



NEWSLETTER

Friday 21 June Term 2 Week 8

SCHOOL CAPTAINS VISIT PARLIAMENT HOUSE

On Wednesday 29 May, Her Excellency The Honourable Margaret Beasley AO QC Governor of NSW and Mr Dennis Wilson requested the pleasure of the company of our School Captains Tiah and Tyson to attend an Afternoon Tea for the 2019 Secondary Schools Student Leadership Program at Government House, Sydney.



ANNUAL SENIOR HSIE SYDNEY EXCURSION



On Wednesday 5 June, Year 11 Legal Studies and Year 12 Ancient History travelled to Sydney for the annual Senior HSIE Excursion. Turn to page 9 for further details.



SENIOR EXECUTIVE REPORT

Positive Psychology

In my last column I wrote a brief overview of the science of Positive Psychology, outlined some of the recent research regarding wellbeing and positive psychology in education and provided some information about whole of community approaches to Positive Psychology. I particularly focussed on the work being undertaken in the Upper Hunter Valley through the "Where there's a Will" Foundation, in conjunction with schools and community groups.

Since I last wrote I have been in communication with Lindy Hunt from "Where there's a Will" and we are working together to run a conference in the Tweed for our student leaders to work with student leaders from the Upper Hunter in order to plan for the development of some local Tweed initiatives to support young people to build positive mental health. I hope to be in a position to provide more details in my next newsletter.

Today, however I would like to share with you some extracts from a PESA (Positive Education in Schools Association) newsletter article published in March titled "Understanding and using your character strengths", along with information from Dr Justin Coulson's book "9 ways to a resilient child".

Both Dr Coulson's book and the PESA article discuss the importance of character strengths in building resilience and wellbeing. The importance of character strengths to Positive Psychology was introduced by the founder of Positive Psychology, Dr Martin Seligman.

Different researchers define character strengths in a variety of ways but I like Dr Coulson's definition of a strength as being a "potential for excellence." They have also been defined as 'our natural capacity for behaving, thinking or feeling in a way that allows optimal functioning and performance in the pursuit of valued outcomes' (Linley & Harrington, 2006). "... or as "what's strong in a person, organisation or community, as opposed to what's wrong."

They are fundamentally human virtues, which have been written about for thousands of years by religious scholars and philosophers alike.

Aristotle's teachings suggested that it was the use of an individual's strengths in just the right proportion that brought about what he referred to as the 'golden mean'. For example, the correct use of the strength of courage is when consideration is given to what one could do to intervene in a situation to defend oneself or others from harm without being reckless (overuse of the strength of courage) or doing nothing at all (cowardice).

Dr Coulson writes about the importance of identifying our strengths and making the effort to develop them and use them every day.

Every one of our children has the capacity to be excellent in something. Our strengths are part of who we are, but we need to find a way to tap into them. Using our strengths helps us to perform well. This allows us to feel strong. When our children use their strengths they feel energised and more positive.

Research shows that using our strengths helps guard against negative psychological symptoms.

Our role as teachers and parents therefore, is to encourage our children to use their strengths, which help them feel good about themselves. However, we need to encourage the use of strengths in a balanced way. It does not mean they can, or should, avoid engaging in activities that may not be a great strength, but using their/our strengths in some way every day helps develop greater levels of resilience.

Cont'd /....



SENIOR EXECUTIVE REPORT Cont'd..

Drs Christopher Peterson and Martin Seligman published a pioneering book "Character Strengths and Virtues" which outlines 24 character strengths, which are positive traits and abilities derived from 6 foundational virtues. From this book, the VIA strengths organisation was created. Its aim is to "bridge the science and practice of character strengths to build a better world" (VIA, 2019).

The 24 strengths, and their 6 virtues are set out on the following page. They exist in differing measures in each of us, and are universally valued. In children and in adults alike, they can be nurtured, grown and developed intentionally. The VIA Strengths survey is a free, practical tool that we can all use to ascertain our individual strengths profiles.

Exploring character strengths can be a wonderful entrée into the world of positive psychology for parents and educators.

In order to flourish and thrive, understanding our character strengths and utilising them in the correct way is essential. Balance is essential to achieve optimal benefit from our use of strengths - as in the courage example, it is of course possible to underuse and overuse our strengths.

If you would like to explore the character strengths and virtues you can take the survey by using one of the following links:

<http://www.viacharacter.org/www/>

www.viacharacter.org/www/Research-Old2/Psychometric-Data-VIA-Youth-Survey

References - Linley, PA and Harrington, S (2006), *Playing to Your Strengths*, The Psychologist American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Kraut, R. (2018) "Aristotle's Ethics", *The Stanford Encyclopedia of Philosophy* (Summer 2018 Edition), Zalta E. (ed.), Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association. Walters, D. (2019) *Inspiring Staff to overcome their Positive Education hesitations* PESA SA Chapter. Adelaide. Via Strengths (2019). *Character Strengths*. Retrieved from VIA. Coulson, J (2017)

Ms Leisa Conroy, Principal

STUDY SKILLS DAY FOR ALL STUDENTS



On Tuesday 25 June students from Years 7 – 12 will be participating in the Elevate Study Skills Program, which is designed to improve the ability of students to effectively study. It gives them a series of skills that will aid in revision and recall of course material for exams and tests throughout their school careers.

Period 1: Yr7

Period 2: Yr 8

Period 3: Yr9

Period 4: Yr10

Period 5: Yr 12

Period 6: Yr 11

6pm: **Parent Session**

To compliment the information given to students there is a parent session at **6pm in the hall**, all parents are cordially invited to this event to support their children's educational journey.



VIA Classification of Character Strengths and Virtues

Virtue of Wisdom



Creativity

Original, adaptive, ingenuity, seeing and doing things in different ways



Curiosity

Interest, novelty-seeking, exploration, openness to experience



Judgment

Critical thinking, thinking through all sides, not jumping to conclusions



Love of Learning

Mastering new skills & topics, systematically adding to knowledge



Perspective

Wisdom, providing wise counsel, taking the big picture view

Virtue of Courage



Bravery

Valor, not shrinking from threat or challenge, facing fears, speaking up for what's right



Perseverance

Persistence, industry, finishing what one starts, overcoming obstacles



Honesty

Authenticity, being true to oneself, sincerity without pretense, integrity



Zest

Vitality, enthusiasm for life, vigor, energy, not doing things half-heartedly

Virtue of Humanity



Love

Both loving and being loved, valuing close relations with others, genuine warmth



Kindness

Generosity, nurturance, care, compassion, altruism, doing for others



Social Intelligence

Aware of the motives and feelings of oneself and others, knows what makes others tick



Teamwork

Citizenship, social responsibility, loyalty, contributing to a group effort



Fairness

Adhering to principles of justice, not allowing feelings to bias decisions about others



Leadership

Organizing group activities to get things done, positively influencing others

Virtue of Temperance



Forgiveness

Mercy, accepting others' shortcomings, giving people a second chance, letting go of hurt



Humility

Modesty, letting one's accomplishments speak for themselves



Prudence

Careful about one's choices, cautious, not taking undue risks



Self-Regulation

Self-control, disciplined, managing impulses, emotions, and vices

Virtue of Transcendence



Appreciation of Beauty & Excellence

Awe and wonder for beauty, admiration for skill and moral greatness



Gratitude

Thankful for the good, expressing thanks, feeling blessed



Hope

Optimism, positive future-mindedness, expecting the best & working to achieve it



Humor

Playfulness, bringing smiles to others, lighthearted – seeing the lighter side



Spirituality

Connecting with the sacred, purpose, meaning, faith, religiousness



NEWSLETTER

21 June 2019 Term 2 Week 8

UPCOMING EVENTS

Mon	24 Jun	CHS Girls Touch Football - Mon - Thurs
Tues	25 Jun	Yr7-12 Study Day 6pm Study Day Parent Session - Hall
Weds	26 Jun	Positive Behaviour Reward Excursion - Hoyts Cinema 2.30pm Homework Centre
Thurs	27 Jun	ATSI Health Checks Chemistry HSC Study Day 3.30pm Yr9&10 ATP Melbourne Trip
Fri	28 Jun	Ab Studies Conference Southern Cross Uni FNC Athletics Carnival - Cudgen Murwillumbah Eisteddfod Yr11 Viva Voce
Mon	1 July	CHS Boys Touch Football all week
Tues	2 July	Year Assemblies Year 9 Real Skills Groups
Weds	3 July	2.30pm Homework Centre
Fri	5 July	BASE Leadership Camp Yr7 - 10 Reports issued Last day of Term 2



PRINCIPAL'S QUALITY WORK AWARDS TERM 2, WEEK 7

YEAR 10 - HSIE - Mrs Mainey

Abdullar AMIR; Joseph BRADY; Lilly MURRAY;
Brendan TUNKS; Carly VILLIERS



[Find out more about stymie](#)

UNIFORM SHOP

Open Every Tuesday & Thursday
8.00am—11am
(Located Next to the Canteen)
Coordinator - Lisa King

TRHS CANTEEN

Check out the daily menu on the
canteen window for some great meal
deals. Eftpos available. Open for
Breakfast Recess Lunch

P&C NEXT MEETING

6pm : Monday 19 August
Staff Common Room
All Welcome :)



NEWSLETTER

21 June 2019 Term 2 Week 8

PERFORMANCE & EXHIBITION EVENING

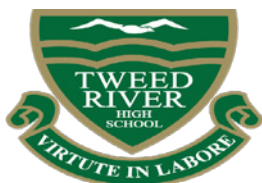
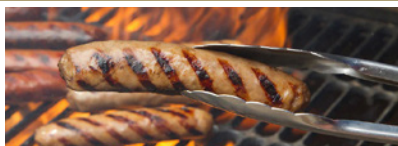
See Tweed River High School in action during Education Week.

Tuesday 6th August 5pm to 8pm



Featuring displays and demos from different subject areas.

P&C BBQ & Cakes | Barista Coffee & Hot Choc | Wood-fired pizza
Cold Drinks, Popcorn & Lolly Bags | Great Prizes!



Contact us for more information

Phone: (07) 5524 3007

Email: tweedriver-h.school@det.nsw.edu.au

Heffron Street, Tweed Heads South, NSW



TAFE YES PROGRAM

The TAFE Yes Program provided an opportunity for Crystal, Zoe, and Chloe to plan, organise, cook and participate in the Teddy Bear's Picnic day held at Kingscliff TAFE on Tuesday 11th June. This program has supported and enriched the girls experience, providing 'hands on' activities through interactive and practical programs. The expertise and resourcefulness of the TAFE staff has provided a solid and engaging learning platform for our students. Congratulations Crystal, Zoe and Chloe on your commitment to this program.

Mrs Mackney, HT Welfare.



Yr 11 Students: Crystal Wulff, Zoe Mackenzie & Chloe Convine





Education &
Communities

Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





HSIE SYDNEY EXCURSION

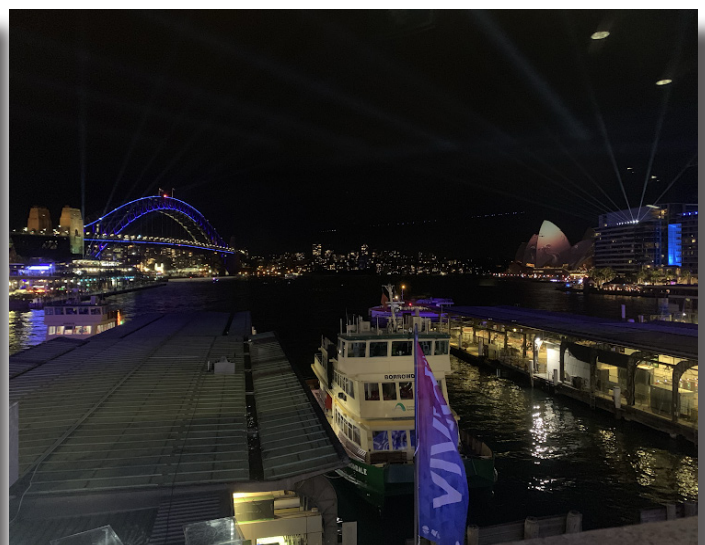
On Wednesday 5 June, Year 11 Legal Studies and Year 12 Ancient History travelled to Sydney for the annual Senior HSIE Excursion. The students enjoyed a Crime Tour of the Rocks at night, checked out the lights of Vivid, experienced the sights, smells and tastes of Chinatown and caught public transport in a hectic rush hour experience!

Year 12 visited the Nicholson Museum, experienced Uni life at the University of Sydney and gained valuable knowledge from experts in the field at the HTA lectures.

Year 11 visited the Supreme Court, the State Library, and participated in a mock trial at the Crime and Justice Museum.

The students had a great time and we commend them on their exceptional behaviour!

Ms Mainey & Mr Emsley





SPORT REPORT

U16 NSWCHS Girls Hockey

Congratulations to Jasmin Morrissey who has been selected in the U16 NSWCHS hockey side. She will now be competing at the School Sport Australia Championships in Newcastle from the 3rd to the 10th of August. What an amazing achievement Jasmin, well done!

U14 Buckley Shield Rugby League Regional Finals

Well done to our U14 Rugby League team who played in the North Coast Finals Series in Coffs Harbour on the 31st of May. Unfortunately they didn't make it through to the next round but played well and represented the school in a great manner.

Open Touch Football Knockout

Well done to our Open Boys and Girls Touch teams who both beat Alstonville HS on the 23rd of May. The girls had a convincing win 5-2 and the boys went into a drop off and won 8-7. The boys are now playing Blaxland HS on the 27th of June at TRHS and the girls are playing Matraville Sports HS on the 2nd of July at TRHS. These are state knockout final qualifying games, so we wish the team the very best of luck!

Far North Coast Surfing

Well done Lachlan French who competing at the FNC Surfing Competition on the 17th of May in Lennox Head. Lachlan competed well, and thank you to Mr Lennox for attending the day.

North Coast Open Touch Trials

Well done to all our students who were selected in the North Coast Touch Football teams this year. The girls (Kayla Harris, Jasmin Morrissey, Rieley Moloney and Tamika Perandis) will be travelling to Wollongong in Week 9, and the boys (Lachlan Hallard, Jonah Whitlam-Rose, Josh Wilmott, Luke Henderson, Lochlan Wolfe) to Dubbo in Week 10 to compete at the NSWCHS Championships. Good luck!

NSWCHS Rugby Union Trials

Well done to Xander Crockett and Adam Flannery (Year 11) who both be played for the North Coast at the NSWCHS Rugby Union Championships in Warriewood from the 21-23 of May. The team finished up 6th in the state, which is a great achievement!

NSWCHS Boys Hockey Trials

Well done to Hugh Harris (Year 12) who represented the North Coast for the first time in his open boys hockey team at the NSWCHS championships in Albury from the 21-23 of May. The team finished up 3rd, which is a wonderful result for the North Coast.

FNC Open Netball Knockout

On Thursday the 20th of June our open netball side will be competing in the FNC knockout competition at Arkinstall Park. Good luck to the team. We hope to continue the success of the past 8 years as FNC champions!

FNC and NC Cross Country

Well done to all of our students who competed at the FNC Cross Country at Byron Parklands. All students represented our school exceptionally well, and we had 3 age champions – Kara Pease, Jack Andrews and Ulani Nelson. Eight students qualified for the North Coast level in Nana Glen on the 21st of June.



SPORT REPORT

U13 and U15 Country Cup Rugby League

Well done to our U13 and U15 Country Cup rugby league teams who competed at the FNC day at South Tweed on the 6th of June. Our U13 team won through the day and then played at Ballina in the regional finals. The boys won their first game against St John's Woodlawn but then lost to Maclean HS. It is a great achievement to reach this level!

FNC Athletics Carnival

The FNC Athletics Carnival is at Walter Peate Oval, Cudgen on the 28th of June. All students have received a note and this is required back to Mrs Goldstone after payment by the start of Week 9. Good luck to all students competing!

Yours in Sport,

Mrs J Goldstone, External Sports Organiser 2019





SPORT REPORT

Australian Female Lightweight Boxing Champion!

Congratulations to Rachel Loder (graduate of 2018) who recently won the Australian Female Lightweight Boxing Title. She is Australia's youngest female professional boxer and now the youngest female in history to capture an Australian title. What an amazing achievement for one of our alumni!



North Coast Regional Knockout Finals - Rugby League and U13 Country Cup team regional finals.





SPORT REPORT

NSWCHS Rugby Union Championships in Warriewood

Xander Crockett and Adam Flannery (Year 11)





SPORT REPORT

Congratulations to our Opens University Shield Rugby League side!

Well done to our University Shield Rugby League side who travelled to the other end of the state to play Tumut HS in the State Knockout on Thursday the 20th of June. The boys played in temperatures of 3 degrees to come away with an exciting win 18-16 in the final 2 minutes of the game! They are now through to the Top 16 round and are playing Toronto HS at home. Congratulations on reaching this level for the second year in a row!





LIBRARY NEWS

FROM THE LIBRARY.....

The following students received a Mc Donald Voucher during regular reading class for their diligent reading:

9ENG 3 28/05/19

Jahli C.
Nick S.
Summa D.
Sky F.

7E 29/05/19

Keira T.
Shar M.
Xavier P.
Samson T.

9ENG 4 3/06/19

Liam K.
Tiarny G.
Angel M.
Oliver M.

8ENG 3 6/06/19

Jacob L.
Tiani B.
Kyla G.
Annabelle R.
Zariah H.

7M 14/06/19

Jaden R.
Whitney T.
Alejandro M.
Riley D.

9ENG 5 29/5/19

Seth F.
Jayden M.

8ENG 2 30/5/19

Jaydee W.
Lachlan F.

7A 5/6/19

Asha B.
Kyle P.
Sam F.
McKenna G.

7S 6/6/19

Gianna B.
Alehya F.
Aidan M.
Summer F.
Maddison M.

7 ATP 14/6/19

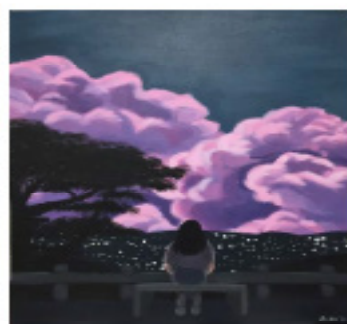
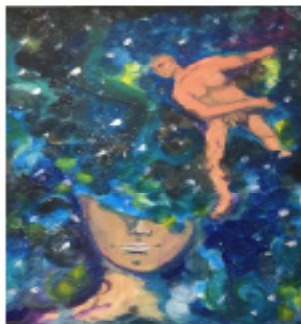
Zara C.
Ira K.
Jaden B.
Jack B.
Raïden R.
William N.
Stevie-Lee J.
Elena D.



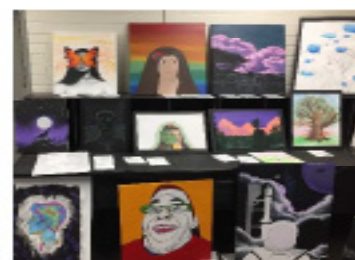
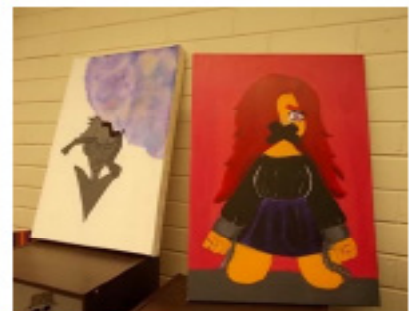
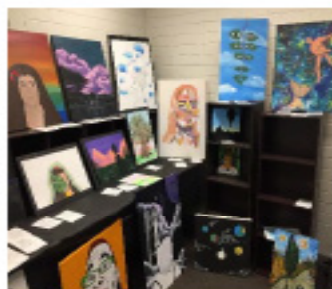
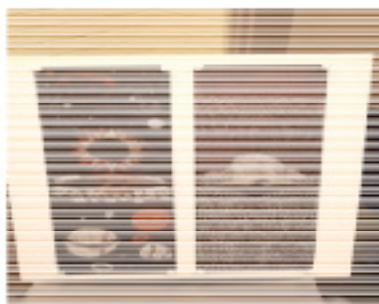
LIBRARY NEWS

LIBRARY DISPLAYS June 2019

Year 10 Visual Arts



Year 11 Visual Arts





LIBRARY NEWS

National Reconciliation Week 27 May – 3 June

2019 theme

**Grounded in Truth
Walk Together with Courage**





LIBRARY NEWS

2019 PREMIER'S READING CHALLENGE SPONSORS



Dr John Hampson BV BSc/HVSc
Shop 1/2/3-14 Henry Lawson Drive
TERRANORA NSW 2486
07) 5590 4448



SOUTH TWEED HEADS



SOUTH TWEED HEADS



LIBRARY NEWS

GREEN TEAM NEWS

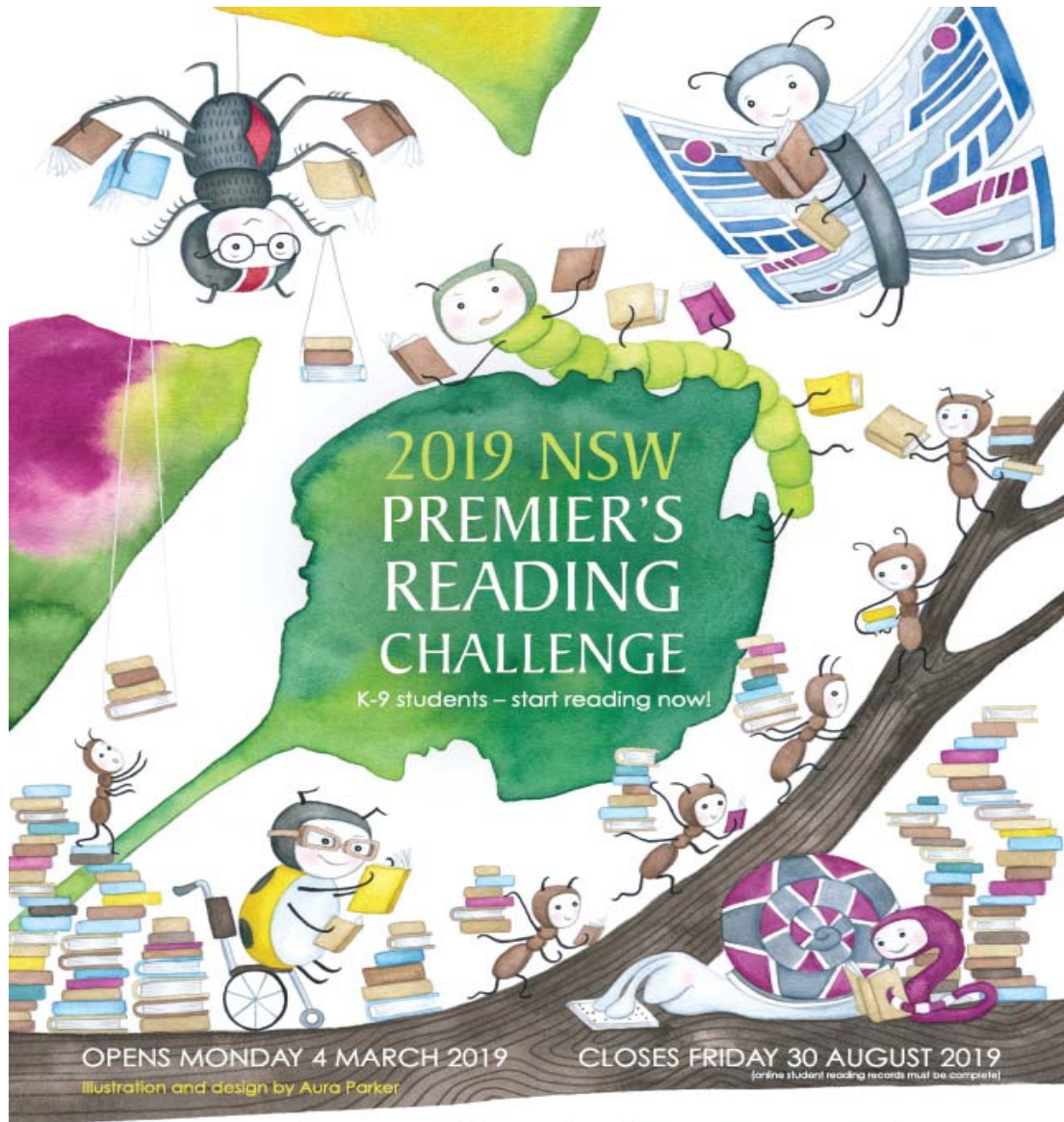


Our wonderful team has been discussing ways to promote **Plastic Free July**. We are organising volunteer students during the two weeks of school in July to help in the canteen and finding ways to advertise the program. Thank you to all the amazing students who join me regularly on Thursday (Week B) at recess to discuss these matters.



NewsLetter

21 June 2019 Term 2 Week 8



OPENS MONDAY 4 MARCH 2019

CLOSES FRIDAY 30 AUGUST 2019

(online student reading records must be complete)

Illustration and design by Aura Parker

www.premiersreadingchallenge.nsw.edu.au



Media Partner



Supporting Partner



Mrs Monniot-Kerr (Teacher-Librarian)



COMMUNITY NEWS



ENGINEERS
AUSTRALIA

Discover Engineering Ballina

A free forum for all high school students
interested in learning about
engineering as a career choice

- Why be an engineer?
- What do engineers do?
- What is it like to study engineering?
- How do you become an engineer?

Discover Engineering provides the opportunity for high school students interested in an exciting career in engineering to hear real life experiences from young engineers across the various engineering disciplines who will share their career path and practical first hand knowledge. University representatives will also be available to advise on course information.

Thursday 27 June 2019, 6.30pm - 8.30pm

Ballina Byron Islander Resort
1 Ronan Place, Ballina
Enquiries: 02 4911 7310

This is a free event. Light refreshments will be served, registration is essential for catering purposes.



/EngineersAustralia



/EngAustralia

Sponsored by



[REGISTER ON LINE](#)



TWEED RIVER HIGH SCHOOL

HOMEWORK CENTRE



EVERY WEDS (DURING TERM TIME)

2.30PM - 3.30PM IN 'R' BLOCK

AFTERNOON TEA PROVIDED



BRONCO'S GIRLS ACADEMY IN COLLABORATION WITH AIME TUTORING SQUADS HOLD A HOMEWORK CENTRE EVERY WEDNESDAY. STUDENTS ARE WELCOME TO COME ALONG FOR SUPPORT WITH ONE-ON-ONE TUTORS FOR ASSIGNMENTS AND HOMEWORK.

FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

Available at NSW Health public dental clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton

Call 1300 651 625 to book a visit for your child



COMMUNITY NEWS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers**. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

How to claim your vouchers



Mary Sm



- 1** Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2** Click on the Active Kids icon found in your SERVICE tab
- 3** Fill out the requested information (you will need your current Medicare card)
- 4** Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

How to use your vouchers

- 1** Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab





COMMUNITY NEWS

TWEED VALLEY MODELLERS PRESENT **THE MAGNIFICENT**



**TWO DAYS OF
HOBBY AND MODELLING
MADNESS IN
NORTHERN NSW**

**GOLD COIN
ENTRY**

**VOTE ON
TWEED VALLEY
MODELLERS CLUB COMP
THEME: **YELLOW****

**TH
Annual**

EAST COAST HOBBY EXPO

THE EXPO IS A UNIVERSAL HOBBY
SHOW THAT SHOWCASES
INTERESTS IN
MODEL RAILWAYS,
SCALE MODELLING,
FIGURE MODELLING,
WARHAMMER AND TABLE
TOP WAR GAMING,
LEGO, QUILTING, CARPET MAKING, ART,
SCIENCE FICTION, DIECAST
CARS AND MORE!

SOUTH TWEED SPORTS CLUB

4 MINJUNGBAL DRIVE TWEED HEADS

SATURDAY 6TH JULY 10-4PM

SUNDAY 7TH JULY 10-3PM

-----2019-----

EXPO SPONSORS:

**SOUTH TWEED SPORTS
TWEED VALLEY
MODELLERS
MODELNERDS**



FB/EASTCOAST HOBBY EXPO

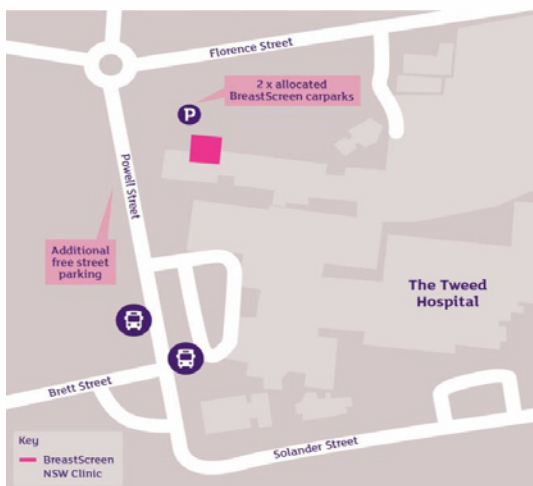


COMMUNITY NEWS

NSW GOVERNMENT | **BreastScreen NSW**

9 out of 10 women who develop breast cancer do not have a family history.

For women aged 50-74 years 20 minutes every 2 years could save your life



- Located at:** BreastScreen Clinic
The Tweed Hospital
Powell Street
Tweed Heads NSW
- Entry via:** Enter via car park entry on Powell Street. Turn first left and follow signage.
- Car parking:** Limited parking, may need to park on street.
- Public transport:** Surfside Buslines
www.surfside.com.au NSW timetable Route 602 & 604

Call 13 20 50
Book online now

If you have received your letter from BreastScreen NSW you can book online at breastscreen.nsw.gov.au/. Enter the appointment code from your letter.



COMMUNITY NEWS

The **TWEED COAST BAND** has strong community connections, performing at clubs, markets, shopping centres, dance halls, churches, memorial services, ANZAC Day, Xmas and other special events.

The band plays a wide range of musical genres and its players range across amateur, semi-professional and ex-defence force, from student to retiree.

Full band, small group, jazz ensemble or quartets.

The **Tweed Coast Band** is a sub-club of the South Tweed Sports Club.



Find us on
Facebook



TWEED COAST BAND



MUSICIANS WANTED



COME ALONG TO LISTEN OR SIT-IN

We rehearse on **Saturday** mornings
10am in the downstairs auditorium at

South Tweed Sports Club
Minjungbal Drive
Tweed Heads South NSW 2486



Are you a musician looking for a band in which to play? Would you like live music at your next event or function?
For more information contact us on:

Secretary: 0407 361 933

President: 0425 215 544

email: tweedcoastband@gmail.com



COMMUNITY NEWS



Join us at our next Information Session

Get to know The Family Centre and find out about what we can do together to make change achievable

Thursday August 8, 10pm-12pm

Kentwell Community Centre, 20 Bangalow Road Ballina

We'll talk about:

- what we want for our community, our values, role, strategic directions and practice principles
- the ways we work together with children, young people, families, schools and communities

EVERYONE IS WELCOME

- parents or carers
- young people
- community members
- service partners
- students
- volunteers, or you might be thinking of volunteering with us



The Family Centre



The Family Centre
Connecting Home



TWEED HEADS • TWEED HEADS SOUTH • MURWILLUMBAH • BYRON BAY • BALLINA

1/14 Amber Road,, Tweed Heads, NSW 2486

Phone: 07 5524 3007 • Email: info@thefamilycentre.org.au

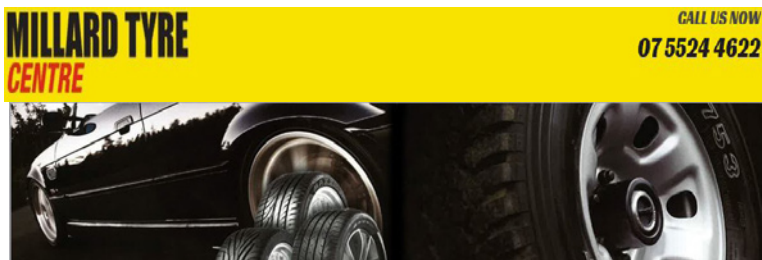
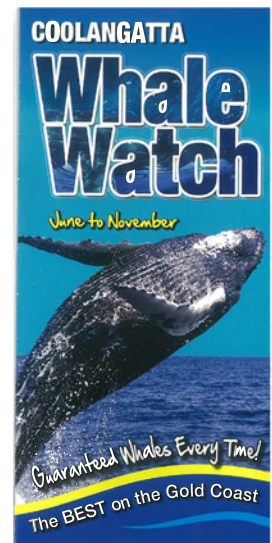
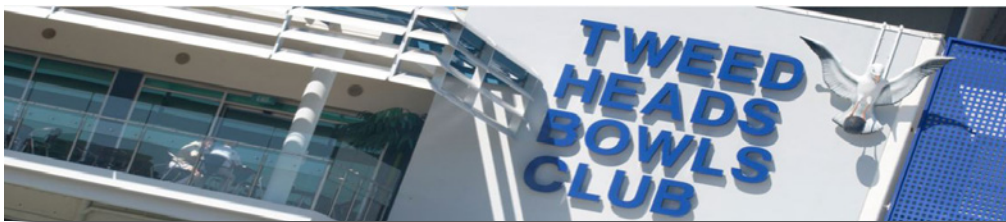
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NewsLetter

21 June 2019 Term 2 Week 8

THANK YOU TO OUR GENEROUS SPONSORS



French Eatery & Deli

buckwheat specialist
freshly baked goods galette & crepes
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14 BAY ST | TWEED HEADS
A WELCOMING PLACE TO ENJOY GREAT FOOD AND COFFEE



• SATURDAY 6 JULY •

CHRISTMAS BUFFET

Glazed Ham, Turkey Breast, Roast Pork & all the trimmings

\$20 Members | \$25 Guest

Dinner from 5pm | Bookings essential

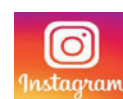
\$600 XMAS RAFFLES

Mini Hams, Pork Rolls, Legs of Lamb & Chicken Rolls

On Sale from 6PM | Raffles Drawn at 7:45PM



South Tweed Sports Club
4 Minjungbal Drive
Tweed Heads South
Ph: (07) 5524 3655



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