Enrolments

Well the term is certainly flying along and here at COOSH we are all having a great time during before and after school care. We have over 30 Cambewarra Public School families using our service for permanent and casual care with 6 new kindergarten families joining us this year. The growth in enrolments certainly tells us that we are providing a wonderful program that allows children to have fun, play, learn and grow in a safe and happy environment while their parents are at work.

What happens at COOSH

At COOSH we provide a quality program that meets the outcomes of the National Quality Framework, MY TIME OUR PLACE. The children choose from a wide range of activities that cater for all of their diverse interests, skills, play and learning needs. We have recently introduced our scooter and skateboard sessions. The children all have a blast roaring around the COLA and basketball court.

In the morning session we open at 7am and provide a healthy breakfast, quiet games, indoor and outdoor play and crafts before sending the children to their classrooms. Our afternoon session commences at 3pm when the children arrive. We provide a delicious afternoon tea and deliver an engaging and innovative program of activities through until 6pm.

Our staff at COOSH are all highly qualified and professional. We welcome all new families to our centre so if you would like to know more about us please drop in or call us on 0419 487 660.

VACATION CARE AT COOSH CAMBEWARRA

At COOSH we provide quality holiday care for all school aged children that includes play, art, music, dance, competitions, cooking, games, sports, excursions and fun for everyone.

Open Monday to Friday 7am-6pm throughout the Easter school holidays.

For an information package and bookings please email Michelle at cooshcambewarra@hotmail.com or call 0419 487 660.
Robo Camp

BUILD SOME NEW FRIENDS!

Students (aged 7+) learn to design, build, and program LEGO® MINDSTORMS® robots – and have a lot of fun in the process!

Hosted by the University of Wollongong (Shoalhaven Campus)

Bookings Essential: Email coach@projectb.net.au

Full Information at www.projectb.net.au

- **INTRO TO MINDSTORMS®**: Apr 9 - 10, $130 (Inc. GST)
- **CROSSBOWS & CATAPULTS**: Apr 9 - 10, $160 (Inc. GST)

Presented by Project Bucephalus and sponsored by the University of Wollongong

LEGO® is a registered trademark of the LEGO® Group of companies, which does not sponsor, authorise, or endorse this activity.
LJ & PATTY SAY JUMP INTO IT!

REGISTER NOW AT AUSSIEHOOPS.COM.AU

SHOALHAVEN BASKETBALL
TERM 2 PROGRAM COMMENCES
24.4.15-26.6.15
REGISTER NOW 5-10YRS OLD
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!
Want to win great prizes?
Join the #intergenselfie campaign.

The #intergenselfie campaign encourages 12-25 year olds to take a ‘selfie’ with someone from an older generation who they respect and could turn to for support if needed.

By uploading the photo to Twitter, Facebook or Instagram with the #intergenselfie hashtag, entrants can go in the running to win daily prizes as well as a major prize, which will be announced on 17 April during National Youth Week.

Entries open March 17, so grab a teacher, parent, carer, youth worker, grandparent, family friend, older sibling, and become part of #intergenselfie

Your post must be able to be viewed publicly for us to see your entry, so check your privacy settings before you post. For more details, terms and conditions visit the Power FM website!
POPPY PLAYGROUP
For mothers with mental health issues and their children from 0-5 years. At POPPY you can play with your children, enjoy the company of other parents and explore different parenting issues in a relaxed and supported environment.

5 Friday mornings
10am-12:30pm
24 April, 8, 22 May, 5 & 19 June

CatholicCare
68 Shoalhaven St, Nowra

Workshop Fee: No Fee

Mothers should bring a healthy snack/lunch for the child and something for themselves to share with the other mothers.

KEEPING KIDS IN MIND
A post-separation parenting workshop. Learn how to deal more effectively with the emotional & practical issues of parenting after separation. Explores loss & grief in parents and children, power grabs & impact on children.

5 Thursday mornings
10am -12:30pm
30 April, 7, 14, 21 & 28 May

CatholicCare
55 Worrigee St, Nowra

Workshop Fee: $20 per session

FAMILY & RELATIONSHIP COUNSELLING
Our affordable Counselling service provides support to children, adults, couples and families who are experiencing:
• grief and loss
• family and relationship difficulties
• stress/anxiety/depression
• changes in personal or family situations

Our skilful and compassionate counsellors are qualified professionals experienced in couples, family, individual and children's counselling.

WORKSHOP BOOKINGS
Campbelltown 4628 0044
Wollongong 4227 1122
Nowra 4421 8248

Concessions may apply dependent on financial circumstances.
Nowra Athletics Club

Our family friendly cross country season starts with an open day Saturday 21st March at Willandra, Brown’s Mountain Rd, Tapitallee. Registration 1:30pm-2:15pm prior to the first event at 2:30pm during March.

1km, 2km, 3km 4km and 8km races for all ages and abilities. For more information visit www.nowraathletics.org.au
Enrichment, Education, Excitement - Become a Volunteer Host Family!

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2015. Our students from Canada, Denmark, Ecuador, Italy, Belgium, the USA, and France are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

"Wonderful - joyous - heartfelt. An absolutely wonderful idea and so beneficial for all involved, from family to school friends. We truly feel Enrico is another member of our family."
- Marie - host mother of Enrico (Italy)

Hosting Is Fun! Find Out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today to receive a full information pack for your family.

Selfie’ time for young and old to promote mental health

Charge up your smartphones, select your filters and snap a selfie with an older person you look up to!

That’s the message from headspace Nowra and the Shoalhaven Youth Reference group who are running a campaign to highlight the importance of positive relationships between younger and older generations.

The #intergenselfie campaign, which will launch on 17 March, encourages 12-25 year olds to take a ‘selfie’ with someone from an older generation who they respect and could turn to for support if needed.

By uploading the photo to their social media pages with the #intergenselfie hashtag, entrants can go in the running to win daily prizes as well as a major prize which will be announced on 17 April during National Youth Week.

So how did the selfie competition come about? headspace Nowra Manager Jo Allsopp said the Shoalhaven Youth Reference Group (headspace Nowra’s youth volunteers) had been talking about ways to address the issue of intergenerational communication for some time.

“The Shoalhaven Youth Reference Group highlighted the importance of relationships between younger and older generations, and they wanted to find a fun way to help break down the barriers. That’s when #intergenselfie was created,” Ms Alsopp said.

“The power of social media means that the message can be spread far and wide, one person takes a selfie, another sees it and does the same, and in the meantime people are building these vital relationships.”

Bridging the generational gap is seen as an important step in addressing mental health issues in young people, as they typically turn to someone older than themselves if they’re going through a tough time.

“Young people typically turn to friends and family during difficult times, and we really want to highlight the strengths of these intergenerational relationships and help to improve communication between generations.”
“As a youth mental health service we see how important these sorts of relationships are for preventing mental health issues, and supporting young people through hard times in their lives,” she added.

Supported by Shoalhaven City Council, the campaign will be promoted during their National Youth Week events including the Youth Bucket List Blackboard Launch and Chalk Walk on 15 April, Skate Park Gala Day on 16 April and Shoalhaven Unearthed on 17 April.

Power FM is also on board to help promote the campaign at the events during Youth Week, as well as on-air, which headspace hopes will spread the message far and wide.

“It’s great to see local community groups and organisations come together to support young people in the region. The support provided from Shoalhaven City Council and Power FM will really help us to spread the important message to as many people as we can,” Ms Alsopp said.

Details on entry conditions for the #intergenselfie competition can be found at the Power FM website.

For information regarding Youth Week events visit the Shoalhaven City Council website.

For more information, further comment or to organise a photo please call headspace Nowra on 4421 5388.