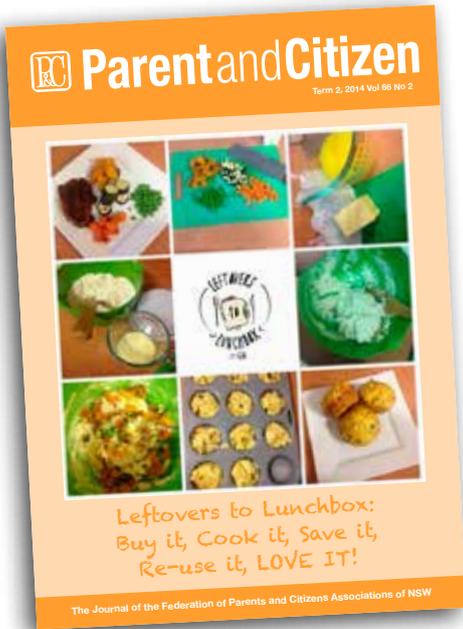




Leftovers to Lunchbox:
Buy it, Cook it, Save it,
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Parent and Citizen Journal

The Journal of the Parents and Citizens Associations of New South Wales

Ph: 1300 885 982
Fax: 1800 655 866
Email: journal@pandc.org.au
Website: www.pandc.org.au
President: Lyall Wilkinson
Publicity Officer: Rachael Sowden
Contributors and feedback to: journal@pandc.org.au

Advertising:

The Federation of Parents and Citizens Associations of New South Wales
 E: journal@pandc.org.au
 T: 1300 885 982

The views expressed in the journal are not necessarily those of the Federation of Parents and Citizens Associations of New South Wales

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MESSAGE TO AFFILIATES

The Term ahead of us is sure to be busy and filled with lots of planning and events for our affiliated P&C Associations. Many P&C Associations hold Annual General Meetings in the first half of the year, so I encourage you to make sure you have followed up on any outstanding business and ensure that you have the P&C Association audit completed. Remember once you have new office-bearers elected to send in your updated 'Annual Association Record' (available up on the website www.pandc.org.au) to the Office.

Education Week is being held early in Term 3, 2014 from 28 July to 1 August. This week allows government schools to showcase the programs and initiatives in their school. Parents and the local community are welcome to participate actively in these celebrations. As Education Week approaches, detailed information about what is happening in educational areas and schools across New South Wales will be available on the DEC website www.school.nsw.edu.au under the 'Events' tab.

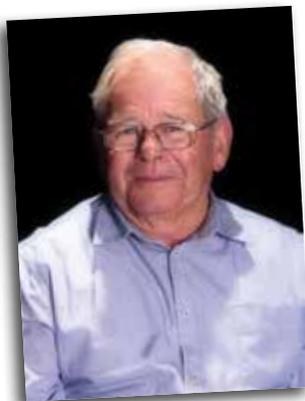
Some exciting news for members is this year's P&C Federation Annual Conference which is being held electronically – the eAC14. The introduction of this medium allows for more affiliates to participate in the AGM of the Organisation. For more information see p26.

In signing off I'd like to remind all P&C Associations that renewal for affiliation, and insurance where suitable, is due on the 1 August 2014 so keep an eye out for your paperwork – emailed to all schools in June.

Yours in volunteering

Lyall Wilkinson

P&C Federation President





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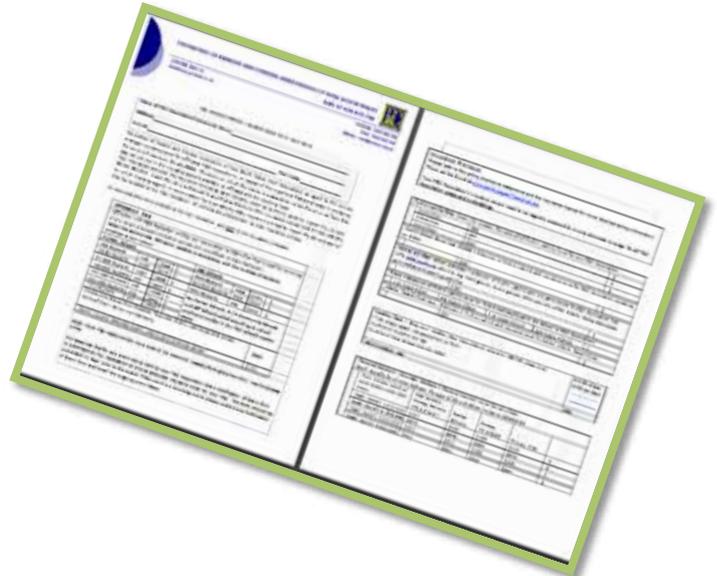
P&C Association Renewal Time!

Affiliation and Insurance is due 1 August 2014

P&C Federation issues notice of renewal to every P&C Association in New South Wales. Your P&C Association Secretary should look out for an email that will have your P&C Association's renewal documents for the 2014-2015 period attached.

Once your P&C Association pays their affiliation fee they obtain the benefit of a 15 million dollar Public Liability Insurance. P&C Federation members are also welcome to choose other great value insurances to ensure that your volunteer needs are met.

Make sure you have all of your P&C Association activities covered. Consider insurance to cover your volunteers when they are participating in P&C Association events. What about some property insurance for those P&C Association who operate Canteens, OOSH Centres or Uniform Shops? Better yet, take up one of the best value Insurance Packages.



| Does your P&C Association? | Have you considered? |
|--|---|
| Operate a Canteen, Uniform Shop or other retail industry | <ul style="list-style-type: none"> Cash and property insurance to cover any losses that may occur. Keeping an asset register to ensure adequate insurance cover is held |
| Operate an OOSH | <ul style="list-style-type: none"> Under P&C Federation guidelines, any OOSH is required to have \$50million public liability. |
| Facilitate Vacation Care | <ul style="list-style-type: none"> Extending your P&C Association insurances to cover Vacation Care, an additional premium applies. |
| Organise Before or After School Classes | <ul style="list-style-type: none"> Extension of your P&C insurances to cover the Before and After School Classes, an additional premium applies. |
| Organise tutors | <ul style="list-style-type: none"> Extension of your policy to cover tutors. |
| Have volunteers | <ul style="list-style-type: none"> All volunteers for the P&C Association will be covered under the Personal Accident Insurance. Non P&C members are covered as long as they register their names in an attendance book. |
| Hold events – e.g. Fete, BBQ's or cake stalls. | <ul style="list-style-type: none"> Insurance for your event Insurance for extra cash & property being dealt with at the event. A notification of event form is to be completed & submitted for ANY P&C Association event. |
| Employ staff* | <ul style="list-style-type: none"> Insurance for loss or dishonest acts committed by an employee or volunteer. |
| Have assets or equipment | <ul style="list-style-type: none"> Property insurance to cover any losses that may occur Ensure that your P&C Association has an asset register. |
| Is your P&C Association Incorporated | <ul style="list-style-type: none"> Maintain affiliation as required under the Federation of Parents and Citizens Association Incorporation Act 1976 Insurance for Directors and Officers of your P&C Association Apply for government grants |

To access the Insurance renewal documents and to obtain the policy wording for all insurances available from P&C Federation head to the website; www.pandc.org.au/services/insurance.

insurance@pandc.org.au / 1300 885 982

Business as usual...

As the General Manager of P&C Federation I would like to take the unusual, but warranted step of speaking directly to P&C Federation's members. P&C Federation currently represents 1875 school communities in New South Wales.

You will no doubt be aware of issues involving the volunteers of the Organisation? I would like to assure you that these activities are not a reflection on the business operations of P&C Federation. The business services of P&C Federation continue to be delivered directly from the Office.

Our membership and insurances are provided through qualified staff. Support services are offered to each affiliate as suitable through the Member Service team. The insurances that our members purchase operate according to the policy wording.

P&C Federation staff looks forward to assisting your school's P&C Association in developing policies and adopting practices that allow each individual school community to realise their P&C Association objectives on behalf of the school community.

Sincerely

Sharon Johnson

General Manager
gm@pandc.org.au



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Your P&C Association and the charity regulator



The Australian Charities and Not-for-profits Commission (ACNC) is the national, independent regulator for charities. Some P&C Association members may be surprised to know that their association is technically a 'registered charity'.

This is because all not-for-profits that had been endorsed as charities (including some deductible gift recipients (DGRs), for example) by the Australian Taxation Office (ATO) before 3 December 2012 were automatically registered with the ACNC, when it opened. Each 'charity' has a charitable purpose, for example to advance education, or social welfare.

If your P&C association was receiving Commonwealth tax concessions or other benefits (such as GST Exemption) and was automatically transferred from the ATO to the ACNC it should still be eligible for these benefits.

As well as this eligibility, registered charities are also listed on the online public ACNC Register, where potential donors and volunteers can find them. In return, registered charities and those who run them (what the ACNC calls the charity's 'responsible persons', for example the president) have a few obligations to meet.

IS YOUR ASSOCIATION A REGISTERED CHARITY?

You can check to see if your association is on our ACNC Register by visiting acnc.gov.au/findacharity and entering its name (school name plus P&C Association) or Australian Business Number.

If your association appears on the Register, it is a 'registered charity'. If it does not appear and you think it should, contact us.

If it is not registered, decide whether you wish to apply to register. There are benefits (including Commonwealth charity tax benefits) to being registered, but it is voluntary.

WHAT DOES THE ACNC DO?

The ACNC registers 'charities' (using the legal meaning of charity), helps them understand and meet their obligations, maintains a Register of all registered charities in Australia, is developing a 'report-once, use-often' reporting framework, working with Commonwealth and state and territory governments and agencies, and looks into some complaints about charities, for example, into concerns about alleged 'sham' charities.

WHAT DOESN'T THE ACNC DO?

The ACNC does not regulate not-for-profits that are not charities. There are some complaints about charities that don't fit under our responsibilities. For example, we generally don't investigate concerns about internal disputes in a charity, except in the most serious cases where it may threaten public trust and confidence.

WHAT APPROACH DOES THE ACNC TAKE TO REGULATION?

We understand that for some registered charities, some of the obligations to the ACNC are new obligations for them, and for others they are in addition to obligations they have to other agencies.

The ACNC is taking a transitional approach, seeking to understand the context charities operate in, and providing information and guidance to support charities to meet the obligations that the law imposes. We have already extended the deadline for submitting the Annual Information Statement until the end of March 2014, and are working with states and territories to try to reduce red tape. For example, we are able to accept some reporting from other agencies to meet our requirements.

WHAT DO ACNC-REGISTERED ASSOCIATIONS HAVE TO DO?

Check we have your correct contact details

First, check that the ACNC has your association's current contact email address, which will be used as its address for 'service' (sending) of formal documents as well as for general communication, unless you have specified a physical address. For example, this is the address we will use for sending charity portal login details. Charities can apply to have some sensitive information withheld.

Notify the ACNC of association changes

While it is registered, you must tell the ACNC if your association's key details change (such as its name or the names of those governing it). For example, if your association's responsible people change after an AGM, you will need to notify the ACNC. You can do this online, through the ACNC's Charity Portal, or by submitting the Annual Information Statement.

Report by submitting an Annual Information Statement

Each year registered charities, including ACNC-registered associations, have to submit an Annual Information Statement to the ACNC, within six months of the end of their reporting period. The 2013 AIS has 20 questions that ask your association what it did in the previous financial year, and how its work helps the community.

Check your association's reporting period to know when you need to submit this by. The standard ACNC reporting period is 1 July to 31 June. If your association reports on a different period (for example, 1 January to 31 December) you need to tell us, using a Form 4A: Request a substituted accounting period.

If you use the 1 July to 31 June reporting period, your association's first Annual Information Statement's due date was 31 December 2013. This was extended to 31 March 2014.

☐ Maintain eligibility to be registered

You must make sure your association continues to be eligible to be registered, including meeting governance standards.

Also see our Guide for board members: My charity and the ACNC.

MORE INFORMATION AND HELP

Contact us to find out more about the ACNC and understand what steps your association may need to take.

- visit the ACNC website at acnc.gov.au under 'Manage my charity'
- phone 13 ACNC (13 22 62)
- email advice@acnc.gov.au
- write to Advice Services, ACNC, GPO Box 5108, Melbourne VIC 3001, or fax us on 1300 232 569.

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Bostes Update On NSW Syllabus Implementation Schedule

Board of Studies, Teaching and Education Standards (BOSTES)
President, Tom Alegounarias recently contacted all NSW school principals confirming when schools will start teaching the new NSW syllabuses.

The implementation schedule is staged over three years to allow teachers enough time to familiarise themselves with the new syllabuses and plan their lessons.

The schedule is:

2014

- **Kindergarten to Year 6 – English (Mathematics, Science & Technology optional)**
- **Years 7 and 9 – English, Mathematics, Science and History**

2015

- **Kindergarten to Year 6 – Mathematics, Science & Technology (History optional)**
- **Years 8 and 10 – English, Mathematics, Science and History.**

2016

- **Kindergarten to Year 6 – History.**

For more information on the new **Kindergarten to Year 10 NSW syllabuses** visit: <http://www.boardofstudies.nsw.edu.au/new-nsw-k10-syllabus/>

In his emailed letter, Mr Alegounarias reminded principals that the new syllabuses which incorporate the Australian curriculum are developed in NSW for NSW students.

“Each syllabus is the result of a tried and tested stringent process which involves extensive consultation with the education sectors, teachers, parents and the wider community.

“All this is done with the view to ensuring that any new syllabuses are at the very least of equal standing and in most cases improve on what has gone before.

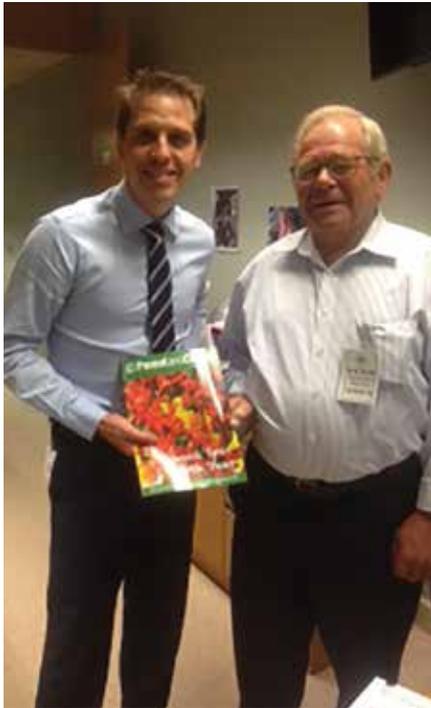
“This ensures the integrity and high international standing of our syllabuses are retained,” Mr Alegounarias said.

BOSTES is currently in the process of seeing how the Australian curriculum content in English, Mathematics, Science and History can best be incorporated into the existing NSW Stage 6 (Years 11 and 12) curriculum.

Julie-Anne Scott



NSW Shadow Education Minister, Ryan Park



My relationship with P&C Associations started well before I became the NSW Shadow Minister for Education three months ago. The P&C was a big part of my family's life, as my two older sisters and I went through two fantastic local public schools, Lakelands Primary and Dapto High School in the Illawarra.

My father was the P&C Association President at both of these schools for many years and when my formal schooling finished in 1995 he was made a life member, something I am extremely proud of still today.

Just like it was for my parents, P&C Associations play such an important role in providing an avenue for families and local community members to get to know more about their school and how they can lend a hand to make it even better.

An effective P&C Association makes a real difference to the way a school operates.

Whether it is through raising concerns about issues in a school directly with the principal or senior staff, helping raise much needed funds or simply being a sounding board for staff, students and the community to raise ideas

about how they can enhance their school.

As a former high school teacher, I know first-hand how important the relationship is between home and the school, the stronger this is, the better the outcomes for our young people.

A robust and vibrant P&C Association is a great way for this relationship to be established and enhanced throughout a child's formal schooling.

The P&C Federation is going through a challenging period. I am confident that with hard work and a commitment to serving thousands of parent and community volunteers helping support schools right across NSW it will continue to play a key role in advocating for parents on important educational issues impacting on young people.

I have already met regularly with representatives from P&C Federation and will continue to do so to ensure that the issues, concerns and ideas that are important to parents and citizens across NSW are listened to and addressed throughout 2014 and beyond.

Ryan Park
NSW Shadow Minister for Education

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Opportunities for students considering a career in teaching

Do you know someone considering a career in teaching? Perhaps your daughter, or son, or a friend, is currently looking at career options and teaching is high on the list?

If so, you might like to make them aware of the many great programs offered by the NSW Department of Education and Communities, all opening in May 2014

Teacher Education Scholarship Program – get paid to study and secure employment...

This year, up to 300 scholarships are available for talented students to train as teachers in secondary mathematics, physics, English, special education and selected technological and applied studies subjects.

Up to 80 of these scholarships are available exclusively for Aboriginal or Torres Strait Islander students to train as teachers in primary or any secondary subject.

Scholars receive:

- \$5,000 annual training allowance while studying full time for a teaching qualification
- guaranteed permanent employment in a NSW public school in an agreed location on completion of studies
- a further \$3,000 to assist with expenses such as relocation costs.

Over four years, the duration of most education degrees, scholarship holders will receive \$23,000 to spend as they wish.

Scholarships can provide support for up to five years to complete an approved initial teacher education program at a NSW or ACT tertiary institution, or an initial teacher education program at an interstate tertiary institution, that will lead to a qualification that meets the Department's and the NSW Board of Studies, Teaching and Educational Standards' academic requirements for employment as a teacher in NSW public schools.

Eligible applicants are Australian citizens or permanent residents who are:

- completing the HSC in 2014 in a NSW or ACT secondary school or TAFE NSW
- currently undertaking a suitable degree, or an undergraduate or postgraduate initial teacher education program at a recognised Australian university
- no longer at school, already have a degree, or have industry experience and are intending to enrol in an initial teacher education program at a recognised Australian university.

For further information about the DEC

Teacher Education Scholarship Program, contact the NSW DEC Scholarship team on 1300 301 435 or email scholarships@det.nsw.edu.au

Aboriginal and Torres Strait Islander applicants for a Teacher Education Scholarship may wish to contact the Department's Aboriginal Employment and Career Development team on 02 9836 9103 or email aboriginal.employment@det.nsw.edu.au to obtain further information and assistance.

teach.Rural Scholarships

For high-achieving students wanting to fast track their employment and promotional opportunities, the Department offers new teach.Rural Scholarships for students wanting to teach in a rural and remote NSW public school.

teach.Rural scholars receive a \$6,000 annual training allowance while studying full time for a teaching qualification. On completion of studies, they are guaranteed permanent employment in an agreed rural or remote location and awarded a further \$5,000 to assist with expenses such as relocation costs.

Over four years, the duration of most education degrees, teach.Rural scholars will receive \$29,000 to support them through their studies.

Eligible applicants are Australian citizens or permanent residents who are:

- completing the HSC in 2014 in a NSW or ACT secondary school or TAFE NSW
- entering an initial teacher education program at a recognised Australian university in 2015 that will lead to a qualification that meets the Department's and NSW Board of Studies, Teaching and Educational Standards' academic requirements for employment in NSW public schools;
- willing to accept an appointment as a permanent full time teacher to a rural and remote location in a NSW public school for a minimum period of three years.

For further information about teach.Rural Scholarships, contact the DEC Scholarship team on 1300 301 435 or email scholarships@det.nsw.edu.au.

Cadetships

A Great Teaching, Inspired Learning Cadetship could be the kick start a student needs in creating a rewarding career as a teacher in a NSW public school.

Cadets work as operational paraprofessionals during their initial year of teacher training and experience the day to day operations of a school. As they progress to their second year of teacher training and

beyond, they will gain valuable knowledge and experience under the guidance and supervision of experienced teachers while working as an educational paraprofessional, in a part-time capacity.

In addition to being remunerated for their time, Cadets are guaranteed a permanent teaching position on completion of their teacher education studies.

Eligible applicants are Australian citizens or permanent residents who are:

- completing the HSC in 2014 in a NSW or ACT secondary school or TAFE NSW;
- commencing an initial teacher education program at a recognised Australian university in 2015 that will lead to a qualification that meets the Department's and Board of Studies and Teacher Educational Standards' academic requirements for employment as a teacher of either maths, physics, technological and applied studies (design and technology in combination with engineering studies or industrial technology – metal, timber or graphics) or special education
- willing to accept an appointment as a paraprofessional, on a part-time basis, to a NSW public school while completing their teacher education qualification
- willing to accept an appointment as a permanent full time teacher to a NSW public school in an agreed location for a minimum period of three years.

For further information about DEC's Great Teaching, Inspired Learning Cadetships, contact the DEC Scholarship team on 1300 301 435 or email scholarships@det.nsw.edu.au.

In addition to Cadetships, the Department offers new Great Teaching, Inspired Learning Internships for students in their final year of a teacher education program. For more information on Internships visit www.teach.nsw.edu.au/internship or contact the DEC Scholarships team (details above).

John Wilson



Above: Some of the first teach.Rural Scholars at an official function at Parliament House on Wednesday 26 February 2014.

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Engagement in Performing Arts



In 2013 more than 20,000 primary and secondary school students engaged with the Seymour Centre Education program as performers, audience and creators of an incredibly diverse range of experiences that use the arts as a powerful learning tool.

That's a massive number of students and in 2014 we aim for it to grow even more. As you will see, the program is fantastic, providing a multitude of ways to enhance your students' education through practical engagement in the performing arts.

The centrepiece of our program is Seymour's partnership with Sport for Jove, the outstanding independent theatre company dedicated to presenting rich and compelling versions of the classics. Last year you may have seen the return of their outstanding Hamlet or the inventive Othello, played entirely in a pond of water.

In 2014, they return with three productions of syllabus texts, designed to give your students the experience of witnessing great plays performed exceptionally well. Sign up quickly for A Doll's House, Twelfth Night and All's Well that Ends Well, as Hamlet did, they may sell out.

A Doll's House is a three act play written by Norwegian playwright Henrik Ibsen in 1879. It's a play about a seemingly typical housewife who becomes disillusioned and dissatisfied with her condescending husband. With the brisk pace and plotting of a thriller, Ibsen's classic tale of intrigue, fraud and betrayal still has strong contemporary resonances for today's audiences, exposing a world where duty, power and hypocrisy rule.

Twelfth Night is a discovery of one's self and don't we all love a voyage of discovery – especially when, after wild seas, wrecks and restorations, loves and losses, it is ourselves

that we discover.

Performed to critical acclaim outdoors in 2013, the smash-hit production of Shakespeare's romantic masterpiece was described by the Sydney Morning Herald as "outstanding...Ryan's accomplished, clear and free-spirited production is the play entire...absolute clarity of intention from its performers...typified by generosity of spirit" (Jason Blake, SMH).

In celebration of William Shakespeare's 450th birthday Spot for Jove will also present one of his most daring and unusual plays, All's Well That Ends Well. Set in France and Italy, it is a story of one-sided romance, based on a tale from Boccaccio's The Decameron. See an 'unknown' Shakespeare, one where you don't know what happens next, and where fate is not written in the stars, but in the hands of an ordinary girl with a plan!

As part of our 2014 Primary Program we are

very excited to present Squaring The Wheel, an award winning show from the Adelaide Fringe Festival. Squaring the Wheel is a clowning show that combines science with theatre. This production, in which an amazing contraption is built before your eyes, won the best children's show at the Fringe and is very special.

Another highlight is our Reconciliation Week program featuring the brand new show from Djuki Mala (Chooky Dancers), famous for their YouTube hit, combining traditional aboriginal dance with Zorba the Greek. This new show is suitable for primary and secondary students and is perfect for those seeking to understand traditional culture in general or as part of an Aboriginal Studies curriculum. Infused with irreverence and grounded with tradition, Djuki Mala promises audiences laughter and insight. This is a rare opportunity to engage with performers from a very remote part of this vast and diverse country.



Photo: David Wyatt

The team who brought us Room on the Broom and The 13-Storey Treehouse in 2013 presents three magical works, The Incredible Book Eating Boy, The Gruffalo and The 26-Storey Treehouse.

The Incredible Book Eating Boy is Oliver Jeffers' bestselling picture book that comes to life on stage for children 3-8 and their families in this premiere Australian adaptation.

The Gruffalo tells the story of a mouse's walk in the woods. Mouse can scare hungry animals away with tall stories of the terrifying Gruffalo,

but what happens when she comes face to face with the very creature she imagined?

The 26-Storey Treehouse is Andy and Terry newly expanded treehouse, which now features 13 brand-new storeys, including a dodgem car rink, a skate ramp, a mud-fighting arena, an anti-gravity chamber, an ice-cream parlour with 78 flavours run by an ice-cream serving robot called Edward Scooperhands and the Maze of Doom – a maze so complicated that nobody who has gone in has ever come out again... well, not yet, anyway.

Visit www.seymourcentre.com/education and you will see that the program is filled with more dynamic and memorable arts education experiences – ones that we hope will both enhance your classroom studies and ignite your students life-long love of the arts.

See you at Seymour Centre!

Dragana Novakovic
Marketing and Education Coordinator
draganan@seymour.sydney.edu.au



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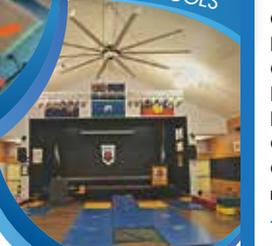
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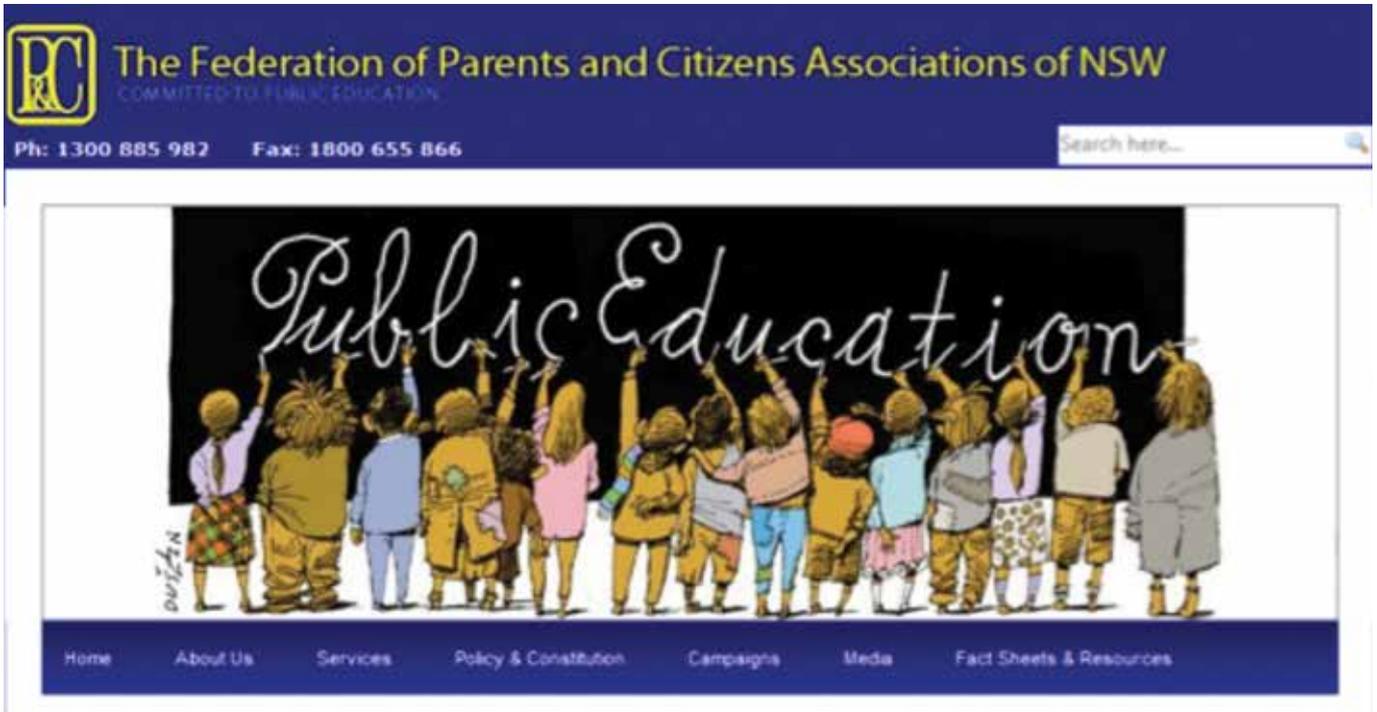
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All affiliates are provided with free access to a webmail system which gives your P&C Association a **school@pandcaffiliate.org.au** email account. This can be used by members of each individual P&C Association as decided by your membership. One great benefit of this P&C Association allocated email address is the easy transfer of your P&C Association correspondences if your Office-bearers change at the Annual General Meeting. This account also allows P&C Federation to easily send electronic information to each P&C Association to keep them updated on current information and events.

The webmail system is free and can be accessed at <http://webmail.pandcaffiliate.org.au>

There is also a new mobile version at <http://webmail.pandcaffiliate.org.au/mobile>

More recently the system has been updated to include connection via IMAP. This means you can add the Affiliate email account to your iPhone, iPad, Android Device or even to Outlook on your PC. Just select IMAP as the server type when setting the account up and use mail.pandcaffiliate.org.au as the server name and the username and password the same you have for webmail.

If you have not yet logged in or have

forgotten your school details please send an email to helpdesk@lostdogit.com.au with your contact name, school name and your position on your P&C Association. Alternatively, if you cannot contact the helpdesk via email, please call or SMS 0413732300 and David will be able to get your details to you.

P&C Federation – helping to make volunteering easy.



P&C Association Events Calendar

P&C Federation recently added an "Events" calendar to the front page of the website (www.pandc.org.au). The calendar is a free service for members and is used to promote P&C Association events to the general public.

To access this service just tick yes on the Notification of Events form for the publishing on the calendar, easy as that! And for those members looking for something fun to do in an area be sure to check the calendar and see

what great P&C Association event you might be able to support.

P&C Federation – proud of our members.

Quick Tip from Lost Dog IT

Is your P&C Association looking to upgrade their software? Are you looking to learn more about MYOB or how to best manage your systems? Then Connecting Up (www.connectingup.org.au) is a website you may be keen to have a look at?

Connecting Up is a not-for-profit organisation that works to help other not-for-profits develop their organisations and bring about positive change. Access is also provided to "MatchIT" which connects not-for-profits with IT industry professionals and services in partnership with Microsoft.

Connecting Up has a Learning Centre, blogs, news about technology focused on not-for-profits and research reports. Connecting Up conference is also available and provides access to online webinars, workshops, forums and an annual Connecting Up Conference.

This is a great online resource for not-for-profits to gain access to technology information, technology resources as well as general information on subjects like fundraising and networking. Your P&C Association may be able to save a bundle just by "connecting up".

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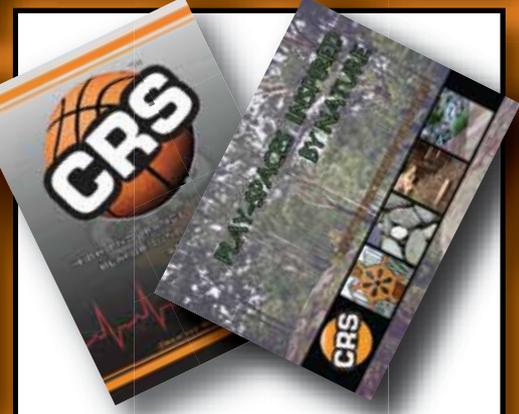
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Duty of Care - Student Injury Insurance

Is your school community aware that the NSW Department of Education and Communities (DEC) does not provide accident or medical insurance for students enrolled in government schools?

Has your school community as part of the Local Schools Local Decisions model discussed duty of care with the Principal? P&C Federation encourages your P&C Association to consider Student Injury Insurance. This product could provide peace of mind for the families of children enrolled in your school. This low cost product covers every student enrolled in your school 24 hours a day, 7 days a week.

Unfortunately, a lot of our school communities have experienced accidents where students have been involved which resulted in injury or even worse yet, death. P&C Federation regularly witness claims under the Student Injury Insurance policy which have provided medical and monetary relief to distressed and affected families.

Don't wait for a bad event to occur before you put cover in place. Now is the time to seriously discuss your school community needs. Contact P&C Federation to purchase Student Injury Insurance. For those wishing to purchase this policy all the resources, including policy wording is available on the

Organisation's website; www.pandc.org.au under the 'Services' and 'Insurance' tabs or contact insurance@pandc.org.au or 1300885982.

P&C Federation insurances, proudly providing cover for our volunteers.



New Stallholders Insurance policy

NEW INSURANCE OFFERING

P&C Federation and Marsh have combined with CGU to launch a new insurance offering to Stall Holders who are participating at P&C Association events. The insurance is designed to cover stallholders that are not associated with the P&C Association itself.

Examples are; a local Rotary Club, a local butcher, a local sporting club.

THE COVER

Public Liability

Covering, Legal Liability to Third Parties for death, bodily injury or loss or damage to property as a result of an accident and happening in connection with any organised activities of the P&C Association but excluding the negligence of the Department of Education and Communities.

Cash & Property

Loss or damage to all property: Sum Insured: \$1,000

Cash lost as a result of break-in to any premises, and/or loss during transit: Sum Insured: \$500

Cover for personal property, excluding cash (fire or theft only): Sum Insured: \$500

THE PREMIUMS

Public Liability Only

- \$10,000,000 Public Liability - \$120
- \$15,000,000 Public Liability - \$150
- \$20,000,000 Public Liability - \$175

Bronze Package

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Silver Package

- \$15,000,000 Public Liability + Cash & Property Cover - \$250

Gold Package

- \$20,000,000 Public Liability + Cash & Property Cover - \$275

THE EXCESSES

- Public Liability Claims: \$500 each and every claim
- Cash & Property Claims: \$100 each and every claim

For more information on the Insurance Product please visit www.pandc.org.au.

Alternatively, you can phone P&C Federation's office on 1300 885 982

Please be advised that the above premiums are inclusive of commissions and all statutory charges and the coverage is subject to Policy Terms, Conditions & Exclusions which are available from P&C Federation.



Social Media and P&C Associations



You only need to open the newspaper, or for those that use online news open your computer to see the influence social media has on our lives in the present society. From advertising to news and keeping in contact to finding people, social media has an application for everything in our lives. Whilst it can be a great tool for promoting a cause it can also turn negative very quickly.

If your P&C Association has social media accounts or is looking at using social media as a tool to promote the P&C Association there are a few things that you should think about to ensure the best practice and use of the accounts.

Firstly it would be prudent to implement a social media policy so that all P&C Associations members are aware of their obligations when using or interacting on the

P&C Associations social media. The policy should clearly state the P&C Associations name and the purpose of the social media channel. It should also outline who is responsible for the administration and moderating of social media.

The policy should make clear that in using social media all P&C Members agree to the policy and to the code of conduct of the P&C Association. It needs to also state that when members are participating as a P&C Member, they need to make this clear, as is the same if they are participating as an individual.

Remember that social media can transform a simple statement into something much bigger, be aware of what is being posted and said on the social media account and ensure that individual opinions are not used where the P&C Association has differing views. The

consequences can far outreach just a couple of people reading a post on a Facebook account, as we have seen so many times lately something even a little controversial can end up in main stream media within hours.

By all means use social media to facilitate conversations, promote your P&C Association and its events, listen and share views, and collaborate and communicate within the school community. If your P&C has social media or is looking into opening an account visit our website www.pandc.org.au/faq.seo for policy templates to get you started. Make sure all of your members are aware of the pros and cons and put a policy in place to minimise any risks that may be associated with social media.

Kelly MacDonald

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Member Services

PAID WORKERS AS VOLUNTEERS

Many P&C Associations have paid employees that work in the canteen, uniform shop or OOSH. It is important that paid employees are not exploited for volunteer hours. An employee cannot be expected to volunteer for unpaid work in the area in which they are employed and paid to undertake duties.

P&C Federation has recently consulted the Fair Work Ombudsman on this particular subject and the following has been provided to us:

Volunteer work is usually characterised by the performance of a service by an individual for another without payment. Volunteers must enter into the agreement of their own volition.

Where a volunteer arrangement exists, there is:

- No contract of employment, nor any intention to create such a contract, between an organisation and its volunteers;

- No formal offer or acceptance of an employment position; and
- No form of remuneration (usually wages or salary)

However, it is worth noting that some volunteer arrangements may attract a form of benefit (such as accommodation or meals).

An employer cannot disguise an employment relationship as volunteer work or unpaid work (such as unpaid work placement or internship). Whether there is a genuine and legitimate volunteer arrangement will depend on the details of the situation and can involve complex legal issues.

We (Fair Work Ombudsman) would consider the establishment of the volunteer arrangement to be critical in determining whether the arrangement is genuine. It could be assumed that the employee has acknowledged that, while the tasks and duties are similar to paid employment, and are performed in the same environment, the employee's decision to volunteer their time is made of their own free will and without any element of coercion.

It would be P&C Federation's strongest suggestion that if any employee wishes to undertake volunteer hours in the area in which they are employed it would be best practice to put in place a written volunteer agreement. This agreement would state the details of the employee, the details of the volunteer work and the agreement for the volunteer hours of work. E.g. If a paid canteen employee indicates their interest in running the canteen for the school disco as a volunteer, an agreement would be made that they are willing to perform tasks in the canteen in a volunteer capacity for the duration of the school disco for x hours on xx/xx/xxxx date.

Each and every situation is different and it is suggested that in the case of an employee undertaking regular and set volunteer hours as well as their employment hours (e.g a canteen employee performing paid work for 15 hours a week as well as performing 10 hours of volunteer work a week) the Fair Work Ombudsman be consulted on the matter for clarification, visit www.fairwork.gov.au or call 13 13 94.





Leftovers to Lunchbox campaign

P&C Federation introduced a campaign during first term in partnership with Love Food Hate Waste to help reduce household food waste.

Our campaign 'Leftovers to Lunchbox' aimed to inspire parents and caregivers to transform last night's leftovers to today's lunchbox hero. Our Organisation encourages thrift; save time, save waste, save money.

'Leftovers to Lunchbox' aimed to encourage people to see leftovers as useful and adaptable as a second meal.

During the campaign we introduced Chef Dave who helped us along the way with tips and tricks for making the most of the food you already have. Chef Dave is currently an apprentice at a leading restaurant in rural NSW. Dave has worked in hospitality and with food for the past 5 years and finds his inspiration from his experiences. Dave comes from a large family of boys who all love food. His family has always looked for ways to make food go further. As a result Dave was inspired to become a chef and create great meals that use seasonal ingredients and taste great. Dave started his apprenticeship because he

enjoys experimenting with food and cooking in different ways.

Throughout the campaign we shared some of the great transformations that you shared with us, each week the best transformation won an OOTS! Lunchbox, five lucky winners in fact.

By making a few small changes and shifting the way we look at leftovers we can all help to reduce the amount of food that is wasted in NSW every year. Some of the great tips that were shared over the campaign included:

- Save money on your grocery bill by planning your meals for the week and only buy the groceries you need. Not only will making a plan reduce your grocery costs but it will reduce food waste.
- Seasonal vegetables are often cheaper so plan to use more seasonal food in your meal plan.
- Store food in airtight containers,
- Clearly mark containers with the type of food and the date it was stored,
- Try not to overstock your fridge so you can

see what is in there and things don't get lost at the back

- Encourage the whole family to get involved, start good habits early and help them to understand the impacts of being wasteful

We would like to thank everyone who got involved it is great to see the different ways families can reduce food waste, continue your fight against food waste.

Continue to share your great ideas with us on Facebook and help more families join the campaign against food waste.

Leftovers to Lunchbox – Buy it, Cook it, Save it, Re-use it, Love it.

For more great tips on reducing food waste visit www.lovefoodhatewaste.nsw.gov.au

Here are a few great transformations that we saw over the campaign, using easily accessible grocery items and leftover some real yummy magic was made.

Kelly MacDonald

Federation of Parents and Citizens' Associations of New South Wales
Yesterday

Leftovers to Lunchbox – What's for dinner tonight? Can you work a little magic and make it into lunch for tomorrow? Tell us how you rescue leftovers from the back of the fridge and you could win an OOTS! Lunchbox.

SHARE YOUR LEFTOVERS TO LUNCHBOX TIPS TO WIN A STYLISH OOTS! LUNCHBOX

Like · Comment · Share

1 Million Women (@1millionwomen) Feb 2
A great Monday reminder! Every little bit you do can make a difference :)
#organiseagainstfoodwaste

reached by 1 Million Women

reachel bowden (@reachelbowden) Feb 2
@1millionwomen today P&C Federation launches leftovers to lunchbox. Go check out! Don't miss this exciting initiative go NT! #lunchbox #oots! #eatwell

1 Million Women (@1millionwomen) Feb 2
@reachelbowden Great initiative, thanks for sharing!

reachel bowden (@reachelbowden) Feb 2
@1millionwomen we are really proud of it. And think it will be helpful to parents

Federation of Parents and Citizens' Associations of New South Wales shared a link.
2 minutes ago

Remember to share your Leftover to Lunchbox transformation ideas for your chance to win a prize. For some great tips on sustainability, using seasonal foods and reducing food waste visit www.lovefoodhatewaste.nsw.gov.au

Love Food Hate Waste - Love Food Hate Waste
www.lovefoodhatewaste.nsw.gov.au

Love Food Hate Waste will help you waste less food, save money and our environment. It provides tips, information and tools to help

Like · Comment · Share

\$2.5 BILLION OF EDIBLE FOOD IS THROWN AWAY EACH YEAR IN NSW.

Leftovers to Lunchbox campaign



Leftovers to Lunchbox colorful sausage sticks

Try this yummy transformation for a lunchbox treat. Simple, Quick, Tasty and it looks great.

Using leftover sausages and some fresh seasonal vegetables never looked or tasted so good. We are sure the bright colors and fun look will have your children wanting more.

Leftovers to Lunchbox no cook Cheesecake

Using those biscuits from the bottom of the biscuit jar can sometimes seem all too hard, but try this for a great treat and you will wish you had more to transform

Leftover biscuits

80g Butter (or enough to moisten biscuits)

3 tsp Gelatin

1/3 cup boiling water

250g Cream cheese, mixed until soft

1/2 cup castor sugar

1/4 cup milk

Crush biscuits and mix with butter, allow to set in fridge.

Dissolve gelatin in water and cool. Mix sugar and milk together add gelatin and fold through 300ml whipped cream and then fold in cream cheese (add flavours, leftover fruits etc to taste) Pour mix onto biscuit base. Chill until firm. Garnish if desired. Enjoy!

Leftovers to Lunchbox no crust quiche

And what about this great use for leftover roast vegetables, looks yummy and can be sent to school in a lunchbox for something a little different.

6 eggs

1 cup grated cheese

Salt, pepper and seasoning to taste

1 tpb flour

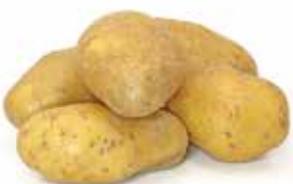
Bacon (or substitute for chicken, tuna etc)

Leftover vegetables (or whatever you like really, our family has this often and mixes up the ingredients we have vegetables, mushrooms, the options are endless)

Roughly dice bacon and vegetables place in a mixing bowl with the cheese, mix the eggs, flour and seasoning well

Pour into a baking dish and bake for on medium heat for 30mins or until cooked through.

Allow to cool and cut into portions for lunch. Enjoy.



National Centre for Indigenous Excellence bike ride

On Wednesday 20th November 2013 a group of people from NCIE (National Centre for Indigenous Excellence) in Sydney visited our Woolgoolga High School to give the kids some instruction on road and cycling safety and maintenance.

They arrived equipped with very high tech bicycles to take the kids on a ride around the local area.

Helmets were donated by RMS. Drink bottles and reflectors were supplied by Coffs Council.

Roughly a dozen Indigenous students were involved in this initiative. All had a wonderful afternoon and were very grateful to Shaun Appo, Ben Bowen and Yale Macgillvray from NCIE for their expertise and time.

NCIE also donated a box of supplies for our breakfast club which operated of a morning throughout Term 4 2013.

Jo Hine



Merimbula Public School P&C Association AGM

At the Merimbula Public School P&C Association AGM recently we celebrated P&C Day with some mouth-watering goodies as well as presenting three of our long standing committee members with life memberships.

Mrs Tania Dwyer, Mrs Lee Salisbury and Mrs Angi High (absent) received a gift of recognition and thanks for their years of volunteer service to the school, P&C and the community. Thank you ladies, for your invaluable support of our school.

What's on at the arts unit

The Arts Unit, a specialist unit in the Department of Education and Communities, delivers a wide range of programs in dance, drama, music, visual arts, debating, public speaking, reading, spelling and special events to the students and teachers of NSW government schools.

The Arts Unit also provides opportunities for VET Entertainment students which assist in the completion of mandatory work placement hours.

Annually more than 44,000 students and 6,000 teachers directly access The Arts Unit's programs and greater than 433,000 students are associated with The Arts Unit's programs each year.

This year, through the use of technology and educational services, along with travel and participation subsidies, The Arts Unit aims to expand opportunities for both teachers and students in rural and remote areas to participate in state arts programs and other enrichment opportunities.

Here's a snapshot of some of The Arts Unit's major activities and events:

DANCE

The **NSW Public Schools State Dance Festival** will be held at Sydney's Seymour Centre from September 15-19 and will showcase the work of more than 1,500 students from Kindergarten to Year 12. Each performance will highlight the range of styles explored through the study of dance in public schools.

Throughout the week many school groups will attend workshops presented by professionals from Sydney's talented dance community.



DRAMA

The **NSW Public Schools Drama Company** will hold their season of work performances at the Australian Theatre for Young People (ATYP), Walsh Bay from Thursday 5 June until Saturday 7 June.

The **NSW Public Schools State Drama Festival**, a two day celebration of drama works by students from Kindergarten to Year 12 from across NSW will be held at the Seymour Centre on 23 and 24 October 2014.

MUSIC

The Arts Unit offers opportunities for both primary and secondary students and their teachers to experience great repertoire performed with excellent ensembles in NSW's most commanding venues.

In Concert, a secondary schools music festival, will take place at the Sydney Town Hall on Monday 19 May

The Festival of Instrumental Music will feature an ensemble of more than 700 recorders and 200 strings, and include the performance of instrumental and vocal solos. It will take place from 23-26 June 2014.

Festival of Choral Music: four concerts in the Concert Hall, Sydney Opera House will feature a 700 voice Combined Primary Schools Choir and the 80 voice State Choir together with instrumental and vocal performances from public school ensembles from across NSW; 4 - 7 August 2014.

The Primary Proms: four concerts at the Sydney Town Hall will feature a 450 voice Combined Primary Schools Choir together with instrumental and vocal performances from public school ensembles from across NSW; 15-18 September 2014.

The NSW Public Schools Music Ensembles Concert will take place on 9 November featuring: the NSW Public Schools Symphonic Wind Ensemble, NSW Public Schools Symphony and NSW Public Schools Jazz orchestras; NSW Public Schools String Sinfonia; NSW Public Schools Stage Band; the NSW Public Schools Singers and the NSW Public Schools Junior Singers.

SPEAKING COMPETITIONS

Speaking Competitions incorporate debating, public speaking and spelling and develop students' confidence and oral presentation abilities. They also foster student communication and listening skills through junior and senior events held at local, regional and state levels.



Major Dates:

- **Friday 8 August:** Final of the Premier's Debating Challenge for Years 11&12, Great Hall, University of Sydney.
- **Friday 17 October:** Final, Legacy Junior Pubic Speaking Award, Domain Theatre, Art Gallery of NSW
- **Friday 31 October:** Final, Years 3 and 4 Multicultural Perspectives Public Speaking Competition, NSW Teachers Federation Conference Centre
- **Wednesday 5 November:** Final, Premier's Spelling Bee, Eugene Goossens Hall ABC Centre Ultimo, Sydney (with the senior final being broadcast live on 702 ABC Sydney Radio from 5.30pm)
- **Friday 7 November:** Final, Premier's Debating Challenge for Years 9 and 10, William Wilkins Gallery, Bridge Street Sydney
- **Friday 14 November:** Final, Multicultural Perspectives Public Speaking Competition, Years 5 and 6, Eugene Goossens Hall ABC Centre Ultimo, Sydney.

OPERATION ART

Operation Art provides K-10 students with the opportunity to create artworks for young people in hospital, creating a positive environment and aiding the recovery processes of young patients. It is an initiative of the Children's Hospital at Westmead in conjunction with the Department of Education and Communities.

Major Dates:

- **Saturday 6 September:** Official opening, Operation Art, Armory Gallery, Sydney Olympic Park; open 10am-4pm daily
- **Tuesday 4 November:** Official opening, Operation Art touring exhibition, Art Gallery of NSW, TBC
- **Thursday 13 November:** Official Opening, Operation Art touring exhibition, Wagga Wagga Art Gallery

ARTEXPRESS

ARTEXPRESS is a series of exhibitions of

exemplary artworks created by students for the Higher School Certificate examination in Visual Arts featuring paintings, sculptures, photomedia, printmaking and ceramics.

The works in ARTEXPRESS reflect students' interests, ranging from environmental, political, social, cultural and spiritual themes. The works also reflect the high quality of visual arts teaching in NSW schools. ARTEXPRESS will show at the Margaret Whitlam Galleries, University of Western Sydney, opening Friday 8 August 2014. The exhibition will also tour the following regional galleries in 2014:

Major Dates:

- **Friday 16 May:** opening at Wollongong Art Gallery
- **Saturday 31 May:** opening at Maitland Regional Art Gallery
- **Thursday 24 July:** opening at Goulburn Regional Art Gallery
- **Friday 3 October:** opening at Bathurst Regional Art Gallery
- **Thursday 16 October:** opening at Glasshouse Regional Gallery

PREMIER'S READING CHALLENGE

On Friday 21 November, the Premier's Reading Challenge will hold its annual Acknowledgement Ceremony at a venue to be announced. The event features primary school children and Department of Education

officials, and is shown through conferencing technology to schools around the state.

SCHOOLS SPECTACULAR

Featuring 3,500 of the state's most talented singers, dancers and musicians, the **Schools Spectacular** to be held on Friday 28 and Saturday 29 November 2014 is a brilliantly choreographed and costumed production on an epic scale.

A 1,200 voice choir, an 80 piece orchestra, more than 2,000 dancers, rock, jazz and brass bands and talented soloists from ages 5 to 18 are all woven into a seamless production.

Students from more than 250 public schools from around NSW rehearse for months in preparation for four shows over two days and nights. Audiences see the wealth of talent in our public schools and the dedication, commitment and creativity of the teachers who nurture that talent.

Since its beginnings in 1984 this annual entertainment showcase has launched the careers of many of Australia's most popular performers and has introduced tens of thousands of students from NSW government schools to the thrill of performing in a professional venue to capacity audiences.

Performance Dates:

Friday 28 and Saturday 29 November

For further information about The Arts Unit, visit:

www.artsunit.nsw.edu.au



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Message from the President

The first term of the year was certainly a bumpy road for P&C Federation. For those who didn't notice there were a few stories in the media about our great Organisation. Unfortunately these articles and the ensuing public discourse didn't necessarily put P&C Federation in a positive light.

The media was seemingly generated by a journalist's interest in comments by the Minister for Education as well as a claim by ex-members that they are Officers of P&C Federation.

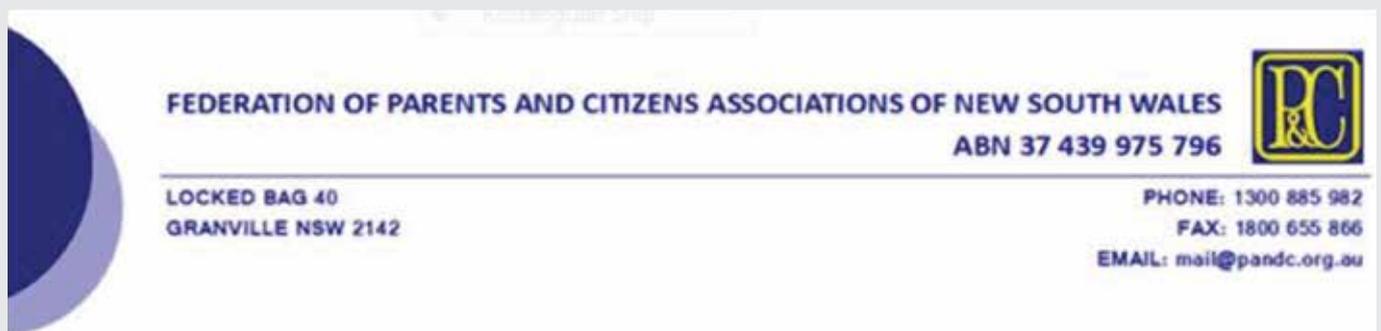
I would like to set a few things straight with our members and the public in general. I am the President of P&C Federation, I was elected to

the position at Annual Conference 2012. I have not been removed from my position. P&C Federation, through our lawyers have invited any person contesting this fact to make their position legally. This has not occurred, likely due to the lack of legal foundation in such a claim.

So, you, the members of P&C Federation have been at the mercy of contradicting emails, fraudulent claims and a deliberate and continued effort to distract attention away from the positive objectives of the Organisation. I sincerely apologise to our members for any inconvenience and confusion this has caused however I have no way of controlling the actions of people who

are no longer associated with P&C Federation.

A quick way to assure that you are dealing with proper information of the Organisation is to note the following; all correspondences issued from the Federation of Parents and Citizens Associations of New South Wales (P&C Federation) are sent from email accounts that end with; "@pandc.org.au". The registered business address is 41 Cowper Street, Granville NSW 2142 and our postal address is Locked Bag 40, Granville NSW 2142. The phone number is 1300 885 982 and the fax number is 1800 655 866. P&C Federation's letterhead looks like this;



Look for these elements when undertaking your P&C Association business and you can be guaranteed to be dealing with the true and legitimate source.

Contact The Officers

As President I get to work with an amazing team of people both remunerated and non-remunerated. The Officers of P&C Federation have been dealing with some issues that they could not have anticipated when they stood for election at Annual Conference. Their contribution has not lessened and I would assure members that the Officer's commitment is admirable.

For those affiliates who aren't familiar with the current Officer team they are myself, Lyall Wilkinson BEM, Metropolitan Vice President Naomi Hammond, Country Vice President David Hall, Publicity Officer Rachael Sowden and Treasurer Judy Elliott.



lyallwilkinson@pandc.org.au



naomihammond@pandc.org.au



davidhall@pandc.org.au



rachaelsowden@pandc.org.au



judyelliott@pandc.org.au

About That Media.....

Now about that media that I mentioned had been happening. As you know all journalists like nothing better than a provocative story, but what if a tale was only partly told? When I was reading the media I thought of that old maxim, careful listening to half-truths, because you never know which half you might get.

So with that thought in mind I would like to present a few facts that might have been missing from the recent media. The article that talked of a \$20,000 "fine" to a P&C Association? Firstly, this wasn't a "fine" it was monies ruled as owed to the employee by the employer.

Persons involved in dismissing the employee are also members of the

State Council. The P&C Association undertook this action with support from a State Council volunteer. The State Council member then sacked the employee in their capacity of employer.

And as for the real truth not mentioned in the media article? Well, that \$20,000 was actually closer to \$16,000 and P&C Federation actually paid the monies in full to the P&C Association that was the employer. This was resolved by the State Council and was directly due to the advice and actions offered and taken by two of its own volunteer members.

And as for that claim of no support from P&C Federation's Office? Well

actually, P&C Federation's Office provided onsite support to the individual P&C Association for the entire FairWork Australia Hearing which was held in Ballina, NSW. The Representative who provided the defence for the employer was fully funded by P&C Federation.

If the article intended to be an honest account then it would have stated that State Council volunteers had provided advice, not the Office. Any journalist interested in the truth about this P&C Federation caused "fine" could look up the FairWork Australia ruling. Those documents are available to the public.

Something Had To Give

Needless to say something had to give. So now P&C Federation's Member Services are provided from the Office. Volunteers to State Council are called on to work strategically, not operationally. Seatbelts on buses, public school funding, National Curriculum, Local Schools Local Decisions and the

Remote and Rural Blueprint are just a few issues I can think of that our members think State Council should be talking about.

P&C Federation's Office operate a Service Delivery Plan which actually works to up-skill all members. This is a deliberate strategy adopted from the findings of the ground-breaking

ddd (discuss•display•do) project.

Good and knowledgeable P&C Associations can lead to engaged and active communities. Public school communities working collectively mean better educational outcomes for children and more value in the competency and skills of community members.



The Way Forward.....

Everybody agrees that sincere change to the volunteer arm is required. The State Minister for Education Adrian Piccoli recently stated on a Sydney talkback radio show in relation to P&C Federation, "...we threatened to withhold the grant money if they didn't change their constitution...". As we all know the grant was indeed held back by the Minister.

Further addressing the need for change Mr David W. Roden, who undertook the most recent review of the Organisation made the following comments in relation to the P&C Federation, "...an unproductive structure..." he noted, "...the governing body is potentially 6000 representatives from each of the 2000 odd schools and then that goes through a Council which has potentially nearly 100 members and then you've got an executive committee and then you've got the office bearers and then you've got a small core of staff who are trying to follow directions...". Change is not a desire, it is required.

So that is why the Officers have continued to work towards ensuring a proposal for change can be put to the members of P&C Federation for consideration. A draft Constitution was drafted by an independent law firm and presented to all members in September 2013. Feedback was sought on the model and indeed, the Officers welcomed all opinions. Following that event and subsequent

further drafting, a draft Constitution is to be tabled to you, the members for consideration at the eAC14.

The Constitution is available on the website (www.pandc.org.au) under the 'Services' and 'Annual Conference' tab. If your P&C Association would like a printed copy posted out please contact the Office.

Some key features of the proposed Constitution which may appeal to our members are;

- The Organisation operates a Board model with 10 Directors elected by the Voting Members.
- Each P&C Association able to be represented by a delegate and having a vote at the Annual Conference, at Extraordinary General Conferences and for all Director positions.
- General Conferences held around the State to allow Member participation with the Board and information sharing with fellow members.
- Associate members welcome – alternative bodies who share like objectives welcome to be involved in P&C Federation activities, this would be the models which have historically been referred to as district councils, regional councils, co-operatives and the like
- Voting Member representation sought for P&C Federation representations.
- Access to Conferences via Technology coupled with fixed

physical sites – this means more participation for all of our members.

P&C Federation is looking forward to our members participating in the Annual Conference. For many years the inability for parents to give up a weekend, particularly following the July school holidays has been raised as an issue. The online meeting model should lend itself to our busy school communities and an increase in delegate numbers. Voting for motions and Officers will be facilitated by electronic voting, each delegate upon successful registration will be provided with a unique log in for the purposes of voting. As well an online forum will be held on Friday 25 July 2014. Registering delegates will be provided support where required from the Office in terms of technology. Remember eAC14 is looking to engage more of our busy Mums, Dads, Grandparents and community members so look out for your P&C Association emails and be sure to register. As an affiliate of P&C Federation you are entitled to register three delegates to the event. You can help this great Organisation stay strong and relevant – register to vote for proper Constitutional change.

Yours in volunteering

Lyall Wilkinson

Lyall Wilkinson BEM

Negative and positive = balance

P&C Federation provide service and insurances to members. Many of our affiliates may not be aware that the Organisation even offers insurance to more than 300 non-members. The small but dedicated Staff works to ensure the business operations are useful

for the members. Now I would like to balance out the negative comments people have read about P&C Federation's Services with some real examples of positive feedback. Thanks to Jacinta from Casula, Colin from Wyong, Dave from Karabar, Deb from Jindabyne, Steph

from Willoughby, Mary from Cronulla, Donna from Cumnock, Naomi from Bankstown for taking the time to appreciate P&C Federation's service and products.

Good Afternoon Sharon,

I have just been speaking with Mary from Cronulla South Public School and she has asked me to forward on her thanks and appreciation to the members services team and myself for helping her out with the grant information and application. She mentioned that she has now spoken to 3 different people from our office and every time has had a great experience and is very impressed with our level of service.

She said that she is just learning the benefits of being affiliated with us but is very glad that she has discovered the 'great resource of information' that our member services team is.

Kind Regards,
Kelly MacDonald

Thank you. It's Perfect.

It was nice meeting you as well. You are a whirlpool of energy that sweeps everyone away with your enthusiasm. I'm still wondering how I managed to land myself with these tasks. It was a great meeting. Feel free to join us anytime you are free.

Dear Sharon

thank you so much for making life easier last night. I am not sure if it was your presence or the collaborative presence of the Executive, The School Council, the School enior Executive and yourself that ensured that the meeting was polite, professional and respectful. Your strong support and guidance through a very difficult process is very much appreciated by myself and the P&C Executive and ultimately the parents.

I believe that it was a favourable outcome for all even though some time to arrange at.

kind regards
Deb

Dear Sharon,
Many Thanks for this. I would like to thank you and your staff for the effort that went into makin the P&C Federation Conference run so smoothly.

Whilst there may have been some 'interesting moments' that occurred within the conference itself, I can not think of one administrative matter that impacted upon the conference.

You and your staff were approachable, responsive and impressive in your attention to matters that needed dealing with. Jocelyn and I reflected upon this extensively as we drove home yesterday afternoon.

Through my work, I have been involved in many conferences and meetings and this one that I have just attended was right up there in terms of flow...well done.

Again, many thanks for the effort of you and your staff.

Cheers,
Dave

To: Ela Comertpay

Subject: Re: P&C Notification of Event

Hello Ela,

Thank you for your timely and informative response, we now have everything we need to progress with confidence.

Kind Regards
Danielle

Hi Sharon,

We're all set. Thank you for your help!

Cheers

iMessage

19 Feb 2013 11:32am

Thanks very much for the information. I know no response required but just wanted to say thanks for your kind words over the weekend and well done you for the hard work you have completed as well.

Hi Rachel should we have received our p&c Journals yet? I am very excited at the additional info we got from federation this year. Major step forward! Steph



Don't let your child miss out.

This year children in NSW schools will start to benefit from the extra funding delivered through the six year, \$5 billion Gonski agreement.

More resources means more individual support and attention in the classroom.

Prime Minister Tony Abbott needs to commit to the full Gonski to ensure all schools get the funding they need.

Register your support for the full Gonski funding
www.igiveagonski.com.au



Stepping Stones Triple P Project

New help for parents and caregivers of children with a disability



When Rubi Ospovat was born, the last thing her parents Robin and Clive expected was to spend the next year and a half in hospital with their beautiful young daughter.

“Rubi was very sick after she was born and we were literally at the hospital for the first eighteen months of her life,” said Robin.

“When we were finally able to take her home there was a lot of relief, but a new set of challenges because Clive and I had to learn how to best raise Rubi along with our other daughters.”

Rubi, now nine years old was eventually diagnosed with Costello Syndrome, an extremely rare and complex congenital anomaly disorder.

The whole family has had to come together to learn how to best care for Rubi in their Sydney home.

“There was no support or advice available to us when Rubi was born,” said Robin.

“We didn’t have access to anything or anyone who could give us guidance on what to expect or how to deal with Rubi’s behavioural and development issues in the best way”.

This is an experience all too familiar for families caring for a child with a disability throughout NSW.

In February this year the University of Sydney launched the Stepping Stones Triple P

(SSTP) Project to try and change this scenario. The lead investigator is Professor Stewart Einfeld, Chair of Mental Health, Brain & Mind Research Institute, University of Sydney.

This world-first research project aims to empower parents of children aged 2 to 12 with evidence-based parenting strategies and skills to better equip them to handle the unique challenges of raising a child with a disability.

The project is funded by the National Health and Medical Research Council and aims to reduce emotional and behavioural problems in children with a disability, and to improve the health and wellbeing of parents by providing open access to two years of free parenting support.

The project is also being rolled out in Queensland and Victoria.

According to Professor Einfeld the birth of a child with a disability is life-changing for parents.

“Children with developmental disabilities such as autism spectrum disorders, Fragile X and Down syndrome experience three to four times the emotional and behavioural problems of typically developing children,” Professor Einfeld said.

“This has an enormous impact on parents, and understandably many struggle to cope with the daily demands of raising their child and the extra challenges it involves.”

The SSTP Project offers parents support

through a program called Stepping Stones, which is a Triple P – Positive Parenting Program specifically designed for parents of children with a disability.

71 percent of children with a developmental disability showed substantial behaviour improvement after their parents completed a Stepping Stones program.

Robin wishes this type of support was available right from when Rubi was a baby.

“There is no doubt that Rubi has enriched our lives – she is an absolute delight,” she said.

“However a lack of access to early intervention support when Rubi was born means we are now dealing with ingrained behavioural issues.

“That’s why from our perspective, parents definitely do need help and support early on to learn the best ways to overcome the behavioural and emotional challenges that can be part and parcel of having a child with a disability.”

NSW parents and caregivers of children with a disability aged 2-10 years can participate in the SSTP Project by going to www.mysay.org.au to fill in a survey and then provide their details.

Health and education professionals who work in the child disability field can also complete the survey and apply for free Stepping Stones Triple P training and resources.

Simone McKay



CHILDREN SUFFER BECAUSE BUS TRAVEL NOT SAFE

The recent school bus crash at Port Macquarie on 18th February, when over 30 students were injured, some seriously, highlights the risks faced at low speed, let alone a bus trip on a high speed road or freeway.

This bus went off the road and rolled onto its side, with no other vehicle involved. The outcome would have been much worse if it had hit an oncoming vehicle. Each time there's a school bus crash and children are hurt, the call for seat belt safety goes out to the NSW government. While there has been a commitment to fit seat belts on some buses, other routes with similar risks were ignored.

The NSW Government has determined that thousands of students must wait at least another 10 years before standing is banned on their highly risky bus route or that their bus will be fitted with seat belts. This decision makes it highly likely that hundreds of children will be hurt and possibly killed on their trip to or from school.

Sensible policy should provide safe bus travel for all students when traveling on the same roads and highways in NSW, but many parents and their children were 'short changed' when funding was allocated in July 2013, just because their bus route is classified as contract B.

Buses being fitted with seat belts are

currently determined by the contract, not the risks faced on the contract route. It should make no difference what a bus contract classification is - if the bus travels on a 100 or 110 km/hr road or freeway, students should be banned from standing and be seated with a seat belt to protect them. If these safety conditions are deemed essential for coach passengers, then obviously students should receive equal safety.

In rural NSW, evidence shows that a student's risk of injury is three times greater inside the bus than outside; with the risk inside the bus almost double that of their metropolitan counterparts. Many school buses traveling on the Pacific highway are contract B and are therefore not included in the seat belt program, yet the children on these routes face very high risks because of high speed limits and high volumes of heavy vehicle traffic. People say, 'an accident waiting to happen'.

The NSW Government commissioned the 'School Bus Safety Community Advisory Committee' report, asking members to recommend ways to make school bus travel "as safe as possible". Committee members were shocked when the most urgent core safety recommendation - to ban students standing on buses in rural areas by term 3, 2013 - was largely ignored, even though the

extreme risk to student's safety was backed by evidence. The danger of traveling at high speed, unrestrained, is also obvious.

We ask that all school principals and P&C members introduce a policy, that only seat belted buses are hired for all non-urban school excursions and extra-curricular activities (many schools have already implemented this). Please also seek help from parents through school newsletters, asking them to write to their local State MP and the Minister for Transport, as no further seat belt funding will be sought if parents, teachers and principals appear unconcerned about this safety issue.

Glenda Stanford



Critical time for the Gonski

For the first time this year Gonski funding is starting to flow to many NSW schools. It is only a fraction of the \$5 billion due to be delivered over the next six years but already we are seeing the impact.

The schools benefiting the most in the first year are those with high proportions of disadvantaged students.

They are using the money in a range of ways that work: improving the individual support and attention children receive, building the skills of teachers and deepening the school focus on literacy and numeracy.

We can only imagine what the benefit of this investment will be if it is delivered in full.

NSW Teachers Federation President, Maurine Mulheron, said that the Gonski investment was “an unparalleled opportunity” to improve teaching and learning in schools.

“Gonski is all about ensuring every school has the resources they need to

educate every child to a high standard,” he explained.

“I know, as a former principal, that when schools are properly resourced the improvements that can be made are very significant.

“Schools can use the funding in ways that best suit the needs of their students, whether that is through smaller class sizes, greater individualised learning or extra specialist support for students in danger of falling behind.

“It is a real process of improvement and our children will be the winners – not just those in the classroom now but in the generations to come.”

Abbott Government still not committed

The problem continues to be the refusal of the Abbott Government to

fund the full six years of the NSW Gonski agreement.

Despite his pre-election promise to honour the agreement, Prime Minister Tony Abbott has only committed the money for four years.

Because of the way the agreement was set up, that means less than a third of the total investment required from the Federal Government.

Parents and teachers across NSW have been taking part in the I Give a Gonski campaign activities since school went back hoping to get Mr Abbott to change that position in the May Budget.

They are also calling for the budget to include better funding for students with disabilities as promised by Mr Abbott in Opposition.



Specially equipped Gonski vans have been travelling around the state as part of a national tour that finished in Canberra on March 18.

To coincide with the arrival of the vans in towns and cities, there have been school and community forums, BBQs, information days, street stalls, markets and gatherings outside the offices of Coalition MPs.

Mr Mulheron said across the country the message has been the same "Our children deserve this," he said.

"They all deserve to be educated in a school that is appropriately resourced. They all have special talents and none of them should be held back by a lack of resources or time with their teacher."

"We know the quality of education our

children receive has never been more important. So many jobs are being lost in manufacturing and other areas of the economy and the jobs of the past look so much different to the jobs of the future. Kids these days cannot afford to leave school without the skills, knowledge and personal attributes they need for the next level – whether that is further study or a career. The Prime Minister needs to switch his thinking from seeing this as a cost to seeing it as the best investment he could make for our future."

P&C members are being encouraged to get involved in the campaign which will continue until the full funding for the NSW Gonski agreement is secured.

Mr Mulheron said teachers and parents working together had achieved

so much already. "We got the politicians to listen and to act on this vitally important issue," he explained.

"Public schools cannot run on chocolate frogs and fetes and we can't keep asking parents to raise money for the things governments should fund. It is time for us all to make sure the politicians know our children need this investment and they deserve it."

The first step to getting involved in the campaign is to register your support on the website igiveagonski.com.au. You will then be kept informed of what is happening, particularly in your local area. You can also join the thriving Facebook community at www.facebook.com/igiveagonski.

Teachers Federation

LEFTOVERS TO LUNCHBOX WITH LOVE FOOD HATE WASTE



It's a sad fact that each year over \$694 million worth of leftovers go to landfill in NSW alone. Sadder still most of this food could have been eaten. To help reduce the amount of leftovers thrown away the Federation of the Parents and Citizens' Association partnered with the NSW Environment Protection Authority's Love Food Hate Waste program to deliver their Leftovers to Lunchbox Facebook Campaign.

The Leftovers to Lunchbox campaign encouraged parents to post recipes showing how they transformed last night dinner in to a delicious lunch. Recipes included zucchini slice which used zucchini, corn and carrots and bacon leftover from Sunday brunch and also veggie muffins. Both of which are great ways to help your children reach their daily serve of veggies. Winners received an OOTS! lunchbox that they can fill with all their inventive meals.

Many other Love Food Hate Waste partners are also helping everyone to re-invent their leftovers. The DoSomething! Recipe Finder (foodwise.com.au/recipe-room/our-recipe-finder/) allows you to select the ingredients you have at home and then finds recipes for you. You could also try Holroyd City Council's Love Your Leftovers app which is filled with recipes created by their local community.

As well as using leftovers there are many other ways we can all reduce the amount of food we waste. We all can:

1. Plan our weekly meals – Planning your meals will help you to save time, money and reduce the amount of food that is thrown away.
2. Write a shopping list – Write a list, based on your menu plan and stick to it, you will be less likely to be tempted by specials, deals and impulse purchases.
3. Measure our serving sizes – It can be tricky to estimate how much to prepare when cooking. The Love Food Hate Waste serving size calculator will help you work out quantities of food items for the number of guests.
4. Store food correctly – Sometimes the fridge never seems big enough. Try not to overload your fridge. Maintain the recommended temperature of 3-4oC and good air flow to keep your food longer and for food safety.

Visit lovefoodhatewaste.nsw.gov.au for more great food waste avoidance tips and delicious recipes.

Love Food Hate Waste is part of the NSW Government's Waste Less, Recycle More Initiative and works with program partners who educate their communities about food waste avoidance.



QUICK LEFTOVERS RECIPES

With so much going on in a busy family, planning meals ahead can help you save time and reduce food waste. Planning can help you save money as well; the average NSW household throws away over \$1000 worth of edible food each year.

A great way to avoid food waste is to turn leftovers into dinner. This tasty recipe for a ham and veggie slice is sure to please.

Ham and Veggie Slice

Ingredients (serves four)

6 eggs
60g plain flour
1 cup zucchini, grated and drained
½ cup sweet corn kernels of 225g can, drained
1 cup grated carrot
¼ cup chives, chopped
100g lean ham, chopped
50g grated reduced-fat cheese

Preheat oven to 180 degrees C. Beat eggs and flour together until smooth. Add zucchini, corn, carrot, chives and ham and combine. Pour into a dish lightly sprayed with oil. Top with cheese. Bake for 30-40 minutes until set.

This simple tasty meal can be prepared and cooked in significantly less than an hour and it is equally as tasty hot or cold, so anyone arriving late for dinner won't be disappointed.

To go with the slice you can use some of the veggies in the fridge to make a salad such as this:



Beetroot and Potato Salad

Ingredients

5 medium potatoes, scrubbed, cut into chunks
4 medium beetroot
4 spring onions, sliced
1 Lebanese cucumber, sliced
½ cup plump raisins or sultanas

For the dressing you will need:

1 tablespoon olive oil
1 tablespoon red-wine vinegar
1 tablespoon orange juice
3 tablespoons chopped fresh herbs (whatever you have available)

Steam potatoes for 15-20 minutes until tender. Boil unpeeled beetroot for 30-40 minutes until tender. Cool, peel and cut into wedges. Mix all salad ingredients in a serving bowl. Combine dressing ingredients in a screw-top jar and shake well. Toss through salad and serve immediately.

You can prepare in advance but, as with all salads hold off on adding the dressing to just before you serve. Also with this recipe it is best to add the beetroot with the dressing to prevent the strong colour affecting the potatoes and cucumber.

Dessert is an opportunity to take advantage of the amazing range of seasonal fruits. This recipe can be cooked on the barbeque so it is great for a summer treat.

Banana Parcels

Ingredients (serves four)

4 bananas, peeled and sliced in half length ways
Pulp of 1 large passionfruit
4 large strawberries
½ cup low-fat natural yogurt
Rind of ½ orange

Preheat barbecue. Take four squares of aluminium foil and fold each to make double

thickness. Place banana in centre and sprinkle with half of passionfruit pulp. Turn in the edges of foil to enclose banana. Place on barbecue and cook for five minutes. Remove to serving plate. Open up parcels and place a slice of strawberry on top of each. Top with remaining passionfruit. In a small bowl mix yoghurt and orange rind. Serve with parcel and enjoy!

Visit www.lovefoodhatewaste.nsw.gov.au for more information.



WAKAKIRRI

Does your school have a story to tell? The search is on!

YOU CAN MAKE A DIFFERENCE TO THE SUCCESS IN YOUR SCHOOL!

Feel the success in your school by supporting their participation in one of the 2014 Wakakirri Challenges. Parents and Citizens Groups are a vital part of how students become engaged with their wider community.

Through fundraising, sponsorship, linking local business and organisations, the P&C /Parents and Friends Members help connect schools with society.

Find out which Challenge your school can get involved in and support your child's participation so they have a better understanding of their community, so they can be actively learning about themselves and others and so they can share their story with Australia.



WAKAKIRRI PRIMARY SCHOOL STORY DANCE CHALLENGE

Movement, drama, dance and acting combine as schools take to the stage to tell their stories. Story-Dance is a wonderful opportunity for kids to develop teamwork and performing skills, culminating in an exciting performance in front of hundreds of people.

WAKAKIRRI SECONDARY SCHOOL STORY DANCE CHALLENGE

This Challenge asks Secondary Schools to create Dance Theatre; a combination of Dancing, Acting, Singing, Costumes, Sets, Props, Lighting and Projections, set to Pre-recorded music that tells any story. Schools perform in Professional Theatres to a live audience and Industry Judges, receive nominations for their best work and are Awarded State and National Titles.

WAKAKIRRI SCREEN CHALLENGE

Stories hit the screen with the culmination of Story Dance and Creative Arts – where students in regional, country, outback or cities, create their story using a combination of creative movement and acting set to a soundtrack. This story is to be filmed at your preferred location, can include narration, animation or any other visual effects to enhance your story.



As the parent group in your school, be the driving force to get Wakakirri started. We're here to help!

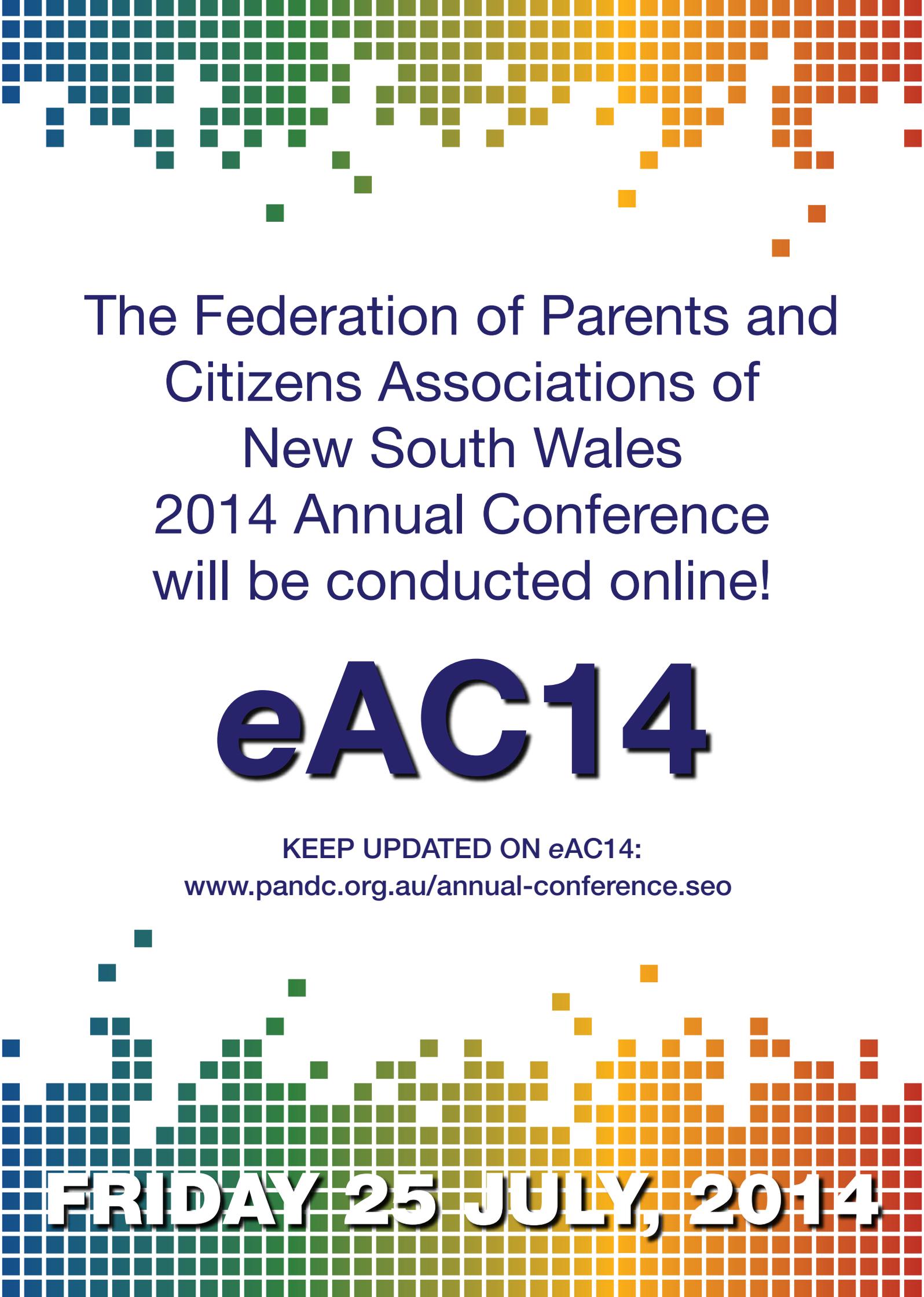
So, does your school have a story to tell?

The Search is ON!

www.wakakirri.com
1800 650 979



Official Dance Partner



The Federation of Parents and
Citizens Associations of
New South Wales
2014 Annual Conference
will be conducted online!

eAC14

KEEP UPDATED ON eAC14:
www.pandc.org.au/annual-conference.seo

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