



St Clare's High School

Davis Street, Taree 2430
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NEWSLETTER 16/2016

27 MAY 2016

Dear Parents and Friends of St Clare's

Yesterday I had the pleasure of accompanying students and staff on a visit to Newcastle to attend a National Reconciliation Week service at the Cathedral. People gathered from all around the diocese to acknowledge traditional owners, elders and the rich contribution indigenous people have made to our culture. Our young indigenous people, who served as ambassadors for the St Clare's community, did a great job. My thanks to **Michelle Case** for organising St Clare's part in the gathering and to staff members, **Rhonda Stitt and Phil Chalmers** for their support of our students.



On Wednesday night St Clare's staff joined colleagues from four regional Catholic Primary schools: Holy Name, Forster, St Joseph's, Taree, St Joseph's, Gloucester and St Joseph's, Wingham for Professional Development regarding assessment. The session, led by Mr Peter Lee of the NSW Board of Studies (now known as BOSTES) focussed on the need for teachers to assess students in a continuous cycle that ensured that students are engaged in learning and responsible for their learning. The main way of ensuring this happens is to create a classroom culture where learning is the focus of all activity, that teacher directions are explicit and that feedback about tasks is clear, concise and between all members of the learning team – students, parents and teachers. Thanks to **Emma Timmins**, Principal, St Joseph's, Wingham for organising the Professional Development event and **Melissa Hunt**, Assistant Principal, St Joseph's, Taree for hosting the meeting.



On Thursday, staff and students from the Human Rights Group hosted a lunch for the African Children's Choir who are visiting our area. The St Clare's Choir and St Joseph's, Taree Choir have been working hard to prepare for the visit and will perform with the Choir on Friday night in a concert open to the public. The visit offers a great opportunity for our young people to work and learn in a dynamic, collaborative, multicultural learning environment. I offer my thanks to our staff members who have worked hard to make the visit and concert a success. To **Cheryl Kingsford** for her wonderful catering, **Carmel Brown** for her work with primary and secondary students, the senior students of the Human Rights Group, and music students who have worked hard to ensure success on the night. I would also like to thank the parents in our local community of St Joseph's, Taree and St Clare's who have billeted members of the African Choir – they have made the stranger welcome and in so doing have made the world a better place. Finally, well done to **Melissa Hunt** of St Joseph's, Taree who has worked tirelessly to bring the school communities and learning together. Well done and thank you Mel!



God Bless

A handwritten signature in black ink, appearing to read 'M. Timmins', written in a cursive style.

Principal

**P & F – NEXT MEETING, WEDNESDAY, 8 JUNE 2016
6 PM HOLY NAME PRIMARY SCHOOL, FORSTER**

PRAYERS: Please pray for those who are currently experiencing health difficulties and continue to pray for community members experiencing challenges, pain, sickness and grief in their lives at this time.

CHAPLAINCY/PASTORAL CARE: A reminder to all that the school has a Chaplain. Please feel free to contact our Chaplain, Deacon Vince Ryan, through the school office if he can be of assistance to you or any member of our whole school community.

Mass Times

Our Lady of the Rosary, Taree

75 Albert St, Taree
Saturday Vigil: 6:00 pm
Sunday Mass: 9:30 am

Our Lady of Perpetual Help, Wingham

8 Farquhar Street,
Wingham
Sunday: 8:30am

St Bernadette's, Krumbach

Bucketts Way, Krumbach
Saturday: 6:30 pm
Sunday: 9 am
(Mass is celebrated on alternate weekends – please speak to Deacon Vince or

Mrs Denise Ryan at school for information on which weekend mass will be celebrated)

Our Lady Star of the Sea, Harrington

Pilot St, Harrington
Saturday Vigil: 6:00 pm (1st, 3rd and 5th Saturdays in each month)
Saturday Liturgy of the Word and Communion: 6:00 pm (2nd and 4th Saturdays of each month)

St Therese's, Lansdowne

Cundle Rd, Lansdowne
Saturday Vigil: 6:00 pm (2nd and 4th Saturdays of each month)

Our Lady of Fatima, Old Bar

20 Hall St, Old Bar,
Sunday Mass: 7:30 am

St Patrick's, Cundletown

River St, Cundletown
Sunday Mass: 6:00 pm

Forster-Tuncurry Catholic Parish

Holy Name of Jesus Parish Church, Forster

33 Lake Street, Forster
Sunday Mass: 9:00 am

St Mary, Star of the Sea Church, Tuncurry

15 Peel Street, Tuncurry
Saturday Vigil: 6:00 pm
Sunday Mass: 7:00 am

CAREERS CORNER:

Years 10-12

Careers Advisers are a collaborative lot who are always on the lookout for useful tools – a recently recommended site which has great value for students in Years 10-12 is <http://www.mybigtomorrow.com.au/>

It shows what **careers are available** and **what subjects you will need to take in high school** to prepare for these courses, apprenticeships and all sorts of jobs.



Students and their families can ‘surf’ the site but can also see Mr Evans – especially **Year 10 students** who are currently considering subjects for next year.

A sincere apology to all those who have been on plan to attend **WORK PLACEMENT** or **TARGETED WORK EXPERIENCE** but there is an **INSURANCE COST**. For **WORK PLACEMENT** the cost for the academic year is **\$35** while for **WORK EXPERIENCE** the cost for the academic year is **\$30**. This is payable to the school and will be included in school fees.

A reminder that:

- **WORK PLACEMENT** is a **MANDATED** component in school-delivered HSC **VET** (Vocational Education and Training) courses and **TVET** (TAFE provided VET) **Industry Curriculum Framework** courses – at St Clare’s, this is managed by Mrs Karen McCann.
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- **WORK EXPERIENCE** is where **targeted students** experience the world of work, often for the first time. It is the short-term placement of **targeted students** who are **actively seeking to leave school** and take up employment/training in that career. At St Clare’s, students seeking to undertake Work Experience may take up to five days continuously or one day each week for five weeks. The support of the school in this will also consider other educational commitments a student may have (e.g. assessment tasks, examinations and compulsory events). In extenuating circumstances, the school will consider a second block of work experience for a student **BUT** not with the same employer **NOR** in adjacent school terms (e.g. Term 2 then Term 4 would be acceptable). Work experience at our school is managed by Mr Ian Evans.

Year 12

Many tertiary institutions are currently focused on **2016 Semester 2 enrolments** and, accordingly, information for our current Year 12 students will not become prominent in their publications/websites until late July/early August.

Regardless, planning for 2017 continues to be important for many students and, probably, should be more important for others. Students, however, should **NOT** become totally preoccupied with 2017 as 2016 still requires completion of:

- assessment tasks (including the Trial HSC Examinations);
- the actual HSC Examinations.

Each student will receive a **FREE copy** of the **2017 UAC Book** late in Term 2 (probably Week 10). This normally enhances attention significantly.

Year 11

Year 11 **Mid-Course Examinations** are continuing. Students should use results to focus on the need for future preparation for assessment tasks and to re-visit career options.

Year 10

As Year 10 students prepare to select courses for Years 11 and 12, some are considering VET and TVET courses.

So what are VET and TVET?

School students looking to gain workplace skills and experience can do so through **school-delivered (VET)** and **TAFE-delivered vocational education and training (TVET) courses**.

VET/TVET courses are offered across a variety of job areas. VET courses at St Clare's are in the areas of **hospitality, construction and sport coaching**. TVET courses provided by Taree TAFE **MAY** include **beauty, children's services, accounting, construction, marketing, fitness, animal studies, digital media**, or others. Attendance at TAFE **usually** involves being withdrawn from school each Friday with transport organised by the family. There is a cost associated with TVET – currently \$600/year for most courses – in addition to normal school fees.

VET/TVET enables a student to:

- gain practical, work-related skills to enhance future employment opportunities
- complete units that count towards the Higher School Certificate (HSC)
- start or complete a nationally recognised VET/TVET qualification while still at school

When finished such a course, students receive a nationally accredited Certificate qualification or a Statement of Attainment. Most VET/TVET courses articulate into TAFE or university studies.

All VET/TVET courses count towards the number of units required to qualify for the HSC. VET/TVET **Industry Curriculum Framework (ICF)** courses may contribute to an Australian Tertiary Admissions Rank (ATAR). This will require students to study four units of an ICF course, over one or two years, and sit for an optional Higher School Certificate Examination. Only one VET/TVET course can contribute towards an ATAR.

All ICF courses include a **mandatory work placement** which gives the chance to learn new skills and apply the skills you've already learned as part of the course. Work placement helps students to:

- gain insights into the kind of career you'd like to have
- make informed decisions about further training and study
- become more employable
- be better equipped for business and employment opportunities

Ian Evans, Careers Adviser

2016 Year 10 Mid-Year Examination Timetable

Please Note:

1. Catch-ups will be done on the first day of your return in order of exam roster; you may also be requested to complete 2 exams in one day if you have missed more than one exam.
2. You must contact the school if you are sick on any day you have an exam prior to 9.00am
3. You may receive a zero mark if you do not follow these guidelines.
4. All exams are conducted in the school hall unless otherwise stated.
5. You must be present at exam hall prior to exam starting.
6. If you do not have an exam you will attend your normal classes

	Morning Session - (P1 and 2) Unless stated otherwise	Afternoon Session - (P3 and 4) unless stated otherwise
Friday 27 th May D5	PASS Elective 1 (P1&2)(HOK) @ GYM	PASS Elective 2 (P3&4) (CL1) @ GYM
Monday 30 th May D6	No exam	English 1.5 hrs - Hall
Tuesday 31 st May D7	Mathematics 1.5 hrs - Hall	Religion 1 hr P3 Hall
Wednesday 1 st June D8	Science - Periods 1-5 in Working Groups – Room 17 & 18 as per Study Guide issued	
Thursday 2 nd June D9	History and Geography 1.5 hrs	Japanese Part1 30mins Rm 29 (P3) (CLD) Japanese Part 2 1.5 hrs (P4-5) - Hall Commerce 1.5 hrs (P4 -5) - Hall Graphics 1.5hrs - Hall
Friday 3 rd June D10	Art 1hr Rm 28 (KOJ) Textiles 1.5hrs Rm Hall IST 1.5 hrs Rm 22 (CAP) Timber Elective group 2 1hr Rm Hall Food Tech Elective group 2 (COD) Rm TTC	Timber Elective group 1 1hr Rm Hall Food Tech Elective group 1 (GOL) Rm TTC Music 1hr Rm 36 (P4) (BRC)
Monday 6 th June	PDHPE (Dancenastics) in PE Classes P1-5 (Miss Hogan to provide details) Rm 33	
Tuesday 7 th June Normal classes		

2016 Year 9 Semester 1 Examination Timetable

Please Note:

1. If you do not have an exam you will be in class as normal.
2. If your subject is not listed it is because your exam will occur during normal class time or you do not have an exam.
3. Catch-ups will be done on the first day of your return in order of exam roster; you may also be requested to complete 2 exams in one day if you have missed more than one exam.
4. You may receive a zero mark if you do not follow this guideline

	Morning Session - all examinations start at 9.10am unless otherwise stated	Afternoon Session - all examinations start at 11.45 am unless otherwise stated
Week 7 Monday 6th June D1	Year 9 Graphics – 2 hrs Rm 31 (CHP) Textiles – 2hrs Rm 8 (GAE) Aboriginal studies – 1.5 hrs Hall (CAM) IT Metal – 1hr Hall (ONM) Normal classes for all other Yr9 students	Year 9 English– 1.5 hrs – Hall
Tuesday 7th June D2	Year 9 Mathematics – 1.5hrs - Hall	Year 9 Religion - 1hr – Hall Students will go to normal classes P4
Wednesday 8th June D3	Year 9 Science – 1.5hrs – Hall Note; exam will start at 9.30am; students will go to PC as normal and move to BB courts after PC.	Year 9 Drama – 3 hrs Practical – Rm32 (HOC) Periods 3,4,5
Thursday 9th June D4	Year 9 IT Timber 1 hr – Hall Normal classes for all other Yr9 Students	Year 9 History and Geography – 1.5 hrs – Hall
Friday 10th June D5	Year 9 Art – 1 hr – Rm 14 Music Aural – 1.5 hrs Rm 36 (MCW) Food Tech – 2 hrs Rm 9 (GAE) Commerce – 1.5hrs – Rm 13 Normal classes for all other Yr9 Students	

2016 Year 7-8 Semester 1 Examination Timetable

Please Note:

1. If you do not have an exam you will be in class as normal.
2. If your subject is not listed it is because your exam will occur during normal class time or you do not have an exam.
3. Catch-ups will be done on the first day of your return in order of exam roster; you may also be requested to complete 2 exams in one day if you have missed more than one exam.
4. You may receive a zero mark if you do not follow this guideline

	Morning Session _ all examinations start at 9.10am unless otherwise stated	Afternoon Session_ all examinations start at 11.45 am unless otherwise stated
Week 8 Friday 10th June D5	Year 8 Mathematics – 1.5hrs – Hall	
Monday 13th June D6	Queen’s Birthday – Public Holiday	
Tuesday 14th June D7	Year 7 Mathematics – 1.5hrs_Venue - Hall	Year 8 Science - 1hr_Venue - Hall
Wednesday 15th June D8	Year 7 Science– 1hr _Venue – Hall	Year 8 History / Geography – 1.5hrs – Hall Year 7 English Part 1 – in Classes Period 4
Thursday 16th June D9	Year 8 Religion – 1 hr – Hall	Year 7 Geography /History– 1.5hr – Hall
Friday 17th June D10	Year 7 Religion – 1 hr – Hall	Year 7 English Part 2 – in Classes Period 3
Week 9 Friday 24th June D5	Year 8 English -1 hr – in classes Period 1	

ADULT READER/WRITER VOLUNTEERS: Examinations for Years 7 to 9 begin at St Clare's at the beginning of Week 7 Term 2, Monday, 6 June through to Week 8, Friday, 17 June. I ask for any assistance you can give during this time as a reader/writer for students at St Clare's that need these provisions to access the curriculum.

Each day during the examination period there is a morning and an afternoon exam. Morning exams run from 9 am till approximately 11 am. Afternoon exams are from 11:45 am onwards.

It is a requirement to have a working with children's check that is valid for 3 years - an application can be filled out online at:

<https://wwccheck.cyp.nsw.gov.au/Applicants/Application#>

It is free to obtain this.

If you feel you or someone you know could assist us during this period please email bernadette.boere@mn.catholic.edu.au or phone the school on 65523300 to show your interest.

Thank you

Bernadette Boere, Learning Support Coordinator

Diocesan Cross Country: On 5 May, 21 students attended the Diocesan Cross Country to represent St Clare's. After an early start and a long drive to Aberdeen, the students were ready to compete in the Cross Country course. The day began with the older groups running their events and progressing through the day to finish with the 12 year old age bracket. The distances run by students ranged from 3km in the 12 year category to 6km in the Male 17's category and 4km in the Female 17's. We had no competitors in the 18+ age group. All students represented their school very well and the students from our school received some impressive results with seven students progressing through to the next level.

Students who represented St Clare's at Cross Country were:

Jade Irvine, Annabel Osborne, Chelsea Allan, Jenna Rodgers, Emma Sewell, Harry Plummer, Rainer Fagerstrom, Aston Scott, Cade Morrissey, Daniel Summers, Jack Summerville, Nash Wilkes, Reece Jeffriess and Kane Jackson

Students who represented St Clare's at Cross Country who placed in the top 6 in their respective age group and have progressed through to the next level are:

Jessika Jobson	3rd
Madeline Owen	1st
Katarina Kladis	4th
Willow Mackay	4th
Samuel Mudford	2nd
Daniel Sewell	4th
Reece Minett	5th

I wish these students the best of luck at the next level!

Jenna Rowsell, Rep Sport Coordinator

CCC HOCKEY CHAMPIONSHIPS: On Wednesday, 18 May, two Open teams from St Clare's, a Boys team and a Girls team, travelled to Newcastle to participate in the Combined Catholic Colleges State Hockey Championships. Both teams had been preparing for the competition for some time, training for all of Term 1.

The Girls were nominated B division this year which meant that they were competing against teams from Goulburn, Tamworth, Sydney, Newcastle and Aberdeen. The girls defeated every single one of these teams in the round games but unfortunately St Francis Xavier, Hamilton proved too strong in the final and the girls were named Runners Up.



The girls were well led by **Chelsea Becker, Stephanie Poole, Hannah Lewis and Tasma Henry. Hannah Lewis** was our top goal scorer throughout the championships demonstrating that when she combines her speed with her stick work that she is unbeatable. **Jordan Moscatt** also demonstrated outstanding strength and skill by being the second highest goal scorer. **Rachelle Trafford and Samanther Annetts** proved very strong in the strike line and they certainly kept the defence on their toes. **Jennifer Wesley** was extremely strong in defence and she was supported by **Demi Fox, Hannah Brown, Emma Sewell and Abby Collison. Zoe Elliott** was extremely safe in the goals only allowing three goals in all championships.



The boys' team were nominated in A Division, competing against the best in the state. They displayed true courage and outstanding team work which ensured victory in the round games against West Wollongong, Port Macquarie, St Francis Xavier, Hamilton, and Murwillumbah. After successfully moving through the semi- final against Lismore they met Gosford in the final. After a closely contested game they emerged victorious with the final score 3-2, and were named State Champions, something never achieved by a St Clare's team before in the History of the carnival.



They were powerfully led by **Tom Steedman, Harry Wallis, Sam Mudford and Wade Harry**. Strong defence from **Matt Parvin and Tim Keen**, supported by **Josh Argall**, as well as outstanding goal keeping from **Eamon Smith** proved difficult for the opposing teams with **Lachlan Cross, Logan Wallis and Addison Sharpe** confidently steadying the team through the mid field. Our attack was impressive and unrelentless, with **Daniel Sewell, Digby Graham, Jesse Lloyd, Blake Jeffriess, and Hugh Polson** dominating in the circle.



A very big thank you to **Steven Parvin** for umpiring and coaching the Open Boys team. Steve displayed his fantastic hockey knowledge by working with the boys every Thursday afternoon and finally enabling the boys to perform well at the championships.

A very big thank you also to **Karina Hogan, Marian Parvin and Dale Clacherty** for dedicating their time and support in so many areas. Our accommodation was organised and booked, as well as places to eat, and their welfare on the field and off ensured that the students were kept very safe and well cared for.

It is fair to say that this has been another very successful hockey trip. The students represented St Clare's with pride not only on the sporting field, but also within the Newcastle community. Many of our players are looking forward to next year – the championships will be held in Newcastle again from Wednesday, 17 May – Friday, 19 May 2017.

St Clare's Girls and Boys Hockey 2016 Teams

MATHS WORKSHOP - Mathematics Workshop provides the opportunity for every student to obtain assistance and support in improving their understanding of mathematics. Four mathematics teachers are available each week to explain the concepts you are finding difficult or give assistance to enable you to complete your homework, assignments or any work that you may have missed due to absence from class.



WHEN IS IT ON? **Wednesday lunchtime** - every week.
Bring your lunch!

WHERE? **Room 10**

We hope to see you there!

Mrs Julie Rowsell- Mathematics Coordinator

MONDAY	30/5	Alison Hockey-Lee
TUESDAY	31/5	Sue Lythgoe
WEDNESDAY	1/6	Jackie Wiseman
THURSDAY	2/6	Lisa Starling
FRIDAY	3/6	Help Urgently Required

VACANCIES STILL EXIST

**MORE VOLUNTEERS NEEDED – MONDAYS, WEDNESDAYS & THURSDAYS
IF YOU CAN ASSIST PLEASE CONTACT CHERYL KINGSFORD**

AT ST CLARE'S: 6591 2104, HOME: 6552 1857 OR

VIA EMAIL: cheryl.kingsford@mn.catholic.edu.au

LEAVE NOTES & STUDENT MESSAGES: It would be appreciated if parents/guardians would send in a **written note** if their child needs to leave early for appointments etc. Notes should be handed in at the front office in the **morning before roll call**. If parents/guardians need to notify their child of a change of afternoon arrangements, it is necessary to **phone the school prior to 2:25 pm** (End of Lunch – Monday, Tuesday, Wednesday & Friday) or **prior to 1:55 pm** (End of Lunch – **Thursday Sport**) as it is often difficult to locate students if their last lesson is a PE Prac or there has been a room change. **Students cannot be collected from the school during school hours by anyone other than a parent or guardian without written permission.** Thank you.

LATE NOTES: Lateness to school is recorded as a partial absence and must be explained to the school the same way as other forms of absence. **Arriving Late for school requires a handwritten note from a parent/carer or a phone call from a parent/carer** or the absence is recorded as an unexplained partial absence. Thank you.

SCHOOL CLINIC: Students are reminded that if they are unwell whilst at school they are to advise their teacher who will then send them to the Front Office. If necessary, the office staff will contact a parent while the student waits in the Clinic. **Students are not to contact parents on their mobile phones** as this leaves teachers and office staff unaware of the situation and is also in breach of the school policy – use of mobile phones. Thank you.

COMING EVENTS - 2016

Term 2

- Week 6** Tuesday 31/5 ♦ Year 11 Mid-yearly Exams conclude
♦ ICAS Science Competition
Thursday 2/6 ♦ DioSounds
- Week 7** Monday 6/6 ♦ Year 10 Half-yearly Exams conclude
♦ Year 9 Half-yearly Exams commence
Tuesday 7/6 ♦ Year 11 2017 Information Evening
♦ CCC Touch
Wednesday 8/6 ♦ P & F Meeting – 6 pm (Holy Name Primary School, Forster)
Friday 10/6 ♦ Years 7 & 8 Half-yearly Exams commence
♦ Year 9 Half-yearly Exams conclude
- Week 8** Monday 13/6 ♦ Public Holiday
Wednesday 15/6 ♦ Year 10 Aboriginal Students excursion to Uni, Port Macquarie
Friday 17/6 ♦ CCC Cross Country
- Week 9** Tuesday 21/6 ♦ RYDA Program – Year 11
Friday 24/6 ♦ Years 7 & 8 Half-yearly Exams conclude
- Week 10** Thursday 30/6 ♦ NAIDOC Day Assembly
♦ University of Newcastle School Visit – Year 12
Friday 1/7 ♦ Last Day of Term 2

Term 3

- Week 1** Monday 18/7 ♦ First Day of Term 3
- Week 2** Monday 25/7 ♦ Students from Kobe Kaisei arrive
Friday 29/7 ♦ Taree Careers Expo – Chatham High School
- Week 3** Sunday 31/7 ♦ Year 9 Snowy Excursion Departs
Monday 4/8 ♦ Trial HSC Examinations commence
Wednesday 3/8 ♦ P & F Meeting – 6 pm (St Joseph's Primary School, Wingham)
Thursday 4/8 ♦ Kobe Kaisei students depart St Clare's
Friday 5/8 ♦ Year 9 Snowy Excursion Returns
- Week 4** Friday 12/8 ♦ St Clare's Feast Day Celebrations
- Week 5** Monday 15/8 ♦ Trial HSC Examinations conclude
- Week 6** Thursday 26/8 ♦ Year 7 Vaccination – 3rd dose
- Week 7** Wednesday 31/8 ♦ P & F Meeting – 6 pm

Week 10 Thursday 22/9 ♦ Year 12 Farewell Assembly
Friday 23/9 ♦ Year 12 Graduation Mass
♦ Last Day of Term 3

Term 4

Week 1 Thursday 13/10 ♦ HSC Written Examinations commence

Week 3 Wednesday 26/10 ♦ P & F Meeting – 6 pm

Week 4 Friday 4/11 ♦ HSC Written Examinations conclude

Week 5 Friday 11/11 ♦ Graduation Evening

Week 7 Wednesday 23/11 ♦ P & F Meeting – 6 pm

Week 10 Thursday 15/12 ♦ HSC Results released
Friday 16/12 ♦ ATAR Results released



The Port Macquarie Junior Rugby Union are hosting a night of Rugby Union for girls on the 3rd June at Stuarts Park starting at 5pm.

So girls if you have played before, or are just wondering what it is all about we would love for you to join us for some fun.

James Perrett from NSW Rugby will be teaching skills and training for all skill levels. Girls aged from 4 to 18 years are welcome.

Selections for the MNC team will most likely occur on this night for a tournament in Coffs Harbour in July for U14's, U16's and maybe U18's.

For further information please contact Craig Smith

smithie1971@gmail.com

Ph: 0439810612

Fr. Rob Galea in Concert

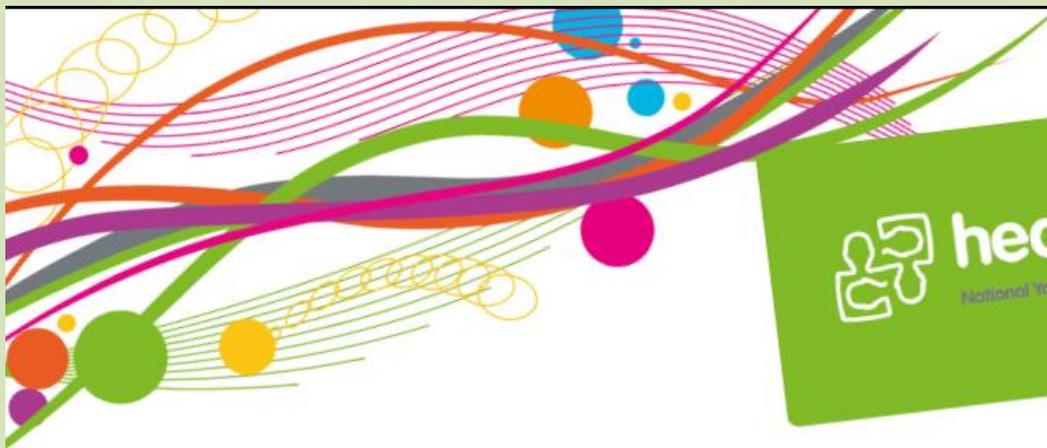


Fr Rob Galea is a singer and songwriter with an international fan base. Fr. Rob has appeared on the X Factor and has recorded with several renowned artists, including Guy Sebastian, Paulini, Garry &, Natasha Pinto & Amelia Farrugia. Fr Rob has a significant evangelistic and outreach ministry, speaking and singing at schools, conferences and churches around the world.

Manning Entertainment Centre on Friday 3rd June commencing at 8.00pm. Tickets are \$5.00 for Students under 18 years and \$15.00 for Adults.

Tickets may be purchased at the MEC telephone 6592 5466 or via their website mec@gtcc.nsw.gov.au

**Event promoted by Our Lady of the Rosary Catholic Parish,
75 Albert Street, Taree NSW 2430**



eheadspace live info session: Understanding adolescence—and how to support your young person through adolescence

Many parents and other adults supporting young people through adolescence are unsure what is 'normal adolescence', when to worry, and how to help. *Join our next Group Chat session to raise your questions and discuss the issue.*

- ◆ Our group chat sessions respond to your own questions and concerns
- ◆ We have resources to send
- ◆ Our sessions are staffed by eheadspace clinicians and supported by our youth reference and family and friends advisory groups
- ◆ On the day we will explain a little more about how it works
- ◆ Some people prefer to read the questions and responses from others
- ◆ Head over to [eheadspace.org.au](https://www.eheadspace.org.au) and select *get help > past group chat sessions* to view previous sessions

When:

Thursday 9 June 2016
12pm-1pm (AEDST)

How to join:

<https://www.eheadspace.org.au/get-help/eheadspace-live-info-session/>

