



The Dove

Term 1
Friday 4th April, 2014
Volume: 42 No: 5

In this issue:

1. Principal's Address
2. Assistant Principal's Address
3. From the Counsellor
4. Student News
5. Diocesan News
6. Community Announcements

Upcoming Events:

TERM 1

Sat 5 Apr 2014

■ 13:00 Foundation Day March

Week Eleven

Tue 8 Apr 2014

■ Yr 11 & 12 Parent Teacher Night

Thu 10 Apr 2014

■ Holy Week Liturgy - P1a & 1b Yr 7,9,12 and 11 Chem

■ Holy Week Liturgy P2a & 2b - Yr 8,10 & 11 Excluding 11 Chem

Fri 11 Apr 2014

■ Last Day of Term 1

TERM TWO

Week One

Mon 28 Apr 2014

Pupil Free Day

Staff Professional Learning Day -
Program Evaluation Day

Tue 29 Apr 2014

■ Term 2 - students return

■ NSWCCC Swimming Carnival –
Homebush

Thu 1 May 2014

■ NSWCCC AFL Trials

■ Years 7, 8, 9, & 10 Textiles
Excursion

**"IT'S ALL ABOUT LEARNING
AND HAVING HIGH EXPECTATIONS
OF OURSELVES AND EACH OTHER"**

Dear members of the St Columba's community

Parent Forum

On Wednesday this week we had over 100 parents attend our inaugural Parent Forum. It was wonderful to meet so many parents and to discuss all the issues of concern regarding the learning here at the College.

Some of the issues raised were:

- The discrepancy between boys and girls in academic achievement
- The emphasis on uniform
- The impact of iPads on the learning and on family relationships
- The Year 11 timetable
- Communication with parents
- Feedback to students from assessments and the timely nature of this feedback
- The co-ordination of assessment tasks
- Teacher availability and return of phone calls
- Homework (Preparation for Learning) – what is going to be the College policy?
- The impact of group work as a form of assessment
- Bullying and the impact this is having on a number of students
- The Student Awards Scheme and the acknowledgement of students who achieve their personal best
- The impact of social media on students and their learning
- Bus issues
- Physical activity in allotted sport time
- Classroom management
- Cafeteria food
- Parental involvement in the College

Parents were asked to complete a simple survey outlining their satisfaction in a number of areas as well as convenient times for future meetings. These surveys will be collated and shared with you via the College website early next term.

Long Service Leave

In weeks 1 – 5 of next term, I will be on Long Service Leave and away from the College. In my absence, Mr Stewart will be the Acting Principal and Mrs Sparkes will be the Acting Assistant Principal.

Thank you for a wonderful term of learning at the College. I look forward to seeing you in Week 6 of Term 2.

May God bless you always,

Mr Paul Ryan
Principal

From the Assistant Principal

Springwood Foundation Day: Saturday 5th April / Anzac Day 25th April

The Springwood Foundation Day March is on this Saturday 5th April and the College will also be taking part in Anzac Day March on the 25th of April. Both of these events provide opportunities for the students to earn points towards the St Columba Cup for their house. A link has been placed on student's iPads should they be interested in attending these events.

Parent/Teacher Interviews – Years 11 and 12: Tuesday 8th April

Parent/Teacher interviews for students in Years 11 and 12 will be held on Tuesday 8th April between 2.00pm and 7.00pm. On this day, classes will finish for all students at 2pm. Students will be supervised between 2-3pm, should you wish your child to catch their normal school bus home. Alternatively, students may be picked up at the “turning circle” in front of the College from 2pm. Years 7-10 Parent Teacher meetings will take place in Term 2 and will follow this format with classes concluding at 2pm on the designated day. Please be assured that all classes on these days will take place, but will be shortened in length to enable the meetings to begin. See Page 4 of The Dove for how to book online.

Is it time to move the computer?

There have been so many stories in the media about the dangers associated with social media that there is a real risk of us dismissing the risk to our young people and becoming blasé. The dangers are real and unfortunately for many of our young people, decisions that they make in haste online have a lifespan that will affect them for years to come.

For many parents there is a real tension between the trust that you place in your child and their right to privacy, with the desire to protect them from engaging in practices that have far reaching consequences.

Cyber bullying, malicious gossip, slander, sexting and scams are but some of the difficulties with social media.

Employers are now utilising internet research companies to examine a prospective employee's internet footprint before considering them for employment. Given that caching servers archive web pages, mistakes made by young adolescents can be used against them as adults.

Each year the school engages experts in the field including Police Officers from our Local Area Command to talk to our students about the dangers associated with social media and the choices they make.

Parents have a role to play as well. You should know what your child is engaging in online:

- What groups do they belong to ?
- What behaviours are they condoning ?
- What information are they providing ?
- Is their behaviour risking their future ?
- How much time are they spending on social media ?
- Have you activated parental restrictions ?

There are many useful resources and tips for parents on the internet around this topic some can be found at the sites below.

<http://www.theonlinemom.com/secondary.asp?id=936>

<http://www.cybersmart.gov.au/>

http://www.stcolumbasspringwood.catholic.edu.au/SiteData/191/UserFiles/Resources/parental_control_settings2.pdf

Some useful tips include moving the computers out of bedrooms and into the living areas. Ask your young person to show you their posts. Learn as much as you can about the types of tools that they are using (Don't worry they will teach you. Most adolescents love it when they know more than you). Make sure that the information provided including pictures, profiles and discussions are appropriate. Remember that these social media platforms are accessible across many devices including phones, computers, iPads and iPods.

Mr Phillip Stewart
Assistant Principal

Minimum advised parental control settings on i-Pad

- ✓ Parental controls are **ENABLED** via the settings icon on an iPad, iPhone, iPod or laptop.
- ✓ The restricting of explicit content and changing of the ratings country have the biggest impact on filtering age appropriate games and apps.
- ✓ This does **NOT** limit the access of internet browsing.
- ✓ If any of your changes affect the function of the iPad at school, a teacher will notify you via the school diary.



From the Office

School Fees Reminder

Thank you to the families who have finalised their school fees for Term 1. These fees were due on 7th March 2014. Thank you also to the families who have commenced their Flexible Payment Plan arrangements.

Please be advised that unless alternative arrangements have been made with the Principal, the Business Manager or me, fees are payable in accordance with the Diocesan School Fees Policy which states "all fees are due and payable within 30 days of the date the school account statement is issued."

If you are having difficulties with the payment of your school fees, I encourage you to contact me on 4754 8902 or rvion@parra.catholic.edu.au to discuss payment options. The Catholic Education Office is committed to supporting families experiencing genuine financial hardship. Please be assured of complete confidentiality when discussing financial issues.

The school fee collection process has commenced on overdue accounts that have not been addressed as above.

School fees can be paid by Bpay, Postbillpay, Direct Debit, cash, EFTPOS Credit Card or cheque.

Roselee Vion
Senior Finance Officer

Year 7, 2015

Enrolment Applications for Year 7, 2015 are due by Friday 2nd May, 2014.

Any enquiries, please contact Lisa Jordan on 4754 8907.

Years 11 and 12 Parent/Teacher interviews



Dear Parents/Caregivers,

Years 11 and 12 Parent/Teacher/Student meetings will be on Tuesday 8th April, from 2.00pm to 7.00pm.

You can now book meetings at times that suit **YOUR FAMILY BEST**.

Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS OPEN: Friday 21st March at 9am.

BOOKINGS CLOSE: Monday 7th April at 12Noon.

Go to

www.schoolinterviews.com.au

Enter THIS school event code →

Then follow the 3 simple steps.



When you finish, a green box will appear at the top of the screen advising your interview timetable will be emailed to you automatically. Log out.

Please **check your junk mail folder** if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time while the online booking system is open, and change your interviews.

From the Uniform Shop

Apologies for the delay in supply of some uniform items.

All trousers, blazers and sports jackets will be here before the end of Term.

All laybys need to be settled by Tuesday 8th April please.

Thank you for your patience.

Pauline Buckley
Uniform Shop Manager

From the School Counsellor

Useful Apps to enhance mental health and wellbeing

Like it or loathe it, technology plays a major role in our lives, particularly in the lives of our young people. While many of us may prefer to bury our heads in the sand, it is important that we share this world with our young people in order to understand, educate and support them.

Most of us are now equipped with smart phones and tablets and with this in mind, I felt that it would be useful to provide ideas around suitable apps to enhance mental health and wellbeing for both you and your young person. It may be a good opportunity to spend time with your child, to learn from them and maybe even impress them with your knowledge!



Breathe2Relax

Price: FREE

This is a portable stress management tool, which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill of diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response and help with mood stabilisation, anger control and anxiety management.



MyCalmBeat

Price: FREE

A Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Your breathing rate affects your heart rate patterns, which affects how your brain deals with stress. And all these processes are tightly interconnected. While it's difficult to directly control your heart rate, or your brain function, you can control your breathing rate.



Smiling Mind

Price: FREE

Smiling Mind is modern meditation for young people. It's a simple tool that gives a sense of calm, clarity and contentment. It has been developed by a team of psychologists, with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. In recent years, Mindfulness Meditation has surged in popularity for use in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.



DeepSleep

Price: \$2.99

This application is a guided meditation intended to help you overcome insomnia and get to sleep.



Headspace

Price: FREE

Headspace is a meditation app that contains bite-sized techniques to help you sleep better, focus more and get some relief from a busy mind.



AusParentingApp

Price: FREE

This app is designed to share knowledge, tips and tools to assist parents with the challenges of raising 9-24 year olds. It provides information on stages of adolescence, parenting styles and communication and a positive approach to discipline. It has been developed by Rosemount Good Shepherd Youth and Family Services.



Unstuck

Price: FREE

This is a problem-solving app for adolescents. It conceptualises the problems in our lives as feeling 'stuck'. It aims to help the user to be aware of how they are feeling, thinking and doing. It then analyses the data and generates possible solutions. Tends to be more suited to older adolescents.



Appreciate a Mate

Price: FREE

Appreciate a Mate lets you create beautiful inspirational quotes and share them via Instagram, Tumblr, Facebook, Twitter or however you like.

Appreciate a Mate is a fun app that instantly generates messages of appreciation. A fabulous way for young people to share positivity.



Lumosity

Price: FREE

Promoted as a series of mini-games designed by neuroscientists to improve memory, attention and overall brain performance. Fun activities and well-designed games.



Talking Anxiety

Price: \$2.99

This app aims to help you to learn to manage anxiety. It includes videos, a comprehensive range of topics, quizzes to test your own progress, and an optional Daily Tip sent to your iPad or iPhone.

Produced by RealTime Health in association with mental health charity SANE Australia.

These suggestions are not intended to replace appropriate intervention and treatment where necessary. In addition, they may not meet the needs of every user, hence the options provided with regard to meditation and mindfulness opportunities. I would certainly be interested in your feedback, as well as recommendations of other apps that you have found useful.

You can always email me mtrevena3@parra.catholic.edu.au or call directly on 4754 8935.

Maggie Trevena
School Counsellor

Support for young people and families affected by fires.

Families that continue to require support after the bushfires can contact CatholicCare Social Services, who are available at Shop 12, 150 Macquarie Road, Springwood. Celia Vagg is the Outreach Worker and can be contacted on 0499 077 511. Celia has considered a number of activities to support the community but is interested in providing activities that will meet the needs of our families. This is a great opportunity to make suggestions and promote community support. The drop in centre also offers free counselling and family support from Monday to Thursday.

You may have also noticed an article in the recent copy of 'The Gazette' (page 29), informing about the bushfire recovery program and in particular, the Nepean-Blue Mountains Medicare Local (NBMLL) support available. Residents emotionally affected by the recent bushfires can access a GP referral to allied health professionals for assistance.

The program provides up to 12 sessions with a psychologist or allied mental health professional, such as a psychologist or social worker, at low or no cost. The funding is available for adults and children. You will need to visit your GP to obtain a Mental Health Treatment Plan and referral to a psychologist or allied health professional.

Students who have been affected by the fires can access free sport and recreation in existing clubs in the mountains. You can contact Maddy from Mountains Youth Services Team (MYST) at maddy@myst.com.au / 0421 389 790. Maddy has a list of sport and recreation activities available and details regarding age, location and dates.

Should you require information and connection with the right services then 'Step by Step' can assist. They will visit you to work out the next steps necessary to meet your needs. 'Step by Step' can be contacted on 0474 229 845 or email stepbystep@gatewayfamilyservices.org.au.



The poster features a close-up photograph of vibrant pink flowers at the top. Below the image, the text 'Step by Step...' is written in a large, white, serif font. Underneath this, 'Blue Mountains Bushfire Support Service' is written in a smaller, white, sans-serif font. The phone number 'Phone 0474 229 845' is prominently displayed in a large, white, sans-serif font. At the bottom, the email address 'stepbystep@gatewayfamilyservices.org.au' and the Facebook link 'facebook.com/stepbystep.bmbfss' are listed in white text. A small logo for Gateway Family Services is visible on the right side of the poster.

Helpful tips for recovery

It's important to keep in mind that events such as bushfire disasters take time to process and recover from, here are some helpful tips that may reduce stress and help with you/your family's recovery.

1. **Keep communicating**—talk about what is happening, try to share what you are feeling with others.
2. **Schedule time for enjoyment.** Regular family fun nights, sharing a cuppa with a friend or date nights with your partner can often relieve stress
3. **Don't let serious issues develop**, be active—tackle problems, seek help & information when needed.
4. **Reflect** on you/your family's experience, how you have grown and things that have changed for better or worse.
5. **Maintain your physical wellbeing**- eat well, sleep well, be active every day (walking, gardening etc).
6. **Get back into everyday activities** work, school, volunteering. Stay connected to your social group & activities – (sports, arts and crafts, clubs).
7. **Know when to seek help** – when things seem stuck, relationships are breaking down, you/your family's health is suffering.

Student News



Lachie Croft Update

Lachie Croft has started his preparation for the Junior World Championships. Through his performances at the National Championships and Oceania Championships last Month, Lachie earned a place on the Australian Junior K1 Team. In preparing for the World Championships he will be training daily up to the event. Lachie has shown considerable commitment to his sport to reach the standard of the National team. Congratulations.

Six Months Japanese Exchange Program

Congratulations to Liam Holmes and Luke Jones (Year 10) who have been selected as exchange students to Japan for this year. They are leaving Australia at the end of August and will be staying in Japan for six months. Luke and Liam will be immersed in Japanese life, each living with a host family and attending Hokusetsu Sanda Senior High School, which is a sister school of St Columba's Catholic College. This Sister School Exchange program has been developed successfully between these two schools over the past 22 years. Participating in an exchange program to another



country is an exciting and invaluable lifetime opportunity. All these students will acquire not only language skills but also a greater understanding of international relationships, cultural differences, hospitality, and friendships and so, broaden their life experiences. We are sure that they will represent themselves as wonderful ambassadors.

St Columba's wishes Liam and Luke all the very best during their exchange experience in Japan. がんばってください。Ganbatte Kudasai. Good Luck!

Please see Hokusetsu web-site. Most information is written in Japanese but you can see many pictures of Hokusetsu and its students, etc

<http://www.hyogo-c.ed.jp/~hokusetsusanda-hs/>

Mrs Shizue Sato & Miss Elizabeth McArthur
Japanese Department

Touch Football Success at Diocese Carnival

Earlier this term four teams from St. Columba's competed in the annual Parramatta Diocese Touch Football Gala Day. It was a successful day for our school with three teams making the final of their division. The Under 15 Girls won their competition with a 3-1 victory against Caroline Chisholm in the final. The Open Girls and Open Boys were narrowly beaten in their final, finishing second. The Under 15 Boys finishing third in their competition.

Students who represented our school were:

Under 15 Girls: Gabrielle Edwards, Chiara Okladnikov, Maddison New, Madi Higgins, Alanna Frank, Amelia Jackson (Year 9), Katie Moore, Bronte McLean, Jenna Fisher, Meg Jefferson (Year 8), Mackenzie Barglik, Isabel Dyer (Year 7)

Open Girls: Carissa Bissett (Year 12), Georgia Voura, Laura Belfanti, Meagan Sultana (Year 11), Kaitlyn Eisenhuth, Serena Vallieres, Emily Sparkes, Jessie McMaster, Maddy Westwell, Nadia White, Molly Vaughan (Year 10)



Under 15 Boys: Owen Gordon, Harry Youngman, Alan Davies, Callum Bagatella, Mitchell Drew-Rugg, Matthew Field, Daniel Madden (Year 9), Ryan Eisenhuth, Matthew Doughty (Year 8)

Open Boys: Lachlan McNicol, Joel Atkins, Liam Frank, Jak Cannell, Harrison New (Year 11), Campbell Russell, Phil Talbot, Cooper McLean, Alex Fisher (Year 10).

Thanks to Andrew Duval and Caitlin Treble (Year 10) who refereed at the carnival and Mr Clunes who coached the boys teams.

Congratulations to the many students who were selected to represent the Parramatta Diocese in touch football:

Under 15 Girls: Gabrielle Edwards, Maddison New, Alanna Frank, Meg Jefferson

Open Girls: Georgia Voura, Clare Eisenhuth

Under 15 Boys: Harry Youngman, Ryan Eisenhuth

Open Boys: Lachlan McNicol, Liam Frank, Campbell Russell

Mr Michael Griffiths
Girls Touch Football Coach

<i>Easter Services</i>	Holy Thursday : Thursday 17th	Good Friday: Friday 18th	Easter Saturday: Saturday 19th	Easter Sunday: Sunday 20th
Our Lady of the Way, Emu Plains	7.00pm Mass of the Lord's Supper	10am Stations of the Cross 3pm Solemn Liturgy	7pm Easter Vigil	8am and 9.30am
St Finbar's, Glenbrook	Mass of the Lord's Supper 7.30pm – Adoration until 10pm	10am Stations of the Cross 3pm The Lord's Passion 7.30pm Sacred readings and music of J.S. Bach	6pm Easter Vigil	7.30am and 9.30am
St Thomas', Springwood	Mass of the Lord's Supper 7pm Adoration	10.00am Stations of the Cross 3pm The Lord's Passion	6pm Easter Vigil	9.45am only No evening mass
Our Lady of the Nativity, Lawson	Mass of the Lord's Supper 7.30pm Adoration	3pm The Lord's Passion	7.30pm Easter Vigil	8.30am 11.00am (Latin)
Mary Mackillop Parish				
St Canice's, Katoomba	Mass of the Lord's Supper 7.00pm	10.30am Stations of the Cross 3pm The Lord's Passion	6.30pm Easter Vigil	10.00am Easter Monday 10am
St Francis Xavier, Wentworth Falls	-	9.30am Stations of the Cross	-	8.00am
St Bonaventure's, Leura	-	10.00am Stations of the Cross	-	11.30am
Blackheath Parish				
Sacred Heart, Blackheath	Mass of the Lord's Supper 7.30pm Altar of Repose 9.30pm	10am Stations of the Cross 3pm The Lord's Passion	7.00pm Easter Vigil	9.30am Mass at Blackheath
St Joseph's, Megalong Valley	-	10am Ecumenical service	-	9.30am
St Paul's, Mt Victoria	-	-	-	7am

He is Risen! Happy Easter!

Diocesan News

Grace & Silence Retreat Day: 12 April

Young women aged 17-30 years who are discerning their vocation to marriage, single or consecrated life or who would like to have a day of recollection are invited to the Schoenstatt Shrine at Mulgoa. Grace & Silence commences with a short impulse followed by Eucharistic Adoration; silent prayer and reflection and concludes with a group rosary and afternoon tea. From 9.30am-4.30pm. Cost \$20 includes lunch. The Schoenstatt Shrine is at 230 Fairlight Rd, Mulgoa. For further information and registration contact: Sister M Julie 0408 738 334, juliebrcar@gmail.com

Palm Sunday Procession & Youth Mass: 13 April

This year Palm Sunday is also World Youth Day with the theme: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.' (Mt 5:3)

Everyone is invited to gather at 5pm at Parramatta Town Hall for the start of the Palm Sunday Procession, which starts at 5.30pm with the Blessing of the Palms. The Street Procession will move through the Parramatta CBD to St Patrick's Cathedral for the Palm Sunday Mass at 6pm. Mass will be followed with a shared meal in the Cloister.

An initiative of Catholic Youth Parramatta and Catholic Education Parramatta. Find us on Facebook catholicyouthparra RSVP 9 April to Fr Suresh Kumar MSFS tel 04 8844 8844, youth@parra.catholic.org.au www.parra.catholic.org.au/youth

Music of JS Bach and Sacred Readings for Good Friday: 18 April

Offering choral and organ music of JS Bach together with special readings featuring: The Blue Mountains Chamber Chorale, Robert Ampt – Conductor and Organist, Amy Johansen – Choir Accompanist, and Readers from St Finbar's Parish and Uniting Church, Glenbrook. Time: 7.30pm. Where: St Finbar's Church, 46 Levy Street, Glenbrook. There will be a retiring collection; suggested donations \$10 (\$5 conc). Inquiries: (02) 4758 6067.

Good Friday Walk & Talk with the Lord: Friday 18 April

Last year more than 1000 young people participated in the overnight Good Friday Walk. The Stations of the Cross will be made in the parishes at Blacktown, Seven Hills, Toongabbie, Wentworthville, Westmead, North Parramatta and Parramatta. Starts 10pm at St Patrick's Church, 51-59 Allawah St, Blacktown, and ends early Saturday morning at St Patrick's Cathedral, 1 Marist Place, Parramatta. Bring your rosary beads and walking shoes.

An initiative of Catholic Youth Parramatta and Catholic Education Parramatta. Find us on Facebook catholicyouthparra RSVP 15 April to Fr Suresh Kumar MSFS tel 04 8844 8844, youth@parra.catholic.org.au

Download a check-list and permission form for under 18s at: www.parra.catholic.org.au/youth

Blackheath Reflection Morning: 26 April

A joint venture of Aquinas Academy and Catalyst for Renewal. This month, 'Spirituality on the Threshold' with Catherine Hammond. Come and enjoy the reflection, silence and solitude in peaceful surrounds. From 10am-1pm. Entry by donation, morning tea provided. Sacred Heart Parish Hall, cnr Sturt and Wentworth Sts, Blackheath. Details: Carmen Vanny tel (02) 4787 8706.

Divine Mercy Sunday: 27 April

At Kellyville: Starts 1pm with street procession with the Blessed Sacrament. Relic of St Faustina, Exposition of the Blessed Sacrament, Divine Mercy Novena, Divine Mercy Chaplet, Benediction of the Blessed Sacrament. Holy Mass at 3pm. Images banners and statues welcome. Confessions, veneration of the relic after Mass. Novena of Mercy from Good Friday to 26 April. Our Lady of the Rosary Church, 8 Diana Ave, Kellyville. Inquiries: Steve Boland 0405 206 695.

At Penrith: Starts 2.30pm. Blessing of Divine Mercy Image, Chaplet of Divine Mercy, Stations of the Cross, Homily and Benediction, Reconciliation till 4pm. Afternoon tea 4.15-5.15pm. Divine Mercy Mass at 6pm. St Nicholas of Myra Church, 326 High St, Penrith.

NAPPA Pastoral Ministry Conference: 2 May

The NSW Association of Pastors & Pastoral Associates is holding its annual one-day conference to explore issues pertinent to pastoral ministry, mostly in the parish setting. This conference is open to all who are working in Pastoral Ministry in some capacity. It is open to ordained and lay ministers. This includes: Pastoral Associates, CCD & Sacramental Co-ordinators, Youth Ministers, Chairs of Pastoral Councils & those with a passion to see the development of pastoral ministry as a cooperative venture between ordained and lay ministers. Dooleys Lidcombe Catholic Club, 24-28 John St, Lidcombe. **Registration closes 9am on Thursday 24 April.** Cost: \$55. Bookings:

<http://www.trybooking.com/ECLM>

DISCOVER Weekend for Young Women: 2-4 May

Young women aged 18-35 years are invited to DISCOVER – a self-knowledge weekend on identity, personality, dignity, womanhood, personal ideal, vocation and mission. Mount Schoenstatt Retreat Centre. Registration essential. For further information or to register contact Sister M Julie Brcar: juliebrcar@gmail.com

Craft Market and Antique Valuations: 3 May

Our Lady Queen of Peace Parish, Greystanes, is holding its popular Craft Market and Antique Valuations event again this year to raise funds for the Salem Association, India. This association helps with the education of poor and orphaned children. The stalls sell a diverse range of speciality goods including quality Christmas decorations and gifts, babywear, homemade decor, kitchen goods, edible treats, embroidered items, jewellery and much more. A unique drawcard is the professional Antique Valuations where your special treasures, family heirlooms, military items and paintings will be valued. Each valuation costs \$5. Open from 8am-2pm in Camilleri Hall, OLQP Parish, 198 Old Prospect Rd, Greystanes. Details: events@olqp.org.au, or www.olqp.org.au

Community News

Springwood East Timor Support Group
INVITATION

15th Anniversary
To aid educational and medical initiatives in Timor Leste

Trivia Night



Saturday 17th May 2014
7.00pm for 7:30pm start
Springwood Sports Club
Macquarie Rd, Springwood

'Join us for an entertaining evening with quizzical moments, laughter, fun and games with a warm community feel.'

Tickets available from:
Pam Gorman 02 4754 1160
Email: timortrivia@gmail.com

Tickets \$15
Tables of Eight

Springwood United football club needs players for the U15 Boys and U12 Girls. That means boys born in 1999 and girls born in either 2002 or 2003. They can contact the registrar at registrar@springwoodunited.com.au or Rebecca on 0409 300 675.

POETRY SLAM WORKSHOP

With Poet Sandy Holmes

FOR AGES 15+



Photo: John Merriam

Saturday 31st May 2014
Katoomba Library,
10:30am—Midday
Cost: \$6

*Please book at your local
Blue Mountains Library Branch*

Get ready for the
Katoomba Poetry Slam!

Explore methods of writing poetry, including use of rhyme and meter, learn a few tools for editing and learning your own work and experiment with microphone and reciting techniques.

Sandy Holmes' poetry dances across ridiculous and occasionally serious themes. She was Guest Poet at the 2013 Tasmanian Poetry Festival.



Extend your family with a curious exchange student from Argentina, Italy, Belgium, Brazil, Canada, Chile, Finland, France, the Netherlands, Norway, Switzerland, Thailand, or South America. It's fun for the whole family!

Getting to know your student before he or she arrives brings fun and joy to everyone involved.

To help you make this important decision, contact WEP today to receive a full information pack for your family.



Gregorio with his host brother

Call Us On
1300
884 733

OR Email: sylviaakelly@wep.org.au
www.wep.org.au



UNIVERSITY OF WESTERN SYDNEY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS
UWS PENRITH OBSERVATORY
SCHOOL HOLIDAY KIDS PROGRAMS

KIDS FUN DAYS

Wednesday 16 April (10 am – 12 noon) - Rockets

Make and launch your own paper rockets and watch water rockets being launched

Wednesday 23 April (10 am – 12 noon) – Star Stuff

A short multimedia presentation followed by hands-on science activities

KIDS ASTRONOMY NIGHTS

Saturday 19 April (7pm – 9 pm) – Mars Rovers

Come along and find out, why we are sending rovers to Mars

Saturday 26 April (7pm – 9pm) – The Lives of Stars

Where do stars come from and where do they go?

In addition to the multimedia presentation all programs will include a 3D astronomy movie and either safe viewing of the sun (day program) or viewing of the night sky through the University's telescopes. Our programs run regardless of the weather.

Cost: \$15 adult, \$10 child/concession and \$40 family.

Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What's On

Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au



SUNDAY 11 MAY 2014

Walk or run for breast cancer research
Participate • Volunteer • Fundraise

Walk or run 4km or 8km, from 6.00am
The Domain and Parramatta Park, Sydney

To register, shop and fundraise go to
mothersdayclassic.com.au

Tel: 1300 762 241

Organised by



Proceeds to



The valley youth festival

FRIDAY
APRIL 11 2014
3PM-7PM FREE ENTRY
JAMISON SKATE PARK
YORK RD PENRITH



LIVE MUSIC. FOOD. DRINKS. CARNIVAL AMUSEMENTS

PRESENTED BY PENRITH YOUTH INTERAGENCY. FREE TRANSPORT FROM PENRITH STATION.
IF RAINING EVENT WILL BE HELD AT PCYC PENRITH (STATION ST. PENRITH)
MORE INFO VISIT: [FACEBOOK.COM/THEVALLEYOUTH](https://www.facebook.com/thevalleyyouth) OR CALL JAMES (02) 8805 5900
DRUG & ALCOHOL FREE EVENT FOR AGES 12-24 CELEBRATING NATIONAL YOUTH WEEK

