



# Newsletter

## Contact Us



### St Bernadette's Parish School, Lalor Park

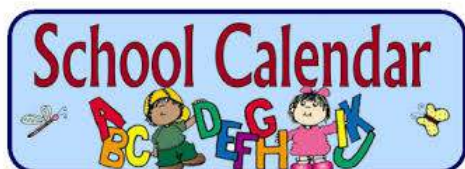
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Parent Group Email: [sbparentgroup@gmail.com](mailto:sbparentgroup@gmail.com) Canteen: [sbcanteen@gmail.com](mailto:sbcanteen@gmail.com)



## March

- 22nd Harmony Day
- 26th Responsible Pet Program K-2

## April

- 4th Big Vegie Crunch 10am
- 10th Easter Raffle Drawn
- 12th **Term 1 Ends**
- 29th Staff Development Day (TBC)

## May

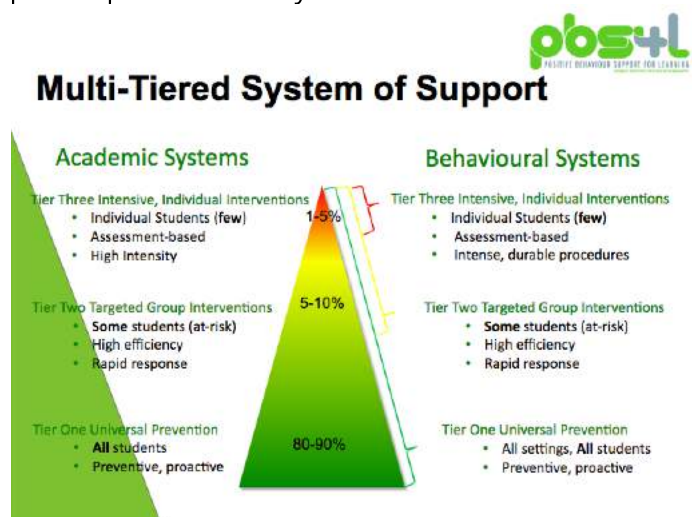
- 7th Diocesan Cross Country
- 9th Mother's Day Craft Stall
- 10th Mother's Day BBQ Breakfast
- 12th Mother's Day

[See more ...](#)

## From The Principal

This year we have implemented Positive Behaviour Support for Learning (PBS4L) across the school. The implementation of this initiative has been relatively smooth due to the high level of planning and support that occurred throughout 2018. For the vast majority of students we have seen considerable improvements in behaviour standards.

PBS4L is a multi tiered system of support. The diagram below helps to explain how the system works.



Now Enrolling!

### St Bernadette's

is now enrolling for Kindergarten 2020.

If your child turns 5 before 31st July 2020 he / she is eligible to enrol for Kindergarten. Enrolment packages are now available at the school office .

For more information please contact the school office on **88696400**

## Principal - continued

As a school we are currently focused on Tier 1 of PBS4L or the Universal Prevention strategies. Research suggests that these strategies typically work for around 80 - 90% of the student population. This is typical of what we are seeing at St Bernadette's. These strategies focus on teaching the behaviours we expect and then rewarding students when they are seen. Rewards don't always need to be tangible such as giving out Bluey Cards, they should include specific verbal acknowledgement and praise.

Once we are happy that the Tier 1 strategies have been embedded as a part of the school's culture we will begin work on Tier 2 and 3 strategies. These strategies will focus on the 10 - 20% of the student population who require additional supports to demonstrate positive behaviour consistently at school. Whilst the school has not officially engaged in this new thinking we are constantly working with students who require additional behaviour supports.

Parents have a role in positive school behaviour. As your child's first and foremost educator we rely on your support. Having regular discussions with your children about positive behaviour at school will help your children to understand that school and home work together.

### Student Attendance

Whole school goal is 90%

Current school rate is 85%

Grade attendance levels

Scholastic Year	Sch Yr Attendance Level %
K	● 91.7%
01	● 97.0%
02	● 89.7%
03	● 78.9%
04	● 94.4%
05	● 91.3%
06	● 68.8%



We thank parents for their continued support and diligence in ensuring maximum student attendance is maintained.

Phill Kapitanow, Principal

## Baby News

Congratulations to Gieselle Nyambi (Stage 2 B) and her family on the birth of her baby brother Adrian.



Welcome to the St Bernadette's Community.



## Harmony Day TOMORROW

All students to wear orange for a gold coin donation

- 9:10am - Liturgy commences in the Parish Hall.
- Reflection on Harmony Day and Guest Speaker
- 10:00am - Students return to their classrooms
- 1:30pm - Fiesta Lunch - All Welcome
- 2:15pm - Students return to classes



### News From Our REC

Lent is a season of penance. Penance is meant for our good. We do penance -prayer, fasting, and almsgiving so that we can rid ourselves of the things and habits that keep us from participating in the life of God.

The Catechism tells us that penance is an important part of our ongoing conversion. Another way to say this is that penance is an important part of our deepening relationship with God. We do penance because we want to make more room for God in our lives.

What matters is that your Lenten penance should prepare your heart to receive the gifts that God wants to pour out upon your life. As part of almsgiving we are invited to participate in Project Compassion, Caritas Australia's six week Lenten fundraising appeal. The theme for Project Compassion 2019 is based around hope and giving Lent 100% in the name of hope. Hope is one of the three pillars of Christian virtue. The other two being faith and charity. It is a powerful force for good and often helps to transform lives. Committing to something meaningful in Lent is another way to draw closer to God, raise money and stand in solidarity with people in need.



With Blessings

Judy Murphy (Acting REC)

### Sports Update with Mrs Huntington

This term the children have been participating in the gymnastics program each Thursday. It is wonderful to see the children learning new skills and progressing through the program.

Thank you to the parents and families who visited us in Week 6 to witness this amazing progress for themselves.



### Cross Country

Congratulations to the following children who have qualified for the Diocesan Cross Country held on 7th May.

Ngathjwok Mugo, Cohen Winley, Noah Ciocca, Noah Bonello, Stella Efstathiou, Pwoj Majok, Willow Ontario, Mariska Alemao, Cohen Longhurst, Asher Boustani, Jayden Philipsz, Diing Deng, Dier Majak, Nahla Wan Lum Diener, Oliver Longmire, Oscar Sweeney, Jwodho Mugo, Jayden Bellette, Ana Donjerkovic, Joseph Flaviano

Cross Country training will begin this Thursday 21st March. This is an opportunity for the children who have progressed through to the Diocesan Cross Country next term. While this is not compulsory it is an opportunity for those wanting to get in some extra practice. Children will need to meet Mrs Huntington in the top playground at 8.30am and we will walk to the oval prior to school starting. Please make sure your signed permission note has been returned to the office.

**SCHOOL ZONE OFFENCES**  
**WHAT ARE YOU RISKING?**

 <b>No Stopping</b> Do not stop near a No Stopping sign.		 <b>No Parking</b> 2 min to drop off or pick up, stay within 3m of vehicle.		 <b>Bus Zone</b> Only a public bus can stop in a bus zone.	
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Help keep our children safe

PENRITH CITY COUNCIL Blacktown City Council



## News From our Assistant Principal

Dear Parents and Carers,

This year the teachers have noticed a gradual increase in the number of students who have been arriving at school tired, hungry and somewhat distracted. This can be due to a large number of reasons, like; changes in home routines, busy afternoon or morning schedules or even an over-indulgence in their use of technological devices. Although these all have dramatic impacts on our children's ability to learn, it is important that we recognise the importance of a healthy diet. Healthier eating can lead to significant improvements with students sleep, behaviour, energy levels when awake and their ability to concentrate on tasks. All of which begins with the first, and most important meal of the day - BREAKFAST.

The NSW Government's website "Healthy Kids" has this to say:

It's the most important meal of the day – but one in four children in Australia skips breakfast.

At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits.

A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.



## Breakfast ideas

Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats.

A number of factors influence what people like to eat at breakfast, such as their food preferences, cultural background, religious beliefs and the time available before they have to head out the door.

## Quick and easy ideas

- Cereal with milk\*, yoghurt and/or fruit
- Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, Vegemite or sliced banana
- Fresh fruit with yoghurt
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk and stewed fruit

\*Note: The Australian Dietary Guidelines (2013) advise whole (full fat/cream) milk for children under 2 years of age. Milk fat is an important source of energy and fat soluble vitamins required for normal growth and development.

After the age of 2, most kids can begin to drink low fat milk as part of a varied diet. Skimmed (no fat) milk can be included as a drink for children aged 5 and older and can also be used in family meals for children older than 2 years.

## If you have a little more time

- Omelette with lean ham and tomatoes
- Boiled egg with bread fingers (cut slices of bread into dipping sized portions)
- Pancakes with fresh fruit filling
- Wholegrain toast or fresh bread with eggs (not fried), baked beans, cooked mushrooms or tomatoes
- Plain wholegrain muffin with lean bacon and cooked tomatoes



It is also important to have healthy drinks with breakfast. Water or low fat milk (for children over 2 years) is best. Try to limit fruit juice to 1/2 a glass a day as fruit juice contains lots of sugar. Instead give a piece of fruit to your child to get fibre into their diet.

Handy tip: Discourage your child from eating breakfast in front of the television. This can also help speed up your morning routines!

The suggestions listed above are by no means an exhaustive list, but rather an introduction into a few ideas to help begin the day. It is important some of these ideas are integrated into our morning routines to help our students have the best opportunities to grow as best as they can both physically and mentally. For more information please visit [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au).

Regards

Mr Simon Crothers



### Special Projects with Ms Stapley

What is The Big Veggie Crunch?

Only around 5% of NSW children eat enough vegetables. To help our community do better, our school will be taking part in The Big Veggie Crunch (part of Vegetable Week) at 10am on Thursday 4th April.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables simultaneously. Last year 50,260 students crunched together.

What can you do to help?

- Pack a container of vegetables (not fruit this time) for your child to eat on Thursday 4th April
- Keep serving up the vegetables at home and in your children's lunchboxes!

If you require more information on The Big Veggie Crunch, please do not hesitate to contact me via the school office.

With thanks,

Suzie Stapley

Leader of Learning- Special Projects



### Positive Behaviour Support 4 Learning (PBS4L)

Bluey's Expectation: "The right place at the right time".

As we continue our journey with our Positive Behaviour Support for Learning Program (PBS4L), we will have a fortnightly focus which asks the students to be in "The right place at the right time".

Students will be discussing and displaying what it looks, sounds and feels like to follow our focus of the fortnight. We encourage families to talk to the children about what they are learning and how they will behave while at school.

Congratulations ES1G for receiving your class party for collecting your class target of Bluey tokens.



## Literacy News with Mrs Maher

### Reading Daily

Over the many years I have been teaching many parents have asked, "how can I help my children at home? My children need more homework, I have been told on numerous occasions.

Well one of the best routines you can instill at home is a regular reading routine.

It may feel hard to find 20 minutes each day to read with your child, but the cost of not doing this is far too great. Children who read for just 20 minutes per day see 1.8 million words each year and have scores on standardised tests in the 90th percentile (because they have experienced so many words!). Compare this with the child who is reading for just 1 minute per day, they only see 8000 words each year and have scores in the 10th percentile on standardised tests. A small amount of reading each day makes an incredible difference! (Nagy and Herman, 1987)

### Writing: What parents can do to help.

Encourage children to write, write, write! Provide many opportunities such as writing the shopping list, sending letters and cards to friends and relations, writing emails, keeping a diary, publishing personal stories, labelling photos in the family album, and leaving notes. Locating writing apps such as Book Creator.

Draw children's attention to how writing is presented, for example, on brochures, billboards, books, and electronic media — these are models of writing for real purposes.

Create a community of writers. Provide a quiet place for writing with lots of writing materials. Leave notes for each other, write poems for your children, and send messages in lunch containers. Play writing games, for example, one person writes the beginning, another the middle and the other the end of a family story. Write together.

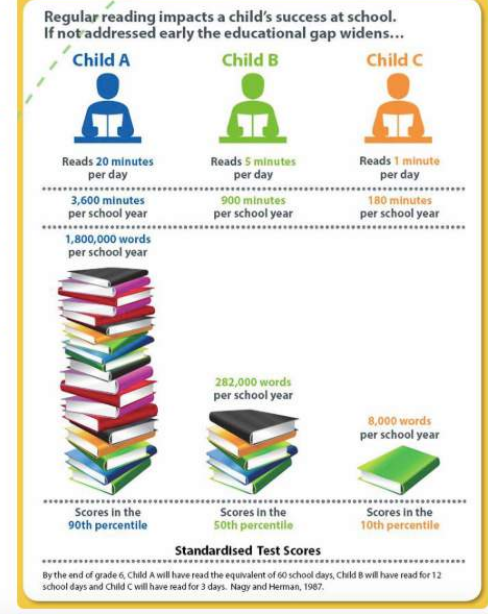
### Spelling

Play word games like thinking of rhyming words, opposites, or words that sound like their meanings. The Internet has many fun and free spelling activities. Look for words in the environment.

Point out unusual words in the books you read together. Use our online Synthetic phonics program Soundwaves at home!!!!

Lorraine Maher

### THE IMPACT OF READING 20 MINS EACH DAY



## Purple Day for Epilepsy

Tuesday 26th of March is Purple Day. Purple Day is a global initiative dedicated to raising epilepsy awareness. Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada. Motivated by her own struggles with epilepsy, Cassidy started Purple Day in an effort to get people talking about the condition and to let those impacted by seizures know that they are not alone. She named the day Purple Day after the internationally recognised colour for epilepsy, lavender.

At St Bernadette's we will go Purple on the 26th of March. Students are encouraged to wear PURPLE inspired mufti for a gold coin donation. All funds raised will support the thousands of Australians around the country affected by the condition.

Stage 1 will also be making fairy bread to be sold for 50c per slice on the day.

Show your support St Bernadette's and Go Purple on the 26th of March!



**Wear purple  
on 26 March**



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To book, visit:  
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or call 1300 105 343

Join in the fun at our OSHC program, your first session is **FREE!**

We are excited to announce that your child can now come and try their first day of Outside School Hours Care for **FREE!** This is a great chance for families and children to see what our Camp Australia program is like.

First Day Free is available to all new parents who register an account with us from Monday 25<sup>th</sup> February until the end of Term 1, 2019. Don't forget to use your session as First Day Free is only valid in Term 1, 2019.

Note it's also **free to register**. Once registered, you can activate your session whenever you like. We encourage you to register now and to always book in advance. You can register at [pp.campastralia.com.au/account/register-firstdayfree](http://pp.campastralia.com.au/account/register-firstdayfree).

### Program Details

For more information on our service and fees, you may visit our website [www.campastralia.com.au](http://www.campastralia.com.au). If you prefer to speak to us, you can contact our friendly Customer Care Team that is available to support our families 24 hours a day, 7 days a week - except for National Public Holidays. Alternatively, you're welcome to visit us in service and chat with our qualified Educators about the Camp Australia program at your child's school.

We look forward to seeing you and your family soon!  
From the Team at Camp Australia

\*Applies to first booking per child only. Valid for Before or After School Care for parents who register from the 25<sup>th</sup> of February 2019. Offer ends conclusion of Term 1 2019.

Safety • Meaningful • Innovative • Leadership • Education  
*we make kids smile*

### Note that have been sent home recently:

- Cross Country Training
- Purple Day
- Environment Team



School Notes

### Photos recently added to our website

- Our Garden
- 



Photos



### School Fees

Term 1 school fee accounts have been mailed out by the Catholic Education Office (CEO) on the 8th March 2019 and will be due for payment on the 29th March 2019. You will be invited to apply for a Flexible Payment Plan (FPP). If interested please follow the instructions given by CEO carefully and return all documentation to the Catholic Education Office by the due date otherwise your application will not make it in time and you may not be notified.

However, if you miss out on an FPP, families are also welcome to call the school and set up a payment plan to suit their budget. Payments may be directly debited from your bank account, Centrelink family payments, set up through Net banking via Bpay, paid at the Post Office or simply paid at the school office. Large sums of cash sent with your child to school is not advisable. If you have had a payment arrangement in 2018 and wish to continue with a similar plan please contact the office by phone, email or letter in order to setup a new arrangement as all arrangements need to be renewed annually. It is important to know that unless you are paying your fees by the due date you will need to have a formalised arrangement in place. Please do not hesitate to contact Mrs Rita Mizzi on 98869 6400 if you have any questions or you are having difficulty with paying your school fees.





## Science Report Term 1

### Early Stage 1

This term in science, the kindergarten students have been learning about how all living things have basic needs, which include food and water.

Students have been able to describe what animals and humans need to stay alive and healthy. They have also been learning about how their 5 senses help them to stay alert and safe. In week 7, students sorted out what items are needed or not needed to take on camp.



### Stage 1

This term in science, students in stage 1 have been learning about the features of modern and prehistoric living animals. In week 6, students enjoyed making models of prehistoric animals, to show the external features their dinosaur or prehistoric animal had.

### Stage 2

This term in Science, Stage 2 are learning about classifying animals and taxonomy. We conducted a scientific investigation to find out what animals groups can we find in our school playground. Students drew diagrams of the animals they observed and made a tally of the number of animals they saw. They then used a 'branching key' to work out the animal groups these animals belong to. In class, students graphed the results of the investigation and made scientific claims to demonstrate their understanding.



### Stage 3

This term in Science, Stage 3 have been learning how the structural features of plants and animals help them to survive in their natural environment. In week 6, students used model beaks and food sources to investigate how bird beaks are adapted to certain types of food. Students predicted, experimented, recorded data and then evaluated their results by explaining what would happen to a bird population if its food source or environment changed.

Thank you,

The Science Team

(Mrs Kerrie-Ann Galea, Mrs Monique O'Brien, Mrs Mariquita Park and Ms Simone Ninness)



### Library News with Mrs O'Brien

#### Premier's Reading Challenge

Recently a note went home about the Premier's Reading Challenge. It is a wonderful program that encourages a love of reading. Please return permission slips as soon as possible. Usernames and passwords will be issued over the following weeks. In the meantime, please keep a written record of books that have been read. We would like as many students as possible from St Bernadette's to participate in this challenge.



#### Reading Afternoon

As part of Catholic Schools Week we had a Reading Afternoon in the library (Learning Hub). The students participated in shared reading of picture books, *Silly Billy* by Anthony Browne and *A Stack of Alpacas* by Matt Cosgrove. Students then created their own alpacas out of plasticine to take home. We had a lucky door prize for one student in each stage. Congratulations to: Samuel (ES1), Lucie (S1), Pearl (S2) and Oscar (S3) who all received a book pack. The parents and grandparents were invited to listen to Mrs Maher present some valuable information on how to help their children with reading at home. They also listened to a story!! Thank you to all the families that attended reading afternoon!!

#### New Library Books

Thank you to the Year 6 class of 2018 for their generous donation of Library books. These books are now ready to borrow and can be found on the central bookshelf in the Library. These books include the *Hairy Maclary* series, *Paddington* series, *Enid Blyton* books and *David Walliams* books.



#### Library Book Borrowing

It's wonderful to see that there has been a great increase in library borrowing this term. We have a library borrowing challenge whereby students who return their books each week and borrow new book/s, and have no overdue library books will receive a prize at the end of term. Good luck everyone!!

#### Morning Storytime

Just a reminder that storytime is on each Tuesday and Friday morning in the Library, commencing at 8:40am. Thank you to all the students, mums, dads and grandparents who come along storytime to listen to the teachers read some wonderful picture books

Happy reading,

Mrs Monique O'Brien (Teacher Librarian)



## St Bernadette's Garden



**More Photos**

"If you build it, they will come" ... Bees that is! Thanks to **Mrs McDonald**, (Arielle and Lucie – Stage 1) the school garden now has a Bee Hotel! Thanks also, to **Mr Fuller** for painstakingly and patiently, cutting the bamboo to size, to provide accommodation for the guests! Meanwhile, students were busy keeping the plants, especially those in pots, well-watered, by utilising the excess



water from the air-conditioning! The garden beds and pots needed a top-up of soil and the freshly planted peas and beans, needed to be staked! But a question remains unanswered, "Where are those tadpoles?"

To be part of the learning and fun make contact via: [claresgarden118@gmail.com](mailto:claresgarden118@gmail.com) and visit <http://kitchengardensinschools.blogspot.com> or the school office on 8869 6400 or [stbernadetteslpark@parra.catholic.edu.au](mailto:stbernadetteslpark@parra.catholic.edu.au) Please see our website [www.stbernadetteslalorpark.parra.catholic.edu.au](http://www.stbernadetteslalorpark.parra.catholic.edu.au) for more photos from the garden

## PARENT GROUP EASTER RAFFLE

Our popular Easter Raffle will be held again this year!

We ask that each family donate one Easter egg, rabbit, etc so that we can make plenty of baskets for prizes.

(Last year we had over 120 prizes!!!)

We would also appreciate receiving any unwanted baskets you may have at home.

The eggs will be collected each morning from the box in your child's classroom, or you may leave them in the office.

Raffle tickets will be sent home next week to each family. Tickets are \$1 each and are due back by Monday the 8th of April, SOLD OR UNSOLD.

Extra books will be available from the school office.

Thank you for your support,

Maria Xiberras, Fundraising Coordinator



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**evolution orthodontics**

Telephone: Blacktown 02 9676 3400 Dubbo 02 6885 2110  
[info@evolutionorthodontics.com.au](mailto:info@evolutionorthodontics.com.au)

## St Bernadette's Playgroup

If you are interested in attending please contact the Co-Ordinator Maria Xiberras on 0414 427 749



# ST BERNADETTE'S

Where We Learn and Grow Together

## St Bernadette's Parish, Lalor Park

Parish Priest: Fr Andrew Robinson      Secretary: Mrs Bev Baxter  
Office Hours: Tues, Thurs & Fri 9am to 4pm      Telephone: 9672 4037  
Email: admin@stbernadetteslalorpark.org.au      Fax: 9671 5377  
Web Page: [www.stbernadetteslalorpark.org.au](http://www.stbernadetteslalorpark.org.au)

## Mass Times at St Bernadette's Parish

**Mass:** Saturday Vigil 6pm; Sun 8:30am & 10:00am

**Children's Church** - Sat 6pm; Sun 10am except school holidays and at First Communion times.  
Blessings at all Masses for children.

**Youth Mass** at 6pm Vigil Mass on 4th Saturday of the month.

**Weekday Masses:** Tuesday, Thursday, Friday and Saturday 8.45am

Wednesday 7pm Exposition, Devotions to Mary Immaculate and St Bernadette. Mass at 7:30pm

**Exposition of the Blessed Sacrament** on Tuesday, Thursday, Friday & Saturday 8:15am-8:45am  
Saturday 9.30am to 10.30am and 4.30pm - 5.30pm. First Saturday of the Month 8:30am

**Reconciliation:** Saturday 9.30am - 10.30am & 4.30pm - 5.30pm

**NB: No reconciliation in the morning on the First Saturday of the month**

## THE TRANSFIGURATION!

## Gospel in Life

Peter, James and John had a "mountaintop" experience, something they did not want to leave behind. It was beyond their wildest imagination.

- Have you ever experienced a place or situation that was breathtaking, incredible, glorious and awesome? Something you did not want to leave behind? Something that filled you with joy and life and zeal? What was it like? What made it so special? Were you alone or with others? Were you able to explain it to someone who was not there? Why or Why not?
- Why do you think Jesus wanted Peter, James and John to experience him as a glistening, dazzling, transfigured vision? How do you think that affected their faith? How would it have affected your faith? How does it affect your faith just reading about it?
- Peter did not want to leave that mountaintop experience. He wanted to build some tents and just "camp out" there for a while. Why was it better for Jesus and Peter and the others to come down from the mountain? Why is it important for us to enjoy and remember our "peak" experiences, but leave them behind and come back to our everyday life?

God of table and God of open door, thank you for your invitation. You feed the deep places of our spirits and speak the words that evoke turning for good. Send your spirit to guide us in turning toward and trusting in you.

Amen

## Weekly Parable from e-News

### MONTHLY YOUTH MASS

When: Saturday 23rd March

Time: 6pm Vigil Mass

Where: St Bernadette's Church

Who: Young people of the Parish

### WHAT'S HAPPENING:

- Music by Youth Ministry
- Young people to welcome, read Word of God, distribute Holy Communion, be Altar Servers, take part in the Offertory Procession.

### WHAT TO BRING:

Yourselves, your friends. Your love for Jesus and St Bernadette's Parish.

We hope to see you there. FOR GOD WE LIVE.





**FirstGrammar**  
Early Education Centres  
Seven Hills

## Annual Open Day!

Fundraising & Celebrating *Bandaged Bear's*  
30<sup>th</sup> Year Anniversary Appeal

At First Grammar Seven Hills  
3/12 Abbott Road Seven Hills

On Saturday 30<sup>th</sup> March 2019  
10:00am-1:00pm

Open to the Public! Bring along your friends and family as we support the Bandage Bear Appeal with many small local businesses Stalls attending and lots of entertainment such as face painting, jumping castles, raffles, DJ, Cake stall, Sausage Sizzle and lots more!



## Picnic in the Park

Sunday <b>5 May</b> 10am - 2pm	<b>Chifley Park</b> Freeman Street <b>Lalor Park</b>
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Bring a Picnic or enjoy lunch from our food stalls.  
**Shop the market for Mother's Day gifts,**  
**Live entertainment, Giant raffle,**  
**Face painting, Plants and Arts & Crafts.**  
**Shop Local. Support Local.**



For more info find us on Facebook or contact The Lalor Park Community Garden  
lalorparkcommunitygarden@tpg.com.au

Designed by LeiDesign | leidesign@icloud.com



## ST BERNADETTE'S SCHOOL AND PARISH FETE

**Save the Date**

**Friday 8th November**

**Please Contact Zeina Yaacoub on  
0411 185 121 if you can assist in any  
way. Ideas are always welcome.**

**More details to follow soon.**

