



Newsletter

Issue 1, Term 1 2017

Calendar Dates

Week 7

Monday 13th March

- Public Holiday
- Adelaide Cup Day

Tuesday 14th March

- Pupil Free Day
- Governing Council 6pm

Week 8

Wednesday 22nd March

- Harmony Day

Week 9

Monday 27th March

- Open Day

Thursday 30th March

- Year 8 Immunisations

Week 10

Sunday 2nd April

- Daylight Savings Ends 2am

Week 11

Thursday 13th April

- End of Term 1
- 2:15pm Dismissal

Friday 14th April

- Public Holiday
- Good Friday

From our Principal, Mr David Harriss

Welcome back everyone, and what a great start to the year it has been! Through classrooms, and my teaching, it is evident that students are working very enthusiastically to achieve the best they can, and teachers are shaping the learning environment to support that thirst for knowledge. The new Year 8s in particular are impressing with their positive approach to all tasks and exemplary behaviour. 2016 was a watershed year as far as SACE results go. Our students had a SACE completion rate (97%) and Stage 2 passing grades percentage (96%) that was higher than ever before, an excellent result for them, and a fair reflection of the effort all teachers who had this cohort, not only in Year 12, but from Year 8 as well.

Congratulations particularly to the Research Project team, where 100% of students who submitted work to the SACE Board passed. These SACE results are the envy of many schools throughout the state, and something we should all be proud of and tell all of our friends and neighbours about.

On an individual level, we must be filled with awe at the results of Jiayi Litten. Beginning her education late in primary school at Cowandilla with little to no English, Jiayi completed her SACE with an ATAR of 99.05 and received a Commendation Award from the Governor of South Australia, Hieu Van Le. This is an inspirational journey for Jiayi, and a reflection of how hard work and dedication, with support from teachers, family and friends can reap such rewards. Congratulations!

As you know, our school had an External Review in 2016, and the final report should be on our website soon. The review revealed many of the things that we already knew about our learning environment. Ours is a very good school that works hard to get the best results for our students, results that are very impressive, as already discussed. The panel were particularly impressed with our students and the support from parents, and highlighted many of the very effective teachers we have. The best outcome from the review was the direction it gave us to move from a very good school to a great school. Again, it was pleasing that the directions suggested were no surprise. We have always been analysing what things we can do better and this year are working hard with our leaders and staff (both teaching and support staff) to help our students strive for continual improvement. We trust that the support you give from home will continue, and that you seek to strengthen the relationship you have with the school for the benefit of your children.

There have been no further developments around our STEM development, but as details come to hand, we shall communicate them to the community (have you visited our Facebook page recently?). Sports Day was postponed due to the weather, but we have been able to reschedule with SANTOS Stadium to Friday 24th March. I was as disappointed as anyone about having to cancel, but the health and safety of students and staff always need to be of paramount importance, so the difficult decision had to be made. Students were most pleased that we were able to secure another date, and we are all looking forward to a great day!

Governing Council has again been oversubscribed, which reflects the passion that our parent body has about their children's education. Please use your representatives to bring your views to our attention. Contact details for our Governing Council members will be on our website soon, with our first meeting being Tuesday 14th March. If you wish to contact me directly to discuss any issue, please feel free to email me.



Government
of South Australia
Department for Education
and Child Development

Underdale High School
19 Garden Terrace,
Underdale, SA, 5032.

Ph: 8301 8000
<http://underdale.sa.edu.au>

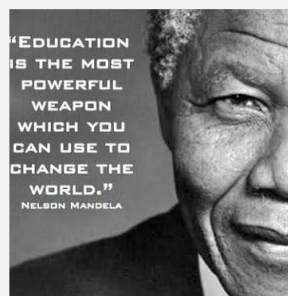
Welcome to our new staff of 2017

A very warm welcome to the new staff that have joined our school and community in 2017.

Ash Brook (Mathematics, Numeracy & Year 8 Coordinator), Paul Davies (Health, PE & Year 10 Coordinator), Charlotte Heywood (Home Ec Teacher) Brenton Daddow (Tech Studies Teacher), Kirsty Ayris (Executive Assistant), Liz Manno (Data SSO), Clare Napoli (Special Education & Admin SSO) and Sarah Burns (Grounds Person). They have all come to Underdale with years of experience, a wealth of knowledge and have taken on their new roles with great excitement and enthusiasm.

Be sure to say hello if you see them around the school.

We are excited they are all a part of our team and look forward to what 2017 brings working and learning together.



Attendance Spotlight

In 2017, Underdale High School continues to work in partnership with parents and caregivers to further develop a school culture that is welcoming and engaging. Regular attendance is a good habit that is expected at all levels of school. It is difficult to replace the learning that happens in the classroom and by making school attendance a priority your child will be given the best opportunity to develop healthy life habits.

We know that at times taking family holidays during the school year is unavoidable. It is not advisable, however, that a child take leave during Year 11 and 12 as this will have a significant impact on their overall achievement and may result in them not being able to successfully meet SACE requirements. It is important that if you are planning a holiday to contact the Year Level Manager to discuss how this could impact your child. It is Departmental Policy that all families complete an Exemption form prior to leaving for holiday. This can be collected from the Front Office.



Open Day

Monday 27th March

Information sessions followed by a tour of the school at the following times

9am 4pm 6pm

Families are warmly invited to:

- Meet our Principal, Mr David Harriss
- Tour the school and view our facilities
- Hear about the achievements of our students
- Investigate our broad range of 8-12 curriculum offerings
- Learn about our specialist programs – Football, Netball and Gifted

CRICOS Provider No. 00018A

19 Garden Terrace Underdale SA 5032 T 08 8301 8000
F 08 8234 2479 E dl.0965_info@schools.sa.edu.au
www.underdale.sa.edu.au



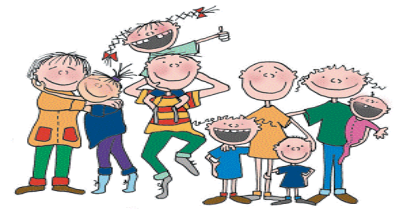
Government of South Australia
Department for Education and
Child Development

Parenting SA Website

Parenting is powerful - it is not just about parents; it is shared by grandparents, relatives, friends and those who care for children. To shape and influence a child's life is one of the most important things one can do.

Parenting SA promote the value of parents and the important role of parenting and aim to:

- Give recognition to the important and demanding role of parenting.
- Promote the status of parenting.
- Promote the importance of effective parenting practices.
- Provide information based on the latest research.
- Inform parents about resources available in South Australia.
- Support parents in building on their knowledge, skills and confidence.
- Encourage parents to feel supported to ask for help at difficult times.



Take the time to visit their website with informative videos for parents and caregivers. This month's focus is "Sleep for Teenagers". Web Address: <http://www.parenting.sa.gov.au/videos.htm>

If you wish to discuss matters related to your child's wellbeing and engagement contact the Student Services Team at Underdale High School who are available to support families.

Sophie Pyromallis,
Student Wellbeing and Engagement Leader



Breakfast Club

We are continuing to run the breakfast program and this year it is every **Wednesday & Friday** morning from 8 – 8.30am in the ground floor foyer.

We also have emergency sandwiches and fruit available each day in Student Services.

Kick Start for Kids provides this food. It is a not for profit organisation that is only able to continue with generous sponsorship from the organisations below & other generous donations from companies & individuals. <http://www.kickstartforkids.com.au>

For further information about the Underdale HS Breakfast Club – Contact Deb Daniel.

Major Partners



Meningococcal B Vaccine Participation of Year 10,11 and 12 students

The licensed meningococcal B vaccine (Bexsero®) is being offered to **all year 10, 11 and 12 students in 2017** at our school by **CITY OF WEST TORRENS** as part of The South Australian B Part of it Meningococcal B Vaccine Herd Immunity Study.

During 2017 - 2018 each participant will:

- Receive 2 doses of Meningococcal B (Bexsero®) vaccine
- Complete 2 single page questionnaires (1 if student is in year 12)
- Have 2 throat swabs taken (1 if student is in year 12)

Immunisation consent packs have been sent home to all eligible students.

It is important that you read the information contained in the pack before you provide consent for your child to take part in the study. The student is also required to provide their consent to participate in the study by signing and dating the consent form.



The vaccine is licensed in Australia and recommended for use in adolescents and toddlers.

The Meningococcal B vaccine is also licensed in Europe, Canada and the USA where it is being used to protect children against meningococcal B disease.

Up to 25% of adolescents carry the meningococcal bacteria in their throat. While this may not cause illness to themselves, the adolescent has the potential to spread the bacteria which may cause disease in others.

The study aims to determine whether the Meningococcal B vaccine has the additional benefit of preventing the spread of the Meningococcus bacteria from person to person.

If you have any questions about this program, please contact **CITY OF WEST TORRENS** or the Immunisation Section, SA Health, Monday - Friday, 8.30am - 5pm on 1300 232 272.

All parents / legal guardians are requested to complete, sign, date and return the Consent Form, even if you do not consent for the student to be part of the study. If you do not receive a Meningococcal B Vaccine Herd Immunity Study pack from your child, and you think your child may be eligible, please ask at the school office. ****Parents will be notified of the date of immunisation when we receive this information.****



Uniform Shop 2017 Opening Times:

Monday - 8:15 to 9:15am and Wednesday - 2:15 to 3:15pm

Uniform shop contact details:

Email: underdale@devonclothing.com.au

Phone: 0403 339 804 (during shop hours only)

Online ordering available through the school website or by using the following link:

<http://onlineshop.devonclothing.com.au/underdalehs>

Second Hand Uniform Sales

The year is beginning and students sometimes have growth spurts – if you are happy to donate any uniform items your children are no longer wearing **we will gratefully accept these clothing items.**

These can be dropped off to the Book Room/ Student Services or Reception Area and they will be passed on to us.

Our Student Voice Council Uniform Shop is open on: Tuesdays 1.05 - 1.20 & 3.15 - 3.35 - Optimism Corridor (between room 14&16). All money raised is going towards Student Facilities.

Any further queries contact Deb Daniel debbie.daniel152@schools.sa.edu.au Ph: 8301 8038 (Student Counsellor supporting Student Voice Council)



Underdale High presents Harmony Day- March 22

On Wednesday, Week 8, our school will be celebrating our vibrant cultural diversity through a range of sporting, musical and artistic activities, including performance and instruction from members of our local community who have generously donated their time and effort to help us celebrate.

Students are encouraged to wear orange or costumes representing their own nationality for a gold coin donation.

Check out photos of staff and students in their national attire in the Resource Centre in the lead up to the day!

For more information, catch up with Mr Hilditch.



Bullying No Way

On Friday 17th March, our school will highlight our everyday work against bullying, harassment and violence.

Underdale High School is one of just over 1000 schools in Australia to Support the Bullying No Way! Initiative. During week 7, our focus will be on revisiting our Bullying and Harassment Policy by leading activities to raise further awareness. Some activities include: creating a pledge to take a stand together against bullying, harassment and violence; a photo booth; roving interviewers, cooperative fun activities, handing out of the 'Bullying No Way!' information cards and wrist bands. We will share these in the Week 10 newsletter.

Please find attached on the following page, some information which can help you support your child/ren in any situation related to bullying, harassment and violence. As evidence has proven the detrimental effects bullying can have on wellbeing, attendance and academic success, we take this matter very seriously at Underdale High School.



BULLYING. NO WAY!
SAFE AUSTRALIAN SCHOOLS.
TOGETHER.

Dear Parents and Caregivers,

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.

Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

Visit www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make contact with your child's home group teacher and, if you need to, ask to talk with other school support personnel. Contact the school immediately if you have a concern about your child's safety.

Check in regularly with your child. Keep the conversations going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

To visit our policy - <https://www.underdale.sa.edu.au/images/PDF/BullyingAndHarassmentPolicy.pdf>

We regularly revisit this policy with students during Social Education and Home Group sessions. We encourage students to seek adult support when the matter isn't resolved by their own actions. Adult support available at school includes their Home Group teacher, Year Level Managers and Executive Leadership, Student Counsellors or other staff they feel comfortable talking to.

If you are looking for support in dealing with a bullying situation as a parent, you will find ideas on the Bullying. No Way! Website for parents. Please contact the school if you would like to discuss any aspect of our approach to preventing bullying. Thanks for your support in making our school a great school for everyone.

Health & Physical Education

House Captains 2017

Congratulations to the following students who have been chosen to represent their house as House Captains in 2017.

COURAGE : Year 8 - Mohammed Mohtashami & Yiana Grivakis, Year 9 - Koby Jarry & Elen Watson, Year 10 - Jordan Tsimopoulos & Rica Hernandez, Year 11 - John Tsimopoulos & Mulky Abdi, Year 12 - Dejan Golic & Tiarna Kelly.

RESILIENCE : Year 8 - Henry Mapleson & Cherine Moughnie, Year 9 - Alex Ergina & Erin Murphy, Year 10 - Kosta Theodoropoulos & Sheila Naku, Year 11 - Thanasi Morakis & Angela Scriva, Year 12 - Jason Le & Ana Lekic, Year 12 Vice Captains - Alphonso Sayee & Mackenzie Dinan

OPTIMISM : Year 8 - Guru Bhatia & Shay Grabia-Clarke, Year 9 - Sav Scriva & Ebony O'Connor, Year 10 - Achie Joseph & Reyzy Alcantara, Year 11 - Nic Scriva & Mary Vassilopoulos, Year 12 - Jimmy O'Connor & Maddison Small, Year 12 Vice Captains - Jonathon Lav & Ivanka Miller.

1500m and 800m Results

Congratulations to the following students who won the 1500m and 800m track events in the lead up to Sports Day. As Sports Day was cancelled due to extreme heat, we have re-scheduled the event to be held on Friday 24th March. We look forward to keeping the Underdale High School community updated throughout 2017 about all things related to school sport including after school sport, lightning carnivals and knockout sport!

1500m

Year 8 Boys – Salman Safi
Year 8 Girls – Sini Panagiotdis
Year 9 Boys – Huzeyfa Idris
Year 9 Girls – Jemma Manfre
Year 10 Boys – Henry Baynes
Year 10 Girls – Rica Hernandez
Year 11 Boys – Stefan Ek
Year 11 Girls – Mei Xin Chin
Year 12 Boys – Elijah Martin
Year 12 Girls – Ana Lekic

800m

Year 8 Boys – Salman Safi
Year 8 Girls – Sini Panagiotdis
Year 9 Boys – No race
Year 9 Girls – Diya Bueno
Year 10 Boys – Sam Garden
Year 10 Girls – Reyzy Alcantara
Year 11 Boys – Stefan Ek
Year 11 Girls – Mei Xin Chin
Year 12 Boys – Elijah Martin
Year 12 Girls – Ana Lekic



Sports Day 2017

Parents, Caregivers and Students, The Underdale High School Sports Day will be held at SA Athletics Stadium in Mile End on Friday, March 24th during Week 8 of Term 1. Students are encouraged to dress in their house colours: **RED** (Courage), **YELLOW** (Optimism), **GREEN** (Resilience).

Parents are invited to attend. Siblings are also welcome but only if accompanied by parents. Students from other high schools are not permitted to attend.

Sports Day is a normal school day. Therefore, all students are required to attend. Students who are absent on the day are required to account for their absence with a note from a parent or caregiver in their planner. As this is a normal school day, normal school rules will apply.

We have encouraged our senior school students to be active role models for other students at the event through high levels of participation, encouragement and competition.

Students can make their own way to the stadium at 145 Railway Terrace, Mile End, arriving by 8.30am for roll call at 8.40am.

Bus transport has previously been arranged for students who require transport between the school and the stadium. If your child/ren requires transport please contact the school ASAP to register; there is cost of \$6 per student using the bus transport. Students who have previously paid for the bus before sports day was postponed will not have to pay again. The bus will leave school at 8.00am.

There will be canteen facilities available to buy food and drinks but we recommend students bring their own water bottle. It is also important that they bring their own hats and sunscreen. No body paint is allowed. Due to security risks, students are not encouraged to bring large amounts of money or mobile phones, and valuables should be left at home. If you choose to bring any of the outlined items, Underdale High School will not be held accountable for anything that is lost or stolen. You bring these items at your own risk.

First aid facilities will be available to manage minor injuries. Events and the final clean up along with presentations will be completed by 3.00pm. Students will not be able to leave unless they are collected by a parent.

If you need further information about the day, please contact Paul Davies; Sports Coordinator on 8301 8013.



Two Families Together

This month Amy's Auntie Lang, received a promotion at work. Unfortunately, this meant she had to move to Melbourne, leaving her Cambodian niece behind in Adelaide.

Underdale High and IES went to work looking for a new homestay family and we found one – the wonderful Helen and Eddie Ljubljanc. Even better, Amy's Uncle Tee and mother were in town for a short stay and managed to meet up with her new family before going home.

This is a picture of the warm and friendly meeting where two families became one.



Student Voice Council Leadership Training

24 student-elected representatives attended the 4 hour training on 16th February. During this time Mr Harriss gave them his inspiring vision via video as he was unable to be there. Students were lead through some leadership topics including: being a team that contributes; contributing to inspiring leadership – respectful, relational, reliable and resilient; making events dynamic; motivating others and acknowledging self and other leadership qualities.

Students have developed their goals for 2017:

- Increase School Pride- KUB Keep Underdale Beautiful.
- Improve Student Facilities.
- Increase Student Body in raising ideas/issues & being really involved in Student Voice Directions Fundraising.
- 75-80 % of fundraising towards student facilities.
- 20-25% of fundraising to charities – teenage causes / community groups.

SVC Motto for 2017 is "Yeah the Voice"

Students have many ideas to move forward to meet these goals including having Student Voice Sub Committees and being represented on School Committees. They are extremely encouraged that over \$1400 for student facilities has been raised during 2016/17 and continually building. They will be meeting formally twice a term. On Wednesday 29th March these students will be introduced at the Whole School Assembly.



International Pt. Noarlunga Aquatics Excursion

Each year new International students get to experience Australian culture down at the beach. Giao, Ben, Khushnaseeb, Top and Astrid spent a day canoeing, surfing and snorkelling at Pt. Noarlunga Beach. They made new friends and learnt a lot about their host country.



Beach Volleyball Western Zone Carnival

On Friday 3rd of March during week 5, 37 Underdale students competed in a beach volleyball carnival held at Glenelg Beach. There were a total of 3 girls teams and 4 boys teams who competed against teams from Henley High School, Woodville high School and Adelaide Secondary School of English throughout the day. It was a perfect day to be down at the beach to play volleyball and all the students involved had a great time participating.

Every team fought hard despite the heat in the afternoon and did a great job representing the school. In the girls division, an Underdale team featuring Sheila Naku, Rica Hernandez, Georgie Staikopoulos, Peace Aladesaye and Danielle Scriva, were unlucky not to make the final, however they did win the 3rd/4th place play off. In the boys division, an Underdale team finished top of the ladder after the minor rounds winning nine out of nine games then played Woodville in the grand final. The team featuring Kosta Theodoropoulos, Sarey Ea, Junray Chequillo, Sav Scriva and Connor Marshall continued their dominance in the final to complete the day as overall winners. Another Underdale boys team with Jerry Antoine, Daniel Techana, Michael Aladesaye, Koby Jarry and Lansana Smith also had a successful day winning their 3rd/4th place play-off game against Adelaide Secondary School of English.

Overall, it was a great day with all participants having fun playing beach volleyball with their school friends as well as being great ambassadors for Underdale High School. Well done to everyone who was involved!



Building Fund

A Building Fund has been established to provide funds to assist in maintaining existing school buildings or to contribute to the construction or acquisition of new buildings on the school site in the future.

Donors can make income tax deductible donations to the fund. Any contribution to our Building Fund will be most appreciated. Please contact the school on 83018000.

School Fees

School fees this year are \$640 plus subject fees.

Please find below the School Card eligibility information.

Eligibility for School Card assistance is dependent upon the combined family gross income for the 2015/2016 financial year being within the School Card income limits.

The combined gross family income for the applicant and partner (where applicable) includes:

- Gross salaries, wages and allowances from an employer(s)
- Taxable Centrelink pensions, benefits and allowances
- Non-taxable or Tax-exempt pensions and benefits (e.g. Disability Support Pension)
- Gross interest and dividends
- Benefits from the Department of Veteran's Affairs
- Supplementary income as identified in the Supplementary tax return
- Fringe benefits (e.g. provision of a car, entertainment expenses)
- Foreign income including pensions and employment
- Business/Partnership income from self-employment (includes depreciation)

Gross income does not include any amounts received for:

- The TPI component of your Department of Veteran's Affairs benefits
- Family Tax Benefits parts A and B
- Child maintenance payments
- Carer Allowance

If you feel you meet the above requirements, please come into the office and request a school card application, our lovely office staff will assist you if you're unsure of any of the information. Be sure to bring with you your Centrelink Health Care Card or Pension Card to lodge with your application.





ON-LINE PAYMENTS "BIZGATE"-OVER THE INTERNET

An Online payment system, known as Bizgate has been developed to provide parents/caregivers and students with the option to make school payments over the web.

Please use your credit card (Visa or MasterCard only).

Instructions for payment – **Every box must be filled in**

Log on to the school's website: www.underdale.sa.edu.au

Select *Enrolments/Payments* link then *Payment of subject charges* (Bizgate)

YOUR ED ID will be – 000000000A (nine zeros followed by A)

Enter Student's full name

Enter Invoice Number and amount – **(must be filled in)**

The "other comment " box can be used to add any further comments regarding the payment that will assist the school

Click " Next" – bottom right hand corner

Enter Parent/Caregiver name

Enter Address of Parent/Caregiver

Enter email address (optional)

Enter telephone number

Click "Next" – bottom right hand corner

Check details you have entered and then click "Confirm" – bottom right hand corner

Complete credit card details – you must include the expiry date and verification code (i.e. the 3 digit code on the back of the credit card)

Ensure all details are correct and click "Pay Now" – bottom right hand corner

A delay of 5 to 10 seconds will occur whilst the credit card details are confirmed

A receipt will be shown – it is recommended that the receipt be printed for your records

Click "Close" to complete the transaction

Please note: Each student and their applicable invoices will be required to be entered separately, e.g. if you are paying for two students you will need to complete two separate transactions.

If your billing address is different than your mailing address please contact the school and complete a change of information form.



facebook



Facebook

Follow us on our Underdale High School Facebook Page.

<https://www.facebook.com/underdalehs/>

We will keep you up to date with all current affairs at Underdale High School.

Business Certificate Courses at Thebarton Senior College

Enrolments are now open at Thebarton Senior College for anyone interested in studying Certificate II Business (BSB20115) or Certificate III Business Administration (BSB30415).



Thebarton
SENIOR COLLEGE

These 10-week courses are studied in a simulated office environment and start Monday 1 May. To find out more visit www.tsc.sa.edu.au or phone Tina on 8159 3100.



Keep your kids smiling

SA Dental Service

Have you received a letter from Medicare about the Child Dental Benefits Schedule?
The School Dental Service is a Child Dental Benefits Schedule provider.

Dental care is **FREE** for ALL babies, preschool and most children under 18 years at School Dental Service clinics.

Call now for an appointment. Your clinic is:
Marleston Community Dental Clinic
Phone: 7501 6700



FREE HEALTH SEMINAR

14TH MARCH 17 - 7PM

Danny's Place is for 10-18 year olds with weight and obesity issues. Our emphasis is on health, well-being and ensuring normal growth within a caring, positive environment. We are a specialist team that offers a 6-month program to help the young person achieve their goals around weight and well-being to allow them to be their best.



INFORMATION TO HELP YOU UNDERSTAND CHILDHOOD OBESITY

INFORMATION ON HOW HEALTHY WEIGHT IS MEASURED IN CHILDREN & ADOLESCENTS

AN UNDERSTANDING OF WHAT SERVICES ARE AVAILABLE

WHAT IS DANNY'S PLACE AND HOW WE CAN HELP?

LIFESTYLE TIPS AND SOLUTIONS TO GET YOU STARTED

EVENT DETAILS

7PM

CHRIST THE KING PARISH HALL
(PARKING AT REAR OF CHURCH)

456 HENLEY BEACH RD
LOCKLEYS 5032

RSVP

7TH MARCH 2017

7231 1772

enquiry@dannysplace.com.au

DANNY'S PLACE
12 THE PARADE NORWOOD
SA, 5067

www.dannysplace.com.au

FREE
come and try
Karate lesson

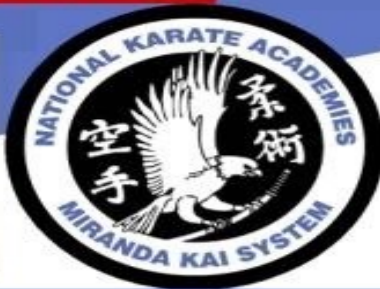
In Your Area

Henley High School

Cudmore Tce
Henley Beach

Sunday:

5pm Juniors;
6pm Seniors



National Karate Academies™

0437 523 913

www.nationalkarate.com.au

Does your child or teen have a SLEEP PROBLEM?



Does your child:

- refuse to go to bed at night
- have trouble falling asleep
- wake up and cannot get back to sleep
- have trouble waking up or getting out of bed in the morning
- often sleep in their parents' bed or bedroom or need a parent present to help them fall asleep
- miss school or feel fatigued throughout the school day



The Child & Adolescent Sleep Clinic at Flinders University offers treatments for children and adolescents of all ages (including infants from 6 months of age). To book an appointment, please call or email us on the contact details below.



Child & Adolescent Sleep Clinic
Flinders University
School of Psychology



8201 7587

casc.enquiries@flinders.edu.au