

NANA GLEN PUBLIC SCHOOL NEWSLETTER

Principal: Deanie Nicholls

Nana Street, NANA GLEN, NSW, 2450

Phone: 66543202 FAX: 66543549

Website: www.nanaglen-p.schools.nsw.gov.au

Email: nanaglen-p.school@det.nsw.edu.au

4 February 2020

Term 1 – Week 2

04/02/2020 Got It Information Stall 2:30-3:30pm

05/02/2020 P&C Meeting AGM

07/02/2020 NGPS Swimming Carnival

NO School CANTEEN on this day

Kindergarten Bus Safety

11/02/2020 Got It Information Stall 8:30-9:30am

Got It Parent Seminar 9:30-12pm

14/02/2020 OVLC Swimming Carnival

20/02/2020 NRL Afterschool Program starts –

Goes for 6 weeks each Thursday

Welcome back to 2020. We hope that everyone had some time to relax and enjoy some family time. Mrs Lorissa Saville will join our team each Wednesday where she will teach the Wellbeing program, Mrs Amanda Detloff will assist with the Teacher Release program on Tuesdays and Wednesdays. We welcome these ladies to our existing team who are all returning from 2019. We look forward to a productive, creative and successful 2020.

We would like to wish Mr Derryn Cooper success and best wishes in his new job. We would like to thank him for his hard work over the past 3 years. We have a huge ground and it is a big job to keep it under control in a day and a half a week as well as do all other maintenance jobs. We will miss you Mr Cooper. We would like to welcome Mr Jeffery Cohen who is joining our team as our GA. He is an experienced GA, working at Glenreagh Public School. You will see him around on Wednesdays and Fridays. I'm sure our community will welcome our new staff members for 2020.

Classes have started and programs have started immediately. We are hoping that numbers stay consistent or some restructure may be needed in the next couple of weeks. We will keep you informed if this is needed.

Kindergarten – Mrs Tania Daniel

Year 1 – Mr Nicholas Hade

Year 2/3 – Mrs Bronte Curnow

Year 3/4 – Mr Joshua Hugo

Year 4/5 – Ms Fauve Hadaway

Year 5/6 – Mr Roy Mitchell

Mrs Deanie Nicholls

Other teachers your child may see in the classroom are:

Mrs Tasmyn Lessells, Mrs Corrine Happ, Mrs Amanda

Detloff and Mrs Lorissa Saville.

Classroom Support will come from: Mrs Kristie Davey, Ms

Kali Rouillon, and Mrs Rosie Riebel on a regular basis.

Our Office Staff are: Mrs Allene Stanton, Mrs Kristie Davey

and sometimes Mrs Andrea Oxenbridge.

Kindergarten started full days yesterday. All students have been very settled and are enjoying the transition to Big School. We may see some tired little people over the next couple of weeks. Mrs Daniel and other staff will be available if parents are concerned in the morning dropping off time. Please don't hesitate to seek assistance.

All parents K-6, please ensure that any planned changes to afternoon routines are put in writing to your classroom teacher. If we do not receive a notification from a parent, for safety reasons, the child will be sent home on the regular home routine. If parents are going to be late for pick-up, please just let the office know. This enables our parents to know that students can be reassured and parents can arrive safely.

Attendance at school is a focus of the Department of Education. Research tells us that for every day a child misses school, is equivalent to 3 days of social and academic learning, as the child spends a significant period of time catching up the missed learning as well as disruptions to social groups if absences are frequent. We are not encouraging seriously ill children to be sent to school. All absences need to be notified to the school within 2 days of the absence, and a note or phone call of explanation is required for all absences. Our parents are very supportive of this practice and we look forward to ensuring all children are at school for over 90% of school days. We hope for 100% but do understand that children, like adults do get sick. A 90% attendance rate equates to a day a fortnight, which equates to 4 weeks of lost schooling a year, which ultimately equates to a whole year of schooling in the life of a students education from K-12. Can I also reinforce that students should not be encouraged to get in the practice of days off for "flexi-days", birthdays or regularly leaving early. These regulations are set by the DoE and are for the benefit of students to ensure we assist them with their social, emotional and educational needs. Please feel free to discuss any of this information if you have any concerns regarding absences. Our school will work with our parents and keep communication open if your child's attendance levels begin to drop.

Your child may also tell you about the Attendance Bear that their class may have achieved. This is given to the class with the highest attendance levels for the previous week. The class receives, a one off, treat of 10 minutes extra play in the week they receive the bear. No individual students will be highlighted in this program.



We have a busy start to the year. This week we have our NGPS Swimming Carnival, on Friday so the Canteen will also be CLOSED on this day. Students; 8 year olds who can swim and all 3-6, going to the pool, can access the BBQ at the pool on Friday. The P&C are looking for helpers, and donations of eggs and baked goods. The following Friday, 14th February is the OVLC Swimming Carnival. The P&C are also looking for helpers and donations of eggs and baked goods. This is a fundraising event for the P&C so support is needed at both the pool and the school canteen on this day, as the canteen is also open.

Just a reminder that students are not permitted to leave school grounds to go to any of the local shops including the pool canteen. Older students have been informing us that they have parental permission. Our canteen is open Monday and Friday to support our families and otherwise students need to bring their lunch and snacks to school. In addition, we do not permit the purchasing of softdrink or lollies at school events such as swimming carnivals for any school

student. We ask that parents support us in this practice. There are other treats available that can be purchased such as icecreams, chips and poppas.

Class communication information will be sent home next week from all classes to inform parents of the routines of your child's class. All classes are swimming this term and the \$5 non-refundable fee and note can be sent to the office as soon as possible. Swimming has been subsidised by our grant as we are all aware that the entry to the pool is \$3 each visit. Students complete learn to swim, stroke correction and survival skills as part of their sport swimming program.

Last item for this week. The weather has been very hot. The sun safety message has been widened to consider Slip, Slop, Slap, Slide and Seek. The Slide aspect is to wear sunglasses to protect our eyes. At school we do have sun safe sunglasses for \$10 a pair. Students are not permitted to bring other sunglasses to school. A concern in the past from parents, has been that the sunglasses will get lost. We have never had a lost pair of sunglasses to date. Does not mean it won't happen but students who have purchased glasses have been responsible with them. They come with a sturdy case to help students protect them. These glasses are from "School Shades" and comply with Australian/New Zealand standards with a high sunglare reduction. "Good UV protection". These are available at the office.

This term our 4/5/6 are heading out on their camp. It is on in week 10, but this time will come around very quickly. If you can send in payments over the next couple of weeks that would be fabulous.

Please find in this weeks newsletter some information for parents to support kids after major events such as bushfires. If you, as parents, or your child(ren) need support, please don't hesitate to contact us at school. We have our school counsellor and have also been offered more regional support at this time.

There has been a lot of information today and over the next few weeks there will be more information coming home. Please ensure that you check our newsletter, our Skoolbag APP, website and FB for updated information. Please don't hesitate to come in and see us if you have any concerns.

Have a great week,

Deanie Nicholls.



Health
Mid North Coast
Local Health District



Got It! will have an **Information Stall**
at **Nana Glen Public School** on
Tuesday 4th February 2020
from **2.30pm – 3.30pm**

Parents/carers of children in **years K-2** will receive some **colourful** information packs this week that will come home with their children. If you have any questions regarding this information pack or the Strengths and Difficulties Questionnaires included, the **Got It! Team** are available at the school to assist and answer any questions on

Tuesday 4th February 2.30pm – 3.30pm.

All parents/carers are welcome to come and meet the Got It! Team and ask any questions about the program.

Got It! would like to say thank you to **Nana Glen Public School** for jumping on board and taking part in the program to assist children, parents/carers and their school in supporting children to manage emotions, build social skills and improve behaviours.

We **look forward** to meeting you and **working with you** and your children throughout terms **1 & 2**.

Thank You from the Got It! Team.



Health
Mid North Coast
Local Health District



DON'T FORGET: During Week 1 of Term 1 all children in years K-2 would have received a colourful Strengths and Difficulties Questionnaire (SDQ) Pack.

This is due back to the school by **Wednesday 12th February 2020.**

If you have any questions about this process or require assistance with completing the forms, the Got It! team will be at

Nana Glen Public School to hold an **Information Stall**
Tuesday 11th February 8.30am -9.30am.

Following on from the Information Stall the Got It! team are hosting a

Parent Seminar.

(Seminar flyer information attached to colourful pack sent home with child)

Date: Tuesday 11th February 2020

Time: 9.30am – 12 midday

Light refreshments provided

RSVP: Monday 10th February at the **Nana Glen** school office.

The **Parent Seminar** - 'Helping You to Help Your Child' is a great opportunity for parents/carers to meet the Got It! team. The seminar provides the opportunity to learn more about what the Got-It! team is doing in your school over **Terms 1 & 2** to support you and your child throughout the Got-It! program.

Thank You from Got It!

If you are able to come to our Got It parent seminar please RSVP to the office, this will help the Got It team with their catering.

Useful skills for disaster recovery

Helpful thinking

Following the bushfires, many people's way of thinking about the world and themselves may have shifted to have a very negative focus. They might now see the world as dangerous and unpredictable, and be thinking things like, "Things will never be right again", or, "No-one can keep me safe".

These thoughts are very understandable given personal experience of the fires, but they can also cause additional intense sadness, fear or anger. Thoughts have a direct impact on how people feel, and when negative thoughts become habits of thought, they can increase distress and make it harder to deal with the situation. Then, they become unhelpful.

Tackling unhelpful thinking

A useful skill to learn is to notice if you are thinking in an unhelpful way, and try to find more helpful thoughts that make it easier to manage.

Catching yourself thinking unhelpful thoughts can be tricky. Often these thinking habits are automatic, and we don't notice what we're saying to ourselves, but just know we feel bad. Noticing that you are feeling worried might come first. Then, ask yourself what you might have been thinking. Perhaps it was something like, "This wind is like the winds during the fires and if we have more fires this year, I won't be able to cope", or, "Everything is ruined – I'll never get things sorted out".

The next step is to come up with an alternative, more helpful thought, which should give rise to more positive feelings like being in control and feeling more hopeful. Try, "I've coped with a lot already and discovered strengths I didn't realise I had", or, "This is hard work and will take a while, but I've started – just keep chipping away".

Of course, as with most things, you will get better at noticing unhelpful thoughts and focusing on helpful alternatives with practice. And the good thing about habits of thought? There are always plenty of opportunities to practice! If you're finding getting started difficult, it may be helpful to seek assistance from a health professional.

For more information about the APS disaster recovery resources please visit psychology.org.au/topics/disasters/

Bushfires | Recovery

Helping children who have been affected by bushfires

Many children have been affected directly by recent bushfires, either having lost their homes and properties, or through being evacuated. Other children have experienced the fires indirectly, through hearing about them, or knowing someone who has been affected. These can be distressing experiences for children.

Information for parents and caregivers

Impact of trauma on children

People cope with trauma in different ways and there is no one 'standard' pattern of reaction to the stress of traumatic experiences. Children are not always able to express complex feelings in the same direct way that adults do and therefore do not often show the same reactions to stress as adults. It is therefore very important to look out for changes in children's behaviour that suggest they are unsettled or distressed.

Reactions to the trauma of the bushfires may result in changes to children's normal behaviour such as:

- Changes in their play, drawing, dreams or spontaneous conversations
- Regressive behaviour – children behaving younger than they normally do
- Nightmares
- Anxiety about sleeping alone
- Trouble getting to sleep
- Irritability or anger
- Tantrums
- Fussy eating
- Withdrawing
- Wanting to stay close to a parent
- Problems concentrating at school

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families.

How you can help your children recover

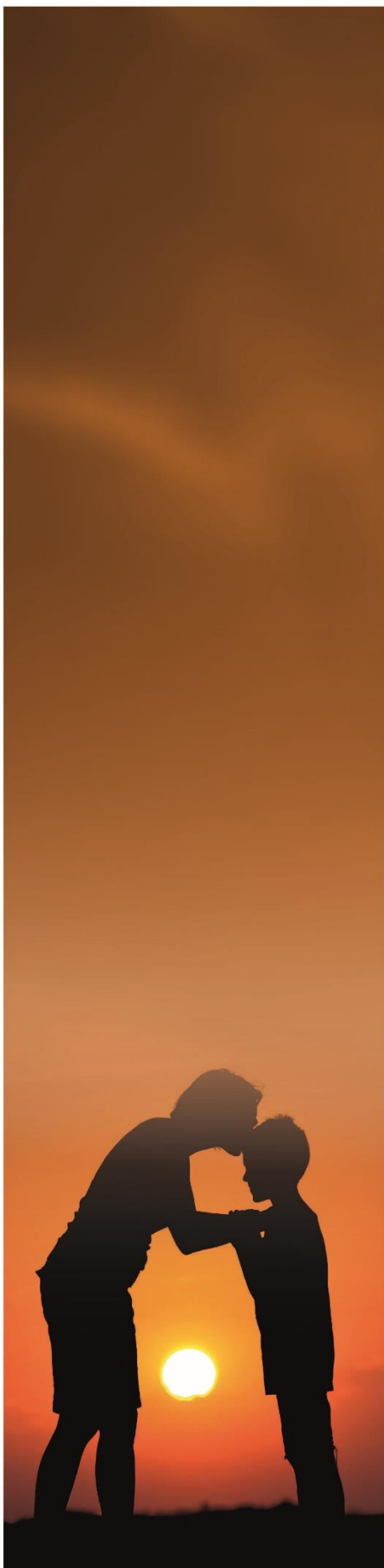
After a traumatic event, **children need comfort, reassurance and support, and to know that they are safe and are being looked after.** Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs. Sometimes children can better express their feelings through play than through words, so make time to play with them. Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes or returning to school where possible.

Find out what your children know in case they have mistaken ideas or facts about the bushfires, and correct any misconceptions. Keep your responses appropriate to the age of your child and also appropriate to the child's level of understanding and emotional maturity. Young children often need reassurance more than facts.

Listen to your children's concerns. Listen closely to what they are asking or saying, and think about whether they are looking for factual information, or if the questions are expressing anxiety about the bushfires. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel.

Monitor how much your children are being exposed to media stories of the bushfires. Children can become retraumatized by watching repeated images on the television and it is best to try to shield them from the media.





Be aware of how you talk. Adults need to be conscious of the presence of children when discussing the bushfires. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

And most importantly, **look after yourself** as it is likely that you have also experienced the bushfire trauma. When parents are feeling cared for themselves they are better able to respond to the needs of their children.

Seeking further help

While most children will bounce back after a trauma, some children may show prolonged distress and could benefit from professional assistance. Children who are more at risk of developing more lasting problems are those who have lost family and friends, those who have been seriously injured or witnessed horrific scenes, and those who have developed problems in response to past traumas.

Warning signs of more significant and lasting distress in children include:

- Continual and aggressive emotional outbursts
- Serious problems at school
- Preoccupation with the bushfires
- Intense anxiety or emotional difficulties

A qualified mental health professional such as a psychologist can help such children and their parents or caregivers to understand and deal with the thoughts, feelings and behaviours associated with the trauma of the bushfires. Speak to your GP about a referral to a psychologist or phone the APS Find a Psychologist service on **1800 333 497**. Alternatively, you can locate a psychologist in your area by visiting the APS Find a Psychologist website – www.findapsychologist.org.au.

For more information about the APS disaster recovery resources please visit psychology.org.au/topics/disasters/

Nana Glen Public School

P&C Newsletter

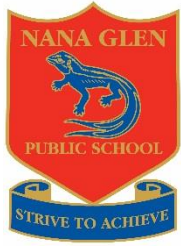
P & C News

No Canteen Friday 7th February.

Volunteers needed for swimming carnival BBQs on 7th and 14th February.

Donations of eggs and cakes would be appreciated.

Week	Date	Volunteer 1	Volunteer 2	Date	Volunteer 1	Volunteer 2	Baker
2	Mon 3/02	Krystie Derrin	Merryn Appleby	Fri 7/02	CLOSED	CLOSED	
3	Mon 10/02	Krystie Derrin	Tomoko Allen	Fri 14/02	Kue Hall	Krystie Derrin	
4	Mon 17/02	Krystie Derrin	Holly Shae-Jarrett	Fri 21/02	Ryan Webber	Nadeen Todd	Melanie Cannon
5	Mon 24/02	Krystie Derrin	Christine Rengger	Fri 28/02	Sarah McIntosh	Ben Jacquin	Amanda Crossingham
6	Mon 2/03	Krystie Derrin	Merryn Appleby	Fri 6/03	Sarah McIntosh	Michelle Bailey	Merryn Appleby
7	Mon 9/03	Krystie Derrin	Merryn Appleby	Fri 13/03	Kue Hall	Ryan Webber	Tabatha
8	Mon 16/03	Krystie Derrin	Holly Shae-Jarrett	Fri 20/03	Sharisse Cassidy	Krystie Derrin	Melanie Cannon
9	Mon 23/03	Krystie Derrin	Christine Rengger	Fri 27/03	Michelle Bailey	Nadeen Todd	Aaryan Smith
10	Mon 30/03	Krystie Derrin	Tomoko Allen	Fri 3/04	Christine Rengger	Ben Jacquin	Tabatha
11	Mon 6/04	Christine Rengger	Krystie Derrin				



NANA GLEN PUBLIC SCHOOL Community News

Principal: Deanie Nicholls

Nana Street, NANA GLEN, NSW, 2450

Phone: 66543202 FAX: 66543549

Website: www.nanaglen-p.schools.nsw.gov.au

Email: nanaglen-p.school@det.nsw.edu.au



WEEK 2 COMMUNITY NEWS

Nana Glen Public School does not endorse any product or services advertised.

Advertisements, will run for a maximum of five weeks, unless prior arrangement with the school

Orara Valley Community Pool

Swimming lesson start 28 January.

Lesson times still available for inquires please call 6654 3900.



How You Can Create a Healthy Lunch Box

Cancer Council NSW is keen to promote awareness about healthy eating and has therefore produced its Healthy Lunch Box website healthylunchbox.com.au

Summer is here so keeping some foods cold is very important. The key to achieving this and the necessity to follow hygienic food preparation methods can be found on the website.

Get your kids involved in the planning and preparation of their lunches. This can be a good way to ensure a yummy summer lunch box will be on its way to school.

Keeping your kids sun safe is also most important so don't forget to remind them to slip on clothing; slop on broad-spectrum sunscreen, slap on a broad-brimmed hat, seek shade and slide on sunglasses.

The simplest way

... to choosing a SunSmart hat

SunSmart hats such as a bucket, broad-brimmed or legionnaire styles are best.

A SunSmart hat not only protects the face, head, neck and ears, but can reduce the amount of UV reaching the eyes by 50%.



Warning: baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation.



To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

Excellence in
Child Dental Services

Call today on **1300 65 16 25**

**All children under 18 yrs of age can receive FREE DENTAL CARE
through the Mid North Coast Local Health District.**

PARENTS **DO NOT** NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD
FOR THEIR CHILD TO BE ELIGIBLE.



Child Dental Benefits Scheme CDBS Vouchers accepted at all MNCLHD DENTAL CLINICS



Please call 1300 65 16 25 if you would like your child to have a check-up.

**IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED
WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.**

OUR MID NORTH COAST LOCAL HEALTH DISTRICT DENTAL CLINICS ARE SITUATED IN:

 PORT MACQUARIE	Port Macquarie Community Health Campus Morton Street (Old Hospital)	Port Macquarie
 WAUCHOPE:	Wauchope Community Health Campus High Street (adjacent to hospital)	Wauchope
 LAURIETON:	Camden Haven Community Health Campus Laurie Street	Laurieton
 KEMPSEY:	Kempsey Community Health Campus River Street	Kempsey
 COFFS HARBOUR	Coffs Harbour Health Campus Pacific Highway	Coffs Harbour
 NAMBUCCA HEADS	Nambucca Health One, Fred Brain Ave	Nambucca Heads

Coffs Harbour Network Oral Health Services
Locked Bag 812 Coffs Harbour 2450
Tel 1300 651 625
Website <http://mnclhd.health.nsw.gov.au/>

Hastings Macleay Network Oral Health Services
PO Box 126 Port Macquarie 2444
Tel 1300 651 625
Website <http://mnclhd.health.nsw.gov.au/>

85TH
ANNIVERSARY



Australian
Air League

NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**



**www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175**



JOIN THE MIGHTY AXEMEN



Orara Valley Junior Axemen is a well-established family orientated Junior Rugby League Club welcoming new and existing member registrations for 2020.

Our committee is focused to provide a safe and fun club for all family members. We welcome all to come to our training sessions which start on the **13th of February** and run every Thursday weather permitting. From March training is every **Tuesday and Thursday**. Registration Forms and information is available at the Canteen at Training or you can contact Chris directly on contacts provided. Follow us on Facebook for up to date information.



2020 REGISTRATION

9TH OF FEBRUARY
NANA GLEN POOL
11AM TO 1PM

13TH OF FEBRUARY
CORAMBA SPORTS
GROUND

AGE GROUPS
U6 - U16

GIRLS
LEAGUE TAG &
TACKLE

ORARA VALLEY
JUNIOR AXEMEN

CHRIS KNIGHT
PH. 0487319238

[https://www.facebook.com/
groups/oraratomahawks/](https://www.facebook.com/groups/oraratomahawks/)

[orarajrlfc.committee@ou
tlook.com](mailto:orarajrlfc.committee@outlook.com)



TERM 1 2020 SURFGROMS PROGRAMS

- **Woolgoolga: Saturdays 8am or 9.15am groups Starts: 22nd Feb**
- **Emerald Beach: Sundays 9.15am Starts: 23rd Feb**
- **Woolgoolga: Tuesday Afternoons 4pm-5pm Starts: 18th Feb**
- **Intermediate Group: weekly text to be sent out with location, Day, time TBA.**
Please call or email for more information. Flexible attendance

Bookings can be made at www.surfgroms.com

- Programs cost \$120 and are 6 weeks. Make up lessons available for missed days and kids starting winter sports before program finishes. All equipment is included and if it's your 1st program for the summer there is a \$25 SurfGrom membership fee and you will receive a great participation pack that includes a bag, hat and rashie!!

\$100 Active Kids Voucher can be used on Surfing Programs!!

Please call or email to book

0438 561370

www.solitaryislandssurfschool.com.au



\$100 Active Kids Voucher providers in SAWTELL and WOOLGOOLGA areas

Get 2 x \$100 vouchers to use towards sport and active recreation costs in 2020 at these registered activity providers.

SAWTELL

Active Recreation

1st Sawtell Scout Group: www.nsw.scouts.com.au/groups/1st-Sawtell-Scout-Group

PCYC Coffs Harbour: www.pcycnsw.org.au/kids-rebate

AFL

Sawtell Saints Football Club: www.aflnswact.com.au

Finley Football Club: www.aflnswact.com.au

Sawtell Auskick Centre: www.play.afl/auskick

Athletics

Coffs Coast Little Athletics Inc.: www.coffscostathletics.org.au

Baseball

Dodgers-Sawtell: [Search Facebook](#)

BMX

BMX Australia Ltd: www.bmxaustralia.com.au

Cricket

Sawtell Cricket Club: www.playcricket.com.au

Dance / Performing Arts

Sawtell Physical Culture Club: [Search Facebook](#)

Gymnastics / Fitness

Coffs Coast Gymnastics: [Search Facebook](#)

Springloaded Coffs Harbour: www.springloaded.com.au

Martial Arts

Alpha Wolves Kickboxing: www.alphawolves.com.au/active-kids

Rugby League

For information on below clubs visit: www.playnrl.com/register

Sawtell Junior Rugby League Club Inc

Sawtell Panthers Rugby League Football Club

Rugby Union

VIVA7s Coffs Harbour: www.australia.rugby/participate/touch-7s

Soccer

Sawtell Football Club: www.northernnswfootball.com.au

Surf Lifesaving

Sawtell SLSC Inc: www.sawtellsurfclub.com.au

Surfing

Sawtell Boardriders Club Inc: www.sawtellboardriders.com.au

Swimming

Sawtell Amateur Swimming Club:

www.sawtellswimclub.websyte.com.au

Toormina Swim School: [Search Facebook](#)

BlueFit: www.bluefitswimming.com.au

Tennis

Bayliss Tennis Academy: www.baylistennisacademy.com.au

WOOLGOOLGA

Active Recreation

1st Woolgoolga Scout Group: www.nsw.scouts.com.au/groups/1st-Woolgoolga-Scout-Group

AFL

Northern Beaches Auskick Centre: <https://play.afl/auskick>

The Rock-Yerong Creek: www.aflnswact.com.au

Athletics

Woolgoolga Athletic Club Inc.: www.lansw.com.au

Baseball

BlueSox Woolgoolga: www.woolgoolgabaseballclub.teamapp.com

Cricket

For information on below clubs visit: www.cricketnsw.com.au

Northern Districts Junior (Coffs) Cricket Club

Northern Districts Rebels Cricket Club

Woolgoolga Multicultural MILO T20 Blast Centre

Dance

Woolgoolga Dance Studio: www.woopidance.com.au

Golf

Woolgoolga Returned Services Golf Club:

www.woolgoolgadiggers.com.au/clubs/golf-club

Martial Arts

North Coast Goju Kai Karate-Do Inc.: www.ncgk.com.au

Pony Club

Corindi Pony Club Inc.: www.corindiponyclub.wordpress.com

Rugby League

Woolgoolga Junior Rugby League Football Club: www.playnrl.com

Rugby Union

Woolgoolga Rugby Club: www.facebook.com/woopiwhitepointers

Soccer

For information on below clubs visit:

www.northernnswfootball.com.au

Corindi Red Rock

Woolgoolga United Football Club

Swimming

Woolgoolga Swimming Club Inc.: [Search Facebook](#)

Woolgoolga Swim School: www.woolgoolgaswimschool.com.au

BlueFit: www.bluefitswimming.com.au

Tennis

Bayliss Tennis Academy: www.baylistennisacademy.com.au

How to claim your Active Kids Voucher



1. Visit service.nsw.gov.au and login to your MyServiceNSW account



4. Register your AKV number with a listed provider



2. Click on the Active Kids icon on the SERVICE tab



3. Fill out the requested info



Health

Mid North Coast Local Health District



\$100 Active Kids Voucher providers in COFFS HARBOUR area

Get 2 x \$100 vouchers to use towards sport and active recreation costs in 2020 at these registered activity providers.

Active Recreation

Australian Air League Incorporated: www.coffsharbour.airleague.com.au
 Australian Navy Cadets: www.navycadets.gov.au/unit-finder
 Coffs Coast Community Circus: [Search Facebook](#)
 Coffs Harbour Scout Group: www.coffsharbourscouts.com.au
 Four Rivers Rover Crew Group: www.nsw.scouts.com.au/groups/four-rivers-rover-crew-group
 Serendipity Learning: www.serendipitylearning.com.au

AFL

Coffs Breakers: www.aflnorthcoast.com.au/clubs/coffs-harbour-breakers

Archery

Australian National Archery Association: www.anaa.org.au
 Sherwood Archery Supplies: www.sherwoodarcherysupplies.com

Athletics

Glenreagh and District Little Athletics: [Search Facebook](#)

Baseball

Allstars Baseball Club: [Search Facebook](#)
 Coffs Harbour Baseball Association: www.coffsbasketballassociation.teamapp.com

Basketball

Coffs Harbour Basketball: www.coffsharbourbasketball.com.au

Cricket

For information on below clubs visit: www.playcricket.com.au
 Coffs District Cricket Association (Junior Blasters 5-7 & Master Blasters)
 Coffs Colts Cricket Club
 Diggers Cricket Club
 Nana Glen Cricket Club

Dance / Performing Arts

Carnivale Dance Company: www.carnivaledanceco.com
 Coffs Harbour Physie and Dance: www.coffspysieanddance.com
 Harbour Performing Arts Centre: www.hpac.net.au
 Julie Ross Dance Studio: www.julierossdance.com.au
 Kristal McMaster Coffs Coast Physie: www.coffscastphysie.com.au
 NAIDU Performing Arts Company: www.naiduperformingarts.com
 Pacific Dancecentre: www.pacificdancecentre.com.au/Main.html

Gymnastics / Fitness

Coastal Gymnastics: [Search Facebook](#)
 Crossfit APA: www.crossfit2450.com
 PCYC Coffs Harbour: www.pycynsw.org.au/active-kids
 Tribe Athletics: [Search Facebook](#)

Futsal

Mid North Coast Cougars Futsal Incorporation: www.mnccfutsal.com

Golf

Coffs Harbour Golf Club: www.coffsharbourgolfclub.com.au

Hockey

For information on below clubs visit: www.hockeycoffscoast.com.au
 Beaches Hockey Club
 Hockey Coffs Coast
 North's Hockey Club Coffs Coast
 Orara Valley Hockey Club

Martial Arts

CFTA Martial Arts: www.cftacoffsharbour.com.au
 Combined Self Defence & Fitness: www.csdf.com.au
 Kaigan-Kan Karate-Do: www.kaigankankaratedo.com.au
 Kinetic Martial Arts Moonee Beach: www.kineticmartialarts.com.au
 New Breed MMA & Fitness: www.newbreedmixedmartialarts.com.au

Motor Sport

Coffs Harbour Kart Racing Club: www.coffskart.com

Pony Club

For information on below clubs visit: www.pcansw.org.au

Coffs Harbour Pony Club

Glenreagh Pony Club

Orienteering

Bush n Beach Orienteering Club: www.bboc.asn.au

Rugby League

For information on below clubs visit: www.playnrl.com/register

Coffs Harbour Comets Junior Rugby

Orara Valley Junior Rugby League Football Club Inc

Rugby Union

For information on below clubs visit: www.australia.rugby/participate/play

BDC Barracudas Junior Rugby

Coffs Harbour Junior Rugby

Coffs Harbour Snappers Rugby Union Football Club

Southern Cross University Marlins

Sense Rugby Pty Ltd: www.senserrugby.com.au

Sailing

Coffs Harbour Yacht Club: www.coffsyachtie.com.au

Skate

Coffs Coast Derby Dolls: [Search Facebook](#)

Soccer

For information on below clubs visit: www.northcoastfootball.com.au

Boambee Football Club

Coffs City United

Coffs Coast Tigers Football Club

Northern Storm Football Club

Orara Valley Soccer Club

Squash

Coffs Harbour Squash & Swim Centre: www.coffssquash.com.au

Surfing

Coffs Coast Bodyboarding Association: [Search Facebook](#)
 Coffs Coast Surf Tours: www.coffscasturftours.com.au
 Solitary Islands Surf School: www.solitaryislandssurfschool.com.au

Swimming

BlueFit: www.bluefitswimming.com.au
 Coffs Harbour Swimming Club: www.coffsharbourswimclub.com
 Coffs Harbour Aquatic Centre: www.swimcoffsaquatic.com
 Zeeswim Aquademy: www.zeeswim.com.au

Tennis

Polack's Tennis Coaching: www.polacktenniscoaching.com.au
 The Harbour Tennis Academy: www.harbourtennis.com
 Tiebreak Tennis Trust: www.tiebreaktennisacademy.com.au

Touch / Oztag

Coffs Harbour Oztag: www.coffsharbouroztag.com
 Coffs Harbour Touch: www.coffsharbourtouch.sportingpulse.net

Volleyball

Coffs Harbour Volleyball Association: www.chva.org.au

Water Polo

Coffs Harbour Water Polo Club: www.chwp.com.au

How to claim your Active Kids Voucher

1. Visit service.nsw.gov.au and login to your MyServiceNSW account
2. Click on the Active Kids icon on the SERVICE tab
3. Fill out the requested info
4. Register your AKV number with a listed provider



Health
 Mid North Coast
 Local Health District

Raising thriving, healthy children



The Incredible Years

The Incredible Years Toddlers Program is an evidence based program for 1 to 3 year olds that promotes toddlers' secure attachment, language, and social and emotional development.

The program mainly consists of a series of videos that demonstrate simple but effective techniques to help parents:

- promote toddlers' preschool and reading readiness
- strengthen toddlers' emotional and social competence
- cope with separations
- establish predictable routines for bedtime, toileting and mealtimes
- use positive discipline strategies
- successfully manage typical toddler responses such as hitting, biting, opposition and tantrum storms
- keep toddlers safe and secure and
- develop support networks

WHERE

The program will be delivered in a small group format with no more than about 8 participants. As spaces are limited, venue details will only be provided when bookings are confirmed in the days immediately prior to the courses commencement.

WHEN

The program consists of four fortnightly **evening sessions** starting on Thursday the 20th of February and finishing on Thursday the 2nd of April. Each session will start promptly at 6pm and finish no later than 8pm.

As this is an evening session and many parents will have had to arrange child-care, it is absolutely essential that participants arrive about 15 minutes early so that we can start, and finish, on time.

COST: FREE

Childcare facilities are NOT available.

Get in Touch

T: 6659 2800

E: unitingcoffsharbour@uniting.org

Uniting

Small changes big differences



Circle of Security

Circle of Security (COS) is designed for parents and carers who would like to support their children to build secure relationships

About the program:

- Evidenced based parent-reflective program
- Based on decades of attachment research
- Deals with common-attachment related struggles between parent and child

Learn simple and practical ways to:

- Understand your child's emotional world
- Support your child's ability to manage emotions
- Enhance the development of your child's self esteem
- Build secure attachment in your child

Children who are secure experience:

- Better relationships with parents and peers
- Enhanced school readiness
- An increased capacity to handle emotions

Please note that the number of participants is limited and bookings are absolutely essential.

Please also note that the program is **FREE** to families with children.

When - Eight (8) consecutive Tuesdays from 11th February 2020 to 31st March 2020

Time - 10.00am - 12.00pm

Where - Uniting Family Centre; 7 Mclean Street, Coffs Harbour NSW 2450

Contact - T: 6659 2800 or E: unitingcoffsharbour@uniting.org

Childcare facilities are NOT available.

