From the Principal

Thank you to our parents, families and friends of Cromer who attended our achievement assemblies this week. Below are some of the photos of our award winners, the names of whom I am proud to list below.

These events where we recognise student achievement are my favourite events of the year and it is at times like these that I am increasingly proud of our students and teachers and the great the work they do. Since I arrived here 6 months ago I have seen improvements in;

- Student uniform and I thank parents for their support in ensuring each student wears their uniform every day.
- Teams of teachers working on literacy, positive behaviour for learning and school promotion and repositioning Cromer campus for the future.
- We have also begun reinvigorating our SRC so that the students can have a voice in the leadership and management of our school.

Most importantly I would like to acknowledge and thank all of our award recipients for their achievements. I congratulate you all for your hard work, you are certainly living up to those high expectations I have spoken about so many times. Thank you.

YEAR 7 YEAR ADVISER AWARDS
Marlie Leighton – Jones, Sinead Maloy, Sam Smith, Anoushka Sutton, Jai Whiley

YEAR 7 OUTSTANDING ACADEMIC ACHIEVEMENT
Bianca Green, Kyle Neville, Jayden Hurst, Lara Webster

YEAR 7 MOST OUTSTANDING STUDENT
Jayden Hurst

YEAR 8 YEAR ADVISER AWARDS
Ellie Copping, Tiana Dimova, Amy Gill, Lani Gowans, Jidrel Ngawang, Jordan Young

YEAR 8 OUTSTANDING ACADEMIC ACHIEVEMENT
Madison Brilman, Tyrese Cornett, Maggie He, Ulla Prowse, Jordan Young

YEAR 8 MOST OUTSTANDING STUDENT
Madison Brilman
YEAR 9 YEAR ADVISER AWARDS
Kayla Beattie, Jenny Hanna, Tara Harris, George Kanongataa, Caleb Maxwell

YEAR 9 OUTSTANDING ACADEMIC ACHIEVEMENT
Ethan Jenkins, Mia Flakelar, Aurelie Beaugeard, Harry Ireland, Otto Prowse

YEAR 9 MOST OUTSTANDING STUDENT
Mia Flakelar

YEAR 10 YEAR ADVISER AWARDS
Kate Gallo, Nicole Hurst, Harrison Riley

YEAR 10 OUTSTANDING ACHIEVEMENT AWARDS
Emma Gallo, Kate Gallo, Anna Le, Bronte Perrin, Alex Pham

YEAR 10 MOST OUTSTANDING STUDENT
Kate Gallo

YEAR 11 YEAR ADVISER AWARDS
Isabella Contarino, Nicholas Esposito, Brooke Harris, Hiranya Patel

YEAR 11 OUTSTANDING ACADEMIC ACHIEVEMENT
Sharon Assubuje, Bridget Bevan, Grace Jacobs, Andreas Kan, Hiranya Patel

YEAR 11 MOST OUTSTANDING STUDENT
Bridget Bevan

YEAR 12 YEAR ADVISER AWARDS
Rachel Maloney, Celine Beattie, Tye Bate, Shaun Oakley, William Walton

YEAR 12 OUTSTANDING ACADEMIC ACHIEVEMENT
Janielyn Asencio, Ashley Case, Matthew Grenot, Kyle McDonnell, Matthew Statham, Desnee Richter

YEAR 12 MOST OUTSTANDING STUDENT
Kyle McDonnell

Justin Hong
Principal

P & C MEETING
Tuesday 11th August
7.00 pm in the Staff Common Room
Year 7, 9 and 11 Deputy Principal Report

It has been a very busy start to Term 3 with Parent Teacher Night and the Achievement Assemblies happening in Week 1 and 2. Many parents took the opportunity to attend Parent Teacher Night to gain a stronger understanding of their child’s progress and school expectations in relation to homework, assessment tasks and classwork. If you were unable to attend Parent Teacher Night and would like to discuss your child’s current progress, either call the School Office on 99811155 and to speak to the relevant Year Adviser, Ms Tsolakis for Year 7, Mr Delrennie for Year 9 or Ms Lee for Year 11 or ask to speak to the class teacher.

At Parent Teachers Night we took the opportunity to ask parents their thoughts regarding our school. If you did not complete the survey at Parent Teacher Night we would appreciate if you could go to the following website to complete the survey. The results will help inform our future directions.


The Achievement Assembly is an important event to celebrate success at Cromer Campus. Achievement is one of our PBL (Positive Behaviours for Learning) values. It is important that we encourage all students to strive to achieve their personal best in all areas of their lives both at school and in the community. Students regularly receive green Achievement cards for being on task in class, completing work to a pleasing standard and for consistent work. If you see these cards left in your child’s bedroom encourage them to hand them into their Year Adviser. These cards are progressively tallied and students work through the merit system over their six years at Cromer.

Congratulations to all our Semester 1 Award recipients. The Semester 2 achievements are celebrated at Presentation Night, Monday 14 December 7pm in the School Gymnasium.

Year 11

Eight international students from Switzerland, Brazil, France, Sweden and Germany have joined our Year 11 cohort. These students will be at Cromer for either 6 or 12 months. We welcome these students to Cromer Campus and hope they gain a stronger understanding of our wonderful country whilst they are here.

This term sees the end of Year 11 courses with yearly exams held in Week 9 and 10, Term 3. To ensure success students must be completing homework, assessment tasks and revision on a daily basis. Students will receive their exam timetables in Week 7. If they would like support with time management or study skills encourage your child to make a meeting time with me.

Year 11 into 12 interviews will be held in Week 2, Term 4. The focus of these interviews will be the study of pattern for Year 12. Most students drop one subject at the end of Year 11 and only study 10 units in Year 12. It is very important that students do not make this decision too early but wait to the results of their yearly exams so they can make an informed decision that takes into account their academic ability as well as their career goals and aspirations.

Our student leadership team has been selected for 2016. The prefects will be announced on Monday 27 July. The students who nominate for school captains and vice captains will present their speeches on Thursday 30 July at a staff meeting and the voting will occur at this time. The Leaders Induction ceremony will take place after the Year 12 Trials. All the students who have nominated are outstanding and it will be very difficult to decide as all these students would be excellent ambassadors for our school.

Mrs Lynda Peters
Year 8, 10 and 12 Deputy Principal Report

Year 12 have returned in Term 3 to their last 10 weeks of school before they sit for their HSC exams. This term includes the conclusion of their final assessments, the Trial Examinations. These exams occur in Weeks 3 and 4, July 27th to August 7th. These exams will be immediately followed by the completion dates for major projects in Visual Arts, Design & Technology and Industrial Technology, as well as performances in Music, Dance and Drama. The final weeks of term will see staff endeavour to build on the trial results by revising their course material, as well as offering and marking practise questions and papers that students can complete. Teaching staff will also be completing the final school report for Year 12 students at the end of this term, ready for their graduation ceremony in Week 10, Thursday September 17th. A formal exit reference will also be available in early November after the HSC examinations have concluded, which our students can use as an introduction to prospective future employers.

The second semester of this year has also seen a rotation in the courses offered to our junior students in many of our Key Learning Areas. We recently also held our junior parent teacher nights, which were very well attended. Parents were able to meet with their child’s classroom teacher and discuss their progress. If you were unfortunately unable to attend, please make contact with the school to request a phone call from your child’s teachers.

Weeks 3 and 4 this term will see a focus on combating cyberbullying amongst our Year 8 and 9 students. Ms Bird, our Head Teacher Welfare, has organised an incursion for our students on Wednesday 29th July, which will include talks given by representatives of the NSW Police. Included in this program is a special presentation to parents organised for Tuesday night, August 4th at 7pm in the HUB. This talk will include strategies that parents can use to support the safe use of social media by their children. I strongly recommend all parents endeavour to attend this event, which is also supported by both the local police and representative of our local community.

David Taylor

FROM THE P & C

Welcome back for the third term. Last term we ran a few small fundraisers such as the stand at the polls day and an Easter raffle for the children. Thank you to all the parents who donated Easter eggs, the response was fantastic.

This term has started off with a bang. The P & C has agreed in principal to take back the school canteen. More of this in the next newsletter. Our big fundraiser is on track. This is the school’s annual golf fun late afternoon early night day. The event will be held on the 10th November 2015. We are asking for your assistance in this area from our community. We are looking for sponsorship on different holes from companies or individuals. We are looking for 4 balls and donations of prizes. Mark Fryett markfryett@bigpond.com is running this so please if you can assist in any of these areas contact him.

For those who have not attended our meetings I would encourage you to do so. We are a new committee with big shoes to fill and need people to come and give input. It is not a forum for us to grab volunteers to run a stand etc. Our meetings run for 1 hour once a month from 7 till 8pm. Various issues are discussed and the Principal gives us his outline about the school and his direction with feedback. You will meet new people as well as old friends. I urge you to attend our next meeting on 11th August in the Common Room.

On a final note the P & C are looking for a qualified bookkeeper to do around 2-3 hours of work a week. If you would like to discuss this then please email desmclachlan.personal@gmail.com. We are also looking for people in our community who run their own business who think the P & C could use their skills in some of our up and coming projects or just to enable us to be able to pass your details on to others in the community who are looking for a particular service.

Please put the 11th August in your diary as well as the 10th November.

Desmond McLachlan
P & C President
YEAR TWELVE BIOLOGY EXCURSION

In the wake of year twelve, it becomes an important part of the learning process to experience the information of the subject we are learning. For the year twelve Biology section named: The Search for Better Health, our class learned of the many different aspects that related to how diseases affect our body and our health.

In doing so, it was decided to travel to the UNSW Museum of Human Disease which displayed the many different human body parts affected by disease that have been collected from donations dating back as far as the 19th century.

After being introduced by a lovely volunteer to the many different effects that can be seen on the body parts after being exposed to the disease, we were allowed to peruse the museum, working through information sheets in the process. Whilst exploring the twenty-four different sections of the disease gallery, we were often confronted with the true brutality that some of these diseases have on parts of the human body.

However, the experience proved to be rewarding and as a class we gained a deeper understanding of the true effects that disease has on the human body and how far we have come in modern medicine. For those in year ten or year eleven, we would greatly recommend thinking of choosing biology as a subject as it clearly reaps interesting rewards.

Alex Jenkins and Kyle McDonnell
World Vision

TUCKERBOX AT CROMER CAMPUS

We are starting up the Tuckerbox at Cromer Campus. We are looking for parent volunteers to cook freezer meals that can be given to school families in need.

- Meals are to be made in disposable containers and frozen
- Write the ingredients and date meal cooked on the container
- Meals are to be delivered to Student Services and are then stored in the school freezer
- Meal ideas include lasagne, stews, chicken casseroles, tagines etc

Please can you indicate your willingness to cook for the Tuckerbox by emailing Alison Wheatley on Alison.Wheatley1@det.nsw.edu.au

Youth Day 3 June 2015

This year Cromer Campus will be participating in the 40 hour famine over the weekend of 15th and 16th August. Students sacrifice something important to them for 40 hours, and through sponsorship, raise money for World Vision. It would be wonderful if all students can get on board with this initiative.

On Wednesday 3rd June, four Year 10 and Year 11 girls, Brooke Harris, Bridgit Bevan, Aleya Butler and Chevonne Taimaaiiono went on a World Vision Youth Day at Luna Park. There were around 1000 students from all over greater Sydney participating in the event, aimed at developing leadership skills and raising awareness of global poverty. The first activity was a simulation game resembling the board game “Risk”. Students experimented with a world that had equal resources and opportunities to see what would happen. In some cases Ethiopia took over the world!

Various youth ambassadors came to speak to the students about the difference an individual can make in the drive to alleviate poverty. Some examples are using social media in a positive way to advocate for others and spending our money wisely on sustainable products and Fairtrade chocolate that doesn’t use child labour. It was a stimulating and inspiring day and the girls are ready to roll out the 40 hour famine here at Cromer Campus.

Alison Wheatley
Sport at Cromer

Let’s take a look at what some of our students got up to in the school holidays!

CROMER STUDENTS AMAZING ACHIEVEMENTS

NBSC Interschool Snowsports Team

Ty Hatch and Lachie MacMahon excelled at the NSW Interschool Snowsport Championships, competing as part of the NBSC Team at Perisher!!!

Ty's results - SNOWBOARDING:

1st in Snowboard div 2 teams and 2nd individual
3rd Boarder Cross div 2 teams and 1st individual.

Lachie's results- SKIING:

1st Moguls div 1 teams and 7th individual
2nd Skier Cross div 1 teams and 7th individual
10th individual Alpine

Both of our boys have been invited to compete in the NSW State Championships in August. This includes the top 5 teams and top 10 individual place getters.

The NBSC Team came 3rd overall with some great results from the other team members as well. They were the highest placed Government School in the competition.

Congratulations Lachie, Ty and the NBSC Team. This is a really outstanding achievement.
Ethan Neville and Angus Schmidt – KAYAKING: Attended training camp at the AIS for the Olympic Hopefuls Australian Team. Go for Gold!!!

Jamie Lyon Cup
U13’s Boys Rugby League
The Jamie Lyon Cup Semi Final was postponed again due to poor weather. It is due to be held on Thursday 23 July. More information will be given out as it becomes available.
Mr Whittaker (Coach)

SYDNEY NORTH TRIALS/RESULTS
Please check the website for trial dates, information and entry forms and results or speak to your School Sport Coordinators.

SPORT AWARDS
The Cromer Campus Annual Sports Award Ceremony will be held at the end of this term. This is where students who have achieved to a high level in their sport (both inside and outside of school) are recognised for their achievements and presented with an award. This can only occur if the Sport Coordinators are made aware of these achievements. Please collect nomination forms from your Sports Coordinators and return them as soon as possible or email your information to alexandra.bonello@det.nsw.edu.au.

SPORTS ON FACEBOOK
Thanks for following us and liking us on Facebook. We have almost 200 regular followers. We are currently not accepting “friends” to this page. Just hit like and the information will get to you.
We hope you are finding this site useful and informative and if so, share it with other Cromerites.

Like us on Facebook at NBSC Cromer Campus Sport.

Here at Cromer Campus we do our best to report on and acknowledge our Student’s sporting achievements. Please email alexandra.bonello@det.nsw.edu.au with your child’s results and achievements and any good action photos.
Parent information evenings provided by the Northern Sydney Local Health district on “Parenting Teens”

Dealing with Teen’s Back Chat!!

PARENTS OF TEENS OR ALMOST TEENS
"Learn how to restore a respectful and positive relationship between you and your teen"

Topics include:

• Similarities & differences between being a teenager today & their parent’s day
• What it is like being a teenager in this fast paced & competitive world
• Assertiveness skills to deal with teen’s behaviour, set boundaries & consequences
• Listening skills to find out what is going on in our teenager’s world & support them

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Thursday 23rd July 2015
TIME: 7.00pm – 9.30pm
COST: $50pp
PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS WORKSHOP

This workshop will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District
5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District


If interested contact the numbers above directly.

Sherille Sullivan (Relieving Deputy Principal 7, 9, 11, Wednesday & Thursday)
Mirror Project Success,  
Thank you Freelance Glass!

Thank you to Kim and his team at Freelance Glass for their continued support of Cromer Campus students. They have been donating mirrors to our school for many years now which enhances our senior and junior Industrial Arts programs. The year 11 Industrial Technology Timber students have been busy designing and manufacturing timber frames last term and were very excited when the moment came to fit the glass. This was extremely satisfying for the students as all their hard work came together so beautifully with the glass being the cherry on the cake.

**Freelance Glass**  
Address: U 20 1-5 THEW PDE,  
Sydney New South Wales 2099  
Phone: 02 9972 4103
Cromer Campus Band Tour 2015

Last term Cromer’s Band embarked upon their first Band Tour in 22 years! Early in the morning on Monday of week 10, we somehow squeezed all of our gear into an 8x4 foot trailer and jumped onto the mini bus where we would spend most of our time on over the next three days. During our tour we performed at Tarro Public School in Maitland, Great Lakes Nursing Home, Coollongolook Public School Forster and Baptist Care Nursing Home. We also ran two Primary School Band Workshops which included a whole school performance at Pacific Palms Public School Forster and Narara Public Gosford.

At every stop we made our students were completely professional right from the moment they setup till the moment they hopped back on the bus. With each performance the standard of our repertoire improved greatly and we were always well received by our host schools/nursing homes. The Band Workshops were a highlight, seeing our students come into their own while teaching their younger counterparts was truly inspirational. However we weren’t just having fun performing, we were lucky enough to take part in a few activities along the way. We raced Go Karts, went on the Treetop Crazy Rider Zip-line in Ourimbah, roasted Marshmallows round the camp fire and had many singalongs on the bus rides to and from performances.

The tour was a great success giving our students an opportunity to spend time with one another outside of the normal band rehearsal setting and invaluable performance experience. Bring on 2016!
Cromer Campus Café

Cc’s Café is open every morning to staff and on Tuesdays and Thursdays between 8:00-8:30am to parents. Our students are dedicated workers, continually honing their craft and becoming great Baristas that now have regular customers. This term students who applied for managerial roles were given jobs to help raise the profile and improve the standard of the café. Here is a brief snapshot of what we have been doing written by our Public Relations Manager, Jasmine Small from year 9.

The Cromer campus café has become a big success over the past 3 terms. A few students are getting a taste of what it’s like to have a job and how to make a small business really stand out. The students come to school at 8 o’clock to start making coffee for the teachers voluntarily and regularly hold fundraisers for various subjects, such as our school band. The students are having a lot of fun and learning so much helpful information they will use later in their lives.

This term another group of students will be completing an introductory level barista course and will begin work in the café. If you are at the uniform shop on a Tuesday or Thursday please come in to purchase a coffee or just to say hello!

Raising mindfulness of cancer in the community is a significant concern of the Cromer Campus student leadership body. To show our awareness of various cancers, and the importance of continued cancer research, the Year 12 student leadership team will be hosting a special mufti-day on the 8th of September. For the day, students will wear a colour of their choice which represents a specific kind of cancer (a list of which can be seen below). We ask that all students bring a gold coin donation. During the day the number of students representing each type of cancer will be recorded, and at the end the proceeds will be donated to research into the cancer highest-represented in the school community. Together as a school, we aim to show both our awareness of the numerous cancers which exist in our society, and our support for those in our community currently affected by them.

Thank you for your understanding and support,
-Kyle McDonnell, Year 12 Student Leadership Team.

<table>
<thead>
<tr>
<th>Colour</th>
<th>Type of Cancer</th>
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<tbody>
<tr>
<td>Black</td>
<td>Melanoma</td>
</tr>
<tr>
<td>Purple</td>
<td>Stomach, Oesophageal, Pancreatic</td>
</tr>
<tr>
<td>Color</td>
<td>Disease</td>
</tr>
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<td>--------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Pink</td>
<td>Breast</td>
</tr>
<tr>
<td>Red</td>
<td>Head, Neck, Throat</td>
</tr>
<tr>
<td>Orange</td>
<td>Leukaemia</td>
</tr>
<tr>
<td>Yellow</td>
<td>Bladder, Sarcoma, Testicular</td>
</tr>
<tr>
<td>Green</td>
<td>Lymphoma, Kidney, Liver</td>
</tr>
<tr>
<td>Blue</td>
<td>Cervical, Prostate, Thyroid, Ovarian, Colon</td>
</tr>
</tbody>
</table>
Dear Parents,

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn
Please tell your family and friends to order from us and support our P&C fundraiser

The Cromer Campus P&C are selling the 2015/2016 Entertainment Books and Digital Membership 2015/2016. For just $70, you’ll receive over $20,000 worth of valuable offers!

2 Restaurant vouchers and you have recovered the cost of the book. There is a saving of up to $40.00 for the new Crazy Donkey Restaurant at Dee Why which is very popular and 10% discount on David Jones Gift Cards as well as 5% discount for Big W, Woolworths and BWS Gift cards along with many other great savings for restaurants, cafes, entertainment venues etc.

To order your copy go to the schools website Home Page, P&C Entertainment Books For Sale and click on the link. Books can be collected from the front office 1 day after payment or can be posted out at an extra charge. Books are on sale for Term 2 only, Digital Membership can be purchased any time.
WE NEED YOUR BIKES!

COLLECTING IN BROOKVALE ON
SUNDAY AUGUST 2 FROM 9AM – 3PM

At Bikes4Life, it is our mission to collect, restore and provide bicycles to the most marginalised & impoverished communities around the world.

We are currently collecting bikes for our next project – ‘Water for Africa’ in Tanzania. If you have an unused bike that you would like to donate, we can extend its life!

We are mainly looking for teenage / adult size mountain bikes in good condition or near working order. If you can help, then we’d love to hear from you! Contact sara@bikes4life.com.au

Please drop your bike to:
3/130 Old Pittwater Road, Brookvale
Sunday 2nd August, 9AM – 3PM

LET YOUR OLD BIKE CHANGE SOMEONE’S LIFE FOREVER.
LEONIE SMITH

The Cyber Safety Lady

A Practical and positive approach to safety on digital technology.

Leonie Smith gets results where others often fail.
Parents, teachers, students say they leave her talks feeling empowered and determined to succeed with online safety.
They actually make changes!
Leonie’s presentations and workshops are not just scary stories.
As a parent, she gives practical advice on how to protect you and your family from online predators, cyberbullying, privacy issues & scams.
As well as advising on how to protect your children from stumbling across shocking adult content, Leonie’s heartfelt, sometimes humorous stories, help to illustrate why it is so important for everyone to understand how the digital world works, and how to use it safely.
She’s done the hard yards.

She Covers:
- Safe & unsafe apps
- Social media & kids
- Safer messaging
- Cyberbullying strategies
- Adult content filters
- Screen time addiction
- Essential privacy settings
- Smartphone issues
- Scams & traps online.
- Smart online behaviour-
- Safe Gaming
- Your child’s digital world.

How Cyber Smart are you?
Which apps are the worst for cyber bullying and most used by predators?
What is the most popular way to cyber bully?
What important steps should you take if your child has been bullied online?
What setting shows you what strangers see about your child on Facebook?
What are “In App Purchases” & the 15min window on iTunes why should you turn them off?
Where are the settings to filter out adult content on Google/YouTube?
Best way to supervise your child online without spying?
How do you tell if an app is safe or not?
What safety settings have you enabled on your child’s laptop/iPad/phone for school?
What are “Tumblr” “Kik” “Snapchat” and “Tinder”?
What is a #hashtag and why do you need to know?
If you can’t answer these questions correctly you don’t know enough about cyber safety to protect your child’s digital future.

The Cyber Safety Lady: Leonie Smith
Where: Cromer Campus Hub
When: Tuesday 4 August
Time: 6.45p.m.
Enquiries: Phone 9981 1155
RELAX. RECHARGE. REFRESH
BECAUSE YOU’RE SPECIAL TOO!

We made you a promise...

... and thanks to some funding from Carer’s NSW & our wonderful contributors listed overleaf, we are excited to announce

RELAX . RECHARGE . REFRESH

This unique day is for parents of children with ADHD, who often find daily life overwhelming, taking little time to focus on their own needs. Looking after yourself is not a selfish act but essential to being able to be the best parent you can be. You can’t give of your best if you have nothing left to give!

Relax. Recharge. Refresh will allow you to take time out to invest in your personal health & wellbeing.

Our health gurus will share strategies on gaining more balance & harmony in your life - re-thinking the way you do things, exercise, nutrition, yoga, the use of essential oils & meditation. You’ll totally relax with the free mini massage, lunch & morning/afternoon tea or just chatting to other parents who understand - all overlooking stunning Avalon Beach and the ocean.

Not only will you take away many life-changing strategies from our presenters, but as we’ve been generously supported by some beautiful, healthy & environmentally conscious companies, you’ll also walk away with an inspiring gift bag to continue the experience at home.

So go on... spoil yourself...

Vivian & Louisa

Sunday 16th August 2015
9.45-3.30pm
Avalon SLSC
Tickets only $30
Book via Eventbrite

Northern Beaches
ADHD Support Group
### Cromer Calendar

#### Week 3A – EDUCATION WEEK

| Monday 27 July | HSC TRIAL EXAMS BEGIN (2 weeks) |

#### Week 4B

<table>
<thead>
<tr>
<th>Monday 3 to Friday 7 August</th>
<th>HSC TRIAL continues</th>
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</thead>
<tbody>
<tr>
<td>Monday 3 August</td>
<td>Year 10 Interviews</td>
</tr>
<tr>
<td></td>
<td>Year 7 Gala Day</td>
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</tbody>
</table>

#### Week 5A

| Monday 10 August          | Year 8 Gala Day     |
| Tuesday 11 August         | P & C Meeting 7pm   |
| Wednesday 12 August       | Grade Sport Zone Finals |
| Thursday 13 August        | HSC Exhibition Evening 4pm – 7 pm – Mr Taylor I/C |

#### Week 6B – NATIONAL SCIENCE WEEK

| Monday 17 to Friday 21 August | Science Techno Week |
| Wednesday 19 August           | Grade Sport Super Zone Finals |
| Thursday 20 August            | HSC Exhibition & Performance Evening 5pm |
| Friday 21 August              | Science Techno Expo   |

#### Week 7A – BOOK WEEK

Book week – “Books Light up our World”

#### Week 8B

| Tuesday 1 September         | Year 11 Vaccinations – Mrs Stevens I/C |
| Wednesday 2 September       | Term 4 Rec Sports Selection |
| Thurs 3 – Sat 5 September   | CHS Athletics at Homebush |

#### Week 9A

| Monday 7 September          | Year 11 Exams begin (2 weeks) |
| Tuesday 8 September         | P & C Meeting 7pm             |
| Wednesday 9 September       | Term 4 Rec Sport begins       |

#### Week 10B

| Monday 14 to Thurs Sept 17 | Year 11 Exams continued |
| Wednesday 16 September      | Sports Assembly in Gym     |
| Thursday 17 September       | Year 12 Graduation         |

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**GUIDED SCHOOL TOURS**

last Monday of every month

Please call on 9981 1155 to book a place on the tour which will commence at 9.30am from the school Admin Office