This year has seen a large number of students receive purple slips for demonstrating Toolooa’s core values of Respect, Achievement and Responsibility. The box that stored the purple slips had to be replaced with a large garbage bag. It was certainly entertaining to watch Mr Townsend and Mr O’Connor draw the winner of the ipad for term 1 out of this garbage bag.

Another area where students are being rewarded is through their attendance. Students who’s attendance is 96% or higher at the end of each Semester will also go in a draw to win another exciting prize (possibly a second ipad). 96% attendance allows students to have a maximum of 4 days off each Semester. Remember everyday counts, for teachers to make a difference and for learning to occur, we need students to be attending.

Last week we celebrated “Chappy Week”. Some students chose to participate in the lunchtime activities and I have heard that the pancakes last Thursday morning were a definite success. Last weekend saw many of our instrumental music students participate in a camp. The students all appeared to have a fabulous time. A very special thank you to all the instrumental music teachers, Miss Mewing and the many parents who assisted with the food preparation and general running of the camp. It was a fantastic experience for all the students that attended.

This week on Friday year 5 and 6 students from across Gladstone will be coming to Toolooa to participate in the Super Challenge. This provides these students with the opportunity to participate in activities that require students to use a variety of thinking skills and often require ‘out of the box’ thinking.

Date Claimers
Important dates for parents of students in Yr 7, 8 and 10 in 2015
On Wednesday 4th June at 6pm there is a general information night for parents of students in years 7 or 8 in 2015. It will be held in the library.
On Thursday the 5th June at 6pm there will be an information evening for students who will be in year 11 in 2015. This night will provide information around subject selection. It will assist the students with their subject selections so as to maximise their chance of success at the end of year 12.

For these students. Students will be required to complete an Expression of Interest – Subject form by Thursday 12th June. Online subject selection will need to be completed online through OneSchool by Friday 25th July. Students will also have completed their Senior Education and Training (SET) Plans online by Friday 25th July.

If you have any questions about anything that you have read and heard around the school, please do not hesitate to contact the school.

Cheers
Danielle Willard

Do you enjoy working in a team environment and looking to enhance your employability skills while combining school with Industry experience? The new EBITS Enterprise Experience commencing in term 3 could be for you.

Based in the Boyne Smelter professional office suites, this brand new EBITS Year 10 program provides you with the opportunity to gain practical experience in a professional business environment while completing a Certificate II in Business VET Qualification.

Applications, are OPEN NOW and can be obtained from your senior head of schooling or contact Tracy Buchanan on 49766129.

Don’t miss out, Applications close on Friday 13th June, 2014.
As many of you know, Toolooa SHS has been participating in the annual Opti-MINDS challenge for a few years now. Our school has been particularly successful in this challenge, taking out first place in the high school division of the regional challenge for the past two years.

In 2014, we have had more interest than ever, which means that we will be able to send more teams through to the regional challenge in Rockhampton. These teams will challenge themselves against other schools from the region in their chosen area of Science & Engineering, Social Science or Language & Literature, as well as a Spontaneous Challenge on the day.

The challenges vary each and every year, but generally involve the creation of some kind of new product, along with a presentation of ideas and performance. Students are challenged in their critical thinking skills, ability to work in group situations, public speaking and creativity.

Opti-MINDS is open to all students from year 7 through to 12. It requires commitment of a couple of hours per week for six weeks, as well as a full day (Sunday) in Rockhampton for the Regional Challenge. If students secure first place in their division, they are also invited to participate in the State Finals in Brisbane, which takes place on a weekend later in the year.

If your child would like to participate in Opti-MINDS this year, please send them to see Miss Batey in the maths staffroom to register their interest.

Jess Batey
Toolooa SHS Opti-MINDS Co-ordinator

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### Work Experience Dates 2014

#### Semester 2

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<th>Placement Dates</th>
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<tr>
<td>General</td>
<td>1 September – 5 September</td>
<td>18-Jul</td>
</tr>
<tr>
<td>Year 10</td>
<td>15 September – 19 September</td>
<td>25-Jul</td>
</tr>
<tr>
<td>Medical Focus</td>
<td>16 September – 18 September</td>
<td>ASAP</td>
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<tr>
<td>Holiday Placement</td>
<td>22 September – 26 September</td>
<td>15-Aug</td>
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<tr>
<td>GPC</td>
<td>22 September – 26 September</td>
<td>15-Aug</td>
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<tr>
<td>Holiday Placement</td>
<td>30 September – 4 October</td>
<td>15-Aug</td>
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<tr>
<td>GPC</td>
<td>30 September – 4 October</td>
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<tr>
<th></th>
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<tr>
<td>General</td>
<td>20 October - 24 October</td>
<td>5-Sep</td>
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<tr>
<td>Holiday Placement</td>
<td>1 December – 5 December</td>
<td>24-Oct</td>
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<tr>
<td>GPC (10 &amp; 11)</td>
<td>1 December – 5 December</td>
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<tr>
<td>Holiday Placement</td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
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<tr>
<td>GPC (10 &amp; 11)</td>
<td>8 December – 12 December</td>
<td>24-Oct</td>
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Careers Newsletter
Toolooa SHS subscribes to mhscareers, a careers service which allows students and parents to be kept up to date with Careers News and Events.

To access this information go to the website www.mhscareers.net and then login with: student or parent and the password: 14cairns

Year 11 and Year 12 students receive the careers newsletter every week to their EQ email from Ms Jounquay. There is a variety of information contained in the newsletter, including scholarship information, university open days, apprenticeship/traineeship information and competitions. It is always worthwhile to have a quick scan to see if there is something which could be relevant.

School-based Traineeships and Apprenticeships (information from http://apprenticeshipsinfo.qld.gov.au/)
School-based apprenticeships and traineeships allow high school students to work for an employer and train towards a recognised qualification, while completing their secondary schooling. Your school must give approval and be involved in the school-based apprenticeship or traineeship. Negotiations need to be carried out between yourself, your parent or guardian and your school to ensure that the apprenticeship or traineeship forms an appropriate component of an overall school program. The signing of the training contract must not be done without the consent of the school.

The school-based apprenticeship or traineeship must have an impact on the student's timetable. The impact of the school timetable means that some of the training and/or work must take place during school hours.

The school, student, employer, parent/guardian and training organisation will negotiate a schedule showing when the work and training aspects will occur to show the impact of the school-based apprenticeship or traineeship on the student's school timetable.

Finding a school-based traineeship or apprenticeship
You will need to find an employer to employ you to show you the ropes and help you progress through your apprenticeship or traineeship. There are two ways you can be employed as an apprentice or trainee:
Directly by a business. The business will pay your wages and train you with the support of a training organisation.
By a group training organisation. GTOs pay your wages and organise your training with your training organisation, however they will place you with different businesses (host employers) to gain the on-the-job skills.
Phone 1800 819 747 to find a GTO near you.
If you are thinking about employing a school-based trainee or apprentice, this website address provides an overview of the process: http://apprenticeshipsinfo.qld.gov.au/school-based/facts-employers/employing.html

Safety Within Our School Grounds

SPEED LIMIT 15KMS/ HOUR
The advertised speed limit within our school is 15 km/hr. This is designated in main for the safety of your children whilst in our school grounds. This is to be observed at all times. Students are not permitted to be picked up within the school grounds at 3:00pm unless they have extenuating circumstances (e.g. wheelchair, chronic sickness, large musical instrument, permission from Administration, etc).

The speed limit in the pickup area outside is signed at 40 km/hr. It would be advisable to drive well below this limit as we have a great number of students heading in the same direction to buses, student pick up area and across Phillip Street.

The limited parking spaces can cause delays getting into the pickup area with traffic being backed up past the roundabout on Benaraby Road. This is escalated if buses are wishing to enter the pickup zone. If it would be possible to pick up your students from Windward Passage or Elizabeth Street, this would help alleviate this problem.

EARLY & LATE CLASSES
Students are to be dropped and picked up from the front of the school on Philip Street or Benaraby Road. They are not to be driven into or picked up from inside the school grounds. There is a “Restricted Access” sign on the driveway into our school.

This means employees and people with school related business have access. Again these measures are designed to reduce traffic on school grounds. This is for the safety of your children and all other students. Your cooperation with these few simple rules will make our school a much safer place.

PUSHBIKES, SKATEBOARDS & SCOOTERS
There is a designated concrete path (Telstra exchange on Philip Street) for entry and exit to our school for pushbikes, skateboards & scooters. They are not to be ridden at any time within the school grounds. They are most definitely not to be ridden on the main exit road that exits that fronts onto Philip Street.
Nick Muir WHSA
What is self-harm?

Self-harm or self injury refers to people deliberately hurting their bodies and is often done in secret without anyone else knowing. Some young people do it once, while others do it to cope with particularly stressful events or as a way of coping over time. When they feel pressured or distressed they self-harm; it becomes their habit for dealing with difficult emotions.

The most common type of self-harm among young people is cutting, but there are many other types of self-harm including burning or punching the body, or picking skin or sores. People who deliberately injure themselves are not trying to kill themselves, they are trying to find a way to cope with difficulties and distress.

Why do people harm themselves?

Many young people describe self-harm as a way of coping with feeling numb, or intense pain, distress or unbearable negative feelings, thoughts or memories. They are trying to change how they feel by replacing their emotional pain or pressure with physical pain. Some people harm themselves because they feel alone, and hurting themselves is the only way they feel real or connected. Others self-harm to punish themselves due to feelings of guilt or shame or to ‘feel again’.

For most young people self-harm is a coping mechanism, not a suicide attempt. However, people who repeatedly self-harm may also begin to feel as though they cannot stop, and this may lead to feeling trapped, hopeless and suicidal. People who self-harm are also more likely than the general population to feel suicidal and to attempt suicide.

Self-harm can be something that someone tries once, or it can become a habit as they search for relief from distress. The problem is that this relief is only temporary, and the circumstances usually remain.

Helping your child…

It’s not always obvious whether your child is self-harming, but if you’re concerned it is important to talk with them about it. Let them know what you have noticed, that you are worried and that you would like to help. It can be a hard conversation at first – what you hear might be a bit scary but if you remain calm, you might have the opportunity to talk more about it and help them through their difficult time.

Remember to listen without judgment, let them know you’re there for them and encourage them to seek help. It’s also important to take care of your own well-being while your supporting your children as it can be emotionally draining.

Avoiding self-harm

Try suggesting a few of these tips for replacing self-harm with something less harmful and see if they work for them:

- Try holding ice cubes in your hand or eating a chilli – the cold and heat cause discomfort but are not dangerous to your health
- Wear a rubber band on your wrist and snap it when you feel the need
- Use a red pen to draw on the areas you might normally cut
- Work it off with exercise
- Scribbling with red pen on a piece of paper
- Try deep breathing and relaxation exercises
- Try and focus on something around you, something simple, watch it for a while and see if that can distract you from the negative thoughts
- Talk with someone
- If you find it hard to remember your options, write them down or put them in your phone to refer to when you need it

Giving up self-harm and developing new habits for coping with intense emotions can take time. Teenagers have to find what works for them. Sometimes your teenager might need more than the help of friends and family. Anxiety and depression are medical conditions and so treatment from a health professional is sometimes necessary. There are a range of health professionals available to support you while you recover from anxiety and depression.

(Adapted from Youth Beyond Blue)
Arts News

WOW $2400 Raised at BBQ for Musical
“Alice in Wonderland” August 2014.

Thanks to all for a successful day with great school support for our Bunning’s BBQ. Many teachers and HODs supported us and the Arts Faculty certainly appreciated it. We couldn’t have been as efficient without you. Parents and students also supported this event by giving up their time cooking and assisting with raffles. Big thank you to you also.

It was pleasing to see, that many parents and students came just to buy sausages and raffle tickets too. Thank you for your support.

It was a very busy day and we raised over $2400. Our thanks to Bunnings, Toolooa’s P and C and the school for their support in our fund raising efforts.

SEWING BEE Ladies, thank you

Phoebe Huttunen has designed our costumes and making costumes for our Musical in August “Alice in Wonderland” has started.

A group of Mums, Grandma’s, office staff and auxiliary staff have volunteered to assist us in creating the fabulous designs of flowers, Alice and Queen of hearts.

Our special “Costume Mum” Mrs Window has been assisting us. She has vast experience and knowledge and we are so lucky to have her help.

We are in the middle of fittings and prop making.

We have mum’s with blue cards volunteering for makeup.

Thanks to all – it’s a big job and it is being shared by many.

Mrs Sharon Schmidt (HOD of the ARTS, Toolooa SHS)

Nurse Natters

What is this about?

Our schools and the School Based Youth Health Nurse’s (SBYHN) within the district would like to establish the health needs of students, staff and parents in our Schools. This will entail taking a whole of school approach by auditing students, parents and teachers.

Evidence has shown that if we enhance student’s health status this will improve their educational achievement.

Please remember the information you provide us is confidential.

I encourage you to participate in the survey (click on link below) as this is your chance to help your school to become a healthier place to learn and play, “Better health means better learning out comes”.

Your views are extremely important.

https://websurvey.eq.edu.au/efm/se.ashx?s=0B87A62B09F63E1B

The questions are based around creating a Healthier School.

We thank you for your time. The results of this survey help to demonstrate evidence to secure future funding of programs and resources not only within our school but also for our community. For example, results of our 2011 audit has been utilised to demonstrate the need for a possible headspace centre for the community, so please complete.

Much appreciated.

Regards,

Your SBYHN
Lani Clements
Ph 4971 4364.

Position Vacant

School Cleaner (permanent) 10.75 hours per week. Hours are worked two hours per day Monday to Thursday (3.00pm – 5.00pm) and 2.75 hours Friday (3.00pm – 5.45pm).

An Application Package containing relevant information is available on our school website www.toolooashs.eq.edu.au or by collection from our school office in Philip Street. Closing date for applications is 3.00pm Monday 16 June 2014.

Details are provided in the application package, however further enquiries can be made by phoning our School Business Services Manager on Phone: 49714310.
Hey guys,

The month of May has been a busy but great month. I just participated in my first Chappy week at TSHS and what a great success, I have moved and am now up at Toolooa House and am having a ball. I am working with a great and supportive team and am meeting new young people every day.

Chappy week is a week set aside in the year for chaplains to get out and give back to the school and community, in that week myself and an incredible team of people put on two big activities. The first was an activity break where students from grades 7-9 were invited to join in on some games, a Q and A section as well as a meet your Chappy time. This was a great time and a lot of fun; I met an awesome bunch of students and joined in on the laughter as we watched the games, listened to music and had some great chats. The second activity was a Pancake Breakfast which was held on the Toolooa House veranda for all students, staff and teachers. Many tummies were filled with yummy food and some great conversations were happening, I met more of the incredible staff here at TSHS and also another great bunch of students. A huge thankyou to all those helpers in the kitchen who made that morning possible, we hope the pancakes were delicious.

As mentioned in the last article I am doing a fun fact sections for you to see who your Chappy is, so here we go…

Why a chaplain? The reasons why I am a chaplain are simple, it lines up with what I’m passionate about. I believe young people deserve the opportunity to dream, know they are loved unconditionally and have support. I get to work alongside a great team who have the same vision and passion to see young people succeed. I love that with this job I am able to live out what I’m passionate about and that’s just simply supporting, loving and caring for people where they are at.

Thanks for reading and I can’t wait to see what this next month has up its sleeve for us all.

Chappy Claire

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Maths is Best!

I just want to share with you that on a number of occasions at our recent parent/teacher interview evening I was complimented on the work done by the Mathematics department here at Toolooa SHS.

So what makes us better than other mathematics faculties?

Is it:

- the foundation classes we run helping students succeed in a subject they struggle in?
- the extension classes which aim to push our higher achievers a little bit further in order to achieve even better results?
- the way in which we identify talent and accelerate students where possible?
- the tutoring sessions we run every Wednesday and Thursday afternoons?
- the professional nature and approachability of our maths staff?

**Well to me it is a combination of all of these factors.**

Our students need to be aware that they have a very valuable resource at the tip of their hands and they should endeavour to make the most of some or all the above factors if they wish to be achieving better mathematics results than they currently are getting.

Thank you to all the parents who took the time to see me and give these wonderful comments and especially thank you to my staff who do a fantastic job and are always striving for ways to do even better.

**Tutoring a Big Success**

As the term progresses so does assessment across all year levels. As a result our Maths tutoring has become hugely popular over the past few weeks with students spread across 4 classrooms.

Most have been working on assignments or studying for exams but we still have quite a few who are there just to get help and get more practice at doing work they might be struggling with in class.

A reminder for all that **tutoring runs every Wednesday and Thursday from 3 – 4pm.**

If students are planning on attending they need to sign in/out on entering/leaving and must have arranged transport home.

We look forward to these huge numbers continuing and expect they may grow even more as end of semester exams start to approach.

Greg Hage
Head of Department- Mathematics
Our annual Fun Run/Cross Country was conducted on Tuesday 29th of April 2014. Our cross country was run on a new track this year which was 5km long and incorporated both cement walkways and undulating dirt tracks which made it more challenging for a lot of the students.

This event gave students the opportunity to run competitively for selection within the school team to travel to Port Curtis trials or to compete socially where they could jog the track with their friends and participate within physical activity.

Our fundraising event was run in conjunction with our competitive event in which students who decided to raise money would contribute a point for each dollar raised to their overall careport points tally. This year Toolooa SHS raised over $1400 and it was good to see our students out and about being active.

The Age Champions and points tally at the end of the carnival were as follows:

1st Curtis 1390 points
2nd Keppel 1375 points
3rd Heron 1234 points
4th Elliot 1042 points

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<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>12 yrs</td>
<td>Abhinav Singh</td>
<td>Georgie Hare</td>
</tr>
<tr>
<td>13 yrs</td>
<td>Ryan Neale</td>
<td>Zoe Alley</td>
</tr>
<tr>
<td>14 yrs</td>
<td>Botond Hajos</td>
<td>Alley Ware</td>
</tr>
<tr>
<td>15 yrs</td>
<td>Dan Hage</td>
<td>Madison McPhail</td>
</tr>
<tr>
<td>16 yrs</td>
<td>Scott Holand</td>
<td>Georgia Muir</td>
</tr>
<tr>
<td>Open</td>
<td>Isaac Ridgway</td>
<td>Kellie Rouse</td>
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Overall this year’s cross country was a very successful event and the students should be congratulated for their efforts in both the cross country and the fundraising events. The next sports carnival will be our athletics carnival which will be on Thursday 17 July (week 1 term 3). There will be pre-carnival events leading up to this date during week 10 of term 2 and also the first three days of term 3.

I once again look forward to seeing mass participation and everyone having a fun day.

Chris Hill
Sports Co-ordinator
Nhulundu Health Service
Ecofest FUN RUN
Commemorating Mabo Day

8.00am Sunday June 1, 2014
At the Tondoone Botanic Gardens
• $5 entry • Walk or run!
• 3km and 10km course

Plenty of prizes to be won!

Get active, get out there!

About... Eddie Mabo

Eddie Kolo Mabo (c. 29 June 1918 – 31 January 1992) was an Aboriginal man from the Torres Strait Islands known for his role in campaigning for Indigenous land rights and his role in the landmark decision of the High Court of Australia which overturned the legal doctrine of terra nullius (“Land belonging to nobody”, which characterized Australia for over 200 years with regards to land and title).

Register on the day 7:00am – 7:45am

COMMUNITY NOTICES

EBITS ENTERPRISE EXPERIENCE

Located on-site at Boyne Smelter LTD Boyne Island

Enhance your Employability Skills
Combine School with Industry Experience
Industry Medical, WIS & Inductions
Gain a Certificate I in Business

Located on-site at Boyne Smelter Limited (BSL) the EBITS Centre offers students the opportunity to gain practical experience in a professional business environment, while completing a Certificate I in Business VET Qualification. The program is based in the RSL professional offices suite, allowing access to BSL staff and project support.

This program is suited to students who enjoy working in a team environment to plan and carry out a Community or Industry based event. 2nd Preparation workshops are included in the program.

EBITS Programs & Pathways

Year 10
EBITS Business 3 day per week – 1 concept 120 CCA points

Year 11
Certificate Business & Certificate WorkPlace Practice 1 day per week - vocational 30 EPA points

Year 12
EBITS Business 3 day per week - academic 30 EPA points

Toolooa State High School Musical Fundraising Raffle

1st Prize: Music Pack: iPod, headphones, $30 iTunes card, speakers. Total Value: $237.15 RRP

2nd Prize: Portable DVD player. Value: $99.95 RRP

3rd Prize: Action Cam. Value: $48.00 RRP

Drawn Saturday 2nd August 2014

Ticket Cost: $2 each or 3 for $5. From N Block Staffroom

You COULD WIN!!!
Hey kids!
Do you love art? Think your pets are the best? Want to win prizes?
Then we need YOU!
Help the Friends of the RSPCA - Gladstone design our new T-Shirts. Grab an entry sheet from our table today or download it from our Facebook page at home.
Open to all children 17 and under, contest ends 15th of June

Design Our New T-Shirts

Calling all kids! We need YOU!

We’re looking to update the Friends of the RSPCA – Gladstone’s T-shirt range and we need YOUR help to get it started. We want you to draw a picture related to your love of animal rescue, your pets, or just animals in general. Use any medium: coloured pencils, paint, crayons, or even digital if you’d like. All you need to do is:

✅ Draw your design on the back of this form, attach this form to your design on a separate piece of paper, or have digital copies of your design and this form
✅ Drop your design in at the RSPCA Adoption Centre, at the Gladstone Pet Barn, or email to miche11@gmail.com by the 15th of June
✅ Tell your friends and family to vote on your design on the Friends of the RSPCA – Gladstone Facebook page

If your design wins, you will win a prize pack of RSPCA goodies as well as have the knowledge that the volunteers at your local RSPCA will be wearing your design with pride.

Official Rules:

- Entries must be in at the RSPCA Adoption Centre (17 Albert Rd, Callemondah, opposite the Power Station), Gladstone Pet Barn (216-226 Philip St, Windmill Shopping Centre), or emailed to miche11@gmail.com by 15/06/14
- Contest is open to all children 17 and under
- Depending on number of entrants, we may split entrants by age and have up to 3 winners who would receive age appropriate prizes
- One entry per child
- Art must be child’s own work, family can give advice and suggestions but not actively participate
- Must have valid contact details
- Must be willing to return to Gladstone for prize collection
- Form must be signed by a parent or guardian who is over 18 years of age
- Form must be turned in with all T-shirt designs, any designs submitted without a form will not be used
- Child’s art will be displayed on the Friends of the RSPCA – Gladstone’s Facebook page along with the child’s name, age, and city.
- No purchase necessary
- Any rude or inappropriate entries will be discarded

Friends of the RSPCA
Gladstone
COMMUNITY NOTICES

ENGAGING ADOLESCENTS™
PARENT COURSE

*Parenting skills for resolving teenage behaviour problems*

A three-session program for parents and carers
at Gladstone Technical College

4 Boles Street, West Gladstone (Gladstone State High School grounds)
on Tuesday 20th May, Tuesday 27th May and 3rd June from 6.30pm until 8.45pm.

Learn:

☑ Some common ground shared by parents & reasonable expectations to hold about adolescents
☑ New understandings of adolescence
☑ A three-option model & flow chart for decision-making
☑ Self check-in.
☑ Building relationship with your teenager and making the best of your non-crisis conversations with them
☑ Skills for tough conversations for handling those problems you just can’t ignore

Registration Fee
Free donations towards resources and facilities welcome

Register for this course contacting the Roseberry Community Service’s Youth and Family Services team on 49728200.

What parents have said...
A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who’s running it?
The trainer for this course is Linda Tighe who completed Parentshop’s Engaging Adolescents training in January 2013. Linda is a qualified Social Worker and works with Roseberry Community Service’s Youth and Family Support team.

For more information contact Linda Tighe on 49728200

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

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

[Image of people]