

# Deni High News



**Principal:** Kym Orman (Relieving) **Deputy Principals:** Peter Astill and Robyn Richards

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Issue 2- Term 1 - Week 6

Friday 6 March 2020

## DATES TO REMEMBER

### MARCH

- 9-11** Year 7 Excursion
- 11** The Truth Project  
Year 10,11 and 12
- 18** Duke of Ed - Bronze  
Induction Day
- 24** P & C Meeting 6pm
- 25** Year 6 to 7 Tour Evening  
5pm to 6.45pm
- 25-27** Duke of Ed - Silver -  
Canoeing

### ASSESSMENTS DUE

#### Week 7

- Yr 12 Assessments: Maths St 1  
- Maths St 2 - Numeracy
- Yr 11 Assessments: Legal – Bus  
– Chem
- Yr 10 Assessments: HSIE -  
Child Studies
- Yr 9 Assessments: Child  
Studies
- Yr 8 Assessments: Maths

#### Week 8

- Yr 12 Assessments: Ag
- Yr 11 Assessments: Mus –  
Work Studies – Mod His -  
Ag
- Yr 10 Assessments: Sci
- Yr 9 Assessments: HSIE –  
Food Tech
- Yr 8 Assessments: VA - Eng
- Yr 7 Assessments: HSIE

#### Week 9

- Yr 12 Assessments: SLR -  
CAFS - CAP/IPT - FT -  
Chem
- Yr 11 Assessments: Timber –  
Maths Ext - SLR
- Yr 10 Assessments: Music
- Yr 9 Assessments: Crimes &  
Mysteries
- Yr 8 Assessments: Sci
- Yr 7 Assessments: Maths



## PRINCIPAL REPORT

Weeks 1-5 2020 has launched strong and creative learning opportunities at Deniliquin High School.

Students have immersed themselves into these opportunities and we are proud to report students willing participation in project based learning, write on strategies, digital classroom capability building Years 7 to 12, many physical development and health opportunities including Duke of Edinburgh, school and zone swimming carnivals.

Last week saw the successful Year 7 “Welcome to DHS “event where students and their families attended an evening that celebrated their completion of weeks 1 - 4 in the secondary school environment.

It is of importance that each and every student has an understanding of assessment in junior and senior school. Students are given clear assessment guideline expectation schedules and we ask that families are reinforcing the importance of personal organisation and learning in order for the students to achieve their personal best. The Education Standards Authority states: The purpose of assessments is to gather valid, reliable and useful information about student learning in order to:

- Monitor student achievement in relation to outcomes
- Guide future teaching and learning opportunities
- Practical ongoing feedback to students to embrace learning

Many structures are in place to assist students at DHS. In “the dates to remember” students assessments are noted.

It is with thanks to the learning community at DHS we will continue to connect, succeed and thrive.

Kym Orman  
Relieving Principal

## ENGLISH NEWS

The staff in the English faculty are always looking for ways to provide the best for our students. Last week Mrs Ladson and Ms Kermode attended 'In Conversation with Margaret Atwood' at the Melbourne Arts Centre. Some of our senior students study Atwood's novels, 'Hag-Seed' and 'The Handmaid's Tale' and the knowledge provided in this once in a lifetime seminar will be invaluable for staff and students alike.

In other news, students are well in the thralls of their assessments; Year 10 completed their first assessment in class, discussing how family or challenges influence our identity. Year 8 and 11 received their assessments this week; Year 8 will begin working on their task in class and at home whilst Year 11 must work independently on their tasks, applying their knowledge and skills. Year 7 and 9 will receive their assessments in coming weeks which will encapsulate their studies thus far.

We would like to remind our students and parents of the value of reading at home. Reading quality texts will benefit students by expanding their vocabulary and knowledge of the wider world, as well as improving their literacy and grammar skills. Students should read a wide variety of text types, topics and genres to develop their knowledge base. Books can be borrowed from the school and public libraries and the English staff, including our very-knowlegeable teacher-librarian Mrs Laing, can assist students in choosing a text which is right for them.

### Why Can't I Skip My 20 Minutes of Reading Tonight?

**Student "A"**  
reads **20 minutes**  
each day

3600 minutes in  
a school year

**1,800,000 words**



**Student "B"**  
reads **5 minutes**  
each day

900 minutes in  
a school year

**282,000 words**



**Student "C"**  
reads **1 minute**  
each day

180 minutes in  
a school year

**8,000 words**



## WRITE ON 2020

The Write on Program continues for Year 8, we will be pleased to publish students writings in a Year 8 newsletter later in the term. This program encourages students to think and write creatively.

### SUSTAINABILITY 2.0



By Jessica Hillier

Over the past few weeks we have been to both locations, the Farm and the Lagoon. I like that we can compare these locations and watch them change. At the Lagoon, we can easily see how the vegetation is different from the Farm.

This week we have been testing soil from both locations. In class, we compared the Farm soil collected in our bay with the Lagoon soil which we collected with a core drill. We noted that the pH of the two soils differed due to the environments.

Through this project we are learning new practical skills while also examining the unique aspects of the environments we access. I look forward to comparing our research and samples not just from different spaces but from different times to see how our world is changing.



## INDIGENOUS EDUCATION UPDATE

2020 is going to be an exciting year for Aboriginal Education at Deniliquin High. There will be many learning and cultural opportunities offered to our Indigenous students. Indigenous students will have the opportunity to meet in the wellbeing room to explore Aboriginal and Torres Strait Islander perspectives across all KLA's, guest speakers and support with individual learning.

26 February is *Sorry Day*. Deniliquin High School commemorated this date in 2020 by making a short video clip with Year 10 Indigenous Students. We were privileged to have Karen Wilson and April Weir share their family experiences around *Stolen Generations*. The entire school expressed their interest and respect for the content and special guests from the community, by giving their full attention at our special assembly. The Aboriginal Education Team was very impressed by both the students making the film and the respect shown by the whole school. A special thanks to Karen and April for being so generous with their time. Thankyou also, to our special guests who attended morning tea.

Stacey Salusalu



## DUKE OF ED NEWS

Proud to deliver



2020 is an exciting year for the Duke of Edinburgh Program at Deniliquin High School. It is anticipated that we will have 40 students across the three award levels; 22 Bronze, 8 Silver and 10 Gold participants. With these growing numbers, Jamie Loy will be taking on the Award Leader for the Year 9 Bronze Award with Hayley Hall will assist with the Year 10 Silver expeditions. I would also

like to publicly acknowledge the support of the school, parents and wider community in assisting our participants to improve themselves in their physical, skill and service endeavours.

### YOUNG AWARD LEADERS

Six of our Gold Participants have volunteered to help deliver and promote the award this year (pictured below). This will include assisting with basic administration, promoting the award in the school and local community, helping Bronze and Silver students and speaking about their experiences at school events.



*Adrian Mulham, Bayden Thompson, Edwina Barclay, Sophie Strong, Ella Harvey, Duncan Hughes*

### Important dates:

18 March – Bronze Induction Day

23-25 March – Silver Practice Paddle (Picnic Point to Echuca)

8 May – Gold Induction Day

Josh Perizzolo

Duke of Edinburgh Co-ordinator

## Tas News

### TECHNOLOGY MANDATORY

A new Technology Mandatory syllabus has been introduced in NSW to be fully implemented in 2020.

Two of our 'revamped' subjects to meet the needs of the new syllabus are:

- \* Food/Ag, where students are able to get a paddock to plate understanding of the food they prepare and eat, and;
- \* Digital Technologies/Textiles, where students create an app to reflect an online T-shirt store.

### YEAR 8 FOOD/AG

In the last week or so, students planted seeds. Now they are seedlings, all classes are planting them.

On Tuesday, 8TM Blue were able plant their bean seedlings and under the expert direction of Mr Rae and Mrs Kirk, also replanted the herb pots to allow for more herbs to be re-potted.

The student's design brief for this semester is that they need to prepare a nutritious dish for themselves using at least one ingredient from the school garden.

Some of the plants that we hope will flourish, ready for use mid next term for the task are:

Beans	Rocket	Carrots	Baby Spinach	Shallots
Beetroot	Broccolini	Thyme	Marjoram	Basil
Mint	Rosemary			



Repositioning the herb pots



Checking out the worm farm



Mr Rae explaining the importance of mulch to the students



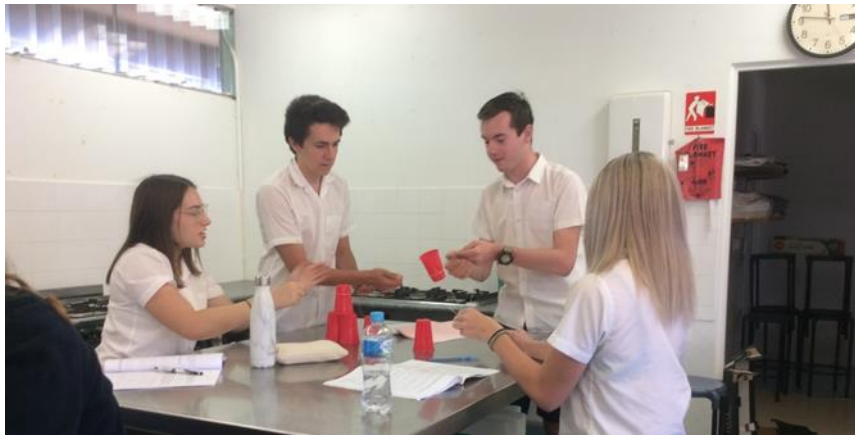
## YEAR 7 DIGITAL TECHNOLOGIES

Students in Year 7 Digital Technologies have been hard at work learning how to code and design their very own Digital App! They will use their App to promote an up-cycled T-Shirt that students are creating in class to learn some Textiles skills.



## VET HOSPITALITY

Year 11 Hospitality have been learning the importance of teamwork in the Hospitality Industry. They all participated in a group activity that required all of them to work as a team to complete a common goal.



## SHOW ENTRIES

Our two Year 9 Food Technology classes have entered into the Junior Cookery section for this weekend's Deniliquin Show. Make sure you check out if we have one first prize when visiting the Pavilion on the weekend!



## CAREERS NEWS

### YEAR 10 WORK EXPERIENCE – TERM 2 WEEK 5

It's all systems go with Yr 10 Careers getting into gear for work experience. Students have been encouraged to discuss options for work experience with their families to decide on the best placement for them. Work Experience is a compulsory unit of work that we encourage all students to be involved. If students are finding it difficult to source a location then please see Ms Sinha in the Careers Office for ideas.

### YEAR 10 USI

The USI is a Unique Student Identifier (number) that students will have for life. This reference point is where all nationally recognised qualifications will be stored. As part of the Careers classes, students are being asked to please bring along all details of their Medicare card, including card number, student position on card, expiry date and the colour of the card. Please assist students by ensuring they bring their Medicare details.

### WHITE CARD

The demand for the White Card course was huge again this year, so we have included a second date. All places are full for both sessions; **Friday 1 May and Monday 11 May**. Both courses will **commence at 8.00am to 3.09pm** in the **Connected Classroom** up in the Library on these designated dates. All students participating in the White Card course must complete a VET form and obtain a USI number. We are completing these in class; however, in order to complete these, students must have a photo of their Medicare card. Students have received notes outlining the full details and associated cost (**\$50.00**). Mr Bradley will be conducting the courses.

### YEAR 11 EXCURSION – MELBOURNE EXPERIENCE

Expressions of Interest forms have been handed out to Year 11's in Careers classes. Students have been asked to help mould the excursion by completing a survey of events and activities they would like to undertake during this week long excursion to Melbourne. We ask that students take the time to research and explore opportunities they might like to see and do. This way we can customise the experience to this cohort. A **\$50.00 deposit** is required as soon as possible in order for students to secure a place. We must book accommodation well in advance and greatly appreciate your promptness.

### YEAR 12 - UCAT – UNIVERSITY CLINICAL APTITUDE TEST

The University Clinical Aptitude Test (UCAT) is an admissions test used by the UCAT ANZ Consortium of universities in Australia and New Zealand for their medical, dental and clinical science degree programmes. The UCAT ANZ test replaced the UMAT (Undergraduate Medicine and Health Sciences Admission Test) from 2019 (for university entry in 2020). The test helps universities to select applicants with the most appropriate abilities and professional behaviours required for new doctors and dentists to be successful in their clinical careers. It is used in collaboration with other admissions processes such as interviews and academic qualifications. It is also an opportunity to stand out from other applicants and demonstrate aptitude for a demanding programme of study. The UCAT ANZ is a computer-based test delivered in Pearson VUE test centres throughout Australia, New Zealand and at some overseas locations. Please note that some pathways to medicine / dentistry / clinical sciences will not require the UCAT ANZ. For some applicants a different test may be required. For details candidates should refer to the websites of the universities to which they intend to apply.

UCAT ANZ 2020 testing takes place this year between 1 July and 31 July 2020.

### YEAR13 THE TRUTH PROJECT

Deni High has been fortunate to be selected to be involved with the Truth Project. The Truth Project is an opportunity for school students from years 10, 11 and 12 to engage in a one-day program that motivates, educates and resonates. It will enhance student's knowledge and encourage a more positive post-school journey. The Truth Project program bridges the gap between young people and the real story behind industries, workplaces, education and their own self-belief. Years 10, 11 and 12 will be participating in a program next Wednesday morning run by the organisation called Year13. They are Australia's largest and most comprehensive digital platform aiding young Australians with the transition from high school into work, education, training, gap years and travel. They also provide advice for youth on life and wellbeing. Students will be completing online surveys prior to their workshops next week. This is in order for the presenters to give feedback to year groups as they attend the sessions. This a new opportunity and we are very excited to be working with Year13.

### STAGE 6 PARENT TEACHER NIGHT (YEARS 11 & 12)

In spite of the rain, we had an impressive turnout to the Stage 6 Parent Teacher evening. If parents missed this opportunity to talk with their child's teachers, feel free to contact the school to speak with individuals. All Stage 6 teachers attended the evening to discuss student progress and well-being. Mrs Van Lieshout, our newly appointed Well-Being Head Teacher, presented both year groups with a wealth of knowledge regarding the requirements of Stage 6. Thank you to all families who participated in this very worthwhile event.





## SPORT NEWS

### REGIONAL SWIMMING CARNIVAL

10 of our students competed at the Regional Swimming Carnival that was held in Leeton on 2 March, 2020. These students were Jack Hussey, Elena Mulham, Kate Westcott, Isla Ho, Brodie Parks, Hazel Glowrey, Luke Todd, Will McCartney, Oscar Thompson and Jaye Charlton. All students were fantastic ambassadors of our school demonstrating respect, responsibility and co-operation.

Three students qualified for the NSWCHSSA Swimming Championships in individual events along with our 15 years girls' 4 x 50m freestyle relay. The relay consisted on Jaye Charlton, Isla Ho, Kate Westcott and Elena Mulham.

Individual qualifiers;

Elena Mulham:

50m freestyle  
100m freestyle \* set new record  
200m freestyle  
100m backstroke  
100m breaststroke  
100m butterfly

Kate Westcott:

50m freestyle  
200m freestyle  
400m freestyle  
100m butterfly

Isla Ho:

200m freestyle  
100m breaststroke  
100m butterfly



## WEDNESDAY SPORT

Deniliquin High School offers students a wide variety of sporting opportunities. The aim of the Sports Program is to develop students' sporting and social skills, improve their health outcomes and establish their links within the community. The value of sport is recognised by the Department of Education and Communities who mandate that all students in Year 7-10 participate in a regular sports program.

## YEAR 7 PARENT BBQ AND INFORMATION SESSION

Last Monday, a BBQ and information session was held for Year 7 students and their families. They were greeted by Mrs Kym Orman, who gave an overview of the Year 7 students start to high school life. Miss Jess Grocott touched on the upcoming camp to ADANAC and, together with Mrs Donna Van Lieshout, handed out folders to the students that provided a 'snapshot' of what they have been learning over the last couple of weeks. Miss Brenda Norman introduced the parents and carers to one of our digital learning centres and explained its role in our classrooms at DHS. Parents and students were then treated to a sausage sizzle, cooked by Mrs Kathy Kirk, Miss Regan Benson and current DHS students. Parents and carers were able to meet with, and get to know, the Year 7 teachers. It was a fantastic



## ANTI-RACISM CONTACT OFFICER (ARCO)

If at any time you find that you have a concern about our school, you are encouraged to come to the school and tell a member of staff so that your concern can be resolved. With your support, we do the very best we can to ensure productive, safe and enjoyable learning experiences for all our students. Should you feel that you must raise a concern formally, the NSW Department of Education has procedures for ensuring that complaints are handled fairly. Information about how to lodge a complaint is available in the school office or in the case of complaints relating to racism you can contact the school Anti-Racism Contact Officer (ARCO) who is Ms Pam Sinha. Further information is also available in the Department's Complaints Handling Policy procedures.

## NAPLAN ONLINE 2020

Our school will be transitioning to NAPLAN Online in 2020. This means that our Year 7 and 9 students will complete NAPLAN assessments online rather than on paper.

Our school has participated in a series of activities to prepare for the transition to NAPLAN Online. These preparation activities confirmed that our school is ready to transition to NAPLAN Online in 2020. Our teachers and students will be involved in preparation and practice activities in the lead up to NAPLAN Online. This will include participation in a practice test during March, where students will have the opportunity to become familiar with the online platform and the type of questions they will be asked in NAPLAN Online.

The practice tests will include an omnibus test (combination of reading, conventions of language and numeracy questions) and a writing test, both approximately 40 minutes in length. Students will be advised by their teacher which day they will sit their practice tests. Students will be required to bring their own headphones for the omnibus test.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the school principal. To withdraw your child from NAPLAN, a parent or carer consent form must be signed. Please make an appointment with Margaret Blake if you need to discuss your child's participation in NAPLAN.

More information about Naplan Online is available on the NSW Department of Education NAPLAN Online website: <https://education.nsw.gov.au/teaching-and-learning/student-assessment/naplan-online/getting-ready/parent-information>



  
DENILIQVIN HIGH SCHOOL  
**HOMEWORK CENTRE**  
In the Library  
3.10 pm - 4.10 pm on Wednesdays  
3.20 pm - 4.20 pm on Thursdays  
Students put their name down at Henry Street Office  
Great for homework and study  
All students welcome

**P & C MEETING  
24 MARCH 2020**

**6pm In The Admin  
Building**

*All Welcome*

## SCHOOL VACCINATION PROGRAM 2020

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following free vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7		2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

*Parent Information Kits* that include an information sheet, consent form and privacy statement have been sent home to parents/guardians.

To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

If your Year 7 or Year 10 child did not receive a Parent information Kit, please contact the school to obtain a *Parent Information Kit* and return as soon as possible.

To improve vaccination completion, students who have returned a completed consent card in Year 7 and Year 10 will be opportunistically offered any missed doses throughout the year where possible and catch-up will be offered in Year 8 & Year 11.

There are also various video resources available to assist students in understanding the importance of the immunisation and what to expect during the school clinic available from: <https://www.health.gov.au/resources/collections/vaccination-videos-for-high-school-students>

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation) .

A Record of Vaccination will be provided to each student vaccinated at each clinic as a physical card. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

### TERM DATES FOR 2020

#### TERM 1

Thursday 9 April - Term end

#### TERM 2

Monday 27 April –Students return

**Thursday 30 April - Pupil free day**

**Friday 1 May– Pupil free day**

3 July - Term end

#### TERM 3

Monday 20th July - Students return - 25 September

#### TERM 4

Monday 12th October - 16 December

## Deniliquin High School Uniform

### GIRL'S SCHOOL UNIFORM

Plain black shorts (not sports shorts) OR  
 Plain black skirt (with black stockings in winter)  
 Black pants (not tracksuit pants)  
 Plain White, black or grey socks  
 Black leather enclosed shoes with black laces  
 Black/Red polo shirt with DHS logo  
 White collared shirt  
 Red polar fleece or woollen jumper with DHS logo  
 DHS logo black jacket  
 Plain black or red hat or cap

### BOY'S SCHOOL UNIFORM

Plain black shorts (not sports shorts)  
 Black pants (not tracksuit pants)  
 Plain White, black or grey socks  
 Black leather enclosed shoes with black laces  
 Black/Red polo shirt with DHS logo  
 White collared shirt  
 Red polar fleece or woollen jumper with DHS logo  
 DHS logo black jacket  
 Plain black or red hat or cap

### SPORTS UNIFORM FOR PD/H/PE AND SPORT SESSIONS

Black/Red polo shirt with DHS logo  
 Red hoodie or red woollen jumper or red polar fleece with DHS Logo  
 Plain White, black or grey socks  
 Plain black sports shorts or Plain black tracksuit pants (no 'skins')  
 An appropriate cap/hat is highly encouraged

#### Additional notes

- Shoes** - It is compulsory for all students from Year 7-12 to wear full leather shoes –shoes with 'holes in the top of them' or shoes that essentially only cover the toes are not acceptable. Shoes must have leather covered uppers as required by the Education Department for safety in **all** subjects.
- Hats** - It is highly encouraged for all students from Year 7-12 to wear an appropriate cap/hat when involved in outside activities such as at the Ag farm or on any excursion or activity where there is a lot of outside activity.
- Hoodie** – note that the hoodie is to be only worn on sports days and when competing in school sports events
- In winter months, other layers underneath the jumper can be worn, although they cannot be visible

**Full implementation of this uniform will occur at the start of the 2022 school year**

### BELL TIMES

Period	Mon, Tues, Thurs, Fri	Period	Wed
Roll Call	8:50 - 8:58	Roll Call	8:50 - 8:58
1	9:00 - 9:50	1	9:00 - 9:50
2	9:53 - 10:43	2	9:53 - 10:43
Recess	10:43 -11:03	Assembly	10:43 - 11:03
3	11:03 - 11:53	Recess	11:03 - 11:23
4	11:56 - 12:46	3	11:23 - 12:13
Lunch	12:46 - 1:26	4	12:16 - 1:06
5	1:26 - 2:16	Lunch	1:06 - 1:46
6	2:19 - 3:09	Sport	1:46 - 3:00

**COMMUNITY INFORMATION**



**CLEANERS REQUIRED IN DENILIQIN AREA**

Training and uniform provided  
Award Wages

Please email your résumé to:  
[careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)

Or for more information contact Danielle  
Ph: 0429822191 between 8:00am – 4:30pm  
Monday to Friday

**A Working with Children Check  
is required**

**BASKETBALL**

Deniliquin Stadium will be starting junior basketball next week  
All competitions will be mixed gender teams Mondays after school.

High School Years 7-10 at 6pm.  
Fees will be \$120 for the season.  
We will also require team coaches, managers and scorers.  
So please let me know if you want to help.  
To register or for any further information, please call/text John on 0408 997705.



Schools, sporting clubs, youth groups, and other organisations involved in supporting young people up to the age of 25 years, can now apply for a Murrumbidgee Youth Community Grant to receive funding for activities aimed at building resilience and positive mental health and wellbeing.

The initiative is part of Murrumbidgee Primary Health Network’s (MPHN), Federal Government Empowering Our Communities funding to support mental health and wellbeing in the region’s drought affected communities.

The Murrumbidgee Youth Community Grants have two funding levels, up to \$1,500 where a simple 250-word overview of the activity and a basic budget is required to apply. The next level is for grants of more than \$1,500 and up to \$5,000, which will require a 500 word overview and a more detailed budget and quotes. Application to approval of funding should take no more than two weeks.

Grant applications close on Friday, 27 March 2020 or when funding is exhausted. All grant activities must be complete by 30 June 2020.

If you or someone you know is experiencing a mental health emergency should call the Mental Health Line 1800 011 511, Lifeline 13 11 14 or call 000. Or to access the Head to Health website visit [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

For more information about the Murrumbidgee Youth Community Grants visit [www.mphn.org.au](http://www.mphn.org.au) or follow Murrumbidgee Primary Health Network on Facebook or Twitter.

## COMMUNITY INFORMATION



**SEED**  
Room 29  
Every Friday Lunchtime  
Starting week 5!  
Everyone Welcome

**What is SEED?**

**SEED** stands for Seek, Explore, Experience and Discuss.

**SEED** is a low-key opportunity for Christian students to grow in their faith and for any other students to explore their own questions about life:

- Does God exist?
- What's the point of life?
- Why so much suffering?
- What's the big deal about Jesus?
- Can I trust the Bible?

**SEED** will meet every Friday lunchtime, week 5 onwards in Room 29.

All students, all years are welcome. It's entirely voluntary so students are free to stay or leave.

A permission note is required - pick one up from the front office or from Mrs Penny Fowler during class or at **SEED**.)

**SEED** is facilitated by a Scripture Union volunteer, Mrs Penny Fowler, who is also the Christian SRE (Scripture) teacher at Deni High. Scripture Union NSW is an organisation recognised by the Department of Education as a coordinator of Christian Voluntary Lunchtime groups in NSW schools.


### Are you a parent of a young person? Do you sometimes feel like a broken record?

If you have children between 10 and 18 years of age, join us for a **free** program run over three weeks that will help you better understand the young people in your house!



The **Engaging Adolescents** program talks about practical parenting tips that work and offers information such as:

- Asking the question – Is it serious? What's worth reacting to and what's not;
- How to hold those difficult conversations more successfully;
- Understanding adolescence; and
- Understanding your job as a parent of a teenager - observer, advisor and negotiator.



**When:** Tuesday's March 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> 2020

**Where:** Intereach, Trickett St, Deniliquin.

**Time:** 5:30pm – 7:30pm

**Sound interesting?**

To register contact: Libby Barker

Mobile: Send a text to 0429000236  
or  
Email: [familysupport@intereach.com.au](mailto:familysupport@intereach.com.au)




## DENI LAUGHTER CLUB

Come along and join us for some Laughter Yoga; an easy, fun, social, aerobic exercise that boosts the immune system, reduces stress and enhances your sense of wellbeing. No yoga positions involved!! All you need to bring is an open mind and a smile!



**When:** Every Wednesday 6.30-7.30pm

**Where:** Intereach Family Centre, Trickett Street, Deniliquin

**Cost:** Gold Coin Donation

**Contact Lesley on 0458 007435**