Principal’s News:

**Chinese Students:** What a wonderful camp we had at the Anglesea Recreation Camp with our Australian and Chinese students. My sincere thanks go to our staff and to the wonderful CISV chapter members who ran a great program for us all. The Chinese students and teachers saw many kangaroos, our beautiful beach and lovely bushland. We had a great campfire under the stars and toasted marshmallows before singing CISV songs.

**Intercultural Assembly on Friday:** We are planning a cultural assembly for all students as our Chinese students have prepared items to share. The assembly will commence at 2.15pm sharp.

**School Review:** Our teachers have spent time looking at our data and analysing it for the school review report. All parents/carers are encouraged to visit the government “My School” website and check the Torquay College data and Annual Report. We would love some feedback on how you feel our school operates and how you feel about our teaching and learning programs. Those families who have received Parent Opinion Surveys to complete are encouraged to give honest feedback through this forum.

**School Uniforms:** There has been a request to change the design of the kilts for the girls winter uniform. There will not be a change of design at this stage but it will be considered as part of the review of School Uniform in 2017.

**Lost Property:** We have been overwhelmed by many, many hats and jumpers. All un-named jumpers have been washed and placed in the recycled cupboard for sale. Please check all areas of the school where lost property is kept to locate any articles lost by your child. We also have many drink bottles and lunchboxes waiting to be collected.

**BOOKCLUB** is coming home this week and is due back to school on 27th July. Unfortunately we cannot take any orders after this time. Thanks for your continued support. Please make sure your child’s name and class is on the order form.

Pam Kinsman, Principal
Our visiting Chinese students arrived last Friday and attended the weekend mini-camp at the Anglesea Recreation Camp. This week they have joined the Grade 5/6 excursion to Parliament House in Melbourne. Torquay College families have opened their homes to our visitors so they can experience life with a family in Australia, a wonderful experience for everybody.
## COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18th July to 22nd July</td>
<td>Year 3 Swimming Program</td>
</tr>
<tr>
<td>Wednesday, 20th July</td>
<td>F2 Year 5/6 Parliament House Excursion</td>
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<tr>
<td>20th July to 22nd July</td>
<td>Year 4 Camp Sovereign Hill</td>
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<tr>
<td>Thursday, 21st July</td>
<td>F3 Year 5/6 Parliament House Excursion</td>
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<tr>
<td>Friday, 22nd July</td>
<td>F5 Year 5/6 Parliament House Excursion</td>
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<tr>
<td>Friday, 22nd July</td>
<td>Girls Football Carnival</td>
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<tr>
<td>Friday, 22nd July</td>
<td>Whole School Cultural Assembly - 2:15pm to 3pm</td>
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<tr>
<td>25th July to 5th August</td>
<td>Year 1 Swimming Program</td>
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<tr>
<td>Monday, 25th July</td>
<td>F4 Year 5/6 Parliament House Excursion</td>
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<tr>
<td>Tuesday, 26th July</td>
<td>F6 Year 5/6 Parliament House</td>
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<tr>
<td>Wednesday, 27th July</td>
<td>ActivePath Launch Assembly - 9:30am to 10am</td>
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<tr>
<td>Wednesday, 27th July</td>
<td>Parenting Seminar Cyber Safety &amp; Cyber Responsibility - 6:30pm to 7:30pm</td>
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<tr>
<td>Friday, 29th July</td>
<td>Year 3 to 6 Assembly 2:30pm - 3pm</td>
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<tr>
<td>Wednesday, 3rd August</td>
<td>1:1 Device Information Evening</td>
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<tr>
<td>Friday, 5th August</td>
<td>Foundation to Year 2 Assembly 2:20pm to 3pm</td>
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<tr>
<td>Tuesday, 9th August</td>
<td>Year 1 Narana Excursion - B1, B2, B5 &amp; B6</td>
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<tr>
<td>Wednesday, 10th August</td>
<td>Year 1 Narana Excursion - B3, B4, B7 &amp; B8</td>
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<tr>
<td>Wednesday, 10th August</td>
<td>School Photo Day</td>
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<tr>
<td>Thursday, 11th August</td>
<td>Parenting Seminar Supporting Children who Worry — 7pm to 8:30pm See Page 4</td>
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<tr>
<td>Friday, 12th August</td>
<td>Year 3 to 6 Assembly 2:30pm - 3pm</td>
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<tr>
<td>Monday, 15th August</td>
<td>Curriculum Day - NO STUDENTS AT SCHOOL</td>
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<tr>
<td>16th August to 2nd Sept</td>
<td>Year 2 Swimming Program</td>
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<tr>
<td>Friday, 19th August</td>
<td>Foundation to Year 2 Level Assembly 2:30pm - 3pm</td>
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<tr>
<td>Tuesday, 23rd August</td>
<td>Book Week Speaker, Sue DeGennaro - Foundation, Years 1 &amp; 2</td>
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<tr>
<td>Wednesday, 24th August</td>
<td>Book Week Speaker, Sheryl Clark — Years 3 &amp; 4</td>
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<tr>
<td>Thursday, 25th August</td>
<td>Book Week Speaker, Morris Gleitzman - Years 5 &amp; 6</td>
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<tr>
<td>Friday, 26th August</td>
<td>Book Week Dress Up Parade - 8:45am to 10am</td>
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Upcoming Parent Seminar:

‘Supporting Children Who Worry’

This Parent Seminar will build your understanding of why children worry and develop your skills to assist them.

- Understanding your child’s worry
- What parents can do to support their children to worry less and build resilience
- Presented by Tracey Banks, Barwon South Network Psychologist (DET)

**Thursday 11\textsuperscript{th} August 2016**
7.00pm to 8.30pm
Café Area, Yr 5/6 Block
Torquay College
45-55 Grossmans Road, Torquay

FREE

RSVP: Monday 8\textsuperscript{th} August

==========================================================

Parenting Seminar: ‘Supporting Children Who Worry’

RSVP via email: torquay.p6.co@edumail.vic.gov.au

I/WE will be attending the Supporting Children Who Worry session on the 11\textsuperscript{th} August at 7.00pm:-

Name/s: ______________________________________________________
____________________________________________________
____________________________________________________

Contact Ph: ___________________________________________________________
**Congratulations**

**Pupils of the Week**

<table>
<thead>
<tr>
<th>FOUNDATION</th>
<th>YEAR 1</th>
<th>YEAR 1/2</th>
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<tbody>
<tr>
<td>C1</td>
<td>ARCHIE W</td>
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<td>C3</td>
<td>IVY S</td>
<td>B2</td>
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<tr>
<td>C4</td>
<td>MOLLY MC</td>
<td>B3</td>
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<tr>
<td>C5</td>
<td>JACK K</td>
<td>B4</td>
</tr>
<tr>
<td>C6</td>
<td>OWEN G</td>
<td>B5</td>
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<td>C7</td>
<td>ADOTEY A</td>
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<tr>
<th>YEAR 3</th>
<th>YEAR 4</th>
<th>YEAR 5/6</th>
<th>YEAR 5/6</th>
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<tr>
<td>D1</td>
<td>SAVANNAH W</td>
<td>R1</td>
<td>SARI D</td>
</tr>
<tr>
<td>R7</td>
<td>SARAH S &amp; LYLAH J</td>
<td>R3</td>
<td>ZEKE L</td>
</tr>
<tr>
<td>R9</td>
<td>CHRISTIAN B</td>
<td>R4</td>
<td>LUCINDA G</td>
</tr>
<tr>
<td>R10</td>
<td>JAKE W</td>
<td>R6</td>
<td>PHOENIX F</td>
</tr>
</tbody>
</table>

**CONGRATULATIONS !**

**STATE CROSS COUNTRY CHAMPIONSHIPS**

Congratulations to Jack Ellis and Hannah Wyeth who represented Torquay College in the School Sport Victoria State Cross Country Championships last week. Jack finished 19th and Hannah 35th in each of their races which is an amazing effort. You should be very proud of your achievements!
THANKS to Jennifer and Luke who donated 3 big bags of lemons and quail eggs, also thank you to Vanessa for her huge donation of lemons. The students have been busy making lemon butter and we will make lemon cordial and preserved lemon next week. Please keep donating any excess produces as we will always use it in the kitchen.

We also have potted strawberry plants for sale $2.00 each or 6 for $10.00, please see Terri in the café if you would like to buy some.

Besides the cooking and gardening program, a couple of volunteers have been busy around the garden making the space a lively, colourful one. The shed has had a make over and at the moment the pickets are going around the orchard to make a wonderful fence. It will look so amazing.

We would like to invite you all to our next project that is coming up.

The Outdoor Music and Garden classroom!! (old bike shed, behind the garden shed).

The first meeting will be held on Friday 22nd July, 11am in the Cafe.

Please come along. We are very excited to have this area transformed into a beautiful space to teach in and for the kids to explore.

In this meeting we will discuss ideas what we would like to do with this space. All ideas welcome!!

If you cannot make it to the initial meeting, don’t worry. But please let us know and we’ll put you on the mailing list. As much time or as little, you are welcome, no obligations.

No special skills required. Learning on the job. But if you do have special skills and would like to use them, you are more than welcome to do so.

Please reply to Nynke de Boer nynke_deboer@yahoo.com or Terri Mintram 5261 0906 if you would like to be on board of this amazing project.
Vegetable spring rolls recipe
(adapted from Kidspot recipe by Kristine Duran-Thiessen -

Ingredients
100g Asian vermicelli noodles
1 tablespoon sesame oil
2 cloves garlic, minced
1 1/4 cup Chinese cabbage, sliced finely
1 cup bamboo shoots, chopped roughly
1 carrot, peeled and grated
1 tin water chestnuts, drained and chopped
Salt-reduced soy sauce, to taste
Pepper, to taste
1 egg, lightly beaten
1 packet frozen spring roll wrappers, thawed (about 30 minutes)
1/2 cup vegetable oil for frying
Sweet chilli sauce or Hoisin sauce to serve

Equipment
Chopping board
Knife
Large mixing bowl
Large wok
Small bowl & fork
Pastry brush
Damp tea towel
Tongs
Paper towel
Plate
Serving plates and bowls for sauce

Method
In a mixing bowl, cover the noodles in boiling water and stand for 5 minutes. Drain and chop into small pieces.

Bring a wok or non-stick frying pan to a high heat, and add oil. Add garlic, cabbage, bamboo shoots, carrot and cook until soft, about 4 minutes.
Stir through noodles and water chestnuts. Add soy sauce to taste and a few good grinds of pepper. Set aside to cool completely.

On a clean work bench, place a small bowl with the beaten egg close to your work space.

Lay a spring roll wrapper on the bench and turn it diagonally to make a diamond shape. Fill with 1 1/2 tablespoons filling in the centre of the wrapper and wrap the bottom half of the wrapper over the top of the filling. Tuck each side inward then using your fingertips wipe the edges of the top part of the diamond with a little egg, and then roll the wrapper to close it.

Continue until you have used all the mixture and then cover with a damp tea towel.

Clean your wok or frying pan, and bring to a medium heat, add vegetable oil. Wait a few minutes for the oil to heat up. Dip one end of a spring roll into the oil - if it doesn’t sizzle, the oil is not ready.

When the oil is ready, fry the spring rolls in batches until lightly golden on all sides.

Place on a plate lined with paper towels, and serve immediately with sweet chilli or Hoisin sauce for dipping.
School Photo Day Wednesday 10th August, 2016

PHOTO DAY 2016
Torquay College
WEDNESDAY 10th August, 2016
Remember how they change each year with SCHOOL PHOTOS

 Wish PACKAGES
Arthur Reed Photos is partnering with Make A Wish® Australia who grant the cherished wishes of seriously ill children. $1 from the purchase of each 'Wish' package will be donated to help bring the healing power of a wish to children with life-threatening medical conditions.

Wish PACKAGE A - $46
1. Personalised photobook which includes portrait, group image and year level composite + calendar and bookmarks.
2. Larger size 25 x 18 cm portrait.
3. 18 x 13 cm B&W portrait.
4. 4 x 2.5 cm portraits.
5. Group photo (design nominated by school).

Wish PACKAGE B - $42
1. Personalised photobook which includes portrait, group image and year level composite + calendar and bookmarks.
2. 25 x 18 cm portrait.
3. 18 x 13 cm B&W portrait.
4. 4 x 2.5 cm portraits.
5. Group photo (design nominated by school).

OTHER PHOTO PACKAGE OPTIONS -
PHOTOBOOK PACKAGE C - $36
1. Personalised photobook.
2. 18 x 13 cm portraits.

STANDARD PACKAGE D - $32
3. 18 x 13 cm portraits.
4. 8 x 5 cm portraits.
5. 4 x 2.5 cm portraits.
6. Group photo (design nominated by school).

BASIC PACKAGE E - $29
1. 18 x 13 cm portraits.
2. Group photo (design nominated by school).

GROUP PACKAGE G - $23
1. Group photo (design nominated by school).

+ FREE HIGH RESOLUTION digital image when photos ordered online. (Table not included - image not suitable for printing)

ORDER ONLINE www.arpphotos.com.au

My School Code: 1608TC547

NOT ABLE TO ORDER ONLINE? Complete details as required and return directly to Arthur Reed Photos PO Box 272, Belmont, VIC 3216.

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Class/Homeroom</th>
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<tbody>
<tr>
<td>Parent/Guardian Name</td>
<td>Mobile/Contact Phone Number</td>
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I wish to order package A B C D E G

Payment: [ ] On strike [ ] Cheque [ ] Money Order

Total Cost of this school photo order $5

I have ORDERED ONLINE & payment supplied with this order

ONLINE ORDER REFERENCE # AMOUNT $
**FAMILY PHOTOS 2016**

Torquay College

**WEDNESDAY 10th August, 2016**

Remember the changes in them each year with SCHOOL PHOTOS

---

**TO ORDER**

All orders for family photos need to be made **BEFORE photo day**.

- **Go to** [www.arphotos.com.au](http://www.arphotos.com.au) **and follow the prompts to place your order.**
- **Scan this QR code** with your mobile device to go directly to our website.
- **Not able to order online?** Simply complete the form below and return directly to Arthur Reed Photos.

Place your order by **11.59pm, AUGUST 9, 2016** to avoid missing out.

**My School Code:** 1608TC547

---

**FAMILY VALUE PACKAGE - $30**

- 1 - 25 x 18 cm portrait
- 2 - 18 x 13 cm portraits
- 1 - 18 x 13 cm B&W portrait
- 4 - 7.5 x 5.5 cm portraits
- 1 - personalised 25 x 18 cm family calendar

**FAMILY STANDARD PACKAGE - $22**

- 1 - 18 x 13 cm portrait & 4 - 7.5 x 5.5 cm portraits

**FAMILY PORTRAIT - $19**

- FREE LOW Resolution digital image when photos are ordered ONLINE.
- Mobile / Contact Phone Number

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**NOT ABLE TO ORDER ONLINE?** Complete details as required and return directly to Arthur Reed Photos PO Box 272, Belmont, VIC 3216.

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<td>Parent/Guardian Name</td>
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I wish to order
- **VALUE PACKAGE**
- **STANDARD PACKAGE**
- **PORTRAIT PACKAGE**

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<tr>
<th>Payment</th>
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I have **ORDERED ONLINE** & payment supplied with this order (Only available up until photo day)

**ONLINE ORDER REFERENCE #**

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Currently most of our school families have IGA key tags to donate points to the school fundraising total. This year we are doing really well with over 2000 points collected so far. Please ask for a key tag if you are currently not collecting points at IGA. The friendly staff at IGA can assist in registering your card. Every time you shop at the IGA you can help the school with fundraising. We are working towards raising enough money this year to replace the Prep playground.
Courses & Activities
Term 3 2016

DIPLOMA IN EARLY CHILDHOOD EDUCATION AND CARE CHC50113

This qualification reflects the role of early childhood educators who are responsible for designing and implementing curriculum in early childhood education and care services. In doing so they work to implement an approved learning framework within the requirements of the Education and Care Services National Regulations and the National Quality Standard. They may have responsibility for supervision of volunteers or other staff.

Date: Thursdays and Fridays 9am-3pm starting 28th July for 36 weeks plus a 240hr placement
Cost: $1050 funded or $5000 unfunded

To enrol and pay or for further information and any prerequisites/competencies please contact our training provider OGNC on 5255 4294. This course is held in Torquay.

MORNING ACTIVITY PROGRAM FOR KIDS & PARENTS

Little da Vincis: Mondays 9.30-10.00am for 3-5 yrs - Painting, drawing, cutting and pasting. Lots of fun craft activities, prepare to get messy!

Bells & Beats: Tuesdays 9.30-10am and 10.30am-11am for 0-5 yrs - Songs, music, movement, dance & fun with instruments

Move, Groove and Sing!: Wednesdays 9.30-10am for 0-5 yrs - Packed full of fun and energetic action songs and activities to get your little ones singing, moving and grooving!

Music and Movement: Thursdays 9.30-10am for 0-5 yrs - A creative movement program in which children sing, dance and explore fun ways of moving to music

All sessions are $3 per child—just turn up! Term time only
Accredited Training

Certificate III in Business Administration Medical BSB31112
This qualification reflects the role of individuals who apply a broad range of competencies in various medical administration contexts. They may exercise discretion and judgement using appropriate knowledge to provide technical advice and support to a team.
When | Tuesdays 9am-1pm (20 weeks term time) starting 26th July.
Cost | $850 Funded, $326 Concession, $300 Unfunded
Contact our RTO Ocean Grove Neighbourhood Centre 5255 4294 for queries and enrolments

Somatics Exercise
An introduction to Somatics Exercise: mindful movement based around gently contracting, releasing and relaxing groups of muscles that can cause stiffness and pain in the body, creating freedom of movement. All ages and abilities welcome.
When | Wednesdays 5.30-6.45pm weekly term time
Cost | $15 or $50 4 classes
Contact Nicole Keens (Level 1 Somatics Exercise Coach/Yoga Teacher)
Telephone 0414 616 843

Introduction to Mindfulness
Develop a first hand practical experience based approach to living Mindfully and establish a personal practice that works for you day by day. Self awareness and discovery in a supportive group environment.
When | 11.30am-12.30pm Tuesday 26th July for 4 weeks
Cost | $20 for 4 wks/$7 casual
Bookings Carl 0412 212 560

Sunday Community Meditation Group
Learn how to heal your body and calm the mind for wellbeing. Beginners welcome.
When | Every Sunday commencing 17th July to 18th September, 2016 - 10am to 11am.
Cost | Gold coin donation
Registration: Nikki 0400 497 024

Cultural Diversity Workshop and Walking the path of Asylum Seekers and Refugees
Do you work in an organisation or community group that requires cultural understanding or are just curious to know more about emerging communities? These Diversitat courses facilitated by SCCH could be for you.
When | Dates and Time TBA
Expressions of interest: Fiona SCCH 5261 2583

 Massage for Beginners
This hands on workshop introduces you to simple and effective massage techniques. Whether you want to ‘dip you toe in’ before you pursue massage as a career, or you just want to learn some massage skills to share with family and friends, be inspired by the benefits of massage. Your trainer Joanne is a practicing Remedial Massage Therapist and also teaches the Diploma Health Remedial Massage.
When | Monday 6pm-9pm over 2 days held on the following dates;
Workshop 1 - 18th & 25th July
Workshop 2 - 15th & 22nd August
Workshop 3 - 5th & 12th September
Cost | $100
Contact Joanne 0432 374 405

Massage Therapy Services
You can now book Massage appointments through Torquay Professional Massage Therapy by Joanne Jones. Offering Remedial, Relaxation, Sports, Pregnancy, Relaxation and Odema Massage.
Joanne is a practicing Therapeutic Massage Therapist, member of the Australian Association of Massage Therapists and is registered for Private Health Insurance rebates.
When: Monday mornings term time
Cost: $40 for 30 min appointment
Please call Joanne on 0432 374 405

Kundalini Yoga
A dynamic blend of physical postures, breathing techniques, meditation, mantra and relaxation. It can be practised by anyone regardless of age, fitness and experience.
When | Thursdays 6.15pm-7.30pm Saturdays 7.30-8.45am
Cost | $20
Bookings Susie Seale 0425 764 530

Celebration Day for Girls
At the Celebration Day girls experience positive menstrual education through lively discussion, fun activities, women's stories and a gentle celebration of puberty.
When | Friday 6pm-8pm, Saturday 10am-4pm, 16th -17th September
Cost | $140 per mother/daughter
Contact Michelle Buggy 0417 166 070
informemotion@gmail.com

Lifestyle

Yoga for Wholeness
Classes combine a balance of Asana (postures), Pranayama (breath), Meditation and Relaxation. Drawing together the aspects of Body, Mind and Spirit. For new and current Yoga practitioners.
When | Fridays 9.15am-10.30am term time
Cost | $12 casual
Enquiries Bryan 0457 911 563

SPRING CREEK COMMUNITY HOUSE - Office Hours 9am-1pm Mon-Fri 14 Price Street Torquay
Psychic Development

Develop your inner knowing with this Psychic Development Course covering a different topic each week including; Psychometry, Mediumship, Past Lives, Animal/Plant Readings and Intuitive Body Reading.

When | Thursdays starting 14th July 7.30-9pm
Cost | $160 for 8 weeks
Registration: Contact Genevieve on 0424 326 277

Children / Youth

The Lab

The Lab welcomes ASD (Autism Spectrum Disorder) children between the ages of 9 and 17 with a knack for all things technological! With a great social atmosphere for budding programmers, digital artists and general tech-n00bs looking for a safe place to learn or just have fun playing Minecraft or dungeons and dragons style gaming.

When | Mondays 4.30-6.30pm
Cost | $20 per session
Contact justin@thelab.org.au to enrol and for further details http://www.thelab.org.au/thelab/

Arts & Crafts

Vintage Fashion and Restyling with Lyn Luck

This creative course is all about recycling clothing, accessories and fabrics from op shops, garage sales or the back of your wardrobe (into original and unique garments).

Lyn is a trained art teacher specialising in design and illustration, and has also worked as co-ordinator of fashion at The Gordon. She brings lots of creativity and passion for recycling pre-loved clothing, fabrics and accessories to her workshops and loves working with retro designs and colour in these friendly and social classes. This is also a great opportunity to improve your sewing skills and design/create your very own garment. Sewing machines supplied but BYO if you prefer.

When | Thursdays 9.30 am—12.30 pm from 4 August for 6 weeks.
Cost | $115 or $65 concession
Contact Ann Wingad 5263 2116 or courses@anglesea.org.au

Computers & Technology

Which Tablet or PC Should I Buy?

Are you in the market for a new tablet or PC and don’t know where to start? Come along to this seminar run by Jonathan Harris of JNH Software to help people narrow the decision on which tablet, Laptop or PC to buy. Learn about WiFi, Mobile Data, Giga Bytes, Free Video calls and much more.

When | Wednesday 13th July 5pm-6pm
Cost | $10
For bookings http://www.trybooking.com/187603 or contact Jonathan 0417 33 66 21 help@jnsoftware.com.au

Guitar 4 Kids

Lessons are aimed at introducing your child to music basics and playing guitar in a fun and easy going way. Sarah is a qualified music teacher with over fifteen years experience.

When | Wednesdays 3.45-4.45pm, Thursdays and Fridays 3.45-4.45pm
Cost | $12.50 for a half hour session
Contact Sarah 0466 113 138

Create your own Wearable Art Workshop

Learn how to create inspiring wearable silk art over 4 weeks with our tutor Frances. A playful, exploratory workshop that involves basic designing & creating your own silk scarf as well as learning numerous silk painting & printing techniques. All ages and abilities welcome.

When | Starts Saturday July 16th (4 weeks 2.30-5pm)
Cost | $125pp (materials incl) minimum 6 people
Enrolments SCCH 5261 2583

Free Tech Help

Do you need help with your phone/laptop?

When | Wednesdays; (Windows/Android) 9.30am-1pm
Cost | Free
Register for a 40 minute one on one appointment 5261 2583

Young Wolves: Tutoring Maths and Literacy

Grades 5 & 6, free 40 minute tutoring sessions in Maths and Literacy.

When | Tuesdays and Thursdays (Term Time) 4.00 pm - 6.00 pm
Cost | Free Registration and enquiries 5261 2583 ask for Pailla

3228 Tel: 5261 2583 email: admin@springcreekcommunityhouse.org.au
Community Groups, Support and Referral Services Available at SCCH

Arts & Crafts

Quirky Craft
Come and join our group; bring your craft, work on projects together and take part in special workshops. Every Wednesday 10.30am-12pm

Sit and Sew
This newly established group welcomes all who would like to get together for a sew and a chat.
When | 2nd and 4th Tuesday of the month 1.30-3.30pm
Cost | $3 per session

Studio 14
Join this friendly & informal group with Acrylics with Jan Dick on Tuesdays and Watercolours on Thursdays with Pat McKenzie 1.00pm-3.30pm $20 membership each term (per class) and tutor fee per session.

Painting with Parkinson’s
This art therapy program is fun, therapeutic and social and with art activities designed to help people living with conditions like Parkinson’s, MS, Early Onset Dementia and Acquired Brain Injury. This session is led by Art Therapists.
When | Fridays weekly term
Time | 11am-1pm
Cost | $10 per session all materials included

NARCOTICS ANONYMOUS
Sundays 7pm-8.30pm
A.A. (Alcoholics Anonymous)
Wednesdays 8.00pm - 9.00pm
SURF COAST LEGAL AID
First Tuesday of month 6:30pm - 7.30 pm By appointment only 5261 2583
FOOD AID DROP OFF POINT
Any weekday 9am-2pm (term time) or call 5261 2583
SPRING CREEK COUNSELLING
Contact 5261 2583

ENROLMENT AND PAYMENT OPTIONS:
IN PERSON, FAX, ONLINE, CASH, CHEQUE, MONEY ORDER, DIRECT DEBIT EFTPOS OR CREDIT CARD
ENROLMENT NOT CONFIRMED UNTIL RECEIPT OF PAYMENT
Cancellations will incur a 10% administration fee and no refund is payable if cancellation is received less than 5 working days prior to the commencement date. Special circumstances may be taken into consideration. If Spring Creek Community House deems it necessary to cancel the course, a full refund will be payable.

WHERE TO FIND US...

This activities program proudly supported by MatchWorks