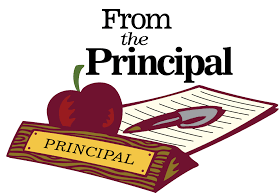


# HILLTOP NEWS

Week Eight, Term Four, Tuesday, 28<sup>th</sup> November 2017 Edition Two Hundred and Thirty Six.



## How to Flip the Switch on Stress

Take a moment to try a quick experiment. Say the following out loud if possible, or to yourself if you prefer: *"This is awful. I can't believe this is happening. I can't handle this."* When you do that, what do you notice happening in your body? Does your breathing change? What happens to your posture? What muscles contract or tighten? How do you feel?

Now say the following to yourself: *"This is difficult, but I can handle it. I will find the strength to cope with this and move forward."* Ask yourself the same questions as above, and notice what your answers are.

If you are like most people, the first set of statements evokes feelings of tension in the body, perhaps shallow breathing, feelings of irritability, or other signs of stress. In the second example, when I have tried this with my classes, they report being aware of sitting more upright, having less clenching of muscles, feeling a greater sense of openness in their bodies, and feeling more empowered. This is the power of words. The words we say to ourselves are not simply mental events, but affect our emotions and our bodies, which in turn can impact our health. For example, tense muscles, if chronically held, can lead to pain, and stress chemicals flooding our body on a chronic basis can contribute to *dis-ease* and disease.

It has been estimated that our minds can produce 50,000 or more thoughts per day. If we really begin to pay attention to the things that we say to ourselves, which most of us don't naturally do, we would notice that many of these thoughts are

negative, and even at times self-deprecating. Many of these thoughts make unhelpful predictions about the future without us even realizing this (as in the example above, predicting that we can't handle something before giving ourselves a chance). Our minds can also focus on unhelpful stories about the past and can pull us in and spiral us downward, ensnaring us in a web of negativity and stress.

So how do we step out of this downward spiral? There are many ways to do this, but I would like to share a two-step process with you here.

1. One of the most important first steps toward changing any behaviour is increasing our awareness of it. I like to think of awareness as a flashlight in a dark room, helping us shine the light on what is there so that we can see where we are going and step more carefully around the obstacles. Take a moment to reflect on some of your typical negative thought patterns throughout the day. Begin to notice them as they come naturally. Take one day and record what these negative thoughts sound like. Be particularly mindful of what you say to yourself whenever you start to feel stress building.

2. Use the awareness of stress itself as a trigger that allows you the opportunity to pause and be mindful, in order to interrupt the stress response. More specifically, every time you notice stressful thoughts entering your mind, rather than getting caught up in an automatic reaction to them, use the word "stress" itself, and the following acronym, to engage in this brief mindful exercise. As you spell out the word stress in your mind, think of this acronym, saying each phrase to yourself slowly as you breathe in and out (taking a minute or two for this exercise).

Safe to relax  
Trust in my own inner resources  
Rest in this moment (bringing myself back to the present)  
Embrace all of my emotions (even the difficult ones)  
Slow down to see the big picture  
Send compassion to myself

After doing this, bring your attention back to your day and chances are you will be able to proceed more mindfully and with more choice about how you react to the stress at hand. Practicing this can help flip the switch on stress and turn each stressful moment into an opportunity to wire in more helpful words, and a more thoughtful response when you face day to day stressors in your life.

Mick McCann

[michael.mccann@det.nsw.edu.au](mailto:michael.mccann@det.nsw.edu.au)

## Class Structure 2018

Over the past few weeks, our teachers and staff stayed back after school to construct the draft class lists for 2018. Much consideration and "juggling" took place before students were placed in the groupings that we feel will maximise their learning and happiness. When we place students into classes the following elements are considered in this **PRIORITY** order:

1. *Students with high support needs* – Some students have high support needs we place them in their classes first. School Learning Support Officers (SLSO) are timetabled around providing scaffolding for these students.

2. *Students with medium support* – students on Individual Learning plans, we have many students in this section.

3. *Behaviour* – Students with high behaviour needs are shared amongst classes, a concentration of students in one class with high behaviour needs is never a good idea!

4. *Family groupings* - Cousins/twins and siblings in each stage group.

5. *Language groups* – To make the best use of the support teacher's time we will often group these students together so the teacher can work within that particular class.

6. *Students in equity groups* – As some funding is used to employ SLSO's to scaffold the learning for these children, to have a small group in one class means we can use the SLSO time more effectively.

7. *Teacher compatibilities* – All teachers have different teaching styles, some styles are better suited to different needs. While one teacher may be quite strict and structured, another may be a little more flexible.

8. *Gender* – Where possible we try to ensure that there is a gender balance in each class.

9. *Ability* – Our classes are mixed abilities. Mixed ability classes are ideal in the primary classroom.

10. *High Potential Learner Pods (HPL)* - While we have mixed ability classes we try to put small Pods of High Potential Learners together as a group.

11. *Separations* – Teacher requested first, sometimes a great friendship is not a great mix in the classroom.

12. *Separations* – Parent requests. Sometimes one child with a request to be with a friend and that friend requests not to be with them – this information is highly confidential, but it does happen!

13. *Composites* – When we build a composite class we look at all the above plus students who have a level of independence. We still have gender/mixed ability and so on. We also try to put students in small numbered composites from the same previous class together.

14. *School Counsellor* – Confidential reasons communicated to the school counsellor.

It's not an easy process and with limited opportunities because of Newcastle East only being a one and a half stream school. Classes will be announced during the first week of 2018.

## November 2017

### IT'S THE FINAL WEEK!

Thanks to the parents and families who have sponsored our teachers during Movember. Please click on the link below if you can help out.



This year Mr Ringis, Mr Daniels and myself have joined with Kurt Fearnley's team to raise funds for Men's Health issues. You are welcome to join in as well as making a donation at <https://moteam.co/fearnley-s-fine-friends-furry-faces?mc=1>

## NEPS School Council Parent Survey

We know what you're saying, 'Not another survey!'

But this one is your big chance to have a say on NEPS specific issues and provide feedback and ideas for the future. The School Council conducts a Parent Survey every year, which also allows us to compare responses from past years. Please take the time to click on or paste the link and complete the survey. We just need one survey per family.

We will also have computers set up at the library on the evening of the Disco on 7 December for parents to do the survey then.

Follow the link:

<https://www.surveymonkey.com/r/9R9KFDB>

Thank you for taking time to do the survey and we look forward to the responses.

## Building Information booths/Update

Information booths are scheduled to encourage ongoing school and community engagement and feedback. To find out more about the upgrade, please visit the information booths at either of the following locations:

Newcastle East Public School information booths (located at the school entry):

- Monday 11<sup>th</sup> December 10.30-12.30 (Presentation Day)

The latest information on the new building has been added to the school's website. If you would like a hard copy please contact the school.

## 2018 Captain's Speeches

We will be holding the 2018 Captains speeches on Wednesday 29<sup>th</sup> of November. It will be held under the COLA from 8.45. Parents are welcome to attend.

## Supercar Friday

Last Friday, our school was able to successfully run our regular sport programs and in class activities. About half our school was away. If you were away, please bring in a note / phone the school explaining the absent. The noise and parking had a very limited impact upon the school. For your planning the 2018 dates are Friday 23<sup>rd</sup> – Sunday 25<sup>th</sup> of November.

## END OF YEAR DISCO!

Thursday 7<sup>th</sup> December 5.30-7.30pm with PEP C and DJ Perry. **Christmas Theme.**

5/6D and 1/2V are on the BBQ. We need parents to help for the night to be a success. Please sign up below to volunteer:

[www.SignUpGenius.com/go/30E0A4DAEAB29AAF94-bbqroster3](http://www.SignUpGenius.com/go/30E0A4DAEAB29AAF94-bbqroster3)

## Canteen – Urgent Volunteers Needed

We are going great for volunteers for this term. We only need **2 volunteers** please for **Friday 1<sup>st</sup> December**. Please help otherwise we will have to close the canteen which we absolutely don't want to do!

Sign up either through the sign-up app on the link below or text Kelly Wyman on 0421 299611.

<http://www.signupgenius.com/go/30e0a4daeab29aaf94-canteen3>

## Canteen Roster Term 4

Monday	Friday
<b>27 November</b> Pip Strachan	<b>1 December</b> 2 Volunteers needed Louise Moya – First half
<b>4 December</b> Emily Brown (OOSH)	<b>8 December</b> Kellie Bohlson 1 <sup>st</sup> half Helena Hoi
<b>11 December</b> Tracey Hutchins	<b>15 December</b> Chris Gooch 1 <sup>st</sup> half Sheridan Rhodes 2 <sup>nd</sup> half Kelly Wyman/Tracey Hutchins



Monday	Tuesday	Wednesday	Thursday	Friday
27 <b>Week 8</b> Kinder Orientation 10-10.45	28	29 Captains Speeches 8.45 – Cola Building Information Booth	30	1 December   2 December Parkrun
4 <b>Week 9</b> P&C Meeting 5.30pm School Council Meeting 7pm	5	6	7 School Disco	8 Kinder BBQ 5.30pm
11 <b>Week 10</b> Presentation Day 8.45 for 9am start – COLA Building Information Booth 10.30am	12  Reports home	13  Year 6 Farewell – Souths Leagues	14	15  Year 6 Clap Out Last day of year Summer Holidays

## OOSH Charity Drive

Dear Parents

The children from OOSH were asked to consider what they could do to make the lives of others better at Christmas.

The decision was made to support a food and gift charity drive for Ronald McDonald House.

We discussed how hard it must be for the children and families at this time of year that are in hospital.

We are asking for your support and help by making a donation to our charity of either small gifts or Christmas food goods.

All donations can be brought into the OOSH centre anytime.

We greatly appreciate your help in teaching the children to care for others in our community

Thankyou OOSH









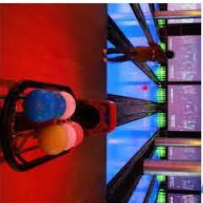
## Year 6 Fete

Thank you to all the students who supported the Year 6 fete last Thursday so overwhelmingly. Approximately \$1300 was raised. Together with the sausage sizzle, and school newspaper sales, Year 6 raised a total of \$1889.05, which will be used to buy an outdoor ping pong table for future NEPS students to enjoy during play time. Thanks also to the teachers who agreed to have cream pies thrown at their face. A special thanks is extended to Mrs Miller who was a great sport when she had a bucket of water tipped over her.











The Year 6 students worked very hard to have their stalls ready for fete day, and displayed immense initiative and organisational skills in the weeks leading up to the event. It was a great team effort. Here are some photos from the day.





Monday 15 <sup>th</sup> January	Tuesday 16 <sup>th</sup> January	Wednesday 17 <sup>th</sup> January	Thursday 18 <sup>th</sup> January	Friday 19 <sup>th</sup> January
<b>Excursion</b> <b>Ice Skating</b>  Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 10.15am	<b>Excursion</b> <b>Sommersby Falls Picnic Area</b>  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9am	<b>Excursion</b> <b>Stockton Pool Via Ferry</b>  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9.15am	<b>Incursion</b> <b>Musical Theatre and Street Dance</b>  Come along and join a crew and maybe learn a song or two Starts at 10am to 12pm	<b>Excursion</b> <b>Newcastle Baths</b>  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9.30am
<b>Arts and Craft</b> Cooking Ice cream cake <b>Monday 22<sup>nd</sup> January</b> <b>Excursion</b> <b>Dolphin Cruise</b>  Ultimate Dolphin Experience Closed in Shoes ,Hats and Water are a Priority Leaving centre at 9am	<b>Arts and Craft</b> Painting Landscapes <b>Tuesday 23<sup>rd</sup> January</b> <b>Excursion</b> <b>Ice Cream Day</b>  Closed in Shoes and Hats are a Priority Leaving centre at 10am	<b>Arts and Craft</b> Boat Building <b>Wednesday 24<sup>th</sup> January</b> <b>Excursion</b> <b>Oakvale Farm Splash Bay</b>  Closed in Shoes ,Hats and Water are a Priority Leaving centre at 9am	<b>Arts and Craft</b> Make a Marionette <b>Thursday 25<sup>th</sup> January</b> <b>Excursion</b> <b>Movies</b>  Closed in Shoes and Water are a Priority Leaving centre at 9am	<b>Arts and Craft</b> Floating bath toys <b>Friday 26<sup>th</sup> January</b> <b>PUBLIC HOLIDAY - CLOSED</b> <b>Monday 29<sup>th</sup> January</b> <b>Pupil free day</b> <b>Excursion</b> <b>Ten Pin Bowling</b>  Closed in Shoes and Water are a Priority Leaving centre at 9.15am
<b>Arts and Craft</b> Decorating Calico Bags	<b>Arts and Craft</b> Cooking Lamingtons	<b>Arts and Craft</b> Felt Kangaroos	<b>Arts and Craft</b> Sun Visors	<b>Arts and Craft</b> Chinese Dragons

# NEWCASTLE EAST PUBLIC SCHOOL OOSH – VACATION CARE PROGRAM – DECEMBER 2017/ JANUARY 2018 SCHOOL HOLIDAYS

Monday 18 <sup>th</sup> December	Tuesday 19 <sup>th</sup> December	Wednesday 20 <sup>th</sup> December	Thursday 21 <sup>st</sup> December	Friday 22 <sup>nd</sup> December
<b>Inursion</b> <b>XMAS PARTY</b>  <p>Come and join the fun Jumping Castles and Water slides, games and surprises <b>Swimmers and Rashies are a MUST</b></p>	<b>Excursion</b> <b>Speers Point Park</b>  <p>Join us on the giant slide, flying fox or play on all the equipment <b>Closed in Shoes, Hats and Drinking Water are a Priority</b></p>	<b>Excursion</b> <b>Lambton Pool</b>  <p>Water play and more water play. Try out the slide and giant water bucket <b>Swimmers, Rashies and Drinking Water are a MUST</b></p>	<b>Excursion</b> <b>Revolution</b>  <p>If you have revolution socks please bring them along with lots of <b>Drinking Water</b></p>	<b>Excursion</b> <b>Movies</b>  <p><b>Followed by Xmas Lunch With Bon Bons and Good Cheer</b></p>
<b>Arts and Craft</b> Xmas Wind chimes	<b>Arts and Craft</b> Xmas Stockings	<b>Arts and Craft</b> Stained Glass Windows	<b>Arts and Craft</b> Xmas Mugs	<b>Arts and Craft</b> Cooking Rocky Road
<b>Monday 8<sup>th</sup> January</b> <b>Excursion</b> <b>Newcastle Baths</b>  <p><b>Swimmers, Rashies, Closed in Shoes, Hats and Drinking Water are a Priority</b></p> <p>Leaving centre at 9.30am</p>	<b>Tuesday 9<sup>th</sup> January</b> <b>Excursion</b> <b>Ninja Park</b>  <p><b>Closed in Shoes, Hats and Drinking Water are a Priority</b></p> <p>Leaving centre at 11.30am</p>	<b>Wednesday 10<sup>th</sup> January</b> <b>Excursion</b> <b>Little pelican Beach</b>  <p><b>Swimmers, Rashies, Closed in Shoes, Hats and Drinking Water are a Priority</b></p> <p>Leaving centre at 9.15am</p>	<b>Thursday 11<sup>th</sup> January</b> <b>Excursion</b> <b>Shark and Ray Centre</b>  <p><b>Swimmers, Closed in Shoes , Hats and Drinking Water are a Priority</b></p> <p>Leaving centre at 9am</p>	<b>Friday 12<sup>th</sup> January</b> <b>Excursion</b> <b>Hogs Breath Café</b>  <p><b>Closed in Shoes and Hats are a Priority</b></p> <p>Leaving centre at 11.40am</p>
<b>Arts and Craft</b> Candles making	<b>Arts and Craft</b> Cooking Cookies all sorts	<b>Arts and Craft</b> Puppet making	<b>Arts and Craft</b> Foam Stingrays	<b>Arts and Craft</b> Making Side Walk Chalk



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EASY TO SHOP ONLINE  
NO MORE MIDDLE MEN  
TASTES BETTER & LASTS LONGER

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**15 NOV COLLECTIVE HUB & EVERY WEDNESDAY THEREAFTER**  
**2PM – 4PM – THE EDWARDS 148 PARRY ST**  
**OR CHOOSE OUR DELIVERY OPTION**  
***DON'T MISS OUT ON OUR OPENING SPECIALS***  
***JUMP ONLINE TODAY!***

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YOUR  
**FOOD  
COLLECTIVE**







Your Saturday mornings could be this much fun too!

Join the N.E.P.S team at Newy parkrun on the first Saturday of each month (or every Saturday if you're really keen!). Check out [www.parkrun.com.au/newy/](http://www.parkrun.com.au/newy/) for more information or see Mrs Thompson.

It's free, fun, healthy, non-competitive and social. All you need is a barcode.







the **Xmas**  
**disco**  
with  
**Pep-C**  
& DJ Perry



**Thurs 7 December 2017**  
**5.30 - 7.30pm**

**\$5 Door Entry or \$20 Family Ticket**  
**Theme: 'Christmas' - wear that Santa hat!**





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surf  
school

SUMMER HOLIDAY  
GROM PROGRAM

**\$180 for three days a week!**

Every Wednesday, Thursday & Friday starting the 3rd of January.

**Book online today @ [surfestsurfschool.com.au](http://surfestsurfschool.com.au) or call 0410 840 155**

### **Availability**

Wednesday the **3rd** till Friday the **5th** of January **2018**

Wednesday the **10th** till Friday the **12th** of January **2018**

Wednesday the **17th** till Friday the **19th** of January **2018**

Wednesday the **24th** till Friday the **26th** of January **2018**

**Saturday and Sunday program each weekend of the holidays - \$150**

This summer holiday's grom program is specially designed to make learning about beach safety and how to surf fun and easy. This program is taught by an ASI accredited surf school and is run throughout the summer school holidays.

The program runs for three days a week starting from the 3rd of January, every Wednesday Thursday and Friday at Nobbys Beach. All kids are provided with the right wetsuit, surfboard, sunblock and placed in the right age group.

**Meeting point at the Surfest Surf School bus/trailer at Nobbys Beach.**

**sanbah**

**f** /surfestsurfschool

**@surfestsurfschool**

# Good for Kids good for life

## EVERYDAY FOODS IN THE CANTEEN

Our canteen is working towards aligning with the new NSW Healthy School Canteen Strategy! Instead of Green, Amber and Red categories, there are now Everyday and Occasional foods and drinks. We are aiming to provide a large range of delicious and nutritious Everyday foods and drinks for your children.

Everyday foods and drinks can include:

- Fruit and vegetables
- Sandwiches/wraps/rolls, sushi and salads
- Toasties, soup, pasta, jacket potatoes and lean burgers
- Reduced fat dairy, cheese and wholegrain crackers, air popped popcorn and pikelets
- Water, 99% fruit juice and reduced fat milk.



Health  
Hunter New England  
Local Health District

PHONE 4924 6499



## Summer Holiday School

14 – 17 Jan 2018

### Writing for Future Experts

Years 5 - 8

- Introduction to writing
- Structuring and developing ideas
- Fun with characters and imagery
- Editing and proofreading

Individual and small group holiday lessons in Maths, Sciences and English can be arranged by contacting our office.  
Tutoring during terms also available.

*Over 40 years of helping Newcastle students succeed*



4929 2522



11 Scott St Newcastle 2300

[arrendell@ozemail.com.au](mailto:arrendell@ozemail.com.au)

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









# SEARCHING FOR AN UNFORGETTABLE CRICKET EXPERIENCE THIS SUMMER?

## SCHOOL HOLIDAY CRICKET CAMP

### ***SUPER SPORTS*** **C A M P S**

#### FEATURES & HIGHLIGHTS

-  Fast Bowling Technique Practice
-  Spin Bowling Practice Sessions
-  Twenty 20 Skills and Technique
-  Test Match Batting Tips & Hints
-  Net Session Practice
-  Fielding Challenges
-  Twenty 20 Competitions
-  Individual Player Evaluation
-  Prizes and Awards



#### **CATERING FOR ALL ABILITIES**

Program designed for  
beginning, proficient  
and advanced  
cricketers.



#### **EARLY BIRD SAVING**

Enrol by December  
15 and pay \$65  
each day. Save \$10  
each day.



#### **HATRICK BOOKING OFFER**

Enrol your child with  
at least two friends or  
siblings so each child  
saves \$10 each day  
they attend.



#### **FREE BIG BASH TICKETS DRAW**

Enrol by December 15  
to enter draw for  
2 FREE tickets to  
Sixers v Stars @ SCG on  
January 23, 2018.



#### **PROFESSIONAL COACHES**

Experienced, qualified  
and well resourced  
coaches to implement  
the program.

**10 -12 JANUARY, 2018 (ENROL FOR 1, 2 OR 3 DAYS)**



#### **LOCATION**

Empire Park,  
Bar Beach



#### **MEETING/ PICK UP POINT**

Grandstand @  
Empire Park



#### **TIME**

8:30am - 3:00pm  
(Program starts at 9:00am.)



#### **AGE GROUPS**

6 - 14 Years



#### **PRICE**

\$75 Each Day

(Early Bird price of \$65  
each day ends 15 December.)

## **BOOK ONLINE**

# **SUPERSPORTSCAMPS.COM.AU**



# JANUARY ART ATTACK

Kids, Adults & Family Suitable workshops.  
Something creative for **EVERYONE!**

- 11 / 01** KIDS PLASTER CASTING 1 - 3:30PM
- 13 / 01** PAINTING W/ ALCOHOL INKS 1:30 - 3PM  
PIMP YOUR GARDEN - KOKEDAMA 10 - 12:30PM
- 15 / 01** KIDS PAPER MAKING - PART 1 9:30 - 12 NOON  
PIMP YOUR GARDEN - SUCCULENT GARDEN BALL 1 - 3:30PM
- 16 / 01** KIDS PAPER MAKING - PART 2 9:30 - 12 NOON  
DARING DECOUPAGE 10 - 3PM
- 17 / 01** KIDS ILLUMINATING INKS 1 - 3:30PM  
KIDS PRINT & PRESS 9:30 - 12 NOON
- 18 / 01** KIDS NATURE ART 1 - 3:30PM
- 19 / 01** KIDS CREATIVE CLAY 9:30 - 12 NOON
- 20 / 01** **TRIPLE TREAT WEEKEND - LUNCH INCLUDED!**  
POTTERY WHEEL THROWING 10 - 3PM  
MACRAME & BAMBOO 9:30 - 2PM  
PIMP YOUR GARDEN - SUCCULENT SCULPTURE 10 - 3PM
- 21 / 01** **TRIPLE TREAT WEEKEND - LUNCH INCLUDED!**  
PIMP YOUR GARDEN - CONCRETE QUICKSET SCULPTURE 10 - 1PM  
MACRAME MANDALA FLOOR RUG 9:30 - 2PM  
HARMONY GLASS LANTERN 10 - 3PM
- 22 / 01** KIDS CLEVER COLLAGE 1 - 3:30PM  
KIDS PICASSO POPCAN PORTRAITS 9:30-12NOON
- 23 / 01** KIDS FAIRY & KNOME HOMES 9:30 - 12NOON  
KIDS MAKING MANDALAS 1 - 3:30PM
- 24 / 01** KIDS FUNKY ART JOURNALS 9:30 - 12PM  
KIDS REPURPOSING RECORD ART 1 - 3:30PM
- 25 / 01** KIDS PAPER MARBLING & WEAVING 1 - 3:30PM

**GET YOUR ART ON  
& BOOK NOW!**

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ART  
MANIA  
STUDIO  
PRESENTS







# ART MANIA STUDIO PRESENTS

## JAN - APR 2018, TERM 1 SCHEDULE

### WORKSHOPS

#### **TWILIGHT RESIN**

SAT, 3rd Feb 4:30-8:30pm

#### **SOAP MAKING**

SAT, 10th Feb 10-12:30pm

#### **BATH BOMBS & BODY SCRUB**

SAT, 10th Feb 1:30-4:30pm

#### **BEGINNERS MACRAME**

SAT, 17th Feb 10-12:30pm

#### **BEGINNERS RESIN**

SAT, 24th Feb 10am-3pm

#### **PIMP YOUR GARDEN** - Succulent Hebel sculpture

SAT, 3rd Mar 10am-3pm

#### **GLASS FUSING IN ONE DAY**

SAT, 10th Mar 10am-3pm

#### **PIMP YOUR GARDEN** - Concrete sculpture

SUN, 11th Mar 10am-3pm

#### **MAMMOTH MACRAME**

WED, 14th Mar 6-8:30pm

#### **HARMONY GLASS LATERN**

SAT, 17th Mar 10am-3pm

#### **FEATURE PIECE RESIN**

SAT, 24th Mar 11am-3pm

### WEEKLY CLASSES

#### **MOSAICS & BLING**

WED 10am-12:30pm starts 31st Jan

#### **PAINTING**

FRI 9:30am - 12pm starts 12th Jan

### BLOCK COURSES

#### **GLASS LEAD LIGHTING**

MON 6-8:30pm starts 8th Jan

#### **GLASS FUSING**

WED 10am-1pm starts 31st Jan

#### **MIX GLASS**

THU 10am-1pm & 6-8:30pm starts 11th Jan

#### **POTTERY**

WED 6-8:30pm starts 31st Jan

#### **UPHOLSTERY**

SUN 2-4:30pm starts 11th Feb

### KIDS & TEENS

#### **AFTER SCHOOL**

KIDS TUES & THU 4-5:30pm starts 6th & 8th Feb

TEENS THU 6-7:30pm starts 8th Feb

#### **SATURDAY KIDS ART**

SAT 10am-12pm starts 17th Feb

12 COUNCIL STREET | WALLSEND, NSW, 2287

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