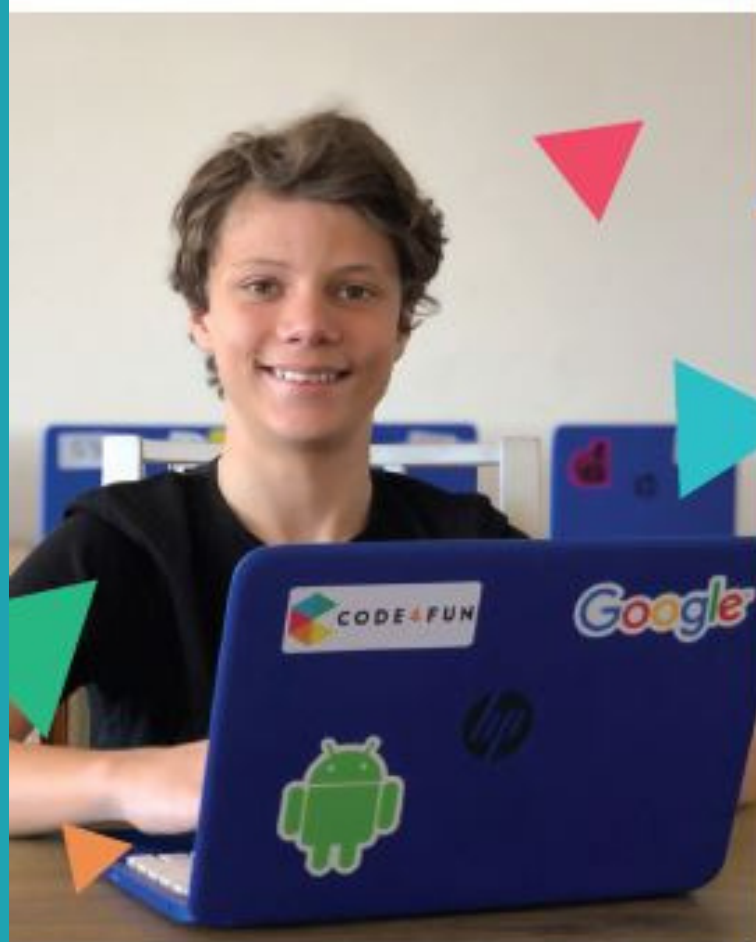
Apply for vouchers at www.nsw.gov.au



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Learn to code and build your own online projects with **CODE4FUN**

Year 1 to Year 10 students are welcome to join. STEM focused programs – students develop critical thinking and problem solving skills by learning to code.



SAVE \$100
ON YOUR CHILD'S
ENROLMENT

CODING FOR KIDS

Term **3**, 2022

Y1 - Y10 Students

CREATIVE CODING

Hornsby Library

Face-to-face

Every Tuesday

26 July - 20 Sept | 9 weeks

SCRATCH BEGINNER

4:00 - 5:00 PM

Y1 - Y5 students

INTRO TO JAVA

5:10 - 6:10 PM

Y6 - Y10 students

Laptops are provided

\$225 per student per term

ENROL NOW AT

code4fun.com.au/hornsby

If you have any questions email us at
info@code4fun.com.au
or call **0452 525 453**

Learn more about CODE4FUN:
www.code4fun.com.au



FREE - In July



FREE Triple P Parenting Program

The Power of Positive Parenting program is for all families that provides practical answers to everyday parenting concerns. It helps you to:

- Promote your child's development & communication skills
- Manage your child's behaviour & emotions
- Build a good relationship with your child

Session1	Principles of positive parenting & reasons behind children's misbehaviours
Session2	Connecting with your child & teaching new skills / promoting desirable behaviours
Session3	Family Rules & giving instructions
Session4	Applying consequences
Session 5	Planning ahead and Family survival tips
Session6	Typical parenting issues & conclusion

Date: 22/07/22 – 26/08/22 Fridays

Time: 10-12pm

Address: Mission Australia, Level 1, 1 Coronation Street, Hornsby

Participants are required to attend 6 sessions.

Please contact Jan to register: hej@missionaustralia.com.au

JULY 2022 SCHOOL HOLIDAY PROGRAMS

ANIMATION WORKSHOP

Learn how to film and animate your own movie!

Fire up those imaginative minds – let's make movies! It's the most fun your kids can have sitting down. In this simple yet exciting workshop, useful concepts and techniques are taught to animate effectively. Children will learn how to develop a storyboard, design and build a background set, create their own unique characters with modelling clay, and shoot the film!

Age: 9–12 years

Cost: \$15 per child

Where: Hornsby Central Library, 28-44 George Street, Hornsby

When: Monday 11 July, 10.00am–11.30am



CARTOONING WORKSHOP

Design your own heroes in this creative and challenging workshop.

Go DRAWING MAD these holidays as Toonworld invites you to come on a journey filled with creativity and challenges. You will meet fun characters and design your own wonderful heroes while defending the lands against the evil Rubbix and his rampaging stickmen army!

Age: 8–12 years

Cost: \$10 per child

Where: Berowra Community Centre - Auditorium

When: Monday 11 July, 2.30pm–3.30pm

Where: Pennant Hills Community Centre – Main Hall

When: Wednesday 13 July, 2.30pm–3.30pm



MIME-O-RAMA MIME SHOW

It's weird, it's wacky, it's wonderful... ignite your child's imagination with this fantastic mime show.

Mimeorama is a world class theatrical experience designed to broaden the mind and show that language is only one form of communication.

Age: 5–12 years

Cost: \$10 per child

Where: Hornsby Central Library, 28-44 George Street, Hornsby

When: Tuesday 12 July, 2.30pm–3.30pm

Children 7 & under must be accompanied by an adult. Adults accompanying children must wear a face mask and show proof of vaccination upon entry. COVID-19 restrictions will be in place and may change closer to the time of the event.



Bookings are essential. For booking details and further information on these events and more events in your library visit hornsby.nsw.gov.au/library

HORNSBY SHIRE
LIBRARIES




HORNSBY
SHIRE COUNCIL

NAIDOC WEEK EVENT: SHARING CULTURE

Through song, dance, story, language and the demonstration of traditional tools and artefacts, Gwenda Stanley invites children aged 5-12 to learn and engage with her living culture.

Join us in celebrating NAIDOC Week with a fun and informative performance from dancer, educator, and cultural ambassador, Gwenda Stanley.

Drawing on her lived experiences and deep understanding of her Gomeroi culture and history, Gwenda Stanley's performance is an engaging and educational experience that will mesmerise children of all ages.

Date: Monday 4 July
Time: 2.30pm-3.30pm
Cost: Free
Location: Hornsby Central Library,
Meeting Rooms 3 + 4
Age: 5-12 years. Children 7 and under
must be accompanied by an adult.
Booking info: Bookings are essential. Book online at
hornsby.nsw.gov.au/library

Adults accompanying children must wear a face mask and show proof of vaccination upon entry.



For more information
about your local library visit
hornsby.nsw.gov.au/library

HORNSBY SHIRE
LIBRARIES



Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



Emotional Wellbeing Space

FREE Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

Benefits include to learn and develop strategies to:

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions
- online and face to face sessions

Coaching is available to all people over the age of 18 who live, work or study in Sydney North area - LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney, and Ryde.

NO DOCTOR'S REFERRAL NEEDED.

This service is supported by Sydney North PHN.



SCAN TO REGISTER YOUR INTEREST

1300 111 278

ewspace@anglicare.org.au | anglicare.org.au



Emotional Wellbeing Space

FREE Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

Benefits include to learn and develop strategies to:

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions
- online and face to face sessions

Coaching is available to all people over the age of 18 who live, work or study in Sydney North area - LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney, and Ryde.

NO DOCTOR'S REFERRAL NEEDED.

This service is supported by Sydney North PHN.



SCAN TO REGISTER YOUR INTEREST

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