Great Experiences in Term 1

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 3</td>
<td>9/2/15</td>
<td>Photo Day</td>
</tr>
<tr>
<td></td>
<td>10/2/15</td>
<td>Year 11 Information Evening 7pm, MPC</td>
</tr>
<tr>
<td>Week 4</td>
<td>16/2/15 – School Swimming Carnival 7.30pm Library</td>
<td></td>
</tr>
<tr>
<td></td>
<td>17/2/15</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td></td>
<td>18/2/15 – Photo Catch Up Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18/2/15</td>
<td>Years 4/5/6 Information Evening</td>
</tr>
<tr>
<td>Week 5</td>
<td>23/2/15 – Year 7 Information Evening 7pm, Library</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>5/3/15</td>
<td>Zone Swimming Carnival</td>
</tr>
</tbody>
</table>

Principal’s Report

Welcome Back to 2015

Welcome all to our first newsletter for 2015, and to the start of another school year. I hope the Christmas break was relaxing and enjoyable for students and staff alike, and that all have returned refreshed for a challenging and rewarding year. A particular welcome to parents and students new to Henry Kendall High School, especially our new Year 7 cohort.

I would like to welcome Mrs Maryellen Gillard, our new Music teacher in the CAPA faculty; and Mrs Jade Draper who is replacing Mrs Cooper as our Drama teacher, also in the CAPA faculty. Mrs Larissa Gunderson replaces Mrs Dowling in Special Education, and Mr Marcus Beeby is replacing Mr Miller in Science and Mathematics for the first six months of 2015. We are excited to have such a strong array of new staff join our fabulous school and outstanding team committed to the education of our students.

Outstanding HSC Results

Our HSC results in 2014 provided exciting and outstanding outcomes. The 2014 HSC cohort attained 34 band 6 results (over 90%) – more than double our 2013 results. On top of this 28% of all results were in the top two bands (80% or higher); 62% of our results were in the top three bands (above 70%); 19 courses had more than 20% of students in the top two bands (above 80%); 24 courses had more than 50% of students in the top three bands, and 9 courses had every student in the top three bands.

Georgia Gow achieved 5 Band 6 results and has been named in the State All Rounders List, and Laura Kostalas achieved 4 Band 6 results. Our highest individual result was Sophia Georgas in English Standard with 97, and Sophia has been named in the State Top Achievers List. Sophie Booth also achieved 96 in French Beginners. Seven students attained ATAR’s in the 90’s, with our highest individual ATAR of 97.75.

Most importantly, 47 of our students who applied for a university placement attained entry in the course of their choice; representing over 85% of all applications. This is an outstanding achievement and confirms Henry Kendall High School as one of the premier schools on the Central Coast.

New Technologies to Assist Attendance Procedures

As we have transitioned to be a smaller high school of around 750 students, we have naturally reduced in areas such as the number of administration and support staff we have. As a result we are finding ourselves needing to investigate means of streamlining much of our administrative processes so as to maximise the staff we have available. After discussing processes used at neighbouring schools this year we will be transitioning into the use of finger scanners for student roll marking. This technology is now common in schools, freeing up significant administrative time. Essentially, student finger prints are scanned to log their attendance at school each day rather than using the traditional paper or electronic roll. The scanners themselves would be placed at three strategic places on the school site to maximise access and simplify the process.
2015 will be a major year for our school and our learning community as we begin implementation of our School Plan 2015-17. This represents the move to a new planning process for schools underpinned by the School Excellence Framework which provides a clear description of the key elements of high-quality practice across the three domains of learning, teaching and leading.

Our School Plan has been developed by a team of staff and in consultation with the P&C and with the Student Representative Council. I thank both groups for their significant input. Over the next three years we will have two Strategic Priorities that will be the core focus of our holistic approaches;

1. Student learning is dynamic, personalised and connected in a purposeful way.
2. Teaching and learning reflects best practice and an engaged professional culture.

With these priorities we have six key action areas;

- Teacher Accreditation
- HKHS Learning Culture
- Strategic Communication
- 21st Century Learning Principles
- Student Resilience and Wellbeing
- Student Literacy

Each staff member will be involved in designing and implementing whole school strategies to drive improvement in these areas. Our plan for the future is dynamic, innovative and ambitious, and as such it aims to set an exciting platform for the future of Henry Kendall High. I will continue to provide more information of our plan and its progress at the P&C and in future newsletters.

PARENTS & COMMUNITY ASSOCIATION

The P&C Meets in the school library at 7.30pm on the 3rd Tuesday of each month, with our first P&C Meeting for 2015 being the 17 February. I welcome all parents to join our P&C and take an active role in our school.

Mr Andrew Backhouse – Principal

DEPUTY PRINCIPAL REPORT – YEARS 8, 10 & 12

Students have again made an excellent start to 2015. Welcome to our new families and we look forward to sharing a positive school experience with our students.

Thank you to all parents for your efforts in sending students to school in full school uniform. They look fantastic and the efforts are evident. Uniform is an important part of our school culture as how students wear the uniform at school and in our school community is an indicator of the pride and respect students have for themselves and Henry Kendall High School. A reminder to families that Lowes Gosford is now the school's sole supplier, and in addition students are required to wear black leather upper shoes which is a WHS requirement in all classrooms and school grounds.

Should students have a problem with wearing full school uniform on a particular day, please send your child to school with a note addressed to their relevant Deputy Principal so that a uniform pass can be issued.

For all year groups the year has begun on a very busy note. Outlined below are some key reminders for the three year groups I manage:

Year 8: This year is a transition from middle school to the mainstream high school structure. Year 8 is to be commended on how well they have managed this new setting. A reminder that support personnel for Year 8 are Ms Muscat (Year Adviser), Mrs Smith (Relieving HT Student Services) and myself. Parents are also reminded that for individual subjects please contact your child’s teachers or the Head Teacher of the relevant subject area.

Year 10: This year for students is the commencement of the RoSA (Record of Student Achievement). Students are reminded of their responsibilities in class and completion of all assessments to meet course outcomes. Students will be issued with an assessment schedule for Year 10 in the coming weeks to better prepare their time planning.

Last year the school introduced the Stage 6 Preparation Program in Term 4. The aim of the program is to assist Year 10 students with skills and experiences that will better prepare them for Year 11 entry. Currently this program is being evaluated for 2015 and information will be sent to parents about this program later in the term.
Key support personnel for Year 10 are Mr Wawrzyk (Year Adviser), Mrs Smith (Relieving HT Student Services) and myself.

Year 12: Are off and running!!!! Students are heading into assessment time with tasks due and the mid-course examinations being held in the last two weeks of this term. Please be mindful of the busy pressure students will be experiencing – we are here to support our students so please don’t hesitate to contact staff for assistance and advice with queries. As a part of our support the school is conducting a Year 12 Enrichment day on Monday 9 February. Students will be attending seminars by Elevate Study Skills as a part of this day.

Key support personnel for Year 12 are Mr Ardley (Year Adviser), Mrs Smith (Relieving HT Student Services) and myself. Looking forward to a very positive 2015 with our Henry Kendall family.

Mrs Donna James – Deputy Principal

YEAR 11 INFORMATION EVENING

The Year 11 Preliminary year is the foundation year for your child’s success in the Higher School Certificate and beyond. The effort and application in this year is vital to your child achieving their potential. Parental support is a key element to achieving this goal.

To assist parents and caregivers in understanding the requirements of the Preliminary year, a Year 11 Information Evening is being held on Tuesday 10 February 2015 at 7.00pm in the school hall.

Information to be presented will include:

- Assessment for the Preliminary Certificate
- Understanding requirements for the Board of Studies
- Study pattern expectations
- Procedures for the submissions of late tasks
- Requests for extensions
- Arrangements for students absent from school during tests or tasks
- Plagiarism
- Responsibilities for students
- The Balance!

Students will be issued, and asked to sign, for their Preliminary Assessment Schedules at this time. Please contact the school should you have any queries.

Mrs Donna James – Deputy Principal

DEPUTY PRINCIPAL REPORT – YEARS 7, 9 & 11

Students have again made an excellent start to the year with all classes operating successfully on their first morning back at school. Congratulations to all staff and students!

Year 7: Welcome to our new Year 7 students. I am sure that their time here will be rewarding and I look forward to meeting everyone individually during the term. Please contact the Year Adviser, Mr Morris or myself with any concerns.

Year 9: Students have begun their new elective courses and have settled into Stage 5 of high school extremely well. They are showing continued excellence in attitude and behaviour and Mr Mellish (Year Adviser) is very proud of them. Please emphasise the need to submit all assessment task assignments to avoid a zero mark and an N Award warning being applied towards the Year 10 RoSA. Stage 5 is over both Years’ 9 and 10 and can be seen as a very real stepping stone in preparation to the senior school. Please contact the Year Adviser, Mr Mellish or myself with any concerns.

Year 11: Congratulations to Year 11 who have successfully negotiated their RoSA last year. Year 11 appreciate their own personal success and will rise to the challenges of being senior students. The ability to choose the majority of their subjects, and be in a more direct pathway to future careers, should further focus their study habits. Flexible attendance operates for both Tuesday and Thursday afternoons. However, individual study periods at all other times must be spent in the library or the senior playground areas. Please contact the Year Adviser, Ms Hobson or myself with any concerns.

Mr Bob Cox – Deputy Principal
FROM THE YEAR 7 ADVISER

I would like to welcome to the new school year the parents and caregivers of our Year 7 group. I would also like to thank students, parents and caregivers for an extremely positive and settled start to the new school year. I have been very impressed with how Year 7 students have transitioned into high school and their excellent application and behaviour in the classroom and playground.

As the Year Adviser I am also a contact person for parents of Year 7 students and I can liaise between parents and classroom teachers. If you have any concerns about your child’s progress or if there is anything happening at home that might be affecting your child’s work I will be your first point of contact. If your child is going to be absent from school and requires work so they don’t fall behind I will also be able to coordinate this. Generally I am the first person to contact regarding any welfare issues. I am sure I will also be contacting many parents with news of your child’s successes and achievements.

I look forward to working with you all in 2015.

Mr Jason Morris - Year 7 Adviser

FROM THE YEAR 8 ADVISER

Welcome to Year 8, 2015. The students settled into their new classes very quickly last Thursday. We would like to welcome two new students: Jonas Cedervall Norton joins us from Cairns, and Purva Chalise joins us from Nepal. They are both very welcome additions to Year 8.

As many of you are aware, our end of year excursion to Luna Park was cut short due to unfortunate circumstances. Mr Macdonald and I are planning to reschedule the excursion this term. Due to circumstances beyond our control refunds are not payable and a bus fee will need to be paid for the rescheduled excursion. Please be on the lookout for information regarding this.

Now that your student is in Year 8, they will do sport every Tuesday afternoon. This will be a new activity for many of them. If you have any questions at all about sport, please contact the school and ask for Mrs Julie Starkey.

Just a reminder to parents that if you have any concerns about your students at all, I can be contacted by phone through the school office.

Mrs Patricia Muscat – Year 8 Adviser

MIDDLE SCHOOL NEWS

Congratulations Year 7 on a wonderful and settled start to a new school year. Middle School teachers have been very impressed with the way students have approached the new challenges of high school in a mature and conscientious way. Please contact Middle School as soon as possible if you have concerns about your child’s course progress this term.

CLAIM THE DATE – YEAR 7 INFORMATION NIGHT

A Year 7 Information night will be held on Monday, 23 February. This a wonderful opportunity to find out more about the innovative Middle School, Young Achievers Program and Mathematics curriculum at Henry Kendall High School. We begin our session with a “Welcome to a HKHS” BBQ. Invitations will be distributed to students this week.

VACCINATION INFORMATION 2015

All Year 7 students have received information on the 2015 Vaccination Program this week. Students need to bring all completed forms to the Middle School Staffroom.

Students will receive vaccinations for Varicella (chicken pox), Diphtheria-Tetanus-Pertussis (dTpa) and HPV (Human Papillomavirus). HPV requires 3 doses across the school year. Please read the information sheet attached the vaccination envelope or you can go to http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx which provides additional support and information. All vaccination forms must be brought back to school by Wednesday 4 March 2015.

Mr Mark Macdonald – Head Teacher HSIE, Languages & Middle School

Henry Kendall High School – State of the Art Technology
The HSIE Faculty would like to congratulate Mrs Julia Kostalas on her appointment to Henry Kendall High School. Mrs Kostalas has been working at our school for a number of years and we are very pleased she is now a permanent member of the HSIE family.

All junior HSIE students have received information about their formal assessment program in 2015. It is vital that students are prepared for all assessment tasks and they submit all research tasks by the due date.

Year 7 YAP students have commenced their study of Japanese and History this term. Mr Ardley (History) and Ms Laffan (Japanese) have been impressed with the focus and talent already on display in their respective classrooms.

I wish to pass on my congratulations to HSIE and Language students on their outstanding HSC results in 2014. Many students have truly excelled in Ancient History, Business Studies, Extension History, French Beginners and Continuers, Legal Studies and Modern History. I wish to pass on my thanks to the members of the HSIE and Languages Faculties for their dedication and support of HSC students in 2014.

Year 12 students have commenced Term 2 of their HSC courses and should be preparing for assessment tasks in the coming weeks. Students also need to prepare for Mid-Course Examinations in Weeks 9 and 10. If you have any enquires about your child’s progress in HSIE and Languages please contact the school as soon as possible.

Mr Mark Macdonald – Head Teacher HSIE, Languages & Middle School

Congratulations

Sophie Booth & Bree Wardrop
Finalists in the
University of Wollongong
2014 NSW Senior STEM Design and Technology Competitions.

ATTENDANCE MATTERS

Welcome to 2015! I’d like to introduce myself; my name is Joan Anderson and I am the Attendance Coordinator at Henry Kendall High School. As part of my role I will be assisting the Deputy Principals in monitoring and improving the attendance of our students.

Regular attendance at school is essential to assist students reach their full potential. When students miss out on school they miss out on vital information, their learning routine is broken, they can lose confidence and they miss out on building up friendships. School, in partnership with parents, is responsible for promoting the regular attendance of students.

We have a system of positive rewards that recognises students who have achieved 100% attendance each term. Students with a perfect attendance record will be recognised with an award at their Year Assembly in Week 8-10 of each term.

Mrs Joan Anderson – Attendance Coordinator
Well, we are off to a flying start in the Creative and Performing Arts faculty for 2015. I'd like to welcome two new teachers to our faculty - Mrs Maryellen Gillard who is teaching Music and Art, and Mrs Jade Draper (an ex-HKHS student) who is teaching Drama, Art and a few other bits and pieces around the school. Both of these lovely ladies come to us with a wealth of experience and we are lucky to have them on board. Ms Kim Skerritt who left us at the end of last year has settled in well up at Kariong Mountains High School and wishes all her ex-students the best for their future studies and promises to come and visit. Similarly, Mrs Rebecca Cooper who received a promotion to Deputy Principal at Gosford High School misses her 'Drama babies' immensely and sends her best as well.

As always, we have lots of wonderful opportunities for students to engage with Music on an extra-curricular level, as well as an exciting new band program running in collaboration with Gosford Public School.

**GOSFORD CITY LEARNING COMMUNITY / HKHS CONCERT BAND**

Any student who plays a wind, brass or percussion instrument and is interested in playing with a Concert or Stage Band is welcome to attend rehearsals with the Gosford Public School Concert Band on Friday mornings from 8am in their hall next door at the Primary School. The teachers and organisers are happy to discuss the program with them there and more information will be coming out shortly. Students who have played with the GPS band or other concert bands are highly encouraged to come along with your instrument to sit in and play. Once we get enough interest from HKHS students, we will break off a Senior Concert Band.

HKHS students are also going to be able to take advantage of the wonderful instrument teaching groups already happening at GPS. So, if any student is interested in learning wind, brass or percussion (including Drum Kit) then they need to see Mr Clift in the CAPA staff room for more information.

**INSTRUMENT LESSONS AT HKHS**

If any student is interested in having Guitar, Bass Guitar, Ukulele, Piano, Keyboard or Singing lessons during school time, they need to see Mr Clift in the CAPA staff room for more information and permission notes. Students who were having lessons last year and would like to continue will need to fill out a new permission note. It will take a couple of weeks to coordinate timetables and so forth, but lessons should start back up around Week 4 or 5 this term and will continue throughout the year. Lessons are $30 per 30 minute weekly lesson, but small group lessons are possible to share the cost. Sharing with one other student is ideal, but sometimes we can squeeze in three students. Students will need to find other students to share the lesson with themselves and all group members must be committed to sticking with it as it is very difficult to replace a group member.

**LIZOTTE’S MUSIC SHOWCASE**

As you may have heard, Lizotte’s at Kincumber is due to close in April. We have been fortunate enough to secure a booking to have one last HKHS Music Showcase at this wonderful venue. This will be our fifth annual Lizotte’s concert and it is always a highlight of the year. We are currently booked in for Tuesday 24 March 2015. Audition forms have been released and all of our talented Music students are encouraged to enter. Auditions will be held in Weeks 5 and 6, so there is no time to waste!

**GLEE CLUB**

We are looking to start up a Glee Club this year with the support of our singing teacher, Corrie Collins. At the moment we are just gauging student interest, so if there is any student who is interested in being part of a Glee group (ie. singing, dancing, etc.) then make sure you let Mr Clift know. More details to come...watch this space!

**PHOTOGRAPHY**

As you may or may not be aware, we still run a Photographic Dark Room (ie. film, wet chemicals, red lights, etc.) at HKHS for our Photography and Visual Arts students. This year we are looking to increase the use of the Dark Room with our Stage 5 students, but due to the fact that they are getting harder to find and seem to break quite easily, we do not have access to many film cameras. If you happen to have any 35mm film cameras (working or not) lying around that you no longer use and are willing to donate to the school, we will happily accept them! Similarly, any old camera equipment - lenses, flashes, filters, tripods, etc. are all very handy to have. Drop them off at the office or the CAPA staff room and we will take it from there.
DANCE @ HKHS

Our new Drama teacher, Mrs Jade Draper, has been appointed the Dance Coordinator at HKHS for 2015. Any student who is interested in being part of the HKHS Dance Ensemble should make sure they touch base with Mrs Draper to ensure they know what opportunities are available and find out about rehearsal times.

*Damien Clift - Head Teacher Creative and Performing Arts*

---

TECHNICAL & APPLIED STUDIES (TAS) FACULTY

TECHNOLOGICAL AND APPLIED STUDIES FACULTY STAFF MEMBERS FOR 2015

Mrs Anderson  
Mr Carter  
Mrs McTeigue – Relieving Head Teacher VET  
Mr Myers – Head Teacher TAS  
Mrs Pratt

Parents are encouraged to contact their class teacher if any issues arise throughout the year.

2014 HSC RESULTS IN TAS COURSES

Congratulations to Rebecca Jauhiainen and Tahmyna Khoshnoud-Rad who achieved Band 6 results at last year’s Higher School Certificate in Society and Culture.

The following students achieved Band 5 results at last year’s Higher School Certificate in TAS courses:

<table>
<thead>
<tr>
<th>Name</th>
<th>Course(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sophie Booth</td>
<td>Design and Technology</td>
</tr>
<tr>
<td>Tanika Sorridimi</td>
<td>Design and Technology</td>
</tr>
<tr>
<td>Breanna Wardrop</td>
<td>Design and Technology and Society and Culture</td>
</tr>
<tr>
<td>Olivia Koltsis</td>
<td>Information Processes and Technology</td>
</tr>
<tr>
<td>Bethany Gibbs</td>
<td>Society and Culture</td>
</tr>
<tr>
<td>Emily Lucas</td>
<td>Society and Culture</td>
</tr>
<tr>
<td>Monique Negal</td>
<td>Society and Culture</td>
</tr>
<tr>
<td>Chelsea Orr</td>
<td>Society and Culture</td>
</tr>
<tr>
<td>Marnie Pembroke</td>
<td>Society and Culture</td>
</tr>
<tr>
<td>Rebecca Walker</td>
<td>Society and Culture</td>
</tr>
</tbody>
</table>

Also, the Society and Culture and Design and Technology classes achieved marks above the state average. Congratulations to all of the listed students and all other students who achieved to their potential. Also, a big thank you to the teachers who put in many hours teaching these students and helping many to present outstanding major projects required for most of these courses. This often required substantial time outside of normal lesson time such as on weekends.

PROJECT CENTRE

From the beginning of the year, the school’s Metalwork Room will become the Projects Centre. The room already has some outstanding equipment that facilitates the construction of sophisticated metal projects. In addition, the faculty’s 3D printer and 3D scanner will now be re-located in this room. Also, we have purchased a laser cutter and this will be an outstanding development in our aim to achieve the faculty’s motto “Engaging 21st Century learners using leading edge technology”.

Year 8 students will be the initial beneficiaries from using the equipment but Stage 6 Design and Technology and Stage 5 Fashion Design teaching programs are also being re-written to incorporate these exciting technologies.

*Mr Chris Myers – Head Teacher TAS*

---

SAY CHEESE - School Photo Day is  
**Monday 9 February 2015**

- Full school uniform  
- Don’t seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on the day  
- Please enclose correct money as no change given. Cash & money orders only (no credit card accepted)  
- Enquiries contact MSP Photography 4966 8292
STUDENT SERVICES

Student Services is a one-stop, one step service for all student information queries. If we don’t have the answer, we know someone who does!

For students the Student Hub will:
1. Have staff who are knowledgeable, friendly, helpful and proactive in their approach, and who take a case management approach to student issues to make sure they are resolved.
2. Have staff that is committed to providing an environment where students feel they are welcomed and that they belong at HKHS.
3. Provide services that are delivered efficiently, accurately and in a timely manner.
4. Provide an environment that will look and work differently at different times of the year, to reflect student needs as the academic year progresses.
5. Provide learning environments that are flexible and adaptable to facilitate different learning styles and needs.

What Services Are Provided?

1. **Learning Support** – students can self-refer or be referred for learning support. This could include one off support with an assessment task or ongoing support with literacy and or numeracy groups. We work with students both in class and in the Hub for individual support out of class time.
2. **Disability Support** – some students have a disability that requires additional support or accommodation. This may be short or long term. Student Services aids in developing individual learning plans to support the needs of the student. This may include the application for funding and / or outside agency support through in-class support.
3. **Counselling Support** – The aim of our service is to provide support, guidance and encouragement to you during your time at high school. If you are worried about things or not coping we offer students a confidential service where you can discuss any issue whether personal or related to your studies with our professional trained staff.
4. **Careers and Transition Support** – The aim of this service is to help students to plan for and exit into post school options. Students can self-refer or be referred. Students are offered support in resume writing, job application and support and work placement.
5. **Norta Norta Tutor** – The Norta Norta Program funds schools to provide learning assistance for Aboriginal students in Years 4, 6, 8 and 10, tutorial assistance for senior Aboriginal students and tutoring / mentoring / leadership programs for Aboriginal students in middle and senior years.

Mrs Tracy Smith – Relieving Head Teacher Student Services

VOCATIONAL EDUCATION

Congratulations to our Year 12 students of 2014. All of our students were successful in attaining their qualifications. These included Certificate II in Hospitality Operations Food & Beverage Strand, Retail Services & Primary Industries - Horticulture.

The Metal & Engineering class achieved very well in the HSC exam and were well above state average and all of the students in the class were successful in achieving their Certificate of Attainment towards a Certificate I. Special mention must be made of Georgia Gow and Sophia Georgas who both achieved a Band 6 in Hospitality Food & Beverage and many of our Hospitality students were able to achieve their own personal best.

A special thank you must also be made to the wonderful team of teachers in the VET faculty for the encouragement and continued support they show their students.
The teachers in the VET faculty for 2015 are:-
Mr Phillip Booth - Year 12 Primary Industries
Mrs Lyn Hawker - Year 12 Retail Services
Mrs Caroline McTeigue - Year 11 Hospitality Food & Beverage
Mrs Natalie Pratt - Year 12 Hospitality Food & Beverage & Stage 5 Hospitality Food & Beverage.

We have a busy year ahead and all of the students in our courses are settled and working well. We are looking forward to a very productive year with our classes. Please feel free to contact us if you have any queries or concerns about any aspect of the VET courses.

Mrs Caroline McTeigue - Relieving Head Teacher
Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8-17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home.

For more information, or to register for the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)
Gosford City Dragons

2015 Registration Days

Saturday 7 February at The Valley Tavern
Niagara Park
Time - 10am to 3pm

Saturday 14 February at Gosford RSL
West Gosford
Time - 10am to 3pm

or

register online at
www.myfootballclub.com.au

All NEW players to bring photocopy of birth certificate
or proof of age.

All ages catered for - boys and girls - U/5’s to U/18’s,
senior men and senior women

Discounts available for U/5 and U/6 players for 2015 season.

For further information contact:
Shaun Holwell (registrar) – 0400 649 408
Email: registrar@gosfordcityfc.org.au

Ron Bain (Football Manager) - 0419 972 682

Ilorna Simpson (secretary)
email: secretary@gosfordcityfc.org.au
or go to
www.gosfordcityfc.org.au

Gosford Rugby Club

ABN: 80 909 613 736
PO Box 2269 Gosford NSW 2250

COME PLAY RUGBY FOR GOSFORD!

A great family club where you can play in a fun, safe and friendly environment. Registration fees include shorts, socks and training shirt - discount for siblings.

REGISTRATION DATES:

Every Saturday in February we will be taking registrations at various locations. Please see our website for more details -
Saturday 7th February
West Gosford McDonalds & Wyoming Shopping Centre 10am – 2pm

Saturday 15th February
Wyoming McDonalds & Gosford Showground 10am – 2pm

Saturday 22nd February
West Gosford McDonalds & Wyoming Shopping Centre 10am – 2pm

Saturday 28th February
Wyoming McDonalds & Gosford Showground 10am – 2pm

Not sure about playing rugby? Come along to our “Come & Try” Nights on Friday 20th & 27th February from 5-6pm at the Gosford Showground.

Contact Details
www.gosford.rugbynet.com.au
Andrew – 0417 288 445
Or
Kate – 0411 094 859

The Central Coast Club with the most premierships in 2014!!