



The Galston Gumnut

Galston Public School Newsletter

Wednesday 17th October 2018

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Respect

Responsibility

Personal Best

Week 1, Term 4

Calendar Dates

Week 1, Term 4

Thursday 18 th October	Cricket Gala Day POSTPONED
Friday 19 th October	Stage 1 (Years 1 & 2) Excursion - Muogamarra Nature Reserve No Assembly Galston Early Learning Centre Twilight Markets

Week 2, Term 4

Monday 22 nd October	League Tag Gala Day
Friday 26 th October	Aboriginal Incursion with Lexodious Dadd Murals Official Opening and smoking ceremony, 12:30pm Assembly, 2:05pm – KB & K-1W class item

Week 3, Term 4

Tuesday 30 th October	Cricket Clinics: 1-2C, 1-2M, 2-3P, 4-5P, 5-6W
Wednesday 31 st October	Cricket Clinics: KB, K-1W, 3-4S, 3-4F, 5-6M
Friday 2 nd November	Assembly, 2:05pm – 4-5P class item

Note	Due Date
Choir at Galston ELC Twilight Markets	Wednesday 17 th October
2018 League Tag Gala Day	Thursday 18 th October
Years 3 & 4 Crusader Camp	Friday 26 th October

From the Principal

Welcome Back

I hope that all of our students had an enjoyable break, recharging the batteries for a great term ahead, and that you enjoyed some family time together. It was lovely to see so many happy, smiling faces returning to school on Monday, with most wearing their school hat as the weather warms up.

Murals

A huge thank you to Belinda Nadwie for sharing her considerable artistic talent, not to mention drive and energy, to create the stunning native bird mural on our hall wall. We are absolutely delighted with the mural, it is stunning. I would also like to thank Belinda for organising Aboriginal artist Luke Mallie to come down from Queensland to do his Indigenous mural and for accommodating and looking after him during his stay. Luke's mural is amazing, combining modern and traditional techniques in the one design, and it was a pleasure having him at our school. Finally, our students and staff members loved the opportunity to add their hand prints to our hand print mural.

I would like to thank the following parents who assisted with the murals: Angela Bolt, Jo Cepak, Kristie Chambers, Belinda Crofts, Julia Eccles, Liz Erin, Tash Ferguson, Kelly Frost, Kim Gregory, Kristy Lindley, Michael Nadwie, Maria Rubino, Shannon Sandlin, Robyn Storey and Louise Wadey.

A big thank you also goes to the Toy family and the Lacey family for providing the scaffolding, which was an essential part of the project.

The murals have brightened up and enhanced our school environment beautifully.

Aboriginal Incursion and Murals Official Opening - Friday 26th October

Mrs Pearce has organised Indigenous educator Lexodious Dadd to visit our school on Friday 26th October. Mr Dadd, who is a Senior Darug man from the Cannemegal clan of the Sydney area, will be presenting a session to our students, then conducting a smoking ceremony for our Aboriginal mural as part of our murals official opening.

You are very welcome to join us at 12:30pm for our official opening of our murals, a chance to thank those who contributed to these wonderful artworks.



Year 6 Mini Fete

Well done to Year 6, Mrs Muscat, Mrs Watson and Mrs Pearce for running a wonderful Mini Fete last term. Thank you to the Year 6 parents who helped with the organisation and cooked and served the lunch on the Wednesday. Thank you to all the generous raffle sponsors and the families who bought and sold raffle tickets, and congratulations to all of the raffle prize winners. Year 6's hard work paid off, all the activities and stalls were very well organised and lots of fun. The Mini Fete is keenly anticipated each year and is a great activity because the Year 6 boys and girls take responsibility for their fundraising. Money raised will be put to good use in the form of a Year 6 gift to the school, the Year 6 Farewell and the Year 6 end-of-year day at Vision Valley. We were very impressed with the behaviour of all the children on the day. Well done also to our Year 5 students who stepped up to assist Year 6, great work.



UNSW ICAS Mathematics Competition Results

Congratulations to the following students for their achievements in the UNSW International Competitions and Assessment for Schools - Mathematics.

Merit

Billie 2-3P Lily 5-6M
Eva 3-4S Jayden 5-6M
Jessica 5-6W

Credit

Sophie 2-3P Alex 4-5P
Elijah 3-4S Chase 5-6M
Annabelle 3-4F

Distinction

Brendan 2-3P

Save the Date

Please feel free to join us for a parent workshop on Tuesday 13th November from 5:30pm – 7:00pm in the Library. The workshop is titled '*Developing resilience in children*' and helps parents gain knowledge about resilience, looks at how it is developed and what external factors can affect resilience. It also looks at how to promote your child's resilience and examines what resources are available to parents. This workshop will be followed by our P&C meeting. Of course you are most welcome, but not expected, to attend the P&C meeting.

Bushfire Preparation & Planning - Old Towel Donations Needed

Our designated on-site evacuation point in case of bushfire is the school hall. We need to block the areas around the large door with towels to prevent as much smoke as possible from entering the building. We are seeking donations of old towels that we can use for this purpose. If you have an old towel that you can donate, please send it in to the school office. Thank you.

Selective High School Application



Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level. Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 14th March 2019. The applications must be made online between 9th October 2018 and 12th November 2018. Late applications will not be accepted. You will need to apply on the internet using a valid email address (not the student's email address). Detailed instructions on how to apply online are available at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Staff Update

I coach the Sydney North PSSA Boys Cricket Team and will be attending the NSWPSA State Cricket Carnival in Barooga during Week 2. During my absence, Ms Wallace (Mon & Wed), Mrs Muscat (Tues & Fri) or Mr Finch (Thurs), will be relieving for me. Go Sydney North!

Rob Jarvis

Week 1 PBL Awards	
Bronze Awards	Galston Gotcha Prize Draw Winners
	

News From 5-6W

Welcome back! Term 4 will be full of exciting times for 5-6W as our Year 6 students make their last memories of primary school and our Year 5 students prepare to step into leadership roles.

Here are some things we got up to last term. We enjoyed making our school a brighter and more colourful place to be by adding our hands to the hand tree.

We thoroughly enjoyed our Geography unit learning about Indigenous peoples around the world and the traditions and cultures of different countries. Our Art unit closely connects to Geography. Have a look at our artwork inspired by other cultures.



We had an awesome time dressing up as different book characters for the Book Parade. The highlight of the year would have to be Mini Fete. What a fantastic day we all had. Congratulations to all the Year 6s who ran their stalls very well and the Year 5s who assisted.



Gemma Watson – 5-6W

P&C News

Welcome Back

A big welcome back to everyone for Term 4. We hope everyone had a lovely holiday. Our P&C meeting for October did not occur as it fell in the school holidays; our next meeting will be on Tuesday 13th November in the school library. We will be having a short presentation from Shanna about Galston OOSH and Vacation Care, so if you are interested in what they offer come along to meet Shanna.

Kim Alsdorf – P&C President, kim@galstonpandc.org.au

Canteen News

Friday 19th and Monday 22nd October Lunch + Counter Sales

Please lodge all orders through Flexischools.com.au by 9.15am.

If your child is absent from school on a lunch ordering day you are able to cancel the order online prior to cut off at 9.15am or call Flexischools on 1300 361 769.

We are no longer stocking Bolognese Pasta Bake. It has been discontinued in Flexischools. As a replacement we are stocking Homestyle Beef Lasagne made by our Monday meals supplier. It is a wholefood meal and is currently available on a Friday. The cost will be \$4.50.

Term 4 heralds the sale of Sushi once again. Please see the Summer Menu for a complete update of the Menu.

REDcycle

The school will be trialling a REDcycle program. RED Group, a Melbourne-based consulting and recycling organisation, has developed and implemented the REDcycle program; a recovery initiative for post-consumer soft plastic. This program makes it easy for consumers (students) to keep plastic bags and packaging out of landfill. A box will be placed in the playground for the students to place their used plastic wrap, bags and packaging from recess and lunch. See below for more details about what can and can't be placed in the box. The teachers will be showing a short video during class time to educate the students on the program. Please encourage your children to actively participate. For additional information please go to www.redcycle.net.au

DO THE SCRUNCH TEST!



If it's soft plastic and CAN be scrunched into a ball, it can be placed in a REDcycle drop off bin

If it's not plastic, or it's plastic that CAN'T be scrunched into a ball, it cannot be recycled via REDcycle*

Below is a guide to the most common items that can and can't be recycled through this program:

YES PLEASE!

- Biscuit packets (outer wrapper only)
- Bread bags (without the tie)
- Bubble wrap (large sheets cut into A3 size pieces)
- Cat and dog food pouches (as clean and dry as possible)
- Cellophane from bunches of flowers (cut into A3 size pieces)
- Cereal box liners
- Chip and cracker packets (silver lined)
- Chocolate and snack bar wrappers
- Cling Wrap - free of food residue
- Confectionery bags
- Dry pet food bags
- Fresh produce bags
- Frozen food bags
- Green bags (Polypropylene Bags)
- Ice cream wrappers
- Large sheets of plastic that furniture comes wrapped in (cut into A3 size pieces)
- Netting produce bags (any metal clips removed)
- Newspaper and magazine wrap
- Pasta bags
- Plastic Australia Post satchels
- Plastic carrier bags from all stores
- Plastic film wrap from grocery items such as nappies and toilet paper
- Plastic sachets
- Potting mix and compost bags - both the plastic and woven polypropylene types (cut into A3 size pieces and free of as much product as possible)
- Rice bags - both plastic and the woven type (if large, cut into A3 size pieces)
- Snap lock bags / zip lock bags
- Squeeze pouches with lid on (eg. yogurt/baby food)
- Wine bladders - clear plastic ones only



Please make sure your plastic is dry and as empty as possible.

NO THANKS!

- Plastic bottles
- Plastic containers
- Any rigid plastic such as meat trays, biscuit trays or strawberry punnets
- Adhesive tape
- Balloons (of any kind)
- Biodegradable/degradable/compostable plastics
- Blister packs, tablets and capsule packaging
- Blow up pools and pool toys - plastic or PVC
- Bread bag tags
- Christmas tinsel and Christmas trees
- Coffee bags
- Cooler bags
- Disposable food handling gloves of any variety
- Drinking straws
- Film negatives and x-rays
- Foam or polystyrene of any kind
- Foil / Alfoil of any kind
- Food waste
- Glass
- Laminated materials and overhead transparencies
- Medical waste materials
- Paper and cardboard
- Paper post packs
- Plastic/clear vinyl packaging from sheets and doonas etc
- Plastic packaging that has contained meat
- Plastic strapping used for securing boxes and pallets
- Powdered milk packets, made of foil
- Rubber, rubber gloves, latex
- Tarpaulins
- Tin cans
- VHS Tape
- Wet plastic materials as mould is a problem for us
- Wine bladders - foil based
- Wrapping paper and cardboard, ribbons or bows

Louise O'Rourke – *Canteen Committee*

Friday Roster

19th October

Helpers	Assistant	Supervisor
9:30-12:00 Debbie Webb	9:00-3:00 Rosie Barba	9:00-3:00 Amal Grogan
12:00-3:00 Stacie Thom		

Monday Roster

	Morning 10:30 to 1:30	Afternoon 12:30-2:30
22nd October	Rosie Barba	Kristie Chambers

Uniform Shop

We encourage all parents and carers to order uniforms via Flexischools. Remember Flexischools is available 24/7 for orders, so if you need to go up a size before next term, order now. Orders will be packed and sent home with students each Monday.

The uniform shop is open the first two weeks of term and, when the following term has a change of season/uniform, the last two weeks of term. During the term the uniform shop is open once per month, with the dates being determined at the start of each term.

Opening dates for Term 4 will be as follows:

Monday 22nd October 2.30pm-3.15pm

Monday 12th November 8.30am-9.15am

Monday 3rd December 2.30pm-3.15pm

Kristie Chambers and Lucy Parrin – *Uniform Shop Coordinators*

The Land Cookery Competition

Each year *The Land* newspaper sponsors a cookery competition open to the general public residing in NSW or the ACT. Cooking from standard recipes in *The Land* Cookery Schedule 2018/2019, each contestant has a chance to share in cash prizes and go on to represent at state level.

This year CWA Galston branch is inviting local schools to participate in Section 11, Class B of *The Land* Cookery Competition, Decorated Butter Biscuits for 12 years and under as at 31 March 2019. Four (4) biscuits to be presented, 5cm rounds decorated with 100s and 1000s. The following recipe MUST be used.

Decorated Butter Biscuits

Ingredients

250g butter, at room temperature

125g ($\frac{3}{4}$ cup) icing sugar mixture

1 teaspoon vanilla essence

300g (2 cups) plain flour

70g ($\frac{1}{2}$ cup) custard powder

2 tablespoons milk

100s & 1000s to decorate

Method

Heat oven to 180°C. Beat butter and sugar in a bowl until pale and creamy. Beat in vanilla. Add the sifted flour, custard powder and then the milk. Stir until a soft dough forms. Turn out onto a well-floured surface and bring together and shape into a disc.

Cover with plastic wrap and rest in fridge for $\frac{1}{2}$ to 1 hour.

Roll out dough approximately 5mm thick and cut into rounds using a serrated 5cm scone cutter. Place on a greased tray and decorate with about $\frac{1}{4}$ tsp of 100's & 1000's sprinkles.

Press in slightly with the back of a teaspoon so that they don't roll off.

Bake for approximately 12-14 minutes in oven until golden.

Entry and registrations open 2.0pm on Thursday 8th November. Judging commences at 3:30pm. Please read *The Land* Cookery Schedule before commencing your entry: <https://www.cwaofnsw.org.au/cookery.html> For more information please contact Anne on 0404 228 209 or annechartorisky@hotmail.com



THE LAND
COOKERY COMPETITION
FOR YOUNG COMPETITORS

Thursday 8th November 2018
Entry & registration at CWA Galston Branch from 2pm

• DECORATED BUTTER BISCUITS •

Judging starts at 3:30pm
Galston Health & Resource Centre
Cnr The Glade & 17 Arcadia Rd, Galston



Entry is open to the general public - 12 years and under as at 31 March 2019.
\$90 worth of prizes to be won. Refer to the CWA of NSW Cookery Schedule for regulations.



GALSTON PUBLIC SCHOOL CANTEEN SUMMER MENU TERM 4, 2018



MONDAY LUNCH

Place your lunch order online using Flexischools anytime by 9.15am Monday morning.

HOME-STYLE MEALS

MACARONI CHEESE	(E)	\$4.00
MEATBALLS & PASTA	(E)	\$4.50
BANGERS & MASH	(E)	\$4.50

TOASTIES

Toasted sandwiches made on wholemeal bread only.

CHEESE	(E)	\$2.20
CHEESE & HAM	(E)	\$2.80
CHEESE & TOMATO	(E)	\$2.80
CHEESE, HAM & TOMATO	(E)	\$3.20

DRINKS

SPRING WATER 600ml	(E)	\$1.00
BIG M MILK Chocolate	(E)	\$2.00
JUICE BOMB 99% Sparkling Juice. Raspberry or Blackcurrant	(E)	\$2.40
APPLETISER 99% Sparkling Apple Juice	(E)	\$2.40
POPPER 100% juice. Apple or Paradise Punch	(E)	\$1.30
SIPPAH STRAW with MILK	(E)	\$1.20
CUP OF MILK	(E)	\$0.70

SNACKS

POPCORN Sweet & Salty (GF) (V)	(E)	\$1.50
CHIPS Honey Soy Chicken	(O)	\$1.50
TASTY CHEESE & CRACKERS (H) (V)	(E)	\$1.50
GRANOLA BAR	(O)	\$0.40
CHEESE TOASTIE (1/2) <i>Recess only</i>	(E)	\$1.10
RAISIN TOAST (1/2 slice) <i>Recess only</i>	(E)	\$0.50
SULTANAS 40g box (GF) (DF)	(E)	\$0.50
ARROWROOT BISCUIT (GF) (DF)	(O)	\$0.25
BREADSTICKS (DF)	(E)	\$0.20
CHOC MINT FUDGE (GF) (DF)	(O)	\$0.40
SEASONAL FRUIT See school newsletter for details	(E)	TBA

FROZEN SNACKS

JUICIES Tropical or Wildberry (GF) (DF)	(E)	\$1.00
MOOSIES Chocolate or Strawberry (GF)	(O)	\$1.00
TWISTED FROZEN YOGHURT Chocolate (GF)	(O)	\$2.00

MISCELLANEOUS

HI BOUNCE BALL (HANDBALL) Assorted colours	\$3.00
STICKYBEAK LUNCH BAGS	\$9.00

ALLERGY INDICATORS

(GF) Gluten Free (H) Halal
(DF) Dairy Free (V) Vegetarian

GF, DF and H indicators are based on information from suppliers or packaging.

We do our best to source menu items that have minimal additives and preservatives.

Menu changes will be notified in the school newsletter.

FOOD RATINGS

Menu items are rated according to the NSW Healthy School Canteen Strategy.

(E) = Everyday food (O) = Occasional food

FRIDAY LUNCH

Place your lunch order online using Flexischools anytime by 9.15am Friday morning.

HOT FOOD

CHICKEN BURGER	(O)	\$3.50
MUSCAT BURGER	(O)	\$5.50
CRUMBED CHICKEN TENDER (H) (GF)	(O)	\$1.40
SAUSAGE ROLL	(O)	\$2.50
BEEF PIE	(O)	\$3.50
MACARONI CHEESE (V)	(E)	\$3.40
BOLOGNAISE PASTA BAKE Home-style	(E)	\$4.50
BANGERS & MASH Home-style	(E)	\$4.50

SUSHI (NO VARIATIONS)

TERIYAKI CHICKEN & AVOCADO	(E)	\$3.50
TERIYAKI CHICKEN & CUCUMBER	(E)	\$3.50
TUNA & AVOCADO	(E)	\$3.50
TUNA & CUCUMBER	(E)	\$3.50
VEGETARIAN	(E)	\$3.50
BABY TUNA SUSHI (8-pack)	(E)	\$3.70

TOASTIE

Toasted sandwiches made on wholemeal bread only

CHEESE	(E)	\$2.20
CHEESE & HAM	(E)	\$2.80
CHEESE & TOMATO	(E)	\$2.80
CHEESE, HAM & TOMATO	(E)	\$3.20

EXTRAS

CORN ON THE COB (GF) (V)	(E)	\$0.50
GARLIC BREAD (V)	(O)	\$0.30
TOMATO SAUCE (GF)		\$0.25
BBQ SAUCE (GF)		\$0.25

SALAD BOX

SALAD BOX: Lettuce, tomato, cucumber & grated carrot	(E)	\$2.50
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EXTRAS:

Ham, cheese, hard-boiled egg (each)	\$0.60
Crumbed Chicken Tender (cut)	\$1.40
DRESSING: Balsamic, French, Mayo	\$0.20

SANDWICHES & ROLLS

All sandwiches made on buttered light wholemeal bread only.

Rolls available in white or brown, please specify.

VEGEMITE	(E)	\$1.60
CHEESE	(E)	\$2.00
HAM	(E)	\$2.20
CHEESE & TOMATO	(E)	\$2.60
EGG & MAYONNAISE	(E)	\$2.50
SALAD: Tomato, lettuce, beetroot, cucumber, carrot	(E)	\$2.60
SALAD & HAM	(E)	\$3.20

EXTRAS:

Beetroot, carrot, lettuce, tomato, cucumber (each)	\$0.50
Ham, cheese (each)	\$0.60
Crumbed Chicken Tender (cut)	\$1.40
Mayonnaise	\$0.20
BREAD ROLL (extra)	\$0.60



GALSTON PUBLIC SCHOOL CANTEEN SUMMER MENU TERM 4, 2018



OPENING TIMES

Recess and lunchtime on Fridays during the school term. Check the school newsletter for other opening times.

Large frozen items such as Moosies, Juicies and Twisted Frozen Yoghurt are not sold at recess due to limited eating time.

LUNCH ORDERING GUIDELINES

Place your lunch order online at www.flexischools.com.au by 9.15am. A paper lunch bag is included in the price of your order. Should you wish to provide your own Stickybeak bag, your child should place their bag into the canteen basket in their classroom.

Lunch orders through Flexischools are for lunch items and drinks only. Snacks and frozen items may be purchased over the counter using cash.

STAFFING

The canteen is run entirely by volunteers. Please contact Amal or email the canteen if you are able to help, even for an hour or two. Your children will love seeing you in the canteen, it is a great way to meet other parents and all profits are used by the P&C to purchase equipment and other items for the school.

CANTEEN TEAM:

Canteen Manager	Rosie Barba	0413 114 426
Canteen Manager	Louise O'Rourke	0424 578 579
Stock Controller	Sarah Aviani	0417 283 081
Roster Coordinator	Amal Grogan	0402 871 439
Canteen Committee Member	Susan Vriens	0412 216 779

Email: canteen@galstonpandc.org.au

Thank you to all the mums and dads who help run our canteen.

Canteen Roster, Term 4 2018

Monday Roster

	Morning 10:30 to 1:30	Afternoon 12:30-2:30
15th October	Lucy Parrin	Carolyn Sommer
22nd October	Rosie Barba	Kristie Chambers
29th October	Megan Kirkland	Jenni Bohman
5th November	Belinda Crofts	
12th November	Belinda Crofts	
19th November	Belinda Crofts	
26th November	Megan Kirkland	Jenni Bohman
3rd December	Lucy Parrin	Kristie Chambers
10th December	Megan Kirkland	Carolyn Sommer

Monday Tasks:

Heat frozen meals & prepare toasties
Repack fridge with drinks if required
Prepare garlic bread or corn if required
Counter sales
Clean up & checklist
Banking

Canteen Roster, Term 4 2018

19th October

Helpers	Assistant	Supervisor
9:30-12:00 Debbie Webb	9:00-3:00 Rosie Barba	9:00-3:00 Amal Grogan
12:00-3:00 Louise O'Rourke		

26th October

Helpers	Assistants	Supervisor
9:30-3:00 Jodie Burton	9:00-3:00 Kelly Frost	9:00-3:00 Ali Toy

2nd November

Helpers	Assistant	Supervisors
9:30-12:00 Kylie Dawson	9:00-3:00 Alison Barnes	9:00-3:00 Jeff Best
12:00-3:00 Karina Raeburn		

9th November

Helpers	Assistant	Supervisor
9:30-12:00 Nigel Alsdorf	9:00-12:00 Robyn Storey	9:00-3:00 Susan Vriens
12:00-3:00 Liz Eren	12:00-3:00 Peta Trethowan	

16th November

Helpers	Assistant	Supervisor
9:30-12:00 Debbie Webb	9:00-3:00 Rachel Lacey	9:00-3:00 Kath Ballinger
12:00-3:00 Julia Wellington		

23rd November

Helpers	Assistant	Supervisor
9:30-12:00 Nigel Alsdorf	9:00-3:00 Kath Ballinger	9:00-3:00 Ali Toy
12:00-3:00 Kati Herrington		

30th November

Helpers	Assistants	Supervisor
9:30-12:00 Kirsty Newbury	9:00-3:00 Cholena Izzard	9:00-3:00 Jeff Best
12:00-3:00 Kylie Dawson		

7th December

Helpers	Assistants	Supervisor
9:30-12:00 Edyta Lynch	9:00-3:00 Cholena Izzard	9:00-3:00 Susan Vriens
12:00-3:00 Julie Gray		

14th December

Helpers	Assistants	Supervisors
9:00-3:00 Louise O'Rourke	9:00-3:00 Rosie Barba	9:00-3:00 Amal Grogan

Galston Early Learning Centre

TWILIGHT MARKETS

FRIDAY 19TH OCTOBER 2018

5pm - 8pm | 11 School Road, Galston

- | | | |
|-----------------|----------------------------|-----------------|
| ★ Kindy Farm | ★ Phoenix Dance Exhibition | ★ RFS Visit |
| ★ Yummy Food | ★ Taekwondo Exhibition | ★ Huge Raffle |
| ★ Market Stalls | ★ Frozen - Elsa Visit | ★ Kids Fun Zone |



CABLES PARTY PACKAGES

Available for groups of 10 or more

Lake Parties

INCLUDES: Standard – Board, Life Jacket, Helmet & Coaching (Age 10+)

Aqua Park

Sessions start every hour on the hour from 10am to 4pm* (Age 6+)

All Party Packages Include:

- Choice of Chicken Nuggets or Hot Dog, served with Small Fries or Ham Salad Wrap
- Choice of Water, Juice or Soft Drink
- A Packet of Mixed Lollies per Child
- Birthday Child Receives a Free Aqua Session to Return Again
- A Table for 3hrs for Party Children
- Optional Ice Cream Cake (serves 12) – add \$25

AQUA SPLASH PARTY – \$29.95pp

50 Minute Aqua Session

BIG AQUA SPLASH – \$39.95pp

2 x 50 Minute Aqua Sessions

LAKE PARTY – \$49.95pp

1 Hour Lake Session

LAKE COMBO PARTY – \$59.95pp

50 Minute Aqua Session & 1 Hour Cable Session

BOOK NOW!

info@cableswakepark.com.au • (02) 4722 2537 • www.cableswakepark.com.au

*Prices are subject to change at anytime
**Only available during seasonal times & dates – see Cables website for more information

**ANYONE CAN DO IT
LIVE IT, LOVE IT!**

THE ADVENTURE CAPITAL

Cables is located just 45 mins west of Sydney
at Panthers World of Entertainment Complex

LAKE SESSIONS

	ADULT	CHILD
1 Hour Pass	\$49	\$44
2 Hour Pass	\$59	\$54
4 Hour Pass	\$69	\$64
Additional Hour	\$15	\$15
Day Pass	\$79	\$74
2 Hr Family Pass	\$169	N / A
Kids Club Saturday	N / A	\$35

Prices include Standard Board, Helmet & Vest
Must be aged 10+ for Lake Sessions

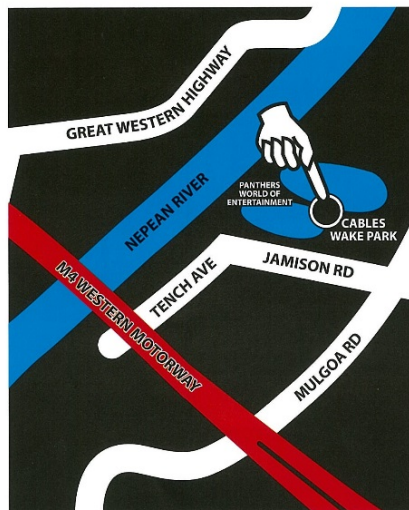
AQUA PARK

Package	SESSION TIME	PRICE
General Admission	50 Minute Aqua Session	\$20pp
General Admission	2 x 50 Minute Aqua Session	\$30pp
Group Aqua Package / Extra Session <small>Pre Booked Min. 10+</small>	50 Minute Aqua Session	\$15pp
Day Pass	Unlimited	\$45

Open weekends and School Holidays during peak season
Must be aged 6+ for Aqua Park Sessions

Pro Equipment Rental

	2 HRS	4 HRS
Pro Wake Board	\$25	\$45
Wakeskate	\$15	\$25
Knee Board	\$15	\$25
Steamer or Thermo Top	\$15	\$20



YouTube



0247 222 537

E info@cableswakepark.com.au

W www.cableswakepark.com.au

**ANYONE
CAN DO IT
LIVE IT, LOVE IT!**

**Cables
AQUA PARK**



Cables Wake Park is the perfect venue for
all types of functions and corporate events.



World class facilities with 4 cable systems where people of
all abilities can wakeboard, kneeboard and waterski.



Our Aqua Park has a series of inflatable slides, runways, jumping
pillows and structures all connected together on the lake.



Our lodge style rooms are ideal for groups & families.
Complete with a common area including a TV with
Foxtel, kitchen facilities and a BBQ area.



Relax while enjoying a meal & refreshment on our
verandah overlooking the lakes & Blue Mountains.



Private lessons available with a get up guarantee by
our professional coaching team.
Plus Kids Club every Saturday morning.



With the latest brands & equipment for wakeboarding,
kneeboarding and skiing plus a range of clothing
and accessories.

CONTACT US: W cableswakepark.com.au P 0247 222 537 E info@cableswakepark.com.au



Galston Aquatic
and Leisure Centre

AQUAFUN LEARN TO SWIM SCHOOL

SCHOOL
HOLIDAY
INTENSIVE
PROGRAM
2018

We will be running Intensive Learn to Swim programs for children of all ages during the October school holidays 2018.

The classes will be held in the mornings from 8.30am – 12.00pm. Lessons run for 30 mins each day.

BOOKINGS OPEN MONDAY 24 SEPTEMBER from 10.00am in person

Please phone 9651 2393. Full payment must be made upon booking.

CLASS DATES

WEEK 1 Tuesday 2 October to Friday 5 October (4 days)
WEEK 2 Monday 8 October to Friday 12 October (5 days)

Group lessons and private lessons are available

COSTS

30 min group lesson	\$87 (5 days)	\$70 (4 days)
15 min private lesson	\$130 (5 days)	\$104 (4 days)

412 GALSTON ROAD, GALSTON NSW 2159
T: 9651 2393
W: hornsby.nsw.gov.au/galstonaquatic



GALSTON EARLY LEARNING CENTRE



ENROLLING NOW FOR 2019

Galston Early Learning Centre is a community based, 40 place long day care offering education and care for children aged 6 weeks to 5 years.

Opening Hours: 7.15am to 6.15pm, Monday to Friday, 50 weeks per year.

The centre provides nappies, hats, sunscreen and all meals, snacks and drinks. The meals are cooked fresh daily by our cook using produce from our garden and local suppliers. We also cater for children with allergies and special diets.

Assessment Rating: EXCEEDING

If you would like to book a tour with the centre director, please see contact details below:

11 School Road, GALSTON 2159

Phone: 9653 1475

Email: galstondaycarebigpond.com

Like us on Facebook:

<https://www.facebook.com/Galston-Early-Learning-Centre-242796246569240/>

**Parenting Anxious Children
SEMINAR FOR PARENTS - TERM 4, 2018**

A seminar for parents of children aged 4-10 yrs discussing:

The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

**Wednesday
21 November**

**Time:
10am-12pm**

- The seminar will be run at **Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave.** Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10 however there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- **To confirm your place please call CYMHS on 9485 6155.**
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.



CARING FOR THE CARER

A 1-day workshop focusing on your health & wellbeing

Living with and caring for someone who has a serious illness, chronic pain, mental health diagnosis or a psychological disorder can be distressing.

Ultimately, carers need to care for themselves so they can care for others. This one-day workshop, facilitated by **Petrea King**, will focus on self-care and the 3 keys to leading a more resilient life:

1. **Acceptance** - learning to accept what has happened to us which allows us to become an active participator in meeting the challenge.
2. **Response** - moving beyond reacting out of despair to embracing the challenge before us.
3. **Forgiveness** - the inner process by which we liberate ourselves from the consequences of feeling wounded in the past.

You will leave this workshop with:

- the ability to manage the full range of emotions associated with being a carer
- tools for self-care
- the ability to maintain hope, humour and optimism

To book your ticket call
1300-941-488 or visit
questforlife.com.au/1-day-programs

In partnership with the Carer Support Service NSLHD



Health
Northern Sydney
Local Health District



DATE

Friday 7 December 2018

LOCATION

Kolling Building, Level 5
Norman Nock Room
Royal North Shore Hospital
St Leonards NSW 2065

Public transport recommended
Parking is available in Wilson Car Park at their rates

TIME

9.00am - registration
9.30am - 3.30pm

COST

\$15 per ticket (incl GST)
Bookings essential

INCLUSIONS

Light lunch provided
(Gluten free options included, welcome to bring own if preferred)

Petrea King, Founder and CEO
Quest for Life Foundation



"MINI" REFLEXOLOGY TREATMENT

GET RID OF STRESS NOW



Reflexology is the whole body reflected on the feet!

Reflexology involves the application of pressure to the feet (and hands) with specific thumb, finger, and hand techniques to the reflex points of your feet.

Reflexology can benefit:

- Adults dealing with stress, teens (exam stress) children, babies, colic, etc
- Digestion, Lymph Drainage, Back & Neck, Headaches
- Hormonal imbalance, excessive worrying, the elderly, after cancer treatment
- Muscular tension etc.

Why not consider a "mini" reflexology treatment in our beautiful clinic with aromatherapy and soft background music helping you unwind.

We are a new service to the local area and can be found in the Galston Village Shops.

Donna Sweeney Clinical Reflexologist

Fully insured. Member of the Reflexology Association of Australia

**Located in "Back on Track Chiropractic" Clinic
Shop 2, 358 Galston Road**

Current Hours are Tuesdays and every second Saturday

**For appointment please contact Donna on –
0410 441 605 or 9653-1970**

For Mobile Service



I come to you! Please call 0410 441 605

30 minutes of reflexology \$45.00

60 minutes of reflexology \$75.00

**MENTION THIS AD FOR \$10.00 OFF FIRST TREATMENT
(Applies to 60 minutes treatment only)**