FORTHCOMING EVENTS

MAR

Wed 19  Westcent Auditions (Yr 6-7 at Kenmore SS)
Wed 19 – Thu 27  Parent/Teacher Interviews
Thu 20  Arts Council Performance (P-3)
Fri 21  Harmony Day (students may wear national dress)
Fri 21  Anti-Bullying Day (students may wear orange)
Mon 24 – Wed 2 April  Parent/Teacher Interviews (Year 6/7M and 6/7S ONLY)
Wed 26  Yr 3 Interhouse Swimming Carnival
Fri 28  Year 4 - ‘First Contact’ Living Histories Workshop (New Hall)
Mon 31  P & C Meeting (AGM) (Staff Room – 7.30-9.30pm)
Mon 31  Yr 4-7 Interhouse Swimming Carnival

APR

Fri 4  Final Day Term 1
Tue 22  Commencement of Term 2
Fri 25  ANZAC Day
Mon 28  P & C Meeting (Staff Room – 7.30-9.30pm)
Wed 30  Yr 4-7 Cross Country (arboretum)

MAY

Thu 8  WTB Cross Country (location TBC)
Sat 10  SCHOOL FETE
Tue 13 – Thu 15  NAPLAN Testing (Yr 3, 5 & 7)
Mon 19  Bands Fanfare Competiton (Centenary SHS)
Thu 22  Yr 5 RNA Rural Discovery Day
Fri 23  Yr 4 St Helena Island Excursion
Mon 26  P & C Meeting (Staff Room – 7.30-9.30pm)
Tue 27  Regional Cross Country

2014 SCHOOL TERMS

Term 1: Tue 28 Jan to Fri 4 Apr
Term 2: Tue 22 Apr to Fri 27 Jun
Term 3: Mon 14 Jul to Fri 19 Sep
Term 4: Tue 7 Oct to Fri 12 Dec

E-NEWSLETTER - To receive our Newsletter via email type the link below in the address bar of your browser.

On Tuesday I attended a Principals’ Meeting and heard from our Director General, Dr Jim Waterson, and each of the Deputy Director Generals. The presentations were interesting, but for me the highlight were presentations from a number of schools who had significantly lifted school academic performance in recent years. I am very keen to learn from the experience of these schools and align our own teaching practices to ensure our students are achieving their potential. I believe we have made substantial progress with our reading strategies and that these strong early year foundations will feed through the school. We need to maintain the consistency of these strategies and now look at mathematics.

Our Maths Team comprises Helen Millar, Melissa Van Bael, Mary Savage, Heidi Casperson and myself. Our school maths program aligns with the National Curriculum guided by the C2C maths units. This semester our focus in maths is on three strategies to support the effective implementation of this program.

Strategy 1: Improve students’ knowledge of number facts and mental maths. From Year 2 to 7 we have developed a set of number facts and mental maths examples that sets the standard for that Year Level.

Strategy 2: Build a consistent approach to problem solving. The process we will adopt for problem solving is a cycle See, Plan, Do, Check. Students will first focus on understanding what the maths problem requires, then plan a strategy to solve the problem, make the calculations and then review their answer to make sure it fits with what the problem requires. This problem solving process will become a consistent approach students learn in the early years and develop as they progress through the school.

Strategy 3: Develop common school wide uses for Mathletics. This on-line maths program which all students can access has a myriad of uses but we will build a few common strategies that are used by all teachers. This consistency will help us better share good practices across the school and make sure we are getting value-for-money – over time we will build on this repertoire of uses.

In addition, we will introduce extensive new resources into the Early Years – Hands-on resources that will support the excellent work our teachers are already doing, providing more variety of activities to build a deep understanding of maths foundations. This work in the Early Years will be supported by the Great Results Guarantee funding – a dedicated curriculum specialist and teacher aides to help ensure every child learns the maths they need for future success.

SHERWOOD SCHOOL SONG

Proud we are of our history,
One of the oldest schools in the state (1867)
Famous people have passed through here,
And made our country great.
Each and every one of them,
Our motto has obeyed,
AIM HIGHER, AIM HIGHER,
AIM HIGHER FOR SHERWOOD STATE

We're the future of Australia
We'll strive with all our might
Whether maths or football –
We'll keep our goal in sight.
Each and every one of us,
Our motto will obey,
AIM HIGHER, AIM HIGHER
AIM HIGHER FOR SHERWOOD STATE.

Words and music by Bette Coles (Past student)
HARMONY DAY 2014
Francine Hayler, Deputy Principal

Harmony Day is fast approaching and I would like to involve members of the community in our celebration. Each year March 21 is highlighted as the day to celebrate the diversity of our Australian community. The theme for 2014 is "Everyone Belongs".

This year, a special Assembly will be held in our Sports Hall on Friday 21 March at 9:00am. If you or someone you know would be interested in performing at this assembly, I would love to hear from you. A performance could take any form including dancing, singing, poetry or storytelling. Please email or phone me by Friday 14 March if you are willing to participate.

On this day students may wear national dress of their own country or a country they admire. Alternatively, as it is also Anti-Bullying day, students may wear orange.

AFTER SCHOOL CARE
Contact Details: Dave Smithson, Director, 3278 1658
Vacation Care program and booking forms are available from the OSHC office or online at www.sherwoodoshc.com.au. Forms need to be returned by 28th March.

Fortnightly statements for this week have been emailed. This Friday 14 February Fortnightly (B) accounts will be charged.

Enrolment packages and forms are available from the Sherwood OHSC office or online at www.sherwoodoshc.com.au.

UNIFORM SHOP NEWS
Asta Parker, Uniform Shop Convenor
OPEN: Monday 8am-9am; Wednesday 2.45pm-3.45pm; Friday 2.45pm-3.45pm
(NB New times below for the next few weeks)
Email: sssuniformshop@gmail.com

During Asta's convalescence, the hours of the uniform shop will be

Tues 8am -9am and 2:30 -3:30pm
Thurs 8am -9am

TUCKSHOP NEWS
Wednesday, Thursday & Friday (Closed Monday & Tuesday)
Cathie Perkins, 3379 3881

SHERWOOD FETE

To get an article in the newsletter please contact Kim Crane at sherwoodfete@yahoo.com.au or 0400792538

Sherwood School Fete
9am - 4pm - Saturday 10th May 2014
"Families Together"

WINNERS
Most soft drink donations!! 1S congratulations!!
Keep the sweets & sauces coming in until Friday!!

Add an extra item to your shopping list

Each week there will be grocery items listed in this newsletter (& around the school) and it would be very much appreciated if you could buy some/one each week and bring it into your child’s classroom. Every item is needed by a stall eg. sugar- for the sweet stall. The idea behind this is to allow those busy working parents who find it hard to give their time, to still contribute to the fete in a very much needed way. Please drop your shopping items in the FETE BAG provided in each classroom. The class that donates the most shopping items at the end of EACH week will win ICEBLOCKS for the whole class!

So please start bringing in your items today.

*******************************

BOOK STALL

Please collect together any books you wish to donate, and drop them off at 43 Jerrold St, Sherwood (enter through front gate and leave them on the tables under the house). We accept books of any kind: kids, adults, fiction, and non-fiction.

We also need help sorting books for the stall, working at the stall on the day, and helping set up the stall. Let me know if you can help out, thank you. Kate O’Brien
kateobc@gmail.com

JAM STALL

Come one, come all. It is time again to get together for a chat and nibbles and make some Jam & Chutney.

We are having three cook-offs before the Fete and if you could make it to just one we would love to see you.

Times are always from 1.30pm till about 4pm

Where: Sherwood State School - The Old Hall

2/ Saturday 5th April
3/ Saturday 3rd May

Please email me if you can make it so I can send you a list of things to bring on the day
Many heartfelt thanks in anticipation

Anne Clifton - Email: janda.clifton@bigpond.com

JARS, JARS, JARS - The Jam Stall needs your empty jars.

Collect your jars and either drop them outside the Fete Room adjacent to the Tennis Courts or drop them to 72 Central Ave, Sherwood (leave in alcove).
Size of jars that are great are the Salsa Jars, Cheese Spread, Pesto or about the 250ml size. Please no pasta sauce jars. Thank you, Anne

LEMONADE STALL

LEMONS FOR FETE - If anyone is able to provide lemons for jam and for the lemonade stalls, please drop them off to **Caitlin Simonson at 43 Plumer Street, Sherwood**, or contact me on 0417544423 and I will be happy to pick them up. Thank you

CREATIVE GIFTS STALL

Thank you to your kind donations with lovely fabrics, papers, toiletries and baskets. Please keep them coming. They can either be dropped off at our addresses (below) or fete store room under the year 6 building (Next to the staff car park).

Our next craft sessions planned:

<table>
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<td>18th March</td>
<td>9 am</td>
<td>18 Consort St, Corinda</td>
<td>0412 911 240</td>
</tr>
<tr>
<td>25th March</td>
<td>9 am</td>
<td>64 Thornburgh St, Oxley</td>
<td>0422 961 056</td>
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Come and support us, bring your craft and enjoy the atmosphere or we can give you a job to do. RSVP so that we can cater.

If you are interested in starting an amazing and rewarding hobby of beekeeping, please contact **Shobi (0422 961 056)**. Beside the delicious yummy, local honey produced from the hive, the beeswax has been used to create lip balms, soap and candle making for our fete. Can we also count on our stall helpers from last year; please spare us your time during fete day, help us sell our beautifully handmade products. We need you. We will make contact soon.

GARDEN STALL

Calling all gardeners!!!

The garden stall is looking for donations of plants, potting mix and colourful pots. We are also looking for volunteers to help make our garden stall a success in the lead up to the fete, and on the day. We would love to hear from you if you have any donations or would like to be involved.

My mobile is **0433 186 210**. Thank you, **Rebecca**
SECOND HAND TOY STALL

It’s that time again!!!

Time to sort through your children’s toys and donate those that are no longer played with and have become dust collectors!

I will accept all toys – including games, soft toys, baby toys etc - as long as there is still play left in them and they have no broken or missing bits. Please don’t donate toys that would be better put in the bin.

If you are donating toys that have lots of pieces eg jigsaw puzzle, please put it in a bag to keep all the pieces together.

You can leave your donations at my place 72 Chancellor St Sherwood or under the Grade 6 building at school. Thank you, Margie.

NEARLY NEW CLOTHES

It’s that time of year again when I ask for clean, NEARLY NEW clothes, bags, costume jewellery and shoes. This year, I will be taking clothes donations AFTER the April holidays. That will give you time to sort through your wardrobes for clothes and accessories that no longer fit, you no longer like or you just want a change from. We will happily take them off your hands and find new homes for them.

Please label bags for easy sorting (THIS HELPS ENORMOUSLY)

B - babies  CB - children boys  CG - children girls  TB - teenager boys  TG - teenager girls  AW - adult women  AM - adult men

Please be aware that we CANNOT accept undergarments of any sort for health reasons. This store has always been successful due to the quality clothes we sell. Please don’t send stained or ripped clothing or shoes that are completely worn as we cannot sell them and it just adds extra work to dispose of them. Also, if you are on-passing boxed clothing that has been stored, spend a little time checking through as they might not be in the condition that we can use. We are always light on Costume jewellery which is a huge seller as well as teenage Boys (I think they really wear out their clothes!) Sunglasses, belts, scarves and hats are other big sellers. We also seem to get heaps of requests for quality dress-ups. (The wonder woman outfit including hot red boots was snapped up before the fete!! last year)

Anyone willing to give some time to the store on fete day can contact me on 0413 092 919 or 3278 4724 (Nicole Eaves) - any time will be appreciated. Otherwise, Friday, setup day is a huge day but goes smoothly when there is a lot of hands on deck. Thanking you all in advance. Nicole

School Fete Shopping List - 2014 - FEB - MARCH

Please drop your shopping items in the “FETE BAG” provided in each classroom. The class that donates the most shopping items at the end of EACH week will win ICEBLOCKS for the whole class!
So please start bringing in your items today!!.

WEEK BEGINNING | ITEMS
---|---
March 17\textsuperscript{th} | Novelty Items for lucky dips
March 24\textsuperscript{th} | Mother’s Day Pamper Items

**Important Diary Dates**

Please keep these dates free to come & help at the school:

1\textsuperscript{st} Working Bee: **Saturday 3\textsuperscript{rd} May @ 2pm school** – sorting tents, washing tables and chairs etc in preparation for the fete day the following week

2\textsuperscript{nd} Working Bee: **Friday 9\textsuperscript{th} May @ 6am school** – to help put up tents, arrange tables & chairs etc - (lots of strong helpers needed) @ 8.30am onwards – come and help with stall set up – toys, nearly new clothes, books and others all need help to move their goods from storage to their fete locations around the school, unpack them and make displays for them. So if you can spare an hour after drop off to help, it would be much appreciated (light but consuming work!)

3\textsuperscript{rd} Working Bee: **Sunday 11\textsuperscript{th} May @ 3pm school** – to assist in taking tents down & general clean up. Bring the kids, help pick up litter!! Many hands make light work!!

Please contact Murray Adams 0412 004 715 if you have any queries.

**CONVENORS LIST 2014**

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<td><a href="mailto:ringos@internode.on.net">ringos@internode.on.net</a>&lt;br&gt;<a href="mailto:jilljacs@bigpond.net.au">jilljacs@bigpond.net.au</a></td>
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<td>Bar</td>
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<td><a href="mailto:andrewwilson@tpg.com.au">andrewwilson@tpg.com.au</a></td>
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<td>Shannon Down&lt;br&gt; Angela Reilly&lt;br&gt; Maryanne Barnes</td>
<td>0417 623 450&lt;br&gt; 0411 752 536&lt;br&gt; 0408 980 833</td>
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<td><a href="mailto:skwright@internode.on.net">skwright@internode.on.net</a>&lt;br&gt;<a href="mailto:angreilly@hotmail.com">angreilly@hotmail.com</a>&lt;br&gt;<a href="mailto:mez_barnes@hotmail.com">mez_barnes@hotmail.com</a></td>
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<td>Kate O’Brien</td>
<td>3379 2522&lt;br&gt; 0404 696 836</td>
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<td>Chocolate Drop</td>
<td>Leigh Hamilton</td>
<td></td>
<td>0406 714 496</td>
<td><a href="mailto:beyrerman@gmail.com">beyrerman@gmail.com</a></td>
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<td>Donna Oakley</td>
<td>3278 3003&lt;br&gt; 0421 055 512</td>
<td></td>
<td><a href="mailto:donna@oakleys.id.au">donna@oakleys.id.au</a></td>
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<td>Bec Dunn</td>
<td>3278 1770&lt;br&gt; 0423 183 989</td>
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<td><a href="mailto:rebeccaedunn@gmail.com">rebeccaedunn@gmail.com</a></td>
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<td>Wendy Varidel</td>
<td>0413 012 883</td>
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<td><a href="mailto:wendy@wendyvaridelphotographics.com.au">wendy@wendyvaridelphotographics.com.au</a></td>
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## SHERWOOD SHARKS

### Club Championships

**Date:** Sunday 23rd March 2014  
**Time:** 1:30pm warm up for 2:00pm start

All registered swimmers are encouraged to come along and enjoy the fun. To be considered for an Age Champion Award at our presentation day, you must swim at Club Championships. Awards are also awarded to second and third placings for each age group. All other swimmers receive a participation medal.

Eligibility: You need to be a financial member of the club. This year we will not apply the requirement of having swum at 5 club nights, as has been the case in the past. To be eligible for Age Champion, swimmers will generally need to swim all 4 strokes (if aged 10 years and over). Also, if aged 10 years and over, swimmers must compete in the 100 metres freestyle event to be eligible for Age Champion). Children can swim fewer strokes than these, but will not be eligible for Age Champion.

### Events and Distances:

6yr and under, 7yr, 8yr, 9yr – 25m all strokes  
10yr, 11yr, 12yr, 13yr and over – 50m all strokes and 100 m freestyle and medley races

Swimmers may only swim the distance specified for their age (taken to be the age of the child on 23 March).

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<td>Jo Allen</td>
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<td>Entertainment</td>
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<td><a href="mailto:bellamywells@hotmail.com">bellamywells@hotmail.com</a></td>
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Swimmers may only swim the distance specified for their age (taken to be the age of the child on 23 March).
Nominations:

To participate at Club Championships, you must nominate yourself and the events you wish to participate in. To do this, see our coaches or registrars in person, or, you can nominate by email to them. Nominations close at 7pm on Friday 21 March. No late nominations will be accepted.

Committee members will be approaching parents at upcoming Club nights to check whether your children will be nominating. There may be some adjustments to the races nominated for (to cater for the distance requirements set out above).

We will run a BBQ to supply free sausages and bread. The canteen will have drinks and snacks for sale as well.

Friday Night Swim Club – urgently require volunteers

This Friday night, 15th March 2014, there will be a number of the usual volunteers away so we would really appreciate any additional parent volunteers to make themselves known. Help will be needed in the canteen, barbeque, time keeping and marshalling. Please see the registrars or Andrew Barton at the commencement of the evening to identify that you are willing to help.

Gates and registrations opening at 5:30pm. Again, we would like to remind all attending that to run a successful club we all need to remember to display our Sherwood Best at all times. Please ensure that your child is over at the marshalling area when they are racing and they have their cap and goggles on ready to go. If you wish to register in advance please email the registrars prior to 6pm Thursday evening with the details. All contact details are available on the website at SherwoodSharks.com.au

Oxley Cup – well done Sherwood Sharks

Last Sunday, 9th March 2013 Sherwood Sharks were well represented at the Oxley Cup. This year Oxley were very gracious hosts. They did us proud and made a mighty effort. It was an exciting day of very tight competition. Graceville however shone with a final score of 887 points, with the Sharks a close second with 707 points. Oxley performed well and scored 362 points.

Skills sessions

This Friday afternoon, 15th March 2014, our skill session is as usual from 4 until 5pm and is offered as additional free training for all Sharks.

CLASS 4/5J COFFEE MORNING

Let’s meet for coffee at “Adrift”, Chelmer (80 Oxley Road) on Friday 14th March after school drop off. We hope to see you there! Your class parent reps: Maryanne (George’s mum) Mobile: 0408 980 833 & Shobi (JJ’s mum) Mobile: 0422 961 056

CLASS 6/7M COFFEE MORNING

Please join me for coffee at “Prima Vera” on Oxley Rd @ Corinda on Monday 17 March from 8:30am. Hope u can make it. Regards Maryanne Barnes (phoebe’s mum & Parent rep) 0408 980 833

PREP PARK PLAY

All prep families invited for a “Prep Park Play” - Friday 21 March after school At Sherwood Arboretum. Please bring a plate of food to share for afternoon tea See you there! Penny and Jacqui, PF social reps

COMMUNITY NOTICES

(For detailed information see the noticeboard at the office)

RIDE TO SCHOOL DAY March the 19th is Ride To School Day so hop on your bike with a friend or family member and ride to school. Brisbane City Council are offering FREE bike skills sessions and Learn to ride in traffic sessions. Just visit www.brisbane.qld.gov.au or call Brisbane City Council on 3403 8888. Leigh Hamilton (Bike Educator Sherwood State School)
DESIGN AND BUILDING WORKSHOPS AT CORINDA STATE HIGH SCHOOL – THIS TERM

‘Cliff of Doom’ is an exciting and hands on workshop spanning two days where students research, design and build a bridge. They will learn about bridge design, safety and awareness and model making before they construct their bridge and then test it to destruction! Open to any interested year 4/5/6/7 student. Dates are Tues 1st and Wed 2nd April. Further information can be found at the office or by emailing Erin Hudson – Gifted and Talented Coordinator at Corinda SHS on echud0@eq.edu.au or 33790214.


GRIFFITH UNIVERSITY STUDY

Assessment and Treatment of Fears and Anxiety in Children Griffith University. Parents, is your child fearful of certain situations or do they seem to experience ongoing feelings of anxiety? At Griffith University, we are conducting a large-scale study for children (10 to 13 years of age) with anxiety that includes a thorough assessment and a novel, home-based treatment using computers and telephone contact from a trained clinician. We are providing this service at no cost to families. To find out more about this project, please contact our team on 07-3735 3418, cadrp@griffith.edu.au.
Corinda State High School recently held a meeting with the local cluster Primary Principals in order to help establish Junior secondary links within the Primary School community and support the smooth transition of students from Years 7 and Year 6 cohorts into high school next year, and in particular Corinda SHS.

Careful consideration has been given to how both cohorts are being transitioned. We will also be ensuring that both year 7 and year 8 students next year will experience their camps and a detailed transition program will be offered to both cohorts to support their transition. This year we have introduced a Home Room structure for our year 8 students where they undertake all their core subjects in their home room and are able to store their belongings in their designated tote trays and cupboards. This has proved to be most valuable as they transition and adjust to the movement in high school. All students have reduced teachers so that the core teachers are assigned to more than one class and this gives them the opportunity to ‘know them well’ and develop strong relationships with them.

I am Sherwood State School’s partner representative and will be available at Sherwood P and C Meetings to answer any questions about the 2015 move into High School. I am also more than happy to be contacted at any time via phone (33790222) or email (hiami4@eq.edu.au).

If you would like to organise a personalised tour with a small group of parents or just yourselves I am more than happy to do this as I am always very proud to show off the amazing learning programs on offer and the work that is happening in our classrooms. We will Exceed Your Expectations!

**Past Sherwood SS Student in Review**

<table>
<thead>
<tr>
<th>What I like about Corinda State High School</th>
<th>Advice to students coming to Corinda next year:-</th>
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</thead>
<tbody>
<tr>
<td>Christopher Wickham 2013 Sherwood Graduate</td>
<td>Get involved. Carry your bag properly. Be organised and get your homework in on time. The Home Rooms have helped me with my organisation because you can leave your books there and not carry them around all day.</td>
</tr>
<tr>
<td>Yr 7 Form teacher Mr Moroney</td>
<td>I am really enjoying the Maths/Science Excellence Class. I like a challenge and advancing at this level. The practical Science work in the Science Lab is really good. I am also in the Design and Built Environment Excellence Program because I want to be an Engineer. Mr Thrum has so much experience and we get to design. This year we will be doing the Bridge Building Competition and the Junior Space Design Competition which is exciting. I really like sport as well and am doing Touch Football and Futsal. I like the extracurricular opportunities. I have a lot of new friends that I did not know before I came to Corinda.</td>
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SHERWOOD ARBORETUM 89TH BIRTHDAY BARBECUE

Sunday 16 March 2014

The Friends of Sherwood Arboretum Association (FOSA) is inviting students and families to celebrate a landmark event in the life of Sherwood Arboretum.

Brisbane City Council last month made a unanimous decision to recognise the name ‘Sherwood Arboretum’ officially on Brisbane maps after 89 years!

FOSA will celebrate this great result with a fun two-hour community planting bee at 8am on Sunday 16 March, meeting at the Joseph Street entry. All you need bring is a hat, garden gloves, sunscreen and a water bottle. This is part of a community project with Council’s Brisbane Habitat team.

You’re also most welcome to join FOSA for their special 89th birthday barbecue at 10am (just look for the signs at Joseph Street). Your help with $5.00 per adult (students free) will supports FOSA’s voluntary work. There’s a brief annual meeting before the birthday barbecue.

To assist with catering, please remember to RSVP to ilovesherwoodarboretum@gmail.com or call (07) 3278 6525 by Friday 14 March.

Our Arboretum is now ‘on the map’!

Help us celebrate with a planting bee at 8 am and a birthday barbecue at 10 am ... Sunday 16 March, Joseph Street entry.

Thanks to Council’s unanimous decision late last month, the name ‘Sherwood Arboretum’ will now be on Brisbane’s maps for the first time. Sherwood Arboretum was established on 21 March 1925.

Please join the Friends of Sherwood Arboretum Association (FOSA) for a two-hour community planting bee, meeting at the green shed at the Joseph Street entry (the opposite end to Jollimont Street) at 8am. We are working in partnership with Council’s Habitat Brisbane team to provide secure ‘green pathways’ for our rich wildlife and improve the water quality of our wetlands.

You’re also invited to our Arboretum’s 89th birthday barbecue at 10 am ... just follow the signs from the Joseph Street entry. There will be a brief annual meeting before our barbecue. You are welcome to join our executive or support the Arboretum simply by becoming a FOSA member.

To assist us with catering, please RSVP ilovesherwoodarboretum@gmail.com or call (07) 3278 6525 by Friday 14 March. Your help with $5.00 per adult supports our voluntary work. FOSA is a not-for-profit community group dedicated to helping improve Sherwood Arboretum.
Please find the details below for our next meeting.
Date: Thursday March 20th
Time: 7pm - 9pm
Venue: St Matthews Church (in the Church itself for this meeting) (cnr. Oxley & Sherwood Rds. Sherwood)
Topic: "Aspergers, Gene Expression & Nutrition"
Cost: Gold coin appreciated

Who is Dr Heather Way?

I am extremely passionate about health and nutrition. I have an applied science degree and PhD in Molecular Pathology. I worked as a Scientist with CSIRO for 20 years on projects and patents regarding disease resistance genes.

I am married and have 2 beautiful boys who have had complicated, yet different health issues. To elaborate, I have had extensive first hand experience dealing with extreme food intolerances, ASD from non-verbal autism to Asperger’s, ADHD, anxiety, depression, eczema, fussy eaters, sensory issues, gut issues such as IBS, reflux, diarrhoea, constipation and leaky gut etc. Our family have personally lived through these trials and I am well aware of the complex issues surrounding them. These experiences give me a unique, hands on perspective to help you.

I am pleased to say that the “GAPS Nutritional Protocol” was what finally healed our family and I became a fully certified GAPS Nutritionist. I can now help other families who are going through similar struggles. It would be my great pleasure to share all my expertise and help guide you to better health and wholeness through the GAPS program.

Another exciting and complimentary part of my business is to serve you as a Nutrigenomist. This program offers the perfect marriage between my two great passions; Molecular genetics and Nutrition. Together they emerge as the exciting new field of “Nutrigenomics” (Nutrition and Genomics). I am a Certified Fitgenes practitioner. This service allows me to do individual genetic profiling for truly personalised nutrition.

Lyndall & I look forward to seeing you.

Regards
Jane ph. 0448 909 863

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**ALSO AVAILABLE AT SHERWOOD SCHOOL**

Listed below are a number of extra curricula activities available to our school community both before and after school. Please contact directly.

**After School Care** - Telephone 3278 1658 (Old Hall)

**Art Classes for Children & Adults** (Room 68 – Prep Building)
- Mon/Wed/Thu 3.15pm-4.15pm
- Telephone Kim Woolley 3379 6585

**Beginner Guitar Lessons** – (Music Rooms)
- Mon/Tue/Wed/Thu from 3.00pm
- Telephone Audrey on 0432 574 155

**Ceramics Sculpting 3D Design** (Room 15)
- Wednesday 3.00-3.45pm
- Telephone Hugo Vesara on 3715 6069 or Mobile 0401 911 475

**Computer Junior Engineers** (Computer Lab)
- Tues 3.30-4.15pm
- Telephone Leigh: 0488 411 206

**DDJ Performing Arts** – Dance/Drama/Music (Music Room)
- Tues/Wed/Thu 3.15-4.30pm
- Telephone Katrina 1300 335 335

**Fitness & Dance (FAD)** Cheerleading & Dance (New Hall)
- Wed 3.30-7.30pm
Telephone Belinda 32736367

**Futsal Jnr Academy** – (New Hall)
Days to be advised
Telephone Felipe Amorim on 0410 301 981

**Go Sports** (Oval) – Soccer & Netball
Fridays 7.45am to 8.45am
Telephone Greg Martin on 0417 614 509

**iChinese** – Mandarin Chinese Lessons
Tue 3.15-4.15 (Rm 15)
Telephone Belinda or Ruby 0402 367 332

**Jim Joyce Tennis Coaching** (Tennis Courts)
Before and after school lessons
Telephone 3375 5644 or Mobile 0417 771 022

**Keyboardkidz** – Contemporary Piano Tuition (Music Room)
Fridays 3-5pm
Telephone Malcolm on 3849 5954

**Korean Language School** (Old Hall)
Saturdays 9-1pm
Telephone Joung 0431 177706

**Personal Training - Spectrum PT** (Oval & Under New Hall)
Mon & Thu 6.15-7.15pm, Sat 7.30-8.30
Telephone Kaz 0406 406 242

**Play Beautiful Football Academy** (Oval)
Wed 3.15-4.15pm
Telephone Sam 0425 908 308

**RHEE TaeKwon-Do** (Old Hall)
Wednesdays and Fridays 6.30pm-7.30pm
Telephone Michelle Martin 0400 826 488 or Rhee TaeKwon Do HQ on 1300 132 779.

**Speech Pathology**-Helping Speech, Language and Literacy difficulties
Mon and Fri 8.00-9.00am
Telephone Keirra Middleton 0425 860 310

**Traditional Shotokan Karate** (Old Hall)
Monday and Thursday 6.30 – 8.30pm
Telephone Sensei Steve 0417007012 [www.tskfa.com.au](http://www.tskfa.com.au) or email sandrews@tskfa.com.au

**Tennis Court Hire**
Contact Caitlin Simonson Ph: 3379 9559 or 0417 544 423

**Violin Tuition** (Music Room)
Tue 3pm & Thu 7.15am
Telephone Liz Young 0417 922 508