IMPORTANT DATES

Week 4
Friday 7th August
SMART science incursion

Week 5
St Cath’s Netball Gala Day @ Rose Point Park

Week 9
Tuesday 8th September - Friday 11th September
Canberra Excursion Year 3-6

Week 7
Wednesday 26th August
Newcastle Permanent Maths Comp (Yrs 5&6)

Week 10
Friday 18th September
Last day of Term 3

Life Education Van 29/7/15
SMART incursion
On Friday August 7th Newcastle University will visit our school to deliver the SMART science program to students. SMART stands for Science Maths And Real Technology. The SMART program performs interactive in-school shows which have strong links to the curriculum and are tailored to suit each age group.

Woolworths Earn & Learn
Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for your local primary school, secondary school or Early Learning Centre. Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It’s simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There’ll be one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box, either at your local school or at your local Woolworths.
Support for Mental Health Carers

It is now well recognised that mental illness is a significant issue in Australia. Approximately one in five people will experience a mental health disorder every year, and nearly half (45%) of the population will experience a mental disorder at some stage in their lives. The effects on families can be significant.

(Source: Family relationships and mental illness: Impacts and service responses AFRC Issues No. 4 – June 2008.)

When someone you love is diagnosed with a mental illness, it can have significant effects on your own physical and mental health.

A local carer says, “When my 21 year old son was diagnosed with schizophrenia, I was devastated. I had no experience with mental illness, and had a lot of difficulty coming to terms with his diagnosis. There was a lot of guilt involved, and I threw myself into assisting with his recovery, at the same time continuing to care for my two, primary school aged children, and work full-time in a management position. I didn’t feel that I had any family or friends who understood my position, and I felt very isolated. The stress was almost unbearable.

“It was only through being able to participate in education and support programs for carers, and talk to others in similar situations that helped me to accept my son’s diagnosis and gain the support I needed.”

Mental Health Carers ARAFMI Hunter Counsellor, Coralie Reeve, notes that providing support to families affected by mental illness is crucial. “In a lot of cases all they need is understanding and empathy; someone to listen to the difficulties they face.”

Mental Health Carers ARAFMI Hunter will launch a new Telephone Counselling Support Service for Carers on 1st June 2015. The service will be staffed by trained volunteers 9 am to 5 pm Mon to Fri, and will be in addition to the face-to-face family counselling, workshops and support groups already provided.

If you’re a carer for someone with a mental illness and feel you could benefit from a counselling support call, please phone Mental Health Carers ARAFMI Hunter on 4961 6717 to speak to one of our volunteers or to register for a returned call from this exciting new service.
CATHERINE COX AND REBECCA BULLEY

will be holding two coaching clinics in Singleton on Friday 25th September. The clinics will be held from 2pm to 3.30pm [8 to 11 yrs] and 3.30pm to 5pm [11yrs & over]. The cost for the clinic is $45 per person. Numbers and payment are now being taken.

Payment options: by cash or cheque at the office on Saturdays. Please provide your email address and a mobile contact.

Direct deposit to: Singleton netball Association
BSB 062 599
Ac number 1014 9528

If making direct deposit please use the word `cox’ and your surname as reference. Please then email us at singletonnetball@hotmail.com and list the age group preference, a mobile phone contact and your deposit date.

**PLEASE NOTE:** confirmation of attendance at the clinic will only be confirmed when full payment is made.
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