

Principal: Megan Lockery

Deputy Principal K-2: Katrin Cornell

Deputy Principal 3-6: Caroline Desmond

Lindfield Lines

Term 1 Week 9

23 March 2016

Upcoming Events

Thursday, 24 March 2016

School Photos

Friday, 25 March 2016

PUBLIC HOLIDAY - Good Friday

Monday, 28 March 2016

PUBLIC HOLIDAY - Easter Monday

Tuesday, 29 March 2016

Lindfield Blue Assembly
Concert Band to perform

Friday, 1 April 2016

No summer PSSA - winter PSSA trials

Friday, 8 April 2016

Summer PSSA
Last Day of Term 1

Tuesday, 26 April 2016

Staff Development Day

Wednesday, 27 April 2016

Day 1 of Term 2 for students

Further upcoming events can be viewed by clicking on Calendar on the home page of the school website:

www.lindfield-p.schools.nsw.edu.au



Education

Principal's Report

Zone Swimming Champions!

Congratulations to the Zone Swimming team for a superb performance at the Ku-ring-gai Zone Carnival. We have claimed the crown as Zone Champions once again! Special congratulations go to the following students who have been awarded zone championships: Ellie B - Junior Girls Zone Champion; Luke E - Junior Boys Zone Runner Up; Miki C - Junior Girls Zone Runner Up; and Chloe K - Senior Girls Zone Runner Up. Best wishes to those swimmers who will compete in the State Carnival later this term.

Harmony Day – 'Our diversity is our strength'

Students wore a splash of orange on Monday to recognise Harmony Day. In class lessons they celebrated differences, discussed accepting others for who they are, practised tolerance and appreciated cultural diversity. Very soon, the hall will display the artworks completed on the day, showing people with hands joined together getting on.



Best Wishes Mrs Desmond

Mrs Desmond has commenced a well-earned break on long service leave to go travelling until next term. We thank Miss Mustaca for taking on the role of relieving Deputy Principal and Miss Rampe for relieving as the Year 3 Assistant Principal.

Baby Announcements

Congratulations to Mrs Louise Hallinan on the birth of twins (a boy and a girl) and to Mrs Ellie Sassé on the birth of a baby boy.

Principal's Report continued

Fees – Annual School Contributions

Payment of the \$160.00 per child Annual School Voluntary Contributions is due by this Friday. My thanks to the many families who have already paid these to support education at Lindfield PS. This money assists us to provide an enriched learning experience for all students. Next week we will issue the Term 1 Accounts to cover excursions, incursions, activities and special resources.

Mathletics and Mobile Device Updates

Please find a link here to some information about Mathletics on tablets. It can also be found on the school website under 'Notes'. The link is

<http://www.lindfield-p.schools.nsw.edu.au/documents/37409809/37417149/guidemathleticsfortablets.pdf>

Also, please be aware that all updates for iOS for devices should be done at home with the devices plugged in as these updates use up our valuable bandwidth and prevent us from using our technology at school. Some of these updates can take up to an hour or more to download and install. Thank you.

Killara Schools Partnership

Yesterday our school student leaders shared a video conference with our Killara Schools Partnership. Students addressed the topic of 'What Makes Our School Special'. It is clear that all students take pride in their schools and have a sense of belonging. They were also given the opportunity to ask questions of each other and follow up on activities from each of the schools involved – Beaumont Rd, Killara PS, Roseville PS, Gordon East PS, Lindfield East PS and Killara High School.



Promoting Intercultural Understanding

Mrs Desmond and I attended the City/Country Alliance Conference to further our intercultural understanding and to strengthen partnerships with different cultural groups and schools. One outstanding speaker was Dr Tim Soutphommasane, the Race Discrimination Commissioner of the Human Rights Commission. He spoke of his own experiences as a first generation Australian in south-west Sydney and the key role of education in conquering racism. We also visited a mosque and synagogue and heard about the Mungo Camp attended by indigenous and non-indigenous students to promote understanding of indigenous culture.



Megan Lockery
Principal

Deputy Principals' Report

Reminder – School Photo Day – Thursday, 24 March 2016

All students are to wear full summer uniform, if your child's class has a PE lesson on Thursday, the lesson will be adapted accordingly.

Area Swimming Champions off to the State Carnival

Finally it is official; our amazing LPS swim team won the Zone Swimming Carnival! On the back of this success, last Wednesday, 22 LPS students attended the Sydney North Swimming Carnival at Sydney Olympic Park. It was a very successful day as many of our students have qualified for the NSWPSSA Swimming State Carnival from 6 - 7 April 2016 at Sydney Olympic Park. Congratulations to all the LPS relay teams who have qualified for the NSWPSSA Swimming State Carnival and our senior boys and girls relay teams for setting a new record for the Sydney North Swimming Carnival.

Congratulations to the following students for qualifying for the NSWPSSA Swimming State Carnival:

Chloe K:	11 years 50m Breaststroke
Jessica N:	11 years 50m Freestyle
Ellie B:	10 years 50m Freestyle and Junior 50m Backstroke
Luke E:	Junior 50m Backstroke
Lachlan E:	12/13 50m Backstroke
Junior Boys Relay:	Jack H, Tristan M, Luke E and Kai H
Junior Girls Relay:	Ellie B, Consuela Z, Chloe H and Miki C
Senior Boys Relay:	Ned R, David Y, Toby L and Lachlan E
Senior Girls Relay:	Maddie H, Chloe K, Jessica N and Freya C



Junior Girls: Consuela Z, Ellie B, Chloe H, Miki C



Junior Boys: Jack H, Luke E, Tristan M, Kai H



Senior Girls - Freya C, Maddie H, Chloe K & Jessica N



Senior Boys - Ned R, David Y, Lachlan E, Toby L

Class Swimming

This week is the last official week of class swimming. However, due to the swimming carnivals, Good Friday and lightning last week, we will be holding catch up swimming lessons as follows in Week 10.

Tuesday: 9.00 am Class 5/6D, 2.00 pm Class 2M

Wednesday: as per normal timetable

Thursday: as per normal timetable

Friday: as per normal timetable

We would like to thank Larissa and Oleg for the outstanding lessons that they provide for our students and for their ongoing support to promote swimming in our community. We are very lucky to have such dedicated and passionate swimming teachers on our staff.

Garden Club

The Garden Club has been busy planting our autumn seeds and took much pleasure in learning about the ways in which we plant particular vegetables. We are looking forward to planting potatoes in the coming months as well as some more herbs and vegetables. All of our produce is organically grown and chemical free. It is a pleasure for Mrs Cornell, Mrs Emeny, Mr Bodnar, Miss Ginges and Miss Buckle to lead this group.



Anti-Bullying Day

Last Friday all students participated in the National Day of Action against bullying and violence. More than 930,000 students from over 2,060 schools took part. Students may wear their 'Take A Stand Against Bullying' wristbands until the end of Term 1. If you are interested in some of the anti-bullying work the children have been engaged in, we recommend you log into the links below. In ICT classes last week, students have been looking at the resources on the following sites:
<http://www.takeastandtogether.gov.au/>

Years 1-4 have looked and talked about the following videos:

Hector's World You're Not Alone: <https://vimeo.com/113869728>

The Alien Adventure (12 minutes): <https://www.youtube.com/watch?v=QZctCgyj4NA>

Claymation Student Workshops

Students in Year 4 are participating in whole day Claymation lessons in class this term. Year 3 classes and 3/4E will have their chance to make their Claymation videos in Term 3. This week 4M and 4N completed their Claymation videos. In the lead up to the day, students planned and drafted their activities by creating the story, and creating the scene while developing skills such as using a storyboard to plan the animation and making backdrops so that the scene looks authentic. On the workshop day, each group created characters and props and shot, edited and produced their movie. The end products brought their ideas to life utilising appropriate multi-modal elements to engage their audience.



Katrin Cornell
Deputy Principal

Angela Mustaca
Relieving Deputy Principal

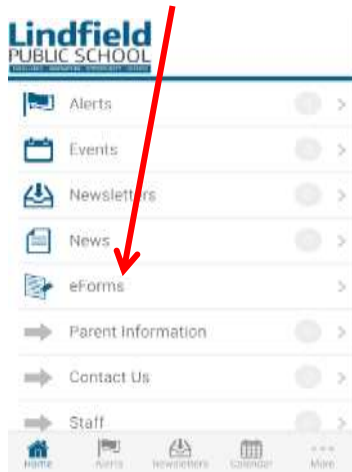
Absentee Notification

The Absentee Telephone Line is no longer in operation. We would appreciate it if you record student absences via the **Skoolbag app** which can be downloaded from the app store. Just search for Lindfield Public School.

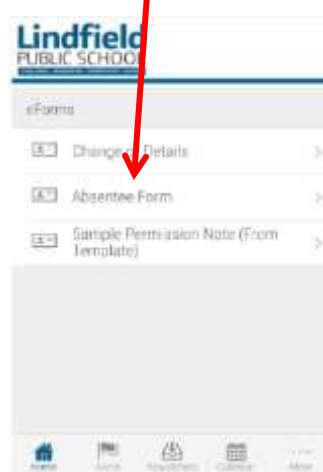
Simply open the app



Select the eForms tab



Select the Absentee Form tab



Community Notice Board

All community notice/flyers can now be found under the Parent and Community link on our website. <http://www.lindfield-p.schools.nsw.edu.au/p-c-website/community-notice-board>

Medical Alert Updates 2016

Please ensure all the children with anaphylaxis and other medical conditions, hand in their updated action plans. Kindly ask your doctors to sign, stamp and date them. The school needs to receive a coloured copy of the action plan for our health records. All students with a known medical condition must provide updated health plans for 2016. Thank you for your ongoing support.

Notes Sent Home

Notes available to download from the school website: www.lindfield-p.schools.nsw.edu.au

Please look under the "Notes" tab.



Work on Display



Work on display in the office for this week

1C and 5G

Anaphylaxis at Lindfield Public School

At Lindfield Public School in 2016, we have a small number of children with a potentially life threatening allergic reaction. They are found across our school from Kindergarten to Year 6. How can parents help these children?

- If possible, choose alternative sandwich spreads to peanut butter and Nutella. If you have no alternative, inform your child that these foods can trigger an anaphylactic reaction.
- Reinforce the school's **NO FOOD SHARING** message.

String Program - No Rehearsals next Monday, 28 March 2016

Please note that there will be no rehearsals next Monday, 28 March 2016 due to the Easter Monday public holiday. **However, rehearsals will return to normal on Monday, 4 April 2016.**

PSSA

There will be no PSSA games or training this Friday due to the Good Friday public holiday.

Library News

A great big THANK YOU! from the library staff to the large number of parents and carers who donated their valuable time, both at home and at school, to cover books for our Library and our Years 3-6 Reading Room over the past week. Our mountain of books has been reduced to a very small hill! We have really appreciated all the help you provided!

We are currently regrouping but will have more books available for covering at home soon if you would like to help out! Just pop up to the library to collect a bundle of books and some contact.



Miss Liddell, Mrs Kroie and Mrs Fogden
Library Staff

NSW School Holidays and Term Dates

	Start Date	End Date
Term 1	Thursday, 28 January 2016	Friday, 8 April 2016
Term 1 Holidays	Saturday, 9 April 2016	Tuesday, 26 April 2016
Term 2	Wednesday, 27 April 2016	Friday, 1 July 2016
Term 2 Holidays	Saturday, 2 July 2016	Monday, 18 July 2016
Term 3	Tuesday, 19 July 2016	Friday, 23 September 2016
Term 3 Holidays	Saturday, 24 September 2016	Sunday, 9 October 2016
Term 4	Monday, 10 October 2016	Friday, 16 December 2016
Staff Development Days: Term 1 - Wednesday, 27 January 2016 Term 2 - Tuesday, 26 April 2016 Term 3 - Monday, 18 July 2016 Term 4 - Monday, 19 December 2016 and Tuesday, 20 December 2016 (TBC)		

MindQuest 2016

Glenwood High School

Corner Forman Avenue and Glenwood Park Avenue
GLENWOOD NSW 2768

Saturday, 4 June 2016 & Sunday, 5 June 2016

9:30 am - 3:30 pm



On Saturday, 4 June 2016 and Sunday, 5 June 2016, the seventy ninth **MindQuest** program will be held for gifted and talented primary students from Years 1-6 at Glenwood High School. These include gifted and talented students, gifted underachievers and students with well above average ability with a special interest. Students will have the opportunity to participate in over **36 exciting, fast paced courses in the two day program**. They include courses in chemistry, earth sciences, drama, lego robotics and much more. Most of these highly successful courses have been run in the past and students' evaluations suggest that they have been challenged and enriched by the experience. The cost of the weekend is \$190.00 (including GST).

Glenwood High School is in the Baulkham Hills area close to the M7 and is easy to get to from most parts of Sydney. It is 20 minutes from Beecroft, 35 minutes from North Sydney, 25 minutes from Strathfield and 30 minutes from Richmond, Penrith and Hornsby.

You can collect the *MindQuest* brochure from the Lindfield Public School office – please note there are a limited number of brochures.

Or you can contact Shelagh Poray, Director, NSW Talent Centre Pty Ltd on 02 4232 2494

Closing date for enrolment: Friday, 6 May 2016



Vacation Care: Monday 11 April to Tuesday 26 April

Bookings Now Open!

Have you booked your spot for the upcoming school holidays? We have a wonderful, fun filled, school holiday program and you are now able to claim CCB and CCR for the holiday period.

If you would like to book, please either come in and see us or visit our website to download the enrolment forms: www.lindfieldactivitycentre.com.au

2016 Interschool's Snow Sports Championships



Skiing And Boarding



The interschool's regionals are in July. If your children love to ski or snowboard, join the Lindfield Public Snow Sports Team in 2016. Interschool's is a lot of fun for the whole family. You don't have to be a fantastic skier or boarder to participate. It is a wonderful experience for the children to learn to race.

This year's interschool's dates are as follows:

- **Regional Championships:** Thredbo 6 July 2016 to 9 July 2016
- **State Championships:** Thredbo 24 August 2016 to 28 August 2016
- **Nationals:** Perisher 7 September 2016 to 11 September 2016

The disciplines available to compete in are:

- **Alpine** (skiers are timed on a modified giant slalom course)
- **Skiercross** (skiers are timed on a slope-style course)
- **Freestyle Moguls** (skiers are scored on a bumps/jumps course)
- **Snowboard GS** (boarders are timed on a modified giant slalom course)
- **SnowboardX** (boarders are timed on a slope-style course)

Cross Country is also available at state and national levels.

The race costs are:

1. Annual Registration is \$30.00 per person (includes even insurance).
2. Each race is \$40.00 per racer, per event.

Once registered, you will be required to sign participation waivers.

For further details, please see the website: <http://nswinterschools.com.au/>

The competition is in divisions according to your year at school. Board, moguls and skier cross there is Division 5 (Kindergarten to Year 4) or Division 4 (Years 5 and 6). Alpine, there is an additional Division 6 (Kindergarten to Year 2) and then Division 5 becomes Years 3 and 4.

Lindfield has been competing in the Championships since 2002 (and 1996/97 seasons). Some of Lindfield's competitors have made it to state level and/or Nationals. Over the past two years, a current student at Lindfield has competed at Nationals.

If you are interested in any further information, please e-mail Isabel Heaven at: iheaven@optusnet.com.au.

Canteen



Easter Egg Fundraiser

All Easter egg money is now overdue. If you have not returned your money to the canteen yet please do so as soon as possible.

All money raised from this fundraiser will buy new functional and flexible furniture for every class K-6.

Did You Know?

The canteen sells freshly made tossed salad for \$3.00 a tub. The Quench drinks sold in the canteen have less sugar than a juice popper. Why don't you try one of these items on your next lunch order?

Roster – Term 1 Weeks 9 and 10

Week 9 (9:00 am – 2:00 pm)

Thursday, 24 March 2016	Friday, 25 March 2016
Sunhyun Kim	PUBLIC HOLIDAY GOOD FRIDAY
Steph Deck	
Gabby Hunter	

Week 10 (9:00 am – 2:00 pm)

Monday, 28 March 2016	Tuesday, 29 March 2016
PUBLIC HOLIDAY EASTER MONDAY	Rachel Smith
	Garpreet Paneser

Wednesday, 30 March 2016	Thursday, 31 March 2016
Kate Quigley	Kyle McDermott
Jo Bush	Jasmine Jin
	Bonnie Thorn

Friday, 1 April 2016
Laura Stipo
Kellie Marshall
(9:00 am -12:00 pm) Karen Reynolds
(9:00 am -12:00 pm) Deborah Crampton
(9:00 am -12:00 pm) Katherine Qian

Any Canteen queries

or to Volunteer for the

HELPER NEEDED

slots

please contact:

Debbie Bryant

9416 1903

(ask for Canteen)

Clothing Pool



Clothing Pool Opening Hours: 8:30 am - 9:30 am Wednesdays and Thursdays

Please note that the Clothing Pool will be closed in Week 11 (Wednesday, 6 April and Thursday, 7 April). **However, it will be open Tuesday, Wednesday, Thursday and Friday in Week 10.**

Don't forget the **ONLINE ordering** option – easy and secure via the P&C website. Orders are then delivered to your child's class, usually on Wednesdays or Thursdays. **PLEASE** include your child's name and class.

PLEASE LABEL YOUR BELONGINGS

News

Be ready for the cooler change - we have stock in sizes 4 - 16 for our v-neck school jumpers and our very popular zip jackets. We also have the winter jackets ready for the cooler weather.



Zip jackets also in **size 2**



- Come and check out these fabulous raincoats
- Lightweight and they really do a great job keeping the kids dry!
- Available for the kids in yellow only
- Also available in **adult** sizes in different colours (eg green, blue, raspberry etc) – please see Greti for more details about adult orders

Raincoats \$24

Our Upcoming Volunteers' Roster

	Wednesday, 23 March 2016	Thursday, 24 March 2016
Week 9	Greti Lindsay Jean Nightingale Susan Hobson	Greti Lindsay Barbara Liebenberg Ros Anderson-Gingold

Greti Lindsay
Clothing Shop Manager
orders@lpspandc.org.au

Band Program



2016 State Music Camp

For those keen Year 5 & 6 musicians, please read on for details of the 2016 State music camp – four of our students went last year and had a wonderful time. Our musical director, Megan Lipworth, attends this camp so if you have any questions, please approach Megan directly and she will be happy to help. It is a wonderful opportunity for participants to improve their performance skills and bring back the benefits for the whole of our band.

Students from NSW Government schools have been attending State Music Camps for more than 60 years. Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles, rock band and saxophone ensemble) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, stage band, jazz improvisation, composition, music technology, music theatre, music and movement.

State Junior (Years 5 – 8) Music Camp: Sunday, 17 July 2016 – Friday, 22 July 2016 (first week Term 3) at the Sydney Academy of Sport, Wakehurst Parkway, Narrabeen.

Follow the link below to apply - applications close on Friday, 6 May 2016.

Student applications: <https://www.artsunit.nsw.edu.au/music/music-camp-student-applications>

Band Calendar

Please note: we have added a few dates – details on timings will come when available.

TERM 1	
Week 9	Tuesday, 22 March 2016 JB open rehearsal 3:00 pm – 4:15 pm – all parents/carers invited
Week 10	Tuesday, 29 March 2016 CB to perform at school Lindfield Blue assembly 2:00 pm (not IB as planned)
Week 11	Wednesday, 6 April 2016 CB open rehearsal 3:00 pm – 4:15: pm – all parents/carers invited
Week 11	Thursday, 7 April 2016 IB open rehearsal 3:00 pm – 4:15 pm - all parents/carers invited
Week 11	Friday, 8 April 2016 CB to perform at Anzac Day assembly 11:50 am
TERM 2	
Week 2	Friday, 6 May 2016 CB perform at Mother's Day breakfast (TBC)
Week 4	Year 5 Camp (Wednesday, 18 May 2016 to Friday, 20 May 2016)
Week 5	CB perform at Cromehurst School (TBC)
Week 7	Monday, 6 June 2016 SB open rehearsal – all parents/carers invited (TBC)
Week 9	Sunday, 19 June 2016 to Tuesday, 21 June 2016 Music camp – all ensembles
Week 10	Tuesday, 28 June 2016 SB perform at Lindfield Manor Retirement Village (during school hours)
TERM 3	
Week 5	Sunday, 21 August 2016 JB, CB & SB perform at NSW Band Festival at UNSW (TBC)
Week 7	Friday, 2 September 2016 IB perform at North Shore Band Festival (time TBC)

We welcome feedback throughout the year on any aspect of the band program, so please either let your band reps know, or e-mail the band co-convenors, Megan Bryant and Michelle Taylor, directly on band@lpspandc.org.au.

Megan Bryant and Michelle Taylor
Band Co-convenors
band@lpspandc.org.au

Social Justice



Annual Mega Charity Garage Sale Huge Success!

Thank you for the eight car loads of items donated by LPS families and especially to the small but hard working team of parents and carers who made time to sort, load and transport them all!

The WiseKidsWorld Charity Garage sale at Beecroft scout and guide halls over the weekend raised \$11,745!

This year our share goes to the kids from 100% Hope, Uganda who are visiting us in May.

Left: Social Justice kids selling at the LPS sort and sale on Wednesday - \$230 was raised that day.



Happy Harmony Day week

We hope all your children enjoyed the in-class activities and had a chance to reflect on the contribution made by having many cultures living in Harmony together in our wonderful country.

Congratulations to everyone who helped decorate the school for the week by entering the poster competition.

A special thank you to our prize sponsors Online Tennis, Makiato Sushi, Gelatiamo, 4 Cats Art Studio, Debbie from the Canteen and the Lindfield Learning Hub!

And an extra special thank you to Lucy W and her mum Pip for all their hard work to make this happen! Winners announced next week!



Next LPS Kids Social Justice Meeting

The next LPS Kids Social Justice Meeting is to be held at lunchtime on Monday, 4 April 2016 in Miss Nero's classroom. BYO lunch and pencil case.

Any questions or would like to join the Kids Social Justice Group or to help by becoming a Social Justice supporter? - email: socialjustice@lpspandc.org.au

Nadja Leffler
Social Justice Convenor
socialjustice@lpspandc.org.au

Class Parent Coordinator



Term 1 - Class Social Calendar

Date	Class	Venue
Wednesday, 30 March 2016	3B	Play in the park, 3:00 pm Two Turner's Reserve, Gladstone Parade, Lindfield
Thursday, 31 March 2016	2M	Mums' Dinner, 7:30 pm Monkey King, 33 Pacific Highway, Lindfield
Sunday, 3 April 2016	5/6K	Play in the park, 3:00 pm to 5:00 pm ish 'Flying Fox' Park, Tryon Road, East Lindfield
Thursday, 7 April 2016	KR	Mums' Dinner, 7:30 pm Monkey King, 33 Pacific Highway, Lindfield
Thursday, 7 April 2016	KB	Mums' Dinner, 7:30 pm La Beirut, 552 Pacific Highway, Killara

To have your class social functions in the Lindfield Lines please email by **5:00 pm every Monday of Term.**

Kylie Barter
Class Parent Co-ordinator
cpc@lpspandc.org.au.

Swimming



Easter Break

Please note there will not be any Learn to Swim lessons or squads on Good Friday, Easter Saturday or Easter Monday. Our program does not run on Public Holidays.

April School Holiday Swimming – Week Beginning Monday, 18 April 2016

Holiday swimming will run for one week only during the April school holidays. There is no waitlist. [Click here](#) for the timetable and pricing. [Click here](#) to book holiday swimming.

Term 2 Swimming

We have vacancies for Term 2 swimming in Learn to Swim and Squads. If your child is currently swimming with us and only booked in for Term 1, then they will have first option to extend into Term 2. If your child is on the waitlist, then they will be able to join in Term 2.

Grading – Friday, 1 April 2016 at 3:15 pm

If you would like your child graded for April holiday swimming or Term 2 swimming, then please bring them to the pool on Friday, 1 April 2016 at 3:15 pm. Email Lynne with your child's name and DOB. It only takes a few minutes for each child to be graded. They will need cap and goggles.

If your child is currently swimming with us or swam with us in the January school holidays, we have their grading. It is not necessary to have them regraded.

Important Dates

Term 1

Friday, 1 April 2016: Seahorses Season Finale
School holidays Week 2: School holiday squads and LTS

For questions regarding any aspect of swimming at Lindfield check the Swimming page of the P&C website or email Lynne Sharp - Swimming Administrator swimming@lpspandc.org.au

Lynne Sharp
Swimming Administrator
swimming@lpspandc.org.au

LPS Squads and LTS School Holiday Program

Mon 18th Apr 2016 - Fri 22nd Apr 2016

5.45am	Adults Swim 5.45am-7.00am	
7.15am	Competition/Seniors Dry Land 7.15-8.15am	
8.15am	Competition, Seniors, Intermediate Swim 8.15-9.30am	
9.30am	LANE ROPE CHANGE	
9.40am	Juniors 9.40-10.25am	LTS 9.40-10.10
		LTS 10.10-10.40
10.25am	Minis 10.25am-11.10am	LTS 10.40-11.10

Holiday Pricing		
Squad	per week	day pass
Comp/Snr/Int with dry land	\$100	\$20
Senior/Int swim only	\$70	\$15
Junior and Mini	\$60	\$15
Learn to Swim	\$95	



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"It's so wonderful to have my active, happy, motivated and confident 10 year old boy back."

Go4Fun Parent.



**A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS
AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER
AND IMPROVE THEIR SELF-ESTEEM.**

North Narrabeen

Tuesdays

4.30pm-6.30pm

Starts 26th April 2016

**Pittwater
Sports Centre**

1525 Pittwater Rd
North Narrabeen

Hornsby

Tuesdays

4.30pm-6.30pm

Starts 26th April 2016

Hornsby PCYC

Performing Arts Centre
22 Waitara Ave,
Waitara

Ryde

Wednesdays

4.15pm-6.15pm

Starts 27th April 2016

**Ryde Aquatic
Leisure Centre**

504 Victoria Rd , Ryde
(Enter from Karen Moras Dr)

REGISTER NOW FREECALL 1800 780 900 OR GO4FUN.COM.AU



Health
Northern Sydney
Local Health District