From the Principal

Don’t judge each day by the harvest you reap but by the seeds that you plant.
~ Robert Louis Stevenson

Technology and Project Based Learning

Technology is an important aspect of engaging C21st learners and Narrabeen Sports High School is focussed upon catering for our technological savvy students. To meet this end, Year 9 will getting DER laptops later in the term and rooms C1 and C2 have been refurbished with brand new machines.

Staff have been further supported in the implementation of strategies by school based teacher expertise, most recently on the utilisation of Project Based Learning in the classroom. This approach encourages students to think and work collaboratively.

Study skills

In recent weeks our students in Years 10, 11 and 12 have participated in workshops on study skills. Having structured and consistent approaches to study is instrumental to building success. Please check your senior students study timetable which should include approximately one to three hours of study each night, depending on the year level. Teenagers require routine, which once established, builds success. Don’t hesitate to contact relevant year advisers, Ms Peacock or myself for more information on how to help your child in this area.
Year 7 Parent Evening.
It was a pleasure to meet so many new parents over a casual canapé prepared by our wonderful Year 11 Hospitality class, at the Year 7 Parent Evening last Monday to talk about school, life, work and the community. There was a real buzz with lots of friendly banter. Positive, open relationships are at the heart of learning, problem solving and conflict resolution. I hope parents enjoyed it as much as we did.

Year 10 Information Evening
The Year 10 information evening on February 20th was a great success. Ms Peacock, Mr Wigan and myself outlined the structure of the Record of School Achievement (RoSA) qualification and the importance of being focussed upon setting and achieving goals in Year 10. If you have any more questions in relation to this please don’t hesitate to contact one of us.

Swimming Carnival
The school swimming carnival last week was a great success. Thanks to those parents who assisted on the day and a special thanks to Ms Deane who made it happen.

Uniform
Thank you for your support in our students wearing black, leather, lace up shoes. I realise the nature of the change initially caused confusion and apologise for any unnecessary tension . Our students look fantastic and are commenting positively themselves on their appearance.

Attendance
Congratulations to all parents and guardians for the immense support concerning our school target of improving attendance and student lateness to school. This is a strong indicator of likely academic success and something valued highly by the school and the staff. If it is a genuine instance of lateness we require a note on the day from parents. Thanks.

Updated Anaphylaxis Care for Undiagnosed Children
The Department of Education and Communities has recently announced that all government schools will receive a general use adrenaline autoinjector (an EpiPen) for their first aid kit. This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis. Instead the general use adrenaline autoinjector is intended to be used if:
- An undiagnosed student has an anaphylactic reaction at school
- There is a misfire of the adrenaline autoinjector that has been prescribed for a student
- A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered.

Please contact the school if you would like further information in relation to this matter.

NAPLAN – Year 7 & 9
Both year groups had trial NAPLAN Tests last week in preparation for the tests in May. The written component will be a persuasive / exposition text this year. There will be focus on the development of these skills ensuring all Year 7 & 9 students understand the structure of a persuasive / exposition text and have had an opportunity to practise the writing of such a text. We ask parents and carers to please reinforce the importance of mastering this skill as successful writing will support student learning far beyond school.

Coming events of importance
- Open Night 2013 for year 7 2014 March 6th starting in the TAS block at 6pm
- Dux 2012 ceremony March 8th
- Year 8, 10, 12 Parent Teacher Night March 25th

Congratulations and thanks:
- To all students who have represented our school in recent knockout, swimming carnival and academic events. Your efforts in representing our fantastic school are very much appreciated.
- Moritz Fath, Makaela Dowling and Brian De Bono for outstanding performances at the swimming carnival.
- Hannah Dyball winning the Trans Tasman - touch football
- Joshua Judd and Jacob Winston for excellence in athletics and are competing in the Nationals in March.
- Lakshay Kumar and Shannon Dive for winning their tennis competitions at regional trials. They have been selected to compete at the state tennis championships!
- Conor Hickey, Shellie Davis and Hannah Dyball who have been selected in the 'Sydney Scorpions' touch football representative side
Jason Emery Kwo Year 10, Mitch Nero Year 11 for community service.
To all teachers who continue to build capacity through supporting students at World of Maths, Swimming Carnival organisation, Academy organisation, NAPLAN trials, taking knockout teams, Technology implementation and teacher training.

Till next time

Lance Berry
Principal

From the Deputy Principal

Thank you to the many staff and parents who attended the recent Year 7 Parent Evening. This was a valuable opportunity to convey information about the school and develop relationships between staff and parents that will continue for years to come. Parents were issued with the Year 7 Assessment Schedule which outlines assessment tasks in every course and the approximate dates that they are due. This is a valuable document to assist you in monitoring and managing the submission of set tasks. If you were unable to attend, they can be obtained from the Year 7 Adviser, Mr Moore. I would also like to take this opportunity to thank Ms Postle, Ms Kiprioti, and the Year 11 Hospitality class for the preparation of canapés served.

Students in Years 8-12 have been issued with their assessment schedule booklets to assist with monitoring and managing the submission of set tasks. Students in Years 11 and 12 were emailed their schedule. If your child has not brought one home you can access them from your child’s Year Adviser or on the school website under Assessment and Reporting.

Thank you also to the many parents and students who attended the Year 10 RoSA Information Night. Mr Berry, Mr Wigan and I presented regarding study habits, the Board of Studies requirements to receive a RoSA and the supports available to assist students.

Just a reminder, that whilst all staff welcome contact with parents, an appointment must be made for meetings. This can be done by leaving a phone message for the teacher at the Administration Office. It is not appropriate to move through the grounds to teacher’s classrooms or staffrooms as they may be teaching or in confidential meetings. This is also a matter of child protection as we must be aware of all persons on the grounds at all times. Parents are welcome to visit the front office at any time and if I am available I would be happy to discuss any matters of concern but I cannot guarantee my availability and I do not wish to disappoint.
Parent volunteers are most welcome at school. You may be able to assist students in the canteen, covering books, or listening to children read. If you would like to be involved, please contact our Learning and Support Teacher, Ms Rawlinson.

Parents are reminded that inappropriate use of the laptops such as playing games in class will mean the laptop will be confiscated for one week and that students will have to use traditional methods to record their course work. Laptops provide an alternative learning experience for students and they generally enjoy these classes. Laptops must be fully charged each night and brought to class. I would be disappointed to hear that some students were not able to engage in technology lessons due to inappropriate usage.

Year 12 students should have identified their Teacher Mentor by now. The role of the Teacher Mentor is to assist students in planning their time, review examinations and identify strengths and weaknesses at report times. This program is a valuable opportunity for students to work towards their personal best and we urge them use the support provided for them.

I have just reviewed the end of Year 11 reports for our present year 12 students in order to identify those who will be invited to join our High Achievers Club. Students invited received results of 80% or above in six units or more. Over the year, students will engage in workshops designed to move students from Band 5 to 6 and talk to past students who have been successful at the HSC. Whilst these seminars are designed specifically for high achieving students, it is important to note that all students are welcome. These sessions will be run by Mr Berry and myself.

Congratulations to the following Year 12 students who belong to the 2013 High Achievers Club:
Keely, Ebony, Hannah, Alex and Danielle

Lastly, included in this newsletter are information sheets regarding Parent-Teacher-Student interviews. You will notice that bookings are to be made online this year. Simply follow the instructions included in this newsletter. There will also be a mail-out of the same information closer to the date that bookings open. Any parent who cannot access a computer can ring their child’s Year Adviser or bring them a note indicating the times that would suit and they can then make bookings.

Lisa Peacock

Proud supporters of the Peninsula Community of Schools

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Team ‘15 Report

WELCOME

I would like to begin by saying a warm welcome to all new members of Team ‘15 and a welcome back to our existing students and families. Our seven new students Victoria, Taylah, Jordan, Isaac, Moritz, Raoul and Lena have made a fine start at Narrabeen and I have been very impressed with the way they have seamlessly joined our year group.

YEAR 10 PARENT EVENING

Year 10 will be a very exciting and challenging time for Team ‘15. On Wednesday 20 February, parents and students packed into the Staff Common room to discuss the years ahead. Mr Berry spoke about the teenage brain and suggested useful strategies for parents to best support their children through the final years of schooling. Ms Peacock addressed the group about the structure and significance of the Record of School Achievement (ROSA) which replaced the School Certificate last year.

THE MORAL COMPASS

As Year Adviser, I reminded students that as a team, we are now half way through our journey at Narrabeen Sports High School. Through Year 7-9 we made worked together to build the skills and attitudes needed to demonstrate INTEGRITY in all our actions. In Year 10 we now also focus on the school’s other aim: PURPOSE. Team ‘15 is being challenged to set meaningful academic goals to maximise their potential in Year 12 and beyond. The PURPOSE of schooling is to develop the skills and attitudes for lifelong learning and I am very impressed with the way our students are embracing this challenge.
To help students shape their goals I issued all of Year 10 with a reflection sheet. The first question asks students to imagine a “moral compass”. Whilst a regular compass points North, a “moral compass” helps us consider the values most important to us and make those values (such as integrity, justice, courage, perseverance etc) our guiding principles. I have been very impressed with the quality of the responses made by my year group and I look forward to working with them as they grow and develop over the next three years.

YEAR 10 WELFARE AND STUDY SKILLS SESSIONS

Last week Year 10 students enjoyed an interesting performance about Cyber Safety. The performance tackled tough issues including internet addiction, privacy, child safety, pornography, and cyber bullying. **I would like to remind all year 10 that they may ONLY use their personal internet log on. To use any other log on or password is committing fraud.**

On 11th March, Year 10 will participate in study skills workshops designed to make studying “smarter”. The purpose of this seminar will be to equip students with key skills and habits of mind to effectively manage their time and study notes to best prepare for assessments and exams. I hope all Year 10 students will make the most of this opportunity.

STUDENT ACHIEVEMENTS

Already this year there is much to celebrate as Team ‘15 students excel in sport, academics and service. Hannah and Shelly have been recognised for their outstanding performance in Touch Football throughout 2012 by receiving “NSW Blues Awards”; Mateo came runner up in the National Boxing championships in South Australia; and many year 10 students graciously gave up their time to support the SRC assist LifeLine prepare for their fundraiser.

Many year 10 students are also beginning exciting one day a week programs at TAFE. While these courses are a great opportunity, some students may struggle with their academic subjects at school. It is important students make their academic subjects their priority and if they are having difficulties balancing TAFE and school they should speak with me as soon as possible.

QUEENSLAND 2013

I am also pleased to announce that Narrabeen Sports High School’s annual fieldtrip to Queensland has been approved by the Department of Education and Communities. In 2013, students from Year 10 will be invited to join Miss Frost and me for a four day fieldtrip to Stradbroke Island, Brisbane and the Gold Coast. The excursion will take place from 30 November – 3 December and will be an excellent opportunity for students interested in Biology or Geography to experience these subjects before they begin their Senior Study. It will also, be an awesome opportunity to bond as a year group! I hope many Year 10 students will seriously consider joining us for this great excursion!

John Wigan
Year 10 Adviser

Sports News

Athletics
Jacob Winston competed in the NSW Junior Athletics Championships at Homebush this weekend, representing his senior athletics club - Sydney Pacific. Jacob placed third in the U14 Boys long jump, high jump and triple jump. He placed 4th in the U14B 90m hurdles. These results, qualified him in the NSW team for the Australian Junior Athletics Championship which are held in Perth in March.

Joshua Judd, year 11, has also qualified for these championships in the 100m and 200m. We wish both boys all the best for these championships.

Touch Football
Congratulations to Hannah Dyball, year 10, who competed in the Trans Tasman in New Zealand representing Australia in the U/18 team. Her team won the competition which is a fantastic achievement. Well done Hannah!

Congratulations also to Conor Hickey, Elijah Pai (year 8) and Shelli Davis and Hannah Dyball (year 10), Caitlin Cimarosti, Jennaya Wiggins and Jarrah Rogan (year 9) who competed in the State Cup for Touch Football in Port Macquarie.

A special mention to Conor, Hannah and Shelli who were selected in the Sydney Scorpions Representative team. Well done!

Tennis
Congratulations to Lakshay Kumar (year 12) and Shannon Dive (year 10) who both qualified for the State Tennis Championships to be held in March. They both attended the regional trials in Gosford and were selected from this tournament.

Uniform
It is pleasing to see the number of students wearing the correct sports uniform. This consists of the school’s blue T Shirt and blue shorts. We would like to encourage the students to wear proper sporting sneakers and not ‘street shoes’ or slip on shoes. These are not acceptable and can be dangerous when playing some team sports! Students are to wear their sports uniform to school on Wednesday for school sport. On all other days they must wear their school uniform and get changed at school for their PE lessons. Thank you for your support in this!

Parents: Please let me know if your son/daughter is selected in any team outside of school and the results of that competition. Students can sometimes be shy in letting us know how they go, but we would love to acknowledge their

Director General’s Award for School Achievement  ★ Minister’s Award for Cohesive School Community  ★ NAB Schools First Impact Award
sporting achievements inside and outside of the school environment! My email address is: rebecca.deane2@det.nsw.edu.au
Thank you ☺
Rebecca Deane
Sports Coordinator

Swimming Carnival Report
The swimming Carnival was held at Andrew Boy Charlton pool on Monday February 18th. It was a fantastic day with many records and excellent achievements recorded by our swimmers. It was good to see so many students there cheering on their house and participating in the events. O’Neill won the year 7 house chants with an energetic performance! Overall the winning house was FREEMAN, they are definitely on a winning streak being the victorious house for the last 3 years in a row!

A big thank you to staff and parents for their help and support on the day!
The zone swimming carnival will be held on March 5th at Warringah Aquatic Centre. Students selected must make their own way there, they will have received a permission note with their events and information about the day.

Congratulations to the following age champions:

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<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Name</th>
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<tbody>
<tr>
<td>12</td>
<td>Briana Hibbert</td>
<td>Gabriel Ley</td>
</tr>
<tr>
<td>13</td>
<td>Sally Ferguson</td>
<td>Zac Stracey</td>
</tr>
<tr>
<td>14</td>
<td>Ella Donohoe</td>
<td>Andrew Gibbons</td>
</tr>
<tr>
<td>15</td>
<td>Emma Chattaway</td>
<td>Jye McDonough</td>
</tr>
<tr>
<td>16</td>
<td>Makaela Dowling</td>
<td>Moritz Fath</td>
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<tr>
<td>17+</td>
<td>Nicola Stone</td>
<td>Jesse Harpur</td>
</tr>
</tbody>
</table>

RECORDS broken on the day:
The following 3 students broke long standing records throughout the carnival. Makaela Dowling, (year 11), broke a 19year old record in the 50m breaststroke, with an excellent time of 42.71sec. She also broke the 50m butterfly record in 37.77sec.

Our German exchange student Moritz Fath, (year 11) set a sizzling pace in all of his events, breaking an astonishing 5 records. He broke the following records: 200m freestyle- 2.07.68, 100m freestyle 58.14sec, 50m freestyle 26.63sec, 50m breaststroke 36.45sec and to cap it off the 50m butterfly 59.62sec. Excellent results by Moritz.
Another outstanding competitor was Brian De Bono (year 10). He challenged Moritz in most races and broke the 50m backstroke record in a fast time of 32.87sec.

Rebecca Deane
Sports Coordinator

We would like to thank Beecraft for their generous donation of plants to Narrabeen Sports High.

Director General’s Award for School Achievement ☀ Minister’s Award for Cohesive School Community ☀ NAB Schools First Impact Award

www.beecraft.com.au
Phone: 9450 1530
HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Bonafide advertising is accepted for the school’s newsletter. However use of the product/service advertised is at your own discretion as the school does not accept responsibility.
Hi All,
For only about the third time in its 30 year history, the Car Boot Sale had to be cancelled due to the weekend’s wild weather. This was very disappointing, particularly as it was to be held back in its new permanent location, on the school’s back oval near the NBISC. Until next time... We will also explore some other exciting options for raising funds.

Here we are, already at the end of week 5 of term 1! Our children had a very busy start to the term with years 7 and 9 having their trial NAPLAN tests, swimming carnival, sports trials etc. With such a busy schedule it is not surprising that you might have questions or would like to share your thoughts and ideas. Everybody is welcome to join us for our next PC meeting on Tuesday 5th March at 7.30 pm.

It was great to see some response, even on such a short notice to our first Coffee Morning last Friday. We are looking forward to seeing more parents at the next one. This is a purely social event. We would like to encourage parents to meet and talk and exchange thoughts about children, life at school or just to meet other parents, so please join us again on 15th of March (see the add below). If there is enough enthusiasm we may organise a walking group as well.

Regards,
Vicki and Tatjana from the P&C

Did you Know....... who invented a paperclip?

Johann Vaaler was born on 15 March 1866 in Aurskog, Norway. Known as an innovator in his youth, he graduated in electronics, science and mathematics. He was employed by the owner of an invention office when he invented the paper clip in 1899. The paper clip remains as one of the most-used items of all time!
Car Boot Sale Coordinators - Couple Wanted

To be paid $1,000 per Boot Sale.

Narrabeen Sports High School P&C Association is looking for an organised couple to coordinate the Car Boot Sales held in the school grounds.

For approximately 30 years NSHS P&C has run a car boot sale in the school grounds on the last Sunday of February, May, August and November. The Boot Sales are the P&C’s only fund-raising activity, so the school is very dependent on these events. The P&C feels that this job would ideally suit an organised couple, who could split the duties between them leading up to the boot sale, and work as a team on each actual Boot Sale day (4 per year).

The bulk of the work occurs in the two weeks leading up to the Boot Sale, when customers start phoning to make bookings. The day before the markets the Coordinator(s) must be available to mark up the grounds for parking, and on the actual Boot Sale days the Coordinators must be available to start at 5:00am.

The main duties are as follows:

- Manage phone inquiries and phone bookings (mobile phone provided)
- Collect and manage stallholder contact database
- Mark out stallholder spaces on the oval the day beforehand
- Organise any additional signage that is required
- Open grounds at 5.30am on the day and close and lock up grounds by 3pm
- Recruit and organise paid parking monitors for early morning parking of cars on the day
- Manage ground spaces and customer services on the day
- Handle customer complaints
- Collect and count takings and deliver to P&C Treasurer
- Ensure rubbish is removed from the site
- Liaise with school administration and P&C committee to:
  - Collect monies that have been sent to the school office
  - Ensure all is running to schedule
  - Provide data to P&C on stallholder numbers etc
  - Provide feedback on successes problems
  - Suggest solutions to problems and ideas.

We would prefer that the Coordinators came from within the school community, however if you know someone outside of the school who you think would be suited to this position, please let them know about it!

Please contact Vicki Smith on 0412 121 844 or Vicki@windowdressing.com.au
Year 7, 9 and 11 Parent/Teacher/Student Interviews
Monday 8th April 2013 4pm – 8pm in the School Library

Dear Parents

You can now book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings will open on Monday 18th March and close at 5pm on Saturday 6th April.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, a note can be provided to student advisers through your child with the approximate times required and they will make the bookings. Interviews are strictly 5 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 9913 7820 and speak to their child’s student adviser.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
Year 8, 10 and 12 Parent/Teacher/Student Interviews
Monday 25th March 2013   4pm – 8pm  in the School Library

Dear Parents

You can now book interviews at times that suit YOUR FAMILY BEST.
Go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings will open on Wednesday 6th March and close at 5pm on Saturday 23rd March.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, a note can be provided to student advisers through your child with the approximate times required and they will make the bookings. Interviews are strictly 5 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 9913 7820 and speak to their child’s student adviser.

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OUTBACK
YOUTH EXCHANGE!

Do you think you would make a good youth ambassador for Warringah?

Warringah Council is looking for six enthusiastic young people to join us in a visit to Brewarrina as part of the Sister Cities Youth Exchange Program.

Brewarrina is a remote community located in north-west NSW. Activities include visiting Lightning Ridge, learning about Aboriginal culture and visiting a sheep station in a unique outback experience to promote friendship between beach and bush communities. This week also coincides with Brewarrina’s 150 year celebrations.

WHEN: 20-27 April 2013 during the school holidays
WHO: Young people aged 14 to 19 residing in or connected to the Warringah area
COST: FREE!! That’s cheap.
WANT TO KNOW MORE? Contact Justin on 9942 2401 email: youth@warringah.nsw.gov.au

Closing dates for applications 15 March
Application forms and info available online warringah.nsw.gov.au
REAL SPARRING IN REAL TIME

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Want to be a cheerleader? Well, our brand new club will be opening soon!

Highrise Allstar Cheerleading will be opening on January 27th

We offer classes and teams for all ages, guys and girls

Competitive and recreational Cheerleading available. Come along to one of our classes, workshops or tryouts!

For more information:

Look us up on Facebook: http://www.facebook.com/HighriseCheerleading

Email: natalie@highrisecheerleading.com

Phone: 99443006 or 0410467758
Warringah Council presents

Northern Composure
Band Comp
2013

HEAT 1 : 8 March
lost trolleys
fire for effect
solarflare
denver
we found wally

HEAT 2 : 15 March
mask
square one
brightener
blue moon theatre
hailstone

HEAT 3 : 22 March
encounters
josh muncke
cyanide
owl house
karmas relent

FINALS : 5 April

yoyosgigs.info

Lucky door prizes!
Courtesy of NewsLocal Manly Daily

yoyos youth centre * forestway shopping centre
frenchs forest * 7.30-11pm * $10 entry

proudly sponsored by:
NEWSLOCAL
Manly Daily

and supported by:

no drugs, alcohol or intoxicated people - security provided
all ages - enquiries: 9942 2401 or youth@warringah.nsw.gov.au

warringah.nsw.gov.au
Is someone in your family using alcohol or other drugs?

Are you looking for practical down to earth information and support?

Family Drug Support presents ‘Stepping Forward’ providing -

✓ Clear and practical information sessions and
✓ a safe place to share and to feel supported

You are welcome to any one of the three sessions offered covering the following topics:

1. Stages of change and Life Balance (March 13)
2. Basic communication & Boundaries (March 20th)
3. Drug Information and Treatment & Recovery (March 27th)

Venue: Sacred Heart Catholic Church, 1 Keenan St, Mona Vale 2103.
Dates: Wednesday March 13, 20 & 27
Time: 6pm - 8pm
Cost: Free

Bookings are essential – please call Carol (Group Facilitator) directly on 0400113422 or email RSVP carol@fds.ngo.org.au

"Family Drug Support has helped thousands of families survive this ordeal. Whatever happens, you will be glad you came along”, FDS.