Welcome to Lake Illawarra High School for what promises to be a very exciting 2015. I would especially like to welcome our newest Lake High members in Year 7 as well as our other new students and their families who have now become members of the Lake Illawarra High community. I look forward to seeing you all become involved in everything that Lake High has to offer. I would also like to welcome our new staff members. I am sure you will enjoy your time here and will strive to bring out the best in our students.

This year we will be having three Deputy Principals to further ensure that our students are very well supported. Kerrie Powell will be the Deputy responsible for Years 11 & 12, Phil Munn will look after Years 7 & 9 and we welcome Christine Campbell who will be supporting Years 8 & 10. Welcome to all of our new teachers; Shannon McLoughlin -English Samirah Bahbahani -Maths Sandra Cram -Science Justine Norris -HSIE Andrea Rees -Art Candice Isles -Special Education Paul Dyer -Science

We also welcome back Mr Ron Davison as Head Teacher HSIE and Mrs Carly Watson after having been on leave for 2014.

This week will see the beginning of the long awaited upgrade to our toilets. These should be finished and ready for use by the end of the term. This will be very much welcomed by everyone at Lake High!

It is very important that the parent community is involved in having a say regarding the directions of the school. One of the best ways is to join the P&C which meets every first Wednesday of the month at 6.30pm in the library. Everyone is welcome!

The Homework Centre is again open for business every Thursday afternoon from 2pm to 2.50pm. We would love to see you there.

Tony Hicks
Principal
TVET COURSES

A number of students have selected to study Vocational Education and Training at TAFE (TVET) and have successfully started either in Preliminary or HSC courses. Students travel to different campuses and have to be more independent. TVET courses are a wonderful opportunity to experience a wide range of practical and vocational subjects of the student’s interest.

JOBJUMP

This year the use of the careers research website JOBJUMP will continue. This is a resource that students, staff and LIHS community and parents can visit and use to discover a diverse range of career information on the one website. Students from years 10 – 12 will be given the website details and password during Careers lessons.

Check out: jobjump.com.au (password: dolphins)

JET PROGRAM

The JET program is a popular activity among the students who are selected to participate. This is an intensive Careers program presented by a not-for-profit organisation ‘Work Place Learning’ in which students in senior years are assisted in transitioning into further training or the work force full time. Skills and tips in how to present for interviews, producing excellent resumes and developing confidence to speak about themselves are all part of the JET program. Lake Illawarra High School sees the program to be an important and necessary part for the school, that two days have been dedicated this year. A small group of Year 9 students will also be involved as a trial to expand the program.

UOW SCHOOL HOLIDAY WORKSHOPS

While the school community was on holidays during January, dedicated students from Lake Illawarra High School participated in either Learning Labs for Gifted and Talented students or were selected to participate in the IN2Uni Summer Session program.

The Learning Labs catered for students in Years 7 to 10 and allowed them to experience the life of a university student as well as provide different topics of study to build confidence in their academic interests. Topics included: 3D printing, creative writing and drama.

On the other hand, the Summer Session program at UOW was only for selected students of Year 12 to participate. These holidays, four students in current Year 12, Jaiden, Caitlin, Samantha and Emma were successfully selected to participate and had an excellent time. This experience had a variety of courses on offer and when students were selected to participate and complete the course, they would receive a six-credit advantage to their future UOW course.

LEAVE EARLY PASSES

When coming to school late or leaving early due to no classes on their timetable, senior students who are able to apply for a Leave Early pass are to organise the paper work with myself and will need to collect the note at my Careers Office.
Changes to Attendance

The Minister for Education has made changes to attendance and how it is recorded. This is now referred to ACARA National Standards for Student Attendance Data Reporting. This may affect your child’s/ward’s attendance records.

The major change is Holidays taken by students outside of school vacation periods will now be included as absences. A Certificate of Exemption can no longer be granted for this period. This means all holidays will be recorded as absences on your child’s/ward’s report.

Families are encouraged to take holidays or travel during school vacations. If travel outside of school vacation periods is necessary the following considerations apply:

- If the principal accepts the reason for the absence, the absence will be marked as Leave and be recorded as Justified Leave. This will appear on your child’s/ward’s report as Justified leave.

- If the principal does not believe the absence is in the student’s best interests and does not accept the reason the absence will be recorded as Unjustified Leave.

If you are planning to take holidays during school days please call into school and fill in the appropriate form and see the Principal – Tony Hicks, before you go. This will possibly avoid your child/ward been marked as Unjustified leave and you will not receive text messages/letters & or phone calls.

It is really important if your child is Absent or LATE that all absences are explained.

WHY MAY YOU ASK?
Firstly it’s the law, under the Education Act 1990 all absences must be explained within seven days. If you do not explain why your child has been away within 7 school days it will go down as an unjustified absence and this will appear on your child/s/ward’s report. Also if your child is late it will go down as an unjustified partial absence on your child’s/wards report.

Being absent and/or being late must be explained with a valid reason!
You can do this via note, phone call, sms or in person.

Mathematics

The Maths department welcomes you to 2015. At the end of 2014 Mr Black accepted a permanent position at Smiths Hill High School. We thank him for his hard work over the last 6 years and wish him all the best in his new school.

We are continuing to encourage the learning of Mathematics this year and are trying new ideas in the following areas with some classes:
- Students taking responsibility for their learning (completing more of the exercises themselves)
- Special Numeracy lessons starting in year 7
- Explanation of work online and students doing exercises in class
- Revision tests given to all students about 2 weeks before all exams to enable students to study the right topics and style of questions to maximise their performance

The first exams are scheduled as follows:

<table>
<thead>
<tr>
<th>Year</th>
<th>Term</th>
<th>Week</th>
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</thead>
<tbody>
<tr>
<td>Yr. 7</td>
<td>Term 1</td>
<td>Week 8</td>
</tr>
<tr>
<td>Yr. 8</td>
<td>Term 2</td>
<td>Week 3</td>
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<td>Yr. 9</td>
<td>Term 1</td>
<td>Week 9</td>
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<td>Yr. 10</td>
<td>Term 2</td>
<td>Week 2</td>
</tr>
<tr>
<td>Yr. 11</td>
<td>Term 1</td>
<td>Week 7 (General and Advanced)</td>
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<tr>
<td>Yr. 12</td>
<td>Term 1</td>
<td>Weeks 9 &amp; 10 (Half Yearly exams)</td>
</tr>
<tr>
<td>Term 1</td>
<td>Week 8 for General 1 only (assignment due)</td>
<td></td>
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</tbody>
</table>

Steve Morley
Relieving HT Mathematics
Some of our Year 10 Industrial Technology Students working diligently on their timber projects at the start of this term.

Caitlin applying the final finish to her table.

Dimi marking out location for biscuit joints.

Brody and Dimitrios working as a team to glue and clamp timber.

Ebony using the biscuit jointer to form the joints.

Laura cutting timber to length on the slide compound saw.

Stay tuned to see what our students are going to produce.

Rod Dunkerley
Head Teacher
Techonology and Applied Studies
Hello there and welcome to 2015 at Lake High!

It has been wonderful seeing new faces at school this year and all the familiar ones too! Once again this term I will be working as the School Chaplain. I am here as a support to students, staff and the community. As the National School Chaplain Program states, my role is to support the emotional wellbeing of students by providing pastoral care services and strategies that support the emotional wellbeing of the broader school community.

I’m looking forward to supporting the school community however I can this year. I’ve already been invited into classrooms, have been planning some group activities for some Year 7 girls and have a recess Toast Club in the works.

I’m really excited that we have been able to establish a partnership with Bakers Delight, Warilla Grove, in their Dough Raiser program. Every time you make a purchase and mention Lake Illawarra High School, the school receives 5% of the sale for a fundraising project. So – go buy your bread and help support Lake High! More info will be coming soon!

Don’t forget – I’m around the school on a **Tuesday** and **Wednesday** and always available for a chat or a game of handball. Come and say hello!

Amy Wood,
School Chaplain

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**The Tell Them From Me Student Feedback Survey**

This term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

The survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday 27 February**. Copies of the form and FAQs are available from the website above.
New Website: The library is going Social!!!

Lihs.edublogs.org

G’day everyone.

Mr Nairn from your local school library here. In keeping up with modern trends and in order to allow students to access our resources and expertise anytime, the library is beginning its journey into the world of social media. If you did not already know, we have a library website that contains regular posts and links to useful resources. This website has recently had a new facelift and now includes links to our social media pages. We are intending to use these platforms as a bridge between the library and the students, staff, and wider community.

Lake Illawarra High School Library Website. Find us at http://lihs.edublogs.org/

By clicking on one of the social media icon at the top right of the page, you will be taken to our Facebook page, twitter page, Flickr page, or Instagram page. We will be using these platforms to give regular updates on extra-curricular activities that we are running in the library, share photos and images, link to resources that we offer or find online, give updates on the happenings in the school at large, and suggest awesome books that you may like to read. By liking or following any of these pages, you can keep up to date with everything that we do and you can also use these platforms to ask questions of us, give feedback, or just keep in touch. Of course while using these services we ask that you act responsibly and follow the THINK model:

Do not forget that we are also collecting lots of resources using pinterest which you will find on the sidebar of the website and we have a few other changes worth checking out including our fan fiction feed and the dogo book reviews.

All the best to you all and we look forward to hearing from you in the digital world :)
The SRC ended 2014 on a positive note by donating over $200 worth of Christmas gifts to St Vincent’s in Warilla. These gifts went towards helping over 30 local families in need. A big thank you is due to all those who participated in making this possible.

The staff working at St Vincent’s were amazed at what a generous deed this was and were very grateful to Lake Illawarra High School for all of our assistance and support.

2015 will be another busy and rewarding year for the SRC with many events set on the agenda for Term 1 already. The SRC will be welcoming some keen representatives from Year 7 after an election that is taking place in week 5. We look forward to meeting these new students who will become a welcome addition to our exceptional team.

This year Valentine’s Day was a big success with many roses being delivered all over the school. Love was in the air, stay tune for pictures in the next newsletter. Thank you to the SRC for your fabulous work with this project.

Mrs Garcia and Mr Pickard (SRC Co-ordinators)
At this time of year, many children and young people are preparing to start school, tertiary education or work. Some children will be starting school for the very first time; others will be starting their first year of high school, while some young people will be starting university or TAFE or entering the work force.

Children and young people regularly contact Kids Helpline about concerns relating to these life transitions.

What is transitioning?

A transition marks moving from one part of life to another, for instance starting school, university or work, getting married, having children etc. For children and young people some key transitions are around school and work, as they mark milestones in young lives.

Starting at a new school, college or workplace is a normal part of life for young people. However, it can create mixed feelings of stress, anxiety, excitement and nervousness. These feelings can be due to the uncertainty associated with change as well as changes that are occurring within young people at this time in their lives.

When young people move from primary school to high school or high school to university or TAFE, they experience substantial changes regarding expectations placed on them as well as changes to the structure of their environment.

For example, it can be a challenge for children starting high school to understand that they are required to change rooms for each class and that each class is taught by a different teacher. They may also grieve over the loss of their primary school friends or worry about things like being bullied, being around so many older kids, or finding their way around a bigger school.

For young people starting university, it can be challenging to adapt to an irregular daily routine as well as a change in attitudes by staff members regarding class attendance and expected behaviours.

Some research has suggested that transitioning to high school in particular can be challenging to young people compared with other experiences. Young people may be both excited about the benefits that these change may bring (i.e. new experiences, more freedom), as well as anxious (i.e. leaving old peer groups behind, higher expectations of achievement).

Problems associated with transitioning

Transitioning is an ongoing process that can continue long after entering a new environment. Young people may encounter difficulties at a number of stages of the transition process, with the earliest problems occurring prior to starting at a new school, college or workplace.

While issues associated with transitioning vary, research has identified several difficulties that are typically encountered during these periods, including:

- lower self-esteem
- fears about new social situations involving older students
- difficulty managing their time
- problems coping with increased academic stress
- disruption of previous peer relationships
- disruption of familiar routines and procedures

These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can be problematic, and can make the transitioning process even more difficult for the young person.

Transitioning and academic achievement

Many of the problems listed above have been linked to lower levels of academic achievement in school students. Furthermore, in cases where transitioning to a new school environment has been difficult, and particularly where levels of academic achievement are low, many young people display higher rates of truancy and school drop out at the end of their compulsory schooling period.

What influences the success of transitioning?

Research shows that successful transitioning is dependent on several factors including:

- **Academic preparation** - higher levels of school readiness means that they will find the new work easier
- **Emotional stability** - happier young people are more likely to adjust to being in a new school or entering work
- **Family situation** - a supportive family environment assists young people in preparing for and adjusting to a new situation
- **Ability to make friends** - students that are able to make friends easily find school more enjoyable
- **Sense of belonging** - young people who feel like they ‘fit in’ tend to adjust more easily
- **Family-school cooperation** - a good working relationship between families and their school can help provide support for young people starting school. Family involvement in the school community has also been linked to improvements in student-teacher relationships as well as a young person’s attitude towards school
- **Resilience** - young people who can handle change undergo less stressful transitioning experiences.

What can parents/carers do to help?

Young people need different types of emotional and practical support when transitioning, depending on their age and developmental stage. For example, a child going
into grade one will require a lot more practical help compared with a child starting their first year of high school. Below are some general tips that may be useful to help your child through a transition.

**Keep talking and develop a supportive family environment**

Research shows that young people who have positive relationships with their parents/carers are more likely to have positive relationships with their teachers as well.

- Discuss the changes your child can expect to face when making a transition. You may be able to share experiences when you were growing up.
- Normalise feelings of anxiety and uncertainty for your child. Ask them what they think the challenges will be for them and discuss potential ways to handle these challenges.
- For young children, it may be useful to read stories together about starting school.
- If your child is anxious about whether or not they will be able to make friends, discuss possible ways that they can initiate conversation with new people and work towards forming new social groups.

**Prepare for the new routine and environment**

- For younger children particularly, it may be helpful to arrange for them to meet their new teacher. For older kids, it may also be helpful to familiarise them with the layout of their new school and how to get around it.
- Practice the upcoming morning and bedtime routine a few days’ beforehand, so young people get into a regular pattern of sleeping and waking and won’t be too sleepy at the start of their first day!
- Ensure they eat breakfast each day so that they have the energy to focus on their studies.
- Help them prepare for their new environment by providing the equipment they will need. This may include pens, pencils, notebooks, USB sticks or any other items they may require. Schools may have hire schemes for text books and other school requirements if you have financial constraints.
- If your child is catching public transport to school or walking/cycling, help them get familiar with how they will get to and from school. This may involve a practice run or showing them which bus/train to catch and where to get off.
- Ensure they have the correct uniform (if required) and that they are able to dress themselves correctly according to the requirements of the school.
- Attend an open day or orientation program together. Lots of schools hold these to familiarise students with the school and how it operates. They are also useful as they give young people an opportunity to find out the kinds of programs the school runs that may be of interest to them.

**Be available when things get tough**

If your child experiences problems when transitioning, they may start on the first day of school or they may take some time to develop. Young people may enjoy their new environment at first but become troubled by difficulties later on. You can help address these problems if they arise by:

- Being available - provide them with opportunities to discuss problems with you and help them to think of potential ways to overcome these challenges. Be alert for signs of difficulty in the young person as they may not always tell you about them.
- Attending parent-teacher interviews - this will give you another perspective on how the young person in your care is going at school. This is particularly useful to help determine whether they are keeping pace with the increased levels of academic achievement expected of them.

**Support them in the ongoing transition process**

- Encourage them to do homework and revise their in-class material so that they don't fall behind in their academic progress. Be available in case they have any questions.
- Provide opportunities to develop their social networks by encouraging them to invite other students over outside of school hours.

**For young people with special needs**

If your child has a disability or special needs, make use of any relevant programs, staff and facilities that the school provides.

- Prior to the start of the school year, take your child to meet the school’s Disabilities Officer (if there is one), or alternatively, the guidance counsellor/student support service, so that any necessary adjustments to their schooling can be identified and planned for.
- Provide the school with any relevant information regarding your child’s disability so that the school can monitor their transitioning experience and deliver necessary interventions if difficulties arise.

**For parents/carers of tertiary students**

- Support your child’s decision regarding the particular field of study they wish to engage in.
- Discuss possible assignment/study habits that they may find useful.
- Encourage them to attend open days and orientation programs where possible.
- Encourage them to seek out student support services if academic or personal difficulties arise.
The Education Act 1990 requires your child to attend school each day that instruction is provided unless prevent 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 unforeseen 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
2. It is a requirement that the school investigate all unexplained absences
3. It is the way the school knows your child was legitimately absent and not truanting from school.

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</td>
<td>440 days</td>
</tr>
<tr>
<td></td>
<td>3 terms</td>
<td>2.5 years</td>
<td></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</td>
<td>220 days</td>
</tr>
<tr>
<td></td>
<td>1.5 terms</td>
<td>1 year 0.5 term</td>
<td></td>
</tr>
</tbody>
</table>
### Justified reasons
- Doctor’s/Dentist appointment – must provide evidence, such as a Doctor’s/Dentist certificate or letter
- Appointment with other health care professional or similar service – must provide evidence, such as an appointment card or letter
- Special family circumstances – note/verbal explanation must be provided
- Bus delayed – school will check to verify
- Interview with Principal, Deputy/Assistant Principal, Counsellor or other school personnel – staff involved must inform the front office

### Unjustified reasons
- Sleeping in/ alarm not going off
- Missed the bus
- Traffic/ road works
- Walked to school
- Waiting for parent
- Minding sibling
- Shopping
- Other similar reasons

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*Please note: A note from a parent or verbal explanation from parent who drops student at school for any reasons listed above as ‘unjustified’ DOES NOT make the reason ‘justified’.*

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
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.

LIHS HOME WORK 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.
Fundraising 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

  or

- 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.

Registration/ Training Night

Interested in playing a team sport? Come and try hockey with Railway Greys Women’s Hockey Club.

Where: Croome Road Hockey Complex – Turf 1
When: Monday 16th February 2015
Time: 7.30pm – 8.30pm

Players of all ages are welcome. We cater for U15 girls, U18 girls (Monday night comp) and have 1st – 4th grade teams (Fri night and Sat afternoon comp).

Any questions? Please call Lynne Frew 0431478893 or Cheryl Cohen 0412041691 for more information. See you there!
Albion Park Show Society invites any young ladies in year 10 or older to be part of the Debutante Ball to be held on 29th May, 2015. Enquiries phone Diane McParland 42360403/0427360403 by 5th March, 2013, a meeting with those interested will be held on 8th March 7.30pm in the HACC Centre Albion Park Showground.

Sharks Junior Rugby League is now Registering players in all Age Groups (6 -16 years)

To register please go to our web site www.shellharboursharks.com.au and click on the register button. Or visit our face book page www.facebook.com/shellharboursharksjrlc should you need further information please contact Maria on 0410562419 or email secretary@shellharboursharks.com.au

Thank you for your assistance should you need to contact me for any reason please feel free to ring or email me at any time.

Learner Log Book Run
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.
A FREE Learner Log Book Run will be held on Sunday, 15 March 2015 between 10.00am and 12.30pm
The Log Book Run will start and finish at the Lake Illawarra PCYC concluding with a PRIZE GIVEAWAY.
Bookings are essential please call Jenny Davies on 4221 6124.

Not for profit Physie Dance School! Pre-school to Ladies Physie Dance Classes From Only $5 Troupe/Team Classes, Private Lessons, Stretch and Marching Classes for Girls aged 2 years to Ladies.
www.albionparkphysie.com Sherone: 0428 839583 or Jackii: 0413 023718 albionparkphysie@gmail.com

Classes held on Tuesdays, Thursdays & Saturdays. Location: Centenary Hall, T ornaments Rd, Albion Park
Term 1 Resumes: 10th February 2015
JOIN NOW & RECEIVE THIS BONUS PACK ! Register & pay for term 1 and receive a bonus package FREE Worth over $150
Tights / Skirt / T-Shirts / End of Year Trophy / Leotard / Technique Book / Club T-Shirt / "Empowering Girls for Life"

REGISTRATION AND ORIENTATION DAYS:
THURSDAY 29TH JANUARY & THURSDAY 5TH FEBRUARY
4.00 pm to 6.00 pm
Centenary Hall

Adult Basic Education Courses
Semester 1 2015
Dapto Campus
Courses being offered include:
- Intermediate Computers – Evening course
- Basic Computers

*Course fees will apply

Apply online at TAFE Illawarra website, www.illawarra.tafensw.edu.au or phone/text Head Teacher Ros Williams on 42222860 or 0438664025 with your Name, contact details and course of interest. A staff member will contact you about your course or enquiry

Coerver* Coaching is the world’s number one global football program
- Developing skilled, confident and creative players of all abilities.
- Make the game fun to practice and play.
- Under 75 mighty mites program available.
- Focus on the 4 core skills 1v1, striking the ball, running with the ball & first touch.
- Individual, team, club and school programs available.

Registration online beginning February
Mondays and Wednesdays
Centrally located at Albert Butler Oval
Kembalwara

Email - nowscah@coerver.com
Ph: 0459532223
Like us on facebook @ Coerver South Coast
www.coerver/wp/nowscah.com.au

www.crossfitjaka.com.au
JAKFIT KIDS
TUESDAY & THURSDAY 4-5PM @ $20 SESSION

MOBILE: 0410 923 201 / LANDLINE: 02 4226 9666
ABBY: 0414 441 739 / KARL: 0408 726 735
Foster kids need more people like you.
FREE information session
5pm, Thursday 26 February

Great kids come from good families. Please help.
Could your family include a foster child every second weekend? We urgently need respite foster carers to care for children on a regular short term basis. Come along to one a FREE foster care information session on Thursday 26th February at Dapto Ribbonwood Centre, Princes Highway, Dapto from 5 to 6pm.
To reserve your place
CALL 1300 130 585.
Port Kembla Youth Project presents - Xpress Theatre!

Want a chance to share your stories? Meet new friends? Develop Theatre skills and create a Performance Piece? Xpress Theatre is for you!

Come along and join the ‘Journey’!
Running Wednesday afternoons at the PKYP Centre from 4pm – 5pm, Term 1 2015. Commencing Wednesday 4th February this free 10 week program for young people aged 12-18yrs which will allow participants the opportunity to develop a wide range of stage skills including acting, script writing, set design, sound, lighting and multi-media. Culminating in a public performance of the work created in the workshops.

The theme for this project will be ‘Journeys’ – where have you come from and where are you going? All aboard, the Xpress Theatre is about to commence!
For booking please call Trish on 42761229 on Monday or Thursday between 11am and 4pm. The Port Kembla Youth Project is located at the Cnr Allan and Kembla St. Port Kembla.