Dear Parents, Students and Staff

"Let Christ’s Light Shine Through Us"

Principal’s Goals: Each year Principals are required to set professional goals and share them with their mentors (Catholic School’s Office Consultants and the Parish Priest). This year one of my goals is to ensure that all students have a clear focus for their own educational outcomes and achievements. Last year we set in place a goal setting activity for all students using their most recent report for reflection and guidance. This year we continued this process and we hope to have students regularly reflecting on their goals in order to maintain direction and inspire a will to forge on with their educational endeavours. A second goal of mine is to ensure that the College is providing opportunities for students of all academic abilities and strengths. The approval of our Trade Skills Centre has gone part of the way to doing this already. This year we hope to offer more, and better, opportunities for students to enable them to work to their strengths.

College Uniform: This week at the College assembly I guided each child through the rules for our College uniform. I ask parents to ensure they are familiar with and support us in enforcing the adherence to this policy.

Congratulations Finn Askew: Recently Finn competed in the North Coast Regional Surfing Titles. Finn (at the age of 12) took out the u/14’s and u/16’s titles and will now progress onto the NSW surfing titles to be held in Port Macquarie. We wish him all the best.

P & F Dinner: Change of date: Saturday, 5th April. See our web page at http://moodle.kmpslism.catholic.edu.au/ and click the picture of last year’s event to register your interest.

Sponsors for P & F Dinner: The College is seeking sponsors for major and minor prizes for the dinner. If you or your business is interested in contributing, please contact me by phone or via my email to discuss this further.

Reminder - 50 Years Celebration in 2015: We are in full swing with preparations for our 50 Years celebrations in 2015. On our school web page a link has been provided for people to register interest in receiving updates. We are also seeking items of memorabilia and historical significance for us to copy and return. Specifically we are seeking old reports, uniforms, photos, school items and so on for the preparation of our history. Please contact the office if you can assist with this request.

Swimming Carnival: Congratulations to Mr Moorehead and to the whole staff of St Paul’s College for a fantastic carnival. The day was held in ideal conditions and all students competed with a spirit of fairness, participation and good sportsmanship. I was very proud to witness the true essence of St Paul’s College. Full details of the carnival champions are in the sport report from Mr Moorehead.

Student Verification Sheets: Student verification sheets were issued to all students during PC class on Monday. These forms are important to ensure our student records are current and accurate. Parents/guardians are asked to make any changes or additions, sign and date the form and
You Are Cordially Invited To Attend the Major Fundraising Event of the Year
5TH APRIL 2014

- 6pm start
- St Paul’s ‘Edmund Rice Hall’
- Cocktail dress
- Tables of 8 (bookings of 8 or less available)
- $55 per person — complimentary glass of wine or handcrafted 10oz beer on arrival

Evening of Fine Dining
Presented to you by St Paul’s Hospitality Department together with the P & F Association

- Full bar facilities available (beer, wine & soft drink)
- Confectionery raffle
- Auction items – fully catered dinner party for 20 persons at winner’s chosen location and date.
- Tickets may be purchased at the College Office phone 6502-7200.
- EFTPOS available

Enjoy a sumptuous dinner complimented with music and entertainment by ‘Jenny Marks and Friends’

MENU

Starter
Mini pancetta and cheese quiches
with caramelised Spanish onion
Money bags with Thai dipping sauce

First Course
Pumpkin soup with crème fraîche
and fried prosciutto

Second Course
Roasted chicken breast
with peperonata sauce, rocket salad
and fried kipfler potatoes

Third Course
Semolina cake with spiced cream
and toasted pistachio nuts

To Conclude
Cheese and condiment platters
Cheddar with relish and wheaten biscuit
Brie and lavosh and strawberry
Goats cheese with quince paste

Menu subject to change due to costs/food availability
return it to your child’s PC teacher by Friday, 28th February.

If there are no changes I ask that you also sign and return the form by the above date. Thank you for your assistance and support with this matter.

**P & F ANNUAL GENERAL MEETING:** An invitation is extended to all parents to attend and/or nominate for positions on the St Paul’s College P & F Committee for 2014. The AGM will be held in the College Board Room on Wednesday, 5th March at 6pm. Please note that as the vacating board, including the President, Secretary and Vice President no longer have children at the college, they are unlikely stand again. I thank them for their years of dedication to the P & F Association.

- President: Sharon Cole
- Vice President: Jodi Cole
- Secretary: Donna Pearson

Positions up for selection
- President
- Vice President x2
- Secretary
- Assistant Secretary
- Treasurer

**God Bless**

Mr Kevin Lewis – Principal
klewis@lism.catholic.edu.au

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**HEAD LICE**

Unfortunately head lice have been reported at the school. We are asking parents to please examine their child’s hair for signs of lice infestation. The lice themselves are often hard to find because they move around the head, so could you please look for the eggs. Although the condition is unpleasant it is easily treated with a specific treatment obtained from your local chemist. Students should not attend school until the treatment has occurred. Please be aware that parents will be called and asked to take their child home until they are clear of head lice. Thank you for your co-operation with this matter.

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**CALENDAR 2014**

View the Live College Calendar at: moodle.kmpslism.catholic.edu.au

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 College Disco – Welcome Year 7</td>
<td>5 Ash Wednesday</td>
</tr>
<tr>
<td>27 Year 7 Belonging Day</td>
<td>5-7 Year 10 PASS Camp</td>
</tr>
</tbody>
</table>

- 9 Year 11/12 Mass
- 11 Year 7 Vaccinations

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**ASSISTANT PRINCIPAL’S MESSAGE**

“Give thanks to the Lord, proclaim his greatness”

We have seen a smooth start to the term and students appear to have settled back into the school routine very quickly. This reflects the preparation and time both parents and staff have put in to making sure everything was just right prior to the term commencing.

We welcome the many new students and their families and pray that their time at the College will be one of enrichment and fulfilment.

I would like to thank students and parents for their support in the wearing of the uniform correctly. There have been a few times over the past couple of weeks where we have had to chat to a few students but I would say most of our students are doing the right thing.

On Friday of week one, all students and staff met in their House groups to elect House Captains and year 8 to 11 Student Representative Councillors for the 2014 College year. The elected students, along with the College Captains and Ministry Leaders were introduced to the College during an Induction Mass on Friday of week two. I was very proud of all the elected representatives and of the whole College community for the way we celebrated not only Mass but also the Induction Ceremony presenting their badges.

The College Swimming Carnival was held this week. It is a compulsory College event. I would like commend all students for the way they supported their Houses, by proudly wearing their house colours and correct sports uniform, and for their high event participation rate. To the parents who attended this
event as spectators or as volunteers, I thank you for your support of the College and this annual community event.

Chewing gum is banned at the College. I would ask all parents to please help support the College fully in this. Chewing gum can be seen all over the concrete, including the new concrete. I asked all students to respect our environment by following the expectations of the College by not bringing chewing gum to school.

**STUDENT ATTENDANCE**

**FROM THE DIOCESE OF LISMORE CATHOLIC SCHOOLS OFFICE**

“In New South Wales, all children from six years of age are legally required to attend school or be registered for home schooling. After they complete Year 10 and until they turn 17 years of age, students then have the following options. They may also be in:

- full-time further education and training (e.g. TAFE, traineeship, apprenticeship)
- full-time, paid employment of an average of 25 hours per week; or
- a combination of both of the above.

Children are expected to attend all school activities, on time. Regular attendance helps your child:

- develop the skills needed to access the world of work and other opportunities
- learn the importance of punctuality and routine
- make and keep friendships.

Parents are asked to limit the times their children arrive late to school or leave early. There are procedures to follow when this situation cannot be avoided.

If your child has to be absent from school, you must tell the school and provide a reason for your child’s absence. To explain an absence parents and carers may be required to:

- send a note to the school, or contact the school via fax or email, or
- telephone the school, or
- visit the school.

A small number of absences may be accepted by the Principal. For example, if your child:

- has to go to a special religious ceremony is required to attend to a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school or has an infectious illness.

**UNEXPLAINED/UNJUSTIFIED ABSENCE** Parents, please be aware that an unexplained absence will be noted on the students report when a parent has not provided an explanation of the student’s absence within seven days of the occurrence of the absence.


**REQUEST FOR STUDENT LEAVE - SHORTER TERM** The school acknowledges that sometimes families will ask for student leave from school in term time for personal reasons. It is assumed families have given this option considered thought before applying for leave. Parents must be aware that the request is made in writing to the principal. The principal has two choices in these cases depending on the nature of the request. A principal can grant ‘Leave’, with no form completion required (up to 15 days in any 12 month period for such purposes) or decide that the request will need to be processed using Form B1 (Exemption from Attendance).

**REQUEST FOR STUDENT LEAVE - LONGER TERM** The school acknowledges that sometimes families will ask for extended student leave from school in term time for personal reasons. It is assumed families have given this option considered thought. Parents must be aware that the request is made in writing using the correct form (Form B1) which can be obtained through the front office. Mostly this will involve travel. If so, documentation is required (copies of any itinerary, air tickets etc). The lack of documentation will slow or prevent approval. Principals can grant up to 50 days leave in a 12 month period for this purpose (that’s 1
school term). Requests for more time away from school than this must go to the NSW Minister of Education through the Catholic Schools Office. When parents are aware that this will occur at least one full terms notice is required. Please be aware that these requirements are legislated by the State Government. This is not unique to our school and we are following our registration obligations.”

**PHOTO DAY 2014** On Wednesday 12th March, College photographs will be taken. Order envelopes were distributed to all students through their Pastoral Care groups. Envelopes are “pre paid” and are to be kept and handed to the photographer’s Assistant at the time your child’s individual photo is taken on photo day. Please do not return the envelope or money prior to this day.

If there are any families with 3 or more students who attend the school and they all purchase a basic student pack or above they will receive a FREE stand sibling pack.

Mr Guy Campbell – Assistant Principal

**REC MINISTRY**

**INDUCTION MASS 2014** This Mass was held at the All Saints Church in Kempsey on Friday, 7th February. A big thank you to the parents and friends who attended. Fr Paul Gooley blessed the College badges and these were presented to our School Captains, Ministry Leaders, House Captains and School Council Representatives, at the end of the Mass. Fr Paul challenged the students to ‘Let Your Light Shine’ this year.

**YEAR 7 BELONGING DAY** The Year 7 Belonging Day is on Thursday, 27th February at South West Rocks Surf Club. Notes have been sent home with the students this week. They need to be signed and returned early next week. The theme for the day is “Building a sense of community”. As many students come from different primary schools this year, it will be a great opportunity to mix with each other outside of the classroom.

**YEAR 12 AND YEAR 10 RETREATS** Plenty of advance notice is being given about the dates for these retreats so that you can budget for them. The Year 12 Retreat is looming; 9-10th April and Year 10 is a bit later in the year, 29-30th July. The cost of both retreats is $155.00. The Retreats are compulsory for all Year 10 and Year 12 students. Please note that these dates are on the calendar, if you follow the links, on the St Paul’s College Moodle page.

**COLLEGE CHAPEL** There is much excitement that after many years, our College chapel is functioning again. It will be a focal point for prayer at the College. Some of the original furnishings, including the altar, and the pews from the decommissioned Bellbrook church, have been resurrected. If anyone can remember the original chapel, or if you would like to have a look at the new chapel, please contact the school.

**CSYMA CLASS** The first CSYMA class has started up in Year 9 this year. As part of this course students put their faith into action and do community work. So far the students have begun regular visits to Vincent Court and have organised a cake stall to raise funds.

Mr Conrad Tamblyn – Leader of Evangelism

*From Fr Michael – Nambucca Valley Parish*

**YOUTH MASS: NAMBUCCA VALLEY PARISH**

Our first youth mass for the year has been set down for 4pm on Sunday, 22nd June at St Patrick's Church, Macksville. Our hope is that the youth plan this Mass and make it their own, in thanksgiving to God. Caitlin Holman, one of our new teachers, has volunteered to act as co-ordinator and resource person for those interested in taking part. All young people who would like to be part of this celebration are asked to make contact with Caitlin via e-mail on cholman@lism.catholic.edu.au. All those from upper primary and up are invited to be part.

**CURRICULUM NEWS**

At this early stage of the term, all students in Years 9 and 11 should be settled into their electives and all changes will need to be made by Friday, 28th February (next Friday).
Over the course of this term, I will be interviewing all Year 12 students individually to discuss their goals and requirements for their HSC/ATAR and to ensure that their Board of Studies HSC enrolment and pattern of study is correct.

### Important Diary Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 12 Mid Course Exams</td>
<td>2nd – 8th April (Term 1 Week 10-11)</td>
</tr>
<tr>
<td>Year 12 VET Work Placement</td>
<td>5th – 9th May (Term 2 Week 2)</td>
</tr>
<tr>
<td>Year 7 and 9 NAPLAN</td>
<td>13th – 15th May (Term 2 Week 3)</td>
</tr>
<tr>
<td>Years 8-11 Half Yearly Exams</td>
<td>26th – 30th May (Term 2 Week 5)</td>
</tr>
<tr>
<td>Year 12 HSC Trial Exams</td>
<td>28th July – 12th August (Term 3 Weeks 2, 3 and 4)</td>
</tr>
<tr>
<td>Year 11 Preliminary Final Exam</td>
<td>8th–12th September (Term 3 Week 9)</td>
</tr>
<tr>
<td>Year 11 Work Placement</td>
<td>12th – 16th August (Term 3 Week 5)</td>
</tr>
<tr>
<td>Year 12 HSC Exams</td>
<td>13th October – 7th November</td>
</tr>
<tr>
<td>Year 7 – 11 Yearly Exams</td>
<td>1st – 5th December</td>
</tr>
</tbody>
</table>

Mr Leon Robinson – Leader of Curriculum/Administration

### PEDAGOGY

#### Top Tips For Parents To Help Teens Learn

**Tip #1: Teens Need Breakfast!** Last Monday, a playground survey of 96 St Paul’s students showed that 32% had skipped breakfast that morning! This is consistent with a national study claiming the average of teenage breakfast skippers to be around 12% for 13 year olds, and up to 20-30% for older teens.

Eating **breakfast has large impacts on school performance.** “Study after study shows that *kids who eat breakfast function better,*” says Dr Marcie Schneider, adolescent medicine expert. “*They do better in school, and have better concentration and more energy.*” Other studies show that **breakfast eaters are healthier, happier, and less prone to obesity.**

What are the main reasons behind skipping breakfast, and what are some solutions?

<table>
<thead>
<tr>
<th>Common reason</th>
<th>Facts</th>
<th>Solutions</th>
</tr>
</thead>
</table>
| Not enough time        | Changing teenage sleep patterns along with a lack of sleep means that some teens would rather sleep longer than get up for breakfast. | 1. Recommended **9 hours sleep** for teens (yes 9)! Go to bed earlier at a set time each weeknight.  
2. Make breakfast a priority. Adults ensure that teens **take time to eat breakfast or have food prepared in a bag** to eat on the way to school. |
| Not hungry             | Most people don’t feel hungry in the mornings, but eat because they know they **need to ‘fuel up’** for the day. Airplanes get refuelled before they are empty! | 1. Get into a **routine** of eating breakfast at the same time. Routines make the process easier.  
2. **Discuss** reasonable breakfast choices that your child agrees with. |
| To lose or control weight | **Skipping breakfast increases your risk of obesity.** Your body’s metabolism slows down. Also leads to binge eating (often of unhealthy processed foods) and decreased exercise due to lack of energy. | 1. **Eating a healthy breakfast is essential to maintain a healthy weight.** Breakfast increases your energy levels for the day. It also improves skin, nail and hair health.  
2. Weight loss experts suggest large healthy breakfasts and small dinners |

**DO’S:** Eat some solid foods in the morning. Ideally combine cereals, dairy and fruit. Good “on the run” options include yogurt, granola bars, dried cereal, breakfast bars, nuts, fresh fruit, and dried fruit.

**DON’T’S:** Don’t skip breakfast, don’t rely on coffee or energy drinks as they raise heart rate and blood pressure. The wake-up “boost” that these drinks provide is better obtained from food.

Mr Rob Mahon - Leader of Pedagogy
First of all, many thanks to College mums, Kerry Gibbons and Melanie Jones, and grand-mother, Jennifer MacDonald, who have given up their time recently to assist with the covering of text books in urgent need of distribution to students. Thanks, too, to former students Lauren Musgrave and Te Kia Fitzgerald, who also lent a hand on a visit to their alma mater last week. Given that we've had close to 500 of them, it was wonderful to get the job done much more quickly than we would otherwise have been able. Anyone wanting to have their name put on a volunteer register, by the way, need only contact the school office to do so.

Overdue books continue to trickle in, and we're very grateful for that. Other books have been paid for. Thousands of dollars' worth of resources have been recovered this way, and everyone is to thank for placing the necessary importance on such an undertaking. Keep looking, because the “serious” letters will be going out at some stage this term. To those students who have said... “Oh I know where that is” (and you’d be surprised how many!) please just bring them in.

Another reminder about our hours of operation... we are open from 8.15 to 4.30, Monday to Friday. If that's not an option for some reason, Student Services, across the hall, can usually look after your needs.

Don't forget, everyone, you can access the Library Home Page via the designated drop box button on the right hand side of the College Moodle page. There's a wealth of helpful links there, just waiting for you to explore.

A word on recent acquisitions... we're always adding to our collection, but with too many titles to mention, you'll have to come and look for yourselves... or check on the website. Some topical titles, however, include: The Book Thief; The Railway Man; Wikileaks – Inside Julian Assange’s War on Secrecy and Cadel Evans – Giving His Best.

THOUGHT FOR THE FORTNIGHT: “A reader lives a thousand lives before he dies....the person who never reads lives only one.” (George R.R. Martin, A Dance with Dragons)

Happy Reading

Mr Peter Garty – Teacher/Librarian

STUDENT SERVICES

Homework Club

Homework Club will once again be operating in 2014 every Wednesday afternoon from 3.25 till 4.25 in Student Services. Students can complete homework or assignments with the support of a teacher and with access to computers and reference books. The Library will also be open Monday, Tuesday, Thursday and Friday afternoons until 4.30. All students are welcome and encouraged to make use of this valuable service. Those students being picked up should do so from the car park behind the Science Block.

Please complete the form below and return to the Student Services Centre.

Mrs Jan Stubbs – Additional Needs Teacher

I give permission for ……………………………………………..… to attend Homework Club on Wednesday afternoons. He/she will: be collected or walk home. (cross out whichever doesn’t suit).

Parent’s name: …………………………………………….. Phone no.: ………………………………….

Parent’s signature: …………………………………………………

Mrs Jan Stubbs – Additional Needs Teacher

DURRI ABORIGINAL CORPORATION MEDICAL CENTRE

All parents or caregivers of Aboriginal & Torres Strait Islander children 5 - 16 years of age are invited to take the opportunity to make an appointment at Durri ACMS for their annual Child Health Check. These checks will cover everything from their ears, teeth, eyes, growth and development. It is a great opportunity to check the progress of your child’s health and address any concerns you may have. To make an appointment with our Child Health Nurse please ring reception on 6560 2302 and ask for Tracey Houston.
SPORTS NEWS

Our annual swimming carnival was held on Tuesday and judging from the level of attendance and the spirit of participation all students had a wonderful day. There were some excellent results achieved and below is a list of the winners and runners-up for each age division:

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Champion</th>
<th>Runner-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 BOYS</td>
<td>Joshua Lill</td>
<td>Noah Schubert</td>
</tr>
<tr>
<td>12 GIRLS</td>
<td>Rebecca Grant</td>
<td>Bonny Colling</td>
</tr>
<tr>
<td>13 BOYS</td>
<td>Finn Askew</td>
<td>Damien Owens</td>
</tr>
<tr>
<td>13 GIRLS</td>
<td>Lauren Renneberg</td>
<td>Carla Silvia</td>
</tr>
<tr>
<td>14 BOYS</td>
<td>Hugh Shannon</td>
<td>Jacob Nelson and Nathan Phillips</td>
</tr>
<tr>
<td>14 GIRLS</td>
<td>Jessica Grant</td>
<td>Shanna Wood</td>
</tr>
<tr>
<td>15 BOYS</td>
<td>Garth Watson</td>
<td>Harry James</td>
</tr>
<tr>
<td>15 GIRLS</td>
<td>Ashleigh O’Meally</td>
<td>Abigail Baker</td>
</tr>
<tr>
<td>16 BOYS</td>
<td>Callum Sinclair</td>
<td>Isaac Robinson</td>
</tr>
<tr>
<td>16 GIRLS</td>
<td>Lucy Walker and Lindsay Morrison</td>
<td>Tilly Shepherd</td>
</tr>
<tr>
<td>OPEN BOYS</td>
<td>Kolby Wood</td>
<td>Daniel Underhill</td>
</tr>
<tr>
<td>OPEN GIRLS</td>
<td>Eliza Connors</td>
<td>Amber O’Meally</td>
</tr>
</tbody>
</table>

An overall boys and girls champion was also awarded for the day with Hugh Shannon taking out the boys champion and Jessica Grant and Ashleigh O’Meally the girls champions. Congratulations also to Rebecca Grant, Jessica Grant and Kolby Wood for breaking numerous College records on the day. I’ll include details of these records in my next sport report. I would like to thank all parents who came and not only supported their children but helped out on the day, and to all members of staff for making the day run so smoothly. And finally to all of the students for making it such a wonderful and energetic day!

Students who placed first or second in an event (overall not in a heat) have qualified to attend the Diocesan Swimming Carnival to be held at Banora Point (Tweed Heads) on Thursday, 6th March (Week 6). There will be notes going out in the next week for those who have indicated that they will attend, so listen out in the notices.

The Diocesan Winter Trials for AFL, Rugby League, Rugby Union and Opens Football (Soccer) will be held at Lismore on the 18th March (Week 8). Those students who completed an online registration form will know if they have qualified to attend these trials in the next few weeks. I will inform these students as soon as I find out so we can arrange transport to Lismore for the day.

Sporting Registration details keep coming in; students need to regularly check the sports noticeboard for these dates.

Its only two weeks until the NRL season kicks off so all you Supercoach players make sure you join the St Pauls College group and league competitions (League code – 657377 and Group code – 421820). I’m also running an NRL Tipping competition through the Daily Telegraph website (which is also linked to Supercoach). The code for this competition is 502797. Prizes will again be awarded to successful participants.

Mr Tim Moorehead – Sports Co-ordinator

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CANTEEN ROSTER – 2014

<table>
<thead>
<tr>
<th>Week Commencing:</th>
<th>3rd March 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Liz Burns</td>
</tr>
<tr>
<td>Tue</td>
<td>HELPERS URGENTLY NEEDED</td>
</tr>
<tr>
<td>Wed</td>
<td>HELPERS URGENTLY NEEDED</td>
</tr>
<tr>
<td>Thur</td>
<td>Linda &amp; Colin Wilshusen</td>
</tr>
<tr>
<td>Fri</td>
<td>Taryn Biddle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week Commencing:</th>
<th>10th March 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Amy Hayes</td>
</tr>
<tr>
<td>Tue</td>
<td>Karen Hodges</td>
</tr>
<tr>
<td>Wed</td>
<td>HELPERS URGENTLY NEEDED</td>
</tr>
<tr>
<td>Thur</td>
<td>Rani Nagra</td>
</tr>
<tr>
<td>Fri</td>
<td>Di Whalen, Michelle Ryan</td>
</tr>
</tbody>
</table>
HANDY LINKS FOR PARENTS

Education

Parenting Line

Spirituality

Special Needs

Well Being for Parents

Disclaimer: This list has been compiled in good faith that all information is correct and appropriate. Websites have not been comprehensively scanned, so we apologise if some contain offensive or inappropriate information.
A Crucial Night for Parents

David Kobler

David is a dynamic and gifted speaker with an intense passion to reach and empower young people to lead fuller, more positive lives. David has enjoyed a dynamic career as a full time youth worker and has an extensive background in developing, refining and delivering youth programs.

He is a young husband and father of two young boys. He continues to create a meaningful impact in the lives of young people and parents across the world. His continued tertiary theological studies and immense knowledge and research on issues relating to teenagers means students and parents now have an ever greater opportunity to gain valuable life tools from each seminar.

His session will explore a range of themes relevant to relationships and sexuality education for parents including:

- The major challenges your child is about to face.
- Media, marketing and advertising and it’s impact on your child.
- Alcohol and sexual decision-making.
- The rapid growth of pornography and how it is affecting young men.
- Rites of passage and your son’s journey to manhood.
- Helping girls find the courage to develop healthy relationships.
- How to parent your child through a sexually saturated society.
Danae Cantwell
School of Dance
Where kids can learn, thrive and have fun all at the same time!

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- Contemporary
- Ballet
- Eisteddfod work
- Exams
- Adult classes
- BSL Dance
- Professional Touring Troupe

Ph: Danae on 65628706 after 5.30pm
email her anytime danaecantwell@aol.com.au

Classes held at 2 Verge Lane, Kempsey

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CRESCENT HEAD COUNTRY CLUB
“A great supporter of our local community”

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email: entertainment@chcclub.com.au

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Impakt Taxation & Accounting Solutions
David Parkinson
B.Fin, Admin, MFA
Registered Tax Agent

92 Belgrave Street, Kempsey NSW 2440 Australia
PO Box 20, Kempsey NSW 2440 Australia
Tel: 02 6562 5233 Fax: 02 6562 5833
admin@impakttax.com.au

IPA INSTITUTE OF PUBLIC ACCOUNTANTS

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LJ Hooker
South West Rocks

Ken & Kim Tassell
2 Gregory Street, SOUTH WEST ROCKS
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Phone 65625099
No violin, no problem, rent one to get started.