Bike Riding Day

On Thursday 11 September at 1:30pm the Student Representative Council will be running a number of bike riding activities. Permission notes went home last week. This event is for **ALL** students, K-6, not just K-2 as was previously mentioned.

Some important points:
- Parents, Carers and students are responsible for student bikes. It will not be possible to lock bikes up overnight.
- Bikes must be in good repair, have a working bell and have a working rear (back) brake.
- A helmet must be worn.
- Permission notes must be returned for a student to participate in the activities.
- Bikes may be shared, but a permission note must be returned for each rider.

Fundraiser – Alopecia Totalis

Alopecia Totalis is an auto-immune disease which attacks the hair follicles, leading to baldness, and the immune system, making sufferers more susceptible to viruses and infections. On 28 September, 9am – 9pm, at the Bomaderry Football Club, there will be a fundraiser to raise money for Kaleb, a CPS student with Alopecia. All the money raised will go towards purchasing wigs and treatments for Kaleb. For more information please see the online version of this newsletter.

SASS Week

When people think of schools, they usually focus on students and teachers, but all throughout this week another section of our school community is being recognised. School Administrative and Support Staff Recognition Week is all about paying tribute to the people who work behind the scenes and without whom our school would not be able to run.

At Cambe we have 16 special people supporting teachers and students in the classroom and playground, helping to oversee the maintenance and upkeep of the school and grounds, running school admin and finances, welcoming visitors at the school office and keeping the computer technology up-to-date. Thank you Alison, Julia, Emily, Julie, Ysabel, Bill, Malcolm, Cindy, Rachelle, Wendy, Rhonda, Anna, Jesse, Magella, Lisa and Dianne for looking after us and our children. We hope you have a special week.
What’s On

Monday, 1/9
NSW PSSA Golf
Assembly 2pm
P&C Meeting 6:30pm

Tuesday, 2/9
NSW PSSA Golf
Book Fair 8:30am – 4:00pm

Wednesday, 3/9
Father’s Day Breakfast
-before school
Book Parade
Learning Progress Folders
Book Fair 8:30am – 4:00pm

Thursday, 4/9
Touch Gala Day
Book Fair 8:30am – 4:00pm

Friday, 5/9
Stage 1 Excursion
– Pioneer Farm Museum

Monday, 8/9
Education Week begins

Thursday, 11/9
Education Week Open Day
Bike Riding Day

Kindergarten 2015

Is your child starting school in 2015? Do you know someone with a child entering Kindergarten next year? It is of vital importance that we know how many students we will have next year, for class structures and staffing reasons. We are beginning this process now and we urgently need to know how many students we will have for Kindergarten 2015. If you or someone you know has a child wanting to attend Cambewarra Public School, please make the school aware of your intention as soon as possible.
Thank you for your cooperation.

The Cambe Calf Award

Name: Alexander (Zander)
Year: Kinder
Type of Calf: Conscientious and Committed
Why: “Attitude is a little thing that makes a big difference” – Winston Churchill. If there is a student who embodies this quote, it’s Alexander. Zander began school this year with apprehension; Zander says he “felt a bit scared” about starting school, and was wary of participating. However, Zander made a choice – to be positive and to give the school experience a chance. With confidence and support on his side, Zander has become one of the brightest and bubbliest children at Cambewarra Public School. He now says “school is fun, I enjoy learning. I like school and I feel happy to be here.” He is a popular student with a large network of friends, and his work has improved in leaps and bounds. Zander particularly enjoys “counting numbers, that’s what I’m best at.” Zander is a committed student, saying “I always try to do my work and to try hard and to listen to the teacher. I feel happy when I do the right thing.” What makes Zander’s attitude so delightful however is his want to help others; his teachers note how frequently he endeavours to extend his knowledge and assistance to his classmates. His passion for learning and his concern for others truly does make Zander an extraordinary student. Zander says he likes helping others; “it makes me happy that my friends are happy.” What an extraordinary amount of care for his friends’ well-being, and what a deep level to his learning and to embracing the whole school experience. Congratulations Zander on becoming such a happy and committed school student, keep up the positive attitude and hard work and you will surely be one of the happiest and most successful students at Cambewarra Public School.
Book Week and Book Fair Celebrations 2014

“Connect to Reading”

Book Fair 2-4 September
8:30am – 4:00pm daily
Commission from sales will support the purchase of library resources or you may wish to purchase a book as a personal donation to the school library.

Wednesday 3 September
- Dress Up Parade - all students are invited to come to school dressed as a book character 9:00am in school hall - parents welcome
- Book activities in class groups

Other Library News

On Wednesday 27 August, students from K-2 were treated to a fun Readers Theatre session which was presented by Shoalhaven City Libraries. It was great to see the Nowra librarians playing the characters from “King Pig” by Nick Bland and “I’m a dirty dinosaur” by Janeen Brian.

Book Covering Needed Please - If you would like to cover some readers then please see Julia in the office. Contact is supplied and I am available to assist with any book covering tips and tricks if required. Any help is greatly appreciated especially as these resources are unable to be used by students and staff until they are covered.

Angela Urquhart – Relieving Teacher Librarian
P&C News, 29 August 2014

The September P&C meeting is on tonight beginning at 6.30pm in the staffroom. We will be discussing our Father’s Day BBQ, Open day and planned activities for term 4. Please come along and hear what is happening at our school.

Dad’s BBQ Breakfast – this Wednesday
Don’t forget that this Wednesday is the Father’s Day BBQ Breakfast. From 8am the BBQ will be sizzling with bacon and eggs. Bring your dad, grandad or special male carer along for a quick bite and get them to stay and watch the book parade in the school hall at 9am.

Breakfast will include bacon and egg rolls $3; toast with spreads 50c; tea/coffee/hot milo $1 and juice $2. Mr Burns has offered to help on the barbie, but we still need more helpers. Please call Cathy Corkett on 0413 214 262 if you can be a helper.

COOSH Recruitment
COOSH currently has a vacant Child Care Education position. The P&C is looking for an enthusiastic, friendly person, trained in child care and who obviously enjoys working with school aged children to join our COOSH team. They would have a great time working with Sue, Sarah and Sharon and of course there’s our wonderful Cambe students. If you think you would like to be a part of the COOSH team or know someone else who would, then please apply.

A job description and the selection criteria can be obtained by emailing cooshcambewarra@hotmail.com. Applications addressing the selection criteria close at 6pm on Friday 5 September. Please note this is a permanent Child Care Educator position for 15 hours per week.

COOSH is also looking for qualified Child Care Educators seeking casual hours during busy periods such a vacation care or when staff are on leave. Please forward your details addressing the selection criteria for the Child Care Educator position, so COOSH can consider adding you to the casual list.

Fresh Fruit Fridays
Don’t forget the special healthy treats at the canteen for Fruit and Veg Month. The smoothies at 80c each and a different flavour each week, are proving to be popular. Bring some extra cents and check out the canteen blackboard for what treats are on offer.

For each purchase of fruit or vegetable from the canteen a special sticker will be given out. Once you collect 2 stickers you return them to the canteen with your entry form and receive a funky fruit ring as well as going in the prize draw for some great prizes - home entertainment package of a television and 3D blu-ray player, Ipad minis, gifts pack and movie vouchers.

Fruit and Veg Month runs each Friday for the rest of the term.

COOSH Vacation Care Program
Hasn’t the term gone by quickly. COOSH has just released its fantastic vacation program for these upcoming September/October holidays. This time there’s some new excursions to the Bay and Basin Leisure Centre and Shoalhaven Bowling and Leisure Centre and as well as the favourite to the Shoalhaven Zoo. Other activities include scooters, bikes and roller skates day; pizza and movie; tennis; crazy nails, hair and body art; and lots of art, craft, cooking loom bands and games. Pick up a vacation care program at COOSH, check out the school’s website under the Our School COOSH tabs or phone COOSH on 0419 487 660.
Experienced Cambewarra guitar tutor offers

Guitar Lessons

Just right for kids wanting to learn the guitar!

The course will cover:

- Notes, positioning and tuning;
- Chords and Strumming Patterns;
- Learning your choice of favourite songs
- How to read Guitar Tablature.

Lessons cost $25 for Half an Hour.

**Beginner Guitars Available for Hire**

If you are interested please contact me, Jesse Bourne, on:

Mob: 0423 965 209

Be Quick!
Spots filling – call today!
Kaleb is a beautiful 7 year old boy with an Auto-immune disease called Alopecia Totalis. This disease attacks his body and head hair follicles and as a result he will never have any hair. Alopecia also affects his immune system making him a lot more susceptible to viruses and infections.

Our aim is to raise money so we can purchase Kaleb high quality wigs, for now and in the future as he out grows them. There are also an abundance of organic and therapeutic treatments available to make his life a little easier.

So here we are, its time to support this little man every donation counts big or small.

We are holding a BIG Fund raiser day on the 28th sept 9am till 9pm , 2014 at the Bomaderry Football Club ,Artie Smith Oval Bomaderry ,We are doing Raffles and Auctions .

All Money Raised goes to Kaleb and Alopecia.

Thank you for helping our little champion.
Growing Gorgeous Boys into Good Men!

- Adolescent boys – they seem to disappear into another world where they barely communicate, and where fast cars, alcohol and drugs are constant temptations.
- Will they survive to become good men?
- How can parents and schools understand and help them through this difficult and dangerous time?

Celia Lashlie

After 15 years as the first female prison officer, Celia knows what can happen when boys make the wrong choices. She also knows what it’s like to be a parent – she raised a son on her own and feared for his survival. During the recent Good Man Project she talked to 180 classes of boys throughout. The result was a significant insight into the minds of teenage boys and what they are feeling in this period of their lives. There are challenging suggestions for parents if they want to see their sons become the good men they want them to be. Celia is a great speaker and her talk gives parents food for thought and plenty of hints to work with their teenage sons. All parents will find something valuable in this talk - regardless of whether they have sons or not.

**FREE**

**Nowra**
Tuesday 28th October
12:30pm-2:30pm
Shoalhaven Entertainment Centre, Bridge Rd, Nowra

**Shellharbour**
Wednesday 29th October
9:30-11:30am
Centenary Hall, Tongarra rd, Albion Park

**Wollongong**
Wednesday 29th October
6:00pm-8:00pm
Wollongong Hospital Auditorium, Level 8 Block C.

Please arrive early to allow workshops to commence on time.

**Bookings Essential:** Ph. Donna Forknall: (02) 4254 2700
(Places may be limited) Donna.forknall@sesiahs.health.nsw.gov.au
Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You’re sure to find a camp the kids will love.

Kids’ Camps from $45 per day
This FREE two-day workshop will cover:

✔ Developing skills to write effective resumes
✔ Addressing criteria in job applications

Wednesday 10th September
and
Wednesday 17th September 2014
from 10.00am to 2.00pm

FREE CHILDCARE FOR 0-5 (PRESCHOOL) AGED CHILDREN

Bookings essential as numbers are limited

Rent it Keep it
a short course about renting and you!

Thinking about renting a place?

Want some tips on how to find and keep a place?

Need to know your rights and responsibilities as a tenant?

Rent it Keep It will be run at Nowra Family Support Service twice in Term 4, for three Tuesdays each, the first in October and the second in November.

Tuesdays from 10.00am to 12.00pm

OCTOBER: 14th, 21st, 28th
NOVEMBER: 11th, 18th, 25th

FREE WORKSHOP, INCLUDES CHILDCARE FOR 0-5 (PRESCHOOL) AGED CHILDREN
“Music For Fun”

This group is for mums, dads, grandparents & carers of pre-school aged children. A playgroup where children can interact through songs, music, activities and reading.

**When:** Three sessions on Mondays, October 2014:
- 13th October
- 20th October
- 27th October

**Time:** 10.00am — 12.00 noon

“SEASONS FOR GROWTH”

UNDERSTANDING CHANGE, LOSS & GRIEF

The program is based on the principle that change, loss and grief, are a normal and valuable part of life. The program will examine the impact of life changes such as death, separation and natural disasters on our lives.

The series of 4 workshops will explain how participants can learn to live with, and grow, from these experiences.

**WHEN:** Four sessions on Tuesdays in November 2014:
- 5th November
- 12th November
- 19th November
- 26th November

**TIME:** 10.00am — 12.30pm

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

“Triple P” is an intensive positive parenting program for families with children at risk of developing behavioral problems.

“Triple P” can assist parents in developing effective management strategies for a variety of childhood behavioral problems and common developmental issues.

“Triple P” Group Work aims to promote positive caring relationships between parents and their children.

Nowra Family Support Service is offering “Triple P” to all families with children aged from 0 to 12 years.

The course will run for six sessions on Wednesdays
- 17th October
- 24th October
- 31st October
- 7th November
- 14th November
- 21st November

10.00am — 12noon with Janene

Bookings essential as numbers are limited FREE WORKSHOP, includes childcare for 0-5 aged (preschool) aged children

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

Free childcare for children 0 to 5 years (and not yet attending school) available for all groups and workshops
This **FREE** two day workshop will cover:

- Developing skills to write effective resumes
- Addressing criteria in job applications

**Wednesday 10th September**

**and**

**Wednesday 17th September 2014**

from **10.00am to 2.00pm**

at **Nowra Family Support Service**

**Cottage 1, 80 Park Road, East Nowra**

**FREE CHILDCARE FOR 0-5 (PRESCHOOL) AGED CHILDREN**

To book, please call

**Nowra Family Support Service**

**on 4421 5499**

Bookings essential as numbers are limited
CELEBRATING
GOOD NEIGHBOURS DAY

DATE:    SATURDAY 20 SEPTEMBER 2014

VENUE:   EAST NOWRA NEIGHBORHOOD CENTER
90 PARK ROAD EAST NOWRA
(NEAR SHOALHAVEN HIGH SCHOOL)

TIME:    10.00 AM TO 4.00 PM

VARIETY OF STALL HOLDERS, (SAUSAGE SIZZLE
ARTS N CRAFTS JEWELLERY, BRIC AND BRAC
CLOTHES, PLANTS) AND MUCH MORE

NOTE:  If interested in being a stall holder contact
Judith on 44 221299 or Lynne 0435 196 059
Limited stall holder site spaces so book early
Cost $15.00 per site space (tables supplied)

All funds raised will go to Shoalhaven Neighbourhood Services to
relieve poverty and hardship in the local community
Free workshop: Does your child access therapy?

You are invited to a free workshop to provide you with some tips on how to work with therapists (Occupational Therapists, Speech Pathologists and Physiotherapists).

The workshop is for parents or carers of children (0-18 years) who are seeing, or will be seeing a therapist. The session will include:

* A parent’s perspective and journey when working with therapists – Mandy Drain

A light lunch will be served following the presentation.

**When:**  
10 October 2014, 10am – 12.30pm

**Where:**  
Salvation Army, 11 - 13 Burelli Street, Wollongong

**RSVP:**  
3 Oct 14 to email: thompsonk@missionaustralia.com.au
Volunteers wanted
A fun way to have a say and help other young people in the region.

If you’re 16-25yo and passionate about young people apply online at the headspace Nowra website (google ‘headspace Nowra’ and follow the links). We’ll get in touch with you. Applications open now. Meetings fortnightly. Events monthly. Awesomeness constantly.

FOR PICS AND VIDEOS OF SYRG ACTIVITIES
FIND HEADSPACE NOWRA ON FACEBOOK

YOU WILL GAIN:
QUALIFICATIONS & TRAINING:
media skills
Mental Health First Aid
dealing with the public
youth health promotion
stuff for your resume
professional references

EXPERIENCE:
event planning
professional meetings
leadership
media performance
film making
social media
public speaking

FUN STUFF:
plan and run events
talk about youth issues
make friends
eat lots of food
make a difference
casual, social, fun
ENROLMENTS NOW OPEN FOR 2015

The Central Shoalhaven Mobile Preschool is a community owned, not for profit organisation. University and TAFE trained staff provide an educational program for children aged between 3 and 5 years, in a motivating setting to enhance each child’s preparation for school.

We visit Callala Beach, Cambewarra, Falls Creek and Huskisson weekly.

Preschool hours are from 9am – 3.00pm, extended hours available from 8am.

Come along and give your child the opportunity to make new friends within the local area. Subsidies are available.

All enquiries welcome
Phone: 44230571 /0432274244 /0412928095

We are a registered Preschool not a Long Day Care facility
Retirement Planning
Can you afford to retire?
Have you considered your plan?

State Super Financial Services will be conducting a Pre-retirement seminar to help you to better understand Super, Centrelink & Taxation.

There is no cost to attend.

To register to attend please call our Wollongong Office on Ph. 4231 2455

Date: Tuesday 9th September ‘14
Time: Registration 4.30pm
          Commencing 5.00pm
Concluding: 6.30pm

Where:
Worrigee House
209 Worrigee Road
Worrigee
Victoria Room
**Bomaderry Cricket Club – Junior Registration**

The cricket season is getting near and we would like to advertise our Junior Registration day.

The date is Saturday 30 August 2014 from 9am to 12 noon. To be held at the cricket training nets, Bomaderry Sporting Complex (behind pool, Cambewarra Road Bomaderry). For more information please phone George Matthews on 4422 4342 or 0412 429 312

**Shoalhaven Football Club - School Holiday Clinics**

Shoalhaven Football will be holding School Holiday Clinics at Huskisson 24th & 25th September & 5th Nowra 1st & 2nd October– 9 am – 12 noon Cost $70

For More information mjonno1@bigpond.com.au or 0488034500

**BERRY JUNIOR MIXED TOUCH FOOTBALL 2014 COMPETITION (9 OCT – 19 DEC)**

Competition information and player registration online at [www.berryjuniors.mytouchfooty.com](http://www.berryjuniors.mytouchfooty.com)

Registrations close 19 Sep

Contact Bec Heather – 0431 530 543

**Enrol now at Lyrebird Preschool for 2015**

Community based / Not for profit

Phone: 4421 4604
SITEWORKS 2014: ANNOUNCING BIOBLITZ

SITEWORKS 2014 GOES WILD!
Siteworks, Bundanon's annual spring event, is just 30 days away. This free festival brings scientists, artists and community voices together to celebrate the unique Bundanon properties.

To be held on the weekend of 27-28 September 2014 at the Bundanon site, this year's event explores biodiversity in a practical sense with a 24-hour Bioblitz, artistically with site-specific works and theoretically with discussions about earth law, science and art.

In this, our second in a series of SITEWORKS newsletters, we introduce the Bioblitz and the ecologists who will be leading it, and we will open bookings for the sessions.

Are you mad about fish, a passionate wombat person or curious about orchids? The Bioblitz is FREE, but places are strictly limited. Book now to be sure you don't miss out.

MORE INFO

CITIZEN SCIENCE SLEEPOVER AT BUNDANON

Bring the family and join the Bundanon Bioblitz.
With your help, in a 24-hour blitz we will audit the distinctive flora & fauna of the Bundanon properties and register our findings on the Atlas of Living Australia. Small groups will be led by ecologists and specialists to explore the site and document the presence of orchids and other flora as well as fish, birds, kangaroos, wombats and frogs.

Registration prior to the event is essential. The walks are rated easy, medium and hard, so there's something for every age and fitness level.

REGISTER HERE
IN THE SPOTLIGHT: NOCTURNAL WALKS

NOCTURNAL SPOTLIGHT FOR FAUNA
Join Bundanon's bush regeneration experts or ecologist Louise Boscacci for a super quiet spotlight search for gliders, bats and other nocturnal fauna. Adults only for this one.

KIDS AND FAMILIES NOCTURNAL WALK
Children and families can join a spotlight search for frogs, marsupials and other nocturnal fauna. Children up to 18 years need to be accompanied by a parent.

THE FISH FINDERS
Join Ivars Reinfelds, Senior Research Scientist from NSW Office of Water, and Geoff Barrett from NSW Department of Primary Industries-Water & Fisheries, for a fascinating search for aquatic life in the Shoalhaven River from the shore and on boat (BYO kayaks!). Adults and 12+ when accompanied by a parent.

ORCHID HUNTING
Go on a fascinating exploration of some of the most picturesque locations in pursuit of orchids, guided by Alan Stephenson and Denis Wilson. Alan is the Shoalhaven's pre-eminent orchid expert and is the author of books on local flora. A great opportunity. Adults and 12+ when accompanied by a parent.
TAKING A (GUIDED) WALK ON THE WILD SIDE

Indigenous Plant Use Walk (easy)
Clive & Julie Freeman will guide children and families on a walk around the grounds, discussing Indigenous plant use and Aboriginal stories.

Circuit Walk (hard)
Get off the beaten track with a four-hour guided walk covering rarely visited areas including ridge lines, the escarpment and rainforest gullies. Adults only for this one.

Bats & The Bush Walk (hard)
A guided walk with Peggy Eby, Australia's leading researcher into the vulnerable Grey-Headed Flying Fox. Discover the links between flora, fauna and the delicate balance of biodiversity.

FLORA FANATICS
Explore and document the diverse flora species at Bundanon with a range of the region's leading experts, including bush regenerator Kirsten Vine from Shellharbour City Council, Valda Corrigan and Phil Craven from National Parks and Wildlife Service, and Mountain Echo's Ryan Hogan & Katie Wright. Adults and children over 12 accompanied by a

BIRDS OF A FEATHER
Participate in a survey of avian fauna through bird calls and sightings with Barry Virtue from Bird Life Shoalhaven. Adults and children over
At Siteworks 2013 Bundanon Trust opened the Riversdale site up to camping for the first time. It was so successful this year we invite visitors of Siteworks to camp at Bundanon. Enjoy the evening arts and science program without the drive home, make the most of the festival atmosphere and be up bright and early to participate in Sunday's Bioblitz activities.

Camping sites are limited and must be pre-booked.
Nowra Cricket Club Registration Day – Sunday 31st August at West Street Oval Nets from 10 am to 12 noon, Senior players: 1st – 4th Grade teams and Juniors will be 10’s, 12’s, 14’s & 16’s,

Contacts: Seniors – Les Ison 0412 829 157 Juniors – David Schofield 0425 204 276
Everyone welcome, will be having a light training session as well.

The Nowra Cricket Club is running MILO "In2Cricket" Program for girls and boys aged 5-9 years. It's fun way to learn new cricket skills. The cost this year is only $65 - includes, Milo Back Pack, Cricket Bat/Ball, Shirt, Hat, Water Bottle and other great goodies. Starting October 9th held on a Thursday afternoon 5-6:30pm at Nowra Showground. Runs for 11 weeks. Contact David Schofield - 0425 204 276