



Umina Campus Newsletter

August 2016

Principal's Report



Term 3 has begun with great news for the Campus across many areas.

The schools NAPLAN results have arrived and there are major areas of strength which have been identified. Year 7 NAPLAN results are pleasing in many areas - particularly in Numeracy which is a testament to the amazing work of our partner Primary Schools and also of the successful transition program to the High School. Also, Year 9 results were very good, with particular strengths identified in Reading, Grammar and Punctuation. The performance of our Aboriginal and female students in many areas outperformed the growth across the state. There is still room for improvement in identified areas, including boys education and Year 9 Numeracy, which will be areas of focus moving into the future. Overall an impressive set of results.

The campus has also been the beneficiary of some major grant monies to continue the school improvements already undertaken. These Include:

- 50/50 funding for a new school oval - estimated around \$85,000. The current school oval is in a state of disrepair and is a WHS concern for students using the area. This is envisaged to start in September/October and will be operational in 2017
- The campus has also established a relationship with The Department of Health and the Family Referral Service and will undertake a trial for 12 months to have an FRS worker in the school 3 days a week to support students and families. This is estimated at around \$60,000
- The Central Coast Council is also in tendering process to undertake works in the creek behind the school. This area requires extensive remediation work and once cleared it is hoped that it will alleviate the flooding which occurs during heavy rain periods (cost currently unknown).



Principal's report (contd)

The College Principal, Paul Gilmore and the P and C have been successful in obtaining a \$42,000 grant from the Vincent Fairfax foundation to support the teaching of Agriculture at the school. This will allow this Department to continue to attend the large number of shows and maintain the enormous success it has achieved over many years.

The Campus will begin culling for a new Head Teacher Mathematics this week and will soon look to permanently appoint a PDHPE/Dance teacher and Music/ Entertainment teacher over the next few weeks. Sadly we have lost two teachers to transfer with Kim Kitson of the English Department taking up a position at a Sydney school and Keiran Lawler of the Mathematics Department moving to the Senior Campus. We wish them every success in their careers and thank them for their hard work over many years.

Finally, the schools 40th anniversary celebrations are nearing on October 29th. This promises to be a great day with an open day in the afternoon and dinner of an evening. We look forward to seeing you there.

Brent Walker

Principal



The next P&C Association Meeting / AGM

Wednesday 17th August 2016

7:00 p.m. Sharp

At: Woy Woy Campus

Deputy Principal's Report

Adam Montgomery
Deputy Principal



What a great start to Semester Two it has been! There have been so many positive student achievements to start the term, both in and out of the classroom. It was my pleasure to be able to acknowledge and celebrate the achievements of our top 20 academic student achievers from semester 1 at the recent Academic Excellence Assembly. Congratulations to all students involved.

I would like to thank our teaching staff who have been working tirelessly to provide a vast array of opportunities to our students. Whilst we so often become accustomed to the hardworking efforts of our staff, I believe it is important to reflect upon and acknowledge the extra hours that they give in enriching the lives of our students.

Our teaching staff have embarked on a new Professional Development system this year where they have been working in hubs of cross faculty staff. They work collaboratively to extend their knowledge in implementing differentiated teaching strategies to best support a wide array of student learning needs within the classroom. From this the staff are continually improving teacher quality within the classroom and they have been participating in lesson observations whereby they are visiting lessons from outside their own faculty and providing feedback to each other on ways to improve the teaching of literacy and other important aspects. Staff will continue to be involved in this process during Term 4.

Thank you

Adam Montgomery

Deputy Principal



Team ONEderful 1

Welcome to term 3! Does time fly when you're having fun! We have had an amazing two terms in team 1nderful and can't wait to see what the remaining terms will bring!

What's coming up?:

Year 8 and 9 Snow Trip 23rd August – 26th August.

Year 9-10 evening- 31st August

CHS Athletics Carnival- 7th – 9th September.

PARENT TEACHER NIGHT- 14th September.

What has been happening in class?



Reminders:

NO PHONES in class!

BRING EQUIPMENT!

The homework centre is now on every Wednesday so if you need help with assignments or just want to complete some extra study then come down to the library at 2:45pm and get some quality assistance.

ATTENDANCE: All students with unexplained absences, please complete and return the green note to your roll call teacher .

GET TO SCHOOL ON TIME!! Detentions are being given to those students who have been arriving late to school, so remember to set an alarm before going to bed.

I'm looking forward to an incredible rest of the year in Team 1 and across the whole school. If there are any issues or if you would just like a chat please don't hesitate to contact either myself or Mrs Murray by phone or e-mail.

Mr Gosden (Team 1 ATL)



Ms Freeman
(Hist./Geog)



Mrs Waite
(Maths)



Mr Gosden
(ATL/PDHP)



Mrs Murray (Team Leader)



Mrs Cremasco
(Science)



Mrs Owers
(Music)

TEAM 2

Team 2 teems with terrific students. Here is a brief profile of a few of our treasures.



Jacob 8.2.1

A few of my favourite things...

Gymnastics ,Pad Thai, Beach in summertime, Pokémon-go hunting, Memories of the 2016 swimming carnival: 1st in backstroke, 2nd in freestyle, 3rd in breaststroke

Advice to self: Try to get a better report for Semester Two.



Tyson and Jordan 9.2.2

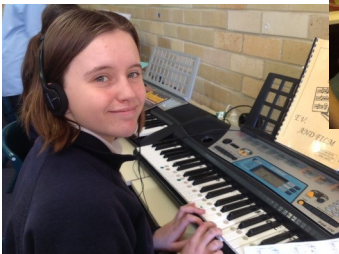


Shauna 9.2.1

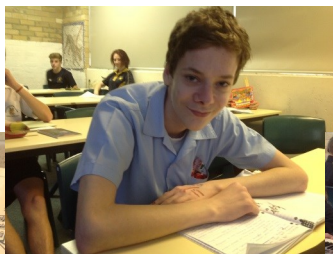
A few of my favourite things...

Marine Studies, Beef Stroganoff, Spending time with my friends, Going to Scone Ag Show and learning how to judge

Advice to self: Live life to the fullest.



Jorden 7.2.1



Sam 9.2.2



Jordan and Kyle 7.2.1

A few of Sophie's favourite things...

Sewing, Mango ice-cream, Going to dad's or Elly's house on weekends, Being with my friends in class

Advice to self: Don't talk back or get into arguments.



**Courtney and Sophie
8.2.1**



Kye 9.2.2

A few of my favourite things...

Bushcraft, Steak and vegetables, Floorball training, Bushwalking from Patonga to school, Having a laugh with friends

Advice to self: Just try my best.



Harry 7.2.1



Cassandra 7.2.1

Farewell Isabella 7.2.1



***Mikaela, Paige,
Isabella, Angelina and
Isabella A. 7.2.1***

Sadly, Isabella is leaving us and moving to the Gold Coast. She said that she has really enjoyed living on the Peninsula and her time in 7.2.1. Isabella plans to stay in contact with her friends and teachers. "The school term in Queensland is a bit different, so I can come and catch up when I'm on the coast."

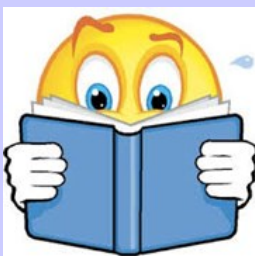


Our students continue to read their way to success with over 310 Year 7-9 students already completed the 2016 NSW Premier's Reading competition. With only days to go, it is fantastic to see so many students committed to achieving this goal.

This has been an exciting month for books with the release of Harry Potter and the Cursed Child and the 78-Storey treehouse. Both of these titles are available in our library, together with a large assortment of new titles that include the 2016 Children's Book Council of Australia's 6 shortlisted books, new graphic novels including titles in the popular Amulet, Fullmetal Alchemist, Naruto, Alex Rider and OnePiece series and many more!

During their library sessions Year 7 have been developing their skills in Internet search, and looking at ways to evaluate online information. We have explored the search engine www.instagrok.com and compared this as a viable alternative to Google for school research tasks.

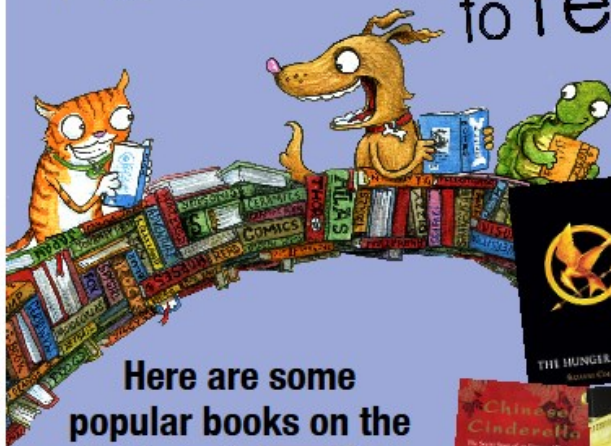
Our students are thoroughly enjoying our latest lunchtime gaming activities including the use of a PS4. Our Library is open Tuesday afternoons as a homework centre, enabling students to complete homework, work on research tasks, read, join in CodeClub (coding) or just get ahead with their school work in a supportive, friendly environment.





NSW Premier's Reading Challenge

Need an idea of what to read next?



Here are some
popular books on the
7-9 Booklist
you might like to read



The Hunger Games (series) COLLINS, SUZANNE

Divergent (series) ROTH, VERONICA

The Fault in Our Stars GREEN, JOHN

The Maze Runner (series) DASHNER, JAMES

Chinese Cinderella MAH, ADELINE YEN

Once GLEITZMAN, MORRIS

The Rabbits MARSDEN, JOHN & TAN, SHAUN (ILL)

Boy: Tales of Childhood DAHL, ROALD

The Hobbit TOLKIEN, J R R

Holes SACHAR, LOUIS

Hitler's Daughter FRENCH, JACKIE

The Boy in the Striped Pyjamas BOYNE, JOHN

Bridge to Terabithia PATERSON, KATHERINE

Blueback WINTON, TIM

Trash MULLIGAN, ANDY

The Happiest Refugee DO, ANH

City of Bones CLARE, CASSANDRA

Way Home HATHORN, LIBBY & ROGERS, GREGORY (ILL)

The Diary of Anne Frank FRANK, ANNE

The Book Thief ZUSAK, MARKUS

VISUAL ART OPEN NIGHT



I just want to make a big mention to Skye Brzozowski, Nicole Delos-Santos, Jake Dempsey, Jasper Tutt and Josh Wadeson. These students volunteered their time to spend the evening at school participating in an ART BATTLE which is like a WAR between artists.

They practiced and prepared and were all ready to battle on the Wednesday night. Unfortunately, due to the weather, the Open Night was cancelled. Hopefully we will be re-scheduling the ART BATTLE for another time this year. I really appreciate the enthusiasm that these students demonstrated in the organisation of the event.

-Mrs Cilia



An excerpt from an email sent to our school from Jake Trindorfer who was an AIME Gold guest speaker at Brisbane Waters Secondary College Umina Campus

"I absolutely loved being involved on Monday, you have a special school community. I noticed many students demonstrate respect for their peers and teachers and I loved the NAIDOC ceremony, it was one of the best I have seen.

I witnessed the dancers confidence in front of their fellow peers and I believe this is due to the students feeling accepted and valued within their school. I also loved the words shared by the leader of the dance group as he shared the story behind each dance and shared messages of peace.

The students who operated as MC's for the event were tops, super confident and made the ceremony an engaging and entertaining event. It was great to be involved in the ceremony and witness the positive atmosphere. Thank you again for inviting me to visit ."

AIME

Team 3

Time seems to be flying in team 3, over half way through the year. We are focussing on Commitment this term, especially displayed through school uniform and by being fully prepared for every lesson by bringing all school equipment. A busy term coming up– but so far so good!

What have we been learning in team 3:

SCIENCE

This term in Science, year 7 have been working on Habitats and Interactions and Cells. Students enjoyed the many outdoor lessons in the Habitats and Interactions unit as well as the focus on animals and coral reefs. They have also been enjoying the number of practicals in the Cells unit and learning the skills involved in making slides, using microscopes and modelling plant and animal cells.



Year 8 have finished their Rocks unit and have started on a practical based unit called Skills in SRP which focuses on preparing them for their assignment in which they will conduct and write up their own scientific experiment at home.

Year 9 have completed Electrical Circuits and have been working on Plate Tectonics. It is a theory based unit in which students explore theories of Continental Drift and Plate Movements and have used Oreos to model their learning.



English

This has been an especially busy term for students. In English students learnt to write an Acknowledgement of Country as part of the NAIDOC week celebrations. Students in 7.3.1 began a drama unit, studying the hilarious trials and tribulations of a teenage boy in the play *Lockie Leonard*. Students in 8.3.1 have also started a drama unit and are learning all about William Shakespeare's *Macbeth* through the eyes of the one and only mischievous Andy Griffiths in his appropriation called *Just Macbeth*. Continuing along the Shakespearean path 9.3.1 are studying Shakespeare's play *Macbeth* in order to create a picture book appropriation of this play.

Maths

The topics studied in Term 3 are:

Year 7: Decimals, Length, Time and Fractions. An assignment on Time will be given in week 6.

Year 8: Rates and Ratios, Equations and Data Analysis. An assessment task on Equations and Data Analysis will be in week 8.

Year 9: Probability, Indices and Numbers Of Any Magnitude. An assessment task on Indices and Numbers Of Any Magnitude will be in week 8.

During NAIDOC week all Mathematics classes completed a Rates and Ratios activity on the Aboriginal Nations.

Team 3

This term in PDHPE the students are developing their gymnastic skills. At BWSC we are lucky enough to have outstanding facilities to provide the students with this opportunity which is rare amongst high schools. Some of the equipment that the students get to use are the parallel bars, the balance beam, the mini tramp, the big tramp and get to develop routines on the floor. The students absolutely love this unit and are displaying outstanding skills across all apparatus.



What's coming up this term:

13th September – Parent Teacher Night
 24th-26th August- Snow Trip
 22nd-26th August- Bronze Reward Week
 20th & 21st September- Immunisation

Miss Ward: Stage 4 (Year 7 & 8) are studying Drama this term in English. We have been learning about all the elements of drama and have read the play "Hitler's Daughter". Students have taken on the role of characters and are learning about how to stage and act out scenes according to the directions given on the script. This has been a great chance for students who love being creative to showcase their skills in acting, singing, set design and costume design, while engaging with a great story about young Australian children trying to come to terms with the horrors of the Holocaust.



Stage 5 (Year 9) is also studying Drama, but they are sinking their teeth into their first taste of Shakespeare. 941 have learnt about life in Elizabethan England and Shakespearean theatre and will be studying the play "Macbeth".



Miss Goodacre:

7.4.2 are learning about google sheets in I.T. so how to create tables, format their work and use formulas to make calculations.

In Health they started a new topic on Safety where they learn about person-

al safety, assessing risk, difficult situations, reducing risk, developing plans, sun safety and water safety.



Mrs Kirkman: 7CAPA Dancers are working on their new lyrical dance routine 'See you again' throughout this term.

Education Week Tour during Week 4 showcased our dancers performing their contemporary routine "Scissor, Paper, Rock. The same item achieved a score of 89 /100 in Dance Life Unite Competition in April, which sees the girls progress through to the national finals next month at Luna Park. Great work girls!



Mrs Cilia (Price):

As ATL this year I have been impressed by the way most of our students in Team 4 have been working! Keep it up to earn PBs for the SILVER and BRONZE rewards days at the end of term. Also AIM for the STARS to reach PLATINUM and GOLD. We will be having our major reward excursion for these students at the end of the year.



Mr Phillips:

8CAPA Art were treated to some NAIDOC week body-painting in Art. They used traditional symbols and techniques that are used when Aboriginal corroborees take place. They sure did have a lot of fun!



News from our Student Representative's and Interact Team

Throughout last term SRC and Interact have hosted multiple fundraisers including a pizza day, a BBQ and a hundreds board in order to help fund a local family whose son has suffered a debilitating injury and needed assistance. These funds will be used to enable rehabilitation through participation in private swimming lessons at the Peninsula Leisure Centre. The remainder of the money from our fundraising is going towards purchasing a shelter box. The SRC plan to continue fundraising to help support our Year 9 Cheer and Creative Aerobics teams who recently returned from Nationals in Queensland.



Team 5

In Science all years have just completed Assessment Task 3. Year 7 researched information about the Introduced Species Eastern Gambusia, while Years 8 and 9 completed a Practical Test.



Team 5

Year 7 are currently studying cells, Year 8 are learning how to carry out a Scientific Investigation while Year 9 are learning about Plate Tectonics.

It continues to be a very dramatic season in English this term. Years 7, 8 and 9 are all exploring plays and dramatic texts. Year 7 are reading a Gothic Horror Screenplay "The Monkey's Paw" based on WW Jacobs classic short story. Year 8 are exploring issues surrounding immigration and refugees through the play "Boy Overboard" and year 9 are trying their hand at "the bard" himself, William Shakespeare. 9.5.1 are about to embark on an exploration of Romeo and Juliet and its universal themes.

In History year 7 are studying Archaeology and investigating the discovery of Narrabeen man. Year 8 are finding out about the Medieval World. 9.5.1 are learning about Australian history including Federation and what life was like in the early 1900's.



TEAM SIX*For success, attitude is equally as important as ability".***Harry F. Banks**

Team 6 sadly fare-welled our fabulous English teacher Ms Kitson at the end of week 2. Ms Kitson has accepted a position at St Leo's Catholic College Wahroonga. She will be sadly missed but fondly remembered for her love of Haikus and Redacted poems. We welcome Mr Adam Phillips as our new English teacher.

The Team 6 teaching team would like to acknowledge and congratulate our Semester 1 academic high achievers.

English

7.6.1 1st Jacqueline Kent 2nd Jager Marsden-Salmon 3rd Zen Lewin

8.6.1 1st Lara Paterson 2nd Vanessa Widjaja 3rd Keila Wagg

9.6.1 1st Nicole Delos Santos 2nd Ashley Baker 3rd Jasmin Freewater

9.6.2 1st Phoebe Nelson-Staunton 2nd Natasha Harman 3rd Tyler Jeffery

Maths

7.6.1 Jager Marsden-Salmon 2nd Mathew Piromalli 3rd Jordan Qandan-Case

8.6.1 1st Shanae Gow 2nd Samuel Watson 3rd Lara Paterson

9.6.1 1st Faith Nanai 2nd Flynn Edwards 3rd Cassandra Warner

9.6.2 1st Page Curnoe 2nd Aaron Robinson 3rd Mya Antoine

Science

7.6.1 1st Bethany Keuning 2nd Jager Marsden-Salmon 3rd Mathew Piromalli

8.6.1 1st Shanae Gow 2nd Ava Ramos 3rd Luke Boreham + Vanessa Widjaja

9.6.1 1st Levi Moffatt- McDonald 2nd Ashley Baker 3rd Cassandra Warner

9.6.2 1st Tyler Jeffery 2nd Phoebe Staunton-Nelson 3rd Mino Polaia

Geography

7.6.1 1st Mathew Piromalli 2nd Jack Lynch 3rd Aiden Bycroft + Jager Marsden-Salmon

8.6.1 1st Vanessa Widjaja 2nd Lara Paterson 3rd Ava Ramos

9.6.1 1st Faith Nanai 2nd Nicole Delos Santos 3rd Ashley Baker

9.6.2 1st Mino Polaia 2nd Caitlin Williams 3rd Phoebe Nelson-Staunton

Team 6 Science NAIDOC Week



Yr 7 & 8 NETBALL

BWSC entered 2 netball teams into the NSW Netball Schools Cup. The first round was held at Adcock Park.



Our Umina Gold team had a fantastic competition (playing with no reserves) and finished the day undefeated and progressed to the regional finals in Maitland. The team again built on position combinations and played magnificently all day winning all games including Semi and Final. They look forward to competing in the State Finals in September. To date they have defeated the following schools:

Wadalba Community School, Kincumber High School, TLSC Tumby, Berkley Vale, Erina High School, St Joseph's Aberdeen, Whitebridge Newcastle, St Peter's Maitland.





CHEERLEADING & AEROBICS NATIONALS, GOLDCOAST.



U14 Rugby League

Our U14 Rugby League team have had a successful year this year. They won the Central Coast Gala Day late in term 2. This meant they entered the draw with the top 20 in NSW. In round 1 they played Orange HS at home. They then travelled all the way out to play Yanco AHS away and had a solid victory. This week they travelled to Kiama for the quarter finals and had another sound victory. The boys now wait to see who they play in the semi-finals for a place in the grand final of this prestigious competition. We are proud of your achievements this year and wish you all the best in the remainder of the competition.



Team 7

It has been a busy start to Term 3 for Team 7. Students from the team have participated in NAIDOC week celebrations, represented the school in rugby league, netball and cheerleading as well as touring the primary schools as part of the Education Week program.

NAIDOC Week



What's happening in History?

7.7.1 - This term in History year 7 are investigating the ancient past and learning about the process of historical inquiry and historical sources. They have started an investigation of Narrabeen man for their first assessment task. They will be analysing sources and evidence and writing a forensic report. This assessment is due on the 24th of August.

8.7.1 & 8.7.2 - Year 8 are learning about the middle ages this term. They have investigated knights and castles, peasants and kings and are now preparing for their first assessment task. Students are researching a famous person of the middle ages such as Charlemagne or Richard the Lionheart and preparing a speech and slide show, with a focus on source material, to support their research. This assessment is due Monday 29th August during their history lesson.

9.7.1 - Year 9 are working with Miss Wearne this term as they begin their study of modern Australian history. Their first topic is Australian life at the time of Federation and this is also the topic for the first assessment task. Students are collecting source evidence and information in preparation for their essay. This task is due in class on Tuesday 30th August.

All students can find copies of their tasks and support materials in their Google Classrooms.

“Don't put a limit
on anything.
The more you
dream the
farther you get.”

Michael Phelps
22 medals

Team 8 NEWS

What a wonderful start to Term 3!

Team 8 have had a great start to Term 3. The weeks seem to be flying by and this week marks half way!

We would like to congratulate our year 7 students on their commendable NAPLAN results and extend this congratulations to our Partner Primary schools who did a wonderful job in preparing them for suc-

cess at High School. Over the coming weeks our staff will analyse these results and target teaching and learning programs to improve student weaknesses and build on their strengths.

You will also see some pictures of some 7SI students from Science where they participated in some activities planned by Miss Krucier in Science during NAIDOC week and some 7S2 students cooking with Miss Elwin.

Yours in educational excellence,

Mrs Lucy Burns and Mr Kieran Lawler



CAREERS CORNER

Yr9 -We are at the serious part of the course for our Year 9 students. Students should by now have their resumes and cover letters completed and on google classroom so that I can provide them with some feedback. Once they are given feedback, they will need to make any necessary adjustments in their own time. Lessons will then move to a more practical fashion in which students will interview each other, work on answering interview questions and learn about the importance of body language and communication skills.

Additional funding that I applied for last year has enabled me to work with several staff members and work one on one with over 70 of the students. This has provided the students with valuable feedback and extra assistance. The careers workshop at Ourimbah also assisted many students in the basic skills required to prepare and present well for their interviews.

If you are a parent and would like to join our panel members and experience what the process is about, we would love to have you on board. Email: Nerrida.lewis@det.nsw.edu.au

The Mock interviews commence in week 7, term 4 November 21-23.

Allocated days and times will be up on the BWSC Umina website by week 1 term 4.

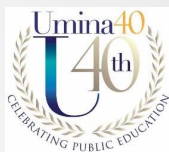
Yr8 Have been working in google classroom learning how to navigate some introduced new sites. The aim has been to expose them to the many careers that exist in today's world along with the jobs that are now obsolete.

I have many students interested in work experience this term. Rhiannon Cox will be completing her Reptile Park work experience next week and Elizabeth Gilham will be returning to Woy Woy Public School for hers. Steven Collins will be working alongside some very talented Engineers and observing their role in design. I still have many students to interview and organise for their work experience and the list is growing!

I wish to inform you that I will be relieving at the Senior Campus in term 4 for 6 weeks and will return for the start of the interviews.

The last Barista Course and Whitecard courses are filling fast. Notes are available on the BWSC website.

Nerrida Lewis



BRISBANE WATER

SECONDARY COLLEGE

Umina40 Commemorative Pathway

Would you like to purchase a Commemorative paver?

We are inviting you, your child, your family, business or organisation to become a permanent part of the history of education that has been delivered to students on this site since 1976.

If you would like to take advantage of our offer, your paver will become a part of our Umina40 Commemorative Project.

This will provide an enduring link between the past, present and future that signifies the essential partnerships with students, parents, school and community, that make our school the amazing centre of learning it is.

For as little as \$25.00, your name or message will be engraved on to a paver which will then be laid permanently in our Umina 40 Commemorative Pathway.

OPTION 1: **\$25.00**
Single name or message paver



OPTION 2: **\$50.00**
Family double paver set



OPTION 3: **\$30.00**
Paver with hand drawn image



To order your paver please download the order form from the school website and return it to the school together with your payment.



Woy Woy Peninsula Little Athletics

Register for Woy Woy Little Athletics

All registrations are online, log onto our website at www.woywoyplac.org.

Uniform/Registration Day

Friday 16th September 2016

Between 4pm – 7pm at

Woy Woy South Primary School

Waterloo Avenue Woy Woy

Registration packs can also be picked up during this time. Please bring birth certificate, passport etc, for new members.

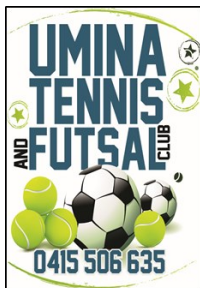
First competition night is Friday, 7th October 2016 at 6pm

For more information visit our website www.woywoyplac.org

or contact;

Registrar: Sylvia Turnbull 0414 093 045

Email woywoylittleathletics@gmail.com



5-a-side soccer (Futsal) comp notice

Where: Umina Tennis and Sporting Club

When: Sept 2016 – Registration currently being taken

Time: U 8/9, U 12/13 Mon from 3:45pm & 4:45pm, U 15/16 Thurs from 5:30pm

Men's all age: Mon from 7pm

Cost: Kids \$5 per game, adults \$6 per game

Included: Refs, bibs, trophies etc

No Registration fee required

Teams will be made up of min 6 players, one game per week, game duration 30mins for kids, 40 for adults, shin guards must be worn – trophies for winners. Games played on outdoor synthetic grass surface.

For more details or to register a team or as an individual please phone **John 041 5506635**



Being a Dad

This three-session program will help fathers to gain the skills necessary to build closer relationships with their children.

You will learn to:

- Connect with your children
- Discipline constructively
- Understand the special role of a father in a child's life
- Bring out the best in your children
- Understand Children at different ages.

THURSDAY, 6.30PM - 9.30PM

8th, 15th & 22nd of September 2016

Cost: \$20.00 Concession \$15.00

Venue: Peninsula Community Centre

Meeting Room 5

93 McMasters Road

Woy Woy

BOOKINGS ESSENTIAL-PHONE 02 4341 9333

Meiso Tora Martial Arts presents

Free Women's Self-Defence Seminar:

An Introduction to Valuable Self Defence Techniques

HAVE FUN

PRIZES TO BE WON

DRINKS AND NIBBLES

Suitable for ages 14+

EMPOWER YOURSELF



**Friday 26 August 2016
Kariong Youth Centre**

**Seminar from 6.30pm to 8pm,
followed by drinks and nibbles.**

Practical self-defence made simple

- Learn what to do when you must stand your ground.
- Try easy and effective strike points and escape techniques.
- Learn situational awareness for prevention.
- Hear great safety tips.
- Empower yourself and take control.
- Enjoy a fun, social community evening with drinks and nibbles after the seminar!

Prizes to be won on the night

- Free membership with Meiso Tora Martial Arts.
- Free Gi (uniform).
- One month free training.
- Five free class training pass with Amy Cash Fitness.

**For enquiries and
bookings please call
0468 511 619**



**AMY CASH
FITNESS**

**Central
Coast
Council**

Mon	Tue	Wed	Thu	Fri
15 AUGUST *College Executive meeting	16 *College committee * Yr 8 into Yr9 Subject selection night	17 *College PL *P&C Meeting Woy Woy	18	19 *PASS Gala Day *Safe food handling course
Trial HSC				
22 *PBL meeting	23 *College Committee	24 *College PL	25	26 *LASTWEL meeting
PBL Snow Trip				
Trial HSC				
Bronze Rewards Week				
29 *STAFF Meeting	30 *College Committee *ATAR Evening Woy Woy	31 *Yr 9 into Yr 10 evening *AVID Woy Woy	1 SEPTEMBER *AECG meeting	2
5 *PBL meeting * TEAM meeting	6 *College Committee	7 *CHS Athletics *College PL	8 *CHS Athletics	9 *CHS Athletics *LASTWEL meeting
12 *COLLEGE STAFF Meeting 3-4.10	13 *College Committee *PARENT TEACHER NIGHT	14 *College PL	15	16
19 *PBL meeting	20 *Immunisation	21 *Immunisation *P&C Meeting Umina	22 *Yr 12 Farewell Assembly Woy Woy	23 *LASTWEL meeting

