The best way to find yourself is to lose yourself in the service of others.
Mahatma Ghandi

It is not often that you receive a letter from the Prime Minister of Australia. On Monday our Year 11 students who are travelling to Cambodia and Vietnam were presented with a letter from the Honourable Tony Abbott congratulating them on their endeavours in service for their upcoming trip.

This year we have a group of 36 students and staff from both Nowra Anglican College and Shoalhaven Anglican School travelling to Cambodia and Vietnam.

Already I am very proud of our students who will be building houses, planting trees and visiting orphanages, reading to children and feeding orphans. I am proud of their efforts to raise the necessary funds for these projects and I am thankful to the whole school community for their support of our current group through participation in various fundraisers.

Why do we place such an emphasis on Service at the College? Service learning in a broader context, combines the lessons that we emphasize in our classrooms with meaningful community service. This form of learning emphasizes critical thinking, personal reflection and personal responsibility while encouraging a heightened sense of community. It is an expression of the College’s vision to communicate in word and deed the Gospel of Jesus Christ to the wider community by expressing our faith through action.

What good is it my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, Go I wish you well, keep warm and well fed, but does nothing about his physical needs what good is it? In the same way, faith by itself, if it is not accompanied by action is dead. (James 2: 14 – 16)

Today we farewell our students. The trip will be no holiday and our students will be expected to work hard but it will inevitably be a life changing experience.

We wish them well and pray for their safe return.

Lorrae Sampson
Executive Principal
Chaplain’s Chat

The Prize

Last edition I outed myself as somewhat of a sports fan. If you are anything like me, there is so much to enjoy at the moment. Consider the World Cup Hockey where the Kookaburras won the Gold Medal and Hockeyroos the Silver, Rugby Tests against France, US Open Golf, Wimbeldon tennis coming up, Rugby League’s State of Origin and arguably the biggest: the FIFA World Cup (I’m not talking about the video game here!)

At College we had 40 turn up for the Kick 4 Cambodia LIVE SITE to eat a BBQ breakfast, play and view Australia’s heroic performance in the match with Chile. We raised enough money to feed an orphanage for several months, supporting our Year 11s as they venture overseas in a service learning expedition. We revelled in the common desire that the Socceroos would win but that wasn’t to be. The reality is that despite their best endeavour and our highest hopes, the Jules Rimet Trophy us not likely to be held aloft by Aussie hands. But we are not without hope of grasping THE Prize.

The iconic statue Christ the Redeemer which looms large over Rio Di Janeiro is a 40 metre reminder of a greater prize which is available to all. This picture has been boomed around the world as a scenic backdrop to the main event of the World Cup, but maybe it should be the other way around?

There are many world class football players who have discovered this truth for themselves such as Kaka, who won a World Cup with Brazil in 2002 and was once the world’s best rated player. The short video The Prize contains footage of these players on the pitch and being interviewed about their life and faith in Christ, the one who redeems; the one who has paid the price of his own life so that we can have the ultimate and eternal prize of a relationship with God. This 26 min video can be viewed online for no charge at www.theprize.com or I can provide a DVD on request.

Hoping you have a wonderful holiday, enjoying God’s good gift of sport and that you consider the greatest prize available to us all.

Jim Dayhew
College Chaplain

Congratulations!

Congratulations to Andrew and Stephen Pearson who have been selected to in the Illawarra U14 and U12 Representative Baseball team to play the Country Championships.

Well done!

Tour de NAC

The very first Tour de NAC is only 4 days away. Who will be the fastest, who will be the best at the mountain stage, and who will be the overall winners??? It’s all very exciting, as we wait with anticipation for this amazing event. Points will also be awarded for team spirit, banners, best dressed team and any other worthy contribution. Watch this space to discover the NAC champions for 2014!
There was an article in last weekend’s Sydney Morning Herald citing the work of Australian university researchers who tracked nearly 3500 children from birth to age six. The study found that children who grew up in a home with lots of books and who were read to for longer periods were more likely to perform well when they reached school.

The research found that “a child’s learning environment at home was a better predictor of functioning than their temperament, ethnicity or the quality of their relationship with their parents. When they come to school children are prepared to learn effectively, they can pay attention in class, stay focussed on tasks and keep belongings organised. Furthermore, being read to often increases a child’s vocabulary and enjoyment, and requires them to pay attention and remain engaged.” (SMH Saturday 7 June)

Reading to one’s children is a special experience and one that holds treasured memories. I love this photo of my daughter’s friend reading to her seven week old baby. He is thoroughly delighting in the colours and shapes on the page and the sounds of the language as his mum reads to him.

Children’s author, Mem Fox, says that when we take the time to read aloud to children in our lives, “we bond closely with them in a secret society associated with the books we’ve shared…it isn’t achieved by the book alone, nor by the child alone, nor by the adult reading aloud—it’s the relationship winding among all three, bringing them together.”

When children come to school having spent many hours being read to, teachers can readily build on that solid foundation. Reading aloud brings huge enjoyment as well as enormous educational benefits. Let me encourage you to read to your children, no matter what their age.

Susan Pearson
Head of Junior School

Canteen Help Needed

To Parents & Carers,

This is a SHOUT OUT for HELP!!!!

Our volunteer numbers have dropped this term so if anyone could spare some time to help in the canteen it would be greatly appreciated.

It’s a great way to meet other parents and be apart of the school community.

Just remember you have to complete the working with children check www.newcheck.kids.nsw.gov.au before you can volunteer at the school.

Dads and grandparents are most welcome.

Colleen and I look forward to sharing the canteen experience with you, so if you would like to know more information give me a call. Thank you and regards, Sue
Host Families needed.

Nowra Anglican College will again be hosting Japanese students from Tokyo Rissho High School from 28th July to 4th August 2014

Share your lifestyle & home while experiencing another culture.

- Daily program (Mon-Fri) organized by an AIIU Coordinator at our School.
- Japanese language not necessary
- Normal Australian meals
- A stipend of $30 per night will be given to Host Families to assist with hosting costs.

If you can help for these 7 days or would like further information, please phone ........

Hannah on 0412 427 584
or
Email: sue@aiiu.com.au
Term 2 Junior School Events Calendar

Tuesday 24 June  Mufti Day and JS Disco
Thursday 26 June  K-12 Presentation Assembly

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. Food supplies are unreliable and unemployment rates are very high.

The Junior School Disco will also be on this day and supported 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.

Athletics Carnivals

Our athletics carnivals will be held in the first week of Term 3.

K-2: Thursday 24 July
3-6: Friday 25 July
Parents are very welcome to come along. Children love it when they have their supporters in the crowd!

Semester One Reports

Semester One reports will be distributed at the end of this term. In an effort to be environmentally conscious, reports will be emailed to families. If, however, you would prefer a ‘hard copy’ of your child’s report please contact the office (4421 7711) so that this can be arranged.

We aim to provide a balanced and comprehensive picture of your child’s overall progress at the College. We encourage you as you read the report with your child to give praise where praise is due and provide encouragement in those areas where your child may be experiencing more difficulty.

Key to Report : Kindergarten - Year 6

<table>
<thead>
<tr>
<th>Achievement Grades</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extensive</td>
<td>The student has extensive knowledge and understanding of the content and can readily apply this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and can apply these skills to new situations.</td>
</tr>
<tr>
<td>Thorough</td>
<td>The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply these skills to most situations.</td>
</tr>
<tr>
<td>Sound</td>
<td>The student has a <strong>sound</strong> knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.</td>
</tr>
<tr>
<td>------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Basic</td>
<td>The student has a <strong>basic</strong> knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.</td>
</tr>
<tr>
<td>Elementary</td>
<td>The student has an <strong>elementary</strong> knowledge and understanding of the content and has achieved a very limited level of competence in some processes and skills.</td>
</tr>
</tbody>
</table>

### Course Application

The course application provides an indication of the effort, attitude and behaviour shown by the student in class and the level of participation, homework and preparation for assessment tasks.

<table>
<thead>
<tr>
<th>Excellent</th>
<th>The student completes all tasks and set work, shows an excellent attitude to studies and is well behaved. The student contributes to class discussions and maintains a record of work to a high standard.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>The student completes all set work, shows a pleasing attitude to studies and is well behaved. The student contributes to class discussions and maintains a record of work to a pleasing standard.</td>
</tr>
<tr>
<td>Satisfactory</td>
<td>The student completes most set work, shows a pleasing attitude to studies and is usually focused. The student generally contributes to class discussions and maintains a record of work to a satisfactory standard.</td>
</tr>
<tr>
<td>Inconsistent</td>
<td>The student works at times but, at other times, is distracted from set tasks. The student may not complete book work to an adequate standard.</td>
</tr>
<tr>
<td>Unsatisfactory</td>
<td>The student does not complete a substantial amount of set work and is often not focused on tasks. The student often needs to be reminded about behaviour and attitude.</td>
</tr>
</tbody>
</table>

### Social Development and Commitment to Learning

This provides an indication of the consistency that is shown by the student in managing their learning environment and in their relationships with others.

<table>
<thead>
<tr>
<th>Always</th>
<th>The student always demonstrates this attribute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually</td>
<td>The student demonstrates this attribute most of the time</td>
</tr>
<tr>
<td>Sometimes</td>
<td>The student demonstrates this attribute occasionally</td>
</tr>
<tr>
<td>Rarely</td>
<td>The student hardly ever demonstrates this attribute</td>
</tr>
</tbody>
</table>
When you read the English reports, you may notice different headings for the English strands which bring our reports in line with the new English syllabus. The strands are: Reading and Viewing, Speaking and Listening, Writing and Representing.

Please note that Course Application refers to a child’s effort in a subject and does not relate to their actual achievement. So a child may receive an Excellent for effort even though their actual achievement may be average. Similarly, a student who demonstrates considerable skill and knowledge in a subject may receive an Extensive grade but, if their general effort and attitude is wanting, may receive only a Satisfactory for effort.

At the beginning of next term, you will have the opportunity to discuss your child’s report with their teacher at the Parent/Teacher Evening (Wednesday 30 July). I encourage you to make the time to come in for an interview so that you may be able to discuss your child’s progress and their report in greater detail.

I wish all families a good break and we look forward to seeing the children back on Monday 21 July.

Susan Pearson
Head of Junior School

Essay: How did Terra Nullius and the Mabo Decision have an impact on Australia?

Terra Nullius and the Mabo Decision may have been one of the most crucial laws that have ever occurred in Australia’s history. They have not only shaped Australia, but they have given back the respect and rights to the Aboriginal and Torres Strait Islander Peoples.

Terra Nullius comes from the Roman language, meaning ‘land of nobody’. Terra Nullius first started in Ancient Rome and was first applied to Australia on the arrival of the Europeans in 1788. The law itself explains 3 things. 1: If the land was uninhabited, the first nation to discover it was legally obliged to settle and claim it. 2: If the land was already inhabited, the nation to discover it could ask for permission to use some of their land, or purchase small parts of it. 3: If the country was already inhabited and the traditional owners would not allow the discovery nation to use or purchase small parts of their land, they were allowed to take over the country by invasion. However, even after winning the ‘war’, the new settlers would have to respect the rights of the traditional owners of the land.

However, when the Europeans arrived in Australia, they did acknowledge the presence of the Aboriginal Peoples, but instead the Europeans said that they were too primitive to be real owners. The Europeans also claimed that the Aboriginals had no identifiable hierarchy or political order that they could recognise or negotiate with (meaning no order of government that they could possibly discuss with or make slight changes to laws etc.) Clearly this means that when the Europeans came to Australia they did not claim that they were ‘invading’, instead they claimed that they were settling into empty land, which was wrong in many ways.

This all occurred long before Eddie Mabo took land rights action in the High Court of Australia in 1992. The Mabo decision (which stands for Mabo and others V Queensland) was is and always will be a vital part of Australia. The Mabo Decision was named after Eddie Mabo, the man who challenged Australia’s Legal System and fought passionately for the recognition of rights of the Traditional owners of the land. Unfortunately, Eddie Mabo passed away just 5 short months before the High Court made its decision.

The Mabo Decision was so important because it made Australians realise how tough it was for the Aboriginals to survive back then. The Aboriginals occupied the land 40 000 to 60 000 years before the arrival of the Europeans. The Aboriginals spoke their own languages, had their own traditional laws and customs and also had a strong connection to country. When the Europeans arrived, they disturbed this special connection and were unjust and disrespectful towards the Aboriginals. This is why when Eddie Mabo won, the Aboriginals were handed back their land and finally got the respect they long deserved.

I believe that when the Europeans claimed Terra Nullius it was extremely unjust and wrong. I also believe that the traditional owners of this land should be treated with respect and should be looked up to in many years to come as brave, faithful and courageous. As Vincent Lingiari said “We want to live on our land, our way!”

By Lily Morris, Yr 6
News From Senior School

Year 11 2015 – Subject Selection

The Subject Information Evening for Year 11 2015 was held on Tuesday night. Students received a handbook to help them through the process and will be emailed soon to indicate their subject choices. Interviews will also be held with the students soon to help them. Students should speak to staff about the subjects they are interested in to make the right choices. They should not be swayed by the choices their friends make, but decide what is right for themselves in consultation with their parents and relevant staff. Year 8 will be meeting soon to receive their booklets about subject choices.

In 2015 we will be expanding our VET offerings to include Construction and Electrotechnology. With its expanding VET offerings and eLearning options, Nowra Anglican College provides the greatest level of choice of any school in the Shoalhaven.

Light of the Cross Awards

Congratulations to all award recipients. It’s great to see so many awards this week.

Silver Award
Max Lans (Y9)

Bronze - Academic
Halina Nilssen (Y10)
Jason Western (Y10)
Tamika Buttigieg (Y7)
Calvin Ma (Y7) x 2
Abbie Macdonald (Y7) x 2
Nicholas Muzzall (Y7)
Ellie Priest (Y7)
Sébastien Riou (Y7) x 4
Stephanie Schultz (Y7)
Harrison Shepherd (Y7) x 2
Tulli Wilkins (Y7) x 2
Lana Zetovic (Y7)
Jackson Balmer (Y8)
Blake Halliwell (Y8)

Bronze - Service & Character
Kye Irwin (Y7)
Calvin Ma (Y7)
Angélique Riou (Y8)

Bronze – Co-curricular
Andrea Charalambous (Y7)
Sophie Emery (Y7)
Stephanie Schultz (Y7)
Max Lans (Y8) x 2

Bronze - Service & Character
Kye Irwin (Y7)
Calvin Ma (Y7)
Angélique Riou (Y8)

David Hamaty
Head of School

French Excursion

Seven intrepid Yr 9 and Yr 10 French students went up to Sydney to visit the Alliance Française in Clarence St.

It was a long journey, with students needing to arrive at the station before 6.30am. However, we had an excellent workshop on pronunciation - trying to get our mouths around tricky French sounds like ‘euille’ or ‘ouil’, ‘aille’ or even the French ‘R’ were the order of the day!

We did a whole range of activities to develop these skills, but also had croissants with hot chocolate and visited Abbey’s Language bookshop where some students rose to the challenge and bought some French books to read.

It certainly was a worthwhile experience and our tutor commented on the application and concentration of our wonderful students. So that was an encouragement.
Junior School Sport

CSSA Metro Cup

The CSSA Metro Cup soccer and netball gala days were held on Tuesday the 17th of June. Nowra Anglican College was represented at each day by a 3/4 & 5/6 soccer and netball team. The gala days consisted of teams from Illawarra Christian School’s Cordeaux and Tongarra campuses, Cedars Christian College, Southern Highlands Christian School and Nowra Christian School.

For the majority of the 3/4 teams this was their first chance to represent the college on the sporting field. Nine of the twelve players in the 3/4 soccer team are currently in Year 3 and were playing against mostly Year 4 dominated teams. The 3/4 netball team played keenly all day and were able to come away with two wins from their five games, which was an outstanding effort.

The 3/4 soccer team struggled against the older teams, however they were improving all day and were unlucky not to win one of their games.

The 5/6 netball team were also up against some stiff opposition and were able to manage one win from their five games. The 5/6 soccer team had a very successful day and managed to finished undefeated with three wins and two draws. This placed them in second place overall, which was enough for them to qualify for the state finals to be held in Penrith on the mid-term break of Term 3. This was a fantastic achievement as the majority of the team is only in Year 5.

Both the days ran very well and our students did both themselves and the college proud in the sportsmanship that they showed in all their games. Thank you to Mr Hale and Mrs Stewart for their efforts on the day. Special thanks also to the three senior school students who gave up their time to help with refereeing and umpiring.

CIS Cross Country

The CIS Junior School Cross Country was held at the Eastern Creek Raceway in Sydney on Thursday the 12th of June. Nowra Anglican College was represented by a group of nine very keen students across several age groups. All students who attended gave it their all and the majority of students managed to improve their times from school and SASSA against some very tough competition. Each race had up to 100 competitors in it from all independent schools across New South Wales. The cross country team (with their time and place) were:

Clare Murray (9:08, 32nd)
Arielle Gomez (9:18, 47th)
Sarah-Joy Day (9:53, 82nd)
Isaac Ball (8:08, 49th)
Thomas Maxted (10:04, 88th)
Toby Huard (13:43, 46th)
Troy Sweet (13:44, 48th)
Hanna Stone (15:04, 38th)
Angus Templeton (15:00, 69th)
Coming Up

Sat 21 Jun  SS Cambodia Service Expedition Begins
Mon 23 Jun  Yr 7 HSIE & History Excursion
Tue 24 Jun  Mufti Day and JS Disco (Please note change of date)
            SS Le Tour de NAC
Thu 26 Jun  Term 2 Presentation Assembly
Fri 27 Jun  Last Day of Term 2
Mon 21 Jul  First Day of Term 3
Tue 22 Jul  SS Parent Forum
Thu 24 Jul  SS Athletics Carnival
            K - 2 Athletics Carnival
Fri 25 Jul  Yr 3 - 6 Athletics Carnival
Mon 28 Jul  P & F Meeting (Please note change of date)
Tue 29 Jul  SS Parent/Teacher Interviews Yr 7 - 12
Wed 30 Jul  JS Parent/Teacher Interviews Yr K - 6

Community News

**St Luke’s Anglican Church, Berry**

**HOLIDAY KID’S CLUB**

**9th-11th July 2014**

**Time:** 9am – 12 noon daily
**Who:** Years 3-6 (school students)
**Where:** St Luke’s Anglican Church Hall, 68a princess St, Berry
**Cost:** $5 which includes craft, games, morning tea & exciting Bible teaching time.

To fill out a registration form you can go to: www.berry.anglican.asn.au
For more information phone Ollie on 0400 879 800 or email goabbott@bigpond.com

**Shoalhaven Basketball Association**

**Skills Clinic**

**Friday 11th July 2014**

**Head Coach:** Kerrianne Kennedy

"Whether you are big or little basketball is for everyone."

Kerrianne has extensive knowledge and training at high levels of Basketball. She is a former SBA Tigers Representative and WNBL player, has coached the SBA State league teams and representative teams. Kerrianne will provide excellent coaching for boys and girls aged 8 to 13 years.

The main aim is to improve basic skills and shooting and to obtain a love of basketball.

Register now for a fun packed day of basketball activities.

Registration closes Friday 27th June
Cost is $20 for a 10am start to a 2pm pickup
This includes:
• 3 Hours of professional coaching
• Sausage sizzle lunch and drink
• Giveaways

Fill in the form attached and send in with your $20
Keep the kids ‘entertained’ next school holidays!

With the school holidays approaching, now is the perfect time to buy an Entertainment™ Membership and take advantage of the many valuable offers the kids can enjoy.

Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more!

Available as a traditional Entertainment™ Book or the new Entertainment™ Digital Membership for your Apple or Android smartphone, your Membership gives you over $20,000 worth of valuable offers valid through to 1 June 2015, for just $55!

Order your new 2014 | 2015 NSW South Coast Entertainment™ Membership from Bomaderry Community Pre-School and 20% of your Membership purchase goes towards our fundraising.

Memberships are available for a very limited time only, and Bomaderry Community Pre-School will be raising funds for just a few more weeks, until end of September 2014.

Memberships can be purchased online at https://www.entertainmentbook.com.au/orderbooks/280v423 or at school reception.

“The Book gave me lots of ideas to keep the kids entertained during the school holidays. I took them to the movies, a fun park and bowling, and by the end we’d saved more than the cost of the Membership.”
– Louise
Shoalhaven Basketball Association
Junior Skills Day Friday 11th July 2014
10 am start to 2pm pickup

Head Coach: Kerrianne Kennedy

COMPLETE FORM AND RETURN WITH $20 FEE

Enrolments close Friday 27th June 2014

Cheques made payable to: Shoalhaven Basketball Association

Eft Payment welcome BSB: 062585 Account: 28037379 Reference: skills day & childs name

Fee includes: 3 hours coaching, sausage sizzle lunch, drink and giveaways on the day

NAME: _______________________________ D.O.B.: __________________
ADDRESS: _______________________________________________________
SCHOOL: ___________________________________ YEAR: _______________
PARENT CONTACT(ON THE DAY)______________________________
PARENT PHONE NO: _______________________
EMAIL: ____________________________________________
MEDICAL CONDITIONS: ____________________________

THE FOLLOWING MUST BE COMPLETED BY A PARENT/GUARDIAN: I hereby authorize the staff of the Shoalhaven Basketball Association Skills Day Committee to act for me to their best judgement in any emergency requiring medical attention and hereby waive and release Shoalhaven Basketball Association from any and all liability for the injuries or illness incurred by the above while at the Skills Day. I have no knowledge of any physical impairment that would be affected by the above-named participation in the Skills Day program.


RETURN COMPLETED FORM AND $20 PAYMENT BY Friday 27th June 2014

To Shoalhaven Basketball Association
Cambewarra Rd, Bomaderry, NSW 2541
Or email shoalbasket@shoalhaven.net.au
Fax: 44210917
NOWRA FAMILY SUPPORT SERVICE INC.
Groups, Workshops and Courses
Term Three, July to September 2014

Cottage 1, 80 Park Road, East Nowra, NSW 2541
Phone (02) 4421 5499 Fax (02) 4422 0877 Email nowrafs@shoalhaven.net.au

“Bringing Up Great Kids”

What are the long forgotten messages in our own past that influence the way we parent our children?

What messages do I want to give to my children?

Join Janene at Nowra Family Support Service and discover the magic of the human brain and how we can send messages to our children and ourselves that are helpful, loving and positive.

When: Six sessions on Fridays, commencing August 2014:
1st August, 8th August, 15th August
22nd August, 29th August, 5th September

Time: 10.00am — 12.00 noon
Includes FREE childcare for preschool 0-5 aged children

Funded by NSW Department of Education, Employment & Workplace Relations & NSW Family & Community Services

Find us on Facebook

More inside ! →
**TAFE Outreach Course**

**Certificate II in Skills for Work and Training**
**Introduction to Community Services**

This course is for people who would like to enter work in the Community sector.
Free course (a $25 per semester materials fee applies), held on Thursdays.
Free childcare for preschool 0-5 aged children.

To apply call Sally Wallace, Course Coordinator, on 4421 9849
or email at sally.wallace@det.nsw.edu.au

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**“Music for Fun” Play Group**

Six sessions on Mondays, July & August 2014
21st July, 28th July, 4th August, 11th August, 18th August, 25th August
10.00AM to 12.00 Noon

Nowra Family Support Service will be conducting this FREE weekly event. The group aims to offer parents and carers with pre-school aged 0 to 5 children, a playgroup where children can interact through songs, music, craft and other activities.

Numbers are limited, book early

Funded by NSW Family & Community Services

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**Keeping Kids In Mind**

A Course for Parents Experiencing Conflict after Separation

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher. Keeping Kids in Mind is a 5 week course for separated parents who are experiencing ongoing conflict.

The course is designed to:
- Assist parents to see through their children’s eyes the experience of parental separation.
- Develop greater understanding about how to support children following family separation.

The course covers the following topics:
- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course.

Five sessions on Wednesdays commencing August 2014
6th August, 13th August, 20th August, 27th August, 3rd September
10.00am to 12.30pm @ Nowra Family Support Service

FREE WORKSHOP, includes childcare for preschool 0-5 aged children.

Developed by CatholicCare

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**TO BOOK FOR ANY OF OUR GROUPS, PLEASE CALL NOWRA FAMILY SUPPORT SERVICE ON 4421 5499 OR EMAIL nowrafs@shoalhaven.net.au**

Free childcare for children 0 to 5 years (and not yet attending school) available for all groups and workshops.