Year 12
Year 12 have now completed their Trial Exams and are entering their last two weeks of being high school students.
It is very important that you continue to work hard and attend school as every extra effort that you put in will help with the up-coming exams. I know that your teachers are very keen to work with you in these final few weeks to make sure that you are as prepared as you possibly can be.

Congratulations
As we come to the end of term 3 I would like to take the opportunity to congratulate all of our students who have worked hard and performed well throughout this term. We have had some outstanding performances in many fields including the cultural, leadership, sporting and academic areas of school life. It is very important to have a go at a whole range of the activities that are available at Lake Illawarra High as this will make school an enjoyable place to be.
Once again well done on all of your achievements this term.

Year 11
For the next ten days Yr. 11 will be sitting their yearly exams. Best of luck to all of these students. The HSC beckons next term!

School Captains and Vice Captains
Congratulations to all the 7 students who nominated to be School Captains for 2015. Your speeches to the student body were excellent and showed the calibre of students we have at Lake Illawarra High school.
The results of the elections were extremely close, however congratulations to the following successful candidates.
School Captains
Caitlin Vickers and Jaiden Patterson
Vice Captains
Samantha Grujevski and Aidan Ribergaard
I look forward to working with you over the next 12 months.
Have a safe and happy holiday!

Tony Hicks
Principal
**Dates for Your Calendar**

**Term 3**

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Week B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 11th Sep</td>
<td>Mon 15th Sep</td>
</tr>
<tr>
<td>Star City Excursion</td>
<td>Milk Shake Monday</td>
</tr>
<tr>
<td></td>
<td>Mon 15th Sep</td>
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<tr>
<td></td>
<td>Wed 17th Sep</td>
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<td></td>
<td>Fri 19th Sep</td>
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<tr>
<td></td>
<td>Fri 19th Sep</td>
</tr>
</tbody>
</table>

**Week 10**

<table>
<thead>
<tr>
<th>Mon 15th Sep – Fri 19th Sep</th>
<th>Year 10 Work Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Shake Monday</td>
<td></td>
</tr>
<tr>
<td>Meeting with parents re Italy trip next year 6pm-8pm.</td>
<td></td>
</tr>
<tr>
<td>Year 12 Graduation</td>
<td></td>
</tr>
<tr>
<td>Last day for Term 3</td>
<td></td>
</tr>
</tbody>
</table>

** SRC School Representative Council**

“Milkshake Monday” Every B Week $2.50 each

- Chocolate
- Strawberry
- Vanilla
- Caramel

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**Deputies’ Dialogue**

**Congratulations**

Congratulations to Caitlin Vickers and Jaiden Patterson who have been elected as our School captains for 2015. We are sure that they will make outstanding school representatives and wish them well in achieving their goals as leaders of the school.

Congratulations to all of those students who have received Above Average monitoring letters home in the mail in the past week and to those who will receive ROSE awards at the assembly on Tuesday 9th of September. It is fantastic to see so many students being recognised for their positive contributions and achievements at school.

**NAPLAN**

NAPLAN results for Years 7 & 9 2014 will be arriving at the school this week and sent home with students. If you have any queries about your child’s results please contact Mrs Powell either by phone or appointment to discuss any issues.

**Examinations**

This is a busy time of year for our Senior Students with the Year 11 preliminary examinations beginning on Wednesday the 10th of September and The HSC beginning Week 2 of next term.

Examination time can be extremely stressful and warning signs of anxiety or depression should not be ignored.

Students who manage best in exams:

- Maintain positive relationships with family and friends
- Continue to allow some time for exercise and leisure
- Get plenty of sleep
- Eat sensibly
- Have planned time for study
- Are organised
- Learn and practise simple techniques for relaxation

As well as ourselves, teachers, Year Advisors and the counsellors are all available in the lead up to examinations and can offer specific advice to individual students about their examination preparations.

Best of luck to all of our students!

**Be Respectful, Be Responsible and Be Safe**

Mr Munn and Mrs Powell
Deputy Principals
Mock Interview Day
Year 10 students have the opportunity to practice their skills and prepare for future interviews by taking part in the Mock Interview Day on the 9th September. Students are expected to have a resume, portfolio and cover letter prepared for a ‘pretend’ employer based on a chosen advertisement. Thankfully, various people from Employment and Apprenticeship Agencies have volunteered their time to speak and listen to the students, which will give all who participate, a real life experience of an interview. Feedback and overall evaluation of the five-minute impression in these interviews will be provided to students, which will assist them in preparing for future interviews when applying for jobs.

JOBJUMP
This year I have organized students in years 10 to 12 to register on to the website jobjump so that they can gather career information on the one website and this opportunity is also open to parents/guardians of the LIHS community.

To register on JobJump you simply go to the front screen on www.jobjump.com.au, enter the first couple of letters of our school name and click it into the first white box. Then enter into the second white box your email address click login and then answer a couple of quick questions such as the careers in which you have an interest in. A password is required to complete the registration: dolphins

Work Experience
Year 10 students again have the opportunity to seek work experience at the end of this term during the 15th - 19th September. Paperwork and assistance in organising work experience can be obtained from the Careers Office.

Trades Road show
On Wednesday 3rd of September thirty students from Years 10 and 11 travelled to the annual Trades Road show at Five Islands Senior College. The morning session was an excellent experience for students to have try hands on activities as well as talk to experts in courses and careers in various practical trades and career pathways.

CAREERS NEWSLETTER can be read for further information about upcoming university open days, apprenticeship information and other useful websites. This can be found on the school website under the Careers tab and is always sent to Years 10 – 12

‘As always, I am here to help you.’
Rhonda Willingham
Careers Adviser
On 21st and 22nd August 2014, 10 Yr. 7 students went to Cataract Scout Camp for a 2 day excursion. We travelled there by minibus and car. It took 1 hour to get there.

Our instructor Glyn met us when we arrived.

Day 1 - We had to do a team challenge where we had to get our team and Katy Perry (who was on a stretcher) from one end of the obstacle course to the other without touching the ground or falling...

This challenge required team work and problem solving.

After lunch we took on the challenge of the high ropes. The ropes were 6m high and we wore a harness and a helmet.

Day 2 - We all attempted the 70m flying fox. It was lots of fun. Olivia and Stephen were very brave and overcame their fear.

After lunch we did the Challenge Valley course. It’s a mud army obstacle. Mr Moore Ms Barton, Colleen and Shelly took the challenge to. Ms Clarke was our photographer. This activity was the best as we got very wet and muddy.

Ben won the prize for the muddiest person.

The excursion was lots of fun and we all became great friends.

Thank you Ms Barton for organising the camp.

My favourite thing about camp was all of it. Everything was great and fun and everyone got along really well.

Everyone’s favourite thing was probably the mud pit because you got very muddy.

Makayla Dobson.
Miss McKinlay and Mr Freel had the pleasure of taking 13 students to the Perisher and Blue Cow ski fields. Most had never seen snow and we were amazed at the skill levels of the students by the end of the second day. We were lucky to return with no injuries and a great time was had by all. The students were exceptionally well behaved and one night in the teacher’s lounge, a primary school teacher said ‘you have students? We have not heard them’ Well done Year 10, it was a pleasure!
Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting $Make a payment$.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called other this to cover items not covered in the previous headings, other can be used to make a complete payment of a school invoice.

When you access the $Make a payment$ you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- Date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

Thanks
Ria Douglas
SAM

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September School Holiday Soccer Skills Development

23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> September
- Improve Soccer skills
- Regular Program 3 hours per day of 3 days - $100.
- Mighty Mites program for Under7’s 1.5 hours per day over 3 days - $60.

Location – Wollongong and Shellharbour.

Ph: 0459 532 223
Email: nswscah@coercer.com.au
Website: www.coerver.com.au/nswscah

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Well Done to Jarrod Dyer for his excellent effort in the NSW Swimmers Multi Class / Swimmers with a disability where he received 3 state records for 13 years and under 100m Breaststroke, 100m Backstroke and 50m Backstroke. Well done Jarrod!

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Swimming New South Wales
STUDY APP – QUIZLET

The official Quizlet app is here! It's a free, fun, and a beautifully simple way to study on your iPhone and iPad.

Seamless syncing means all your Quizlet study sets are ready to use. Or search Quizlet's database of over 35 million study sets to find content already created.

Pick from 3 mobile-only study modes to suit your learning style and take advantage of audio in 18 languages to reinforce pronunciation and retention. Plus, with full offline support you can study anywhere — even without an internet connection.

Features
* Full integration with your Quizlet.com account
* Create and edit study sets on the go
* Audio in 18 languages
* Search 35+ million flashcard sets
* 3 distinct study modes - Flash Cards, Learn, and Scatter
* Works offline
* 100% FREE
It is not just students who can find the HSC year a very stressful and difficult time. During interviews with students, teachers and parents it was suggested that family members also need support during the HSC year. They want to help but are often fearful of appearing to interfere.

This is frequently the year during which, in addition to sitting for the HSC, Year 12 students may:

- lose interest in school
- have no plans for after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- gain a driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- be a member of a sporting team
- develop an eating disorder
- suffer from depression

All these are complications which can cause parents and caregivers additional concern. It is important to be aware that you are not alone.

Below aims to help parents and family members gain an understanding of:

- what is involved in sitting for the HSC
- where to find necessary information
- how to support a Year 12 student
- how to prepare, not just for the final examination, but also for after the HSC.

Helping your Year 12 student through the HSC

The following is part of an address delivered by Richard Cracknell, Counsellor and District Guidance Officer, at a Year 12 parent evening in Inverell.

"The most obvious forms of support parents can offer are the practical, physical things:

- Provide a good place to study. Ideally it should be quiet, a comfortable temperature, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide good, balanced meals.
- Encourage sensible levels of sleep and some form of regular exercise.
- Encourage moderation in late night parties and alcohol consumption.

Less obvious but of equal or perhaps greater importance are the things you can do to provide a positive and understanding emotional environment.

- Be supportive and encouraging.
- Highlight strengths and successes. Encourage your child not to dwell on failures. Reframe failures as "mistakes" and encourage them to see mistakes as something we can learn from, something that can give positive directions for remedial action.
- Appreciate that most students will be experiencing quite a high level of stress, frequently without any obvious indicators. Many fear that they might let their family down. (Beware of setting unrealistic expectations). Others fear that they will not be able to match the performance of siblings or relatives. There are also many pressures other than examination pressures. Many students experience a sense of impending departure: leaving home, leaving lifelong friends, the prospect of having to live in an alien city environment.
- Appreciate that it is normal for people under pressure to become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
- Avoid confrontations especially over minor matters, like leaving lights on, leaving the lid off the toothpaste and not doing chores.
- Don't panic when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot." is a good standby.)
- Avoid nagging. (That doesn't mean you can't give a nudge or gentle reminder from time to time. Note that sometimes one parent can do this more successfully than the other.)
- Encourage confidence by reassuring them. If you have doubts, keep them to yourself.
- Be realistic in your expectations as to where the HSC leads. For the majority of HSC
students, university study is an unrealistic option.

- Encourage your child to seek help from teachers or the school counsellor if he or she is having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- Make reasonable concessions, such as release from some household chores as study programs become more demanding. (However, you should only do this because you want to, not as a means of "blackmail").
- Encourage a reasonable balance between work and leisure. Planned leisure periods are an essential component of a good study program. An occasional total escape for a few days may also be excellent therapy for a student who is feeling stale or excessively stressed.
- Take an interest in what your child is doing, if he or she will allow you to (some won't). This can include the subjects or topics being studied, how he or she has organised study timetables and programs and leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
- Remember the occasional hug and "I love you" do not go astray, even when they are 18 years old.
- Encourage and allow your child to be as independent as you can possibly stand. The more independent he or she can be in meeting the demands of Year 12, the better prepared he or she will be to succeed at a tertiary level or in the workforce.

Having said all this:

**Parents of Year 12:**
Don't feel too badly when you forget not to nag, when you get picky, and complain bitterly that your child has the time to attend the eighteenth birthday party of every Year 12 student but doesn't have time to help with the washing up. As parents, we are only human and because we can't help being over-involved, we also feel the pressure of Year 12 from time to time.

**Year 12 students:**
Try to understand when we behave in a less than supportive and encouraging way. Chances are that it stems from the fact that, as your parents, we care too much.

**Some rationalisations**

Finally, it is inevitable that some students or parents will be disappointed when the HSC results finally arrive and the Year 12 student fails to achieve as well as he or she had hoped. Should this happen in your family some of the following rationalisations may be of help:

1. Tertiary education is not the only path to a successful and fulfilling life.
2. Look at how much growing up you've managed to do over the last two years. You are much better prepared to leave home and go out into the world now than you were two years ago. It certainly hasn't been a waste of time.
3. If you really want to go on to tertiary education later there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.
4. Once you've got yourself settled into a job or a training course somewhere you'll probably never look at your HSC again; it'll probably just sit in the bottom drawer and gather dust."

"If you are always trying to be NORMAL, you will never know how AMAZING you can be."

- Maya Angelou
The Education Act 1990 requires your child to attend school each day that instruction is provided unless prevented for doing so by sickness or another approved reason. The Principal will only grant leave for the following instances:

- Sickness where the absence is satisfactorily explained as being due to illness
- Misadventure or unforseen event
- Domestic necessity such as serious illness of an immediate family member
- Attendance at funerals
- Recognise religious festivals or ceremonial occasions

If a student is absent, a note explaining the absence should be handed in to the roll call teacher on the first day of their return. The explanation should contain:

1. Date that the note was written;
2. Student’s name
3. Days/dates the student was absent from school
4. The reason why the student was absent
5. The signature of the student’s parent or caregiver.

Students can collect an absence note book from their roll call teacher or the Front Office Staff. This makes absence note writing easy as it ensures all relevant information is given to the school.

Parent/s and caregivers are required by law to provide a written or verbal explanation to the Principal within seven days of any absence as to why their child was not at school. It is important that the school receives a written or verbal explanation because:

1. It is the parent’s legal obligation to explain their child’s absence within seven days

Failure to explain your child’s absences within seven days of their occurrence will result in an unjustified absence being recorded. This will be displayed on your child’s report.

It is important for parents to make attending school a priority. Allowing children days off for birthdays, to look after younger children, to go shopping, to keep you company or because they were tired from a late night, not only send the wrong message to your child, it is against the law. Children who get used to having days off school for these kinds of reasons develop an attitude that their attendance at school is not very important. This can become a big issue as a child gets older.

An attendance rate of 95% or above is a good target. This equates to no more than three days absent per term.

1 Day A Week

<table>
<thead>
<tr>
<th>Per term</th>
<th>Per Year</th>
<th>7-10</th>
<th>K-10</th>
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</thead>
<tbody>
<tr>
<td>2 weeks</td>
<td>40 days</td>
<td>160 days 3 terms</td>
<td>440 days 2.5 years</td>
</tr>
</tbody>
</table>

5 Days A Term

<table>
<thead>
<tr>
<th>Per term</th>
<th>Per Year</th>
<th>7-10</th>
<th>K-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>20 days</td>
<td>80 days 1.5 terms</td>
<td>220 days 1 year 0.5 term</td>
</tr>
</tbody>
</table>

When your child misses school, they miss out. Support your child’s success. Make sure they attend school all day, every day. Every day counts.
LOOKING FOR VOLUNTEERS!

Our school is currently looking for parents, grandparents or caregivers who are available to assist in a reading program for Year 7 students. Anyone who is interested in being involved please contact Tony Hicks or the Learning Support Team on 4296 3844.

Lake's Breakfast Club is Open Tuesday & Thursday 7.45am

Our proud sponsors of our breakfast club is the:

The Shellharbour Club

LIHS Homework Centre

Join us in the library:
- Tuesdays 3-4pm
- Thursdays 2-2:50 pm

If you would like to place an ad for your business in our newsletter please phone the school on 4296 3844 for more information.
Lake Illawarra High School does not receive or accept any paid advertising for Community Notices. Also, we have no way of checking the bona fides of any information received. We encourage parents/caregivers to make all necessary checks prior to involving their children in activities listed.

**Local Foster Carers needed**

We are looking for local people to provide care for children and young people who are unable to live with their own families. FACS is seeking Foster Carers who can provide short term/crisis care and/or respite care (e.g. one weekend a month).

Individuals, couples and families from varied backgrounds, cultural groups, Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, support and financial assistance.

**INTERESTED?**

Call Gabi Taylor or Carolyn Lardner at FACS on 4222-8400 during business hours.

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**Single Mothers Support Group**

This is a new group in the Illawarra community which advocates for and supports single women and their children, in a non-formal way. This community inspired group brings single mothers together to share ideas, provide social support and create community that goes beyond that of a 9-5pm service.

*There will be tea and coffee provided. Children welcome and an activity will be provided.*

**Where:** Berkeley Neighbourhood Centre Winnima Way, Berkeley  
**When:** Monday’s 10am - 12pm  
**Contact:** Denika Thomas 0431095530
For Lake High

This book is $55 (you can get an electronic version too) and $11 gets donated to Lake Illawarra High School!! If you do buy one simply click on the link below or copy and paste into your browser


The 2014 | 2015 Entertainment™ Memberships are here! And new this year, you have a choice:

- The traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers
- The Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone!

Entertainment™ Memberships contain thousands of valuable up to 50% off and 2-for-1 offers from many of the best restaurants, cafés, arts, attractions, hotel accommodation, travel and much more!

Make sure Ria Douglas’ name is up in the top right hand corner or there should be somewhere where you can type in Lake Illawarra High School. Message this page if you need help! Thanks for your support. For more info on the book www.entertainmentbook.com.au make sure you search through the NSW South Coast book for all the amazing deals you get! Also if you would like we can collect the books for free rather than paying the shipping fee (make sure you select pick up on checkout) just give the school a ring to let us know you have picked this option.

Creating Opportunities for Young People

Are you an employer or do you know an employer in these industries?
CONSTRUCTION or HOSPITALITY

In 2014, Year 11 & 12 Students from Lake Illawarra High School require work placements in the above industries.

Work placement is unpaid practical skills industry training and is an integral part of the vocational course these students are studying for their HSC.

If you can help, or you know somebody who can, contact Abbey Hartgrove at Workplace Learning Illawarra on 4225 2526 or email abbey@iswlp.org.au to find out more.

Thank you!
Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Lindi Jamieson-Brown, your local Saver Plus Worker: (02) 4254 4505 / 0427 439 234 or lindi.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Illawarra and Wollongong by The Smith Family. The program is funded by ANZ and the Australian Government.
ARE YOU READY TO BLING A BRA FOR BREAST CANCER AWARENESS?

'Bling a Bra for October' is a creative bra competition serving to promote Breast Cancer Awareness through artistic expression and the celebration of community creativity.

To Enter: Send or take your designs to any of the location below by Friday 17 October 2014.

BreastScreen, 299 Crown St, Wollongong
BreastScreen Stockland's Shopping Centre, Shellharbour
Illawarra Women's Health Centre 2-14 Belfast Ave, Warilla

Winners to be announced at a morning tea at The Lagoon Restaurant, Wollongong on 24 October 2014 @ 10.30am.

To attend, please RSVP by Friday 17 October 2014 to Sarah on 02 9113 3633 or register at https://illawarrablingabra.eventbrite.com.au

Sky's the Limit Mini Olympics

Essential Employment and Training's (EET) Program assists people with a disability to develop skills that will help them achieve their life goals, increase their independence and participate as a valued and active member of the community.

Since 2008, EET's has been hosting the "Sky's the Limit" which is a Mini Olympics for people with disability at Beaton Park Wollongong. Hundreds of participants from Metropolitan Sydney and the Illawarra region and beyond have gathered each year to experience the exhilaration and joy of competing in a number of sporting activities - just like the Olympics.

We are keen to share this event with you and welcome you all to our amazing event.

When: 23rd October 2014
Where: Beaton Park Leisure Centre
Time: 10am - 2pm
Contact: Toni Losinno on 4227 3111
Discover the World on a WEP Student Exchange Program!

Are you ready for a bit of excitement and culture in your life? Looking to push your boundaries in 2015? Why not participate in a semester or year-long student exchange program to one of over 20 countries, including popular destinations such as the USA, France, Argentina and Italy? **Applications for January programs are still open but will close soon!** Don’t miss out on this once-in-a-lifetime opportunity to do something out of the ordinary, with a WEP high school exchange

**Georgie (17) currently in Argentina:** “Everything's going really great here! I especially get on really well with both my sisters and their friends, so that's a nice relief. I've even started playing hockey with my younger sister, despite knowing absolutely nothing about it, and I'm having lots of fun. I absolutely loved orientation week, it was so much fun and definitely, definitely worth it. I think everyone should have one, it was the perfect transition to life here in Argentina, so thank you very much for that!”

**Early Bird Special!**

WEP is offering students in years 9 to 12 (excluding year 12 students in VIC) a $500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA. Simply submit your full application online **before 28 Nov '14**

**Find Out More!**

- Visit [www.wep.org.au](http://www.wep.org.au) and request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to help you and your parents make this important decision.

- If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email [info@wep.org.au](mailto:info@wep.org.au).
# SEPT/OCT 2014 KIDZCARE SCHOOL HOLIDAY PROGRAM
## ACTIVITY SUMMARY

<table>
<thead>
<tr>
<th>Monday 22nd Sept</th>
<th>Tuesday 23rd Sept</th>
<th>Wednesday 24th Sept</th>
<th>Thursday 25th Sept</th>
<th>Friday 26th Sept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Sports</td>
<td>Hangdog</td>
<td>Shellharbour Bowl</td>
<td>Movie: Box Trolls</td>
<td>Fishing Workshop</td>
</tr>
<tr>
<td>BYO Lunch</td>
<td>$12 BYO Lunch</td>
<td>$13 – 2 games BYO Lunch</td>
<td>$16 BYO Lunch</td>
<td>$2 Sausage sizzle for lunch</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 29th Sept</td>
<td>Tuesday 30th Sept</td>
<td>Wednesday 1st Oct</td>
<td>Thursday 2nd Oct</td>
<td>Friday 3rd Oct</td>
</tr>
<tr>
<td>Amazing Race</td>
<td>Bike Education</td>
<td>Shellharbour Bowl</td>
<td>Cupcake Decorating</td>
<td>Movie: Fire &amp; Rescue</td>
</tr>
<tr>
<td>BYO Lunch</td>
<td>BYO Lunch</td>
<td>$13 – 2 games BYO Lunch</td>
<td>$3 BYO Lunch</td>
<td>$16 BYO Lunch</td>
</tr>
</tbody>
</table>

Please Note: In some instances activities may change without prior notice due to circumstances out of our control. Daily Rate $35 plus excursion costs – Parents/Guardians receiving CCB will only pay the gap.

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# OAK FLATS SWIMMING CLUB

- Stroke Correction
- Squad Training
- Dryland Training
- 25m Heated pool and
- 50m pool
- Limited Vacancies

Coaches:
- Helen McKay
- Taylor Garner
- and new coach Shane Dowel

Fees provide you with unlimited lessons or sessions in the month. Eg if you have 1 child and swim 20 sessions in the month works out at $3.25 per session.

<table>
<thead>
<tr>
<th>Per Month</th>
<th>Per Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>$65</td>
<td>1 child</td>
</tr>
<tr>
<td>$100</td>
<td>2 children</td>
</tr>
<tr>
<td>$130</td>
<td>3 or more children</td>
</tr>
</tbody>
</table>

Oak Flats Swimming Club is proud to partner with:

Shellharbour City Council

Assessments Available Thursdays 4pm or by appointment

Oak Flats Swimming Pool
Kingston Street
Oak Flats

Enquiries: oakflatsswimming@gmail.com

0409 121 051

oakflats.swimming.org.au
Need some log book hours? An opportunity for you and your supervisor to experience a range of driving conditions including Police RBT, Speed Check and Driver Reviver fatigue stops.

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To find out more visit an Open Day:
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