Term 1 is racing by so quickly and it’s difficult to know where it has gone. Muirfield High School as always, has been such a hive of activity in recent weeks, with our students participating and excelling in numerous areas of school and community life. At the recent Zone Swimming Carnival we finished 5th behind much larger schools. We held our annual Open Evening where our students represented themselves and the school so proudly. In the next few weeks we have International Women’s Day Breakfast, Year 8 Swim School, Year 7 Open Classes, Parent and Teacher Evening for Years 11 and 12, and Year 12 Elevate Study Skills Session. That extensive list fails to cover all of the other amazing excursions and the interactive learning experiences that are occurring in the classroom each and every day.

Open Evening 26 February

The real strength of Muirfield High School is its community. One of the major opportunities where that community spirit comes to the fore was at the recent Open Evening. On this evening the prospective Year 7 students for 2016 were invited, with their families, to attend Muirfield High School for a guided tour of the facilities and a chance to discover as much as possible about the school before they make a decision of where their child will attend in 2016.

After an introduction and welcome to Muirfield High School by the Principal Jennifer Reeves the parents and prospective Year 7 students were addressed by Mitchell Cotton of Year 8, who recounted his experiences of Year 7 and how the school, despite his initial anxieties, had made Year 7 a highly enjoyable and rewarding experience from not only an academic perspective, but also on a social one, as he connected and made a whole new group of friends. Mitchell reinforced that Muirfield High School is truly a ‘friendly place to learn’.

The School Captains, Amelia Napier and Aaron Ramjan, then highlighted the commitment of the staff at the school, and their willingness to go above and beyond the limitations of the classroom, to ensure that all their students enjoyed and experienced a rewarding learning experience in all curricular areas.
Tours of the school were conducted by our students from the SRC, and they responded openly to the parents or prospective students questions, as they toured around the school. Open Evening has proven to be an excellent promotional opportunity for Muirfield to showcase all that is great about the school and its students. There were over 250 people who visited the school to listen to what we have to offer their child in the way of curriculum and educational standards, as well as viewing our extensive resources and classroom organisation and displays.

The overall feedback from prospective parents and students of our tours was that Muirfield High School was the best presented school of the extensive number which they had visited over the previous weeks. With many of the families having visited numerous schools in recent weeks in their quest to select the best educational facility for their child in 2016 and beyond. They were highly impressed with the genuine, confident and articulate manner in which our students conducted tours and the pride that they had in their school. This pride, passion and welcoming approach also extended to all the staff who were present on the night, and was clearly a defining factor for parents when considering their final nominations for Year 7 placement in 2016.

Many thanks must go to the tireless efforts of Ms Laura James, Ms Jess Bootes and Ms Susan Dykes and the many other staff who participated in the evening, for their efforts in ensuring the school was well presented and that all faculties were represented and on display to the community and visiting families.

**Zone Swimming Carnival**

I was lucky enough to attend the second day of the recent Zone Swimming Carnival, where the ‘little school that could’ again achieved incredible overall results. Despite being the smallest school within the competition Zone, many of our students excelled in their individual age group events and achieved Regional selection.

Harry Fowler in the 15’s Boys swam his heart over the two days and was named Age Champion. He also anchored the relay team, who finished a narrow second, but progressed through to Regional.

Lauryn Brown competed in numerous events and was narrowly beaten into second or third place in her in many of her individual races. She stood tall with the other three team members in the 16 years Relay, crushing all other teams, to move through to Regional.

Kristie Lea and Jessica Layton fought out the points at the school swimming carnival in the 13 years age group, and continued to do battle at Zone. The two swam magnificently over the two days for their new school and achieved Regional selection for numerous events, finishing off the meet with an outstanding relay team swim to leave other schools in their wake by almost 20 metres. The 14 years Boys were also a dominant force in the relay, edging out their James Ruse rivals in the last 5 metres to win and move through to Regional.
Open Classrooms

On Tuesday 24th March, we will be welcoming parents of our current Year 7 students into our classrooms. In conjunction with receiving the Year 7 Interim Reports for their progress to date, all parents will be invited into classrooms to observe the last 20 minutes of Period 1. These lessons will be conducted by Mr Read, Ms Naidoo, Mr Campbell, Ms King, Ms Frame and Ms Eagle.

Parents will then be treated to morning tea with their child and staff in the senior courtyard, before being briefly addressed by Mr Grant and then returning to see their child in a Period 2 class conducted by either Mr Turner, Ms Kurian, Ms Wills, Ms Bootes, Ms Burton and Mr Ballard.

At the end of the 20 minute visits parents will then return to the Senior Courtyard to receive their child’s Interim Reports.

I would like to personally thank and acknowledge the generosity of all of the staff mentioned above for their involvement in the Open Classrooms morning, especially also allowing parents into their rooms and making themselves available to our local community. It is always wonderful to see so many parents utilise this opportunity to share in this experience and participate the educational
Years 11 & 12 Parent Teacher Evening - March 10

On Tuesday 10th March the teaching staff of Years 11 and 12 will provide the opportunity for students and parents to sit down and discuss students’ progress in their subject areas. This evening is extremely important for all parents to acquire feedback on the progress of their son or daughter in their respective years. It is a great opportunity to ensure that they have settled into Year 11 and are coping with the increased study demands and expectations of Senior School. For Year 12 it is a critical time as they move close to what is considered their Half-Yearly in class assessment period.

The only negative comment that we have received from parents in the lead up to the night is that they are sometimes unable to make an appointment with certain staff to discuss their child’s academic progress, due to being already booked out. Unfortunately with many of the staff having already completed a 3 or 4 period day and then following up with 2 and half hours of interviews, you can appreciate that it is a long day. I am sure that you agree that it is true reflection of their level of commitment and professional dedication to the Muirfield community and their student’s academic success. I encourage all parents to book online early, because once the teacher is booked out there will be no opportunity for you to see them on that evening. So in advance, we thank our parents and caregivers for joining on this evening and supporting the efforts and dedication of the Muirfield High School staff.

Year 12 Elevate Parent Information Session

Immediately after the Parent and Teacher Information Evening all Year 12 parents are invited to attend a study skills session in the common room conducted by Elevate. The parental session is an extension of the sessions that they have run with the Year 12 students in school, to enable them to reach their academic potential by teaching them to acquire the study and examination preparation skills.

This session will focus on supporting parents in their critical role of assisting their sons or daughters to reach their academic potential for the HSC.
Congratulations to Chris Bednar who will be competing in the NSW CHS Diving Championships.

Congratulations to Chloe Holman who competed recently in the NSW CHS Softball Championships in Lismore.

Congratulations to Will Anson on making the Hills Zone Basketball Team and being selected as Captain.

Congratulations to Zara Brankovic who is representing Sydney West at NSW CHS Individual Tennis.

Congratulations to the following students who competed at the 2015 NSW All School Triathlon Championships:
- Lauryn Brown who came 3rd in the CHS and 8th overall.
- Rachael McAllister who came 8th in the CHS and 13th overall.

Katie Hughes, Genevieve Grant and Sammy Cadman who competed in the NSW All Schools Triathlon as a team.

Congratulations to Bronte Davidson who has made it into the Hills Zone Soccer Team.
Swimming Carnival results

**House Results:**
1st Thorpe 811 points  
2nd Eales 777 points  
3rd Beachley 726 points  
4th Freeman 552 points

**Age champions**
- 12 girls - Brooke Dunk  
- 13 girls - Jessica Layton  
- 14 girls - Claire Cuskel  
- 15 girls - Emma Katen  
- 16 girls - Lauryn Brown  
- 17 girls - Rachael McAllister  
- 18 girls - Elisha Duggan

- 13 boys - Anthony Shahla  
- 14 boys - Edmond Lo  
- 15 boys - Harry Fowler  
- 16 boys - Aaron Taggart  
- 17 boys - Tim Bain  
- 18 boys - Aaron Ramjan

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**Zone Swimming Carnival**

Day 1 of the Zone Swimming Carnival was on Tuesday 24th March. Muirfield had a team of about 20-30 swimmers representing our school at the carnival. We got on the bus at about 9am and headed of for Parramatta pool, where the carnival was held. The carnival started promptly at 10am with the first race of the day 200 metres freestyle, shortly followed by 50 and 100 metre butterfly, 100 metre breaststroke and then the Medley Age relay. By the end of the first day Muirfield was ranked 5th out of 7 schools which was a very pleasing and impressive performance for Muirfield High School, being the smallest school with the smallest number of competitive swimmers in comparison to the other schools.

Day 2 started a bit later with the bus running late but we eventually arrived at the pool with just enough time to have a short warmup. The races started with 200 individual Medley, followed by 100 metre freestyle, 100 metre backstroke, 50 metre freestyle then the 4x50 metre age relays. We had some excellent swimmers throughout the course of the two day and several exceeding their own expectations and achieving selection into the regional team, including individual and relays events

**Harry Fowler and Lauryn Brown**
School Swimming Carnival
School Swimming Carnival
School Swimming Carnival
Layne Beachley AO is widely regarded as the most successful female surfer in history. She paved the way for women's surfing and has been applauded for providing services to the sport, as well as different communities, charities and boards.

CAPTAIN
Marin Karaban

CAPTAIN
Jordan-Leigh Hartland

VICE CAPTAIN
Sean Lowry

VICE CAPTAIN
Emma Katen

HOUSE PATRON
Mr Wilcox

HOUSE PATRON
Ms King
John Eales is an Australian former rugby union player and the most successful captain in the history of Australian rugby. He is also an Ambassador for the Australian Indigenous Education Foundation.
Ian Thorpe (OAM) won five Olympic gold medals, the greatest total of any Australian. At 15, he was the youngest world champion in history. Awarded a Human Rights Medal for his charity work with Indigenous children, he was presented with a Doctor of Letters from Macquarie University in recognition of his extraordinary contribution for the sport, philanthropy and Indigenous rights. He was the 2000 Young Australian of the Year.
Cathy Freeman (OAM) is ranked as the sixth fastest woman of all time. Freeman was the first Aboriginal Commonwealth Games gold medalist, at age 16. In 2007 she founded the Cathy Freeman Foundation to give Australian Indigenous children a brighter future through education.

CAPTAIN Mitchell Sinden
CAPTAIN Emma Moran

VICE CAPTAIN Shihab Saqqaf
VICE CAPTAIN Meg Stummer

HOUSE PATRON Ms Denny
HOUSE PATRON Ms James
From the P&C President

I am very excited to become the new P&C President. Muirfield High School is a welcoming and caring place to be and it is nice to feel a part of the school community. I hope that many new parents will attend the “Meet and Greet” evening, complete the P&C survey, come along to the next P&C meeting on 11th March, or perhaps make a regular appearance at one of our subcommittee meetings. Parent participation in high school is a great way to find out what is going on at school and to engage with other parents in the school community.

Thank you to all parents, both new and current, who came along to our Meet & Greet Evening. It was great to meet you, answer questions and allow you to mingle with other parents. We look forward to seeing you around school.

Thank you to those who have already completed our P&C two minute survey. If you have not yet completed it, please complete it to provide us with really helpful information and your contact details! The link will be emailed separately.

CANTEEN

Please make our new canteen assistant, Catherine Cameron, feel welcome in the Canteen. She has joined Jannine Smith, our relatively new Canteen Manager this week. Some new initiatives in the Canteen that you may have noticed include some nice home baked goodies like Banana Bread for morning tea and have begun ‘instagramming’ our specials for the kids to select from!

UNIFORM SHOP

Winter black jacket orders were due on 27th February. Thank you for assisting in this process to ensure we will be placing our order in plenty of time for winter.

FUNDRAISING

The P&C Fundraising committee organised a BBQ at Bunnings at North Parramatta on Sunday 22nd and raised approx. $590 from this. It was a quiet day at the store, but the volunteers were plentiful and it was an enjoyable day. Many thanks to our volunteer families: Rieger, Williams, Cuskelley, Houghton, Bowman, Lea, Batten, Townshend, Farrugia, Power, Gabb, McNee, Grant, Forbes and Copland families.

P&C Fundraising Committee are planning an Election Day BBQ and Cake Stall on 28th March. We require bakers who may be able to drop off some lovely home baked goodies to the canteen between 10am-12pm on that day. Please drop them off if you can when you come to vote! Here is a link to the roster if you are able to be there to help on BBQ or stall on the day.

https://docs.google.com/spreadsheets/d/1ZN117 -rg7njkS DitNNnVvW9M6klJSB38lW8aYiSl/edit? usp=sharing
**CAPA**

We are looking forward to seeing new parents come to support our CAPA (Creative and Performing Arts) Parent Committee this year. Committee members support, promote and fundraise for a wide variety of the Band, Dance and Visual Arts activities throughout the year, including MADD, Summer Arts, Drama, Band events, etc.

**P&C EVENTS & MEETINGS THIS TERM:**

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<tr>
<td>“Meet and Greet”</td>
<td>Parents and key staff</td>
<td>Wednesday 4 March 7.30pm</td>
<td>Common Room</td>
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<tr>
<td>CAPA parent committee meeting</td>
<td>Parents</td>
<td>Thursday 5 March 7.00pm</td>
<td>Common Room</td>
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<tr>
<td>P&amp;C General Meeting</td>
<td>All parents</td>
<td>Wednesday 11 March 7.30pm</td>
<td>Common Room</td>
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<tr>
<td>Year 7 Lawn Bowls</td>
<td>Year 7 Parents</td>
<td>Sunday 22 March at 3pm</td>
<td>Northmead Bowling Club</td>
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<tr>
<td>Fundraising/Grant committee meeting</td>
<td>Parents</td>
<td>Monday 23 March at 7.30pm</td>
<td>Common Room</td>
</tr>
<tr>
<td>Election BBQ and Cake Stall</td>
<td>Parent helpers and bakers required!</td>
<td>Saturday 28 March from 11-2pm (Baked goods drop-off 10am-12pm)</td>
<td>Outside the school hall (baked goods to canteen)</td>
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I look forward to seeing many of you on 11th March for our P&C General Meeting. We welcome your input and encourage your participation. Please contact me with any questions at the P&C email address: muirfield.p.and.c@gmail.com.

Narelle Williams
Muirfield High P&C President
Farewell Lynda

Lynda has been an integral part of the Muirfield High School community for over 15 years. Please join us in thanking Lynda for all her hard work, both as a volunteer and as an employee of the P&C.

Wednesday March 18th, 2015, 7 p.m.
The Winston
170 Caroline Chisholm Drive
Winston Hills

Everyone Welcome!

RSVP to muirfield.p.and.c@gmail.com by 11/3/15 to help us book tables.
NB: The Winston is a pub and people are welcome to come for a light meal, dinner or drink, whatever works best for you.

LAWN BOWLS AFTERNOON

To all Muirfield Year 7 Parents!

You are invited to a “BAREFOOT BOWLING” social afternoon on:
Sunday 22nd March at 3pm
Northmead Bowling Club, 106 Windsor Rd, Northmead.

Now our kids have settled into high school, it would be great for us to let our hair down, catch up and get to know each other! It should be fun!

Cost: $12 per player is payable to the club on the day and includes bowls and instruction.
Please RSVP by 18th March to ensure our booking is confirmed
To muirfield.p.and.c@gmail.com

From Muirfield High School P&C
Year 7 Camp

In Week 4 of Term 1, Year 7 were lucky enough to go on the Great Aussie Bush Camp up near Foster on the North Coast. This was the first year group activity that we did as High School students and one that has given us experiences and memories that will last for a lifetime.

We were away for 3 days and 2 nights, and in that time we got to participate in an extensive number of activities, such as the Giant Swing which was 14 metres tall, the mud run, archery, the beach where we could go sailing and played beach games, a commando night activity, the battle of the sexes also a night activity, high ropes course, indoor rock climbing, and canoeing.

Each and every morning we had to get up at 6:00am and go for breakfast. At night it was into bed by 10:00pm, but not many of us were asleep at that time, as most rooms discussed and chatted late into the evening, the events of the day and the activities completed. The food was cereal for breakfast, sandwiches for lunch and a regular dinner. The drive took 2 and a half hours on the way there and the same on the way back where we were meet by Ms Reeves and collected at 4pm by our parents.

To sum up the camp was a good bonding experience for the new high school students. We had Peer Support Leaders who came with us to help us in activities, and there were the teachers who made the rules and made sure we were doing the right thing.

We would like to thank Mr Wilcox for his organisation and running of the Year 7 Camp, as well as a big thank you to all the staff who generously gave of their time to go on camp with us.

We had a great time!

Matthew Hollins and Connor van Leeuwen
No knives at school

Parent Fact Sheet

SAFETY AND SECURITY DIRECTORATE

There is no good reason to bring a knife to school.

NSW now has the toughest knife laws in Australia. As a parent, you need to be aware of these laws, as you can also be charged if you allow your child to carry a knife.

No knives allowed at school under any circumstances.

- If a student has a knife at school the principal may call the police.
- The student may be expelled or suspended immediately. Possessing a knife includes your child simply having one in their bag or locker. Having a knife for self-protection is also illegal. If you are concerned about your child’s wellbeing or safety, contact the principal.
- Tough penalties apply for children convicted of knife offences, including gaol sentences of up to 25 years if someone is injured with a knife during an assault.

What kind of knives are prohibited?

As school policy is designed to keep all students safe, no type of knife is allowed at school. No type of knife is allowed at school. That means no butter knives or fruit knives in lunchboxes, or knife tools for craft purposes.

- Flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives and star knives are all prohibited.
- Your child cannot bring to school any item that can be used as a weapon (such as a chisel).
- In lessons requiring the use of knives, for example cooking or trades, your child’s teacher will supply and supervise the use of the tools.
- There are some senior subjects, such as hospitality, where children may be required to have their own knives.

The law makes parents responsible

Your child’s school will advise you about these courses and the procedures for carrying knives legally to and from school and TAFE.

You need to make certain your child is aware of the school’s rules and the State laws about knives.

If you allow your child to carry or possess a knife at school or in a public place, you can be charged.

- The police can search any child they suspect of having a knife. They can confiscate any dangerous object they might find during the search.
- Your child must comply with such a police search, or they may be arrested and charged.
- It is also illegal for anyone to sell a knife to anyone who is less than 16 years old.

Every child has the right to feel safe and secure at school. There is no good reason for a child to ever have a knife at school.

If you want to talk about children and knives at school, please contact the principal.
Mobile Phone and Electronic Devices Policy

It is accepted that many parents wish students to have mobile phones in their possession during the school day and electronic devices can be a learning tool. For this reason there is no ban on possession at school.

The school only has an issue should a mobile phone or other electronic device be used inappropriately. Inappropriately means it:

- Disrupts or is likely to disrupt the school learning environment,
- Is used to bully or intimidate through calls, SMS, Text message, photographic, video, recording others without their permission, or other data transfer.

**Theft or damage:**
- Students should mark their mobile phone clearly with their names.
- To reduce the risk of theft during school hours, students who carry mobile phones are advised to keep them well concealed and not ‘advertise’ they have them.
- Mobile phones that are found in the school and whose owner cannot be located should be handed to front office reception.
- The school accepts no responsibility for replacing lost, stolen or damaged mobile phones. Students bring these devices to school at their own risk.

**Inappropriate conduct:**
- Any student/s caught using a mobile phone to cheat in examinations or assessments will face disciplinary action.
- Any student who uses vulgar, derogatory, or obscene language while using a mobile phone will face disciplinary action.

Students with mobile phones may not engage in personal attacks, harass another person, or post private information about another person using SMS messages, taking/sending photos or objectionable images, and phone calls.

To view Muirfield High School’s Mobile Phone & Electronic Devices Policy visit our website:  
2014-2015 Family Energy Rebate

Apply before Midnight 16 June 2015

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
- PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
## Term One 2015

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<th>Week</th>
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<tr>
<td>March 7</td>
<td>Yr 8 Swim School</td>
<td>Yr 11 &amp; 12 Parent Teacher Night</td>
<td>Grade Sport vs Cumberland</td>
<td>Yr 8 Swim School</td>
<td>Yr 11 &amp; 12 VA &amp; Photography excursion</td>
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<td>March 8</td>
<td>Open Boys Soccer Training 2.45 - 4.15pm</td>
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<td>Grade Sport vs Model Farms</td>
<td>After School Drama 2.45 - 4.15pm</td>
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<td>March 9</td>
<td>Year 12 Assessment Week</td>
<td></td>
<td>Grade Sport vs James Ruse</td>
<td>After School Drama 2.45 - 4.15pm</td>
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<tr>
<td>March/April 10</td>
<td>Year 12 Assessment Week</td>
<td></td>
<td>After School Drama 2.45 - 4.15pm</td>
<td>Recognition Assembly</td>
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<tr>
<td>April</td>
<td>Easter Monday</td>
<td></td>
<td>After School Drama 2.45 - 4.15pm</td>
<td>After School Drama 2.45 - 4.15pm</td>
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## Term Two 2015

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<tr>
<td>April 1</td>
<td>School Development Day</td>
<td>Students return to school</td>
<td>Grade Sport Trials</td>
<td>After School Drama 2.45 - 4.15pm</td>
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<td>April/May 2</td>
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<td></td>
<td>After School Drama 2.45 - 4.15pm</td>
<td>Zone Cross Country</td>
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<td>May 3</td>
<td>IDT Work Placement</td>
<td></td>
<td>Grade Sport vs Northmead</td>
<td>After School Drama 2.45 - 4.15pm</td>
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<tr>
<td>May 4</td>
<td>IDT Work Placement</td>
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<td>After School Drama 2.45 - 4.15pm</td>
<td>Yr 11 Biology Excursion</td>
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<td>May 5</td>
<td>NAPLAN Yrs 7 &amp; 9</td>
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<td>Yr 8 Mind Matters</td>
<td>CAPA Committee Meeting</td>
<td>School Athletics Carnival</td>
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<td>May 6</td>
<td>Yr 7 Vaccinations</td>
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<td>Grade Sport vs Baulkham Hills</td>
<td>After School Drama 2.45 - 4.15pm</td>
<td>Yr 12 Careers Expo</td>
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<td>June 7</td>
<td>CAPA Incursion</td>
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<td>After School Drama 2.45 - 4.15pm</td>
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<td>June 8</td>
<td>Queen’s Birthday</td>
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<td>Sydney West Cross Country</td>
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<td>June 9</td>
<td>HSC Trials</td>
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<td>P&amp;C Meeting 7.30pm</td>
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<td>June 10</td>
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Note: The above calendar includes various school activities including sport trials, parent teacher nights, academic assessments, and excursions. The schedule is designed to balance academic and extra-curricular activities to ensure students' well-being and engagement throughout the academic year.
Learning in the Hills has vacancies in all our classes on selected days.

Social and tutored classes include Dressmaking, Painting, Embroidery, Mosaics, Upholstery, Paper Quilling, Patchwork and Quilting, Tai Chi, Yoga, talking points, silk painting.

New classes for this term include Chess, Ribbon Embroidery and evening Art Classes.

Our classes are a great way to learn a new skill, and meet new people all in a relaxed learning environment.

A full program is available at www.hca.org.au/learning-in-the-hills/ or please contact Learning in the Hills 9639 7918, micib@hca.org.au.
Addressing Angry Teens in the Family

A Free Parent Forum

This free forum is being provided by professional services to better equip parents in addressing and dealing with anger issues in teens, and to assist parents to resolve conflict in the family dynamics.

Topics include:
- Healthy relationships with your teenager
- Warning signs and legal ramifications
- Positive strategies to resolve issues

Where:
Castle Grand Community Centre
Pioneer Room 2
Cnr. Castle & Pennant Streets, Castle Hill

When:
Tuesday, 24 March 2015
6.30pm-9.00pm

FREE Admission and Refreshments | FREE access to Professional Advice

For bookings and further information contact:
Carol on 0408 705 868 or Donna on 0416 082 826 OR Email — hillsparentforum@gmail.com

Rising Football Club

IT'S NOT TOO LATE TO REGISTER
We still have spots in most age groups.
(Call the relevant VP below for more details)

Small-sided games (Non-Competitive) Under 6, 7, 8, 9, and 10.
Competitive Teams - Under 11-U23, All Age and Over 35s & 45s
"Mixed" Competition played Saturdays
"Girls only" Competition (from Under 6s) played Sundays
All games played in the local Gladesville-Hornsby district

Contacts
Dane Madden - Mens Div 1 0406 932 833
Wayne You - Junior U14 0416 646 712
Rob Lavini - Girls Div 0416 686 672

www.northrockssoccerclub.com

The Friendly Place to Play Football

North Rocks Soccer Club is looking for a couple more girls to fill positions in its Under 9 & Under 12 Girls teams.

Games are played Sunday mornings.

Please contact us urgently
Phone Jane Willis, Club Registrar on 0424 578 240
www.nrsfc.com.au

Australian Badminton Academy

CALL FOR AVAILABILITY
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