From the Principal and Campus Coordinator

It is important to refer to the past when planning for the future. We were able to do exactly that on Friday, 23 August when we celebrated Book Week festivities along with Grandparent's Day. The combination of these two occasions has proven to be successful as the grandparents enjoy watching and participating in the Book Week parade and activities. This year's theme was Science, and the College certainly looked as if it had been taken over by numerous Albert Einsteins, as mad scientists were everywhere. It proved to be a very enjoyable day. Thank you to all of those who braved the chilly breeze and attended the day. We trust your hearts were warmed by the experience!

Continuing on with this Science theme, the College was fortunate enough to be visited by Mrs Cathy Perri, a science teacher, who wowed the K-6 students with experiments, some of them involving soft drink and a lot of mess! Please enjoy the photos of both events.

It was fantastic to hear of the commitment that the Sydney Anglican Schools Corporation has made to us here at Oran Park considering our future development. Mr Whelan's news of the new buildings and hard courts was exciting and bodes well for our College's future.

On Friday, 30 August we celebrated our fathers with our second Father's Day breakfast. It was a wonderful turn out, with some special performances by the College dance groups which had Dad's beaming with pride! Both Grandparent's Day and Father's Day breakfasts are two small ways in which we can acknowledge the important role that these people have in our lives and our families.

In the weeks to come we have much to look forward to. The NASSA Junior Athletics carnival, for which we had twenty students qualify; the College Spring Fair/Open Day which promises to be BIGGER and BETTER than last year; the College Walkathon which will raise important funds for our vegie garden. Please take the time to read about these events in the following pages.

With Science being the theme of the last fortnight I recently visited the NASA website and learnt about the amazing advances in 3-D printing. It is interesting to learn of the innovations made in additive manufacturing, which saw a 3-D printed rocket engine component generate 9060 kilograms of thrust. Such innovation serves as an encouragement and also a reminder for our students as they consider the work and programs before them. We do well to strive for excellence, to reach the limits of our understanding, to do so with a helpful, optimistic view of the future and to work together to achieve the best outcomes for everyone.

The Christian message of salvation in Christ through his death and resurrection is a message of hope and freedom; a message which enables us even more to strive for our best and the best of others, and we do well to encourage students at the College to be hopeful about the opportunities they have and to be thankful for the privileges they have at home and at the College.

Mr Ross Whelan    Mr Jonathan Beggs
Principal        Campus Coordinator
In 1/2B we have been learning to reduce, reuse and recycle to look after our environment. We read a book about recycling and found that if we don’t reduce, reuse and recycle we will be living under a huge pile of rubbish! As part of our learning we have been reusing old materials in new ways. We used old margarine container lids, plastic bottles and milk cartons to create brand new coasters, pencil pots and flowers vases. In Art we have also been practicing recycling. We have been designing and creating 3D trees, using toilet roll leaves and branches from trees. Next, we are going to encourage the whole College to recycle by creating a recycling campaign.
In the Classroom with Mrs Worthington and 3/4W

We have been very busy this term, measuring for maths, cooking to see how food changes and literacy on the smart board.
In the Classroom with Mrs Humphreys

Less Sleep, More Behavioural Problems in Kids

Children who have relatively short night time sleep duration are at high risk of several externalising behavioural problems, new research suggests.

A cohort study of almost 9000 preschool aged children showed that those who averaged fewer than 9 hours sleep per night were significantly more likely to show impulsivity, anger, and overactivity and to have tantrums than their peers who averaged more nightly sleep.

The children with less sleep were also 80% more likely to show aggression.

Although the study could not prove causality, the researchers findings do suggest that sleep duration is critically important to a young person’s health and well-being.

The study was published in the July/August issue of the Journal of Developmental and Behavioural Paediatrics.

Old Computer Keyboards Required

Mrs Humphreys would appreciate donations of any old computer keyboards you may have ‘lying around’.

The keyboards will be used in her support lessons for students to spell out their sight words.

Please leave keyboards at the College Office.

Public Speaking: Kindergarten - Year 6

Date Monday, 16 September
Time 6.30 pm

Kindergarten – Year 6 have been holding speeches during class time. Next week, four students from each class will be chosen to speak at the College Public Speaking Night. These 16 students will attend workshops in the coming weeks with Mrs Grant to practise and refine their speeches.

Everyone is invited to attend the public speaking night to support our students.

Mufti Day

Date Friday, 20 September 2013
Theme Dress in the colour of your favourite fruit or vegetable.

A gold coin donation is required by students which will be donated to the College vegetable garden.

Dress regulations
- College rules apply for jewellery.
- Sensible clothing must be worn. Any student wearing inappropriate clothing will be asked to go home.
- NO midriff shirts, singlets or thongs (enclosed footwear is compulsory)
Prep Vision Testing

Last Wednesday, Prep students who attended the vision testing received a note to parents with their results. If you have any questions, please contact the College Office.

Orientation Day: Prep - Year 6 2014

Date  Monday, 28 October 2013

All new students who will be attending the College in 2014 are invited to attend the College’s Orientation Day. Current Prep students will also attend Kindergarten orientation.

A letter outlining times and instructions for the day will be sent to parents during the holiday break.

Year 7 Orientation Day will be held in Term 4. Details to come shortly.

Summer Uniform: Prep - Year 6

Students are required to wear full summer uniform from Term 4. After Father’s Day, either summer or winter uniform may be worn for the remainder of Term 3.

Prep

- Shirt  Polo with embroidery
- Shorts  Navy with embroidery
- Socks  White
- Shoes  White joggers
- Cap  Navy/red/white with embroidery

K-6 Girls

- Dress  Blue and white check
- Slopping Joe  Navy with embroidery
- Bomber Jacket  Navy with stripes and crest
- Socks  White
- Shoes  Black leather lace up
- Hat  Navy with embroidery

K-6 Boys

- Shirt  Sky blue with embroidery
- Shorts  Navy
- Sloppy Joe  Navy with embroidery
- Bomber Jacket  Navy with stripes and crest
- Socks  Navy
- Shoes  Black leather lace up
- Hat  Navy with embroidery

Premier’s Reading Challenge

Congratulations to all students who have completed the Premier’s Reading Challenge. Although the challenge has ended, please keep up the good reading habits.
Science Experiments with Mrs Perri

The College would like to thank Mrs Cathy Perri for volunteering her time last Thursday to hold experiments with Kindergarten - Year 6 students.
The Life

Book Fair

Thank you to everyone who was able to purchase books from our Book Fair last week. We are excited to announced that 40 books were donated to the College and Scholastic Australia has donated over $700 towards resources to the College.

Colour in Competition Winners

Prep - Kindergarten  Cooper Brown  
Year 1-Year 2  Alicia Pavone  
Year 3 - Year 4  Lochie Stewart  
Year 5 - Year 6  Claudia Howard

Guessing Competition Winner

Sophie Aerts - guess 110, actual 114

Paper Plane Competition Winners

P-2  Makayla Lettieri  
3-6  Luke Barlow

Paper Plane Competition Finalists P - 2

Makayla Lettieri  
Anushka Ahluwalia  
Isabelle SAILBA  
Devesh Sharma  
Dylan Spiteri  
Hunter Cowlishaw

Paper Plane Competition Finalists 3-6

Luke Barlow  
Matthew Squire  
Jackson Langston  
Matthew Russo  
Adrian Buterin
Book Parade
Book Parade
Grandparent's Day
Grandparent’s Day continued….
Father’s Day Breakfast
Father’s Day Breakfast
Father’s Day Breakfast

Junior and senior dance groups performed at breakfast.
**Sport: Prep**

Prep continue to work on gross motor skill development. This week we have worked on throwing a ball over arm at a target and also still continuing to improve our catching. This week we tried to catch smaller balls.

**Prep - Year 2 Tabloid Carnival**

- **Date**: Friday, 13 September 2013
- **Time**: 8.50 am - 1.00 pm
- **Venue**: Thomas Hassall Anglican College

**Sport: Kindergarten - Year 2**

We continue to develop our coordination, fitness and dance moves in ZUMBA.

Take a look at these photos of us in action.

**Kindergarten - Year 2 Swimming**

Kindergarten - Year 2 students will be participating in the Learn-To-Swim program during their sport lesson on Thursday afternoons in Term 4.

A permission note will be emailed to parents shortly.
**Walkathon: Kindergarten - Year 6**

**Date**
Tuesday, 17 September 2013

**Time**
9.30 am - 12.30 pm

**Venue**
Wayne Gardner Reserve

A note has been emailed home regarding the College Walkathon. Please contact the College Office if you require a printed note.

If you have any questions, please contact Mrs Worthington (rworthington@opac.nsw.edu.au) or Miss Edwards (kedwards@opac.nsw.edu.au).

**Bike Day: Kindergarten - Year 6**

**Date**
Tuesday, 19 November 2013

Once again, the College will be working with Michelle Kramer from Camden Council and Senior Constable Mark Scambary from Camden Local Area Command to conduct bicycle awareness at the College.

Students are asked to bring their helmet and bicycle to the College to learn how to safely manage riding their bicycle.

The program will involve:
- a classroom session teaching safe practices and why wearing a helmet keeps you safe.
- an outdoor session involving an obstacle course and the maintenance involved in owning a bicycle.

If students do not have a bicycle, they will be able to participate in the classroom session and learn whilst watching other students go through the obstacle course.

**Sport: Years 3 - 6**

Years 3 - 6 visit Thomas Hassall Anglican College every Wednesday afternoon for sport.

Congratulations to our 5/6 IPSSO representatives who qualified for the finals next Wednesday at Macarthur. Good luck!

Congratulations also to our 3/4 IPSSO representatives who had outstanding seasons, several teams being undefeated.

Other students have enjoyed a various array of activities at Thomas Hassall.

**IPSSO Sport**

**Wednesday, 4 September**

Semi & grand finals (Macarthur Anglican School)

Congratulations to the following students who will be representing the College at the finals with Thomas Hassall Anglican College:

Luke Barlow  Jordan Fleming  Claudia Howard  Baeley Recchia

A permission note has been emailed to parents.

**Wednesday, 11 September**

Training

**Wednesday, 18 September**

Back up finals day
3-6 Athletics Carnival

On Thursday, 15 August Years 3-6 participated in the Thomas Hassall and Oran Park Athletics Carnival. It was pleasing to see the efforts and commitment of all competitors. Students from both Colleges did a fantastic job pushing themselves to the limit and we had some wonderful results:

Sophie Aerts  1st in 8yrs Shot Put; 2nd in 8yrs Javelin;
Hayley Rodgers  2nd in 8-10yrs 800m; 2nd in 8yrs 100m
Gabrielle Russo  2nd in 10yrs Javelin; 4th in 10yrs 100m; 4th in 10yrs Shot Put;
Claudia Howard  2nd in 12yrs 100m; 2nd in 12yrs 200m;
Casey McCarthy  1st in 10yrs Long Jump;
Christina Kumar  1st in 10yrs Shot Put; 3rd in 10yrs Long Jump;
Josiah Beggs  1st in 9yrs 100m; 2nd in 8-10yrs 800m; 3rd in 9yrs Long Jump; 4th in 9yrs High Jump;
Baeley Recchia  3rd in 11yrs 200m;
Jackson Langston  4th 12yrs 200m;
Luke Barlow  1st in 12yrs Javelin; 2nd in 12yrs 800m;
Matthew Russo  1st in 9yrs Long Jump;
Adrian Buterin  1st in 9yrs Javelin;

Congratulations to all competitors for their fantastic attitude and effort on the day. You all made us proud!

NASSA Athletics Carnival

Date  Thursday, 5 September 2013

The following competitors qualified for the NASSA Junior Carnival:

Sophie Aerts  Emily Buterin  Gabrielle Coleman  Claudia Howard
Christina Kumar  Casey McCarthy  Hayley Rodgers  Gabriella Russo
Luke Barlow  Josiah Beggs  Adrian Buterin  Jordan Fleming
Justin Franovic  Jackson Langston  Jonathon Marcusson  Baeley Recchia
Jack Rodgers  Matthew Russo  Matthew Squire  Lochie Stewart
**Live Life Well @ School**

**Fruit and Vegie Month!!**

26 August - 20 September 2013

Fresh fruit and vegetables – the rainbow is important

Eating a variety of colours not only looks great but is good for your body too. Here is why...

<table>
<thead>
<tr>
<th>RED</th>
<th>PURPLE</th>
<th>ORANGE</th>
<th>YELLOW</th>
<th>GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prevention</strong></td>
<td><strong>Prostate and lung cancer</strong></td>
<td><strong>Protects DNA Anti-oxidants</strong></td>
<td><strong>Anti-oxidant Anti-cancer</strong></td>
<td><strong>Vision Anti-cancer Heart Disease</strong></td>
</tr>
<tr>
<td><strong>Food sources</strong></td>
<td><strong>Tomatoes, pasta sauce, pink grape fruit, guava, watermelon, strawberries</strong></td>
<td><strong>Grapes, cranberries, blueberries, blackberries, pomegranate, plums and cherries</strong></td>
<td><strong>Carrots, mangos, apricots, squash, cantaloupe melon, pumpkin and sweet potato</strong></td>
<td><strong>Spinach, avocado, peas, beans, capsicum, cucumber, kiwi</strong></td>
</tr>
</tbody>
</table>

**Selecting delicious fresh produce**

Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:

- select fruit and vegetables that feel firm, smell nice and look fresh
- small or medium size fruit make good choices for children
- choose vegetables that snap rather than bend
  avoid any fruit or vegetables that are limp, split or feel spongy.

Need help with FUSSY eaters... try this link below to get some great ideas that could save you some time [https://healthy-kids.com.au/category/37/tips-for-fussy-eaters](https://healthy-kids.com.au/category/37/tips-for-fussy-eaters)

**Why not try something new this week!**

Oran Park Anglican College is part of the national CRUNCH and SIP program. This program encourages students to consume part of their daily-required fruit and vegetables as well as water at school. Please pack a REAL fruit or Vegetable option in your child’s lunch box each day as well as a drink bottle with WATER in it.
Breakfast Burritos

Ingredients
4 eggs, lightly beaten
1/4 cup Australia reduced-fat milk
1/4 cup frozen corn kernels, thawed
2 tablespoons finely diced red capsicum
2 tablespoons finely diced green capsicum
White pepper, to taste
100g baby button mushrooms, quartered
4 flour tortillas, warmed
2 medium tomatoes, sliced
1/4 cup Australian reduced-fat cheddar cheese, grated

Method
Step 1 Lightly whisk eggs, milk, corn, capsicum and pepper together. Pour one quarter of the egg mixture into a small pre-heated non-stick frypan to just cover the base. Cook over medium heat until eggs are almost set. Turn over and cook for a further 15 seconds. Repeat with remaining mixture to make 4 omelettes. Cook mushrooms in the same frypan until golden.

Step 2 Top each tortilla with a cooked omelette, sliced tomato, mushrooms and cheese. Fold the edge closest to you over one third of the filling and then fold in the sides of the tortilla to form a burrito.

Healthy Lunch boxes…Need some ideas?
We would love to offer parents the opportunity to swap healthy recipes through The Life. This is a great chance to help one another develop healthy eating habits in our children. If you have a recipe that you would like to share please email Miss Edwards at kedwards@opac.nsw.edu.au or hand a hard copy into the Office before Wednesday each week. Check out some of the great ideas already sent in.

Helpful Website
Mrs Veld would like to share a website that she has found helpful. It has dietary requirements for all age ranges.

www.eatforhealth.gov.au
### 2013 Dates For Your Diary

#### Term 3

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NASSA Athletics</td>
<td>Thursday, 5 September</td>
</tr>
<tr>
<td>OPAC Spring Fair and Open Day</td>
<td>Saturday, 7 September</td>
</tr>
<tr>
<td>CIS Athletics</td>
<td>Wednesday, 11 September</td>
</tr>
<tr>
<td>P - 2 Tabloid Carnival</td>
<td>Friday, 13 September</td>
</tr>
<tr>
<td>P&amp;F - Bunnings BBQ</td>
<td>Saturday, 14 September</td>
</tr>
<tr>
<td>K - 6 Public Speaking Night (6.30 pm)</td>
<td>Monday, 16 September</td>
</tr>
<tr>
<td>K - 6 Walkathon (9.30 am - 12.30 pm)</td>
<td>Tuesday, 17 September</td>
</tr>
<tr>
<td>Mufti Day</td>
<td>Friday, 20 September</td>
</tr>
<tr>
<td>Last Day Term 3</td>
<td>Friday, 20 September</td>
</tr>
</tbody>
</table>

#### Term 4

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Day Term 4</td>
<td>Wednesday, 9 October</td>
</tr>
<tr>
<td>P&amp;F Meeting (7 pm)</td>
<td>Thursday, 10 October</td>
</tr>
<tr>
<td>P - 6 Excursion</td>
<td>Friday, 11 October</td>
</tr>
<tr>
<td>Prep Excursion</td>
<td>Wednesday, 23 October</td>
</tr>
<tr>
<td>Prep - Year 6 2014 Orientation Day</td>
<td>Monday, 28 October</td>
</tr>
<tr>
<td>K - 4 Excursion</td>
<td>Thursday, 31 October</td>
</tr>
<tr>
<td>Y5/6 Camp</td>
<td>Thurs, 7 - Friday, 8 November</td>
</tr>
<tr>
<td>Mid-Term Break - Students Only</td>
<td>Monday, 11 November</td>
</tr>
<tr>
<td>K - 6 Bike Day</td>
<td>Tuesday, 19 November</td>
</tr>
<tr>
<td>Parent Helper Morning Tea (10.30 am)</td>
<td>Friday, 22 November</td>
</tr>
<tr>
<td>OPAC Family Service (4 pm)</td>
<td>Sunday, 24 November</td>
</tr>
<tr>
<td>Y6 Dinner</td>
<td>Friday, 29 November</td>
</tr>
<tr>
<td>Celebration Assembly (5 - 6.30 pm)</td>
<td>Monday, 2 December</td>
</tr>
<tr>
<td>K - 6 Excursion</td>
<td>Thursday, 5 December</td>
</tr>
<tr>
<td>Mufti Day</td>
<td>Thursday, 5 December</td>
</tr>
<tr>
<td>Last Day Term 4</td>
<td>Thursday, 5 December</td>
</tr>
</tbody>
</table>

Please refer to our College website: [www.opac.nsw.edu.au](http://www.opac.nsw.edu.au) and the College Newsletter ‘The Life’ for main events, information and dates published during the year.
From the Parents’ & Friends’ Association

A big thank you to our volunteers who have assisted with some recent events such as Grandparent’s Day, Father’s Day Stall and Father’s Day Breakfast. It makes a huge difference to have extra help to make these events possible and to run smoothly.

Another thank you goes to the grandparents, family and friends who gave generously by donating just over $125 at the Grandparents’ lunch. Thank you for your ongoing support to our College.

Don’t forget our next two big events are nearing soon, College Open Day and Spring Fair on 7 September 2013 and Bunnings @ Narellan Sausage Sizzle Event on 14 September 2013 from 8.30 am. Both events are proudly supported by the P&F Committee.

We are still in need of volunteers to help set up, sell cakes, drinks, gifts as well as assist with the BBQ and pack up. If you can help in any way for just 2 hours on 7 September 2013, we welcome your assistance.

Can you assist us on 14 September 2013??? We are also looking for volunteers to work on a roster basis to either cook or serve at the Bunnings Event at Narellan. We require 2 cooks and 3 servers for 8.30 - 11am, 11 am - 1.30 pm and 1.30 - 4 pm. If you can assist with covering a shift, please leave your name, contact details and preferred shift with Mrs Lynch or email us with your details.

All Master Chefs and Little Chefs!!!!

The P&F will be holding a cake stall at the Open Day and Spring Fair on 7 September 2013. We would love to sell your wonderful cakes, muffins, cupcakes and fete treats.

Here is a list of ideas that you might want to bake and donate!!!

Scones (plain, fruit or date)  Caramel popcorn  Cake pops  NO NUTS PLEASE
Toffee apples  Banana bread slices  Jams
Chocolate crackles  White christmas  Cupcakes

Donated items for the cake stall will need to be delivered to the College Office by Friday, 6 September 2013 by 4 pm or on Saturday, 7 September 2013 before 9 am. Items will need to be plated, wrapped and labelled.
Spring Fair 2013

FAMILY FUN DAY

SATURDAY
7 SEPTEMBER 2013
9AM TO 3PM

FREE ENTRY FREE PARKING

Family fun & entertainment, pony rides, laser skirmish, silent auction, market stalls, food, music, jumping castles, College Tours and more...

www.opac.nsw.edu.au
Corner of Peter Brock Drive & Central Ave Oran Park NSW 2570
College Dance Groups, Choir and Band

Students will be performing at 11.00 am.

- **Dance Groups**: Costume as per teacher instructions
- **Choir**: Full College Winter Uniform
- **Band**: Full College Winter Uniform

Students may bring the clothing for their item and change into from 10.30 am.

**Wristbands - Unlimited Attractions**

Please complete the order form which was emailed home to parents and hand in to the College Office with correct payment.

- $10 per person (before the day)
- $15 per person (on the day)

Children who require adult supervision will not need a wristband or ticket, the adult supervising the child will require a wristband or ticket.

- $5 single attraction ticket (available on the day)

Please go to the canteen area on the day to collect wristbands and to purchase extra tickets and wristbands.

**Art Competition**

Prep - Year 6 students will be completing artwork on canvas as part of their creative arts program in class. The artwork will be displayed at the Spring Fair and sold for $5.00 per canvas. Winners will also be announced at the fair.

If your family is unable to attend the fair but you would like to purchase your child’s artwork, please send $5.00 in an envelope labelled with your child’s name to the College Office by Friday, 6 September 2013.

All monies raised will go to the P&F fundraising project.
OPAC Spring Fair & Open Day

This year’s OPAC Spring Fair & Open Day will be held on Saturday, 7 September 2013. The OPAC Open Day Committee needs your support...

HELPERS REQUIRED

The P&F require parent help at the College Spring Fair and Open Day.

Help is required with the BBQ, College stalls, parking and other jobs required to make the day run smoothly.

If you are available to help, please complete your information below before the end of Term 2 so that we can confirm which College stalls we will be holding.

Yours sincerely

Janine Manton
Spring Fair Coordinator
Email: opacspringfair@gmail.com

Please return to the College Office before the end of Term 2

HELPERS

Parent’s Name ________________________________________________
Contact Number ______________________________________________
Contact Email ________________________________________________

HELPER – Yes, I can help at the Spring Fair and Open Day

☐ 7.00 am – 9.00 am (SET UP)
☐ 9.00 am – 11.00 am
☐ 11.00 am – 1.00 pm
☐ 1.00 pm – 3.00 pm
☐ 3.00 pm – 4.00 pm (PACK UP)

We will endeavour to confirm your job prior to the day, however a roster will be available at the canteen, please report to the canteen area on the day.
OPAC Spring Fair & Open Day

This year’s OPAC Spring Fair & Open Day will be held on Saturday 7 September 2013. The OPAC Open Day Committee needs your support...

CAKE STALL

We require nut free products for the P&F cake stall.

If possible, please place on a paper plate sealed with cling wrap. If using a container or plate that you would like to be returned to you, please label with your name.

Please label your plate with ingredients used.

Simply deliver to the College Office on Friday 8 am – 3.30 pm or Saturday before 9 am.

Yours sincerely

Janine Manton
Spring Fair Coordinator
Email: opacspringfair@gmail.com

Please return to the College Office before the end of Term 2

CAKE STALL

Parent’s Name
Contact Number
Contact Email

HELPER – Yes, I can provide the following for the Spring Fair and Open Day

☐ Cupcakes
☐ Muffins
☐ Slice
☐ Biscuits
☐ Other ____________________________
ORAN PARK ANGLICAN COLLEGE
Now Enrolling 2014, 2015

Prep to Year 7
Enrolment Information Night
12th September 2013 7pm

For more info: www.opac.nsw.edu.au
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