



Christ the King, North Rocks

Term 1, Week 3

12th February, 2015

2 Statham Avenue, North Rocks 2151

Phone 9871 7438

Email—northrocks@parra.catholic.edu.au

Website—http://www.ctknorthrocks.catholic.edu.au

2015

WEEK 3

Fri 13th Feb SCHOOL CENSUS DAY

- * **School Sport Program Kinder to Yr 6 – all students in sport uniform**
- * **Band begins 7.45am** (returning students)
- * Group band lessons begin during the day
- * Lunch orders
- * Ice blocks after lunch \$1—Kinder helpers

WEEK 4

Mon 16th Feb

- * Lunch orders
- * Yr 3 visiting Australian Wildlife Park
- * **Cool Kids Music Club** 3pm—4.30pm

Tue 17th Feb

- * Uniform Shop open 8.30am — 11.00am
1.30pm—3.30pm
- * PE—Yr 6, 5/11, Kindergarten

Wed 18th Feb

- * **Choir** 8am Yrs 2-6
- * **ASH WEDNESDAY**
Yrs 3-6 attending Parish Mass 9am
K-Yr 2 Infants Liturgy 2-15pm
- * PE—4/9, 2/5, Yr 1, 3/7
- * **Chess** 3.00pm—4.00pm

Thurs 19th Feb

- * PE—3/8, 4/10, 2/6, 5/12
- * **Dance Club** 3.15—4.15pm
- * **GRADE PARENT INFORMATION NIGHT**
6pm Kinder, Yrs 3, 5, 6
7pm Yrs 1, 2, 4

Fri 20th Feb

- * **School Sport Program Kinder to Yr 6 – all students in sport uniform**
- * **Band 7.45am** (returning students)
- * Group band lessons begin during the day
- * Lunch orders
- * Ice blocks after lunch \$1—Yr 1 helpers

Dear Parents,

New changes to Compulsory School Attendance 2015

The following outlines the changes that have been implemented as a result of the changes to the *Education Act 1990* regarding attendance. **These changes take effect immediately.**

The Catholic Education Office Diocese of Parramatta (CEDP) has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school.

Schools are required to monitor and keep a register of student attendance and explained absences.

Note: Exemption from attendance no longer applies to travel and holidays, both domestically and internationally.

New requirements for Exemption from attendance for student absence and travel

- 1-9 days absence: Parents must notify the school principal by mail or email (written)
- 10-100 days absence: Parents must complete and submit the Application for Extended Leave form prior to commencing leave. If approved the Principal issues a Certificate of Extended Leave. If the principal declines this application (i.e. it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.

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### SCHOOL CENSUS DAY Tomorrow, 13th February, 2015

Tomorrow, 13th February is **School Census Day**. All children should attend school on that day and absence should only be if it is absolutely necessary.

If your child is absent on Friday 13th February, a note explaining the child's absence must be presented to the school teacher on the child's return on Monday 16th February.

This is of course a requirement that applies to everyday of the school year, however, Census data is directly related to Government funding for our schools and the requirements outlined above are set by the Department of Education.

*Have a great week,*

*Annelise Stockey, Principal*



**CHANGES TO STUDENT COLLECTION FROM ON-SITE  
AND AFTER-SCHOOL ACTIVITIES  
START NEXT MONDAY 16TH FEBRUARY**

**Cool Kids Music (Mondays 3-4.30pm), Chess  
(Wednesdays 3-4pm),**

**Dance Club (Thursdays 3.15-4.15pm)**

From **NEXT Monday 16<sup>th</sup> February**, the main gate into the School area (near the Library) will be locked at 3.30pm. Collection of students from the above-mentioned after school activities will now **only be through the gate in the Drive-through area**. Parents are to safely park under the covered outdoor learning area (COLA) and collect your children. Please **do not** park down the driveway of the school.

**BOUNDARY GATE CLOSURES**

A reminder that the school perimeter gates (Bowral Street & Buradoo Close) are locked after pick up finishes (3.15pm). Student collection after this time is only through Statham Avenue using the Drive-through system.

**Thank  
You**

Thank you to all the Kindergarten families and new families for attending our welcome BBQ last Friday. It was fantastic talking to you all and seeing the excitement on the children's faces as they could show off the school and their friends to their parents. Thank you to my leadership team and our student leaders for making themselves available to meet our new families and many thanks to the P and F as well as the many other parents who made the event such a success.

**SUSHI LUNCH TRIAL**

For the next two weeks (Wednesday 18th February & Wednesday 25th February) CTK will be trialling a new lunch order service offering Sushi to the students. For catering purposes, orders must be received by 12pm each Tuesday. **NO LATE ORDERS WILL BE ACCEPTED.** More information inside this newsletter. A detailed information note and menu will also be coming home with your child.

**LIBRARY NEWS**

**Subscription News**

This year Christ the King has subscribed to several online databases to help complement student learning. **Logins for each subscription will be issued in the following days.** Over views and helpful hints on the use of each database will be shared over the coming weeks.

*Mrs Sarah Cook, Teacher / Librarian*

*Happy Birthday this  
week to :*



February

|      |                   |
|------|-------------------|
| 17th | Angelina Watihenu |
| 18th | Raymond Daher     |
| 20th | Sophie Dench      |
|      | Max Trestain      |
|      | Liam Abdallah     |
| 21st | Max Murray        |
| 22nd | Lillian Price     |

**Coming home soon**

- \* Term 1 School Calendar  
(via email)

**MARK IN YOUR DIARY**

- \* **Ash Wednesday :**  
**Whole School Mass**  
**9am**  
Wed 18th February
- \* **Grade Information**  
**Night**  
Thur 19th February  
6.00pm: Kinder, 3, 5, 6  
7.00pm: 1, 2, 4
- \* **P & F Meeting**  
Tues 24th February  
7.30pm
- \* **School Photo Day**  
Monday 2nd March
- \* **Catholic Schools**  
**Week**  
Week 7: 8th-14th March
- \* **Yr 6 Canberra**  
Mon 23-Wed 25 March



The School Office is open  
from 8.30am—3.30pm.



## Grade Evenings NEXT WEEK

Parents are urged to attend to meet their child's new teacher for 2015, have the opportunity to discuss various programs and be informed of the unique aspects of your child's particular grade and stage of development and learning. We hope you are able to join us on the following evenings some beginning at 6.00pm and others at 7.00pm as appropriate for your child.

|                                 |               |                                  |
|---------------------------------|---------------|----------------------------------|
| <b><u>Thursday 19th Feb</u></b> | <b>6.00pm</b> | <b>Kindergarten, Yrs 3, 5, 6</b> |
|                                 | <b>7.30pm</b> | <b>Years 1, 2, 4</b>             |

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## Class Parent Representatives

At the grade information evening teachers will be asking for volunteers to take on the role of "Class Parent Representative". This voluntary role attracts no accolades or favors, but truly assists the class/grade community and the teacher. Aspects of the role together with the adjoining class include:

- ⇒ *Welcoming new families with a card.*
- ⇒ *Liaising with the class teacher to assist with volunteers etc. if needed.*
- ⇒ *Co-ordinating a team of parents from the grade to serve on their grades cake day.*
- ⇒ *Perhaps organizing a cuppa outside the church after their grade mass.*
- ⇒ *Celebrating with a card, baby arrivals etc.*

The role can certainly be shared and we welcome your participation. *Please note: for ease of communication, a maximum 2-3 parents per grade to fulfil this role.*

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**IF YOU ARE EVER UNSURE** If you are unsure about any aspect of your child's schooling, school event, activity, procedure, learnings etc., we encourage you to please take the time to seek clarification with class teachers, specialist teachers, office staff, Mrs. Walsh or Mrs. Stockey as opposed to relying on hearsay or other's interpretations or perceptions. We are only too glad to assist you and work in partnership.

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**MEDICATION** If it is absolutely necessary that your child requires the school to administer any medication, a medication form available from the school office must be completed. This form can be sent home via your child if needed.

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## P&F Meeting

Our first P&F Meeting is scheduled for **TUESDAY 24<sup>TH</sup> FEBRUARY AT 7.30PM** in the School Library. We look forward to seeing a big turn out where we will do a wrap up of last year and share with you some thoughts on this years possible activities and fundraising.

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## SPORT NEWS

The Hills Swimming and Life Saving Club are holding a Primary Schools Carnival on 21st Feb at Waves Fitness & Aquatic Centre, Baulkham Hills commencing at 5.45pm.

Entry is open to any student who attends a local primary school and can swim 50 metres. No need to pre-register as entries will be taken on the night.

Please refer to the website <http://www.thehills.org.au/> for further details.

## NEWS FROM THE P&F

### Ice Block Friday

ICEBLOCK day will be this Friday 13th with **Year 6 Leadership team** running the sales for this week again with the help of some **Kindergarten parents**. Could we please have 4 Kindy Parent helpers from 1.20pm for 40 minutes to help at the school with iceblocks. If you are able to help, please text Connie on 0400 308 570. Could the helpers meet me in the hall kitchen on at 1.20pm on Friday.

Ice Blocks are \$1 each. Please inform the office if you do NOT wish your child to purchase an ice block or please en-  
sure that your child has their money on the day to avoid any tears.

**Advance Notice.** Year 1 parents will be running Ice Block Friday the following week, 20th February.

### Lunch Bags

New Lunch Bag tags are being printed and laminated. If you need an update, please include child's name and new class on an envelope and forward to the school office. Some people are also laminating their lunch orders as they tend to order the same food each time. It makes it a more convenient way to have the order already printed and laminated. Each tag is \$1. Could you please include the right money in the envelope. Please note there are NO INSULATED Bags left until Winter. I only have lunch wallets available.

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### Kindergarten Welcome BBQ

Thank you to all the wonderful parent helpers and teachers that welcomed our new Kindergarten children and families last Friday at the Welcome BBQ. The sausages were scrumptious and there were plenty of drinks keeping everyone cool. Thank you also to the Year 6 Leadership team that helped with the set-up on the day. A great evening was had by all.

### Cadbury Fundraiser

Thank you to Belinda Grosvenor (Skye, Dane and Brinleigh's mum) who has volunteered to take on this drive for the school. Children and families are NOT obliged to take a box at all. It is only if you wish to and request so. This year there will be 2 different kinds of boxes.

Variety Box (consisting of 50 units of 30g bars of Boost, Crunchie, Toblerone, Cherry Ripe and Time Out

Sweet Treat Box (consisting of 30 units of 50g bars of Dairy Milk, Caramello, and Marvellous Creations

The Variety Box sells at \$1 per bar and therefore sell price is \$50 for the box.

The Sweet Treats box sells at \$2 per bar and therefore sell price is \$60 for the box.

If you wish to have a box sent home, please fill in the slip below and return with your child to Mrs Grosvenor via the School Office. No further boxes will be delivered until all monies have been received for previous purchases.

Warm Regards, Connie Este - P&F President

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### CADBURY FUNDRAISER

Name of Child \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name & Contact Number \_\_\_\_\_

I would like 1 x ☐ VARIETY BOX **OR** ☐ SWEET TREATS BOX  
(PLEASE INDICATE ONE BOX ONLY)



## TRIAL OF SUSHI LUNCH ORDERS

For the next two weeks (Wednesday 18th February and Wednesday 25th February) CTK will be trialling sushi lunch orders for the students.

Children will be able to order sushi from Hana Sushi at North Rocks on **Wednesdays** starting NEXT Wednesday 18<sup>th</sup> February.

All orders **MUST** be received by 12pm on the Tuesday before delivery day (i.e. 12pm on Tuesday 17th February and 12pm on Tuesday 24th February). PLEASE NOTE: Late orders will not be accepted.

Please ensure lunch orders are written on the outside of a brown paper sandwich bag for each child (*Family orders not available*) with their name and grade on it. (Envelopes and Plastic Snap Lock bags **can not** be used for lunchorders).

Unfortunately we will not be able to do a family order at this stage. Correct payment **MUST** be enclosed in each sandwich bag.

## Menu

(Wednesdays only)

Please ensure orders are received by 12pm on the TUESDAY in a brown paper bag with the CORRECT payment for each child's order.

|                                         |        |
|-----------------------------------------|--------|
| Chicken Teriyaki and Cucumber Sushi     | \$2.50 |
| Tuna (mayonnaise) and Cucumber Sushi    | \$2.50 |
| Tuna (mayonnaise) and Avocado Sushi     | \$2.50 |
| Vegetarian Sushi                        | \$2.50 |
| Baby Cucumber Sushi (8 pieces)          | \$2.20 |
| Baby Tuna (Mayonnaise) Sushi (8 pieces) | \$2.20 |
| Rice Paper Roll - Tuna                  | \$2.70 |
| Rice Paper Roll - Chicken               | \$2.70 |
| Rice Paper Roll – Vegetarian            | \$2.70 |

\*Sushi comes with soy sauce

\*\*Rice Paper Roll comes with Sweet Chilli Sauce

## UNIFORM SHOP 2015

TUESDAYS 8.30AM—11.00AM

1.30PM—3.30PM

*The Uniform Shop is open on TUESDAYS ONLY each week with morning and afternoon opening hours for your convenience.*

Parents are most welcome to place an order through the office. FULL PAYMENT must accompany all orders. The Uniform Shop can accept cash or cheque (made payable to Christ the King). Eftpos facilities are able to be accessed through the School office for Uniform orders.

**The Uniform Shop Price List is now available on the Christ the King School web site.**

Go to [ctknorthrocks.catholic.edu.au](http://ctknorthrocks.catholic.edu.au) and click on the 'Parents' tab then click on Handbook, School Office and then Uniform Shop / Clothing Pool. On this page you will find the price list to download.

## CHILD PROTECTION—CEO PARRAMATTA MODULE & THE NEW WORKING WITH CHILDREN CHECK



The Working with Children Check is a **three step process** which includes Completion of the CEO Online Child Protection Module and Completion of the 'new working with children check' through the NSW Commission for Children website. Applicants will then need to present the completed documentation at their local Roads & Maritime Service (RMS) Office (formally RTA) for screening which completes the check.

**PLEASE NOTE:** Partial Completion of the above steps will not be accepted. Completion of only the CEO Module will not allow you to assist in the classroom

1. It is a Diocesan requirement that any parent volunteering at Christ the King School complete the Child Protection training module.

This training is to be completed online at :

<http://childprotection.parra.catholic.edu.au>

CTK will receive email notification when you complete the CEO module.

2. When module has been completed go to: [www.kidsguardian.nsw.gov.au](http://www.kidsguardian.nsw.gov.au) and follow the links to complete the 'new working with children check'. A Working With Children Check is a prerequisite for anyone in child-related work. It involves a national criminal history check and review of findings of workplace misconduct.

Only paid workers in child-related work are required to pay the \$80 fee for a five year clearance. This equates to \$16 per year, the lowest in Australia (together with Victoria).

*The Working With Children Check remains free for:*

- Volunteers and students
- Potential adoptive parents
- Authorised carers
- Adults who reside in the home of:
  - an authorised carer
  - a family day care service provider
- a home-based education and care service provider.

3. Once the RMS check has been completed you will receive an email which will state that you have clearance to work with children. **You will need** to present a copy of the RMS email to the school office to complete your Working with Children Check. **Only then** will you be cleared to work with the children in the school.



# CTK COMMUNITY NEWS

**Oakhill College Enrolments 2016** Applications for enrolment into **Year 7 2016** will close on **Friday, 20<sup>th</sup> February, 2015**. Parents who wish to apply for enrolment of their sons in Year 7 at Oakhill College in **2016**, and who have not yet submitted an Application for Enrolment, are requested to contact the Registrar before the closing dates on 9899 2288 or [registrar@oakhill.nsw.edu.au](mailto:registrar@oakhill.nsw.edu.au)

**OLMC Parramatta Open Day** Our Lady of Mercy College Parramatta warmly invites you to its 2015 Open Day on Sunday, **March 1 from 10am to 2.00pm**. Principal's Welcome at 10am and 12pm. Discover why a Mercy Education is treasured for life. To reserve your place or obtain further information visit [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) or phone 9683 3300.

**Tennis Coaching Programs 2015** Various tennis coaching programs [held at North Rocks Royal Institute Courts] are available including- group, private and MLC Hotshots, catering for beginners to advanced standards. \*FREE introductory lesson to new enrolments from Christ the King School in 2015. Enrolments and enquiries to Scott Gregson Tennis Advantage on 0414 554 612.

**Girls Soccer Available at Beecroft Football Club**. Girls of all ages (u/6 – u/12) are wanted for *Girls Only* Teams to play in Sunday morning matches for the coming winter season. April – August with no school holiday commitment. More details from Jeff Saul on 0418 662 912 or [jsaul@bigpond.net.au](mailto:jsaul@bigpond.net.au)

 **Join North Rocks Girl Guides** *Having fun today, leading the world tomorrow...*  
Guiding helps girls to develop self-confidence, leadership and teamwork skills in a fun and exciting way. Enjoy a variety of activities with new friends from crafts and games to camping and canoeing. Mondays: Junior Guides (Aged 6-10) Guides (Aged 10-14) Website: [www.joinguides.com.au/](http://www.joinguides.com.au/). GUIDE HALL AVAILABLE FOR HIRE- For more details please contact Jeanette on 0450 733 168.

**Sydney Youth Choir** Sing with the Sydney Hills youth Choir. Students aged 8-18 are invited to audition for the Sydney Hills Youth Choir. Weekly rehearsals—5pm Tuesday at Baulkham Hills senior Citizens Centre. 390 Windsor Rd Baulkham Hills. Auditions **Monday 23rd February @ 6pm**. The Hills shire Council Community Room 1 & 2. 3 Columbia Court Baulkham Hills. Applications & More Information Raquel 9843 0237 or [RRICAFORTBLEZA@THEHILLS.NSW.GOV.AU](mailto:RRICAFORTBLEZA@THEHILLS.NSW.GOV.AU)

**HILLS MUSICAL THEATRE** Do you like to sing, dance, act or be on stage? Come and join our show! Open to adults and children. Hills Musical Theatre Company presents our first show of 2015, a Caberet 'Show Off!' Information flyer with Audition dates available from the school office. For more info [www.hillsmtc.com](http://www.hillsmtc.com)

**PENRITH OBSERVATORY—FAMILY ASTRONOMY NIGHTS** **February 28th 8PM-10PM** These night will include a multimedia presentation with question time, a 3D astronomy movie, a tour of the dome area and 0.6m telescope and an opportunity to view celestial objects through the university's telescopes. Our programs will run regardless of the weather. **Cost:** \$18 adult, \$12 child/concession and \$50 family **Bookings are essential:** Book and pay online: [www.uws.edu.au/observatory](http://www.uws.edu.au/observatory), What's On **Contact:** Tel: (02)4736 0135 **Email:** [penrithobservatory@uws.edu.au](mailto:penrithobservatory@uws.edu.au)

**NORTH ROCKS PHYSICAL CULTURE CLUB** Fitness, Dance, Fun and Friendship Come and Join the "Rockettes"  
Classes are held at Don Moore Community Centre, Cnr North Rocks Rd & Farnell Ave, Carlingford on Mondays for girls from 9 Years through to Ladies and Wednesdays for girls from 3 Years to 8 Years. ***All newcomers are very welcome!*** For further information please phone Sue 0417 688 914 or Helen 9871 6913 **Email:** [info@northrockspshysie.com](mailto:info@northrockspshysie.com) Website:[www.northrockspshysie.com](http://www.northrockspshysie.com)

**CATHOLIC CARE SOCIAL SERVICES : BEREAVEMENT SUPPORT PROGRAM** The next Session of CCSS Solo Parent Services Bereavement Support Program for those whose spouse or long term partner has died is on **Tuesday 17<sup>th</sup> February**, from 10.00am – 12.00pm **Venue:** 51-59 Allawah St, Blacktown. **Topic:** "Images and Frameworks for Understanding Grief. **Registration:** Eileen or Rita Ph. 99330205 or [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au) Cost \$5.00. See Flyer on Parish Notice Board

**CATHOLIC CARE SOCIAL SERVICES: YOUNGER WIDOWED SUPPORT GROUP** CCSS Solo Parent Services monthly Bereavement Support Group for men and women widowed at a younger age with or without children will be held on the 3<sup>rd</sup> Tuesday of each month. Next gathering: **Tuesday 17<sup>th</sup> February**. Time: 7pm – 9pm **Venue:** CCSS Centre, 51-59 Allawah St Blacktown. Cost: \$5.00. **Registration:** Eileen or Rita Ph. 9933 0205 or Email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au) Flyer on Notice Board



# CTK COMMUNITY NEWS

**WESLEY FAMILY CENTRE, THE HILLS** Unit 437-14 Lexington Drive Bella Vista 8805 7288.

email: [thehills@wesleymission.org.au](mailto:thehills@wesleymission.org.au)

Many program for children, parents and families which include:

Family Support Work for families with children 0-17

Multicultural Women's Support Group

Children's Expressive Therapies the Hills

Positive Parenting Program—Triple P

Music Playschool

Baby Skills Playgroup

Play in The Secret Garden

Community Development—Rouse Hill Families Connect

Financial Counselling Services

Counselling

123 Magic & Emotion Coaching

Early Ed

Big REaD Day Out Event

Paint the Hills REaD Swap Box

Information pamphlets for all of these programs available from the school office.



**THE SYDNEY HILLS LUNAR FESTIVAL**  
SATURDAY 21 FEBRUARY 2015 | 5-9 PM  
North Rocks Park & Don Moore Community Centre, North Rocks Road

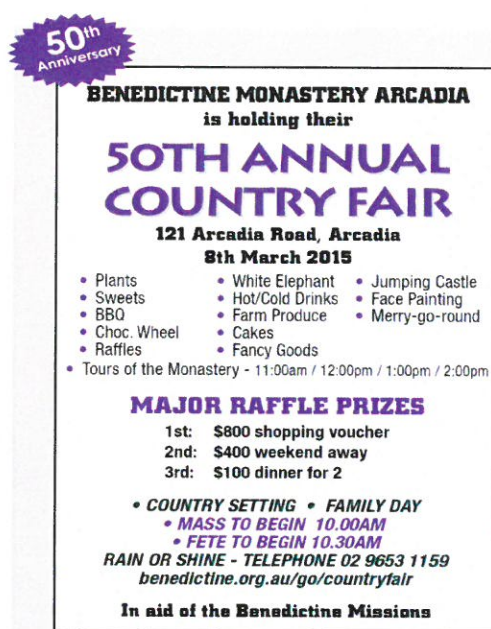
**FIREWORKS NOTIFICATION**  
Please note that at approx. 9 pm on Saturday 21 February there will be a fireworks display at North Rocks Park as a part of the Hills Lunar Festival Celebration. Residents are advised to take due precautions for the comfort of any domestic pets.

**COME AND CELEBRATE THE LUNAR YEAR OF THE RAM**

- Fireworks
- Lion Dance
- Kite Flying
- God of Fortune
- Free Face Painting
- Great Entertainment
- Bonsai Display
- Chinese Art Display
- Taekwondo Demonstrations
- Free craft Activities for the Kids
- Food stalls (Asian and International)
- Yard Games and Children's Playground Area
- Many Culture Activities to enjoy
- Parking available on site

[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) | 9843 0555

**THE HILLS**  
Sydney's Garden State



**50th Anniversary**  
**BENEDICTINE MONASTERY ARCADIA**  
is holding their  
**50TH ANNUAL COUNTRY FAIR**  
121 Arcadia Road, Arcadia  
8th March 2015

- Plants
- Sweets
- BBQ
- Choc. Wheel
- Raffles
- White Elephant
- Hot/Cold Drinks
- Farm Produce
- Cakes
- Fancy Goods
- Jumping Castle
- Face Painting
- Merry-go-round

Tours of the Monastery - 11:00am / 12:00pm / 1:00pm / 2:00pm

**MAJOR RAFFLE PRIZES**

1st: \$800 shopping voucher  
2nd: \$400 weekend away  
3rd: \$100 dinner for 2

• COUNTRY SETTING • FAMILY DAY  
• MASS TO BEGIN 10.00AM  
• FETE TO BEGIN 10.30AM

RAIN OR SHINE - TELEPHONE 02 9653 1159  
[benedictine.org.au/go/countryfair](http://benedictine.org.au/go/countryfair)

In aid of the Benedictine Missions



**PLAY AUSSIE RULES WITH PENNANT HILLS DEMONS 2014**

Great fun, great friends and great exercise!

- Established for over 40 years
- 170 players in 2013 from Auskick up to Under 16's.
- Be a part of a great community
- Home ground Ern Holmes Oval, Britannia Street, Pennant Hills.
- Training and Auskick on Tues/Thurs evenings and games on Sundays.
- Be part of the club where stars were born: Kieren Jack & Jarrad McVeigh (Sydney Swans) Mark McVeigh (Essendon) Lenny Hayes (St Kilda)

**Register NOW!**  
SEE WEBSITE or Ring  
Noeleene Flynn  
0450 650 281

[www.pennodemons.com](http://www.pennodemons.com)

**LOOK OUT FOR SYDNEY SWANS CLINIC EARLY IN THE SEASON!**



**PLAY RUGBY LEAGUE ON SUNDAYS**

**WE ARE NOW TAKING REGISTRATIONS FOR THE 2015 SEASON FOR U6 TO U17**

**Registration Days**  
January 31 & February 7  
Westfield North Rocks  
10am - 2pm (near K-Mart)

**Come & Try Night**  
February 13 at 5:30pm  
Roselea Oval, Carlingford

Your child will be provided with their uniform. All you need are boots and a mouth guard. Our games are played in the Balmain District, with training at Roselea Oval & Cox Park, Carlingford.

**SAFE PLAY MODIFIED RULES**  
Experience how fun and safe Junior Rugby League is!

**For more information contact us on**  
**0426 200 181**  
[info@carlingfordcougars.com.au](mailto:info@carlingfordcougars.com.au)

**CARLINGFORD COUGARS**  
Junior Rugby League Football Club