Helping Boys Thrive

There have been a number of recent articles questioning whether modern schooling suits boys. Considering that half of the world’s population is male, it is a question worth considering; are schools really catering for our boys?

Some people believe that schools have become more “female centric” and suit the learning styles of girls who are more likely to sit passively for longer and often succeed sitting at a desk, reading, writing and listening. It is not unusual for newspapers to trot out regular articles about a crisis in the education of boys citing statistics about boys creating the majority of discipline problems, being more likely to be diagnosed with ADHD and accounting for more learning disabilities in our schools. (Day, Huffington Post) Boys and girls are different – a fairly obvious statement. But what about the differences in the way boys and girls learn? Whilst no single description fits all boys or all girls, there are a number of characteristics that differentiate the two genders.

Children learn in all sorts of different ways. Many boys learn by seeing and doing; that is many respond well to visual and kinaesthetic types of learning tasks. The physical connection between the male body and brain causes many boys to learn best when they are on the move. Boys are interested in the world around them and are attracted to things that move and that they can touch and manipulate.

It is exciting when boys are motivated in their learning tasks. Boys are creative and exude inordinate amounts of energy. The male brain develops in a healthy way when boys are involved in physical activity such as running, jumping and wrestling.

This idea is not new and indeed Plato, the Greek philosopher and educationalist, placed music, art and gymnastics at the centre of his curriculum because he believed the subjects were not an end to themselves but a means to develop intellectual growth and emotional balance in a child. Art and Music involve manipulating objects and gymnastics is our modern day sport. In Plato’s era, education was exclusively male oriented.

When boys are engaged in education they must be challenged in their learning. For a boy to sit still during a lesson in which the teacher talks for much of it will mean that effective learning will not be happening. Boys will be looking out of the window for something to watch or wriggling in their seats not taking in what they need to do the task effectively. (Whitmire 2010)

So what can we do for our boys? Prominent Australian Psychologist Andrew Fuller describes activities to assist healthy brain function. Our brains are greatly influenced positively by participating in activities such as:

1. Repetitive sports such as handball and swimming. (Ours boys are often playing handball in the playground.)
2. Repetitive percussive movements eg drumming, rhythmic movements
3. Puzzles
4. Brain gymnastics
5. Predicting – give them a story- what do you think will happen next?
6. Mazes
7. Concentration games eg. battleship, dominoes, UNO, fish
8. Time trials- eg cup stacking
9. Ladders of understanding – you work out the steps involved in completing an activity

I am also a great believer in all children, but particularly boys, playing in team sports. Boys who participate in sports such as Rugby and Soccer for example, learn physically appropriate ways to interact with their peers, abiding by rules associated with what is acceptable and not acceptable physical contact whilst fulfilling their need for the rough and tumble play that many boys find beneficial.

Next Tuesday I will be speaking about this topic at the parent forum and I hope I have wet your appetite to find out more. If you are the parents of girls, then you are also welcome and will find the session beneficial, as it helps to understand what makes our male counterparts tick. I hope that many of you will be able to join me when we discuss the topic “Helping Boys Thrive”

Lorrae Sampson
Executive Principal
Now that MKR is over families around Australia can give their full attention to The Voice! We love these shows especially when we can cast a vote, when we can have our voice heard.

How do you decide which singer should go through on The Voice during the blind auditions?

In our lives we have lots of voices which parade themselves and perform for us, waiting for us to choose them. We have people telling us what we should and shouldn’t think, do and say.

Young people have a multitude of cultural performers seeking their attention and approval and likewise young people seek to fit in and be accepted by those they seek to copy.

This begs the question, which voices are you listening to, who is it that you and your children trust to ‘win’ in life, to step out and satisfy your hopes and dreams?

God has given parents the responsibility to be the voice that children listen to as they are nurtured and grow. Your voice is the one they will literally first hear and respond to, to help, instruct and protect...and at times come to ignore!

The challenge through the school years is to help your children still tune in to your voice as those of friends and popular culture turn up the volume. The value of a woman’s voice is particularly acknowledged and appreciated as we recently celebrated Mother’s Day.

In the noise we might also pause to consider God’s voice as recorded in the Bible. It is still relevant for us in the 21st century. Christians trust the voice of God, listen to it and seek to apply it in their lives. It has great wisdom that cuts through in the areas of our family life, our contribution to the world and our relationship with God and others.

In the words of Jesus referring to himself as a shepherd and his people as sheep in John 10:

“His sheep follow him because they know his voice”.

“I am the good shepherd. The good shepherd lays down his life for his sheep”.

To hear and follow the voice of Jesus, the good shepherd, means that we will “have life, and have it to the full”, winning the ultimate prize of eternal life.

Best wishes,

Jim Dayhew
College Chaplain
If you’re present for our morning assemblies you may have heard me sharing a poem or two with the children. I have loved poetry since I was a little girl. My mum used to read us poems all the time. She was a really great mimic and her ability to put on different voices to bring the words to life always delighted me.

This term, our children are participating in the Dorothy Mackellar Poetry Competition and I’m looking forward to listening to their creative entries. You can read about the competition on the website http://www.dorothea.com.au/

“The Awards aim to inspire students across Australia to express their thoughts creatively through poetry and, by doing so, support the legacy of Dorothea Mackellar and her legendary poem My Country.”

Here’s a poem by A. A. Milne that you might enjoy reading with your children.

**Furry Bear**

If I were a bear,
   And a big bear too,
I shouldn’t much care
   If it froze or snew;
I shouldn’t much mind
   If it snowed or friz--
I’d be all fur-lined
   With a coat like his!

For I’d have fur boots and a brown fur wrap,
   And brown fur knickers and a big fur cap.
I’d have a fur muffle-ruff to cover my jaws.
   And brown fur mittens on my big brown paws.
With a big brown furry-down up to my head,
   I’d sleep all the winter in a big fur bed.

Susan Pearson
Head of Junior School

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**Student Information Sheet**

Families of our current students will soon be receiving a Student Information Sheet in the mail. When received, please check all details on the form, indicate whether there are any changes required and return this to the College Administration Office at your earliest convenience.

There will be a section at the top of the form to sign off whether you have changes or not and also if you have already made your changes via the Parent Portal. When checking your details, please include two emergency contacts (if possible other than the student’s parents).

To enable our Admin team to update all families’ details, forms should be returned by the end of Term 2, 27 July 2014, even if you have no changes to be made. Many thanks from the NAC Administration Team.

Loreena Doumbos
Registrar
Kick 4 Cambodia

You are invited to watch

Chile v Australia

on the BIG screen at the

Nowra Anglican College World Cup LIVE SITE

Saturday 14 June from 7am for 8am kick off

Hot breakfast, soccer activities and prizes!

An event for all the whole College community.

$5 minimum per person payable at the Student Services desk
or on the day at the door.

Funds raised will go towards the Year 11
service learning expedition to Cambodia.
We are working with the Tabitha Foundation Australia
to build houses for destitute families.
Each house costs $1,500.

We need your help to be at Kick 4 Cambodia and contribute to ultimate
goal of establishing ONE of these houses!

For more information contact Mr Dayhew College Chaplain on
jdayhew@nac.nsw.edu.au

This is an Ultimate Goal event organised by the
Crossroads student Christian group at NAC.
Trivia Night – Friday June 6 – ALL WELCOME!

On Friday, June 6th, the Year 11 students who will be attending the Vietnam and Cambodia Service Expedition in June this year will be hosting a Trivia Night in the Gymnasium at Nowra Anglican College. This night will be a fundraising opportunity for students to raise much needed funds in order to build houses for impoverished Cambodians in a village on the outskirts of Phnom Penh. Each house costs $1500 and accommodates a family of up to 8 people across three generations. These houses, while simple in structure, provide much needed shelter and the opportunity to pursue a sustainable lifestyle within a communal village setting.

Our aim this year is build 24 houses between the three schools travelling to Cambodia and Vietnam, which include Nowra Anglican College, Shoalhaven Anglican School and Arden Anglican School. All the money we raise on this evening will go directly to the Tabitha Foundation Australia to pay for the houses. While our fundraising efforts this year have been fantastic we still need to raise more funds to reach our target of 24 houses.

We would love as many people as possible to attend the trivia night which promises to be a wonderful night with musical entertainment from our talented students, three challenging and hilarious rounds of trivia, a silent auction full of great products to be purchased which have been kindly donated by local businesses, a second hand indoor market stall and of course great prizes to be won.

Tickets are $10 each and can be purchased individually or if you would like to book a table, there are 10 people to a table and tables can be purchased for $100 each. Bookings and tickets can be purchased (cash payments only) at the College through Administration and if you would like to make a booking by phone, please call the College on 4421 7711. Tea, Coffee, biscuits and cake will be provided but if you would like to bring food for your table to share you are most welcome to do that. As this is a College event the evening will be alcohol free.

We hope to see you all on Friday, June 6 from 6.30pm – 9.30pm and your support for this fundraising event is greatly appreciated.

Kind Regards,
Felicity Reynolds (trip coordinator) and the Year 11 Vietnam/Cambodia Service Expedition team

Because I’m Happy…

Pharrell Williams’ song ‘Happy’ has been highly successful, peaking at number one in the US, UK, Australia, Ireland, New Zealand, and 19 other countries. It features on the Despicable Me 2 soundtrack and seems to have got people around the globe dancing and clapping. This begs the question: Why are so many of us not happy?

In recent weeks I’ve spoken to a number of senior students who’ve felt overwhelmed and generally down. After talking, it’s evident that a number of things that used to make them happy aren’t part of their lives anymore due to study and time limitations. When this happens, we can quickly find our lives unbalanced and our state of mind at low ebb. According to leading psychologists there are seven things that contribute towards making us happy. I encourage you to read over these seven factors and to incorporate these habits into your life.

The 7 Habits of Happy People:
1. Having close relationships
2. Caring for others
3. Exercising regularly
4. Engaging in activities that are challenging but well suited to our skills
5. Finding spiritual engagement and meaning
6. Becoming aware of our strengths and virtues
7. Being generally optimistic and grateful

What’s stopping you? Join a friend for a regular run around the block, take time out to pray, or perhaps join a singing group. No matter how busy you get, don’t neglect yourself or your happiness. If you’re interested in finding out more, go to http://www.pursuit-of-happiness.org/.

Keturah Jones
Coordinator of Pastoral Care
We’re very pleased to welcome new students to the Junior School Jonah Roberts (6H) and Jonathan Roberts (5H).

Parent Morning - 27th May 2014

We would love to see lots of people at our Parent Morning on Tuesday 27 May where the topic is ‘Helping Boys Thrive’. Our Principal, Mrs Sampson is our speaker and she has lots of knowledge and experience in this area. Please join us at 9.00am in the staff common room.

Term 2 Junior School Events Calendar

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<td>Tuesday 3 June</td>
<td>Junior School Photo Day</td>
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<td>Tuesday 24 June</td>
<td>Mufti Day and JS Disco</td>
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<tr>
<td>Thursday 26 June</td>
<td>Presentation Assembly</td>
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Mufti Day and Junior School Disco

Tuesday 24 June will be a mufti day and children are asked to bring a gold coin donation which will go to supporting our World Vision child, Ahmed Shehda Salha who lives in Jerusalem’s West Bank Gaza. We have been supporting this boy for 4 years and he has been very thankful for our financial help. Gaza is one of the poorest areas in the Occupied Palestinian territories. Food supplies are unreliable and unemployment rates are very high.

The Junior School Disco will also be on this day and organised by the P & F.

K - 2 will have their disco from 2.15 - 3.10.

Years 3 - 6 will have their disco from 3.15 - 4.30pm.

There will be food, drinks and other items available for purchase.

Susan Pearson
Head of Junior School

Helping Boys Thrive
Parent Information Session

Tuesday 27th May, 2014

9:00 - 10:00am
In the Staff Common Room, followed by morning tea.

Hear information on:

• Brain Chemistry and what makes boys tick.
• Testosterone is not the enemy.
• Building resilience in boys.
• What sorts of activities help boys develop?
• What can parents and families do.

Presenter: Our Principal, Mrs Lorrae Sampson

All parents welcome even if you have girls
News From Senior School

Light of the Cross Awards
Congratulations to all students receiving awards this week.

**Bronze Awards**
Lachlan Copley (Yr10)  
Naomi Johns (Yr10)  
Halina Nilssen (Yr10)  
Gerry Thompson (Yr10)  
Acelin Bobbermien (Yr7)  
Acelin Bobbermien (Yr7)  
Jacob Carpenter-Mccoy (Yr7)  
Dante Hyam (Yr7)  
Abbie Macdonald (Yr7)  
Tulli Wilkins (Yr7)  
Jacob King (Yr8)  
Kyle Leslie (Yr8)  
Benjamin Macdonald (Yr8)  
Ethan Munn (Yr8)  
Joshua Pearson (Yr8)  
Ella Pratt (Yr8)  
Ashleigh Sammut (Yr8)  
Margot Wagstaff (Yr8)  
Alexandra Winter (Yr8)  
Elouera (Ellie) Marshall (Yr8)  
Jarrod Stone (Yr8)

**Co-curricular Awards**
Naomi Brown (Yr12)  
Naomi Brown (Yr12)  
Hugh Mclellan (Yr12)  
Andrea Charalambous (Yr7)  
William (Will) Davies (Yr7)  
Jackson Balmer (Yr8)  
Zachary Hale (Yr8)  
Elouera (Ellie) Marshall (Yr8)

**Service & Character**
Lachlan Copley (Yr10)  
Naomi Brown (Yr12)  
Naomi Brown (Yr12)

Year 9 Camp
Year 9 headed off to camp this week. This camp has been rescheduled to this week due to the bad weather we experienced during camp week last term. They will be based at Coolendel and will experience a range of challenging activities. Those students participating in The Duke of Edinburgh Award Scheme will have some extra navigational challenges to contend with as they complete their first expedition.

Cambodia
The trip to Cambodia is fast approaching for the group of Year 11 students and families attending. The trip consists of students from NAC and SAS and will comprise of over 33 students and parents. My great thanks to Ms Reynolds for her tireless organisation for this trip. The students attending should also be congratulated for the excellent fundraising they are doing. There are a number of events happening soon that will serve to raise funds for house building in Cambodia. So far we have funds for 24 houses to be built.

Cambodia Fundraisers

**Trivia Night**
Included in this newsletter, and emailed home to families, is a flyer inviting you to our NAC Trivia Night. This night has been organised by a number of Year 11 students to fundraise for the annual Year 11 Vietnam-Cambodia Aid Trip. It should be a great night and I hope you consider coming along.

**Movie Night**
Tickets to the ‘The Fault in our Stars’ on 4th June, 6:30pm, can be pre-purchased from Student Services. The ticket price of $15 includes movie entry and drinks and nibbles.

**Pie Drive**
Information has been included in this newsletter regarding the Cambodia pie drive. Orders need to be in by 11th June and can be picked up from 18th June. More details later in this newsletter.

**NAPLAN**
This year’s NAPLAN tests were sat by Year 7 and 9 students this week. This is a series of nationwide literacy and numeracy tests that compares students against school and state averages. This is a useful test for parents and teachers to determine student competency and areas that need attention. The results will be given to parents during Term 3.

Year 10 and 11 Exams
Year 10 and 11 will be completing their half yearly exams in Week 5 and teachers will then be busily marking and writing reports. Students are encouraged to look at teacher comments carefully and use these to evaluate their progress.

David Hamaty
Head of School
Junior School Sport

Cross Country

The Junior School cross country was held on Wednesday the 30th of April at the Willandra cross country course. What started out as a cold and rainy day quickly turned into beautiful weather with clear skies.

The years 3-6 students arrived and went on a walk of the course to orient themselves with their surroundings. Our K-2 students arrived soon after and we were able to begin our carnival.

Kindergarten students participated in a race of about seven hundred metres with Mr Hale leading the way. Our Year one & two students then competed over the one kilometre course, again with Mr Hale leading the way. This was a fantastic effort, as that is along way for little legs to run. All students were very grateful of the ice blocks at the end of the race. Once again these were supplied by our wonderful P + F.

We then moved onto the longer races with our eight to ten year olds competing over two kilometres and our senior age groups competing over three kilometres.

Congratulations to our age champions:
- 8/9 years girls – Clare Murray
- 8/9 years boys – Elijah Foster-Percy
- 10 years girls – Sophie Fletcher
- 10 years boys – Isaac Ball
- 11 years girls – Claudia De-Rooy
- 11 years boys – Toby Huard
- 12/13 years girls – Hannah Stone
- 12/13 years boys – Angus Templeton

The points score was very close all day and in the end first to fourth place was only separated by a margin of twenty one points.

Trickett 235
Best 219
Hargrave 214
Procter 213

The carnival was a big success due to the wonderful way our students participated and the wonderful parents who also assisted on the day. Thank you also to our senior school students who gave up their time to assist.
SASSA Cross Country

The Junior School SASSA cross country carnival was held at Willandra on Thursday 8th of May. Nowra Anglican College was represented by a team of 47 runners across all age groups.

The competition was very strong across all of the age groups. Nowra Anglican College managed to finish second in the girls, second in the boys and second overall.

It was an excellent day of competition and all students ran well, with most students improving on their school times. All students who participated did the college proud.

We had some excellent results:
8/9 Girls  Clare Murray – 2nd (in a school record time of 9:42)  
Arielle Gomez – 3rd  
Sarah-Joy Day – 4th

10 Boys  Isaac Ball – Age Champion  
Thomas Maxted – 4th

11 Boys  Troy Sweet – 2nd  
Toby Huard – 3rd  
Alexander Lees – 6th

12/13 Girls  Hannah Stone – Age Champion (in a school record time of 13:34)

12/13 Boys  Angus Templeton – 5th

All of the above listed students will now represent the college at the CIS cross country carnival on June 12th at Eastern Creek Raceway.
SASSA Junior Girls Soccer Gala Day

The SASSA junior girls soccer gala day was held at South Nowra on Friday the 2nd of May. Nowra Anglican College was represented by three different teams. Shoalhaven Anglican School also sent two teams to the day.

We had one team of girls that have played or currently do play soccer, the other two teams were a mixture of enthusiastic girls from years five and six. It was absolutely fantastic to be able take that many students to a gala day.

Each NAC team was able to play games against the two Shoalhaven teams and at the end of the day the girls were completely mixed up across both teams and schools for two final games.

The NAC A team won the day by defeating both of the Shoalhaven teams, however the day was more about participating in sport and building relationships between the girls.

CIS Netball

On Friday 9th May I went up to CIS Netball at Penrith Valley Regional Sports Centre. The team I played in consisted of a selection of 10 girls from all of the independent schools on the South Coast. Whilst we were playing the first few games, we were quite intimidated by the height and strength of the girls. As the day went on, we warmed up to the competition and started to play with a lot more confidence and passion. We ended up winning 3 out of the 8 games and overall we came 6th out of 9 teams. I really enjoyed competing and I learnt a lot. Thanks to our coach Mrs McPhail who looked after us on the day and coached us with real passion!!

Lily Morris, Yr 6
Yr 2 AFL

The Australian Football League (AFL) once again hosted a skills development day for K-2 students at the Nowra Showgrounds.

Nowra Anglican College took all students in Year Two for a fun day of developing new skills and meeting new people. The students participated in a range of activities, some relating directly to AFL and some aimed at developing other skills. All students had an excellent time and were treated to an added bonus of seeing a helicopter take off during their recess break.

Nowra Anglican College also supplied a number of senior school students who helped to run the activities on the day. The following is an excerpt from an email I received from John Dyball, who is the development officer for the South Coast region.

‘these students arrived were taken through each skill so they could then teach the classes they were given. There was not one school that did not come over to me and praise your students, I mean all of your students!’

Stage 2 AFL Gala Day

On Tuesday 6th May, Stage 2 went to Nowra Showground to participate in the AFL Gala day.

When we arrived we found seats, sat down and had munch and crunch. Then we got called to go and sit in the middle of the field so the AFL organisers could explain the rules to everyone. We went with our teams to the fields to play other schools. We played two games then had a lunch break. After that, we got called in the middle of the field again to have a talk and then went off to play another match.

When we finished we returned to the middle of the field to get a note if we wanted to do AFL. Then it was time to get on the bus and return back to school for the afternoon.

We learnt new AFL skills, met new friends and caught up with some old friends that had moved to a different school. It was a great, fun day and we can’t wait until next year!!

Imogen Brown and Ria Johnson

Nowra Anglican College also supplied a number of students who stepped in at the last minute to help out with umpiring on the day. The following is an excerpt from an email I received from John Dyball, who is the development officer for the South Coast region.
‘These students did not hesitate, adapted and then umpired the 6 games straight. The comments from the primary school teachers were very positive about the NAC students. Comments about the manners and demeanour were also spoken in high regard by teachers.’

Senior School Sport

**SASSA Secondary Cross Country**

Determined running from all of our competitors saw Nowra Anglican College regain the SASSA cross country championship shield from Shellharbour Anglican School who held it for the last three years. Of the forty eight runners who represented NAC, thirty one made the SASSA team to compete at AICES in week five.

Our dominance of the racing is seen with the podium finishes. From the fourteen events, we secured seven first places, six second places and three third places. These individual medal winners are listed below.

First Place. Sophie Emery and Rosie Davidson in the girls; Nathan Ball, Jackson Balmer, Jesse
Buckham, Gus Stretton and Tim O’Shea in the boys.

Second place. Louise Davison, Zoe Hutchinson, and Ella Pratt in the girls; Luke Goldman, Dante Hyam and Cooper Thomson in the boys.

Third place. Megan Hamaty in the girls; Jamie Holding and Kobe Payne in the boys.


Jim Downes
Athletics Coach
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<td>SS Tree Top Obstacle Course</td>
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<td>Thu 29 May</td>
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<td>Eisteddfod School Groups Choral Section</td>
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<td>SS AICES Cross Country</td>
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<td>Tue 3 Jun</td>
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<td>JS School Photo Day</td>
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<td>SASC Choral Festival</td>
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<td>Cambodia Trivia Night Fundraiser</td>
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<td>Mon 9 Jun</td>
<td>SS Yr 10 French Excursion</td>
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<td>Tue 17 Jun</td>
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<td>JS CSSA Metro Cup Soccer</td>
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<td>Yr 11 2015 Information Night</td>
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<td>Fri 20 Jun</td>
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<td>SS Medieval Day</td>
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<td>Sat 21 Jun</td>
<td>SS Cambodia Service Expedition Begins</td>
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<td>Tue 24 Jun</td>
<td>Mufti Day and JS Disco (Please note change of date)</td>
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<td>SS Le Tour de NAC</td>
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<td>Thu 26 Jun</td>
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<td>K - 2 Athletics Carnival</td>
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<td>Fri 25 Jul</td>
<td>Yr 3 - 6 Athletics Carnival</td>
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<tr>
<td>Tue 29 Jul</td>
<td>SS Parent/Teacher Interviews Yr 7 - 12</td>
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<tr>
<td>Wed 30 Jul</td>
<td>JS Parent/Teacher Interviews Yr K - 6</td>
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Community News

INSPIRED TO CHANGE A LIFE?

Are you caring, nurturing and understanding? Would you like to help out a local family in your community?

CareSouth’s Aunties & Uncles program supports vulnerable children and their families in our South Coast Communities.

With a small amount of time and a genuine commitment, you could become a volunteer carer in the Aunties & Uncles Program and make a positive difference to a child’s life.

All our volunteer carers are provided with casework assistance and training in order to support the individual needs of the child.

A child in your community could really benefit from your interest in our program.

To find out more, please call our Aunties & Uncles Regional Coordinators, who will happily answer any questions and provide you with detailed information about how you can make a difference to a child’s life.

Phone 1300 554 260 or visit our website www.caresouth.org.au.

EVERYDAY CareSouth

Come to an Open House Information Session:

Please phone the Nowra Aunties & Uncles Regional Coordinator on 0417 440 892 to register your attendance or simply turn up on the day.

Date: First Thursday of each month

Time: Anytime between 2 - 6pm

Location: CareSouth Nowra Office 11 Haigh Ave, Nowra

Uniform Shop Hours

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<td>Mon</td>
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<td>Fri</td>
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Contact NAC

Phone: (02) 4421 7711

Email: enrol@nac.nsw.edu.au

Web: www.nac.nsw.edu.au

PO Box 2382 Bomaderry NSW 2541

All Saints Community Care

Food for Winter

Winter is often a difficult time for families with increased bills for heating and clothes.

All Saints Community Care in Nowra provides food parcels for families who are experiencing difficulties and have requested some assistance from the school.

We have placed a basket in the Administration Office to collect canned food stuffs. If you would like to assist in this way, please bring your canned goods to the front office.

Administration Team