



Issue No: 1    Date: 8 February 2016

Erina High School  
152 The Entrance Road  
Erina 2250

Phone: 43677353  
Phone: 43677246  
Fax: 4365 3086

Email: [erina-h.school@det.nsw.edu.au](mailto:erina-h.school@det.nsw.edu.au)  
Web: [www.erina-h.schools.nsw.edu.au](http://www.erina-h.schools.nsw.edu.au)  
Facebook: [www.facebook.com/ErinaHighSchool](http://www.facebook.com/ErinaHighSchool)

## Upcoming Events

**9th February**  
Year 12 Legal Excursion

**16th February**  
Drama Excursion

**17th February**  
Stage 4 Curriculum  
Night

**22nd February**  
Swimming Carnival

**24th February**  
EHS Open Night

## Message from the Principal

Welcome back to the new school year I hope staff, students and families have had a wonderful Christmas and New Year break enjoying time with family and friends. It has been a great start to the 2016 school year with students well prepared for learning and striving towards their personal best. Our school year has started with 735 student's, 54 staff and 14 support staff. I extend a very warm welcome to our year 7 students and families and commend all students on the positive start they have had to school.

I would like to extend a warm welcome to our new Science Teacher Mrs Daniella Galipo, appointed to Erina High School through the merit selection process. Mrs Galipo joins us from Narara Valley High School and brings a wealth of experience to our school.

Congratulations to Mr Colin Jensen who has also been appointed through merit selection and takes up the position of General Assistant and will be a wonderful addition to our support staff. We farewell Mr Pike who has accepted an appointment to Lake Munmorah High School after many years of service at Erina High School and on behalf of the school community I wish Mr Pike every success in his new school and sincerely thank him for his support and commitment to our school.

Congratulations to Mrs Narelle Taylor joining us on the SASS staff appointed through merit selection from Brisbane Water Secondary College Woy Woy Campus. Mrs Taylor will be joining the TAS faculty working in the Food Technology department as an assistant and will be a great asset to the faculty as she is highly experienced in a number of administrative roles. An official welcome to Mrs Christine McIntosh who has been permanently appointed to Erina after working with us in a temporary capacity. Mrs McIntosh is our new library assistant and a great addition to our team.

A warm welcome back to some of our regular casual staff who have returned in 2016 in various positions. To Mr Dodd, Ms O'Mahney, Ms Wilmott, Ms Kruit, Ms Bennett, Mr Kiss, Ms Moore and Ms Slocombe and to our new casual staff Ms Swain relieving in English and Ms Delforce in Visual Arts, welcome to Erina your support is greatly appreciated.

It is with great excitement that we share the fantastic 2015 HSC results that we are very proud of. 104 students sat the HSC in 2015, with 28 courses examined and a record 47% of year 12 students were offered university placements across a broad range of courses. Huge congratulations to Amelia Lynch whose exceptional Body of Work for Visual Arts was accepted into Artexpress and will be on display in the Art Gallery of NSW before moving to Maitland Art gallery. This is an outstanding achievement Amelia, Congratulations!!!



Our band 6 results were in:

Community and Family Studies – Sheridan Clark

Textiles and Design – Amelia Lynch

Visual Arts – Amelia Lynch, Sheridan Clark, Lauren Jones

Mathematics- Sheridan Clark



With 67 band 5's in the following courses:

Course	Course
Ancient History – 5	Mathematics General – 7
Biology – 2	Mathematics – 1
Chemistry -1	Maths Extension - 1
CAFS – 2	Modern History – 1
Drama – 3	Music – 7
Engineering Studies - 2	Physics- 1
Advanced English – 7	Senior Science – 1
Earth and Environmental Studies = 3	Society and Culture – 3
Industrial Technology -6	Textiles and Design – 4
Information Processes- 1	Visual Arts –3
Legal Studies -3	Hospitality -3

Congratulations to all of our year 12 students from last year they have done exceptionally well and we wish them all the very best of luck in their future endeavours.

All students have started the school year positively and focused on learning. Thanks to our Year Advisers and Head Teachers for ensuring students are aware of their new classes and assisted in settling students into the new school year. Thank you to all the families who have ensured their children are wearing school uniform which builds pride and a positive school culture that is supported and expected by our community. It is fantastic to see our students looking great in their uniform. All students need to be well prepared for learning each day. That requires them to be equipped with appropriate writing materials, books and laptops/ chrome notebooks as well as specialist equipment for Technology, Art, Sport and PE lessons. Students are expected to carry their equipment in suitable bags that protect and secure their materials.

Senior students have been advised of the schools expectations in terms of their regular attendance and management of a flexible timetable. All senior students are to attend roll call each morning that they are timetabled. Students commencing the day later are able to sign in through the front office and are able to leave if they have no scheduled lessons for the rest of the day. Students are NOT allowed to leave during breaks or scheduled study periods in the middle of the day. Rather, use this time effectively by completing work and assessment tasks in the library, senior study or outdoor senior area.







A reminder to all staff and students that our school gates are closed during the day. The school car park gates will be locked from 8.45am until 3.15 Mondays, Wednesdays, Thursdays and Fridays. On Tuesdays the gates will be locked at 8.45am and opened at 2.30pm. For staff and students on a flexible timetable the gates will be open during break 2 at 1.50pm and closed at 2.30pm Mondays, Wednesdays, Thursdays and Fridays, and re-opened at 3.15pm. Authorised users of the car park, that is Erina High School staff and senior students wishing to park on site, will need to be aware of the opening and closing hours. This decision has been endorsed by the P&C, and supported by the staff and students at Erina High School. A reminder to families dropping students off in the morning and/or collecting in the afternoon there is a no stopping section out the front of the school, rangers regularly police this section of the road and fines are hefty. It is best to drive into the school gates before 8.45am or after 3.15pm to drop or pick up student's, or at the top of Ernest Street, Fountain Plaza or Red Rooster and allow them to walk to and from school. There is a gate at the front of the school on Central Coast Highway that is open before and after school.



A special mention to our year 7 students who have settled in to school life at Erina extremely well. I am very pleased to see all students participating in learning and managing the transition with ease. Congratulations to Mr Sweeney, Mr Schoffl, Ms Kearney, and Mrs Rumming for their support in ensuring our year 7 students were well informed and cared for during the first critical days of high school. A reminder to parents who have concerns about their students learning or wellbeing should contact their children's year adviser or Ms Kearney, Welfare coordinator, as the first point of contact. I have listed each of the year advisers for your information.



Year	Year Advisers
7	Mrs Rumming
8	Mrs Scully and Mr Joyce
9	Ms Bissett and Mr Bangura
10	Mrs Serrano and Mr Knight
11	Ms Whitefield
12	Ms Kearney and Mr Keyes

I have also included a list of our executive for families to contact if they have particular concerns or questions and can direct the enquiry to the best person. Erina High School is committed to positive communication and believe problems are better solved when shared and discussed. Please be aware that both our Year Advisers and executive have a teaching load and may often not be able to return a phone call on the same day, but will certainly make contact at the first available opportunity.

Faculty/Area of responsibility	Executive Staff
Deputy Principal – students 7,8,9	Mr Sweeney
Deputy Principal – students 10,11,12	Ms Smith
Head Teacher English	Ms Bayliss ( Relieving)
Head Teacher Mathematics/LOTE	Mr Wade
Head Teacher Science	Mr Huntington
Head Teacher HSIE	Ms Jansons
Head Teacher Teaching and Learning	Mr Schoffl
Head Teacher PDHPE	Mr Jones
Head Teacher TAS ( Home Economics/VET)	Mrs Holmes
Head Teacher TAS Industrial Arts/technology/Music)	Mr Lowe

Erina High School is committed to working closely with families to ensure all students attend school on a regular basis. Successful students are those students who attend every school day possible and attend all 5 lessons each day. Missing one school day means missing 5 lessons which causes difficulty when students next attend because they often have missed vital concepts that can cause them undue stress and anxiety. Please contact school personnel if you are concerned about your child's attendance patterns. The school will continue to make regular courtesy calls to families when students are absent from school in an effort to improve regular student attendance and provide early support to students who are struggling to attend school. The senior executive will monitor student attendance in 2016 and will make contact with families when student's attendance is falling below 85%.

## School Contributions

In the coming weeks families will receive an invoice outlining the school charges that cover the cost of materials used to support teaching and learning. There are three contributions that families are encouraged to pay. One is the School Voluntary Contributions that goes towards the cost of the following items:

- Updating textbooks
- Purchasing new novels
- Software programs and licensing agreements
- Library books
- Stationery items
- Photocopying
- Printing
- Sporting equipment

The second cost covers elective charges for consumable materials. It is mandatory that these courses are paid for to ensure students have the best opportunities to support their skill development. Some of the consumable materials include but are not limited to:

- Timber
- Metal
- Food
- Textile fabrics and accessories
- Paints, canvases, art diaries,
- Ink cartridges for printers and paper
- Guitar strings and other music consumables

## Resource booklets

It is an expectation that students pay for these courses. Not all elective courses have charges so students and families should be aware of the costs involved before electing these courses. All year 12 students are expected to have paid for their elective courses before being eligible for an invitation to the year 12 Formal in November.

The third charge is a P&C levy that provides additional resourcing for the school to update technology, library and teaching and learning resources. As the P&C do not have a fund raising program the levy is a great way to support your local school without being regularly expected to contribute or participate in fund raising ventures. In 2015 the P&C purchased a 3 D printer, outdoor picnic seating, sponsored prizes for the Science fair, purchased costumes for Dance Festival, purchased gift vouchers for students recognised at the annual presentation night for outstanding achievement and purchased blazers for our School Captains and Vice Captains. These resources are greatly appreciated by the students and would not be possible without the generosity of our families supporting the \$30.00 levy per family. Please contribute if you can.

Genuine financial hardship can be considered through a student assistance application available from the administration office. Applications are confidential and addressed to the Principal only. Erina High School greatly appreciates families paying these charges as the funding is vital to ensure we provide the best educational resources and opportunities for our students to be successful.

2016 will again be a terrific year of teaching and learning at Erina High School and I look forward to working positively to support each and every student to reach their full learning potential.

Yours Sincerely,  
Mrs Karen Nicol  
Principal

## SENIOR EXPECTATIONS—Erina High School 2016

Seniors are the leaders and role models for the rest of the school. Please be aware of your responsibilities.

- Wear **full school uniform** every day
- Attend **all lessons**
- Do **not leave the school during study periods**. Use the library for revision and the completion of assessment tasks
- Attend **roll call** if you have an A period or period 1
- **If your day starts after period 1 sign in through the office as 'late.'** This is your responsibility and ensures your attendance is recorded accurately
- You **may leave after your last lesson for the day**. You do not need to sign out through the front office
- If you have a pattern of study where you do not have to attend every day you must let Mrs Smith know to allow for accurate roll marking.
- Assessment tasks need to be handed in on the **due date** by 3:30 unless a different time has been negotiated by the teacher. Late tasks get zero marks
- Appeal forms are available in DP office, Dr's certificate or parent/ guardian letters are essential.

## HSIE

The HSIE faculty welcomes back the students and parents of E.H.S. for a productive and fulfilling year in 2016. The year has started smoothly with classes immediately getting on with the job of learning. During Semester One, 2016 our faculty will continue to deliver a wide range of courses including Geography (in stages 4 and 5) and a variety of subjects in the senior school that includes Legal Studies, Modern History, Business studies, Ancient History, Society and Culture, Geography and Retail (VET).

Term One is often very busy with spelling and glossary tests, assignments and examinations taking place in the junior years. In Year 10 we have an excursion to Wamberal/Terrigal to investigate Coastal Processes and management strategies. Year 12 Legal Studies will visit the Supreme Court to improve their understanding of the Criminal Trial Process. Year 9 Commerce will undertake a visit to Erina Fair to investigate concepts within the Consumer Choice topic. Members of our faculty include Ms Jansons, Mr Joyce, Ms Bennett, Ms Kruit and Ms Whitfield. We wish all E.H.S families a healthy, productive and successful year.

Lena Jansons (Head Teacher HSIE)

## BUNNINGS ERINA

**Special Thanks** goes to Bunnings Erina for their kind donation of some BBQs. These will be used to further community spirit and also at various sporting gala days and special transitions events involving our primary feeder schools. The ongoing community and local support from Bunnings Erina is greatly appreciated by Erina High School staff, students and parents.



## English

The English / Drama department would like to welcome students back to EHS for the new school year. We have another big year planned in English with a firm focus on teaching and learning, to enable our students to reach their full potential.

Year 12 English have plunged back into their HSC courses. Standard English are currently undertaking a study of Henry Lawson's short stories, analysing how images are used to create meaning. Advanced students have begun their comparative study looking at the poetry of Elizabeth Barrett Browning and the novel The Great Gatsby, with a focus on how these texts reflect their context. Our English Studies students are studying the concept of being "On the Road", looking at a variety of texts that focus on adventure and travel. Our Extension English students are continuing their study of "Romanticism."

Year 11 Preliminary English students are settling into their senior courses. Both Standard and Advanced are exploring the Area of Study-Change, analysing how texts vary in their depiction of this theme. Year 11 English Studies are studying the unit "Achieving through English."

All junior classes have started the year with a poetry study. This study concludes with an assessment task in Week 9 which involves them constructing a narrative based upon one of the poems they have studied. All junior classes have also been given a booklet that outlines what will be covered in English this year, expectations and guidelines. If you would like to discuss the contents of this booklet, or your son / daughter did not receive one, please contact me as soon as possible.

Intensive language lessons will continue in junior English classes in 2016. In years 7 to 9 these lessons are designed to improve every student's literacy skills with the NAPLAN tests in mind. Year 10 students will also have a lesson to develop their literacy so all students are equipped with the skills required to complete senior English. Each student has been given a booklet which targets particular exercises which will be to their benefit. If you would like to discuss this with me do not hesitate to call the school on 43 677 353.

Drama classes have returned eager to begin the year with a bang! We have lots planned and look forward to working with both returning and new students.

Junior Drama classes are starting the year off with teambuilding and trust activities to ensure they become cohesive teams in the performing arts. Students will then work through the elements of drama, characterisation and script writing before attempting their first group performance task later in the term.

Year 11 students will revise skills gained in the junior school, looking particularly at performance techniques and engaging an audience. They will then script and perform a duologue for their first assessment.

Year 12 are currently continuing their study of Contemporary Australian Theatre.

Year 12 students will attend the annual 'On Stage' performance on Saturday February 6. This performance is a showcase of the top group and individual performances from around the state in 2015, giving students the opportunity to see how they can gain solid results in their performances. They will also attend a production of Life Without Me on February 16, and Fearless on March 23.

If you have any concerns about your child's progress in English or Drama, please feel free to contact their class teacher or me directly.

Jo Bayliss,  
Relieving Head Teacher English / Drama





# Erina High School Praise and Reward

Dear Parents and Caregivers,

In 2016 a Praise and Reward system will be implemented to acknowledge the efforts and achievements of students at Erina High School.

The structure of our Praise and Reward process is centred on **care, courtesy, commitment and cooperation**. Students will be acknowledged for their consistent efforts, academic achievements and participation within the school community.

Erina High School is a place of learning and social interaction. Within our community the Praise and Reward system will commend students who continually strive to reach their potential in a respectful and cooperative manner.

## About the Praise and Reward System

Students will have the opportunity to earn **FOUR** awards throughout the year by:

accumulating **Positive Achievements**;

completing **3 acts of community or school service**;

and finishing the school year with an **average of 8 on all combined Interim Reports** (excludes senior students).

Positive Achievements are awarded by classroom teachers and recorded on our Student Database.

Positive Achievements will also be awarded to students who have 100% attendance for the term and consistently wear the correct school uniform.

Students can earn **ONE award each term** in the order below.

To be eligible to attend the **Praise and Reward Day**, students must:

receive a Bronze Award in Term 1;

Silver Award in Term 2;

Gold Award in Term 3;

and Principal's Award for Outstanding Achievement in Term 4

**Year 12** students can earn their Gold Award and Principal's Award for Outstanding Achievement in Term 3.

Yours sincerely

Mrs K. Nicol

### eTec 2016

On February the 5<sup>th</sup>, the eTec application project was launched to Year 7 by Mr Jones. Students in 7R, 7I, 7N and 7A were given information on how to apply for the eTec class.

The application project is due 9am on February 29<sup>th</sup>. We encourage students with a strong interest in combining technology with their learning to apply for a spot in the class.

This year's price for the Acer c730 Chromebook is approximately \$362 ex GST. There are also optional upgrades for things like insurance and extended warranty.



Acer c730

Parents that would like more information about eTec can contact Mr B Jones (HT PDHPE) via the front office. There will also be a short presentation on eTec at the Stage 4 information night on the 17<sup>th</sup> of February, starting at 6pm.

### PE Uniform.

By now all parents with students in Years 7 -10 should have the PDHPE information sheet. It outlines the requirements for PDHPE classes, a brief description of the course and a tear off slip if parents want to exclude their student from certain course experiences.

It is timely to revisit PE and Sport practical uniform. All students need to be changed into their PE uniform at the beginning of a PE lesson, and change back into full school uniform at the end. PE practical uniform is the gold polo shirt and green or plain black shorts.

Students will be awarded points for correct uniform – 1 point each for correct PE shirt and shorts, and 1 point for changing back into school uniform at the end. These points will be used to award praise notifications as part of Erina High School's Praise and Reward scheme. The more consistent the student is with their practical uniform, the more likely it will be they receive recognition for their consistent effort.

If you have any questions about PE or did not receive the PDHPE information note, please contact **Mr B Jones** in the **PDHPE staffroom**, via the switch.



# Term 1 2016 WHAT'S ON...

## GOSFORD

- **SMILING MIND TEENS(12-17)** [www.smilingmind.com.au](http://www.smilingmind.com.au)
- When: 10 week program starting Thursday 11th February 4pm-5pm
- Where: Gosford headspace
- Who: headspace - Brett
- What: Mindfulness meditation is a clinically proven tool that can help positively impact young people's lives.

## LAKE HAVEN

- **SMILING MIND TEENS (12-17)** [www.smilingmind.com.au](http://www.smilingmind.com.au)
- When: 10 week program starting Tuesday 9 February 4pm – 5pm
- Where: Lake Haven headspace (Gravity Centre)
- Who: headspace - Nicole
- What: Mindfulness meditation is a clinically proven tool that can help positively impact young people's lives.

## LAKE HAVEN

- **SMILING MIND YOUNG ADULTS (18 - 25)** [www.smilingmind.com.au](http://www.smilingmind.com.au)
- When: 10 week program starting Tuesday 9 February 10am - 11am
- Where: Lake Haven library
- Who: headspace - Nicole
- What: Mindfulness meditation is a clinically proven tool that can help positively impact young people's lives.

## GOSFORD

- **GETTING YOUR STUFF TOGETHER**
- When: 5 week program starting Tuesday 9 February 4pm - 5pm
- Where: Gosford headspace
- Who: headspace - Rani
- What: Introduction to positive mental health with sessions on managing anxiety, low mood, mindfulness, goal setting, healthy lifestyle. A parent information session is offered as part of this program.

## LAKE HAVEN

- **ADJUSTING TO HIGH SCHOOL**
- When: 6 week program starting Thursday 3 March 4pm - 5pm
- Where: Lake Haven headspace (Gravity Centre)
- Who: headspace - Youth Access Team
- What: Skills to manage the transition from primary to high school including: study skills/getting organised; self care; social skills and surviving recess; developing resilience. A parent information session is offered as part of this program.

## CONTACT US

### FOR MORE INFORMATION & TO REGISTER PLEASE

phone: 02 4304 7870 or 02 4394 9100

email: [CCLHD-HeadspaceYAT@health.nsw.gov.au](mailto:CCLHD-HeadspaceYAT@health.nsw.gov.au)

web: <http://headspace.org.au/headspace-centres/headspace-gosford/>

facebook: [www.facebook.com/headspaceGosford](https://www.facebook.com/headspaceGosford)



2016

**Subsidised Student Travel Scheme  
SCHOOL OPAL CARD  
REMBEMBER: TAP ON – TAP OFF**

**How will School Opal Cards be issued to students?**

Most 2016 students in Year 8 – Year 12 who already have a 2015 school student travel pass will have their School Opal Card automatically issued and sent to Erina High School at the beginning of the school year in 2016. These will be distributed within the first 2 weeks of Term 1, 2016.

**Remember: You will need to **TAP ON** when boarding your bus & **TAP OFF** when you get off.**

2016 Year 7 Students who have submitted applications either on-line or directly through Erina High School will have their School Opal Card sent to the student's nominated address.

2015 Year 6 into Year 7 students will need to complete an online application at your earliest convenience. Applicants will need an email address to complete the form.

**Step 1:** Parents/guardians (or students aged 16 or over) first fill in the online application from at [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

**Step 2:** Print and sign the form and submit to the school for endorsement (or once complete the form can be **saved** and Please visit [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students) or call 131 500. to the school for endorsement.)

**Step 3:** The school will then forward the application to Transport for NSW for processing. If the application is approved, a School Opal card will be sent to the address given in the application form.

**A CHANGE OF ADDRESS, SCHOOL, CAMPUS OR OTHER PERSONAL DETAILS WILL REQUIRE A VISIT TO THE TRANSPORT WEBSITE:** [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

2016 School Opal cards for **new applications**, students with a **change of school, campus or personal details** will also be sent to the student's nominated address.

**LOST, STOLEN OR DAMAGED OPAL CARDS**

To report a lost, stolen or damaged School Opal card, phone **131-500** or email: [concessions@transport.nsw.gov.au](mailto:concessions@transport.nsw.gov.au) quoting the student's name, address and school.

A card replacement fee may apply.

**Eligibility – No Changes**

If you live more than 2 kilometres from the school, in a straight line, or 2.9km walking distance, you are entitled to a free school bus pass. Free bus travel is available to and from the student's registered home address only, except in the case of joint custody where court orders or statutory declarations are provided. In 2016, any student enrolling in our school will need to complete an online **OPAL Card Application** in order to obtain free travel to and from Erina High School.

All students are required to carry this travel pass each day when travelling to and from school and to show it when requested. Any student will forfeit the privilege of free bus travel if his/her behaviour on the bus is unsatisfactory or if the student allows another student to use their bus pass.

**Remember: You will need to **TAP ON** when boarding your bus & **TAP OFF** when you get off.**

***Please see School Administrative Staff if you have any further questions.***

**THANK YOU**

Small changes,  
big differences.



## FREE Teen Triple P Seminar Series The Power Of Positive Parenting

Children and Young People's Mental Health is pleased to offer parents of young people this evidence based seminar series. There are three 2 hour seminars in the series which will be held on 3 consecutive Monday evenings at Wyoming Community Centre. You can attend just one or all three seminars.

The program does not address the management of mental health problems in teens, however many parents have found the program useful in reducing the everyday conflict and stress associated with parenting teens.

<b>DATES:</b>	<b>Monday 14<sup>th</sup> March 2016</b>	<b>RAISING RESPONSIBLE TEENAGERS</b>
	<b>Monday 21<sup>st</sup> March 2016</b>	<b>GETTING TEENAGERS CONNECTED</b>
	<b>Monday 4<sup>th</sup> April 2016</b>	<b>RAISING COMPETENT TEENAGERS</b>
<b>TIME:</b>	<b>6PM – 8PM</b>	
<b>VENUE:</b>	<b>WYOMING COMMUNITY CENTRE 147 Maiden's Brush Road, Wyoming 2250</b>	
<b>PRESENTERS:</b>	<b>Ruth Phelan and Jo Heap</b>	

**BOOKINGS ARE ESSENTIAL:** To book into our seminars or for more information, please phone Children & Young People's Mental Health on 4328 7350 and ask for Ruth or Jo

[www.triplep.net](http://www.triplep.net)



Health  
Central Coast  
Local Health District





## CENTRAL COAST ACADEMY OF SPORT

### 2016 Youth Rugby Sevens (Boys & Girls)

*Draft Schedule - Subject to Change*

December 2015		
December 2015	2016 Applications Open	Application form and information can be found on <a href="http://www.thinksport.com.au">www.thinksport.com.au</a>
February 2016		
Friday 19th February	2016 Applications Close	
Saturday 27th Feb	Selection Trials	<a href="http://www.thinksport.com.au">www.thinksport.com.au</a>
March 2016		
Tuesday 1st March	Final Squad Announcement	<a href="http://www.thinksport.com.au">www.thinksport.com.au</a>
Wednesday 9th March	Orientation	Mingara Recreation Club
Wed 16th March	Sports Science Testing - Phase 1	University of Newcastle - Ourimbah Campus
Wed 23rd March	Training Session	TBA
Wed 30th March	Training Session	Guest Training Session (Coach TBC)
April 2016		
Wed 6th April	Training Session	
Fri 8th April	Clubs NSW Academy Games Opening Ceremony	TBC
Sat 8th April	Clubs NSW Academy Games Tournament	TBC
Sun 9th April	Clubs NSW Academy Games Tournament	TBC
Wed 20th April	Education Session	Sports Psychology
Wed 27th April	Training Session	
May 2016		
Wed 18th May	Training Session	
June 2016		
Wed 15th June	Training Session	Guest Training Session (Coach TBC)?
July 2016		
Wed 20th July	Education Session	Drugs & Alcohol - The Glen
August 2016		
Wed 17th August	Training Session	



[www.thinksport.com.au](http://www.thinksport.com.au)

*"Influencing generations through sport."*





## CENTRAL COAST ACADEMY OF SPORT

### Boys & Girls Youth Sevens Programs

#### ***Athlete Information***

The CCAS are launching exciting new youth rugby sevens programs for both boys and girls. Rugby Sevens is one of the world's fastest growing sports and is both a Commonwealth and Olympic Games sport with significant opportunity available for talented athletes to progress into state and national pathways. The CCAS are seeking to develop localised opportunity for Central Coast male and female athletes interested in rugby sevens.

The CCAS Youth Rugby Sevens Program is now accepting nominations from boys and girls turning 15, 16 or 17 in 2016 who are eligible for the Under 17's age bracket (year of birth 1999, 2000, 2001).

Please circle:                      Male                      Female

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

High School (if applicable): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: (compulsory) \_\_\_\_\_

Rugby Club (if applicable): \_\_\_\_\_

Are you of Aboriginal or Torres Strait Islander descent? Y / N

If under 18:

Parents Name: \_\_\_\_\_ Parents Mobile: \_\_\_\_\_

#### ***Current / Past Performance***

Please provide the CCAS a summary of the your achievements to date in rugby or related sport. Additional information may be attached to this application if desired.

---



---



---



---



[www.thinksport.com.au](http://www.thinksport.com.au)

*"Influencing generations through sport."*

# Mathers Back to School WILLIAMS

## A legacy of school shoe specialists

Between them, Williams and Mathers have more than 230 years of experience fitting the feet of Australian school children, whether they're beginning their first year or entering their last. Our long successful history is thanks to consistently challenging our approach to providing the best school shoes, including our commitment in 2016 to further improve our footwear range and in-store fitting services.

This has seen us:

- Develop new styles in conjunction with a team of Australia's leading podiatrists
- Design footwear with a focus on improved arch support for growing feet
- Provide individual training for all staff in fitting school shoes on children of all ages
- Commit to a 30 day fit guarantee on all sales

Williams and Mathers continue to be the Back To School destination for high quality brands, expert fits, and reliable one-on-one service.



### LYNX 8 point podiatry check

Our 2016 LYNX range of school shoes have been designed to satisfy a stringent 8 point podiatry check, developed by a team of Australia's leading podiatrists.

- 1 Removable Insole** - Customises the amount of room in shoe to ensure a personalised width fit.
- 2 Heel Support** - Secures the ankle & arches for controlled motion & movement and reduced irritation.
- 3 Contoured Arch** - Supports various shaped feet for added comfort & less ankle, knee, hip & lower back pain.
- 4 Torsional Stability** - Allows for normal motion while restricting excessive twisting that leads to tired feet and legs.
- 5 Secure Fastening** - Keeps the foot in place, eliminating irritation from feet sliding within shoe.
- 6 Forefoot Flex** - Enables the shoe to flex, following the natural movement of your step.
- 7 Shaped Toe Box** - Ample width, depth & height to give toes room to flex & move irritation free.
- 8 Impact Cushioning** - Reduces impact that causes stress to the ankles, knees, hips & lower back.



Clarks

LYNX

COLORADO

ROC

# Mathers Back to School WILLIAMS

## Support for growing feet AND your school!

With the same level of importance we place on fitting the school shoes of over 100,000 children every year, we believe in the significance of supporting the school environment they spend so much time in.

That's why in 2016 we will make a donation to participating schools for every approved school shoe purchased by a member of that school's community.

## How can your school get involved? It's easy!

Simply let us know you're interested, and we'll provide you with a barcode unique to your school for you to publish in your school newsletter or other communications. When parents bring the barcode in to one of our Williams or Mathers stores, we will donate 5% of the price paid to your school for every pair of school shoes they purchase.

## Dates

Program runs from 1 December 2015 to 29 February 2016.

Purchases will be collated and payment made directly to the school by 31 March 2016.

Barcode can be published in school newsletters and online from 1 November 2015.

## Things to note

Only approved participating schools prior to program commencement will be eligible for donations. Only approved school shoes as designated in store will be eligible.

The barcode must be scanned at the time of purchase for the donation to be registered.

# 5%

of the value of any school shoe sold at Williams Capalaba Park Shopping Centre will be donated to the school.

EXAMPLE ONLY

Shop 35, Capalaba Park Shopping Centre, Redland Bay Rd, Capalaba

## Get a better fit at WILLIAMS & Mathers



## Marni's Studio of Performing Arts



**Marni's.com.au**  
Celebrating 28 years on the coast

\* Studios @ Terrigal, Berkley Vale and Narara

\* Classes are held at Terrigal Primary and Terrigal Scout Hall on Wednesday afternoons

\* All ages welcome from Pre-School to High School

\* Jazz, Contemporary, Hip-hop, Classical Ballet, Tap, boys only classes

Ph 43336232 or 0412700052 for more information

TERRIGAL-AVOCA PANTHERS

HYLTON MOORE OVAL, EAST GOSFORD

WE PLAY SUNDAY FOOTY

AUSKICK (BOYS AND GIRLS 5-7 YEAR

OLDS)



BOYS: U9's, U11's, U13's, U15's, U17's

YOUTH GIRLS: U16's

For further information please contact Craig Williams on 0437 772290

