



Principal's Message

Dear Parents and Carers

PEGs going forward.

Parents are invited to join one or all of the standing PEGs. You can give as much time or as little time as you can and engage with other parents and the school in an area of your passion.

Below are just some suggestions with the view that this will grow and develop over time.

Once a term we will hold a Whole School PEG Meeting one in the evening as well as a Thursday afternoon, looking at engaging parents in areas that the school feels might be of interest eg the new Maths and English curriculums etc.

If you are interested in joining one or all the following, please contact the school via email or phone and leave a message by Wednesday 14th June.

PEG 1 Community Building:

This PEG is focused on:

1. Building community to bring together families to enjoy each other's company both religiously and socially.
2. It might focus on fundraising, but this is not the major intention of the group, this might be an unintended consequence of an event eg colour run.

Areas of interest to help organise and run – major religious festivals (Christmas Childrens' Mass) discos, fun runs, visual art, Christmas carols evening, raising funds for dance group etc.

PEG 2 Sport:

This PEG is focused on:

1. Major Sporting events athletics, swimming, cross country
2. Helping train children in a variety of sports for upcoming events and carnivals, eg. Rugby League, Soccer netball etc.

PEG 3 Wellbeing:

This PEG is focused on:

1. Any related initiatives to enhance the wellbeing of our children and the wider community.
2. Year 6 end of year organisation and celebration

Dates to Remember

7 JUN – WACKY WEDNESDAY

8 JUN – DIO SOUNDS YR 5/6

9 JUN – REGIONAL ATHLETICS

12 JUN – PUBLIC HOLIDAY – KING'S BIRTHDAY

15 JUN - CONFIRMATION 6.30PM

16 JUN - INFANTS MASS 9.30AM

**23 JUN – PJ DAY – GOLD COIN
MINI VINNIES DONATIONS
DUE**

24 JUN – YOUTH MASS/CHOIR

30 JUN - STAGE 2 MASS

**18 JUL - REGISTRATION FOR
COMMUNION 6.30PM**

**27 JUN - RUGBY LEAGUE 9S
BAND – UNITING CHURCH
PERFORMANCE**

30 JUL - YR 6 FUNDRAISING BBQ

To bring Christ and His message, in all its richness, into the hearts and lives of all.



PEG 4 School Physical Environment:

This PEG is focused on:

1. Improving and enhancing the physical school environment
2. Sustainability initiatives

Areas of interest to help organise and run eg designs on the playground, shade areas, walk to school ideas, imaginative playground and play kitchen, mud pie areas etc.

School Drop Off

Cars have been parking in the Royal Street drop off area. This area is for drop off only with no parking permitted. Please stay with your car.



NO PARKING/ KISS & RIDE AREAS:

**YOU MAY ONLY STAY 2 MINUTES &
DRIVER MUST REMAIN WITHIN
3 METRES OF THE VEHICLE**

**Penalty \$187* and
2 demerit points**

Duilio Rufo
Principal

Assistant Principal's Message

Welcome to Week 7 Faith Community Week

Faith Community Week

This week is Faith Community Week, a time to slow down and “take a breath”. We encourage families to spend time off devices and instead play board games, go to the park, or try something new. At school, we will have some fun activities during lunch and recess, including a disco and walk around the school. On Wednesday we will have **Wacky Wednesday**, where children are to wear their regular uniform, but do something “wacky”, such as wearing their uniform backwards or a “wacky” hairstyle, socks etc.

Art Trail

On **Friday 1 September** (Term 3), we will have an “Art Trail” through the school starting at 3:30pm. All children K-6 will be creating art, in the form of sculptures, clay models, paintings etc, that will be installed around the school. Families are invited to join us on the 1 September, to meander through the Art Trail to admire the art works created by the students. I would like to thank Odette and Cathy, mum and grandma of Sage (Year 6), Bastian (Year 3) and Tansy (Kinder) for concept of the Art Trail, and for creating the pieces that K-5 children will create. I would also like to thank Jan, grandma to Harvey (Year 6) who will work with the Year 6 children to create their canvas paintings. Please put the date in your calendars, more details about the Art Trail will be sent in Term 3. The Year 6 children will work with Jan over two sessions (Friday 16 June and 28 July), so we ask all Year 6 children to bring in an old shirt to paint in, which will be kept at school. Please send these in by **Monday 12 June**. All other grades (K-5) can wear “old clothes” on their painting day which are listed below:

- Kindergarten – Friday 9 June
- Year 1 – Friday 21 July
- Year 2 – Friday 23 June
- Year 3 – Friday 4 August
- Year 4 – Friday 28 July
- Year 5 – Friday 18 August
- Year 6 – Friday 16 June and 28 July

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Year 6 Sausage Sizzle

As part of fundraising in Year 6 for their Yearbook and Graduation Evening, Year 6 will be holding a sausage sizzle and cake stall on **Friday 30 June** (last day of Term 2). The cost of the sausage sandwich is \$3.50 and cakes at the cake stall will range from 50c to \$2. Orders for sausage sandwiches are to be placed on Flexischools (a gluten free option is available if required) orders will close on **Monday 26 June**.

Diocesan Annual School Visit

This Thursday 8 June, we will host the Diocesan Leadership Team for our annual school visit. At this visit, members of the various CSO departments will discuss our areas of strengths and further improvements, and we will share our vision and mission at St Therese's. The CSO team will also tour our school to see our facilities.

Winter Uniform

All students should now be in their full winter uniform, which includes ties for the boys and tab ties for the girls. We ask for your assistance in ensuring your children wear their correct uniform with pride each day.

Keeping our School Healthy

Many children are coming to school with symptoms such as tummy bugs, high temperatures, sore throats and coughs. We ask you to keep your children at home if they are unwell, so that their classmates and our staff stay safe. Currently, we have many staff and students at home unwell.

Kaylene Maretich,
Assistant Principal

Religious Education

Holy Trinity Sunday: Our Parish Feast – Sunday we celebrated the feast of The Most Holy Trinity, the name from which our tri-parish community of Blackbutt North is derived. The reflection below by Fr Michael Tate is a wonderful reminder about the image of our Trinitarian God.



Painting the Picture of God

When he was crucified Jesus uttered: 'It is finished.' What had finished? His earthly ministry during which he painted a picture of the most intimate communion between Himself, the Father, and the Holy Spirit, so intimate that the Church needed a new word: 'Tri-Unity' or 'Trinity' for short.

God is pulsating, shimmering light, dancing in threefold exchange of love, each being simultaneously poured into the other. God is 'Being-In-Love' and love is always relational.

'You are made in the image and likeness of God'? Because of the ministry of Jesus Christ, we know what that really means. We are made to live in relationship – not in solitary.

If we think that the ultimate good is to be self-sufficient/autonomous, that leads to a hellish existence.

When we live with as much self-giving as is possible, we are on the way to a heavenly existence.

We could pause for a moment to give thanks for the revelation of the nature of God, and consequently of the true nature of human beings.

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Taken from: <https://www.liturgyhelp.com/calendar/date/2023Jun04/0/RefMiTa>

St Vincent de Paul's: Winter Appeal – Thank you so much to all who have contributed thus far to the Winter Appeal. Last week, we were able to present Mrs Joy Loas with 7 boxes filled with various supplies to be packaged for those families in need this winter. Please continue to send the relevant supplies in with your child/ren over the coming weeks and remember that our **Mission Day on the Friday of Week 9 (23rd June), 'Pyjama Day'**, is also a fundraiser for this important local community mission initiative.



Stage Masses

We extend a warm welcome to our parents, carers, grandparents and friends to attend, according to the dates and times below, as Fr Velerian will be celebrating Masses for our various stage groups over the coming weeks:

Friday 16th June – 9:30am Mass for Infants (K, 1 & 2)

Friday 30th June – 9:30am Mass for Stage 2 (Yr 3 & 4)

Sacramental Program – Confirmation will take place, **Thursday 15th June 6:30pm at St Therese's Church, New Lambton.**

The **Information/Registration evening for First Holy Communion** will take place on **Tuesday 18th July at 6:30pm** (Hall or Zoom option available). Children will receive **Holy Communion on either of the weekend Parish Masses (Sun. 20th or 27th August at 9:15am).**

Year 3 students – will commence their Sacramental Program with a parent registration/information evening later in the year: Tuesday 17th October (Term 4).

Luke Smith,
RE Coordinator

School Community News

Volunteering

Throughout the year, we welcome all parents/carers to volunteer at the school. To volunteer, you must complete the volunteer's induction via the link <https://www.mn.catholic.edu.au/families-communities/volunteers/>. This process can take up to 6 weeks, so you are encouraged to complete this early.

School Fees

The annual school fee statements have been emailed and payments should have commenced. When you receive your statement, please arrange for a regular Bpay, Direct Debit or an annual payment. Cash payments can be accepted at the administration office between 8.00am-3.30pm Monday to Friday or credit card payments can be taken over the phone on 4957 4922. You will find a direct debit form attached to the newsletter for your convenience. If you have a health care card (HCC), contact admin@newlambton.catholic.edu.au Please avoid using the Compass pay option.

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Additionally, any family experiencing financial difficulty is entitled to fee assistance and will be appropriately and confidentially supported to assess what is affordable for their family. Please email the Principal, Mr Duilio Rufo directly at duilio.rufo@mn.catholic.edu.au

Vicki McSpadden

Bursar

Canteen

Mon 12/6	Tues 13/6	Wed 14/6	Thurs 15/6	Fri 16/6
Leone Nancarrow	Simone Slamet	Kim Jordan	Luke Wilson	Sally Curzi
Neroli Moran	Teigan Jobbin	Mel Kilkeary		Kelly Robertson
	Sarah Bourke			Sarah Lee
				Sarah Hughes

PBS and Principal Awards

This term we are focusing on the value of **Compassion**. We congratulate the following children for receiving the PBS School Spirit Award for demonstrating **COMPASSION** by forgiving others:

School Spirit Award for demonstrating COMPASSION by being gentle to others					
KN	Vinny O	KW	Hollie M	KL	Hudson D
	Chloe H		Jules W		Thomas B
1N	George J	1W	Evelyn V	1L	Lorenzo D
	Eve S		Cillian M		Hooper H
		2W	Tobias C	2L	Grady B
			Adelaide K		Rinoa I
3N	Edmund H	3W	Louis W	3L	Benjamin C
	Riley L		Ruby J		Olivia M
4N	Ajay C	4W	Jack M	4L	Lee S
	Kurt P		Francesca R		Evie T
5N	Jack T	5W	Nash Q	5L	Hudson G
	Phoebe M		Isaac M		Erin S
6N	Jordy T	6W	Tilly C	6L	Oliver S
	Leila O		Bodhi M		Ruby M

Principal Awards

The following students will receive a Principal's Award at **Week 8 School Assembly**:

KN – Taj H, Sidak S; **KW** – Henry R, Harry C, Matilda D; **KL** – Josephine C, Grace P; **1N** – George J; **1W** – Penny F, Leo M, Harry O, Evelyn V; **2L** – Miller M; Rio S (Week 6); **2W** – Vann R; **4W** – Francesca R, Maxime C; **5W** – Lily P, Louie B; **6N** – Vincent C, Hope B.

Congratulations and thank you, children, for upholding the values and principles of St Therese's.

Date: Monday 19th June

Time: 2:30pm

Melissa Pyers

Coordinator

Mini Vinnies

It is that time of the year again when Mini Vinnies is asking for your assistance in helping others. Each grade is asked to bring food items allocated to their year group. Students will bring 1-2 food items each that can be donated to the St Vincent de Paul society, who will make up parcels for the needy in our community. Please help us to help those who are not as fortunate as we are. The Winter Appeal donations will be collected on Wednesday and Friday each week. It will finish Friday Week 8.

Kinder Baked beans, spaghetti, tinned snacks

Year 1: Pasta, Pasta sauce, noodles, tinned soup

Year 2: Tinned vegetables, tinned fruit.

Year 3: Toothpaste, soap, shampoo

Year 4: Cereal, Porridge, biscuits

Year 5: Spreads – vegemite, jam, honey etc Sauces – bbq, tomato etc

Year 6: Coffee, tea, milo, drinking chocolate

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Coach's Corner

Polding Hockey:

Congratulations to Noah J who last week played in the Polding Hockey Team in Tamworth. The Polding Team played valiantly with 4 wins and 3 losses to finish 7th overall. Well done, Noah - we are very proud of your efforts!



Wonder Bread Bags:

Please continue to send your clean, empty bread bags to school. We have just over a month to continue collecting these which we can then convert into sports equipment for our playground.

Many thanks,
Coach

SPORT

Regional Athletics – We wish all our students well who are competing in this Friday's, Central Region Athletics Carnival (9th June). A reminder that all competitors need to make their way to the Fearnley Dawes Athletics Track, via private transport, to meet Mr Hartcher by 9:00am at the front gates.

Luke Smith, Coordinator

Year 2 Henny Penny Hatchlings

In Week 8 the Year 2 classrooms will be taking part in the 'Henny Penny Hatchlings' program by adopting 12 chicken eggs as a part of their Science and Writing Units.

At the completion of Week 10 (Thursday 29th June) the 12 chickens will need to be rehomed. If your family is interested in welcoming at least 2 chickens into your home, please thoroughly read through the attached information sheet. When you are certain on your decision, please email the school office Attn: Mrs Hunt.
Mrs Hunt



ADOPTING CHICKS

Henny Penny Hatching asks any families considering adopting chicks, particularly those who have limited experience in keeping and raising chickens, to read and consider the following before they take chicks home:

- Do your local council regulations allow you to keep poultry on your property?
- Will your backyard be suitable when the chicks grow into adult chickens?
- Remember that 50% of the chicks will be roosters. Are you able to, and prepared to, keep roosters on your property?
- Will your chickens co-exist happily with any pets you may already have?
- Will your neighbours mind having chickens living next door?
- Who will look after your chickens when you go on holiday?
- Chickens will produce eggs for 2-3 years but they can live for 10 years and more. Are you prepared to look after them for their entire lifespan?
- Click on [Gardening Australia](#) for more information regarding keeping chickens as pets.
- Chickens are flock birds. You will need to take 2 or more chicks home in order for them to be naturally content. Are you prepared to keep 2 or more adult chickens?



When you take your chicks home you will need to provide a suitable brooding area, a small drinker, a feeder, and a desk lamp, which you can suspend over the area for warmth. However, when the chicks develop their feathers, at about 8 weeks, they will need to be housed outside. You should gradually reduce the heat source in the weeks leading up to this. Once you have moved your chickens outside, they will need shelter, nesting boxes with straw or shavings, and perches (which can be made from tree branches). There are a number of excellent coops on the market. Some of these can even be moved around the backyard (see [Useful Information](#)).

Playgroup Update

St Therese's Playgroup is held every Friday morning from 9:15am in the school hall. Everyone is welcome at playgroup, and it's perfect for the children to meet other children that might be in their year when they start school, or for parents to meet other parents in our school community. Come along for some craft and fun! Join our St Therese's Playgroup Facebook group or contact Jo on 0439 435 287 for more information.



LIBRARY NEWS



TOM JELLETT ILLUSTRATOR VISIT

Week 5 was a huge week in the Library. Tom Jellett, a wonderfully talented cartoon illustrator came to St Therese's and spoke to the whole school about the process of writing a picture book. From the very beginning of an idea, right through to publication and delivery to our libraries and homes, Tom explained everything in a fun and interesting way - with great illustrations along the way! The children loved it.



On Wednesday the school was a sea of hard hats and fluoro workwear when our infants students came dressed as Tiny Tradies, then on Thursday the primary students bounced into school dressed as Sporty Kids. Big thanks to our parents for supporting these dress ups - Tom loved the effort that went into all of the outfits!



To bring Christ and His message, in all its richness, into the hearts and lives of all.





LIBRARY NEWS

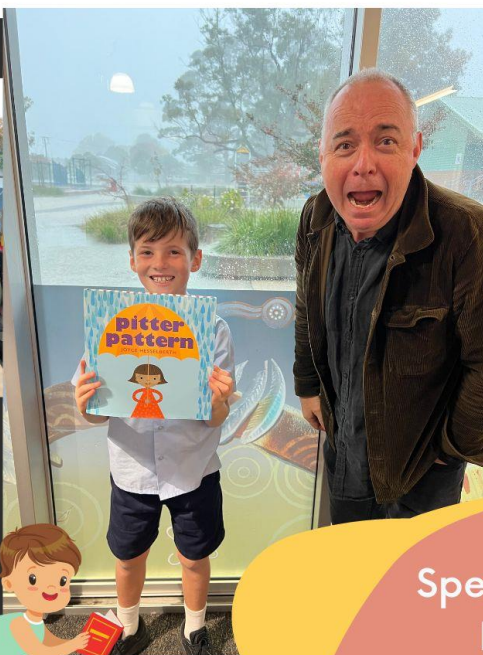


POP UP BOOK SHOP

On Friday, we wrapped up the week of literature love with a Pop Up Bookshop, hosted by Paul and Beth MacDonald from The Children's Bookshop in Sydney. There was a great range of quality literature available for sale and the children were very excited to make their own selections. The wild weather helped to give extra meaning to 'shopping up a storm'!



Paul and Beth were impressed by the manners and respect shown by all students and commented on how lovely and welcoming our parents were - well done St Therese's!!



Special thanks to Mr Rufo for supporting the library to provide our students with these wonderful learning opportunities.

12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and
Engaged



heartmindonline.org



Secure and
Calm

1. Take a Time-In

Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.



7. Smell the Flowers

The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.



2. Listening Break

Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.



8. Move Like Animals

Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.



3. Rainbow Breath

Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.



9. Smiling Contest

See how long you can smile for together! Turning a frown upside down can really make you feel happier!



4. Sing Vowel Sounds

Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.



10. Tense and Release

Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.



5. Face Painting

Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.



11. Freeze Dance

Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.



6. Cool Down

Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.



12. Reflect Together

Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.



hive
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Music by
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Original Production Directed by Jason Moore and Rob Ashford
"I'm A Believer" by Neil Diamond

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Director	Musical Director	Choreographer	Stage Manager
Danny Polop	Danny Polop & Bonnie McPeak	Chauntelle O'Brien	Chauntelle O'Brien

Featuring St. Therese's students!

Jerome Gavin (As Shrek), Bellamy Wallace, Amelia Weldon,
Saul Gavin, Frankie Hobden, Noah Martinelli, Julien Conn

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www.hivekids.com.au

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Jonas Jost: Show Host & Magician



Luke Forrester: Mouth Balancer



James Bustar: Comedy Juggler

TUESDAY 11 JULY 2023 (SCHOOL HOLIDAYS)
@ 11.30AM & 6.00PM

**TO BOOK, PLEASE EMAIL OR TEXT YOUR
TICKET ORDER AND CONTACT DETAILS TO...**

✉ MEREDITHNEWMAN@SHOWINTENT.COM.AU ☎ 0404-367-782

-Bulk and individual ticket orders from schools, organisations, families and carers are welcome, including tentative bookings.

-All tickets are complimentary - One ticket per person is required when booking tickets.

- Bookings for multiple dates and showtimes are welcome. Tickets available until booked out.



OCCUPATIONAL THERAPY CLINIC



JULY 2023

SCHOOL HOLIDAY GROUP PROGRAMS

JULY 3RD- 7TH

**KINDER
SUPER SPIES**

Tues, Wed, Thurs, Fri

9:00am-10:30am



**WRITING REV UP
YEAR 4-6**

Mon, Wed, Fri

11:00am-12:30pm

**CYCLE
CLUB**



Tues, Wed, Thurs, Fri

1:00pm-2:30pm

JULY 10TH-15TH

**WRITING REV UP
YEAR 1-3**

Tues, Wed, Fri

9:00am-10:30am

**CREATION
CREW
PRESCHOOL**



Tues, Thurs

11:30am-12:30pm

**Princess
Power**

Tues, Wed, Thurs, Fri

1:00pm-2:30pm

HOPE TO SEE YOU THERE



4985 4273



otclinic@newcastle.edu.au



VA Building, University of Newcastle Callaghan Campus

To bring Christ and His message, in all its richness, into the hearts and lives of all.



JULY SCHOOL HOLIDAY GROUPS

KINDER SUPER SPIES

For current kindergarten students., focusing on routines, teamwork and consolidating writing skills.

WRITING REV UP

Targeted evaluation, skills practice and strategy/resource development, matching with school curriculum outcomes. Attend 1, 2 or all 3 sessions.

CYCLE CLUB

Let's figure out this bike riding thing! For those up and rolling, but lacking confidence and refinement. To those ready to transition from training wheels or pedal independently!

CREATION CREW PRESCHOOL

For preschool age children, exploring structured social interactions and working with others. Construction, craft, play and creativity.

Princess Power

For young ladies aged 7-12, focusing on resilience, friendships, mindset and confidence.



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School Holidays?



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RPG

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Ages 7 - 12 years

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- Coding challenges that will leave your brain buzzing
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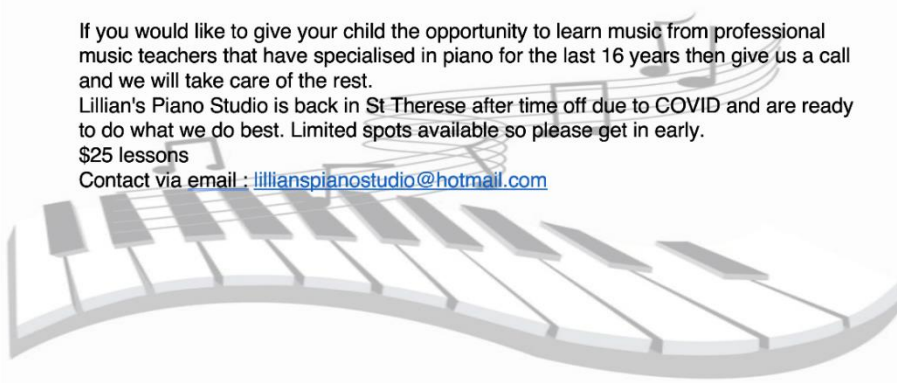
Professional Piano Lessons at School

If you would like to give your child the opportunity to learn music from professional music teachers that have specialised in piano for the last 16 years then give us a call and we will take care of the rest.

Lillian's Piano Studio is back in St Therese after time off due to COVID and are ready to do what we do best. Limited spots available so please get in early.

\$25 lessons

Contact via email : lillianspianostudio@hotmail.com





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