



Newsletter

Aim High to Achieve

Term 2 Week 4

Tuesday 21 May 2024

Principal -

Mr T Jeff

Email: Warrimoo-p.school@det.nsw.edu.au

Assistant Principal -
Curriculum Instruction

Mrs L Husarek

16-30 Florabella St, Warrimoo 2774

Infants Assistant Principal -

Mrs T Drummond

Phone 4753 6182

-

Ms S Lawley

<https://warrimoo-p.schools.nsw.gov.au/>

Primary Assistant Principal -

Mrs E Harris

Uniform Shop Hours -

online orders can be made anytime

School Administration Manager - Mrs J Mazenauer

Monday (non assembly weeks) 2:30pm - 3:15pm

Thursday (odd and even weeks) 2:30pm - 3:15pm

After Assemblies



<u>Week 4</u>		<i>Term 2—May</i>
Wednesday	22	C.A.R.E.S - Year 6
Thursday	23	C.A.R.E.S - Year 5 P&C Meeting - 7:30pm - 8:30pm
<u>Week 5</u>		
Monday	27	Sorry Day Reflection Assembly - 2pm Warrimoo Yarn-Up
Tuesday	28	Teddy Bears Picnic - Kindergarten and Year 6
Thursday	30	School Assembly - 3 Gulamany
Friday	31	Walk Safe to School Day
<u>Week 7</u>		<i>June</i>
Monday	10	Kings Birthday - Public Holiday
Wednesday	12	Sydney West Cross Country
Thursday	13	School Assembly - 5/6 Girrawi
<u>Week 8</u>		
Tuesday	18	School Photo Reshoot
Thursday	20	P&C Meeting
Friday	21	P&C run Christmas themed Disco
<u>Week 9</u>		
Monday	24	Legally Blonde Musical at Blaxland HS - Stage 3
Thursday	27	Silver Assembly
Friday	28	Winmalee Cup Reports sent home

**PBL
FOCUS**
Week 3 & 4

We put
rubbish in the
bin.

Principal's Report

Dear Parents & Caregivers,

Zone Cross Country Carnival

On Tuesday, 14th May, students from Warrimoo Public School participated in the Lower Blue Mountains Zone Cross Country Carnival. I would like to congratulate all students for their fantastic efforts at the carnival. Our school finished 3rd in percentage points for the carnival. A very special mention goes to Harper-Mae who finished 1st, for the second consecutive year, in her race. Harper-Mae will represent our school and the Blue Mountains at the PSSA Sydney West Cross Country Carnival later in the term.



Lockdown Emergency Drill

Each term, at Warrimoo Public School, we plan for emergency procedure drills to ensure the future safety and wellbeing of all students and staff. Knowing procedures and understanding the importance of treating such drills with a mature and sensible approach is key to planning and preparing for the future. On Monday, 20th May, we conducted a lockdown drill within the school.

Stage 2 Excursion

The Stage 2 students of our school attended their excursion to the Parramatta Riverside Theatre and Lewers Art Gallery today. I look forward to seeing the students return and hearing all the exciting recounts. Thank you to the parents for supporting this event, the staff for their organisation, and the students for their enthusiastic participation.



Stage 3 Community and Road Education Scheme (CARES)

Throughout this week, Stage 3 students will be attending the CARES program at the St Marys road education site, run by NSW Police. Each day, the bus will depart the school at 8:30 am and return before 3 pm.

Wednesday 22nd May – Year 6, Mrs Harris & Ms Richards attending

Thursday 23rd May – Year 5, Mrs Drummond and Ms Potts attending

AECG Meeting

The Week 4 Aboriginal Education Consultative Group meeting has been postponed to Thursday, 6th June 2024. The meeting will be conducted at Katoomba North Public School and commence at 4 pm.

Sorry Day & Reconciliation Week

Sorry Day is a significant day in Australia's history, commemorating the mistreatment and injustices experienced by the Indigenous population. It is a day of reflection, remembrance, and reconciliation, an opportunity for all Australians to acknowledge and apologise for the wrongs of the past. The origins of Sorry Day date back to 1997, when the 'Bringing Them Home' report was released, revealing the extent of the forced removal of Indigenous children from their families, known as the Stolen Generations. The report detailed the trauma and lasting effects of this policy on Indigenous communities and called for a formal apology from the Australian government.

In response, on 26th May 1998, the first Sorry Day was held, with thousands of Indigenous and non-Indigenous Australians participating in marches, ceremonies, and events across the country. The day was a powerful symbol of solidarity and acknowledgement, as Australians came together to recognise the pain and suffering caused by past policies and actions. Since then, Sorry Day has become an important annual event, with a National Sorry Day Committee established to coordinate activities and promote awareness. The day is also recognised as part of National Reconciliation Week, which runs from 27th May to 3rd June each year.

On Monday, 27th May at 2pm, Warrimoo Public School will hold a Sorry Day assembly. Parents, friends, and community members are warmly invited to attend the assembly.

Walk Safe to School Day

On Friday, 31st May, our school will participate in the Walk Safe to School event. Information was sent out last week regarding this event. Further reminders will be forwarded home closer to the date.



2025 Kindergarten Open Day

Warrimoo Public School will conduct an Open Day for potential 2025 Kindergarten families to visit our school, walk the grounds and meet with some of the school staff. The Open Day will be held on Saturday 15th June between 10-11am. If you, or any other families that you know of, are looking at sending your child to Warrimoo Public School in 2025, or just want to have a look around, we warmly invite you to attend.

Fixed Equipment Shade Shelter

Several weeks ago, the shade structure over the fixed equipment was finally completed. This shelter will provide a sun-safe play option while keeping the equipment temperature down. We look forward to continuing the upgrade of the sandpit in the near future.



Parent Reminder

Now that the weather is getting cooler, we have reminded the children to ensure that all their hats, jumpers, and belongings are labelled. When the days are sunny, it is usually warm enough for the children to remove their jackets and jumpers at recess time. These are often not put into school bags but are left in the classrooms, playground, library, or the RFF room. We can return your child's property to them if their name is on it. Please check these labels regularly as they do fade over time.



Music Tuition – Year 1 to Year 6

On Friday of Week 1, I sent out a communication offering an opportunity for students to become involved in an outside school hours music tuition program with Cool Kids Music. It is anticipated that, provided we have enough students willing to participate, a program offering guitar, keyboard, and drums will commence in Term 3. If you are interested in your child participating, please complete the following expression of interest survey.

<https://www.coolkidsmusic.com.au/EOI-form>

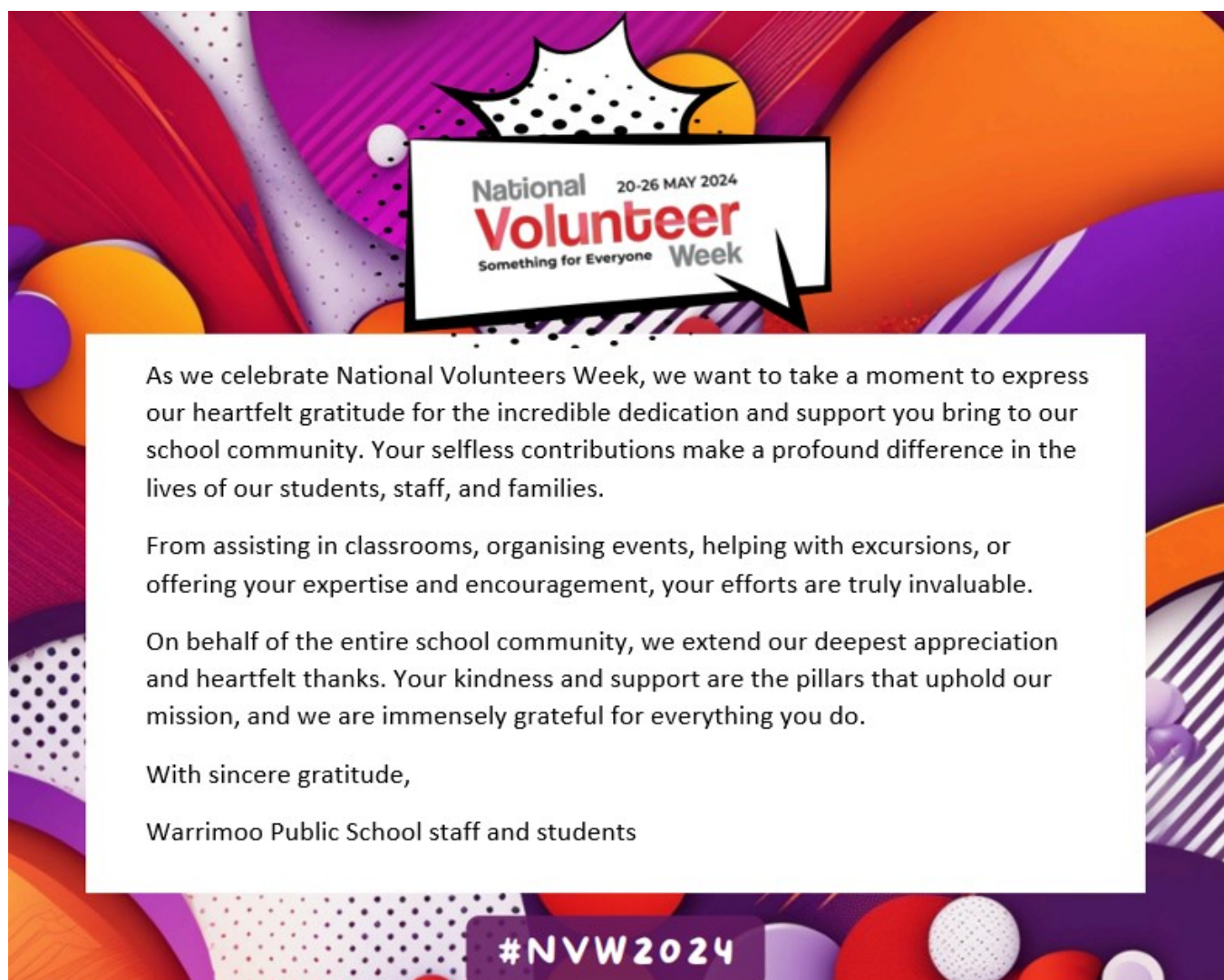
2025 School Enrolments

Kindergarten enrolments and all other enrolments for 2025 are currently being taken. In order for us to prepare our classes and ensure that equitable class numbers are maintained, it is essential that we have all the information needed leading into 2025 as early as possible. If you know of someone who is enrolling at Warrimoo Public School and has not yet done so, could you please pass on our school details? Additionally, if you have children in Kindergarten to Year 5 and are planning on moving at the end of the year, that information is also important.

I wish you a very happy and enjoyable fortnight ahead.

My kindest regards,

Mr Tony Jeff
Principal





NEW SCHOOL PHOTO DATE

WE'LL BE BACK!

Due to an issue with your School Photo's that were taken last term, we will be returning on

TUESDAY 18 JUNE 2024

To ensure a we deliver a quality product, we will be conducting a full photos re-shoot, including groups, portraits & sibling photo's.

WE SINCERELY APOLOGISE FOR ANY INCONVENIENCE

[theschoolphotographer.com.au](https://www.theschoolphotographer.com.au)

PBL WINNERS



Week 2

Week 3



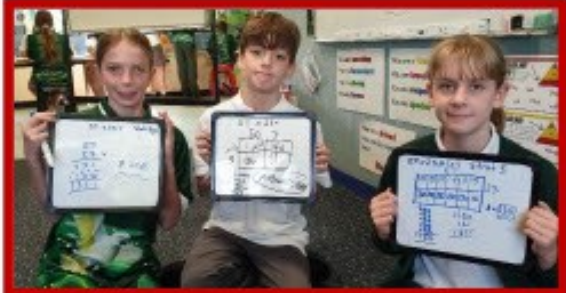
WELL
DONE!

5/6 Girrawi Multiplicative Thinking

I prefer the algorithm because I have been practising it for ages and the steps click with me. Nina D

I like using the Place value strategy more, it is a lot more fun and easier to do. Oliver R

I enjoyed using the algorithm strategy the best as it is easy to setup and easy for my eyes. Astrid



I prefer the place value strategy because it was easy to see and was good to set out. Kiah

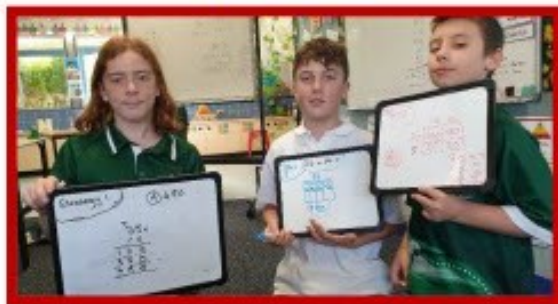
I like the place value strategy because I find it simple and easy, I like how its not too hard to see the numbers. Lemina

The algorithm strategy is best as I found it the quickest way and I've always used it. Nina M

I like the place value strategy because I understand it but with the others I don't. Jude

I like the algorithm strategy because you never have to multiply let's say 73×50 . You only have to do one-digit multiplication and plus it up. Liam

I like algorithms the best. All strategies are easy for me but algorithms are the fastest. Lev



I like the algorithm strategy most, I like it because I've known it the longest out of all strategies. Lucius

I like the place value one because it is the easiest to work out. Clive

I prefer the algorithm because it is the go-to one, I am used to it and for me it is very good. Oliver H

I like the place value strategy because it is easy to set up and the times tables that you do are a lot easier. Harley

My favourite strategy is the algorithm, I'm probably more used to it but for me it is quicker and easier. There is not as much writing. Will

I like the algorithm strategy as I have been using it the longest. Louis



Learning Goal is to be able to use a range of multiplicative strategies to solve a multiplication problem



The algorithm strategy is best because I like the layout and I'm more used to it which makes it easier. Aurora.

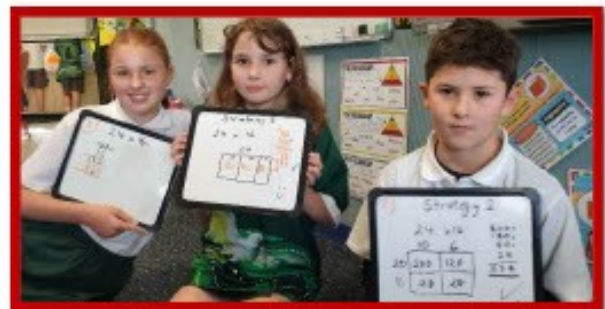
I like the algorithm because I have learnt it for many years and I think it is the easiest. Alexis G

Personally, I like the algorithm the best as it is easier for me to process. I have learnt this strategy for a long time. Charlotte

The place value strategy is simple with four squares and you know the times tables so you just plus it together. It is easy to solve. Vanessa

I like distributed properties because you can gather the tens and ones to help you multiply. Samantha

I like the place value because you draw and you can split big numbers easier, then you just need to add up. Dylan



I like the distributed properties because it was easy to split the tens and ones, also adding up was much easier. Finn

I feel more confident with the algorithm strategy because it's simple and easy to understand. Juniper

My favourite is the place value strategy because it's a really simple layout. Nigel

I find the algorithm strategy easier because it is what I have been taught for the longest time and I am used to it and I know what to expect. Edie

I have learnt how to use distributed properties and found it quite easy. Though, if I had to choose, I would choose the algorithm as I find it the easiest. Rowan

The place value strategy is my most comfortable strategy because it is an easy layout and once you get it, it's pretty simple. Taylor



ZONE CROSS COUNTRY

On Tuesday, May 14th, our students headed to Penrith Regatta Centre for the Blue Mountains Zone Cross Country event. The day boasted lovely weather, ideal for the races. Representing Warrimoo Public School, our students showcased pride and dedication to reaching their potential. A special shout out to Harper-Mae, clinching victory by a considerable margin. On June 12th, Harper will proudly represent the Blue Mountains at the Sydney West Cross Country. We extend our best wishes to her. I felt pride witnessing the respectful behaviour of our Warrimoo students, offering support to all participants. A big thank you to Elijah, Austin, and Tibby for their diligent work in ensuring our area in the stands was tidy and clean. Mrs Harris



News from Assistant Principal Curriculum & Instruction

This week's writing focus is compound sentences. **What is a Compound Sentence?**

It is important to know what a clause is - A clause is a group of words that contains at least **one subject** (person, place or a thing) and **at least one verb** (doing word), but clauses can be either complete or incomplete sentences, depending on their wording and punctuation.

A compound sentence has two or more independent clauses (but no subordinate clause). Students are encouraged to remember the mnemonic device

FANBOYS?

FANBOYS are the most commonly used coordinating conjunctions:

for, and, nor, but, or, yet, and so.

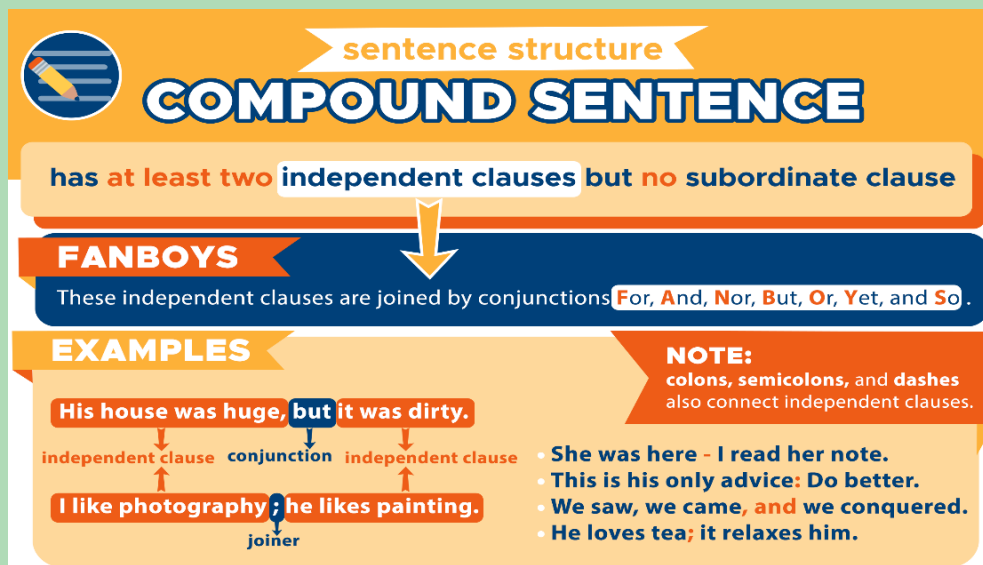
When using these conjunctions teachers model to students punctuation changes such as the use of a comma before a coordinating conjunction that connects two independent clauses. Punctuation is an important skill when writing. Check out these examples –

Becky baked too many cookies, yet she did not give me any.

[two independent clauses joined by the conjunction yet]

The wind howls, the trees dance, and the darkness wraps the night.

[three independent clauses, the last two joined by the conjunction and]



The infographic is titled "sentence structure COMPOUND SENTENCE" and features a pencil icon. It defines a compound sentence as having at least two independent clauses but no subordinate clause. It lists the mnemonic "FANBOYS" (For, And, Nor, But, Or, Yet, and So) and provides two examples: "His house was huge, but it was dirty." and "I like photography; he likes painting." The first example is annotated with "independent clause", "conjunction", and "independent clause". The second example is annotated with "independent clause", "joiner", and "independent clause". A "NOTE" section states that colons, semicolons, and dashes also connect independent clauses. A list of examples includes: "She was here - I read her note.", "This is his only advice: Do better.", "We saw, we came, and we conquered.", and "He loves tea; it relaxes him."

sentence structure

COMPOUND SENTENCE

has at least two independent clauses but no subordinate clause

FANBOYS

These independent clauses are joined by conjunctions **For, And, Nor, But, Or, Yet, and So**.

EXAMPLES

His house was huge, but it was dirty.

independent clause conjunction independent clause

I like photography; he likes painting.

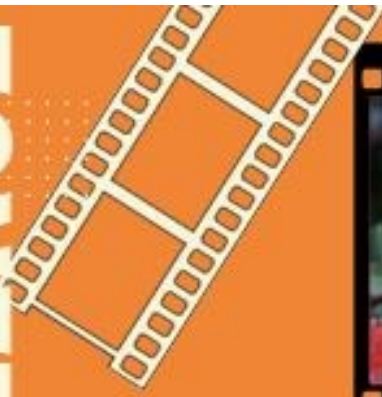
independent clause joiner independent clause

NOTE:
colons, semicolons, and dashes also connect independent clauses.

- She was here - I read her note.
- This is his only advice: Do better.
- We saw, we came, and we conquered.
- He loves tea; it relaxes him.

Lorraine Husarek
Assistant Principal Curriculum Instruction

FAMILY PHOTO CHALLENGE



Warrimoo PS



Take a photo that represents this week's Dharug word...

Week 4

Gunalung (caterpillar)

Upload your image to the PHOTO CHALLENGE Google Form -
[https://forms.gle/3xaoQLoFmwZ](https://forms.gle/3xaoQLoFmwZUGMAUA)

UGMAUA



More than one entry can be submitted per family.

Dharug Dhalang

Let's start a conversation in Dharug. Use the picture below to help you make some sentences.

Question: **Waa naadyimi?** (What do you see?)

Answer: **Naady'u yarra.** (I see a gum tree).



Pronunciation tips:



Interested in learning Dharug sound pronunciation? Go to this fabulous link by Jasmine Seymour (our Dharug Dhalang coach)...

<https://www.youtube.com/watch?v=-I4QU2izCyo&t=5s>

**We warmly invite all families and
community members to
Warrimoo Public School
Sorry Day Reflection Assembly
Monday 27 May 2024 at 2pm**



Warrimoo Public School invite you to join with our students and staff in the commemoration of National Sorry Day - reflecting on the history of the Stolen Generations. This event is an important part of our national history and our school's commitment to reconciliation.

As part of the reflection and ongoing commitment to reconciliation students will join together in the Warrimoo PS Eagle Dance as a symbol of respect.

We look forward to you joining us as we continue to support our students in reconciliation.

**SAVE THE
DATE**

An exciting event for all
families ...
4 November 2024 @ 4pm

Watch out for further information in our
school newsletters

NATIONAL WALK SAFE TO SCHOOL DAY

DAY

Walk Safely to School Day (WSTSD) is an annual, national event when all primary school children are encouraged to walk and commute safely to school. It is a community event seeking to promote road safety, health, public transport, and the environment.



WSTSD promotes the important message that active kids are healthy kids. The event encourages parents, carers, and their children to build regular walking to and from school into their daily routine. Children need minimum of 60 minutes exercise per day. Encouraging less driving and more walking aims to decrease dangerous vehicle congestion around schools and reduce carbon emissions from idling cars. Lastly, it is just a nice way to be part of your community.

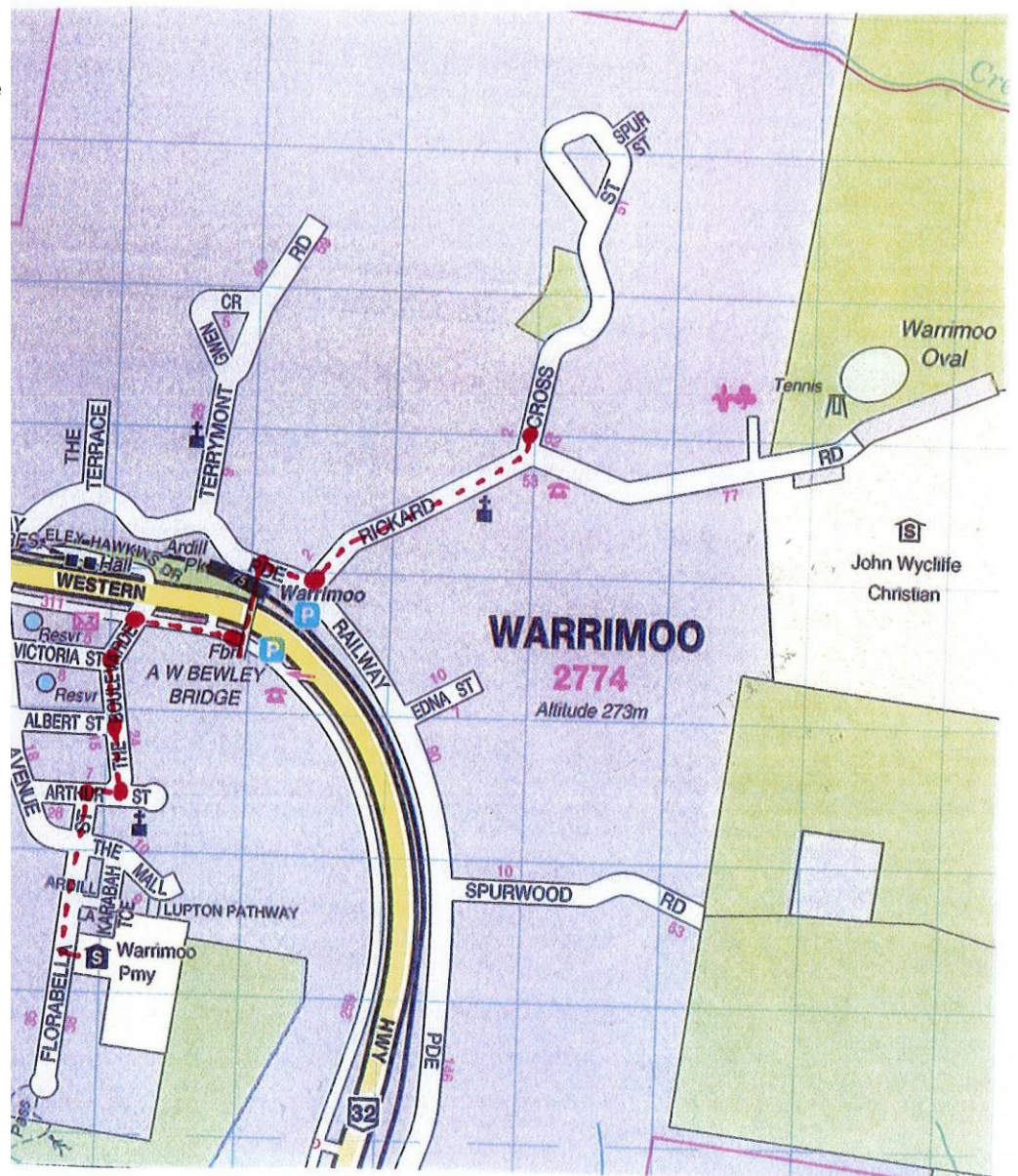
On **Friday 31st May 2024**, we are encouraging all students to walk or ride to school where possible. If you normally drive to school perhaps you could be dropped off closer to the school and walk with some of your friends.

Mr Jeff and Mrs Harris will be walking to school from Cross Street and if you would like to walk, you would be most welcome to join them. We will have collection points where we will pick up children or if you are on route, you can just join the group.

We will start at 8am at the corner of Cross Street and Rickard Road. Then proceed down Rickard Road, up Railway Parade and over the walking bridge. We will continue up to The Boulevard, along Arthur Street and finally along Florabella Street to the school. Please see the map showing both the route we will be walking and collection points.

We welcome as many children as possible. Parents are welcome to join us as well. Looking forward to a fun walk to school and an opportunity to keep fit!

Mrs Harris & Mr Jeff



Transport for NSW provides students with **free** school travel

In return, we ask that you tap on and tap off every time when travelling on public transport to and from school.



Tap on and tap off your
School Opal card every time



It is a condition of the *School Pass Terms* and the *Student Codes of Conduct* when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.

P & C News

SAVE THE DATE!

Christmas Winter Disco



The P&C will be hosting a Christmas themed disco on the evening of Friday the 21st of June.

More details coming soon!



**P&C
MEETING**

**THURSDAY
23 MAY**

7:30pm in the School Library

all welcome



Uniform Shop Help Needed

The P&C is looking for 1 or 2 people to coordinate our uniform shop from the end of Term 2.

The aim of our shop is to maintain affordable prices for our families while also raising a few extra dollars for our school community.

The role would include:

- coordinating volunteers (we already have 4 regulars)
- keeping track of stock and ordering online
- Handling cash and Eftpos machine
- communicating with P&C, the front office, parents and volunteers

Two P&C volunteers (Kirsty and Lucy) will help with the transition during Terms 2 and 3.

*The uniform shop days can change to suit volunteer availability.

Any queries or interest, please contact our P&C Secretary (Melanie Hartmann) (warrimooandc@gmail.com)

Community News

Warrimoo Public School needs volunteer Ethics teachers!

"I get as much out of it as the children do - it's so rewarding"



If you have a spare hour every Tuesday 10:00am-11:00am during school term, why not use it to help develop a future generation who have strong ethical reasoning skills and know how to have respectful discussions?

No previous teaching experience is needed.

Full, free training, all lesson materials and ongoing support provided by Primary Ethics.



If you want to help our students access this valuable program, contact our Ethics Coordinator Lachlan on: lachlan_cumming@bigpond.com or visit: primaryethics.com.au/volunteer



Cool Kids Music Co.

Small Group Music Lessons at School

ENROL NOW FOR 2024



Keyboard, Guitar & Drums Tuition

- ♪ Available for students Years 1-6
- ♪ Perfect for Beginners
- ♪ Instrument provided for lesson
- ♪ 30-min lessons, once/week
- ♪ Maximum 8 students/class
- ♪ From \$14.50/lesson prepaid at the beginning of the term.
- ♪ \$20 once off book fee



What makes CKMC so cool

- ♪ Music Olympics
- ♪ Mini Performances
- ♪ Certificates for Encouragement, Awesomeness & Book Completion
- ♪ Certificate of Participation Awards.
- ♪ Lessons held in the convenience of your own school with friends!
- ♪ Weekly homework charts
- ♪ Semester Reports

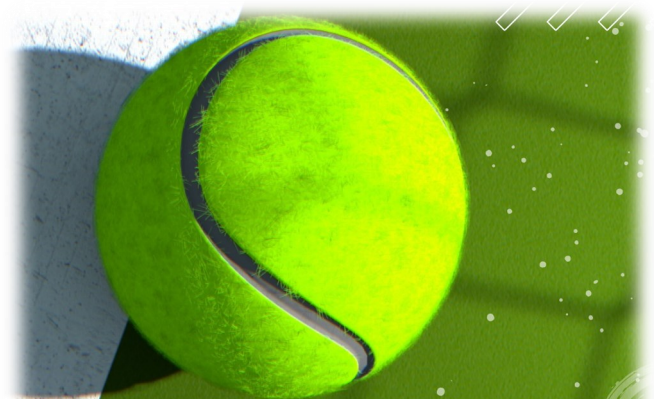


If you wish to enrol, please visit www.coolkidsmusic.co

For more information, please contact our friendly team on

Call (02) 8609 9099

Email info@coolkidsmusic.co



OPEN DAY SUNDAY 2ND JUNE 12PM - 3PM

tenniswarrimoo@gmail.com

Warrimoo Tennis Courts on Rickard Road.
Have a hit, chat about new memberships!
Renew your existing membership!

Sausage Sizzle
Kids Activities
Pickle Ball
Face Painting

Yearly Membership
Family from \$32
Single from \$16





Community News

Gateway Family Services Parenting Programs TERM 3, 2024

Phone 4720 6500 or groups@gatewayfamilyservices.org.au

FREE

Program	Date/Time	Location	Register
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children.	Every Thursday 8th Aug - 26th Sept 10:00am - 11:30am	Uniting Church Hall 72 Old Bathurst Rd BLAXLAND	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Tuning in to Kids Six week program that teaches parents to help children understand and regulate their emotions.	Every Wednesday 14th Aug - 18th Sept 6:30pm - 8:00pm	Online via ZOOM	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Managing Stress Four week program offering practical, evidence-based methods for lowering stress.	Every Monday 19th Aug - 9th Sept 10:00am - 12:00pm	Gateway FS Office civ Station & Henry St PENRITH	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Cool Little Kids Six week program that gives parents skills to help their 3-5 year old children manage their anxiety.	Every Friday 16th Aug - 20th Sept 10:30am - 12:00pm	Blaxland Public School 5 Baden Place BLAXLAND	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Bush Playgroup Six week interactive outdoor workshop for parents & carers and their children aged 3-5 years.	Every Friday 9th Aug - 13th Sept 9:30am - 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	Phone 4720 6500 groups@gatewayfamilyservices.org.au

Gateway  We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people. 



Tuning in to Kids

6 week parenting program that helps you support your child to understand and regulate their emotions.

Term 3
2024
ONLINE

Emotionally intelligent parenting for kids' wellbeing and connection

This program helps parents and carers of children 12 and under to "tune in" and improve communication and connection with their kids.


Discover practical tools that help you build emotional intelligence in your child and support you to manage challenging behaviour.

The program will cover:

- Foundations of emotion coaching
- Regulating and working through emotions
- Identifying and validating emotions
- How to develop emotional intelligence
- Developing resilience and facing challenges

"I really enjoyed the program and felt I gained a lot. I have gained some tools that I hope will assist me in future with my children"

Gateway  PENRITH CITY COUNCIL

We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people. 

Program details

Where: Online via ZOOM

When: Wednesdays
14th Aug - 18th Sept
6:30pm - 8:00pm

Cost: FREE

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



Bush Playgroup

6 week interactive outdoor workshop for parents/carers and their children aged 3-5 years.

Term 3
2024
LAPSTONE

Connect, explore and play in a natural learning environment outdoors


Parents/carers and children aged 3-5 years are invited to join us for Bush Playgroup. The unique outdoor setting provides opportunities for children to explore nature, socialise with other children, develop fine and gross motor skills and learn about the world around them. Bush Playgroup is a 6-week interactive playgroup that engages families through exploration.

Bush Playgroup sessions run for 2 hours. Children must be accompanied by a parent or caregiver.

More about this program:

- Connect with nature and each other through imaginative, sensory, and messy play
- Socialise and strengthen family relationships
- Learn about local bushland and using natural materials in craft making
- Activities include bushwalks, mud kitchen and campfire cooking

Gateway 

We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people. 

Program details

Where: Lapstone Public School
1/3 Achievement Ave
Lapstone

When: Fridays (6 weeks)
9th Aug - 13th Sept
9:30am - 11:30am

Cost: FREE

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



Cool Little Kids

6 week parenting program to help your child overcome anxiety.

Term 3
2024
BLAXLAND

Discover strategies to help your child manage and overcome their anxiety.

If you have a 3-5 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them. Learn simple Cognitive Behaviour Therapy (CBT) strategies to help your child manage and overcome their anxiety, shyness and fears.


NOTE: This course is for parents only, children are not required to attend.

The program will cover:

- Understanding anxiety and shyness
- Causes and risk factors for anxiety
- How to respond to your child's anxiety
- Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term

"Thank you! Very clear information and this course has given me new skills and knowledge to put into my parenting toolbox"

Gateway 

We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people. 

Program details

Where: Blaxland Public School
5 Baden Place, Blaxland

When: Fridays
16th Aug - 20th Sept
10:30am - 12:00noon

Cost: FREE

Childcare available - must register

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



Circle of Security Parenting

8 week parenting program to develop secure relationships and stronger bonds with children.

Term 3
2024
BLAXLAND

Learn how to support and strengthen the parent-child relationship.

This 8 week program will teach you how to be a bigger, stronger, wiser, and kinder parent. Circle of Security Parenting is based on decades of research about how secure relationships can be supported and strengthened.

The program will cover:

- Understanding your child's behaviour
- Help your child feel secure in relationships
- Navigating your role as parent in tough times
- Supporting your child in managing difficult behaviours, tantrums and meltdowns

"This was a great program and eye-opening response to parent attention to understand my child's needs. I will certainly take this learning on board. Thank you!"

Gateway  BELONG BLUE MOUNTAINS COMMUNITY AND RECREATION SERVICES

We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people. 

Program details

Where: Uniting Church Hall, 72
Old Bathurst Rd Blaxland

When: Thursdays
8th Aug - 26th Sept
10:00am - 11:30am

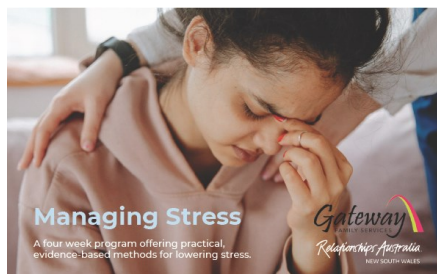
Cost: FREE

Childcare available - must register

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



Managing Stress

A four week program offering practical, evidence-based methods for lowering stress.

Gateway  Relationships Australia
HELP SOUTH WALES

Discover tools to help you manage and reduce stress.

Too much stress can have a big impact on your physical and mental health. This course encourages you to use mindfulness techniques, including paying close attention to the present moment and gratitude practices. Get practical tools to improve your life and relationships.

During this group program you will:

- Gain clarity on the sources of stress and anxiety in your life
- Begin to notice things in life for which to be grateful
- Practice mindfulness and get strategies to create new routines
- Learn to use a mindfulness journal
- Understand how to work through change
- Build on your strengths and set realistic, achievable goals.

"I've been given the skills to enhance self-awareness and use mindfulness to help when the stress gets overwhelming."

Managing Stress participant.

Program Details

Where: Gateway Family Services
Old Council Chambers,
131 Henry Street, Penrith
(Civ of Station Street)

When: Monday 19/8/24 until 9/9/24

Time: 10am to 12pm

Cost: Free

Contact us for more information or to register.

Phone: 1300 364 277

Email: groups@granow.org.au

Website: relations@granow.org.au

