Panthers on the Prowl

On Tuesday night I had the pleasure of attending the graduation for our students who have been part of the Panthers on the Prowl program for semester one. It was a wonderful evening full of pride for our students who have been learning through the program skills in resilience, pride, endurance and personal best. It makes me feel proud to be the Principal of such a great school full of wonderful and amazing students. Thank you to Ms Trimingham for her leadership and organisation.

One Step One Life

As part of the SRC initiative to thinking globally for the benefit of others, Mr Clay invited Mr Jake Stalker the founder of One Step One Life charity to come and speak to the students in stage 2 and 3 and the SRC about his work helping children and young people in Cambodia. The foundation has recently built a school in a small village in Cambodia for 200 children to learn how to read and write English. In Cambodia there is no welfare so if you don’t work you don’t earn any money and cannot buy food or shelter. The SRC have decided that they would like to support this charity as 100% of the donations go directly to the children in need.

We have two money tins that we are collecting loose change. Mr Clay has one in his office and the other will be kept at the front office – in case you have any loose change you can drop it in to help make the lives of others living in a third world country a little better. The SRC are going to discuss other ways the school may be able to help the charity with fundraising events.

School Holidays

I would like to wish you all a very safe and happy holidays. This has been a very busy and productive term with so many learning opportunities going on. Thank you to continued efforts from all the staff that work here at Braddock. Again a sense of pride comes to me by working amongst such talented, dedicated and passionate educators. The students reports will be sent home tomorrow and parent, teacher, student interviews will be held early in term 3. Be safe, enjoy the winter holidays and we look forward to seeing all the students return on Tuesday 14th July.

Mrs Kim Smith
Principal
## Class Awards

<table>
<thead>
<tr>
<th>Student</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lily W and Liam S</td>
<td>K/1L</td>
</tr>
<tr>
<td>Jacob C and Violet D</td>
<td>1/2H</td>
</tr>
<tr>
<td>Montane-Rose O and Nikitah J</td>
<td>1/2N</td>
</tr>
<tr>
<td>Natasha O and Caine H</td>
<td>3/4C</td>
</tr>
<tr>
<td>Carla J</td>
<td>3/4C</td>
</tr>
<tr>
<td>Meridith H and Trent H</td>
<td>3/4D</td>
</tr>
<tr>
<td>Erin-Shaylee d and Mary-Jane D</td>
<td>5/6C</td>
</tr>
</tbody>
</table>
This term, stage two have been learning about the need for shelter. We learnt about how people and nature adapt to different environments and how we could build a shelter in these areas. We were very lucky to have a visitor from the Australian Defence Force, Sergeant Ormsby, who taught us about survival skills in extreme conditions. We continued by learning about sustainability and what we can do to reduce our carbon footprint, like adopting ‘Reduce, Reuse, Recycle.’ To support our learning, Nicole from Bunnings helped us to reuse a milk bottle by making it into an animal watering can. Nicole also bought some fabulous vegetable seedlings for us to plant in our garden down the back, we are looking forward to watching them grow. Mrs Scicluna
We’re back! What a trip! After a whirlwind tour of Canberra all of our campers returned safely and a lot more knowledgeable about the history of our great country and how it runs. We started with a tour of the National Portrait Gallery where we saw Ned Kelly’s death mask, then on to the Australian War Memorial. Our School Captains laid a wreath on our behalf at the Last Post Ceremony along with a card that will be archived at the War Memorial forever. It was breathtaking to stand at the tomb of The Unknown Soldier and all of our kids were very respectful of this solemn occasion. The second day started with a look at the Australian National Museum where we saw Pharlap’s heart. We then headed to Questacon for some light science relief followed by a pizza at The High Court of Australia. We also visited the Australian Electoral Commission as well as Old Parliament House, and finished with a fruit roll at New Parliament House. The food was great, the weather was poor but we soldiered on with our tour guide Alex, who commented that “ours were the best bunch of kids he’d taken anywhere; they are friendly, respectful and very well-behaved.” Thanks to Mrs Dyson and Miss Ashlea for taking time out of their busy lives so the kids could experience our nation’s capital.

Mr Hall
Assistant Principal
### Every Day Counts....

A day here or there doesn't seem like much, but...

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1½ a years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 ½ years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
</tr>
</tbody>
</table>

Give your child every chance to succeed...

Every day counts!

### School Holiday Workshops

Using LEGO® MINDSTORMS® EV3 & WeDo™ robotics  
Also creative and themed building workshops  

Try our **NEW** Master Builder workshop!

6 to 10 July 2015 at Penrith

For more information and to book online go to:  
www.sttimothyscollege.org

### Workshops

<table>
<thead>
<tr>
<th>WORKSHOPS</th>
<th>DURATION</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gear Unplugged</td>
<td>4½ hours</td>
<td>$12</td>
</tr>
<tr>
<td>License to Build</td>
<td>4½ hours</td>
<td>$12</td>
</tr>
<tr>
<td>MXP4 Builder</td>
<td>3 hrs</td>
<td>$25</td>
</tr>
<tr>
<td>Junior Robots (WeDo)</td>
<td>3 hrs</td>
<td>$25</td>
</tr>
<tr>
<td>Intermediate Robots (WeDo)</td>
<td>3 hrs</td>
<td>$30</td>
</tr>
<tr>
<td>Story Builder</td>
<td>3 hrs</td>
<td>$30</td>
</tr>
<tr>
<td>Intro to EV3 Robotics</td>
<td>3 hrs</td>
<td>$29</td>
</tr>
<tr>
<td>Advanced Robotics (EV3)</td>
<td>6.5 hrs</td>
<td>$79</td>
</tr>
</tbody>
</table>

### Winter Holiday Camps

**THE BEST HOLIDAYS HAPPEN AT CAMP**

- **New friendships**  
- **Fun**  
- **Great value**  
- **Safe**

Our popular Winter Kids’ and Family Holiday Camps are filling fast. Find out what’s on including our popular ski / snowboard camp at Jindabyne!

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids’ Camps are suitable for kids aged 7 to 16 years* and range from 1 to 7 days.

**Residential Kids’ Camps include:  
- 24 hour supervision  
- Instructor led activities  
- Accommodation  
- Meals  
- Supervised transport**

**Family Camps include:  
- Instructor led activities  
- Meals  
- Accommodation  
- Lift and lesson tickets and transport to Jindabyne (for Jindabyne camps only)**

*Kids as young as 6 years can participate in group lessons as part of a Family Camp.
The simplest way
...to get your kids eating healthier.

Fruit and veg are one of the most important parts of a healthy diet. They're full of nutrients, fibre and vitamins — and should be part of every meal. If you have a fussy eater, try:

- Cutting fruit and veg into small pieces
- Serving raw vegies — young children often prefer raw to cooked vegies
- Being patient — kids take an average of eight times to try something new!
- Be a role model — children like to copy their parents, so make sure you're eating plenty of fruit and veg
- Get your kids involved — ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat it program is supported by the Nepean Blue Mountains Local Health District Live Life Well® School Program.

Nutrition Snippet

The simplest way
...to make a creative lunch box.

Don't feel like you have to send the same old vege milk sandwich every day...

- Make fresh spring rolls — they're great for dinner and can be used as leftovers, too! See eatittobeatit.com.au for a free recipe
- Cut vegies into thin sticks — send with a small container of hummus
- Make a fruit salad — dice whatever fruit you have into small pieces
- Send leftover vegie curry — leftovers can be kept warm in a small thermos
- Add fruit to yoghurt — decanter a large tub of reduced-fat yoghurt into small boxes, and add pieces of fruit for a sweet twist.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat it program is supported by the Nepean Blue Mountains Local Health District Live Life Well® School Program.

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Single with Children

A non-profit social group operated by the Single Parent family Association

ARE YOU A SINGLE PARENT?

Each week Single with Children provides fun and exciting social activities for single parents and their children. (Many activities are subsidised or free)

it's a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar

Call 1300 300 495

or check out our web site: www.singlewithchildren.com.au

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CRANEBROOK NEIGHBOURHOOD CENTRE

OPPOSITE CRANEBROOK HIGH

The Breakfast Club

Menu

- Cereal/ Porridge
- Toast
- Yoghurt
- Fruit
- Juices
- Egg
- Ham
- Jams & Spreads
- Cucumber & Tomato

Hot Toasties

- Ham & Cheese
- Ham, Cheese & Tomato

Why not grab something for recess?

Thursday is Milo day (you can have it hot or Cold)

Children are not to leave the centre until 8.10 am

Call us for more information on: 02 47290442

Nepean Community & Neighbourhood Services

NCNS - RESPECT, RESILIENCE, RECONCILIATION

www.npeancommunity.org.au
Keeping Children Safe
A workshop for parents and carers

This free workshop series is for any parents and carers who are committed to keeping children safe and wish to gain more knowledge about their parenting skills.

The Topics covered will include:
- Understanding abuse and neglect
- How abuse and neglect affects children
- What can be done to prevent abuse and neglect

6 Thursdays
6th, 13th, 20th & 27th August 2015
3rd, 10th September 2015
9:30—11:30am
(Childcare provided)

Cranebrook Neighbourhood Centre
Hosking St, Cranebrook (opposite Cranebrook high school and behind Cranebrook Shopping centre)

Please ring Zoe on 0437 699 019 or email zoe@nepeancommunity.org.au
Parenting Groups and Workshops
Term 3, 2015

**Groups**

<table>
<thead>
<tr>
<th>GROUPS</th>
<th>DAY, DATE &amp; TIME</th>
<th>LOCATION</th>
</tr>
</thead>
</table>
| **Triple P parent group**
(Positive Parenting Program)
for parents of 2 to 12 year-olds | Wednesdays
5 sessions
29th July to 26th August
9:45am to 12pm | South Penrith Neighbourhood Centre
3 Trent St |
| **Teen Triple P parent group**
(Positive Parenting Program)
for parents of teens | Tuesdays
5 sessions
18th August to 15th September
10am to 12:15pm | Koolyangarra corner of Penrall Way and Kington Place
Cranbrook |
| **Stepping Stones Triple P seminars**
for parents of children with disabilities
1. Positive parenting for children with a disability
2. Helping your child reach their potential
3. Changing problem behaviour into positive behaviour
These are seminars NOT a group. You are free to attend any or all of the seminars. | Tuesdays
3 seminars
- 28th July
- 4th August
- 11th August
11:30am to 1pm | South Penrith Neighbourhood Centre
3 Trent St |
| **Circle of Security**
Increase your awareness of your children’s needs and your responses to these needs. Become aware of the learned patterns that get in the way of being able to be a bigger, stronger, wiser, and kinder parent. Learn the importance of belonging and connection, and relationship repair. | Wednesdays
7 sessions
29th July to 9th September
12:30pm to 2:30pm | South Penrith Neighbourhood Centre
3 Trent St |
| **Cool Little Kids**
This group is a treatment programme for parents of children aged 3 to 8 years who are excessively shy or are demonstrating anxiety at home and in the community. This group has a 1 week break after Session 3. | Fridays
4 sessions over 5 weeks
7th August to 4th September
10am to 12pm | South Penrith Neighbourhood Centre
3 Trent St |

**SUPPORT GROUP**

<table>
<thead>
<tr>
<th>SUPPORT GROUP</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
</tr>
</thead>
</table>
| ADHD Parent Support Group
- Monday night | 20th July 2015
17th August 2015
21st September 2015
7:30pm to 9:30pm | South Penrith Neighbourhood Centre
3 Trent St |

**By Appointment (Daytime only)**

<table>
<thead>
<tr>
<th>DETAILS</th>
</tr>
</thead>
</table>
| Triple P
• Parent Traps
• Coping with your anger
• Partner Support
• Coping skills | Do you need extra support to get Triple P going in your family?
For parents who have completed the Triple P parent group. These are individual modules. |
| Triple P
• Disaster Recovery | For parents who are needing parenting support after a natural disaster. |
| Triple P
• Family Transitions (separation & divorce)
Cost: $45 for the workbook & CD | For parents who are experiencing parenting challenges associated with separation and divorce. |
| Triple P
• Stepping Stones | For families who have a child with a disability. This is an individual consultation to address parenting challenges. |
| Resilience Doughnut | Resilience Doughnut is a tool that parents can use to measure their child’s resilience. |
| Special Playtime | Special Playtime helps parents to build a relationship with their child through play. Special Playtime has been shown to reduce child behavioural difficulties in children under 7 years of age. |

**Contact Details**

<table>
<thead>
<tr>
<th>Narelle Smith</th>
<th>Family Worker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobile Phone:</td>
<td>0409 986121</td>
</tr>
<tr>
<td>Centre Phone:</td>
<td>4721 8520</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:Narelle@nepeancommunity.org.au">Narelle@nepeancommunity.org.au</a></td>
</tr>
</tbody>
</table>