

### **HSC Examinations**

Year 12 students began their HSC Exams on Wednesday 11 October. We wish Year 12 students the very best during the exam period and encourage them to reach out to their teachers for assistance, maintain a balanced schedule and take care. We look forward to meeting with Year 12 students towards the end of the year with their stories of success and personal bests.

### Mobile Phones

In line with NSW Government legislation and NSW Department of Education policy, mobile phones are not permitted in schools. In accordance with this government and DoE mandate, The Ponds High School has provided students and parents with information to support students in understanding and following the guidelines regarding the NSW Government's stance on mobile phones in schools.

Students are requested to preferably not bring mobile phones to school, however, in the event that a student brings a mobile phone to school, the phone is to be turned off and, in their bag, ("OFF and AWAY") for the duration of the school day. That is, phones are to be turned off and in students' bags upon entry into the school until their departure from school in the afternoon. Parent/student contact is to be made via the school office. Students have been informed of the procedures in the event of non-compliance with this government mandate in terms of parent contact and other measures to support students. This is also an opportunity for students to disconnect from their mobile phones during the course of the school day and focus on learning.



It has been very pleasing that the majority of students have adhered to the policy as well as seeing the benefits of not having their phones, which has resulted in a noticeable increase in focus during lessons and increased/positive face-to-face social interaction during recess and lunch.







Phones & Ear Buds

### Year II High Achievers Morning Tea

Next week, Year 11 students who received exceptional reports and/or have made a vast improvement will be recognised with a morning tea with the Principal and Deputy Principal. We acknowledge the hard work and effort that our students make and encourage all students to work towards and achieve their personal best.

### Yearly Examinations

Yearly Examinations for Years 7 - 10 will be held during Weeks 3 & 4. All students are encouraged to develop and implement an organised study and revision schedule, discuss any queries with their teachers and give themselves ample time to plan and prepare for all tasks and examinations.

### P&C Meeting

The next P&C meeting is scheduled for Monday 23 October at 7.15 pm. Our P&C meetings provide parents and citizens with the opportunity to speak with school staff as well as obtaining information and updates related to our school and the broader educational landscape. Please check emails for details.

### Uniform

Term 4 means the warmer weather is upon us, therefore, students are to wear their (correct) summer uniform. A reminder to all students that PE uniform is only to be worn for PE lessons and on Wednesdays for Sport (Years 8 - 10). Non-TPHS jumpers, pants, shorts, or shirts are not accepted, nor are hoodies. A reminder that our uniform supplier is Cowan & Lewis. Parents/carers or students who may require support with uniform are welcome to contact the school for assistance. Correct uniform fosters a sense



of school pride and identity and provides safety for the ease of identifying our students both at school and in the community.

### Attendance

Parents/caregivers should have received attendance reports every five (5) weeks outlining the attendance of their child. The importance of attendance and being prompt is highlighted by the amount of learning time that is missed even if a student is late and/or absent from school occasionally.





Our slogan 'Arrive by 8.25 am' is a simple reminder to students to be at school in time for Roll Call and the beginning of the school day.

In addition to receiving an attendance report every five (5) weeks, it is planned to also send uniform reports to parents/caregivers in order to inform parents/caregivers of their child's pattern of wearing correct school unform.



### Assessments

Students are reminded that all assessment tasks must be submitted by the designated date and time. Students must apply to the Head Teacher of the relevant subject if they wish to apply for an extension or are sick or unable to submit a task by the due date. This requires an 'Illness and Misadventure' form to be completed and submitted to the relevant Head Teacher on the first day of the student's return.



### 5Ps

The 5Ps – 'Prepared, Prompt, Positive, Polite, Productive' are key values that staff and students are encouraged to foster and abide by. These values build the basis for a positive and productive school environment and are also the cornerstones of our society and the expectations of employers.

The 5Ps also extend to the notion of 'PONDS PRIDE', which is based on respecting others, ourselves, our school and our community. We encourage all students to take pride in our school and our local community.

### SICK Bay

Parents/carers are advised that in the case of students needing assistance in Sick Bay, parents/carers may be called in the event that a student is too sick or injured to remain at school. It would be of great assistance if parents, relatives or emergency contacts are available to attend to students who need to be picked up.

### Safe travel to and from school

Students are reminded to please be careful when traveling to and from school; particularly students who travel using bicycles or scooters. Please be mindful of pedestrians, cars and be careful when crossing roads (take care when crossing at intersections or pedestrian crossings). Parents are also reminded to please be mindful of no stopping zones, pedestrians and buses when dropping off/picking up students. The safety of our students and our school community members is of paramount importance.



### Wentworth St Entrance

We would like to advise that the pedestrian gate at Wentworth Street will be locked at 8.45am and reopened at 2.45pm each day.

Any late students are to enter through the Riverbank Drive gate.

### School buses and bus passes

Students are reminded to please tap on/off (with their Opal cards) whenever using school buses. This provides Busways with accurate data in order to provide our school with the appropriate number of buses and services. Accurate numbers and appropriate bus services are not possible if all students who travel by bus do not tap on/off. Applications for bus passes can be made via the Opal website.

### Mr P Scandizzo Deputy Principal





### LOST PROPERTY

Dear Parent/Carers,

**Jewellery** 

We have a lot of items in our lost property box: Sports jackets Sports bags with shoes Pencil cases Plastic containers Drink bottles Shoes Glasses Keys

Please ensure your children's belongings have a label with their name and write their name in the plastic containers so we can return items to your child.

If your child has lost an item, please ask him/her to ask at the Students Window in the Front Office.

Items not collected will be disposed of at end of term.

If you recognise any of the below items, please have your child come to the student counter to collect them.



We have also had a Samsung mobile phone found at the end of Term 3. Please contact the Front Office if you believe this may belong to you.



### IMPORTANT DATES

### 2023 TERM 4

#### Week 3

### Monday 23 October

Year 12 2024 Hospitality Work Placement Week
Year 10 Semester 2 Exam Period Starts (Gym)
P&C Meeting 7.15pm
Breakfast Club - Stage 5
14s Boys & Girls Futsal Mac Cup
T1 Week 3 Jurassic World – Sydney Olympic Park –
Community Access

Community Access – Holey Moley Taking Control Program

### Tuesday 24 October

Year 11 Fabric Shop Excursion Trend Timbers Warehouse Visit Stage 5 Skills for Work

### Wednesday 25 October

Breakfast Club - Stage 4 Check-in Semester 2 (Year 7-9) Cultivating Futures Career 2023 Valid Year 8

### Thursday 26 October

Year 11 High Achiever Morning Tea Check-in Semester 2 (Year 7-9) Open Boys and Girls Rowing

### Friday 27 October

World Teacher's Day
Year 10 Semester 2 Exam Period ends
Year 7 HPGE Innovatex Project Day
Sydney West Futsal Championships 2023
NRL Rugby League & League Tag Referee Program
PCYC Fit for Life Term 4 2023

### Week 4

### Monday 30 October

Year 9 Semester 2 Exam Period Starts (Gym)
Year 12 2024 Hospitality Work Placement Week
Breakfast Club - Stage 5
Roberts Co Construction Site Visit
Taking Control Program

### Tuesday 31 October

Year 8 VALID Window opens Halloween Trend Timbers Warehouse Visit Stage 5 Skills for Work Indigenous Pathway & Deadly Education

### Wednesday I November

Breakfast Club Stage 4 Check-in Semester 2 (Year 7-9) Trend Timbers Warehouse Visit

### Thursday 2 November

Creative Writers Guild Planning Day Open Boys and Girls Rowing

#### Friday 3 November

HSC Exams Conclude
Year 9 Semester 2 Exam Period Ends (Gym)
Year 8 VALID Window closes
NRL Rugby League & League Tag Referee Program
Check-in Semester 2 (Year 7-9)
PCYC Fit for Life Term 4 2023



# Parent App

### **Available now!**

Download on the App Store or Google Play by clicking the image below.



- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news



### Statement of Accounts

Statement of Accounts (SOA) were emailed via School Bytes on Monday. Unpaid Semester 2 Elective Course fees were included in this SOA. Payment of these agreed electives fees as soon as possible is appreciated and ensures the school can continue to offer these valuable elective courses to our students.

All payments can be made via the link in your SOA, the School Bytes parent portal or paid at the Student Counter. An explanation of the various contributions, subject fees and other charges applicable was attached to your SOA.

If you are experiencing financial difficulties, please contact the school regarding possible assistance or payment plans.

### Staying at home while sick

We would like to remind you of the importance of keeping your child at home if they are displaying cold/flulike symptoms or if they are feeling unwell.

By keeping your unwell child at home, not only are you assisting their recovery, but you are also preventing the spread of viruses causing cold, flu, and COVID-19 illnesses within our school.

If your child displays any symptoms associated with COVID-19, even if they seem mild, they should take a COVID-19 test (PCR or RAT). If the result is positive, please notify the school office and follow the advice from the NSW Government on managing COVID-19 safely at home.

Parents and carers who have children with persistent or ongoing symptoms of COVID-19 are encouraged to have these assessed by their local health care professional. These symptoms may be related to other illnesses (e.g., allergies or hay fever) that require treatment and management by a doctor.

Your child should only return to school when they are symptom-free.

If you have any questions or concerns, please do not hesitate to contact the school office.



Part of the onboarding that newly appointed teachers must do is a process called *Accreditation*.

During Accreditation, teachers collect evidence and are asked to map these pieces of evidence against professional standards. We congratulate **Mr Adrian Menjivar** and **Ms Emma Claus** from the **PDHPE** Faculty and **Mrs Shamaila Hussain** from the Maths
Faculty on successfully completing their













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### Dhaval V named NSW State Leader in the ASX Sharemarket Game 2023

The Ponds High School would like to congratulate Dhaval V of Year 11 for being named NSW State Leader in the ASX Sharemarket Game 2023. There have been over 4 million students participating in the game over the years so this is a huge achievement for Dhaval and for our school.

On Wednesday 12 October, Dhaval was invited to the ASX Headquarters in Sydney for a special event, in which the NSW Premier, the Hon. Chris Minns would conduct the Bell Ringing Ceremony to officially open the market. The event was held as part of Investor Week to promote financial literacy. Dhaval was congratulated by the Premier Hon. Chris Minns and ASX CEO and Managing Director Helen Lofthouse. He also received a market update from ASX experts and analysts.

The ASX Sharemarket Game gives students the opportunity to invest \$50,000 in virtual cash over a 10-week period and use live market conditions to test their resolve, skills and knowledge of the market.

Dhaval has earned the title of first placed in NSW State and named the "most improved" in the game so far as he has managed a portfolio value over \$60,000. Dhaval's strategy includes investments across technology, energy and resources sectors. Perhaps more interestingly, more than half of his portfolio is held in cash. Two reasons why include liquidity and to reduce volatility.

### Mrs N Shah

HSIE, Year 11 & 12 Economics Teacher



Dhaval explaining his investment strategy







Dhaval V with Share market Game Organisers



Dhaval with the NSW Premier Hon. Chris Minns



### Stocktake

Library Stocktake begins **Monday Week 2 of Term 4**. All borrowed items MUST be returned to the library for stocktake including:

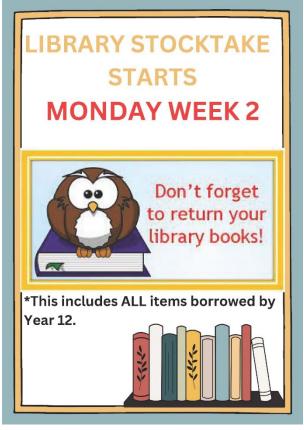
- Books
- Daily laptops and chargers
- Long-term laptop loans must be returned for checking.
- All items borrowed by Year 12.

# LIBRARY STOCKTAKE!

From Monday Week 2

Long-term Laptop loans
MUST be returned for
checking!





### HSC Examinations

The library will be used for special provisions during HSC Examinations from Wednesday 11 October (Week1) until Friday 3 November (Week 4). Please be mindful that students will be completing their HSC exams during this time and upstairs A block near the library will be closed off.

PLEASE DO NOT go past the barricades - this applies to staff and students.





### **GOTHIC LITERATURE**

The Learning Hub has launched its Gothic Literature display this week with a range of selected books that will leave you wanting to read more! Check out some of the popular titles below:

- Dracula by Bram Stoker
- The Raven and Other Tales by Edgar Allen Poe
- The Monk by Matthew Lewis
- Dr Jekyll and Mr Hyde by Robert Luis Stevenson
- A Monster Calls by Patrick Ness
- A Sicilian Romance by Ann Radcliffe





### HISTORY OF GOTHIC LITERATURE

Gothic literature is a genre that began in the late 1700s as one of the eeriest forms of Dark Romanticism, characterised by expressions of terror, gruesome narratives, supernatural elements, and dark, picturesque scenery. Some elements of Gothic literature include:

- Mystery and Fear
- Omens and curses
- Atmosphere and setting
- Supernatural and paranormal activity
- Romance
- Villain



Mrs O San and Ms M Kelly Teacher Librarians



### WELCOME TO CAREERS

### **TPHS** Careers Website

Please remember to check the <u>TPHS Careers Website</u> for all information regarding Career Appointment bookings, Senior Schooling, Post-School options, Workplace Learning, a dedicated section for Parents and Students. Keep your job ready portfolio (resume, cover letter and other relevant documents) securely in the same area. Free registration (contact Careers for the School code). Also, check out our <u>TPHS Careers Facebook</u> page (don't have Facebook, you can access all the info on the TPHS Careers Website).

### **Careers Guest Speaker Series**

Every Thursday Week B during the lunchbreaks, we've been organising Guest Speakers to present to the students. Please take the opportunity to talk directly to these presenters, they have a wealth of information on diverse interest area.

### **Work Experience**

Year 10s, please remember to continue to organise your Work Experience /Work Research (including information days, workshops, seminars) during Term 4. Get involved, get informed.



LUNCH TIME, D:1:17.

### **University - Institutes**

Western Sydney Uni - November Assessment Days for the Aboriginal and Torres Strait Islander Pathway Program

13 & 14 November - Hawkesbury Campus, 16 & 17 November - Campbelltown Campus, 20 & 21 November - Online

The Aboriginal and Torres Strait Islander Pathway Entry Program is an alternative University Entry Program for Aboriginal and Torres Strait Islander people.

### Western Sydney University Vice-Chancellor's Leadership Scholarship

Closes 24 November. The Vice-Chancellor's Leadership Scholarship (VCLS) aims to reward the success and accomplishments of high-achieving secondary school students who demonstrate excellence not only in their academic studies, but also in other aspects of their lives.

### **Western Sydney University Equity Scholarship**

Closes 8 December. Equity scholarships recognise that all people have different needs and that some groups experience disadvantages that impact on their educational progress. WSU Equity Scholarships support a wide variety of students who experience financial hardship and other educational disadvantages.

### University of Sydney Bachelor of Arts (Dual Degree, Sciences Po, France) Applications Close Soon

Applications Close 31 October. Anyone interested in furthering their studies in French and learning about other cultures while living in France for 2 years. The program offers an international learning experience and the opportunity to apply this learning to an Australian context.

### University of Sydney Elite athletes and performers Entry Scheme

Closes 31 October. This scheme is for athletes or performers whose rehearsal, training or competitive commitments have significantly impacted their Year 12 studies or equivalent. This scheme allows successful applicants to receive up to five adjustment factors to increase their selection rank when applying to the University.

Check the details on the link below. Scroll to "Elite athletes and performers".

### **University of Sydney - Studying Design at Sydney Webinar**

The Ponds

HIGH SCHOOL

25 October. Learn about how our new Bachelor of Design (Interaction Design) will provide you with the innovative technical and social design skills to become a leading-edge designer in today's fast-paced job market. Find out how your passion for creativity and problem solving can be harnessed for a career in digital and visual design.

### gning your future with a Bachelor of Arts Webinar

25 October. Discover the Bachelor of Arts and the combined four-year Bachelor of Arts and Bachelor of Advanced Studies degrees that will provide you with an outstanding liberal arts education. Find out how studying arts and social sciences at Sydney will prepare you to meet the challenges of the modern workforce, where expertise, inventiveness, logic and critical thinking come to the fore.

### University of Sydney Indigenous Australian Engineering School

Applications Close 31 October. The Indigenous Australian Engineering School is an annual event established by Engineering Aid Australia. Open to 25 Aboriginal and Torres Strait Islander students entering Years 10, 11 and 12, the six-day live-in school gives students a taste of engineering as a university course and career. IAES involves hands-on and challenging activities within the Faculty of Engineering, as well as site visits to engineering companies.

### ANU College of Law - Ask us anything

25 October or 29 November. Join us for our upcoming drop-in session, where you will have the opportunity to speak with current students and faculty members to get an inside look at what it's like to study law at The Australian National University.

### **University of Newcastle - Yapug**

If you're an Aboriginal and or Torres Strait Islander person and aged 17 years\* or over, Yapug is your key to university! Offered at the Newcastle Callaghan campus and Central Coast Ourimbah campus, Yapug is a pathway program designed to help Aboriginal and Torres Strait Islander people gain skills for entry into undergraduate degrees at the University of Newcastle.

### **UNSW Young Women in Engineering Club**

The UNSW Young Women in Engineering Club is a fun, inspiring community for high school students interested in STEM. We provide opportunities to explore the diverse fields of engineering where you can connect and share ideas with fellow high school students and hear from inspiring role models such as UNSW Engineering students and women engineers who are already making their mark on the world.

### **UNSW Indigenous Pre-programs and IAS applications are open**

Applications Close 3rd November. Program Dates: 20 November - 8 December. UNSW's Indigenous Preprograms offer a holistic pre-entry university experience for Aboriginal and Torres Strait Islander students. We run Indigenous Pre-Programs in the areas of Business, Education, Law, Medicine, Social Work, or Science & Engineering.

### La Trobe University Sydney Learn how to build a Whac-a-Mole game!

23 November. Guided by our Information Technology Coordinator, Mehdi Pishva, learn the step-by-step process of building the classic Whac-a-Mole game with a techy twist!

#### SciX@UNSW 2024

Register by 12 November. Event runs January 15. The SciX@UNSW program is designed to support passionate high school students who are eager to delve into scientific research. Join one of our research groups and conduct an independent research project, ideal for HSC Extension Science, IB independent projects, or as a taste of a career in research science.

#### **UNSW National Indigenous Business Summer School**

Applications Close 23 October. UNSW Business School is proud to again be hosting the National Indigenous Business Summer School from 14 - 19 January 2024. The National Indigenous Business Summer School (NIBSS) is a Cultural leadership immersive experience for Indigenous high school and TAFE students in years 9, 10, 11, and 12 thinking of entering the world of business, industry and/or entrepreneurship.





### **University - General**

### Ry - Medical Program Information Session for 2024 Intake

15 November. The Bond University Medical Program offers students opportunities to bring to life their ambitions to become outstanding practitioners, thinkers, and leaders, well-equipped to deliver evidence-based, patient-centred health care that meets the needs of a diverse community.

### **TAFE**

### **Volvo Apprenticeship Program**

The Volvo Apprenticeship Program is designed to train and develop apprentices to keep pace with advancing technology and high levels of customer service. It spans four years, with three years as block release at the Volvo Training Centre and consists of a variety of workplace and off-the-job training.

### **Master Builders Association of NSW Pre-Apprenticeships**

Register your interest for the course starting 27th November. Want to be a carpenter? This is your best first step.

Master Builders will help prepare you to become the best 1st-year carpentry apprentice. This 3-week entry level training program provides an introduction into both the industry and a carpentry trade prior to commencing an apprenticeship.



### **Traineeships for School Leavers Working in Community Services**

LiveBetter provides traineeships for senior school students and school leavers who would like to work in the community services sector. It's a valuable opportunity to improve the lives of others while embarking on a fulfilling career in aged care, disability care or other business areas in a regional community services organisation.

We offer School-leaver Traineeships across our NSW geographic footprint, depending on the capacity of our service teams.

#### **Childhood Education Careers Day**

25 October. The event is for students considering a career in the high-demand industry of Early Childhood Education. Our campus is a learning hub and industry leader in Early Childhood Education, and during the Careers Day you can speak with childhood educators and several employers.

### **Private Colleges**

### **AMPA - How to Apply**

Auditions available in November and December. Take the lead and join one of Australia's leading providers of music and performing arts education.

#### **William Angliss Institute Scholarships Closing Soon**

Closing 5 November. Don't miss out on the chance to apply for scholarships valued at up to \$4,000 at William Angliss to help support students through your educational journey. Scholarships are awarded on the basis of both academic merits or financial need.

### **William Angliss Institute Scholarships Workshops**

12 & 23 October Online. Attending this session is a must before you apply for this round of scholarships! By attending, you'll receive a rundown of the application process, scholarship requirements, some key dates, and ways to improve your application.

### Whitehouse Design - Limited Places Remaining for 2024

Whitehouse has limited places remaining for their February 2024 intake. Apply today to avoid missing out!

### **Sydney Design School Open Day**

28th October. Be open to creativity! We're opening our studios for a day of exploration. Meet our passionate Educators, view our exhibition space, and get hands on building an interiors mood board or 3D model.



### ATT MasterTalk - Meet the Graphic Artist for Elvis!

26 October. Join us for an AIT MasterTalk with Bowen Ellames, award-winning Concept Artist and Graphic Designer for Marvel and the biopic, Elvis! Learn about the career journey of concept artist and graphic design artist, Bowen Ellames, and get a glimpse into some of the main projects throughout his career.

### General

### **Wesley Youth and Young Adult Support**

Through a range of programs, we can help you:

- access safe and affordable accommodation
- get support for mental health, addictions, family breakdown and/or financial stress
- access appropriate services and advocate on your behalf
- explore options for medium and long-term housing
- discuss and explore pathways to employment
- develop a rental accommodation assistance plan

### **Wesley Support - Mental Health Support**

Emotional wellbeing is just as important as your physical health. Good mental health allows you to develop the resilience to cope with whatever life throws at you and grow into well-rounded, healthy adult.



### **Assistants in Nursing - Their Important and Growing Role**

For people who want to help, there is the option of becoming an assistant. For instance, there are Allied Health Courses which people can take in order to qualify for a role in assistance. Allied health assistants provide assistance to health practitioners including physiotherapists, occupational therapists, podiatrists, speech pathologists and dietitians. Another option is to become an assistant in nursing.

### **Things to Consider Before Getting Started in a Physio Career**

Physiotherapy is a great career choice if you're interested in helping people recover from injury or illness. But before you decide to become a physiotherapist, you should consider a few things. Sure, physiotherapy sounds cool but is it the right career for you? Here, we will provide more information on the job outlook for physiotherapists, the educational requirements for this profession, and what kind of salary you can expect to earn. We'll also discuss some of the benefits of working as a physiotherapist so before you take the plunge, here are a few things to consider.

#### **Apply for a Job At Woolworths**

At Woolworths Group, we create better experiences together for a better tomorrow. Our diverse group of retail businesses are some of Australia's most recognised and trusted brands, and our team are at the heart of everything we do.

### **Career Pathways with Coles**

Throughout the recruitment process, we provide support for candidates to make sure nobody is disadvantaged. If you're interested in a great career with Coles Group, across any of our brands or functions, we'd love you to apply.

#### SummerJobs.com.au

All the Christmas casual jobs in Australia in one place! We know it's a weird time and nobody's sure what's happening but as we move into summer and the school term comes to an end it's the perfect time to get a summer job. To make it easy we've found all the current open positions for Christmas Casuals in New South Wales.

It also has a really useful blog designed specifically for first-job seekers.





### hary Education - Helpful Hints for People with Autism Spectre

Congratulations on deciding to undertake tertiary study (university or TAFE). You will encounter many changes with this transition: a new physical environment, different teaching and learning approaches, and new expectations of you as a student. Coping with change and transition can be difficult for many people, and if you are on the Autism Spectrum you may find it particularly challenging. The information was developed as two booklets that you can access on the website.

### Microsoft Traineeship Program - IT Traineeship

Applications now open. The Microsoft Traineeship Program is designed to support budding IT professionals to take the first step in their career. This is an opportunity to gain paid work experience in the IT field while gaining the nationally recognised qualification: Certificate IV Information Technology (Networking), in addition to the latest Global Microsoft certifications as part of the Azure Administrator Certification Track.

### Reminder - AIQS Scholarships - closing soon!

Applications close 31 October 2023. AIQS offers a number of scholarships each year for Year 12 students who qualify for entry into a Quantity Surveying, Construction Economics, Construction Management (Economics) or other appropriate course at an AIQS accredited university in Australia.

#### **LetzLive Gap Year**

As industry leaders and a respected partner of prominent schools, we provide overseas Gap Year opportunities for young people across the world. Since embarking on our own Gap Year, we can personally relate to the experiences had by our participants and provide ongoing support every step of the way with full-time staff located in Australia, New Zealand, and the United Kingdom.

### Mrs C Rumi Badger & Mrs G Hodkinson

Your TPHS Careers Team



Catherine Rumi Badger





Geraldine Hodkinson





Bringing South Asian Young People Together (Ages 12-25)

Date: 8 November 2023

TIME: 4PM - 5:30PM

VENUE: PARRAMATTA LIBRARY (PHIVE ACTIVE

WELLNESS STUDIO 1 ON LEVEL 3

CONNECT OVER CHAI, SNACKS AND CONVERSATIONS

ON A JOURNEY TO WELLBEING & STRESS MANAGEMENT

REGISTER NOW!



HEADSPACE WESTERN SYDNEY





# Bushfire danger period information for parents and carers



### **Factsheet**

This factsheet provides information for parents and carers about arrangements for the bush ire danger period.

The NSW Department of Education has engaged external experts to conduct assessments of all NSW government schools, to identify schools at greater risk of impact from bushfires.

To support the health, safety and wellbeing of students and staff, the department, in consultation with NSW Rural Fire Service (NSW RFS), will direct the school to temporarily cease operations on days when a Catastrophic Fire Danger Rating has been declared for your school's NSW fire area. Alternative learning arrangements will be put in place for these days.

Schools may be directed by the department to become non-operational at any time based on advice from emergency services and the State Emergency Operations Centre.



### What is a Fire Danger Rating?

Fire Danger Ratings describe the potential level of danger should a fire start. The ratings are determined by a combination of factors including air temperature, relative humidity, wind speed and drought.

For further information on the Australian Fire Danger Rating System, visit <u>rfs.nsw.gov.au/news-and-media/fire-danger-ratings-are-changing-soon</u>

Fire Danger Rating sign





### **NSW Department of Education**



### When will I know if my child's school has been made non-operational?

At approximately 4:00pm each day the Fire Danger Rating is issued for the following day. This means that schools, including onsite preschools, will be notified after school hours that it will be non-operational the following day. Your school will notify you as soon as possible by the preferred method of communication.

### Parents and carers are requested to:

- provide up-to-date home and after-hours contact details to your school
- stay up-to-date with news and local media through the bushfire danger period.



### **NSW School Updates app**

Get the free NSW School Updates app to receive operational status updates for NSW public schools education.nsw.gov.au/parents-and-carers/nsw-school-updates-app



What education arrangements will be in place if the school is nonoperational?

When non-operational, your school will advise of alternative learning arrangements, including any relocation or learning from home plans.



### Learn more

Be prepared and ensure you have a bushfire survival plan in place. The NSW RFS has resources for all residents to plan and prepare for the bushfire season.

Consider whether your home is safe from bushfires and grassfires, and be prepared to relocate to a safer place well in advance. Find more information and resources from the NSW RFS rfs.nsw.gov.au/plan-and-prepare

We appreciate your cooperation during the bushfire season. For further information about Fire Danger Ratings and the bushfire danger period, please refer to NSW Rural Fire Service rfs.nsw.gov.au

The department's School Safety website <u>education.nsw.</u> <u>gov.au/public-schools/school-safety</u> provides up to date information during bushfires and grassfire emergencies.

Please contact your school with any additional questions.



### Need help?

Speak to your local WHS Advisor for support and advice, or contact the Incident Report and Support Hotline on 1800 811 523.



### **Transport for NSW**



### **School Student Travel**

### Term 4 2023

### 2024 school travel applications are now open

Students who need a new or replacement School Opal card or travel pass for 2024 can <u>apply</u> now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement because of a new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification for their school travel entitlement should <u>renew or update</u> their details <u>before</u> the end of term 4. This will ensure that schools can endorse applications, and travel passes remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note**: some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

### Changes to your bus service provider

Within Greater Sydney, a number of bus service providers have changed their names.

Parents intending to lodge an application for a School Opal card will need to visit <u>transportnsw.info</u> <u>trip planner</u> to obtain the correct bus operator name servicing your area prior to lodging an application.

### Travel from Term 12024

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2024 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2023, so parents/students can <u>apply</u> or <u>update</u> details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their <u>local</u> bus operator to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the Student code of conduct and Opal terms of use.



Further information can be found at Plan your trip to school | transportnsw.info

Enquiries can be submitted at Fares, concessions, tickets & top-up feedback | transportnsw.info



### **About our courses**

We help families learn new strategies and create opportunities to connect with other parents. Our courses will help you be the best parent you can be.

### Online and in-person

At present, our courses are all running online. Online courses offer more flexibility for busy parents while still providing the connection of being part of a group. Our parent coaching sessions are offered in-person and online.

Course fees are kept to a minimum and are free for unwaged concession card holders. Some courses may incur an additional fee to cover the costs of the course materials.

#### Qualifications

All CatholicCare Sydney services are provided by qualified, skilled and experienced professionals.

### Parent coaching

Parents that have attended our courses are able to access up to three sessions of one-to-one parent coaching to assist in the practice of techniques and consolidating information from the courses they have attended.

Our team of group facilitators are therapeutically trained and skilled in child development. Their focus is to bring knowledge about attachment and supporting parent/child relationships.

Additional time with a facilitator can help parents feel more confident using different approaches with their children, leading to improved relationships and children receiving the support they need to feel happy and secure

Our parenting coaching sessions have a cost per session. If you are experiencing financial hardship or have a concession card reduced cost sessions are available

#### Get in touch

Wellbeing & Family Relationship Service 2C West Street, Lewisham 2049

pcd@catholiccare.org

catholiccare.org/pcd

### CatholicCare SYDNEY

### **Parenting and Child Development**

Term 4 2023 Courses



CatholicCare

### My Kids & Me

25th October to 6th December 2023 Wednesdays 10:30am to 1:00pm

Online via Zoom

My Kids and Me is a 7-week course specifically designed for parents whose children are in Out of Home Care or kinship care. The course covers topics such as loss and grief, what's it like for you, what's it like for your kids, talking and listening and understanding the legal system.

Prior bookings are essential for this course. No charge for the course but \$10 for course Workbook

#### Keeping Kids In Mind

17th October to 14th November 2023 Tuesdays 10:30am - 1:00pm

Online via Zoom

2nd November to 30th November 2023 Thursdays 6:30pm - 9:00pm

Online via Zoom

Keeping Kids in Mind is a dynamic 5-week course aimed at assisting separated/divorced parents support their children through the changes. It examines issues such as loss and grief, attachment, resilience, and conflict resolution.

If you would like more information about Keeping Kids in Mind please visit www.keepingkidsinmind.org.

Cost of course is \$150 including Course Workbook

### n card holders but \$50 for Course Workbook 123 Magic & Emotion Coaching

11th October to 25th October 2023 Wednesdays 6:30pm - 8:30pm

Online via Zoom

16th October to 30th October 2023

Mondays 10:30am - 12:30pm 21st November to 5th December 2023

Tuesdays 10:30am - 12:30pm

In this 3-week course parents of pre-school and primary aged children will not only gain an understanding of why difficult behaviour occurs, but also learn the necessary skills to manage it.

- engage your children's cooperation by positively noticing and encouraging them
- set clear expectations and help them develop frustration tolerance help children's brains develop filters for behaving well
- resolve family conflict quietly some simple strategies to practice being a calm parent.

Cost of course is \$60 + \$10 for Course Workbook

### Circle of Security Parenting (abbreviated)

16th October to 13th November 2023 Online via Zoom Mondays 6:30pm - 8:30pm

24th October to 21st November 2023 Tuesdays 10:30am – 12:30pm Online via Zoom

6th November to 4th December 2023

Online via Zoom Mondays 10:30am - 12:30pm

You may often wonder "What does my child want from me? In this 5-week course you will learn about the Circle of Security parenting program. It explains how children look to their parents or caregivers for support as they move from their need for safety and security to their needs for exploration. Hear about ways to identify your children's needs and step by step approaches for promoting secure attachment in children. Suitable for parents of children of all ages but particularly focuses on infants and young children.

Cost of course is \$100 + \$5 for Course Workbook.
Free for concession card holders but \$5 for Course Workbook

### **Tuning into Kids**

11th October to 15th November 2023 Wednesdays 10:30am - 12:30pm

Online via Zoom

In this 6-week child development course, parents of pre-school and primary aged children, will learn about emotionally intellige parenting. This course will teach parents how to help their children:

- Identify and understand their emotions
- Successfully use emotions during interactions
  Use emotional awareness to guide them when solving problems
- Deal with frustrations

Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbo

### Tuning into Teens

Wednesdays 10:30am to 12:30pm

This 6-week course will help parents of tweens and teens learn skills to talk to and understand their teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with

#### Learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions help prevent behaviour problems in your teen
- teach your teen to deal with conflict

Free for concession card holders but \$5 for Course Workbook

### **Emotion Coaching**

31st October to 14th November 2023 Tuesdays 6:30pm to 8:30pm

Online via Zo

This 3-week course focuses in depth on John Gottman's Emotion Coaching, Parents will gain an understanding of their parenting style some of the traps they may fall into in their parenting and build their confidence and knowledge as parents. Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting courses will find this course helpful as they gain new insights to build on existing skills

Cost of course is \$60 + \$5 for Course Workbook.
Free for concession card holders but \$5 for Course Workbook.

### The Anxiety Coach

22nd November to 6th December 2023 Wednesdays 6:30pm to 8:30pm

Online via Zoom

Anxiety in children has become a major concern for parents and teachers as the rates of childhood anxiety are growing. The Anxiety Coach is a 3-week course from the developers of 123 Magic & Emotion Coaching and Engaging Adolescents and is designed to help parents understand how anxiety develops and how they can counter its progress; how parents can take a preventative role in the development of anxiety problems and how parents can help their children can build

Cost of course is \$60 + \$10 for Course Workbook.
Free for concession card holders but \$10 for Course Workbook.

Bookings are essential. Course fees for all courses, except Keeping Kids in Mind and My Kids & Me, are \$20 per session and free for concession card holders.

Course material is an additional charge depending on the course and all participants need to purchase a booklet.

Call our team on 13 18 19 or contact us





Wesley Child, Youth & Family support services

Free flexible support for families with children, aged zero to 12, who live in the Blacktown and The Hills Shire.

### Do you want to...

Strengthen the relationship between you and your children?

Develop strong community connections and build your social network?

Achieve your parenting goals?

Access relevant programs and services?

### Wesley Child, Youth & Family support services can help.

### We offer:

- Parenting workshops
- Playgroups
- Mum's and Dad's groups
- Home-visits
- Behavour management support
- Advocacy support

For more information, visit wesleymission.org.au/familyprograms

or contact us on: Phone: (02) 8887 4911

Email: teiwesternsydney@wesleymission.org.au

For families with children aged 0 to 12 years old.
Wesley Child, Youth & Family Program in Blacktown and the Hills Shire is funded by Department of Communities and Justice (DCJ) under Targeted Earlier Intervention.





### **FAMILY & COMMUNI SUPPORT TEAM**



### E Family Support

Assists families in our local area who have children 0-12 and who live locally. We provide a range of supports, resources and referrals aimed to increase strength and resilience. CONTACT: Sera Pinwill



### Early Education

Supported playgroups and our mobile PlayBus provide the opportunities and resources to help parents and children learn together through play. CONTACT: Angela Saad or Angela Black



### Adolescent Courselling

Provides casework, support and counselling to young people and their families who are struggling. CONTACT: Carrie Shen





JOBS

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For Young People For Young People Amonths - 19 years

Are you looking for work, education or training?

We are here to help with

Resumes

**Cover Letters** 

Interview Tips

**Job Search** 

**Online Applications** 

### Come along it's Free

Every Friday
during school Terms
Auburn Youth Centre
Wyatt Park, Church St Lidcombe
3.00pm-6.00pm
For more Information Please call
Erick (CMCS) - 9637 7600
or Lana (AYC) - 9646 2122









- Employability programs
- Love Bites (Healthy Relationships)
- Anger Management (RAGE)
- Life Skills and Leadership Programs
- Bespoke Programs (Design Your Own)



FOR MORE INFORMATION OR TO DISCUSS OUR PROGRAMS

CONTACT:
MEL O'CONNOR CLARK
96377600
OR
0439 637 040
MEL@CMCS.ORG.AU









.....

Learn More



four Session Program that helps students in Years 7-10

#### Student Outcomes Include:

- Students have the ability to positively communicate feeling with others
- Students can effectively manage stressful situations
  Students have increased knowledge about how to supp
  others
- Students are able to practice mindfulness when dealing difficult emotions

kise Above is available as a quality-assured program in NSW Department of Education's Student Wellbeing external programs catalogue in the theme of Resilience









# THE ACAP CLINIC

A not-for-profit training clinic staffed by supervised final year psychology, psychotherapy, counselling, and social work students.

We celebrate, value, and include people of all backgrounds, genders, sexualities, cultures, language groups, bodies, and abilities for all ages.

- Individual Therapy
- Art for Happiness
- Mindfulness Group
- ✓ International Student Wellbeing Drop-In
- Group Psychometric Testing
- Building Self-Compassion Group
- Social Anxiety Group
- Compassionate Mind Training



- acap.edu.au/applied-psychology/ psychology/psychology-clinic/
- psychclinic@clinic.acap.edu.au
- (02) 8236 8070

Services available via Zoom or face-to-face in Sydney, Melbourne, Brisbane, Perth and Adelaide.



### Parent Line NSW

### Parent Line counsellors are available to help with any of your parenting issues.

Parent Line is a telephone counselling, information and referral service for parents of children aged 0 to 18 years who live in New South Wales. We can also provide support and information for professionals working with families.

Our counsellors can help with problems relating to young babies and children:

- Settling and feeding newborns and babies
- Toddler taming
- Managing child care and school transitions
- Support during family separation
- Managing stress and anxiety

Through to issues relating to teenagers:

- Teen mental health
- School and study issues
- Managing technology use
- Alcohol and drug use
- Strategies to build positive relationships

### Help when you need it.

Monday - Friday, 9am - 9pm Saturday - Sunday, 4pm - 9pm





**NSW Health** 



A calm, culturally-sensitive and non-clinical setting staffed by trained peer workers and mental health professional to support people experiencing suicidal distress.



- Peer support for people of all ages who are experiencing suicidal distress
- A compassionate, culturally-sensitive and traumaaware space staffed by skilled peer workers, with their own lived experiences of suicide, who listen and understand
- An alternative to the emergency department for anyone experiencing suicidal thoughts or feelings
- A warm, non-clinical, non-judgemental, safe space where suicidal thoughts are understood and distressing emotions can be safely shared
- Led by peer workers who share their knowledge of extended care pathway options and local community connections.

Free, no Medicare card or appointment required.



Safe Haven is a NSW Health Towards Zero Suicides initiative OPEN Sunday-Wednesday 3:30pm – 9:30pm LOCATION 26 Grand Avenue, Westmead NSW 2145 CONTACT 0436 377 113

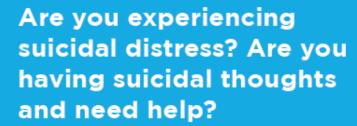
If you or someone you know is in immediate danger, please call 000.

**NSW Health** 



### Suicide Prevention Outreach Teams (SPOT)

Mobile response teams of mental health clinicians and peer workers to support people experiencing suicidal distress or situational crisis.



Suicide Prevention Outreach Teams (SPOT) can support you.

- Two-person teams of a mental health clinician and a peer worker (with lived experience of suicide), coming to you to provide support in your home or a community setting
- Personalised support, care pathways and collaborative safety planning
- No referral or Medicare required
- Accessible after hours and providing a same day service.



HOURS OF OPERATION

Sunday - Wednesday, 3:30pm - 9:30pm

#### CONTACT

NSW Mental Health Access Line 1800 011 511

If you or someone you know is in immediate danger, please call 000.

Suicide Prevention Outreach Teams (SPOT) is a NSW Health Towards Zero Suicides Initiative

### Teen Getting on Track in Time! - Teen Got It!

### TELEHEALTH PROGRAM

Justice Health and Forensic Mental Health Network are running an early intervention telehealth program for young people and their parent/carer called "Teen Got It!".

The program is voluntary and targets young people (between 11-17 years of age) engaging in oppositional behaviour and early violence towards their family, peers or other individuals. This may be occurring at home, school and/or in the community. The earlier we address these behaviours, the easier it is to 'get on track in time' and to improve outcomes for these young people.

The Teen Got It! Telehealth Program is a 5 session program, and has been adapted for telehealth delivery via audio-visual link. The program is underpinned by evidence based interventions.

### **DURING THE PROGRAM YOUNG PEOPLE LEARN TO:**

- increase their capacity to cope with stressors
- decrease their externalisation of distress in the form of aggression
- problem solve conflicts
- improve their relationships with others at home, school and in community
- engage in help-seeking behaviour and knowledge regarding wellbeing

### **CAREGIVERS LEARN TO:**

- manage stress and engage in self-care
- enhance their parenting/caring capacity
- hold their young person in positive regard
- manage disruptive behaviours
- improve communication and family cohesion building

Teen Got It! also support young people and their parent/carer in navigating pathways for ongoing mental health care as appropriate.

> IF YOU HAVE ANY QUESTIONS ABOUT THE PROGRAM PLEASE CALL 9700 2237 OR ALTERNATIVELY EMAIL THE TEAM AT

JHFMHN-GOTIT@HEALTH.NSW.GOV.AU







### **Mental Health Services and Support**

### **Beyond Blue**

24/7 mental health support service

1300 22 4636 beyondblue.org.au

### headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily) For webchat, visit: headspace.org. au/eheadspace

### **Kids Helpline**

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800 kidshelpline.com.au

### 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732 1800respect.org.au

### Lifeline

24/7 crisis support and suicide prevention services

13 11 14 lifeline.org.au

### Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467 suicidecallbackservice.org.au

### Mensline

24/7 counselling service for men

1300 78 99 78 mensline.org.au

### **QLife**

LGBTI peer support and referral

1800 184 527<sub>(6pm-10pm daily)</sub> qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.





With delivery partners





Funded by







AUSTRALIA'S LEADING CHILDRENS SOCCER PROGRAM



### MINIS

For boys and girls aged 2.5 - 3 years

### **PRESCHOOL**

For boys and girls aged 3 - 5 years

### **IUNIOR**

For boys and girls aged 6 - 8 years

### **PREMIER**

For boys and girls aged 9 - II years

### **HOLIDAYS**

Exciting school holiday programs

### **BIRTHDAYS**

Soccer themed birthday parties



Classes now running at The Ponds High School

www.soccajoeys.com.au | 1300 781 735





Deputy Principal Deputy Principal Deputy Principal Deputy Principal Mr James Laird Mr Phil Scandisso Mrs Rachel Jack Mr Andrew Pitzgerald

#### 2023 NEWSLETTER ADVERTISING FORM

ORGANISATION:	
CONTACT NAME:	TELEPHONE:
EMAL:	
STREET ADDRESS:	
ABN:	DATE:
PLEASE TICK THE REQUIRED BOXES BELOW	
ADVERTISING IN: ONE OFF  In TERM 1  TERM 2  TERM 5  TERM 4	
WHICH BSUE: WEEK/S 2 □, 4 □, 6 □, 8 □ and/or 10 □	
SIZE:	% page 🗆 % page 🗅 1 page 🖸
2023 Advertising Costs per Newsletter Issue	
A4 size page	\$32 plus get 16 A4 size page \$17 plus get
% A4 size page	\$12 plus get
ADVERTISER'S SIGNATURE:	
APPROVED BY PRINCIPAL:	
PAYMENT DATE:	
Notes:	

- goes to 1,900 families and contacts in other local schools.
- 2. Advertisements must fit the correct template on page 2 and 3.
- Advertisements must be provided as POF or JPEG.
- Payment is required before publishing vis a link that will be emailed to you, once you have completed the above information:
- 5. Please email page 1 of this form and your ad to the ponds-hachoold det.now.edu.as



JOIN TERM 4 HOCKEY TRYOUTS!

Blacktown Kings Hockey Club are after new players for the 2024 winter hockey season. This is your chance to come and try hockey before the season starts.

Bring your mates with you!.

For players turning 12 - 15 years in 2024.

WEDNESDAYS FROM 6:30 PM OCTOBER 25TH - NOVEMBER 29TH , 2023

LALOR PARK TENNIS COURTS
LOCATED AT THE INTERSECTION OF
NORTHCOTT& PATTERSON RDS

#### Cost \$30

Register with Blacktown Kings for the 2024 season and we will take that \$30 off your 2024 winter season registration fee

### **REGISTER NOW!**



MORE INFO

WWW.REVOLUTIONISE.COM.AU/BKHC/ PHONE LYN ON 0421798242







## Success Tutoring

- Motivate Inspire Uplift
- K-12 English + Math
- OC + Selective
- Holiday Programs

### **NEW CAMPUS** AT THE PONDS

Located at The Ponds **Shopping Centre** 

### **CLAIM YOUR** FREE LESSON

BEFORE PLACES FILL UP!

To Redeem Call 0447 633 903

### TI ACADEMY

### BUILDING MATHS FOUNDATION

By Finance Professional and Gold Medalist

### **ONLY FOR MATHS**

YEAR 4-10 MATHS





#### FOUNDATION BUILDING

### MANTRA

PRACTICE MAKES ONE PERFECT

Group classes of maximum 4 students, available on all days

Register Now 0452 355 317





ACHIEVE ACADEMIC EXCELLENCE WITH EXPERT TUTORING SERVICE

### Specialising in:

- O Selective, OC, NAPLAN
- O Year 1 to Year 10 School Programs





For Enrolment Enquiries

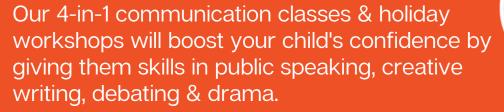
0481 308 999

- theponds@north-shore.com.au
- www.north-shore.com.au

**Tuition That Works!** 



**In-Person & Online** 4-in-1 Communication Classes & Holiday Workshops



5-17yr olds | no experience necessary





asca



### WHAT IS IT?

- 1 hour class per week (term time)
- After-school, weekend or online
- Talented, qualified, passionate coaches
- Fun and interactive classes

Nth Kellyville, Rouse Hill, Parramatta, The Ponds, Warrawee, Waitara, Lindfield, Schofields, West Ryde, Carlingford, Harris Park, Chatswood, Westmead & more

### **BENEFITS**

- Develops confidence, positive attitude & leadership skills
- Online classes enable students. to learn at their own pace
- Learn body language, effective presentation skills & critical/creative thinking

"My son really enjoys his classes and has gained a lot of confidence. He enjoys working with his coach and looks forward to his class every week. " Chris (father of student)



