



*Tolerance of Diversity*

# *Kingswood High School*

*Parent Newsletter*

*Term 1 ~ February, 2006*



*Mr P. Erickson*

## *Principal's Report*

- I would like to give a warm welcome to all our new Year 7 students and their families. We have 156 in Year 7 this year and the schools total enrolment stands at 812 (an increase of 25 over the same time last year).
- I am please to announced we are fully staff though there have been a few changes in staff for 2006. The school has an additional Music teacher Ms. Bird, Ms. Rooney (art) has replaced Mrs Kelly who retired, Mr DeSilva (mathematics) has replaced Mr Horvat who retired, Ms Basili is an additional English teacher, and Ms. McNally is an additional Maths/Science teacher. With Ms. Wylie (Head Teacher Support) getting married and moving to Leeton Ms Cass will be relieving as Head Teacher and Mrs Beaton will be teaching in the unit. Our library position was filled by merit selection and Mr Holburn was successful in obtaining the position. Mr McCormick is on a years leave and his position has been filled by Mr Tepper. Mrs Pohl (PE) is on maternity leave and Ms Fry will be filling her position. Mrs Fudge (ESL) is on maternity leave and Mrs Sharma will be filling her position.
- The first phase of the Commonwealth Investing in our Schools Program has taken place with 12 rooms carpeted over the summer holidays.
- I would like to congratulate Iqra Akbar, Higher School Certificate dux for 2005 and Melissa Churchward who made Premiers list for her outstanding result in Italian.
- Organisation for our student tour to Italy in September 2006 is well underway. We still have a few vacancies thus if any students are interested they should contact myself or Mrs McKell.

- I have been selected to lead a four week vocational visit to Thailand leaving on the 18<sup>th</sup> February thus Mrs McKell will be relieving principal in my absence.
- I would like to thank our community for their support during 2005 and the school looks forward to working with the P&C and parents in 2006.
- A reminder that all the latest school information is placed on the school Web site. [www.kingswoodhigh.nsw.edu.au](http://www.kingswoodhigh.nsw.edu.au) this is updated weekly.
- I would like to remind all parent/caregivers that it is now law that all students be enrolled at school under their birth name unless their name has been changed by deed poll. Government regulations now require the school to have on record a copy of either a student's birth certificate or registration of birth confirmation, or change of name confirmation. Students who are not enrolled under their correct name are requested to supply a copy of their birth certificate to have their records amended.

**THE NEXT P&C MEETING WILL BE HELD ON WEDNESDAY 15<sup>th</sup> FEBRUARY 2006 AT 7.30PM IN THE LIBRARY. WE LOOK FORWARD TO SEEING AS MANY PARENTS AS POSSIBLE.**

#### **STAFF CAR PARK**

Parents are reminded that the school car park is for staff only. Please drop off and pick up your children in Smith Street or in front of the school on Bringelly Road. Parents are not to drive into or drop off students in the school bus bay. The Police have booked parents who have illegally parked. Thanking you for your cooperation.

## Deputy Principal's Report- Ms K McKell

### Yrs 7,9,11

The Peer Support Program is being re-introduced into Kingswood High this year to teach students in Year 7 a range of skills to deal positively and proactively with life experiences, develop a sense of self worth and belonging and encourage taking responsibility for decisions and actions. Students in Year 7 are allocated into groups of 8 - 10 and work through a series of activities, 1 period per cycle during Terms 1 & 2, led by Year 10 leaders.

Research and experience has shown that when Year 7 are able to form close connections with their school, this may protect them from extreme risk behaviours and they are more likely to have a satisfying and successful school experience.

You can support your child by asking them about the Peer Support Program which will be beginning Week Three.

The Ted Noffs Foundation will be assisting our school again this year and providing us with the services of a drug and alcohol counsellor ½ a day per week. Amanda Hilton is the counsellor from Ted Noffs and if you have any concerns regarding your child whether it be tobacco, alcohol or drugs please do not hesitate to contact her on a Friday on the schools phone number. All information is strictly confidential.

Our school - in conjunction with Kingswood Public, Claremont Meadows Public, Erskine Park High and Blackwell Public - applied for funding at the end of last year for assistance with boys education. We were successful in our application and will start professional development modules as soon as possible. We will be focussing on strategies for teaching boys and technology for the professional development of staff. The initial planning starts on Monday 13<sup>th</sup> of Feb and all schools will have representatives attending the planning day. We also received minor funding for a Gender Equity project.

I'd like to thank the Year Adviser's for the hard work that they have been doing over the last couple of weeks. It is a very busy time for them, organising their years, enrolling new students, assisting students with subject changes. They are a dedicated group of people and our school appreciates the effort that they put into their work.

This is just a reminder that Year 7 will be having their injections and their consent forms will be going home. These **MUST** be filled out and signed if your child is to be immunised, the Health workers will not accept a permission note on a piece of paper. Please send the consent forms back to me.

I wish everyone a simply super term.

### **Deputy Principal's Report- Mr D Berriman**

**Yrs 8,10,12**

Welcome back everyone to another exciting year at Kingswood High School. It is pleasing to see that we have had yet another modest increase in numbers.

This year is, of course, one of major importance to our Years 10 and 12, as they face the School Certificate and Higher School Certificate examinations. These commence in October – a mere 9 months away!

We will be seeking in Year 10 to build on the steady improvements we have seen over the past couple of years. We are really seeking to extend our “top end” students and to secure more Band 6 (the top band) results, while maintaining our existing improvements amongst our more average students. To this end, Year 10 students may expect a heavy focus on improved examination performances. Homework will increase, and it will be in the students' interests to take advantage of the opportunities being offered.

We expect good things from our Year 12 this year, and our hopes and expectations have been made clear to the students. They will also be issued with subject-specific literacy-based exercises on a regular fortnightly basis. We would appreciate the co-operation of parents in ensuring that, once again, students take advantage of the opportunities being offered.

Year 12 will be sitting mid-course exams in Week 10 Term1.

Our sporting endeavours have started on a high note, with school vice-captain Michael Hyslop traveling to Melbourne to contest the Commonwealth Games swimming trials in the 50m freestyle. This is an outstanding achievement for a 16 year-old, and we wish Michael well in his future swimming career.

News just to hand indicates that our junior mixed baseball team has beaten the Hills Sports High in the Sydney West Gala Day competition. Congratulations to a fine team and an excellent and enthusiastic coach in the person of Ms Douglass.

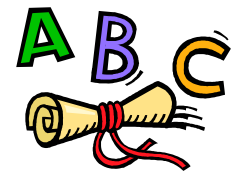
Targeted Sport continues this year, and all parents should have received information about this program. Our school Swimming Carnival is, of course, on Tuesday February 14<sup>th</sup>. Successful swimmers here will once again be offered specialized swimming coaching each Wednesday morning leading up to Zone and Regional championships.

Our Year 7 Learn to Swim program continues this summer, with 24 students taking advantage of this opportunity. This year, a basic Lifesaving award will be included in the training. We are hoping to run an expanded Lifesaving program in Term 4 of this year.

Community service opportunities will also be offered to students, with the first Blood Bank donations taking place in late February/ early March. Students 16 and older are eligible to donate. Clean-up Australia and other programs will be advertised as they occur. Remember, Scholarship, Sport and Service make up a balanced education.

Enjoy the year!

## Staff receive Regional Awards



Three staff were presented with Regional Director Awards at the 2005 annual presentation ceremony.

**Mr Robert Procter**, Head Teacher Social Science received an award for outstanding educational leadership;

**Ms. Belinda Douglas**, Art, received an award for outstanding teaching;

**Ms. Nyree Waterson**, TAS, received an award for outstanding teaching.

Criteria for the awards included having recently taught students who have achieved HSC results in the top 10% of the state and involvement in a range of whole school activities and professional support to their peers

# New Staff

*Kingswood High would like to welcome the following new staff members. We hope their stay with us is enjoyable and professionally rewarding.*

**Mrs Bronwym Berriman. (TAS)** Mrs Berryman had thought of becoming a High School Teacher while in school and was offered a scholarship to become a TAS teacher when she completed her HSC. She has now taught for over 30 years and still finds it extremely enjoyable. "I love working with teenage students". Her hobbies include reading, sewing, cooking and spending time with family and friends. She enjoys concerts and attends several Musica Viva concerts throughout the year. Her first impressions of KHS-" the students are extremely friendly and polite. The school has a nice atmosphere with lots of extra activities taking place. It has a very welcoming environment".



**Ms Michelle Basili (English)** Ms Basili became a teacher because she values education and enjoys learning. She enjoys working with youth and believes they have a great deal to share with all of us. She appreciates their honesty, fresh ideas and their energy. Her hobbies include creative writing, writing music, the performing arts, film, bushwalking, yoga and tennis. She is interested in environmental issues and sociology. Her first impression of KHS -" the school appears to be organised, warm and friendly." She is looking forward to getting to know the staff, the students

and their parents and working closely with the parents in order to ensure that the students' needs are met.

**Miss Bev Thomas (Library)** Miss Thomas loves books and reading so what better place to work than a library. Her hobbies include reading, jigsaws, crosswords, bushwalking and the people and culture of Africa. Her first impressions of KHS –“Great, so friendly and a happy place. I am so glad to be here.”



**Ms Stacey Renny (PDHPE)** Ms Renny believes being a PDHPE teacher is a great way to combine her love of sport and teaching others. She likes passing on her knowledge to others and being able to teach students new skills and watching and guiding them to continually improve. Her hobbies include sport and playing touch football, the movies, beach and listening to music. Her first impressions of KHS- “A great school with excellent staff who are dedicated, enthusiastic and very supportive. The students are great, and I look forward to getting to know both staff and students better throughout the year. I am very

excited about the opportunity to work at Kingswood High and look forward to the year ahead.”



**Ms Melinda Backhouse (Counsellor)** Ms Backhouse originally became a teacher of Maths because she likes children and young people and likes Maths. She became a counsellor because she is very interested in the well-being of young people. She enjoys listening to them, relating to them on a one-to-one basis and assisting them to find their own solutions to issues. Her hobbies include spending time with her family, walking the dog and renovating her home. She also enjoys reading- but has difficult finding enough time as she would like. Her first impressions of KHS- "it was so nice to be

welcomed by smiling friendly faces, both staff and students. She is looking forward to working as a counsellor at Kingswood High."

**Mrs Marguerite Wachter (Front Office)**

Mrs Wachter considers she is very fortunate to be able to use her knowledge and skills in a job that allows her to work school hours and have the holidays off with her children. Her hobbies include tennis, walking, reading, computers and relaxing with family and friends. Her first impressions of KHS- "very friendly and run very efficiently. The staff is very willing to help a new person get to know the working of a school". She is looking forward to meeting the students and getting to know the staff better over time.





**Mr Eric De Silva (Maths)** Mr De Silva believes being a Maths teacher is a rewarding career. He loves teaching and is passionate about helping young people excel their understanding every day. His hobbies include watching movies, playing table tennis, badminton and carom- a board game similar to pool table, and web design. His first impressions of KHS- "located in a quite place, and wonderful friendly and welcoming staff". He is currently designing a new maths 'website'.

**Mr Andrew Tepper (TAS)** Mr Tepper thinks it is a special experience for someone to be able to pass on what they know and have learnt to future generations. His hobbies include guitars, guitar playing and guitar making. His first impression of KHS- "a vibrant, culturally rich and diverse learning and social environment." Mr Tepper was a student at Kingswood High in the late 80's early 90's. "This school has always had a



special place in my heart and I am proud to be back here now as a teacher."



**Ms Margaret Rooney (Visual Arts)** Ms Rooney became a teacher because she enjoys working with young people. Her hobbies include photography, textiles, painting, bushwalking and music. Her first impressions of KHS- "very colourful and friendly place. Big trees for shade as well." She is looking forward to getting to know the students and staff.

**Ms Deonie Bird (Music.Visual Arts)** Ms Bird believes becoming a teacher has given her the opportunity to pass on her skills and knowledge to others. She had always wanted to be a teacher, so she followed her dream and now really enjoys



her career. She believes the best part about being a teacher is helping students achieve their goals and building relationships with students, staff and community members. Her hobbies include performing, visual arts, socialising with family and friends, the movies, the gym, the beach and shopping. Her first impressions of KHS- " both the students and staff are very friendly and welcoming." She is looking forward to a bright and productive 2006.

**Ms Ros McNally (Maths/Science)** Ms McNally absolutely loved learning Maths and Science at school and had many wonderful teachers who inspired her with this passion. After leaving school she thought how great it would be to share her passion and enjoyment for these subjects with other bright and eager students. Her hobbies include playing basketball and indoor cricket and watching the one dayers on T.V. Her first impressions of KHS- "the staff and students welcomed me warmly into their school. The staff are always offering helpful advice and the students seem to create a caring and happy environment within the school."



# Year 8 Camp ~ Milson Island

What a fantastic way to start off the year! On the 1<sup>st</sup> of February, 42 Year 8 students along with Mr Kotyk, Ms Ossington and Mrs Hansen arrived at Penrith station at 6.30a.m., ready to start of the school year by travelling to Milson Island on the Hawkesbury River for a three day 'boot camp', as the students called it.



We arrived at Milson Island at about 10a.m. and from then until 12.30 p.m. on Friday, our days were filled with fun and exciting activities. Our first activity consisted of students being divided into two groups, where one group participated in fishing and the other group in archery. Ms Ossington showed her fantastic fishing skills by catching an eel. (Approx. size 10 cm) After cooling down in the pool and having some lunch, we were off on our next adventure, camping. Upon arriving at our campsite, the students had to erect their own tents and were shown how to dig a hole in the ground when they needed to go to the toilet. As you can imagine, there were a few disgusted girls and a few very full bladders. Putting up tents and setting up campsites is hard work and there were grumbling bellies around the camp. Students were divided into groups of six, issued with camp stoves and food rations and encouraged to

create their own meals. I must say I was very impressed with the range of meals that were created and the students were very enthusiastic about their creations.

Shortly before sunset our instructor decided to take us on a bush walk. It was very exciting walking around the island hearing of its history and listening to the sounds of the bush as the sun went down. After our walk, we headed back to the campsite where Allison our instructor, told us stories around the campfire.



On the morning of day two there were quite a few tired faces and the campsite was not as alive as the night before. The students learnt to appreciate the comforts of their own beds, but this did not stop us heading off for our next adventure.

After a breakfast of Milo, cereal and toast cooked over the campfire, we headed up to the pool where, the students were involved in team building activities and raft making. It was great to see the knowledge and team work of Kingswood High School students working together to achieve a common goal. The next activities were definitely a challenge as quite a few of us conquered our fears and walked the High Ropes and flew down the Flying Fox. Mrs Hansen nearly chickened out, but with encouragement from Mr Kotyk and the students, she managed to complete the course to the end.

After the evening activities, the students were back in the cabins on nice, soft mattresses, where they had a much better night's sleep and were refreshed and ready to go the next day.

On the last day, students were again divided into two groups. One group went canoeing and the other kayaking. The canoeing group managed to capsize their canoes on more than one occasion, so the students came back saturated. On the other hand, the Kayaking group had very sore arms and as they had paddled part of the way around the island.



After a shower to get refreshed, the students were given lunch and we headed down to the ferry to make our way home. We got as far as central before the students needed to have their junk food fix, as they had spent the last three days eating healthy food.

We arrived back in Penrith at 4p.m. on Friday afternoon with a very tired bunch of teachers and students.

It was a pleasure taking year 8 away on camp and we were very proud to say

that we were a part of Kingswood High School. Hopefully more students will be able to join us on upcoming camps.

I would like to say a big thankyou to Ms Ossington and Mr Kotyk for giving up their time and coming away on camp with us. Without their help, camp would not have been able to go ahead. Thank you also to the parents who had to get up early to bring their children to station on time.

Mrs Hansen  
Yr 8 Advisor



# Sport Report

Welcome back to school for 2006. As the Sports Program Coordinator at Kingswood High School I am responsible for coordinating all areas of sport within the school including weekly sport on Thursday afternoons, carnivals, the Targeted Sport Program, NSWCHS state knockout competitions and representatives at Zone to State levels. Students and parents can contact me with regard to all aspects of sport at Kingswood High. Students can find me in the Sport Staffroom before school, recesses and lunch on most days. My staffroom will now be located in the library and I am in the process of moving there from B Block.

Mr Rance (TAS department) will assist me as a Sports Organiser and shares responsibility with myself for areas relating to Thursday sport, Knockout competitions and Representative sport at all levels.

Ms Douglass (Visual Arts) again assists as a Carnival Organiser and can also be contacted in relation to all areas of athletics, cross country and swimming.

Students were provided with a brief outline of the different areas of sport and representation opportunities on their first day back at school this year. It is important to be aware of the continuation of a number of initiatives implemented last year.

**Code of Conduct.** Every student who represents the school in any form of sport must have read and had signed and returned a copy of the school's Sport Code of Conduct. All students should be aware of their responsibilities. No student will be allowed to compete in Grade sports, representative carnivals, Knockout sports or representative fixtures without having first signed this document.

**Thursday Sport.** All students were involved Week 1 in choosing their sport for the Summer season which lasts 14 school weeks. Those students who chose sports requiring a bus should begin paying off their ticket immediately. A reminder that most Recreation sports have a \$61 bus ticket and most Grade

sports cost \$53. Recreation sport students should ensure that they bring their weekly payments for the venue. There a number of consequences for students who owe the school money with privileges such as sport representation, excursions and formals being revoked. Any students who still owe bus money from previous years will also be removed from Grade and Recreation sports for this year.

Once again, Kingswood High has fielded strong teams in all Grade sports offered by Werrington Zone. We have an interrupted start to the season with a general bye in Round 1 and another bye due to the Zone swimming carnival. This will, however, allow for intense training and all teams should be primed for later games.

**Targeted Sport Program.** A separate booklet outlining aspects of the Targeted Sport Program has been issued to interested students. This program involves the withdrawal of students from regular classes on Tuesday and Wednesday afternoons. Please be aware that students must apply for a position in this program each term and satisfy certain criteria to remain in the program. This includes catching up on all missed work. We will continue with our very successful Wednesday morning program where students wishing to have further coaching and training in the carnival sports will be under the guidance of Mr Murphy. They have already begun training at Penrith pool for the Zone and Regional swimming carnivals.

**Swimming Carnival.** The swimming carnival will be held on Tuesday February 14<sup>th</sup> at Penrith Pool. All students were provided with an information note. Students are expected to arrange their own transport to the carnival or should have already booked a seat on the bus at a cost of \$5.

The Zone carnival will closely follow on and we are looking forward to another successful year in our representative carnival sports.

On the subject of swimming, congratulations to Michael Hyslop who swam at the recent Commonwealth Games selection trials in the 50m freestyle. He finished in 63<sup>rd</sup> position, yet was only just over one second from qualifying for the semi-finals. Michael will obviously be a force at the trials for the Beijing Olympics.

**Knockout Sports.** NSW Combined High Schools (CHS) runs statewide competitions in a wide variety of sports. These are commonly called Knockout competitions (however, some are run as round-robin gala days). Games are usually played outside of school hours. The draws for all of these events have been distributed to the designated coaches. A list of coaches can be found on the Sport noticeboard. Interested students should listen carefully to the Daily Notices for information or see the listed coach. Sports without a teacher enlisted as a coach/manager will be unable to go ahead. Every result for every match played will be publicised in this newsletter.

**Recognition.** Our student achievers are regularly recognised on our weekly assemblies, formal year assemblies, parent bulletins and our annual Sports Presentation Evening. School team coaches will inform the Sports Program Coordinator of their representative sides. Representatives at Zone or higher level will be given permission notes which require the Sports Organisers signature. A student's achievements cannot be recorded if the required paperwork is not completed at the correct time and submitted to Mr Holburn.

**Calendar.** Mr Holburn has compiled a calendar of events for every sport from school to State level. This includes targeted sport, carnivals, knockout start dates, Zone Trials, Zone championships, Regional championships etc. This calendar is on the Sport noticeboard. Interested students should also see Mr Holburn for a copy of the sections which interest them.

**Website.** Students are reminded that the Zone Grade Pointscore will again be available on the Kingswood High website. In addition, a large amount of information regarding sport at the school (including carnival programs, targeted program, calendars, knockout sport results etc) will be added to the site over coming weeks. So why not check it out? Visit [www.kingswoodhigh.nsw.edu.au](http://www.kingswoodhigh.nsw.edu.au) and add it to your favourites list. Grade results for the entire Zone are usually updated the following Monday.

## State Representatives

Congratulations to our newest NSW State Representatives. Sara Brain will again represent NSW at the upcoming Australian Vigoro Championships. She continues her outstanding success in open competition in this sport and we wish her the best of luck at these Championships.

Natasha Djordjevic and Louren Katague have been selected in the NSW Lawn Bowls Squad after some impressive performances in recent months. Since last December they have defeated State male and female players, as well as easy victories over Australian Champions. They are now vying for a place in the 5 member team to play in Queensland in July against a side comprising a Commonwealth Games squad member. Good luck girls.

On the lawn bowls subject, Sean Bishell must be congratulated for making the final 12 at the South Pacific Lawn Bowls Championship pairs event held at Dapto during the holidays. It was an exceptional achievement to win through sectional play in such a prestigious competition. All three bowlers must be looking forward to the CHS KO competition in the coming months.

Cross-Country. Although the swimming carnival has not yet been swum it is now time to start training for the school cross country carnival. The top eight to ten competitors in each age group will represent the school at the Zone carnival. This is always a fun day and a great way to meet new people from other schools. So get yourself out of the house and do a few laps around the block on a regular basis. The carnival is on in Week 8. Don't forget to apply for Mr Murphy's Wednesday morning program. Cross country training for Zone and Region begins Week 8 also. More information on this is in the Targeted Sport Handbook.

In conclusion, I would like to congratulate all those students who have already competed to the best of their ability in Grade Sport trials and knockout sports. I wish our swimmers the best of luck at the School and Zone Carnivals and I hope that all competitors in Grade and knockout events in the coming months perform to the best of their ability. Do not hesitate to contact me for any information or suggestions.

Mr G. Holburn

Sports Program Coordinator

# SRC News - 2006

The SRC are in the process of organising a number of activities to start the year off including:

- ✓ Area SRC meetings
- ✓ Yr 7, 8 & 11 SRC Elections
- ✓ Crush Disco
- ✓ Mufti Day
- ✓ Bloodbank for students and family members of 16 years.

The SRC have been discussing a number of issues brought to our attention by students. If you have any issues or ideas please place them in the Suggestion box in the Library or see your SRC members / Miss Cass as soon as possible. More details of the planned activities will be given out at assemblies and in the next newsletter.

## Pedestrian Crossing at Kingswood High

The SRC decided that it was important for our school to have a Pedestrian Crossing out the front of the school. We have been liaising with Penrith City Council.

The Council's Local Traffic Committee considered our request of a pedestrian crossing at a meeting on December 5, 2005. The Council resolved that a marked pedestrian crossing will be provided on Bringelly Road between the existing speed humps at the Northern end of the school near the pedestrian gate as soon as possible.

The SRC would like to thank Rosemary Barretto, Senior Traffic Engineer at Penrith City Council for her help and assistance to gain approval for the crossing.

Robert Tribbia  
Yr 10 - SRC

## SRC Members 2006

The SRC would like to congratulate all the returning and new SRC members for 2006 in 9-12.

### Year 9

- ✧ Kaylee Lonsdale
- ✧ Rebecca Asquith

- ✧ Shaun Peters (Support)
- ✧ (2 positions to be elected mid Term 1,2006)

### Year 10

- ✧ Louren Katague
- ✧ Alana Longford
- ✧ Robert Tribbia
- ✧ Melinda Palfrey

### Year 12

- ✧ Nathan Mattos (President)
- ✧ Sandra Mangion (Vice President)
- ✧ Paul Matthews (School Captain)
- ✧ Allison Palfrey (School Captain)
- ✧ Michael Hyslop (Vice Captain)
- ✧ Samantha Miller (Vice Captain)
- ✧ Rachel Carson (Prefect)
- ✧ Belinda Mancer
- ✧ Nathan Murray (Support)

### Year 11

- ✧ Cameron Sampson (Treasurer)
- ✧ Amanda Roy (Secretary)
- ✧ Bryant Hevesi

## SRC ELECTIONS

The year 7, 8 & 11 Student Representative Council Elections (SRC) will occur later this term. This is the students' opportunity to develop their leadership and organisational skills, have a say on a variety of school issues, plan activities, work with other students from 7-12 and have fun.

The SRC encourages all students who meet the criteria listed below to apply.  
A student Representative Council Member:

- ✓ Is a voice for the students in the school,
- ✓ Wears school uniform,
- ✓ Is a responsible school citizen,
- ✓ Supports all school policies & the code of conduct by their words & actions,
- ✓ Is a good leader and positive role model for other students,
- ✓ Is prepared to speak at year assemblies, and an active team member.

Students who are interested in applying for a position in the SRC should see Miss Cass to receive more details and a nomination form. All nominees will need to make a speech in front of their year group prior to voting.

## **Vampire Shield - Blood Bank Appeal**

The SRC are in the process of organising another trip the bloodbank for students 16 years and older, details are below.

**Date:** To be decided.  
**Transport:** Australian Red Cross Blood Service Courtesy Bus.  
**Notes:** Available from SRC members, Miss Cass or B7

We are also offering an incentive for students to participate in the worthwhile cause. All students donating blood will go into a draw for a least one \$20 plaza voucher. The more students giving blood, the more vouchers we will offer.

Parents and family members are encouraged to donate and inform the bloodbank staff that they would like their donation to be added to the Kingswood High Vampire Shield tally. As the bloodbank has only recently reopened any individuals wishing to donate must make an appointment on 4724 3124.

Students giving blood need to make sure they eat and drink plenty of fluids: water and / or juice (not coffee or soft drinks) in the morning before giving blood, otherwise they may not be able to donate blood.

## **SCHOOL DISCO**

The SRC are coordinating a 'CRUSH' school disco will be held in term 1, on a Wednesday from 7 -10 pm and will be supervised by teachers and parents. The date will be finalised shortly and announced on the school assembly. 'Crush' provides 2 DJs, a large video screen, live dance group, glow products, and a small canteen as well as plenty of give-a-way prizes.

All students (who have not been suspended this term) are invited to attend. Admission is by \$8 and the signed, tear-off permission slip on the bottom of this note. Visitors will not be admitted. We are asking students to purchase their tickets before the disco. The disco will only go ahead if we sell 200 tickets so get in early. Permission notes are available from Miss Cass or your SRC members.

### REMI NDER TO ALL STUDENTS

Attendance at the Swimming Carnival on Tuesday 14<sup>th</sup> February 2006 is compulsory for all students. Students not attending will require a note explaining the reason for their absence. Text messages will be sent to the parents of all students not present at the carnival.

## Want to play Netball?

The 2006 Penrith District Netball season commences in April and runs through until early September 2006. To play you need to register with a Club and the Club will place you in a suitable team. You are never too old to play Netball as we have age groups and grades to cater for ages 5 – 65+. All games are played at Jamison Park in Penrith. All Junior games are played at the same time each Saturday morning while senior games are in the afternoon. If you are interested in playing netball in 2006, ring one of the following Clubs or contact our office on 4721 4319. You can also visit our website at [www.isport.com.au/netball/penrith](http://www.isport.com.au/netball/penrith) (no 'i' in 'penrith').



CAMBRIDGE PARK Alison Dunkin 9833 3439

CORPUS CHRISTI Melita Adcock 4729 1768

EMMAUS Michele McKenna 9670 6309

EMU PLAINS Nicole Sekulic 9688 3641

ERSKINE PARK Lutz Engelbert 9834 3484

GLENMORE PARK Bev Jenkins 4733 5881

PENRITH RSL Robyn Le Breton 4736 1588

PENRITH SOUTH Leanne Gane 4733 2204

PENRITH SPORTS Vicki Osborne 4733 1259

RIVERLANDS Vicki Stephens 4730 3038

ST CLAIR Tracy Burgos 9834 5580

ST JOSEPHS Gabrielle Hancock 4730 3120

ST MARYS LEAGUES

Kate Anderson 0431 642 235

ST NICHOLAS Kathy McDonald 4730 4534

SPRINGWOOD Tania Smith 4754 4561

WARRAGAMBA Teri Portis 4774 1095



## Penrith Churches Soccer Club

The Penrith Churches Soccer Club is currently looking for players of all ages (from Under 6 to All Age) both boys and girls to play in our 2006 winter competition.

Our club charges a single registration payment (No extra weekly fees).

*All games are played on Saturdays.*

Registrations to be held at the Presbyterian Church Hall,  
Doonmore Street, Penrith.

6.30 pm to 8.00 pm



Thursday 16th February 2006



### **SPECIAL OFFER for 2006**

All ***Under 6*** and ***Under 7*** players who register for 2006 will be registered **free** of charge and will receive their first pair of club socks free.

For more information, please contact:

Frank (President) Ph: 0407 708 135 or Ross (Secretary) Ph: 0415 917 568

# Get Fit

Lose Fat - Tone Up  
- Feel Great



Step into Life®

GROUP PERSONAL TRAINING  
The fun and social way to get fit

**FIRST  
SESSION  
IS FREE**

## Step into Life

### Group Personal Training

- Affordable prices from \$10.80 / session
- The fun & social way to get fit
- Lose body fat & tone up
- Catering for all fitness levels & ages
- Cardiovascular & toning sessions
- Progress at your own pace

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

**Call NOW!!**  
Step into Life  
Penrith; Leonay,  
Emu Plains &  
Glenmore Park  
0419 244 468

# Get Fit!

Lose Fat • Tone Up • Feel Great!



**FREE  
Trial  
Offer**

From \$10.80 per session

*First Session is FREE*

## Step into Life

- ✓ Affordable group personal training
- ✓ Enjoy the great outdoors
- ✓ Catering for all fitness levels & ages
- ✓ Cardiovascular & toning sessions
- ✓ Convenient times & days
- ✓ Fun and social way to get fit
- ✓ Qualified, highly trained Personal Trainers



Step into Life®  
GROUP PERSONAL TRAINING  
The fun and social way to get fit

NOW AT THREE GREAT LOCATIONS!

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Penrith / Leonay / Glenmore Park

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# Boost your child's school marks, with our affordable tuition programs.

## Junior Package (year K-6)

1 hour Maths or English tuition  
+ 1 hour homework assistance

\$16 + GST per week

## Secondary Package (year 7-10)

1.5 hours Maths or English or Science tuition  
+ 1 hour problem solving assistance

\$24 + GST per week

## HSC Package (year 11-12)

2 hours of tuition in any HSC subject

\$32 + GST per week

Tuition times available on weekdays  
and weekends. Call 9673 5400 to  
book your no-obligation free lesson.


Level 1/156 Queen Street St Marys

**UNIVERSAL**  
LEARNING CENTRE



*Affordable Tuition*



## Young Carers Project



*Young Carers... Many young people look after a parent or sibling at home who has an intellectual, physical or mental health disability or chronic illness. This new program is designed to support young carers at risk of leaving school, Tafe or University because of their caring responsibilities.*



*We can provide in-home respite up to 5 hours per week and pay for some services such as tutoring or domestic help to allow young carers to do their schoolwork or socialise with their friends.*

*This important new initiative is funded by Family and Community Services. If you know of any young carer struggling to combine school and their caring responsibilities*

*You can ring Debbie at Commonwealth Carer Respite Centre Nepean on 4731 8399 to find out what is available.*



 **ANGLICARE**  
ALL CARE THAT COUNTS

