1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A three-session program for parents and carers
at CAMBEWARRA PUBLIC SCHOOL
The Space: 9am to 3pm
on Monday 16th March
Cost $10, please bring a plate to share for lunch

Learn:
✓ To engage your children’s cooperation by positively noticing and encouraging them
✓ To set clear expectations and help develop frustration tolerance
✓ To help children’s brains to develop filters for behaving well
✓ To resolve family conflict quietly
✓ Some simple strategies to practise being a calm parent

Registration Fee:
The total course cost to Cambewarra Parents is cost $10 please bring a plate to share for lunch
Register your interest for this course by contacting School office at Cambewarra PS on 4446 0038
Places are limited so please register and pay ASAP but before Monday 9th March.

What people are saying...
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!
I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenter for this course is Yvonne Ferguson who completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training on April 2012. Yvonne is the school counsellor.

For more information contact Yvonne Ferguson on 4446 0038
Available Mondays and even week Tuesdays

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
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 for 2015 are filling fast!
THE BEST HOLIDAYS HAPPEN AT CAMP

Entertain the kids these school holidays with a Sport and Recreation camp. Our popular Kids' and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, slip’n’slide, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids’ Day Camps start from $47. Family Camp weekends start from $63 per day for kids and $96 per day for adults (kids under 5 attend free; cost includes accommodation, meals and activities).

Bonus! Residential Kids’ Camps include supervised transport from:

- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brooklyn
- Mooney Mooney.

dsrs.nsw.gov.au/kidscamps
dsrs.nsw.gov.au/familycamps
13 13 02
facebook.com/nswsportandrecreation
Bomaderry Junior Rugby League Football Club
Looking for more players to join our club in the following age groups under 7,12, 13, 14, 15 & 16 Years.
Looking for more 10-14 year old girls to join our newly formed Girls League Tag team.
Registrations are still being taken Tuesday’s - Friday’s at the Bomaderry Sporting Complex 3.30pm - 5.00pm or
Register on line now at http://swampies.leaguenet.com.au
Shorts, Socks and Training Shirt/ Singlet are included in Fees. For more information contact the President Steve on 0403591014.
GRAND OPENING

Jelly Bean Park