



# 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](http://www.nanaglen-p.schools.nsw.gov.au)

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## 11 February 2020

## Term 1 – Week 3

14/02/2020	OVLC Swimming Carnival	26/02/2020	Debating Enrichment Day 4/5/6
14/02/2020	Book Club Due	27/02/2020	MNC Swimming Carnival
20/02/2020	NRL Afterschool Program starts – Goes for 6 weeks each Thursday	28/02/2020	Clean up Australia Day
25/02/2020	Coffs District Swimming Carnival		

Welcome to Week 3. The term seems to be flying past already. The weather is ever changing at the moment and we will continue to update any weather information on our Face Book and SkoolApp, if needed.

At this stage the OVLC Swimming Carnival is still planned for this Friday. All children who are competitive swimmers, received notes last week and these notes need to be returned tomorrow.

Thank you to all of the K-2 parents who have already sent their Got it notes back to school. The individual element of the Got it program is for K-2, but as a school we have invested in the K-6 program that will be taught in every classroom. This covers areas such as well being, resilience, managing your own emotions, skills for learning, empathy, problem solving and fair play. This is connected directly to our PD/H syllabus and is to support our students as they grow as learners and citizens. Notes can still be returned if still at home.

A huge thank you to our local Lions Club and Big W in Coffs for two separate donations for our families. The local Lions Club donated \$1600 to support families with the cost of the major excursion and families with school fees. We have randomly selected 10 students who are going on the major excursion with 4/5/6 to have \$100 put towards their total cost and 12 randomly selected K-6 students to have their school fees paid for 2020. In addition, Big W provided 4



x \$500 vouchers to support families who were in the fire zone and we once again randomly selected families names to send

home these vouchers. If you have received one of these areas of support we will be sending home a note to advise you and the vouchers where applicable. Thank you to the Lions Club and Big W.



Congratulations to our students from Year 1-6 who have been selected to represent their class and their peers on the Student Representative Council – SRC. Kindergarten will select their representative over the next week once they know all their class peers.



Congratulations to our new P&C committee who are all returning officers. Our P&C works very hard to assist all students in the school. If you could assist the P&C and/or join the group, please come along and join in at the next meeting. This Friday, the P&C have their BBQ at the OVLC Swimming Carnival and are seeking donations of eggs, and baked goods. If you are able to assist on the day, please let the team know. The school canteen will be open on Friday as well.

Easter is coming upon us very quickly and the P&C are once again running their annual Easter Raffle. Our parents have always supported the P&C by providing donations of Easter Eggs or Easter Items to be the prizes for the raffle. If you have a donation, please send them into the school office for organisation by the P&C. The Raffle is always drawn at our Easter Hat Parade at the end of term. Tickets will go out in a couple of weeks.

Last week we reinforced student attendance and the importance of students coming to school every day. This also includes students being picked up early or arriving late. All classes had attendance over 80% last week with 3 classes above 90%. The class with the highest attendance levels was Kindergarten for week 2 and they have “bear” in their class for this week. What a great start to the year!



Have a great week,

Deanie Nicholls.

## Class Awards Week 2

K	Details of Award	1	Details of Award
Alby M	Showing kindness and making new friends.	Ruby Webber	Her consistent focus and application.
		Cooper Little	Completing his work to a his best ability.
		Hamish Hibberd	Great observations during numeracy.

2/3	Details of Award	3/4	Details of Award
Jaivyn Klein	Demonstrating resilience in his maths learning tasks.	Caleb M	An excellent artwork on the computer.
Archie Foley	Demonstrating all Learner Qualities in Week 1 & 2.	Isabella D	Excellent focus during reading groups.
Maddy Little	Sharing her thoughtful ideas during Safety Town.	Maci B	Showing great leadership qualities when looking after the new kindergartens.

4/5	Details of Award	5/6	Details of Award
Noah F	Being a collaborative learner.	Declan W	Taking on important roles in the class.
Josie M	Sharing her fantastic knowledge during our water safety lesson.	Amber L	Contributions in class discussions.
Grace P	Being a focused learner during writing tasks.	Mason C	A great start to Term 1.

RFF	Details of Award	RFF	Details of Award
Lachlan S	Thoughtful answers during Science.	Aleyah A	Asking interesting questions in science.
Max K	Enthusiasm during science lessons	Phoebe C	Engaging in science activities.

## What's Working Well in Year 1

Year 1 has made a fantastic start to the year. It is wonderful to see every student confidently engage and participate in all of our learning and content areas that we have explored in these first weeks. We have hit the ground running and have enjoyed exploring numbers and counting strategies in maths, looking at how to use adjectives to create exciting and interesting writing. We have begun our investigative units exploring the composition of materials and objects within science as well as families and our communities. It is incredibly pleasing to see how effectively our class has begun the term and the enthusiasm displayed by all students. Well done Year 1 !



# School Banking newsletter.

Term 1 update.



## CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances.

[commbank.com.au/bushfire recovery](http://commbank.com.au/bushfire recovery)

## 2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour\*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.

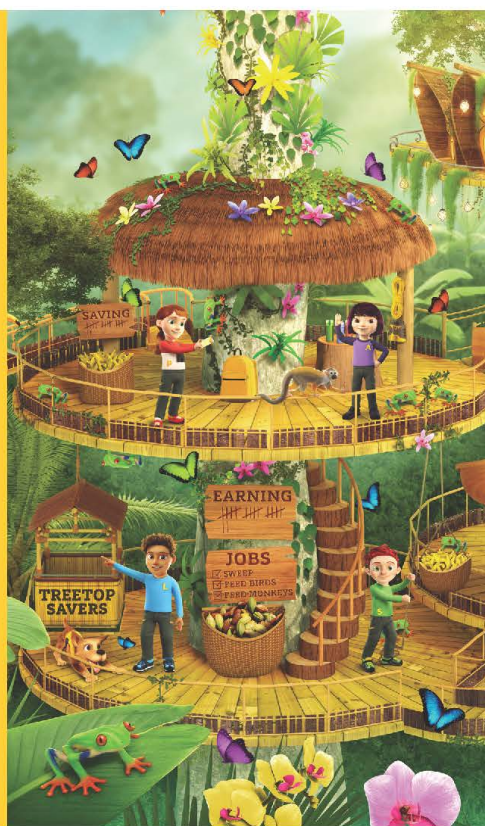
### Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$ \_\_\_\_\_.

### Activity 2: Find and count how many frogs and butterflies you can see

A: \_\_\_\_\_ Frogs and \_\_\_\_\_ Butterflies.



## Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's  
Activity Book



Mini  
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

\*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018.  
Commonwealth Bank of Australia ABN 48 123 123 124

Answer: Activity 1: \$18. Activity 2: 10 Frogs and 11 Butterflies





**DON'T FORGET:** During week 1 & 2 all children in years K-2 would have received a Strengths and Difficulties Questionnaire (SDQ) Pack.



This is due back to the school by **Wednesday 12<sup>th</sup> February, 2020.**

**Thank you to all the families who have already returned their envelopes 😊**

If you have any questions regarding the completion of the forms  
The Got It! team will hold an **information stall at the school** on

**Tuesday 11<sup>th</sup> February 8.30am -9.30am.**

Following on from the information stall the Got-It! team will host a

**Parenting Seminar** from **9.30am-12midday**

**in the Library** at **Nana Glen Public School** – light refreshments provided.

Please give your name to the Administration staff in the office if you are going to attend.

The **Strengths & Difficulties Questionnaires** are due back

**Wednesday 12<sup>th</sup> February, 2020.**

Please complete the yellow SDQ form along with a signature on the Consent to Participate & Exchange of Information form (confidentiality & release of information) and return the envelope to the classroom teacher or school administration office.

# Nana Glen Public School

## P&C Newsletter

### P & C News

Volunteers needed for swimming carnival BBQ on 14<sup>th</sup> February.  
Donations of eggs and cakes would be appreciated.

Week	Date	Volunteer 1	Volunteer 2	Date	Volunteer 1	Volunteer 2	Baker
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

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## WEEK 3 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.

the biggest handmade market on the mid north coast

# Made With Love markets

**SUNDAY 16TH FEBRUARY 9 AM-2 PM**

**LEVEL ONE CARPARK  
PARK BEACH PLAZA  
PACIFIC HIGHWAY, COFFS HARBOUR**




**ENTRY GOLD COIN  
DONATION  
SUPPORTING  
LOCAL CHARITY**

**WWW.MADEWITHLOVEMARKETS.COM**



# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |                                                                                                        |                                                                                                          |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  laptops & tablets  |  lessons & activities |
|  uniforms & shoes   |  books & supplies     |
|  sports fees & gear |  camps & excursions   |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



**Contact**  
your local Saver Plus  
Coordinator

**Phone**  
0428 428 444

**Email**  
CoffsHarbourSP@  
thesmithfamily.com.au

**Online**  
saverplus.org.au

Find us on Facebook 



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



# The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



*Young kids can:*

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

*Older kids can:*

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

[healthylunchbox.com.au](http://healthylunchbox.com.au)



# JOIN THE MIGHTY AXEMEN



**FREE ENTRY to the Nana Glen Pool**

**to all returning players, new players and their families for the 2020 season, we have organised the inflatable Aqua Challenge for a bit of fun**

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 **13<sup>th</sup> 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**

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**16<sup>TH</sup> OF FEBRUARY  
NANA GLEN POOL  
11AM TO 1PM**

**13<sup>TH</sup> OF FEBRUARY  
CORAMBA SPORTS  
GROUND**

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**AGE GROUPS  
U6 - U16**

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**GIRLS  
LEAGUE TAG &  
TACKLE**

**ORARA VALLEY JUNIOR  
AXEMEN**

**CHRIS KNIGHT  
PH. 0487319238**

<https://www.facebook.com/groups/oraratomahawks/>

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



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:**

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



2019 PREMIERS IN  
WOMEN'S DIV 1, DIV 2 & DIV 3



HOCKEY IS A GAME  
FOR ALL AGES AND  
SKILL LEVELS

# COME TRY HOCKEY & SIGN ON

SATURDAY 15TH FEB

8:30AM-10AM

COFFS HARBOUR HOCKEY COMPLEX

- ✓ Men's
- ✓ Women's
- ✓ Junior's
- ✓ All Equipment Provided
- ✓ For Ages 4yrs & Older
- ✓ No Cost



ORARA VALLEY HOCKEY CLUB IS A FAMILY ORIENTATED CLUB WHO ENCOURAGE  
PARTICIPATION IN A FUN ENVIRONMENT.



For More Information  
Contact Sue Musgrave 0423 663 869 or  
Follow us on Facebook



## **TERM 1 2020 SURFGROMS PROGRAMS**

- **Woolgoolga: Saturdays 8am or 9.15am groups Starts: 22<sup>nd</sup> Feb**
- **Emerald Beach: Sundays 9.15am Starts: 23<sup>rd</sup> Feb**
- **Woolgoolga: Tuesday Afternoons 4pm-5pm Starts: 18<sup>th</sup> 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](http://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 1<sup>st</sup> 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](http://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](http://www.nsw.scouts.com.au/groups/1st-Sawtell-Scout-Group)

PCYC Coffs Harbour: [www.pcycnsw.org.au/kids-rebate](http://www.pcycnsw.org.au/kids-rebate)

### AFL

Sawtell Saints Football Club: [www.aflnswact.com.au](http://www.aflnswact.com.au)

Finley Football Club: [www.aflnswact.com.au](http://www.aflnswact.com.au)

Sawtell Auskick Centre: [www.play.afl/auskick](http://www.play.afl/auskick)

### Athletics

Coffs Coast Little Athletics Inc.: [www.coffscostathletics.org.au](http://www.coffscostathletics.org.au)

### Baseball

Dodgers-Sawtell: [Search Facebook](#)

### BMX

BMX Australia Ltd: [www.bmxaustralia.com.au](http://www.bmxaustralia.com.au)

### Cricket

Sawtell Cricket Club: [www.playcricket.com.au](http://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](http://www.springloaded.com.au)

### Martial Arts

Alpha Wolves Kickboxing: [www.alphawolves.com.au/active-kids](http://www.alphawolves.com.au/active-kids)

### Rugby League

For information on below clubs visit: [www.playnrl.com/register](http://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](http://www.australia.rugby/participate/touch-7s)

### Soccer

Sawtell Football Club: [www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)

### Surf Lifesaving

Sawtell SLSC Inc: [www.sawtellsurfclub.com.au](http://www.sawtellsurfclub.com.au)

### Surfing

Sawtell Boardriders Club Inc: [www.sawtellboardriders.com.au](http://www.sawtellboardriders.com.au)

### Swimming

Sawtell Amateur Swimming Club:

[www.sawtellswimclub.websyte.com.au](http://www.sawtellswimclub.websyte.com.au)

Toormina Swim School: [Search Facebook](#)

BlueFit: [www.bluefitswimming.com.au](http://www.bluefitswimming.com.au)

### Tennis

Bayliss Tennis Academy: [www.baylistennisacademy.com.au](http://www.baylistennisacademy.com.au)

## WOOLGOOLGA

### Active Recreation

1st Woolgoolga Scout Group: [www.nsw.scouts.com.au/groups/1st-Woolgoolga-Scout-Group](http://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](http://www.aflnswact.com.au)

### Athletics

Woolgoolga Athletic Club Inc.: [www.lansw.com.au](http://www.lansw.com.au)

### Baseball

BlueSox Woolgoolga: [www.woolgoolgabaseballclub.teamapp.com](http://www.woolgoolgabaseballclub.teamapp.com)

### Cricket

For information on below clubs visit: [www.cricketnsw.com.au](http://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](http://www.woopidance.com.au)

### Golf

Woolgoolga Returned Services Golf Club:

[www.woolgoolgadiggers.com.au/clubs/golf-club](http://www.woolgoolgadiggers.com.au/clubs/golf-club)

### Martial Arts

North Coast Goju Kai Karate-Do Inc.: [www.ncgk.com.au](http://www.ncgk.com.au)

### Pony Club

Corindi Pony Club Inc.: [www.corindiponyclub.wordpress.com](http://www.corindiponyclub.wordpress.com)

### Rugby League

Woolgoolga Junior Rugby League Football Club: [www.playnrl.com](http://www.playnrl.com)

### Rugby Union

Woolgoolga Rugby Club: [www.facebook.com/woopiwhitepointers](http://www.facebook.com/woopiwhitepointers)

### Soccer

For information on below clubs visit:

[www.northernnswfootball.com.au](http://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](http://www.woolgoolgaswimschool.com.au)

BlueFit: [www.bluefitswimming.com.au](http://www.bluefitswimming.com.au)

### Tennis

Bayliss Tennis Academy: [www.baylistennisacademy.com.au](http://www.baylistennisacademy.com.au)

## How to claim your Active Kids Voucher



1. Visit [service.nsw.gov.au](http://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



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

### AFL

Coffs Breakers: [www.aflnorthcoast.com.au/clubs/coffs-harbour-breakers](http://www.aflnorthcoast.com.au/clubs/coffs-harbour-breakers)

### Archery

Australian National Archery Association: [www.anaa-inc.com.au](http://www.anaa-inc.com.au)  
 Sherwood Archery Supplies: [www.sherwoodarcherysupplies.com](http://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](http://www.coffsbasketballassociation.teamapp.com)

### Basketball

Coffs Harbour Basketball: [www.coffsharbourbasketball.com.au](http://www.coffsharbourbasketball.com.au)

### Cricket

For information on below clubs visit: [www.playcricket.com.au](http://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](http://www.carnivaledanceco.com)  
 Coffs Harbour Physie and Dance: [www.coffspysieanddance.com](http://www.coffspysieanddance.com)  
 Harbour Performing Arts Centre: [www.hpac.net.au](http://www.hpac.net.au)  
 Julie Ross Dance Studio: [www.julierossdance.com.au](http://www.julierossdance.com.au)  
 Kristal McMaster Coffs Coast Physie: [www.coffscastphysie.com.au](http://www.coffscastphysie.com.au)  
 NAIDU Performing Arts Company: [www.naiduperformingarts.com](http://www.naiduperformingarts.com)  
 Pacific Dancecentre: [www.pacificdancecentre.com.au/Main.html](http://www.pacificdancecentre.com.au/Main.html)

### Gymnastics / Fitness

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

### Futsal

Mid North Coast Cougars Futsal Incorporation: [www.mnccfutsal.com](http://www.mnccfutsal.com)

### Golf

Coffs Harbour Golf Club: [www.coffsharbourgolfclub.com.au](http://www.coffsharbourgolfclub.com.au)

### Hockey

For information on below clubs visit: [www.hockeycoffscoast.com.au](http://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](http://www.cftacoffsharbour.com.au)  
 Combined Self Defence & Fitness: [www.csdf.com.au](http://www.csdf.com.au)  
 Kaigan-Kan Karate-Do: [www.kaigankankaratado.com.au](http://www.kaigankankaratado.com.au)  
 Kinetic Martial Arts Moonee Beach: [www.kineticmartialarts.com.au](http://www.kineticmartialarts.com.au)  
 New Breed MMA & Fitness: [www.newbreedmixedmartialarts.com.au](http://www.newbreedmixedmartialarts.com.au)

### Motor Sport

Coffs Harbour Kart Racing Club: [www.coffskart.com](http://www.coffskart.com)

### Pony Club

For information on below clubs visit: [www.pcansw.org.au](http://www.pcansw.org.au)

Coffs Harbour Pony Club

Glenreagh Pony Club

### Orienteering

Bush n Beach Orienteering Club: [www.bboc.asn.au](http://www.bboc.asn.au)

### Rugby League

For information on below clubs visit: [www.playnrl.com/register](http://www.playnrl.com/register)

Coffs Harbour Comets Junior Club

Orara Valley Junior Rugby League Football Club Inc

### Rugby Union

For information on below clubs visit: [www.australia.rugby/participate/play](http://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](http://www.senserrugby.com.au)

### Sailing

Coffs Harbour Yacht Club: [www.coffsyachtie.com.au](http://www.coffsyachtie.com.au)

### Skate

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

### Soccer

For information on below clubs visit: [www.northcoastfootball.com.au](http://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](http://www.coffssquash.com.au)

### Surfing

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

### Swimming

BlueFit: [www.bluefitsswimming.com.au](http://www.bluefitsswimming.com.au)  
 Coffs Harbour Swimming Club: [www.coffsharbourswimclub.com](http://www.coffsharbourswimclub.com)  
 Coffs Harbour Aquatic Centre: [www.swimcoffsaquatic.com](http://www.swimcoffsaquatic.com)  
 Zeeswim Aquademy: [www.zeeswim.com.au](http://www.zeeswim.com.au)

### Tennis

Polack's Tennis Coaching: [www.polacktenniscoaching.com.au](http://www.polacktenniscoaching.com.au)  
 The Harbour Tennis Academy: [www.harbourtennis.com](http://www.harbourtennis.com)  
 Tiebreak Tennis Trust: [www.tiebreaktennisacademy.com.au](http://www.tiebreaktennisacademy.com.au)

### Touch / Oztag

Coffs Harbour Oztag: [www.coffsharbouroztag.com](http://www.coffsharbouroztag.com)  
 Coffs Harbour Touch: [www.coffsharbourtouch.sportingpulse.net](http://www.coffsharbourtouch.sportingpulse.net)

### Volleyball

Coffs Harbour Volleyball Association: [www.chva.org.au](http://www.chva.org.au)

### Water Polo

Coffs Harbour Water Polo Club: [www.chwp.com.au](http://www.chwp.com.au)

### How to claim your Active Kids Voucher

1. Visit [service.nsw.gov.au](http://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 20<sup>th</sup> of February and finishing on Thursday the 2<sup>nd</sup> 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](mailto: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 11<sup>th</sup> February 2020 to 31<sup>st</sup> 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](mailto:unitingcoffsharbour@uniting.org)

Childcare facilities are NOT available.

