PRINCIPAL’S MESSAGE

Last week the school hosted an evening for students and parents who may be enrolling in Camden Haven High School in 2017 and beyond. It was great to see such a large group interested in what the school is able to offer students in subject areas, our facilities as well as co-curricular programs and support for the individual learning needs of students. Parents and students were able to meet the Year Adviser, Mrs Graham and many undertook an additional tour of the school. Camden Haven High School is able to enrol all students who reside in Lake Cathie up to and including 2022.

We recognised the outstanding achievement of our DUX for 2015, Samantha Kirkwood this week. Samantha has been an outstanding student in academic, sporting and cultural pursuits as well as being a thoroughly personable young lady who is genuine, caring and supportive of others with whom she interacts. A fantastic effort across all her years of education has led to the achievement of this award. Well done Samantha.
The weather was kind and the skies stayed clear for the Year 10 Geography excursion to Lake Cathie. This is a compulsory field trip and a lot of time and effort was put in to making this a successful assessment task and enriching day for students. Well done and congratulations to the students on their fantastic behaviour and to Mr Mearrick and his team for such a successful venture.

The Power of Choice program was also held this week for Years 11 and 12. The program sends a powerful and clear message of the dangers which can confront young people today and the need for clear and calm decision making to ensure each individual does the utmost to ensure not only they are safe but also their friends. This is a worthwhile and thought provoking program.

Next week we will be hosting a meeting of Distance Education leaders from across the state, both primary and secondary centres. For some, it will be the first time they have visited the area and the school and it will provide the opportunity to showcase the school, our students and the programs we have in place here at school but also in our support centres and field services to support our students learning by distance. Also, our SRC out of uniform, Colours of the Rainbow Day will be on Tuesday, looking forward to seeing who takes the prize for the best dressed on the day, both students and staff.

In Week 9, the Parent Teacher meetings for Years 7 to 9 will be held from 4.00 to 6.00pm in the MPC. That evening the P&C will hold their AGM meeting at 6.15pm in A2. I look forward to meeting with parents at both of these events. Please come along and support your student and our school. We need your support in continuing to provide great opportunities for our students.

Mrs M Hutchinson
ON-SITE HAPPENINGS

WINGHAM SHOW

It was a successful start to 2016 for the Cattle Team at the Wingham Show on 5 March. This was the first show of the year and features very high competition from the Mid North Coast as it’s the last show leading up to the Royal Easter Show.

Royal Agricultural Society (RAS) Qualifying Paraders is always a big draw card for the show, attracting the best paraders in the area looking to secure a position to represent the Mid North Coast in the Parading Competition at the Royal Easter Show. Sixty eight students competed in the RAS, with five CHHS students making it to the final; Talia Cranfield, Anneliese Knaack, Holly Dodge, Jazmin Madden and Liana Parish. Anneliese Knaack of Year 10, Holly Dodge of Year 9 and Liana Parish of Year 8 impressed the judges with their natural cattle handling in the final, and were lucky to secure a spot in the RAS final in Sydney. These three girls will spend the next week practicing their skills and technique leading up to the competitions at the Royal Easter Show.

Other students also performed well in the Parading competition in their various age division’s Holly Dodge placed 1st, Anneliese placed 2nd, Jazmin Madden placed 6th and received an encouragement award and Elen Miller of Year 7 placed 5th in her first ever Cattle Competition. Holly unfortunately did not place in the final of Parading for the title of Grand Champion Parader.

There were also excellent results in the Junior Judging, with Jaimee Ashe, George Simiana and Dylan Simiana placing in the top 10 students out of 140 to participate in the Oral Judging competition. In the Under 15 competition Dylan Simiana placed 2nd, and George Simiana placed 3rd. In the senior competition Jaimee Ashe placed 1st and went on to be the Grand Champion Junior Judge. This was an excellent opportunity for Jaimee to practice speaking on the microphone in the Oral competition, leading up to her competition at the Royal Easter Show in the Junior Judging. Jaimee was one of two students on the Mid North Coast selected at Taree Show to represent our zone at the Royal Easter Show.
WINGHAM SHOW

This year we had a large group of Year 7, 9 and 10 students who competed in their first Cattle Competition at Wingham Show. These students all enjoyed the experience and are looking forward to the upcoming Show Season.

A very impressive result was Connor McInnes of Year 7, placing 1st in the Under 15 Junior Herds person competition. He then went on to receive the Reserve Champion Herds person Award. This is a remarkable result considering this was Connor’s first show. Students are judged all day at the show by independent judges on their Herds person capabilities. The criteria ranges from commitment to looking after animals, teamwork, leadership and good sportsmanship.

Again, these results are a testament to the hard work of the students and teachers involved; Mr Hickson, Ms Cutler and Ms Graham. I would like to thank all parents who, at last minute, organised transport for their children to the Wingham Show, who supported our students and helped us on the day at the show.

Ms Cutler
THE BRIDGE STRENGTHENS

The Bridge School Partnership project between Camden Haven High School and SMPN 16 Singkawang, Indonesia, has progressed in recent weeks with an exchange of gifts. Students and staff from CHHS raised $400 at the end of last year, which enabled the school to buy a data projector, a much needed resource in the school. In addition, we sent a laminator, laptops donated by last year’s Year 12 students, Christmas cards created by Year 7 Indonesian classes, a set of personalised bookmarks created by Mr Northey’s Enterprise Skills class, and fifty “Don’t sweat the small stuff” packs created by Ms Navan’s Enterprises Skills class and more. Ms Navan’s class also raised $350 for the school by selling these in the community. These resources were greatly appreciated by the Indonesian school and will go a long way to enhancing teaching and learning. The principal, Bu Risma, wrote “Kami sangat senang dengan respon teman –teman dari CHHS, untuk itu kami ucapkan terimah kasih.” This translates to “We are very happy with the response of colleagues from CHHS – for this we offer our sincere thanks.”

We recently received a parcel containing letters and hand-made cards for students at our school from the students at SMP16 Singkawang. They were beautifully designed and contained messages in English, including birthday party invitations and Valentine’s Day messages. We are hopeful that the internet will soon be available at their school to facilitate faster communication. In the meantime, though, it has been a pleasure to receive some snail mail!

Mr Rourke
FUTURE SCHOOLS EXPO

Ms Lloyd James accompanied CHHS students from the all girls robotics team (Tiana Moore, Alisha Cooper and Beth Legge) to the “Future Schools Expo” sponsored by EduTECH.

This annual event is a two day educational technology conference and exhibition for teachers all over Australia. The conference was held at the Australian Technology Centre in Sydney through Association and Communication Events. The 2016 Expo had 1500 attendees, 80 exhibitors and 5 parallel conferences. Camden Haven High School robotics team featured in the Robocup Junior exhibition.

Visitors were encouraged to head over to the Robocup Junior demonstration area and work space at the exhibition to enjoy some hands-on robotics experience:

- watch students run exciting demo’s of robots doing dance, soccer and rescue challenges;
- play and experiment with the amazing robots in our workspace; and
- meet experienced Robocup Junior Australia students, teachers and volunteers and find out how to link robotics activities to the Australian Technologies Curriculum.

Ms Liz Lloyd-James Robinson
Robotics Team

See more at: http://futureschools.com.au/robotics
SRC NEWS

Year 6 Information Evening

Last week, nine SRC representatives gave up their evening to assist in the Year 6 information night. Our representatives showed families around the school keeping to a tight schedule to ensure all exhibitions were seen by all. These SRC students provided valuable insight for these families and were able to answer questions during their touring of the school.

Social

200 students attended our first social of the year. There was plenty of dancing and socialising with friends. Thank you to all who attended the night. It was a great night with our own DJ Huzi providing awesome music and Aaron Bruggemann for doing an amazing job with lighting.

International Women’s Day Breakfast

Tuesday this week saw CHHS students join Quota International of Camden Haven in co-hosting a breakfast to celebrate International Women’s Day. The breakfast was held at LUSC and Mrs Kathy Regan, retired Assistant Principal of North Haven Primary School, joined us and shared how she had the opportunities to contribute to the community over the 37 years as a teacher. The students of CHHS provided company for other attendees of the breakfast, emceed and entertained in a way that again does our school proud.

Upcoming Out-of-Uniform Day

Tuesday the 15th March is our Rainbow Day! There will be a staff v student volleyball game in the MPC at lunch, gold coin entry. Slushies will be on sale and all money raised will be going to the World Wildlife Fund.

Thank you for your support in all our events.
**DUKE OF EDINBURGH - NORTH BROTHER EXPEDITION**

CHHS is offering students in Year 9 and 10 the opportunity to be involved in The Duke of Edinburgh Award. This award is an international program that aims to foster leadership and well-being in young people. Each student who takes part in the program will learn a skill, improve their physical fitness, volunteer in their community and experience adventurous trips.

The school ran a short expedition on Friday to give students a chance to experience the program before they sign up to a longer term commitment. Eighteen students spent the day climbing over North Brother mountain and navigating their way along tracks to get back to school. While on top of the mountain they located some geocaches, worked as a team to prepare their lunch and dealt with an army of leeches. A quick check at the end of the day confirmed that all students had enjoyed the experience and were enthusiastic about undertaking the award.

Students will be provided with additional information that explains the costs and planned activities. All Year 9 and 10 students are still able to sign up if they are interested in the Duke of Edinburgh program. 

*The Duke of Edinburgh Team*
DUKE OF EDINBURGH - NORTH BROTHER EXPEDITION
LIBRARY NEWS

Welcome to the library

Students have many opportunities to use the library for work or recreation outside classtime. The library is open to them from 8.30 – 9.00 daily, recess Wednesday and lunchtimes Monday, Tuesday, Thursday and Friday.

If you would like to visit the library and see what facilities are available contact me to arrange a suitable time.

Reading for Year 7 Students

Since regular reading is one of the most effective ways of assisting academic progress Year 7 classes will visit the library fortnightly during an English lesson. They’ll be shown books they might enjoy, particularly fiction, and then they’ll be able to borrow.

Please talk to your student about what they are reading and encourage them to return library books on or before the due date so they can borrow more on the following days:

Monday Week A – 7R (Mrs Rex)
Friday Week A – 7O (Mrs Clough)
Tuesday Week A – 7B (Ms Puntoriero)
Tuesday Week B – 7G (Ms Morrah)
Thursday Week B – 7Y (Mr Fowler)
Research for Year 7 students

All classes have had a lesson in the library about the importance of including a bibliography in assignments and instruction in how to write one. Students may take a yellow ‘Writing a bibliography’ booklet home to refer to as they complete projects or they can access the guidelines on the Library Guided Inquiry website library.chhs.nsw.edu.au

Each Year 7 class will complete a research task for most subjects, beginning with Science. These will all focus on developing important skills like note-taking and writing bibliographies. The yellow research booklets students use for this note-taking will be marked in addition to their final project. Our Library Guided Inquiry website has a wealth of information to help students complete their research tasks.

Premier’s Reading Challenge

Any student in Years 7, 8 and 9 can be involved in this program designed to encourage reading. To meet the challenge and receive a certificate students need to read twenty books – 15 from a list and 5 of their own choice. They can select from a wide range of books including picture books, information books and novels. These are easily identified by the orange dots on the covers. Students have until the end of August to read the twenty books. Reading record sheets are available from the library.

Senior Students in the library

The Senior Study has had a make-over and students now have access to a variety of new seating and desk configurations. The choice of desks, study carrels and small laptop tables with armchairs provides greater flexibility and comfort. Students are also able to help themselves to laptops stored in the Study.

Congratulations to all those students who are making excellent use of both their time and the resources available.

Happy reading!

Mrs Rienstra

Teacher Librarian
YEAR 11 NEWS

Senior jackets are now in the manufacturing process. Early Term 2 should see the cohort in their new jackets.

**Snow trip:** deposits have been paid and the camp is go! If anyone who hasn’t paid their deposit, and still wishes to attend, please see me asap so you can be included in the count. There may be a limit on numbers as we are only going to take one bus. Final payment will need to be by 26 June, 2016 please. Still working on approximately $1000.00, but hopefully less.

I offered a fundraising opportunity of an Easter Egg basket. Numbers have been slow on the uptake, with final tickets being handed out this by Monday. However, all monies and tickets to be back to me by 19th March.

Mrs Devine
Year Advisor
Ms MacInnes and I cannot believe that we get paid for this! We have had so much fun, dressing up in ABBA clothes, making snow, looking at bobble-heads and enjoying the company of some wonderful students and their families. We have also caught up with students for coffee and conversations, and attended home visits in order to support students and families.

OK. We have worked a bit too. The students that attend have completed a bucket-load of title pages, even if I distract them at times with hilarious jokes and exciting news (like my dog getting an impressive haircut).

One of the very best parts of attending the support centre is getting one-on-one help with the title pages. The teachers can explain the material in a way that students understand, and be a bridge between students and Camden Haven High School.

Soon, we will be taking advantage of the new technology room at the Port Macquarie Library, making 3D snowflakes and trying out the Virtual Reality headsets. Both technologies are accessible now at the library, but you will need to keep a lookout for when they are available! I highly recommend trying out the Virtual Reality headset – it is the most amazing technology experiences available!

If you would like to attend the Port Macquarie support centre or would like a home visit, please give Mr Williams a call! Distance Education can seem isolating at times and a friendly face will help students and their supervisors know they are appreciated and supported.

So, come along, share a joke and get some work done at the same time! Just be prepared for bobble-heads and giggles.

Ms Schuller and Ms MacInnes
P&C AGM
Tuesday 22 March
6:15pm in A2
New members welcome
A1 will be open for students with parents attending.

Parent / Teacher Interviews

Years 7, 8 and 9
Tuesday 22\textsuperscript{nd} March 2016
4.00 pm – 6.00 pm
Venue - MPC
BOOK ONLINE NOW

Go to:
https://www.millenniumschools.net.au/portal/

- Enter your login details
- Enter your password
- Enter CHHS for school
- On the left hand side you will see Parent Interviews. Click on this and you will then be directed to a page with your child’s name on it. Click on book interview.
- Choose the teachers you wish to see
- Choose the times you wish to attend

Please feel free to ring Ms Baker or Ms Cook on 65568100 if you have any questions or are having difficulty making a booking
10 CONFIDENCE-BUILDING STRATEGIES EVERY PARENT AND TEACHER SHOULD KNOW

By Michael Grose

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well.

Here are five practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking
Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities, including letting kids hear positive self-talk.

2. Focus on effort & improvement
Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do.

3. Praise strategy
While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving.

4. Develop self-help skills from an early age
A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility
From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

thrive
THrive YOUTH IS BACK
Upper G-Block
THURSDAY - LUNCH TIME
DON'T JUST SURVIVE
First Time Lodging Your Tax Return?

The easiest and fastest way to lodge your return is online.

Follow these simple steps:

1. Make sure you have your tax file number (TFN) handy and one of the following documents:
   - Your birth certificate, passport or citizenship certificate.

2. Create a myGov account
   (See my.gov.au for more info)

3. Call the ATO on 13 28 61 and press 5 at the prompt to get your unique linking code to verify your account.

4. In myGov, go to the Services page and link to the ATO.
   Select 'I have a linking code' and enter your linking code when prompted.

5. From 1 July, lodge your tax return online.
   (See ato.gov.au/lodgeonline)

When are tax returns due?

You have from 1 July to 31 October to lodge.

Keep track of your tax and super by downloading the free ATO App.
SPORT NEWS

REGIONAL SWIMMING CHAMPIONSHIPS

On Monday 29 February the CHHS Swimming Team travelled to Macksville to compete at the Zone Swimming Championships. The day was a great success with 13 swimmers gaining selection to compete at Regional level, at Kempsey on Tuesday, 8 March 2016. The time and effort spent at swim training with Mrs Schouten, Ms Edge and out of school training over the weeks leading up to these events, shone through on the day with many personal best times being recorded.

Some of the fantastic results are as follows! We have two boys relay teams and two multi-class swimmers competing at the NSW State Titles in early April! All students should be congratulated for their behaviour, positive attitude and encouragement towards each other and fellow students from regional schools.

Nick Taylor 4th by 0.2 seconds in 50m Breaststroke 55:00 mins (PB)
Sascha Everingham 5th in the Individual Medley 3:27:79 mins (PB)
Carissa Davidson, River Evans, Mikha Everingham, Alison Lowe and Jack Tougher-Wells all recorded personal best times in their events.

Qualifying for State

Tyrone Marshall 1st in the 50m Breaststroke, 3rd in the 100m freestyle, 50m Freestyle, 50m Backstroke
Hugh Rackley 1st in the 100m Freestyle, 50m Freestyle, 2nd in the 50m Butterfly, 100m Backstroke

Relay Teams

Boys 16 years Hugh Rackley, Ethan Alchin, Jack Chapman, Zac Alchin - 3rd in the 4 x 50m relay
Boys 14 years Mikha Everingham, Liam Pensini, Rhys Kendell and Jack Tougher-Wells - 3rd in the 4 x 50m relay

We wish the State representatives all the very best and look forward to assisting CHHS swimmers in next year’s carnivals and representative events!

Mrs Hicks and Ms Edge
CHS SOCCER KNOCKOUT

The Camden Haven High School Senior Boys Football team travelled to Port Macquarie to participate in the annual CHS Knockout gala day with schools from around the Mid North Coast. Camden Haven’s first game was against Wauchope High School. Led by the senior duo of Riley Papa’s and Toby Otto, CHHS ensured a focused and clinical approach to the start of their CHS Knockout campaign.

The fast, pressing play of CHHS immediately put Wauchope on the back foot. Quick combination play throughout the Camden Haven midfield allowed Toby Otto to thread a ball into the back of the net in the third minute of the match. Wauchope struggled to keep up with the fast pace of the match. Space began opening up around the field and allowed for some individual brilliance by Ben Makin in the tenth minute with a long range drive which fired into the back of the net to leave the Wauchope side stunned.

The Senior boys finished the half strongly with a goal to Tyler Parsons who connected strongly with a header which hit the post, though deflected back down to his feet to ensure CHHS took a convincing 3-0 lead at half time. The boys took a more conservative approach in the second half in preparation for their second game against Port Macquarie High School. The final score remaining 3-0.

The second round of the gala day proved to be a much more competitive game. Right from the outset Port High pressured the CHHS attack, shutting down general play much quicker than the previous match. As the first half wore on, the senior boys began to find their passing rhythm and started to open up the match. Ben Makin again jumped at an opportunity and struck another goal from outside the 18 yard box in the 14th minute of the match to make it 1-0 at half time. The deficit could have been larger to Camden Haven had it not been to some unlucky decisions going against the squad, with Jet Lorenz having two goals disallowed. Even though the senior boys team were up at the break, a number or injuries cruelled the team, which made for a difficult second half.

Port High immediately responded with a goal after half time. CHHS though taken aback initially, regrouped and began controlling play again through a gritty defensive display from the Haven back line. Eventually persistence, fitness and desire to win began to shine through with Tyler Parsons jumping on a great through ball from Toby Otto to make it 2-1 in the 51st minute. This was followed up immediately by Scott Witchard pressuring the Port High defence after the kick off and forcing a mistake to take CHHS to the match winning score line of 3-1.

It was an incredible display of sportsmanship, camaraderie and grit displayed by the team to ensure two fantastic results from the gala day. The senior boys CHS knockout squad will take on Melville High School in Round 3 in the coming weeks.

Congratulations to Riley Papas, Toby Otto, Ben Makin, Lachlan Peterson, David Jackson and Scott Witchard for being selected in the Lower North Coast Team that will play the other Coastal Regions in a championship round to be played in Grafton on Friday 18 March.

Mr Rowe
On Monday 7 March the Open Girls Netball team travelled to Macksville for the Lower North Coast Netball trials and Knockout Competition. Our first game was against Hastings Secondary College, Westport Campus. The girls came out firing and managed a comfortable win – the final result 37 to 19. This win meant that we progressed to take on Melville High in the second round. In an extremely heated and competitive match, the CHHS team played with a commendable attitude and demonstrated excellent skill and control. Unfortunately we were defeated 29 to 16. The girls should be extremely proud of their efforts, especially considering we only had the 8 players on such a hot day!

Following these games, a list of possible/probables was announced for the Lower North Coast team. Well done to Molly Fraser, Tarmara Gonzalez, Taylah Reid and Anna Ray for making this list and participating in the trial games. A big congratulations to Molly Fraser for being selected in the Lower North Coast Netball team for 2016.

CHHS team: Tarmara Gonzalez, Taylah Reid, Jasmine Van Wyck, Brooke Foley, Molly Fraser, Anna Ray, Lukka Allsop and Sarah Wilson.

Great work girls!

Ms MacInnes
O’RAFFERTY RULES JUNIOR SURFING CONTEST IS BACK

SURFING NORTH HAVEN  - 9 and 10 APRIL 2016

The event which is held every two years is to encourage and promote surfing at Junior level in the Greater Camden Haven / Port Macquarie region, as well as a good mix of NSW and interstate competitors participating.

Darren O’Rafferty, one of Camden Haven’s finest ambassadors of surfing on the world stage, has once again lent his name to the event and will be on hand to encourage and cheer on the locals.

Great prizes are on offer for everybody as well as a Surfboard Draw at the Presentation (entries on-line and at Surf shops). All enquiries to Andy Cross on 0413 487 173.

After a great inaugural competition in 2014 we are looking forward to great surf once again and the return of all our exciting young surfers putting on a great exhibition of their surfing skills in and out of the water.

Happy surfing!

Best wishes and luck from the Committee of the North Haven Boardriders Club.

O’RAFFERTY RULES JUNIOR SURFING
9 and 10 APRIL 2016 – NORTH HAVEN BEACH
ENTRY FORM

DIVISION & OPENS

- UNDER 12 SHORT BOARD Boys
- UNDER 13 SHORT BOARD Boys
- UNDER 14 SHORT BOARD Boys
- UNDER 15 SHORT BOARD Boys
- UNDER 15 SHORT BOARD Girls
- UNDER 15 BODY BOARD Boys & Girls

AGE CUT OFF 6.4.16
(If your birthday falls before the Contest, please enter the next age division, except 18 yrs who may complete if already 18.)

DIVISION
WHITE WATER MICROGROMS, NOVICE, BEGINNER (Must be in Primary and Infants School)

- UNDER 12 SHORT BOARD Boys & Girls
- UNDER 10 SHORT BOARD Boys & Girls
- UNDER 8 SHORT BOARD Boys & Girls
- UNDER 8 BODY & BOARD & MAT Boys and Girls

SOF BOARD PERMITTED. ALL PARTICIPANTS MUST BE ACCOMPANIED BY ONE RESPONSIBLE WATER/BEACH CADDY.

- Heat draw time available Thursday after 6.30pm, 7th April. All Enquiries to Andy Cross 0413 487 173.
- Entry Fee - $50.00.
- All competing surfers eligible for Surfboard Draw.
- Presentation at Beach (Surf Club) following Completion Finals.
- Some divisions have limited numbers (be quick to register to ensure you don’t miss out).
- Every surfer received a Shirt, a Prize and Wax. Additional chance to win a brand new Short Board across various divisions.
- All Cheques and Money Orders to be made out to ‘North Haven Boardriders Club’, c/o 1 Scarborough Way, Dunbogan, NSW, 2443.
- No refunds after 1 April, 2016.

NAME __________________________________________ D.O.B.__________
ADDRESS __________________________________________
PHONE __________________________________________ EMAIL:

SIGNATURE OF PARENT/GUARDIAN if under 18 (mandatory) ____________________________

T-SHIRT SIZE – Please Circle 8 10 12 14 16 M

COMPEITION WAIVER: “In consideration of your acceptance of my application to surf at the O Rafferty Rules Surfing Competition, I hereby release the Sponsors, their members or agents and any official connected with this event from all liability arising from natural causes or otherwise, injuries, illness or (death) ill health whatsoever arising from my participation or presence at this contest. I am aware that I am under no obligation to enter the surf and may withdraw from the event at any time if I consider the conditions too dangerous or the location unsuitable.” Competitors need to have or take out their own Personal Accident Insurance if they are to be covered for any injuries they may obtain. I agree that the O’Rafferty Rules Surfing Competition retain the right to utilise images of my participation in the event for the purpose of promoting the O’Rafferty Rules Surfing Competition. I have read, understood, acknowledge and agree to the above declaration.

SIGNATURE __________________________ DATE ____________
HUNTER DISABILITY SPORTS EXPO

WHEN:  Friday 18 and Saturday 19 March
       9am - 3pm
WHERE:  University of Newcastle -
         Callaghan Campus
         The Forum
COST:   Entry by Gold Coin Donation

INCLUDING:  RUGBY TRACK & ROAD
            FENCING CRICKET BASKETBALL
            LAWN BOWLS HANDCYCLING
            ARCHERY TENNIS
            BOCCIA
            NRL

A LEVEL PLAYING FIELD FOR ALL
YOU’RE INVITED

Key Learnings from the NDIS - INFORMATION SHARING SESSION

The NDIS is coming to the Central Coast, are you ready?

Break Thru People Solutions invites Providers to an information sharing session to hear about their experiences and key learnings from NDIS trial sites. This is an opportunity to hear from knowledgeable Providers and to see how your organisation can benefit from their lived experience.

Date 17th March, 2016
Time 7.30am registration; start 7.45am; expected finish 9.30am
Venue Break Thru People Solutions,
Old Primary School, Corner of Alison Road
and Rankens Court, Wyong, NSW, 2259
Cost $20 per person (includes a light continental breakfast)
Register Please go to www.centralcoasttickets.com.au

Enquiries can also be made to 1800 767 212.
Parent Information Evenings

Port Macquarie
6.00pm
Thursday 17 March 2016
Port City Bowling Club

Register on the night
or call 1800 334 733