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 Sydney Observer

Sydney **Observer**

Education *Special*

FROM SCHOOL SELECTION
TO PREPARING CHILDREN

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HEALTH
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FROM THE EDITOR

Goodbye winter, hello spring!

Our first issue of the new season marks an Education Special (16-27), with everything parents need to know from choosing the right school for their child to how-to create a stress free HSC environment.



But, if your children are all grown up don't worry we've got plenty for you as well. Flick to our Home&Garden pages (29-33) for some inspiration to kick off that spring cleaning and regenerate your space.

Be sure not to miss our cover interview with renowned photographer Nick Rains for a truly fascinating look into Australia's great outdoors.

Enjoy the warmer weather!

Sabrina



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From the readers

Your last issue boosted my inspiration and awe for a citizen on his big red bike, that is a surrogate for a challenging, selfless task performing vital awareness and financial raising with humour that is akin to an art form.

Eli Beverley-Schack, Killara.

I liked 'Delta Goodrem: Soaring High' as she is a typical Australian woman who has fought her way to the top of her profession in spite of health (and other) challenges that she had to face. She beat the odds and is an inspiration to all Australians, young and old.

Debbie Mosselson, St Ives.

CIRQUE DU SOLEIL

Cirque du Soleil has returned to Sydney with a new spectacular show, KOOZA. Already garnering rave reviews, the celebration of traditional circus is the perfect night out for the whole family!

The opening night took place last month under the famous blue-and-yellow Big Top at the Entertainment Quarter, Moore Park in Sydney and was attended by a star-studded crowd, who gave the show a rapturous standing ovation. With wildly entertaining acts from incredible acrobatics to hysterical clowns, KOOZA is the perfect mix of breathtaking beauty and humour. This show is not one to be missed!

Four double passes to be won for *Cirque du Soleil's* KOOZA show (Tuesday October 4, 2016).

cirquedusoleil.com



Giveaways

PAKLITE

Paklite, designed by Australians for Australians, has announced the launch of its latest softside spinner collection with enhanced security features: Airlite. For frequent or light travellers, the collection offers fantastic value – with the inclusion of TSA approved combination locks, spinner wheels for easy gliding and a twin zip on the main compartment for increased security. Each size features an expandable compartment giving travellers an additional 20 per cent capacity, with sturdy internal compression straps to ensure belongings remain in place.

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If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published and go in the running for our monthly giveaway.

PO box 420, Killara nSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

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Snippets

danielle armour and Juliana Kichkin

SELF-dEFEncE cLaSSES

Ku-Ring-gai yOuTh Services is running Krav Maga self-defence classes through August and September. Krav Maga is a self-defence method developed and used by defence forces around the world. It combines a wide range of techniques from judo, boxing and wrestling, and is known for its focus on real-world situations. The workshops will run for 4 weeks from Friday 26 August and will be held at St Ives Community Hall from 6pm. At a cost of \$70, all youths aged 12-24 are welcome.



SWain gaRdEnS

Enjoy the makeover of Killara's Swain Gardens, now with an all-weather synthetic grass covering installed next to the outdoor patio and BBQ area. The synthetic lawn "fits in perfectly with Swain's beautifully maintained formal gardens and native bushland," Mayor Cheryl Szatow said. The all-weather surface will allow all functions in all seasons to go smoothly and will be sure to be a popular spot – with a small function room, toilets and BBQ facilities. The Gardens are open daily and entry is free. To book a function, such as a wedding or garden party, contact the council on (02) 9424 0000.



LOcaL gOVERnmEnT ELEcTiOnS

If you were expecting a local government election this month, you will be in for a surprise! While local government elections are normally held every four years, the NSW Government's proposed merger between Ku-ring-gai and Hornsby Councils has seen the election postponed. The election will now be held in September 2017. However, the next mayoral election will still be held this month, with Ku-ring-gai Councillors electing a mayor from their ranks.



miXEd aRT cLaSSES

Calling all art enthusiasts between the ages of 12-24 years, Meg Minkley from A Drawing A Day Productions is holding an open class on illustration and offers the opportunity to hone your drawing techniques. From acrylics paints to ink markers, pencils and posca pens, young artists are invited to learn about the magic behind the materials that can be used to empower their creativity. By the end of the semester, students will have a collection of works that are illustrative of their colourful journey into becoming confident artists. The classes occur weekly on Thursdays from September 1 – 22, 4-6pm.



NATIONAL BIODIVERSITY MONTH

danielle armour

aS auSTRaLianS, WE pride ourselves on our natural environment. It is what we are renowned for internationally.

The Australian Government's 'National Biodiversity Month' aims to raise awareness about the importance of protecting, conserving and improving biodiversity within Australia to ensure the preservation of our native plants and animals.

Biodiversity is defined as the "web of life" or "the different plants, animals and micro-organisms, their genes and ecosystems of which they are a part" according to the Australian Government's Department of Environment and Energy.

Australia is in a particularly unique situation when it comes to our flora and fauna. About 84 per cent of plants, 83 per cent of mammals and 45 per cent of birds found in Australia are found nowhere else in the world.

The Department of Environment and Energy recommends a number of strategies that can be employed by everyone to help maintain Australia's biodiversity. They include getting rid of weeds and filling your backyard or garden with plants native to your region to create a sanctuary for local birds and wildlife, as well as starting a compost bin and placing an emphasis on recycling.

Being aware of what souvenirs can be brought home from overseas can also help maintain our biodiversity. Some common tourist souvenirs contain derivatives from plants and animals and are not allowed in to or out of Australia.

As human beings, we rely on biodiversity for our food and many medications, making it essential to our health and wellbeing. Making lifestyle changes in our homes can help maintain the biodiversity that makes Australia unique.



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Timebanking Hits The North Shore

alex dalland

IT'S A BOLD new volunteering initiative that has just landed in the North Shore to change people's lives.

Timebanking, a program which American Edgar Cahn started in the US in 1995 as a way to build and strengthen communities while funding was withdrawn from social programs, involves participants providing services in exchange for the time of another. Through the website volunteers are connected to their local hub – in this case, Hornsby and Ku-ring-gai – and can assist each other directly depending on their wants and needs.

Although only a recent introduction to the North Shore, with Timebanking introduction sessions held just last month, the program has exploded in regions like the Blue Mountains and the Central Coast since early trials were conducted by NSW Family & Community Services in 2012 and 2013.

"Timebanking now has 6300 members that have exchanged 3900 services totalling 25 500 hours of support," Angela Chaperon, Senior Project Officer within NSW Volunteering says.

Opening the website sees members offer all kinds of services, with volunteers expressing their skills in gardening, bookkeeping, language education or just some help around the house.

"The difference that Timebanking is making in many people's lives is quite remarkable and case studies demonstrate the impact it can offer in the community," Chaperon says.

Eager Timebanking members in the Ku-ring-gai area have already joined other local branches, including the Lower North Shore and Northern Beaches district Timebanking hubs – with the Hornsby Ku-ring-gai branch being only a recent introduction.

Ku-ring-gai Hornsby Volunteer Service Coordinator Robin Hall believes the information sessions have been a success.

"After gaining a much better understanding of Timebanking at a lively information session, an interested group of residents are enthusiastic about setting up a membership group in Ku-ring-gai," Hall says.

"Residents were drawn to the concept, which is built on good will and a sense of community. Timebanking has been gathering momentum throughout New South Wales over the past three years, with 70 local groups now enjoying the benefits."

Robin also believes that measures put in place to help provide access to those more in need of valuable services make the Timebanking scheme particularly useful.

"Those who contribute many hours of volunteering, but don't feel that they need 'services' themselves, can contribute these excess hours to a 'Community Chest' so that those with greater needs can use these hours to access the 'services' offered by other members, even though they are not able to offer as many hours of their own time and skills.

"It is conducted entirely on-line and through email, which might preclude older residents who don't have access to a computer or email account. But these residents could still ask a 'buddy' to act as their contact and communicator, so that they can participate in this program as well."

timebanking.com.au

VOLUNTEER



Photo Credit: Braden Fastier

ST IVES TURNS MEDIEVAL

ST IVES mEdiEVal Faire is less than a month away! Anticipation is mounting for one of Ku-ring-gai's biggest and most unique events hosted by the Council at St Ives Showground on September 24 and 25.

Now in its third year, the St Ives Medieval Faire is one of the premium events on the international medieval jousting arena and this year has attracted a world-class line up of jousters from across Europe, Australia and New Zealand, including Australia's own world-beating knight and reigning St Ives Champion, Phil Leitch.

Come this September, the world's best and most fierce medieval jousters will do battle at the only solid wood joust tournament in the Southern Hemisphere. It is the showcase event of the St Ives Medieval Faire, proudly presented by Ku-ring-gai Council, which returns to St Ives Showground.

Ku-ring-gai Mayor Cheryl Szatow predicts the Faire will this year attract record crowds of 15 000 over the weekend.

"The Medieval Faire is a quality event because of its historical accuracy," Mayor Szatow said.

"Game of Thrones has really brought medieval times into the mainstream and this is a chance for the whole family to fully experience what it was really like during the Middle Ages."

While the joust is the main event, Faire-goers can enjoy plenty of medieval activities including traditional archery, an authentic medieval feast and a tavern stocked by Vale Brewing Company for the adults.

Running over the first weekend of the September school holidays, with pre-sale tickets available now, this event is not to be missed!

stivesmedievalfaire.com.au



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NICK RAINS

Capturing Australia

Sabrina muysken

RENOwnEd PhOTOGRaPhER
Nick Rains has experienced a career that those of us chained to our work desks merely dream about. Frequently skipping across continents, Nick has spent much of his life scouring the globe in search of perfect moments to capture with his lens, all in the name of documentary photography.

Having initially worked with a range of

subjects from sport to fashion and even celebrities, today he specialises in travel, cultural and landscape work – a speciality which has seen the talented photographer forge a long, successful career within a tough and demanding industry. Nick's work can be regularly seen amongst the pages of well-known publications such as *Australian Geographic*, *Australian Photography Magazine* and *Sports Illustrated*.

His latest projects, two hardback books

titled *Desert Australia* and *Tropical Australia* respectively, are set for release this October. Click by click, together the collection of photographs take us on a journey through the rich diversity of Australia's outback and tropics.

"They are a celebration of Australia and what there is to see in those outer regions.

"Deserts are mysterious places. Arid and dry, it's a wonder how they sustain life – and yet they are anything but lifeless."

"Deserts are mysterious places. Arid and dry, it's a wonder how they sustain life – and yet they are anything but lifeless."

Despite achieving success and longevity in his chosen field, a career path in photography was not something Nick had originally planned for. With an undisputed passion for the outdoors and an admitted reluctance to enter the 'real world', he initially completed an Honours Degree in Zoology. It was during this time the budding photographer began exploring life behind the lens, although not for the reason you would expect.

"I sort of fell into [photography] at

university. I started taking pictures for the local university magazine and at the time I just thought it was a good way of getting in to see bands perform for free!" jokes Nick.

Not long after graduating he realised his true passion in photography and undertook a Diploma to harness his skills. Fortunately, despite switching career paths Nick has since found his original degree to not have been entirely in vain.

"My zoology degree actually put me in good stead. I do a lot of work for *Australian Geographic* and work with scientists out in the field, so it's nice to be able to talk and actually have a meaningful conversation."

Skip to present day and the world of photography has undergone a drastic makeover. Developing film has long become a novel practice from the past with the snapping, filtering and uploading of digital images very much a reality. Surprisingly, Nick doesn't perceive these new technologies as a threat to his industry in any substantial way.

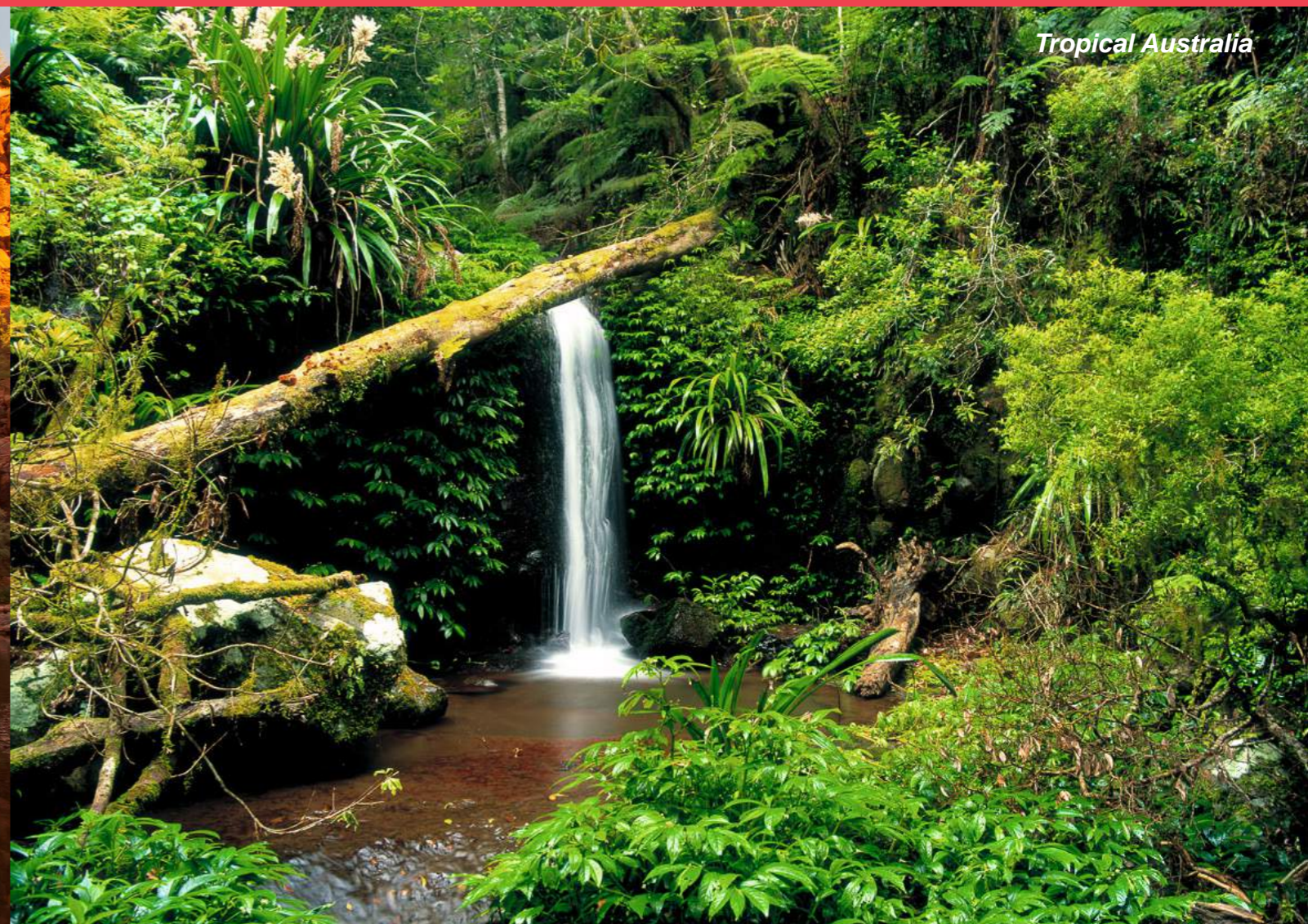
"The influx of smartphones and digital photography tools is something that people

within my industry wrestle with. We like to think that we can see a little bit better than your average person photographically, but the spontaneity of iPhone photography is something that you can't ignore.

"I do a lot of work for *Australian Geographic* and work with scientists out in the field, so it's nice to be able to talk and actually have a meaningful conversation."



Desert Australia



Tropical Australia



“What we see through social media is valid as a creative expression but different to photography as a profession. It is a very, very interesting phenomenon and is something that has to be taken into consideration, but I don't find it affects my work at the moment.”

For Nick, the art of photography extends far beyond the click of a button or capturing a beautiful landscape. What captivates him is being able to document a unique moment in time and being able to share that experience with others.

“Documentary photography is all about sharing these incredible experiences and documenting people and their lifestyles more than anything else. Landscape photography is definitely secondary to the social and cultural work that I do. Photography is all about people I think, and everything else falls behind that in a supporting role.”

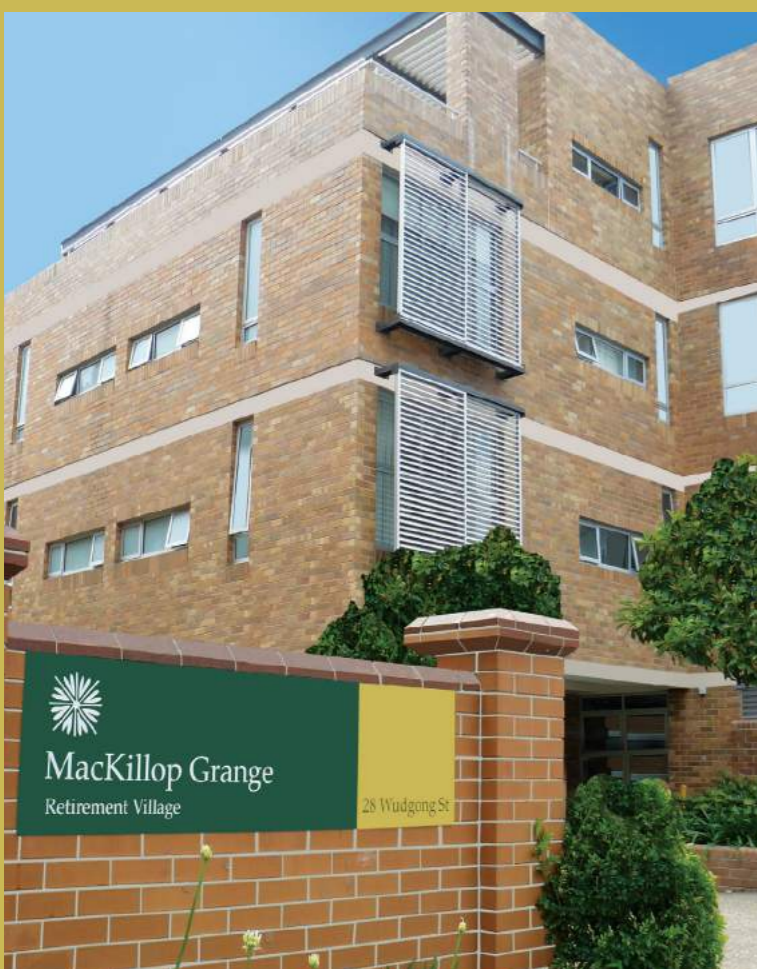
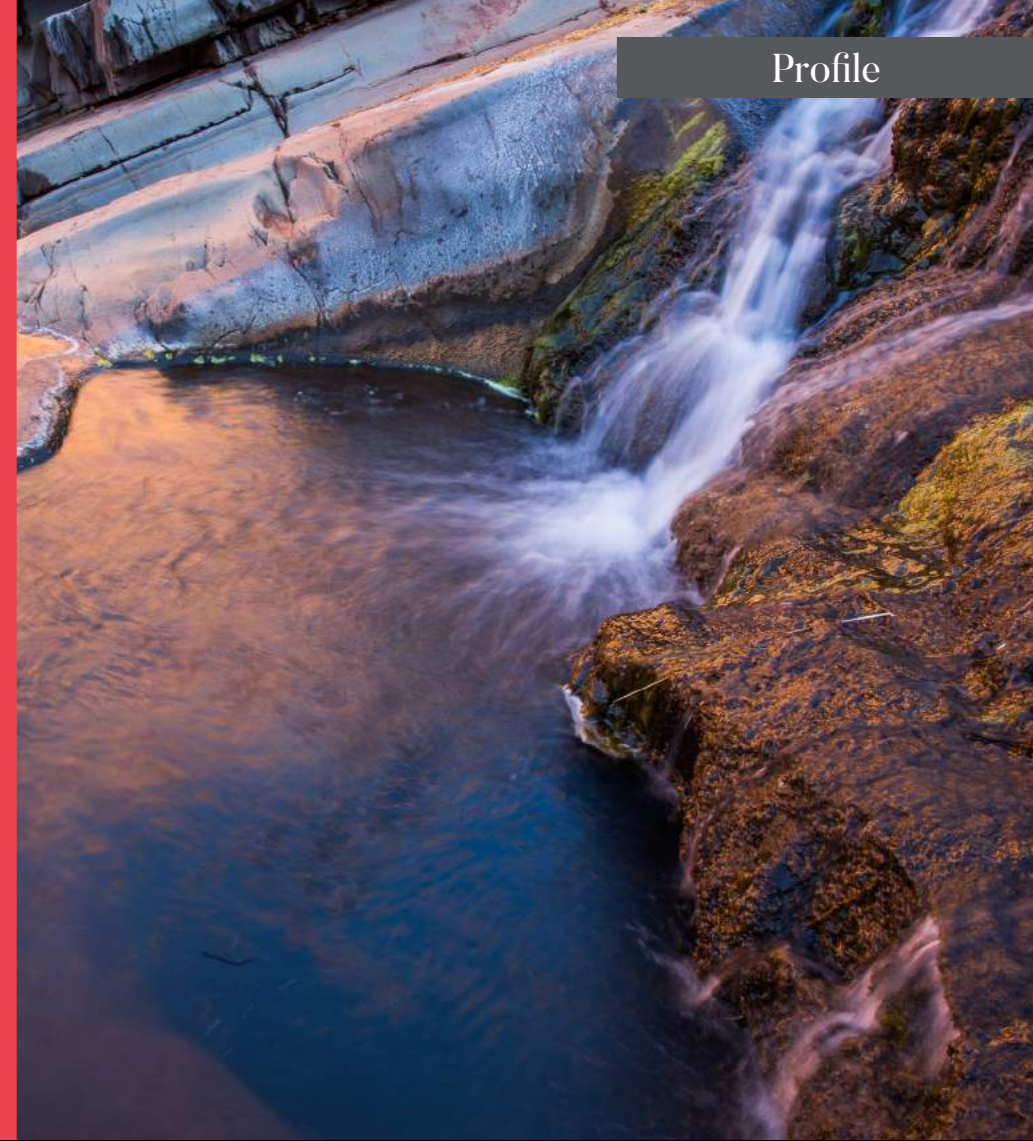
The extensive travel also holds a strong appeal for the photographer who couldn't imagine a life being stationed behind a desk and computer.

“Documentary photography is all about sharing these incredible experiences and documenting people and their lifestyles more than anything else.”

“On Friday, I leave for Melbourne, then I'm off to England followed by Germany, Iceland, Botswana and Namibia,” he says spiritedly.

As for the rest of us, his spectacular photographs will have to suffice! ○

'Desert Australia' and 'Tropical Australia' are available for purchase from October.



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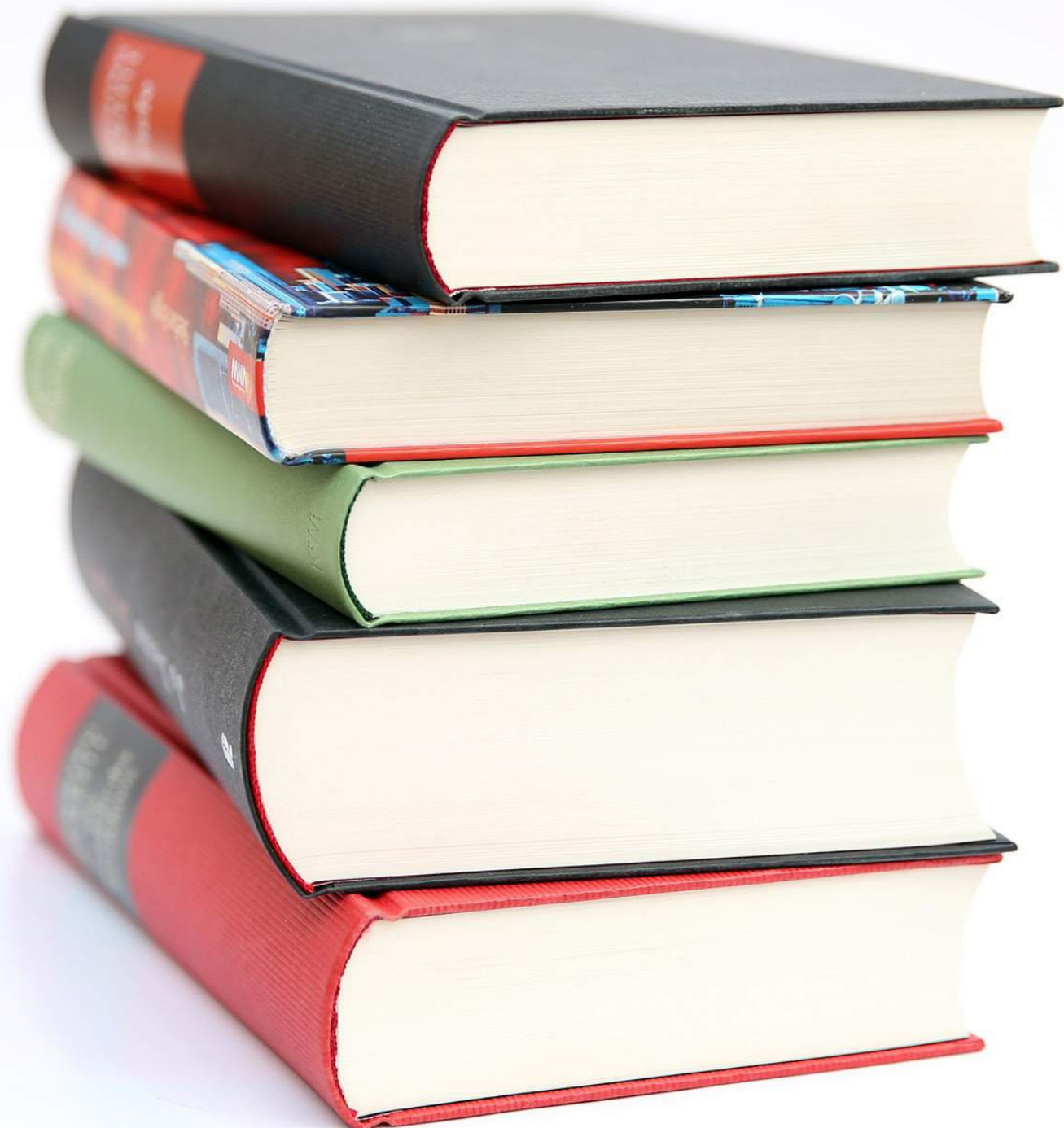
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ENVIRONMENT IS THE THIRD TEACHER

Our SuRRoundingS aFFeCT us all, and children are no exception. Schools across Sydney are beginning to use the learning environment as a child's "third teacher" (after their parents and teachers), and go beyond the classroom to learn.

"Children playing in an outdoor environment develop a more positive attitude to learning," said Sally Harrison, Education Officer at the Catholic Schools Office of the Diocese of Broken Bay, which has thirty-eight Primary schools in the North Shore, Northern Beaches and Central Coast areas. "We have a 'whole child approach', which gives children chances to grow socially and emotionally."

Ms Harrison said that a positive, nurturing school environment can result in better academic results and a drop in bullying. "Whether it's a meditation space or an adventure playground, a calming environment can do wonders for children's resilience and self-esteem," she said.

St Martin's Catholic Primary School in Davidson took this to heart when they asked the 170 students to design their dream playground. The children worked together, drawing pictures and looking at photos to choose the common elements of a great playground. After they had narrowed it down to six elements, including a slide, climbing wall, tree house and sandpit, their ideas were given to a builder who made their dream a reality.

Although the finished playground is a place of fun, it also has many chances for learning. Teachers use the playground as part of their lessons, drawing patterns in the sandpit or using the stage as an outdoor teaching space. Children of all ages from Kindergarten to Year Six build social skills by playing together.

Helen Leigh, the Principal, said the playground supported the children's creativity. "They really make the space whatever they want it to be. When the builder was about to paint the sign above the shop, we left it as a blackboard. We teach Italian here and the shop has been the Italian café one week and then the butcher, the fruit shop, whatever they want to turn it into."



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Community of Catholic Schools
DIOCESE OF BROKEN BAY

The Teacher Has Called... Yikes! Montessori's Supportive Triangle

Barbara Maxfield, Principal of Northside Montessori School



The teacher thinks sharing their information with you is important enough to make the call to you. Some tips...

- Listen to the teacher, and give him or her the time to fully express concerns
- Focus on helping your child and on your child's needs.
- Share your observations from home and any ideas or strategies to help the teacher. Often the teacher is keen to learn from you.
- Plan a follow-up conversation to see how the agreed strategies and changes are working.

Follow up with your child if they are age appropriate. You might say something like "Your teacher called today to say you are having some difficulties with keeping your hands to yourself. What do you think?" Listen to your child, and ask them how you might help him or her. Your child may try to blame others but its best to bring them back to the issue and encourage them to find some strategies to help them (You know the teacher has gone to the trouble of contacting you about your child so keep the focus on your child not others). Involving your child is more likely to achieve a positive outcome.

Make sure you thank the teacher for calling you. After all, they cared enough to make the call to you. A phone call from your child's teacher is an opportunity to work in partnership to meet your child's needs. That's good news.

Research shows conclusively that parent involvement at school is a predictor of educational achievement and success for children across a wide range of socio-economic and cultural settings. At Northside Montessori School this is encouraged. Parent involvement extends to supporting the child when there are some challenging times as well. So, relax!

YOU'VE JUST COME out of a staff meeting at work and you see a message that your child's teacher has phoned you. For most parents there will be an instant response of fear or dread! Our own memories from school and the conditioning we've had suggest that being called to the teacher or being sent to the Principal is definitely not good news! It won't be fun. You might be expecting that the teacher is calling about an incident that's happened, or your child's behavior or their learning.

If your child is in a school where the teacher calls you directly, then you are in a school where there is genuine interest and care for your child. That's great. See this as an opportunity to find out more about your child and their learning. Good schools will foster a three-way partnership between the school, the child and the parents. In Montessori schools they call this the *supportive triangle*.

So, now get yourself prepared to talk to the teacher. Have a pen and paper ready and, most importantly, have an open mind.



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Student Teachers Pass The Test

alex dalland

StudEnTS aRE nO longer the only ones tested for aptitude in the classroom, with teaching graduates now subjected to a numeracy and literacy skills test to ensure only the brightest minds make it as teachers.

Early last month, more than 7500 teaching students had already sat or registered to sit a skills test which would require new teaching staff to be in the top 30 per cent of the adult population for reading, writing and mathematics.

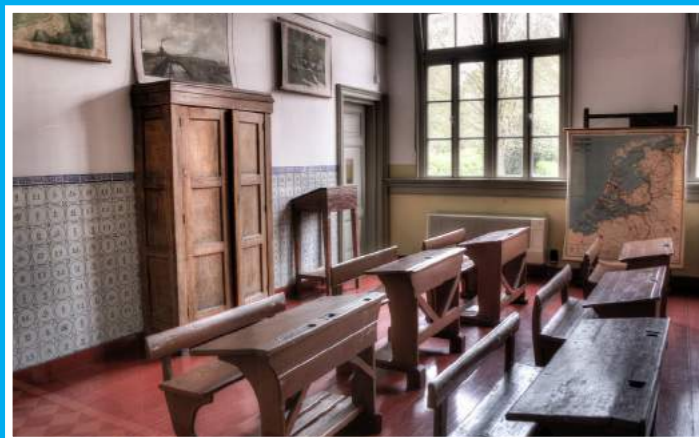
"This test is about ensuring that our teachers are in the top thirty per cent of the adult population for their personal literacy and numeracy skills and is part of the Turnbull Government's 'Back to Basics' focus," Minister for Education and Training Simon Birmingham said in a recent statement.



So far these results have proved promising, with the last released figures by the Department of Education showing 94.5 per cent of those tested met requirements for literacy and 93.1 per cent passing the numeracy component, an increase from trials conducted last year where nearly one in ten teaching students failed to pass both components of the test.

Since the start of university enrolments this year, entry requirements have also been raised for teaching degrees, with students needing at least three Band 5, or 80 to 89 per cent, marks across their HSC grades.

Gordon resident and Bachelor of Primary Education student Natalie Hendry believes that most teachers should be able to achieve the results the Federal Government has outlined.



"I think teachers should be sitting quite high, around the top 30 to 35 per cent, in the basic skills tests for maths and English," she says.

"I'd assume all teachers in schools do reach that top 30 per cent. I think if student teachers did reach that top 30 per cent then by the time they finish their education degree that they too are at the level to score in the top 30 per cent."

However, when it comes to the raised entry level, Natalie is unsure whether only HSC marks should determine course entry.

"I sit on the fence [about this]. When looking at the level other countries set for the entry requirements for student teachers, I do feel they should be higher to ensure well-driven and educated students are the ones becoming teachers, presuming they can also encourage their students to have that same drive.

"However, I also see a lot of people in all types of degrees who don't necessarily get in through their ATAR, and they work so hard to get in through other methods to be where they are – sometimes more than those who had the marks to get in the first time round."

The Board of Studies, Teaching and Educational Standards website explains that prospective teaching students will also be admitted provided they pass bridging or similar subjects to the standards of Band 5 HSC marks, meaning that pathway entry is still possible.



While the new initiative has generally been accepted, Professor Tania Aspland, of the Australian Council of Deans of Education, believes that many other factors also need to be taken into account to ensure a successful teacher workforce in Australia's future.

"There has been an enormous public focus on the new Numeracy and Literacy test for teacher education graduates but it's really important to remember that those vital numeracy and literacy skills represent only some of the many elements it takes to make a great teacher.

"The best teachers have the right mix of both academic and non-academic traits: knowledge, skills and personal qualities, like empathy and understanding of young people."

Roseville College's Coding Initiative

a FRONtIER FOR education, Roseville College will now incorporate the skill of coding into their mathematics program, taking their standards of secondary mathematics to a rival position in the Grok Learning National Computer Science School (NCSS) Competition.

"Roseville College continues to embrace STEM (science, technology, engineering and mathematics), and our girls have won highly contested competitions including the SAP Young ICT Explorers and the UNSW Robotics Regional Competition," said learning innovator, Mrs Kim Maksimovic.

Coding has become an essential element of learning in the 21st Century and with Roseville College embracing it as part of the education system, students are encouraged to develop high problem solving skills, logical sequencing and computational thinking.

"For those new to coding the NCSS Competition is a great way to start," said Jasmine, a three-time competition entrant at Roseville College.

"The challenges are almost addictive and each new challenge solidifies what you've learnt. It feels really easy to get better and better."

Encouraging students to embrace new frontiers of education, Mrs Maksimovic explains, is a communal approach.

"Roseville College understands the knowledge gap that many parents experience as their children engage in new avenues of learning, especially in ICT disciplines. In addition to integrating coding into the Year 7 Mathematics curriculum, we are exploring ways to help our parent community code alongside their daughters."



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COLLEGE NEWS

OLYMPIC INSPIRATIONS

Roseville College Junior School students celebrate silver medals for Rio Olympians, sailors Jason Waterhouse and Lisa Darmanin, who visited the students in the lead up to Rio 2016. Congratulations to all our Olympians!



Roseville College Year 11 student and aspiring artist, Sheridan Weston has won the Secondary School section of the 2016 Australian Olympic Team's Village Art program for the Rio 2016 Olympic Games, beating more than 9,000 entries from 250 schools.

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Communication Key To Early Development In Children

Juliana Kichkin

The TOPic OF education brings up a mire of age-old debates on nurture vs. education, what type of education system is best and what approach helps students excel. A new approach however could be the answer to leveling the playing field once and for all to help young children succeed – engagement in a learning environment that encourages dynamic communication and interaction.

Kindergarten as the new first grade has almost become a cliché in Australian schools as mounting pressure to test children earlier has become the norm.

NAPLAN assessments and international rankings are increasingly driving teachers to focus on demands of delivering content and as a result diminishes learning that inspires creativity, social interactions and the opportunity to develop communication skills.

Academics nation-wide have expressed alarm over policy makers who are engaging in a “dangerous game with children’s futures” and reflects The Atlantic’s latest findings on early learning that suggests increased testing has encouraged a decline in learning.

Erika Christakis, an American early childhood educator and author of ‘The Importance of Being Little,’ published her findings on The Atlantic, decrying the new system for early education as anything but progressive.

“Even as pre-schoolers are learning more pre-academic skills at earlier ages, I’ve heard many teachers say that they seem somehow—is it possible?—less inquisitive and less engaged than the kids of earlier generations.

More children today seem to lack the language skills needed to retell a simple story or to use basic connecting words and prepositions.”

Academics such as Professor Ewing have cited government pressure for Australia to do better on international literacy and numeracy benchmarks.

This reflects a recent trend where some kindergarten children are even required to practice NAPLAN tests at home, as parents respond to increasing pressures for their children to perform earlier.

Christakis’s view, however on increasing testing, which has also characterised the American early education system today, is a step back rather than forward from earlier education models and calls this a shift from an “ideas-based curriculum” to a “naming-and-labelling-based curriculum.”

“The same educational policies that are pushing academic goals down to ever earlier levels seem to be contributing to—while at the same time obscuring—the fact that young children are gaining fewer skills, not more.”

It seems that the most crucial element for early development that is missing from the recent shift to increasing testing is learning the art of interactive communication.

“Conversation is gold. It’s the most efficient early-learning system we have. We forget how vital spontaneous, unstructured conversation is to young children’s understanding. By talking with adults, and one another, they pick up information. They learn how things work. They solve puzzles that trouble them.”

It is well known that one of the highest education systems in the world, based in Finland doesn’t begin formal reading instruction until the age of seven.

Christakis reports that what she observed from the Scandinavian system is an open environment that provides a wide berth of opportunities for young children to use and hear complex, interactive language.

“The basis for the beginnings of literacy is that children have heard and listened... They have spoken and been spoken to, people have discussed [things] with them... They have asked questions and received answers.”



Killara's Harvard Student

haRV aRd uniVERSiTy STudENt Kieren Kresevic, also a former Shore School student and Killara resident, recently launched the North Shore’s very own specialist public speaking and debating school. A unique centre for excellence in both academic and personal development, Knowledge Pod is devoted to a singular ethos: empowering students to become world-changers.

Knowledge Pod offers mentoring and classes in public speaking, debating, English and personal development. The drive behind teaching these particular skill sets is to enable students to have the communication skills and goal-setting tools they need to realise their ambitions, however small or wondrously large they may be.

Keiren’s ultimate mission is to “equip students with the capabilities they need to thrive in school and later life, enabling students to excel at university and their future workplace. Most importantly though, we care deeply about the wellbeing and personal fulfillment of each of our students and instil in them a determination to not only achieve the highest marks at school, but also to impact and change their communities.”

The former North Shore local’s passion shines through with a strong belief that public speaking and debating skills “bring so much personal development to each student. Students gain

confidence, self-assurance and the ability to think on their feet in high-pressure situations.”

Knowledge Pod offers public speaking and debating classes by only the best and most experienced debaters from across Sydney. Their methodologies include drilling down to the foundations of the art of persuasion, in-depth teaching on politics, social issues, philosophy and international relations, and in-class practice with personalised constructive feedback provided throughout each class.

Located at 764 Pacific Highway, Gordon, Knowledge Pod welcomes all students looking to improve their confidence and skills in this area.

knowledgepod.com.au



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MAKE SAVING A HABIT FOR YOUR CHILDREN!

Peter Vickers, Chartered Accountant, Lindfield

IT'S NEVER TOO soon to start saving and in many cases, even if you double your deposits at a later date, you may never catch up to people who start saving earlier. An understanding of compound interest can encourage young people to start saving now! But good saving and spending habits don't have to be introduced when the child is old enough to understand compound interest. You can start around the time they start school.

Pocket money:

Children around six or seven can be encouraged to spend a little of their pocket money now and save the rest for something they really want, discouraging instant gratification and enabling them to experience that rewarding feeling when you purchase something you've been longing for. It's important that the award is achievable to encourage the saving behaviour and the benefits of the lollies vs toys be felt!

allowances and Earnings:

Some families introduce allowances for their children for helping with household chores, which makes them feel as if they are contributing to family life. It also gives you the opportunity to start talking about saving and investing. Kids can be encouraged to save say ten or 20 per cent and then choose to spend or save the rest. You could also double the amount they choose to save, to incentivise them to save a larger portion.

Saving also gives an opportunity to learn about investment and shares as well as the rules attached to borrowing money. 11-16 years old is the time when economic understanding and activity increases.

introduce investing concepts and the Power of compound interest:

As your child begins to earn more money, with a part-time job or baby-sitting and lawn mowing, it's a good time to introduce them to a bank! This presents a good opportunity to shop around and look at where the best savings rates are, again re-enforcing the concept of compound interest. A savings account is more formal and encourages good money management practices. When money is given as a gift for birthdays or special occasions, some of it can be saved for more expensive items or something that they may want in the future. They quickly understand compound interest and how powerful it can be.

Introduce the concept of investing by encouraging them to choose a company that owns a brand they're interested in...it may be sports related, a games manufacturer or owner of high fashion labels, then look at that company's performance over a few months and consider the reasons why there may have been growth, a fall or fluctuations in the share price.

Role models:

Adults in the house need to set a good example as children emulate behaviour and your attitudes towards saving and spending are likely to become theirs!

Good savings habits pay good dividends for a lifetime. Don't let your children become adults who wish they'd started saving sooner.

ASIC's compound interest calculator is an easy tool to help explain the compounding effect of interest to your teens.

moneysmart.gov.au



Stress-Free HSC

alex dalland

With The hSc beginning in early October, Year 12 students around the state are starting to revise and get mentally prepared for their exams. How to prepare in such a short space of time? Sydney Observer brings you the best tips to help you get sorted out and worry less in the lead up to the HSC.

make notes from the syllabus

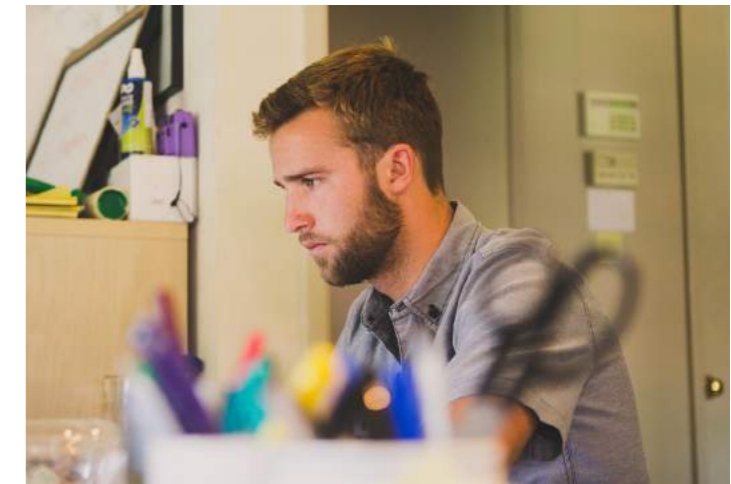
If you are the kind of student who likes to re-write their notes, make sure to categorise them into the main syllabus dot points for each of your HSC subjects and topics – these can be found on the Board of Studies website (boardofstudies.nsw.edu.au). Any question you can be asked for each of your subjects comes from these syllabus topics, so if you prepare according to them you will be ready for any outcome!

Study smarter, not harder

There is no use studying for hours and hours if what you are trying to learn doesn't sink in. Set up your study space to be comfortable and quiet but not distracting. Avoid social media, even if you have to use a website blocking program like SelfControl (for Mac) or Cold Turkey (for PC) and take regular breaks to refresh yourself. If a task seems overwhelming, break it down into smaller actions to help make it more manageable. Getting plenty of sleep and exercising regularly has also been scientifically proven to enhance your memory.

Look after yourself

The HSC can be a very stressful time no matter how much you prepare, and there are no specific rules for how to manage this stress – it varies from person to person. Remember that the HSC is not a measure of your future success in life, take time out from study to do things you enjoy and get plenty of sleep. For some students, exercise or meditation can help relieve exam stress. Some stress can be motivating, but if things get too much to bear it is important to talk to someone.



SUPER CHANGES

What do they mean?

The changes announced in Budget 2016 will be effective from 1 July 2017. To find out what the latest changes are, how they will affect you and what you should do, attend our seminar.

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Technology: Hindrance or Helper?

danielle armour

Time SPEnT OnLinE by children may be beneficial for learning, according to a new study.

The study, conducted by Alberto Posso, a professor at RMIT University in Melbourne, found that teenagers who played online video games had higher test scores at school particularly in areas such as science, maths and reading.

“When you play online games you’re solving puzzles to move to the next level and that involves using some of the general knowledge and skills in maths, reading and science that you’ve been taught during the day,” Posso said.

The study, conducted in 2012 and published last month, also found that social media was detrimental to learning, with teenagers who were regular social media users scoring 20 points lower in maths than students who never used social networking sites or chatrooms.

“Students who are regularly on social media are, of course, losing time that could be spent on study – but it may also indicate that they are struggling with maths, reading and science and are going online to socialise instead,” says Posso.

With 78 per cent of the children who participated in the study admitting to using social networking sites daily, Posso suggests that teachers should look for ways to incorporate social media such as Facebook into their classes, to further engage their students.

Posso obtained the results by analysing the results of testing by globally recognised Program for International Student Assessment. PISA tested more than 12 000 15 year olds students across Australia in maths, science and reading, as well as collecting data on the student’s online activities.

“Students who play online games almost every day score 15 points above the average in maths and 17 points above the average in science,” says Posso.

While the study shows that gaming is correlated with higher scores, it does not give any indication as to the why this occurs. Posso believes that children who are good at maths and reading use online games as a way to practice and improve their skills.

The study starts a much needed conversation about the positives that internet use can have on education, according to Western Sydney University technology researcher, Joanne Orlando.

“We tend to keep hearing about negatives – hype without the research backing it,” she says.

However, the overall theme and quality of online games is also important in determining their educational benefit,

Orlando noted. While games such as League of Legends and Call of Duty have elements of problem solving and strategic thinking, they are dominated by violent themes.

There are some critics of the study, including the deputy head of the School of Education, Federation University Australia, Nicola Johnson, who believes that while the study is newsworthy, it is not an accurate reflection on current practice.

“I think technology practices move so quickly, even within a year,” says Nicola.

Posso’s study, ‘Internet usage and educational outcomes among 15 year old Australian students’ has been published in the International Journal of Communication.



HELPING YOUR LITTLE PERSON PREPARE TO START SCHOOL

mrs Tanya Vaughan, head of Junior School at Roseville college

AWaRm WELcOmE and introduction to parents who are, for the very first time, preparing a child for Kindergarten. To many, the notion of “kindergarten readiness” can be daunting. Don’t let it be. It is simply working alongside your child’s pre-school and future Kindergarten to help little people prepare for the transition into “big school” in a way that best enables them to settle in, learn and thrive.

In my role as Head of Junior School at Roseville College; a leading Anglican School for girls in Kindergarten to Year 12 located on Sydney’s leafy North Shore, each year I am asked by parents for ideas to help them prepare their daughter for their first day at Roseville.

Having also served as Head of School for an independent, co-educational primary school, I know that these ideas are universal, and apply to both boys and girls. Irrespective, it is imperative to have flexibility and acknowledge that children vary widely in their maturity at ages 4 and 5; how should a 4 to 5 year old think, behave and interact?

The following ideas, grouped into four categories to help us better grasp the notion of “kindergarten readiness”, can assist parents and carers to nurture skills and competencies in little people; just remember, there may still be some skills they are working on when they start school.

The important thing is to be aware of each category and to incorporate aspects into your child’s play and activity time. This will help them view starting school positively, with a sense of excitement, and enable all members of your family to enjoy this milestone experience.



Social and Emotional

Making friends and being congenial are at the front of many parents’ minds when wondering how their child will adjust to school life within a group of friends and peers.

Independence and Personal Responsibility

To most parents, this seems one of the more obvious categories; with many already “experienced” in working through topics like separation anxiety, personal hygiene, manners and looking after their own (and others’) property.



academic, curiosity and concept development

With a little conscious effort, parents find this category is the easiest and most fun to incorporate into everyday life; while driving in the car, cooking or making things, and even finding specific items or counting produce when shopping for groceries.

Physical

In a country like Australia, and a coastal city like Sydney, it is crucial that parents consider water survival and swimming among their child’s physical competencies when starting school. Likewise, simple life-skill competencies like how to hold pencils or scissors, how to use a tap or zipper, or even looking left and right at a crossing, all amount to more confidence as a child embarks on her/his educational journey at school.

It is not a school’s expectation that each item be ticked-off by the time a child starts school; however, it is important that children have an awareness of what they are working towards and that they have a willing attitude in learning and improving alongside their peers. If you have any concerns, speak with your pre-school coordinator and/or your child’s future Kindergarten to ensure appropriate steps are put in place to support and encourage children who need it.

CHATTING WITH TIM

alex dalland chats with Tim Dettman, physiotherapist and Director of Kieser Australia about his new Pymble centre and the long-term therapeutic and strength building range of exercises that Kieser provides.

So what is Kieser?

“Our philosophy is to keep people as active as possible, so we do physiotherapy to deal with injuries, we do rehabilitation and we do long-term strength training programs that are very much health-oriented to try and keep people moving. We don’t as physiotherapists just treat on pain, we talk to people about what movement they want to do, what activity they want to get back to, like playing with their kids or their grandkids, because by helping people get strong, as well as treating their pain, we are getting much better long term outcomes.

We look after a lot of clientele who know they need to exercise, but feel like they don’t have a lot of options – most of our clients are over 40... A patient of mine just completed the Switzerland Iron Man 12 weeks after back surgery, another completed her first 30 minute walk pain free in six years – these outcomes are how we measure the success of what we do! A lot of people are resigned to having pain for a long time but they don’t have to – the right advice and the right exercise program can not only reduce pain, but also be protective over the long term.”



What is an average day like for you?

“My role is as a physiotherapist here so I will see clients for a large part of the day. A lot of people who come in here are apprehensive about doing strength training and they often have a long background of injury so it’s a lot of assessment, talking and education. It’s something that we pride ourselves on – trying to teach people about the principles of exercise so that they are safe. There’s also a lot of exercise supervision in my day. Rather than send my clients home with a home exercise program, I actually look after them in here; check their technique, supervise them and progress them. Even when they have finished with me and are training by themselves, I get to catch up for a chat and talk about how they are doing once their pain has decreased.

Also, this is a brand new business in New South Wales, we’ve got

seven centres, almost eight, in Victoria, and local doctors, local golf pro’s know about us – but here in Pymble they don’t yet. So sometimes I’ll venture out to some GP’s and introduce myself, and talk to some local surgeons because we do a lot of surgical rehabilitation as well.”



What advice would you give to readers who want to improve their health and fitness?

“I’d seek the advice of a highly qualified professional, and take a long-term perspective. There’s plenty out there that can offer you short-term changes and short-term gains, but at the end of the day most people want something that’s sustainable in the long term.”

Favourite place to eat on the north Shore?

“(laughs) I’ve only been here six weeks! I live in Queenscliff at the moment, I love Garfish in Manly. They have the best seafood, and it’s a beautiful restaurant.”

Favourite place to grab a coffee?

“The coffee at the Lock Up Cafe is the best – and it’s nice to see a friendly face early in the morning too!”

What do you think is the North Shore’s best kept secret?

“I don’t know any of its secrets at the moment because I haven’t been here long enough, but maybe Kieser might be the North Shore’s best kept secret because no one knows about it yet! Hopefully it doesn’t stay secret for too long.”

Kieser Pymble can be found at 939 Pacific Highway Pymble. For more information on Kieser, contact 8459 9999 or email pymble@kieser.com.au

Make Your Home Eco-Friendly

Emily-Jean mcdonagh

Solar Panels

Installing solar panels in your home could shave hundreds off your energy bill and reduce your environmental impact significantly. In most cases, you will be able to rely on your solar panels for 100 per cent of your energy needs. Clean, renewable energy for a lower cost, what’s not to love?



Set up a compost bin

Paper waste from home offices and food scraps in the kitchen see tonnes of recyclable materials unnecessarily being put into landfill. The fix? Set up a compost bin! You can purchase an outdoor composter or make your own for under \$200. Once it’s in action, you can use the compost to fertilise your garden for free!



Fix Leaks and Stop drips

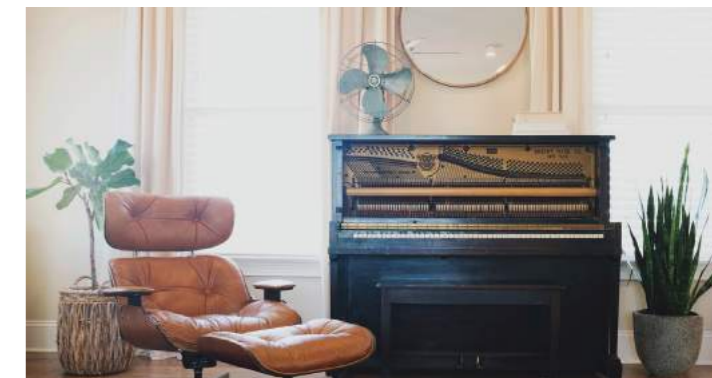
By fixing up the little drips and leaks that occur over time in your home, you can save water and enjoy lower utility bills. Check everything from the kitchen sink to the laundry bathroom and everywhere in between to ensure all tightening is taken care of.

insulate Everything

Beautiful older homes often equate to large utility bills, thanks to poor insulation. Sealing windows and doors, insulating the floor and filling wall cavities will save you mountains by retaining heat in winter and keeping cool in the summer. A temperature controlled home means less air conditioning – very eco-friendly.

Recycled Furniture and materials

Sure there are a range of eco-friendly furniture brands out there, but buying vintage is the greenest choice of all. Local antique and vintage stores are a gold mine for classic preloved pieces without the environmental cost.



Water Saving Shower heads

From water saving shower heads to shower timers, there are a whole host of gadgets out there designed to help you lower your water usage. By installing a water saving shower head, you can reduce your water bill and help the environment in one fell swoop.



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Refresh Your Bathroom on a Budget

alex dalland

nEW ba ThROOMS aRE often a big selling point when putting your house on the market, and when revitalised can make a huge difference to the overall feel of your house. Many people suggest a costly renovation, but sometimes a quick and cheap refresh is all your bathroom needs. *Sydney Observer* looks at three simple ways to add new life to your old bathroom.

add a coat of Paint

Paint can be used on pretty much all of your bathroom surfaces, including tiles. Start by cleaning your tiles with a tile cleaning product and lightly sand off all the old paint. Remember to cover bathroom fittings as well. Tiles can be primed and painted with tile paint, whereas any plaster walls can be painted like normal with a mould and mildew-resistant, oil-based paint.

new bathroom accessories

An old bathroom can be easily updated with brand new bathroom accessories. Keep things simple with only a few clusters of objects to avoid a feeling of unnecessary clutter. Putting in some new candles, some bright towels and bath mats to attract the eye as well as soap dishes and bathroom tumblers in the latest look can modernise the overall feel of a bathroom without requiring major changes.

update your Fixtures

Updating a bathroom's fixtures can be a really simple way of modernising on the cheap. Changing fixtures like the tapware, towel rails and toilet roll holder can be a very simple way to change the entire feel of the bathroom. Changing cabinet handles can also help add to this effect – pick an entire fixture scheme that matches your accessories and go nuts!



Downsize Your Home With Confidence And Style

many PEOPLE aRE enjoying the benefits of downsizing to a smaller home as their lifestyle changes; less financial stress, access to locked-up capital, less housework and maintenance and the ability to 'lock up and leave' to head off travelling.

However, the term 'Downsizing' can bring with it a range of fears and misconceptions.... "I've got to get rid of all my stuff?", "How do I fit it all in?" and "I need to de-clutter!" to name a few!

Lindsey Blondel believes downsizing need not be daunting! She approaches downsizing in a fresh new way, focusing on working with you to create a beautiful new home environment with what you already own.

"I understand that it can be a real challenge leaving your family home and that's why the downsizing process needs a blend of practical and emotional adjustment. As an Interior Designer, I can help you visualise all your precious items set up in a new space. I work with what you already own, re-using as many things as possible and releasing only what is necessary. My 3-step system takes you gracefully through the process and ensures that you are in control of every part of your move, with an experienced guide right beside you all the way."

Working with Lindsey, you can capture the essence of everything you love about where you live now and maximise liveability and style in your new home. She takes the heartache out of downsizing, helping you to settle in – feeling relieved and re-energised!

You can contact Lindsey for ideas on your move and details of her fixed price packages – Downsize. Design. Refine.

0472 555 076

lindseyblondel.com.au

TIDYING UP

Juliana Kichkin

THE cuLT OF tidying up has taken its grip over our time as people have reached a tipping point of clutter in their lives. Publication sensation 'The life-changing magic of tidying up', authored by Marie Kondo, leads a push to live a simple, more joyous existence. SO recommends trying these helpful hints:

Let go of nostalgia

Kondo has observed in her consulting business that many of her clients had difficulty in deciding what to keep and what to donate. One day she asked a client: 'does this spark joy?'

"Keep only the things that speak to your heart. Then take the plunge and discard all the rest," she advises. "When you put your house in order, you put your affairs and your past in order too."

Tackle categories, not Rooms

There is a general approach to cleaning most of us know intuitively – tackle room by room. Tackle the office first, the bedroom next, however Kondo's approach takes an opposing

stance. She advises to tidy by category, for example deal with every single one of your books at once.

For the novice, start with clothing since it's generally the least emotionally loaded (books come next, old photographs much later).

Fold, Don't Hang

Once you've sorted out the things to discard – only then you can decide where the remaining things should go. Rather than folded in a cubby or hanging in a closet, Kondo thinks a lot of our clothing would be better off folded in a dresser.

For mastering the fold (which can be applied to everything from shirts to stockings): first make a long rectangle, and then fold from the bottom up into a little package. This technique makes everything easy to spot and hard to mess up. To keep items standing at attention, Kondo recommends using shoe boxes as divider draws.



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SPRING VEGGIE GARDENS

alex dalland

There is no better time to start your own vegetable garden than Spring, when the soil becomes warm enough to plant all kinds of easy to grow veggies. Here are just a few suggestions.

carrots

September is the start of the carrot growing season, and this easy-to-grow veggie doesn't need too much space to grow in the garden. Dig around the soil before you sow your seeds – otherwise the carrots will grow into unusual shapes! Carrot seeds need moist soil in order to germinate, so the best thing to do is to lay down damp newspaper over the soil where the seeds are, then remove the newspaper as soon as the seeds sprout. Carrots usually take around 3 weeks to show themselves, with the first leaves looking like grass. Once grown, serve them in a delicious carrot salad or just eat them raw!



chives

Chives grow great alongside carrots as they help to ward off carrot flies, which can cause a range of problems to your crop. Chives can be grown in pots or they can be planted straight in the garden. September is the first month you can grow chives outdoors and they grow great in full sun. Your chives will be ready to harvest in around 8 weeks, and will add a light onion flavour to any dish you decide to use them in.



Lettuce

Lettuce can be planted all year round, but make sure you pick a hardy variety to plant if you are planning to grow through the summer as well. Lettuce seeds are very small, so it is best to sow them only a couple of millimetres deep to help them grow. Make sure the seeds are kept very moist and, once they germinate and start to grow, spray the plants with liquid fertiliser – the quicker lettuce grows, the more tender and sweet it is when used in salads!

HANDY HOME HINTS

danielle armour

RENOVATIONS ARE daUNTing. There are an abundance of decisions to make, from when and who to hire for help to managing a long-term budget. Here are five handy reminders:

1. create a schedule

Scheduling helps with booking tradies and buying materials, as well as ensuring that the renovation doesn't get too overwhelming. For whole house renovations, it is better to coordinate work by trade rather than by room. In general, renovations work from the top to the bottom of a room.

2. have a contingency plan

No matter how well you budget a renovation, things don't always go to plan. The worst case scenario is having to spend extra money to deal with something unexpected, and going over budget. Experts suggest planning to spend at least an additional 10 per cent of the budget on contingencies.

3. Prioritise your spending

There is nothing worse than splurging on one item, only to not have enough money to buy the rest of the essentials. Combat this by writing out a list of the items you need to buy and rank them based on importance.

4. Pick good tradies

Good tradespeople can make or break a renovation. Search around for a tradie that offers not only the best price, but a reliable and efficient service.

5. Planning is the key to design

Planning in advance is the key to any renovation. Knowing in advance the intended style of the room and how it works with the rest of the house can save you from buying unnecessary items. If you are renovating in preparation for selling, designer Jane Eyles-Bennet recommends a "neutral with a splash of contemporary and cool" look.



Timing is everything with **underfloor heating**

Most people consider underfloor heating an expensive luxury. Coldbuster Floor Heating managing director, Rick Florence, explains how it can be affordable both in running costs and installation while adding value to your property.

Why underfloor heating?

"The main benefit is the ambience of the room. Anyone who has experienced floor heating in a relative's or friend's house loves it. It just gives the best cosy feeling. The heat is evenly distributed around the room and where you want it – at floor level where the family is. No sound, nothing to see, no clutter."

Is it expensive?

"Not nearly as expensive as people think. It's thought of as a luxury item, but is actually very affordable in both running and installation costs. Our thermostats are programmable so the heating only runs when needed. Furthermore, once the desired heat is achieved, the heater automatically turns off and on when required, so it does not need to run continuously. We also have running cost calculators, so you can see roughly what your cost would approximate."

Value?

"I strongly suggest that floor heating is one of the few things you can invest in a property that will increase its value far beyond the cost. A property with floor heating automatically gives the impression of a luxury property and can easily add not just thousands but tens of thousands to what people would pay because they see it has luxury extras."

"Keep your options open while you still can! - Get a free no obligation quote to heat your floor."

Is it easy to install?

"It's very easy. Everything is DIY, although of course we also offer installation when requested. We have instructions with the products, online videos, and we are always available by phone or email."

What about timing?

"Timing is everything. Our main message to anyone doing flooring is to, at the very least, consider floor heating as an option before it is too late forever! This is why we offer obligation free quotes. We want to ensure people are aware of their options before their floor is in and the opportunity is lost."

What is your biggest challenge?

"Our biggest challenge is not actually the selling; it is getting the message out at the right time, between when it is known that flooring is part of a project and before the floor has been installed. It is such a shame when, time after time, we hear from people who are so disappointed that they didn't think of floor heating or weren't given the option by their builder/tradie to at least consider it before their floors are done! We thrive on doing totally free, no obligation quotes just so everyone at least can consider floor heating as the best option to heat their rooms/home. The comments we get all the time are how great it is. The feeling of going into a room that would otherwise be cold where the floor is warm and toasty is the best!"



Coldbuster are specialists in the construction industry; supplying high quality, low-cost radiant floor heating systems.

**Coldbuster 1800 85 75 65
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Cromer, NSW
sales@coldbuster.com.au**

coldbuster.com.au





hEaLTh cORnER

Juliana Kichkin

Excessive Sitting

THE amERICAN hEaRT Association has warned of the negative health effects of excessive sitting, including increased risk of cardiovascular disease and diabetes. Despite popular belief, recent findings show that vigorous physical activity does not cancel out the negative impact of time spent being sedentary. Instead, the American Heart Association recommends sitting in intervals, rather than large blocks of time. This could be as simple as taking a couple of minutes to walk and stretch every few hours at the office. Their bottom-line advice – ‘sit less, move more’.

Fear Therapy

With the introduction of virtual reality, phobias may soon be a thing of the past. The new technology is being used to stimulate and conquer fears in a revolutionary approach to what is known as ‘Exposure Therapy’. The cognitive behavioural therapy involves subjecting patients to things that they fear on a steadily increasing level. With reportedly only eight per cent of phobia sufferers seeking professional help, the virtual program aims to encourage more people to tackle their fears by providing a safe environment to do so. Further, the program has also been proven to be a highly effective tool for overcoming post-traumatic stress.

Self-improvement

Notions around changing, improving and re-working your personality has been at the forefront of a wave of self-help and self-improvement movements that promise to help people excel in their professional and personal lives. Recently, psychologists have asked the question: ‘Does changing your personality really lead to a happier life?’ A series of studies in Australia looked to see whether changes in personality came hand in hand with increases in life satisfaction. Research found that change can lead to happiness, but too much change can lead to instability in personality. Professionals therefore suggest finding a harmony between accepting yourself and changing for the better.



Ian Sweeney

Thumb Sucking and dummy or Pacifier Use

THE Sucking inSTinct in newborn babies is a powerful one and often helps a child to settle. It is quite common for newborn infants to suck their thumb or fingers, while other children may benefit from the use of pacifiers.

Pacifier use and finger sucking are believed to be harmless habits and their use does not alter the dentition if its use is stopped by age two or three. Generally, children cease sucking before the age of four and before any permanent teeth start to erupt. If this is the case, the risks of any dental deformity should be avoided.

If, however, the sucking continues beyond three to four years of age, the risks of harmful effects on the developing dentition and jaws increase. The most notable changes are protruding upper front teeth and anterior open bite, posterior cross bite,

narrow arch width of the upper arch, and a high narrow palate, while the appearance of calluses on the thumb or fingers is an obvious sign of thumb sucking.

The longer the finger sucking or pacifier use continues beyond the age of five, the greater the risk of adverse effects. Often all that is required to help break the habit is a gentle reminder from the parents such as placing an Elastoplast or Band-Aid on the fingers that are usually sucked.

In some cases, the habit is harder to stop. It is important to realise the child may need this extra comfort for some reason, and it is important not to punish them for it. Gentle counselling of a child old enough to understand the damage the habit is causing is often all that is required. When a child is trying to break the habit but having difficulty doing so, it may be necessary to

place an orthodontic appliance into their mouth. The orthodontic appliance is designed to act as a gentle reminder, as well as actively blocking the soothing effect of the digit sucking.

If orthodontic appliances are required, these are placed in conjunction with active counselling and encouragement by the dentist or orthodontist to ensure the child understands the process and wants to stop the habit. Once the habit is broken, any appliance would be left in place for a further 3-4 months to ensure the habit does not recur. Should your child have a thumb or finger sucking habit, it is important to seek the advice of your dentist.

Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turramurra.

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Women's Health Week

Juliana Kichkin

WOMEN'S HEALTH WEEK is a week dedicated to all women across Australia. Run by Australia's leading and most trusted women's health organisation, Jean Hailes, it's a week to focus on health, learn more and take action in a supportive and informative environment.

"Women can be good talkers, but when it comes to health, we often don't take the time to ask questions, seek out credible information and work on a sound plan of action. It's time to get rid of the elephant in the room and get talking about women's health," says Jean Hailes.

In honour of this year's theme 'Am I normal?' the launch will discuss the results of the annual Jean Hailes survey, revealing what women really think when it comes to key areas of their health such as sex, body image, mental health and weight.

Let your workplace, local community, friends and family know about the Jean Hailes Women's Health Week. Subscribe to Women's Health week email updates to stay in the loop and get valuable women's health facts and tips. You could also share the week with friends in person and on social media with the hash tag #womenshealthweek, to get as many people talking!

There is also the opportunity to host or take part in a Women's Health Week event in your community. You can access free resources on the Jean Hailes website and stream their very first Women's Health Week webinar.

Women's Health Week launches from the 5-9 September 2016.

womenshealthweek.com.au



RUOK? DAY

Emily-Jean McDonagh

ARE YOU OK? A little question can make a big difference. On September 8th RUOK? Day implores Australians to take notice of those around them and reach out, as your words may be a lifeline for someone else.

Founder Gavin Larkin saw the havoc wreaked by suicide firsthand, his father sadly took his own life in 1995. The unexpected event left the Larkin family with unanswered questions and immense grief. From this moment, Gavin has campaigned for greater connection with others across the community to prevent suicide and protect others from the pain of losing a loved one.

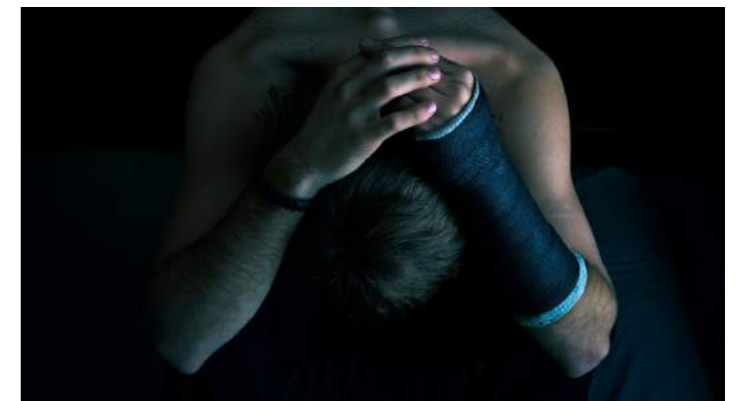
For an incredibly sensitive issue and complex problem like suicide prevention there is a certain power in asking the simplest of questions, "Are you OK?" Taking the time to strengthen relationships and establish meaningful connections can help stem feelings of isolation and create a sense of belonging for individuals suffering from mental health issues.

Although awareness is growing around mental illness, services pale in comparison to those of physical diseases and many sufferers are left without a lifeline. 2014 saw a rise in suicide deaths with almost 3000 people taking their own life.

"We must not forget that suicide is preventable, and support and funding for evidence-based programs will save lives," says Prof Helen Christensen, Director of the Black Dog Institute.

To be involved and raise awareness, you can start a conversation and pose the question to those around you, a small act that may change someone who is vulnerable mind entirely. Ask, listen, and encourage seeking help. This conversation may be daunting, but be sure to follow up and build on the relationship.

ruok.org.au



Redefining Success: How Wonder Contributes to Success



Vera Randall, Founder of Knitwit and Owner of Just better care northern Suburbs

WRITING abOuT adRianna

Huffington's redefinition of success being expanded beyond money and power to include *giving* and *wellbeing* has encouraged me to work on improving my own feeling of success. I hope it has for you too...

The last piece in the redefinition of living a successful life is *wonder*. With so many demands on our time, capturing wonder can be elusive. However, the words of Louis Armstrong's song "What a Wonderful World" are an encouragement for us to find the time to seek wonder and soak it up.

Armstrong, affectionately known as 'Satchmo', sang: "I see trees of green, red

roses too; I see them bloom for me and for you; and I think to myself what a wonderful world.

"I see skies of blue and clouds of white; the bright blessed day, the dark sacred night. And I think to myself what a wonderful world."

Yes, we can fill our world with wonder by slowing down and seeing it. Wonder is all around us. At this time of the year peach trees are in blossom, "laughing their heads off" – as I read once – and tulips and daffodils are popping their heads up after the winter months. Let's take time out to organise our lives to experience wonder – and in doing so improve our wellbeing.



If you are a family carer or a person needing care at home consider booking one of our Support Workers to take over for a few hours a week so you can take time out to rediscover wonder. Think about how you would spend the time; a visit to an art gallery, a drive to a botanical garden or to a special place to see the smile on the

face of a friend you haven't seen for some time.

We are here to help with respite time out for carers; transport for people with care needs wishing to get out and about to visit friends, go to a movie or on a shopping trip. Or, consider booking a spring clean for

your home. You can then stand back and look at your sparkling surroundings with wonder.

Take time to *wonder* – It's a beautiful world.

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IN-HOME, SOCIAL & LIFESTYLE SUPPORT

September Hotspots

danielle armour

The Food and Wine Festival

The Food and Wine Show aims to show off the produce, wine and talent of local regions. This festival, held at Mt Penang Gardens and Events Park on the Central Coast, will showcase a hand picked collection of highly popular food and wine vendors from the region. Held on Sunday 11 September from 10am-4pm, the festival is only a short drive from Sydney and will feature food, wine and beer tastings, live entertainment, kids' activities and the opportunity to meet with vendors and industry leaders.

thefoodandwinefestival.com.au



WORLD'S LARGEST SILENT dinner Party

As part of the Sydney Fringe Festival, this dining experience is described as a living art installation. Held on Saturday 24 September from 7pm, the three course meal is to be eaten in total silence with Australian-born, internationally renowned performance artist Honi Ryan. Guests are required to not use their voice, read, write or interact with technology during the experience. The event is held at Paddington Town Hall, allowing for 400 diners to share the experience. Tickets are \$95 and include a three course meal and a glass of champagne on arrival.

sydneyfringe.com/featured-events/silent-dinner

Taste of Coogee

Being held for the first time at Coogee Oval, Taste of Coogee offers food lovers and budding chefs the opportunity to taste a variety of food and wine from some of the area's local restaurants, as well as cooking demonstrations from a number of renowned chefs. The festival runs over two days from 3-4 September, with demonstrations being held from 10am-6pm. The event will also feature numerous kids activities and rides. All proceeds from taste of Coogee will be donated to Coogee Lions Club, raising money to help local families in need.

tasteofcoogee.com



FERMENTED FOODS

alex dalland

One OF The year's biggest food trends has been the rise of 'fermented foods'; pickled vegetables and cultured drinks that contain healthy bacteria and often provide a unique taste experience. The bacteria in fermented foods has been known to remove toxins, help absorb nutrients and boost immune system functioning.

Kimchi

'Kimchi' is a traditional Korean dish prepared using vegetables, with chili flakes, salt and sometimes fermented fish. The vegetables used vary according to the season and while traditionally they included radishes, cucumbers and cabbages, modern kimchi can be made from almost any vegetable. While mostly confined to Korean restaurants, kimchi is well worth trying both in traditional offerings from Danjee restaurant in Sydney and in more unusual combinations like the 'kimchi paella' served at the Chicken Institute in Surry Hills.

Kombucha

Kombucha is gaining popularity for its simplicity to prepare at home and for its enormous health benefits. Simply steep tea in a mixture of water and sugar, add white vinegar and a starter culture and allow the mixture to ferment for between seven and

thirty days. While some health claims of Kombucha have not been proven, its healthy probiotic cultures are thought to aid digestion, with the drink being full of antioxidants. Make it yourself at home, or if you feel like sampling a few varieties – head to Wild Kombucha in Leichhardt, Sydney's first Kombucha bar!



Fermented Vegetables

A mix of fermented vegetables, including dill cucumbers, sauerkraut, beetroot and even more exotic vegetables like Tempeh – a Malaysian soy bean preserve – are all being enjoyed more regularly at home by hobbyists who decide to ferment their own mixtures. Just about any vegetable can be fermented, all boasting beneficial bacteria. If you're looking for somewhere to enjoy a mix of pickled vegetables or buy some ready-made ones on the North Shore, Sprout Wholefoods Cafe & Grocer in Naremburn offers a wide range.

TAPAS TAPAS BODEGA

At Tapas Tapas Bodega, good food should never be boring; instead it should be an exciting way of eating! The tapas menu unites Spanish gastronomy and Australian produce in an artistic form expressing the joy of life and appreciation of good food and company. Plus, with gluten free and vegetarian options also available, nobody has to miss out on this delicious taste of Spain!

While the menu is authentically in Spanish there are English translations, making it easy to taste as many dishes as possible. Signature dishes include slow cooked pork belly in caramelized sauce Ramon's style, and crepes filled with smoked salmon, artichoke, onion and capers. Not only serving the very best of Spanish cuisine, a selection of imported Spanish wines are also on offer.

A trip to Tapas Tapas Bodega will have you wanting to plan your next trip to Spain, or at least your next tapas dining experience!

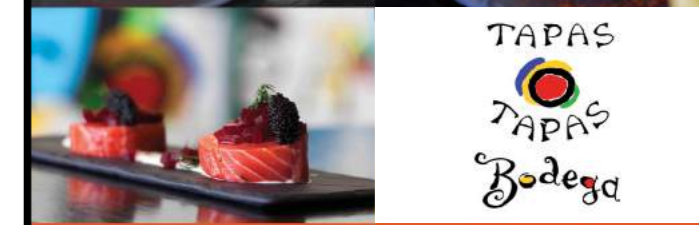
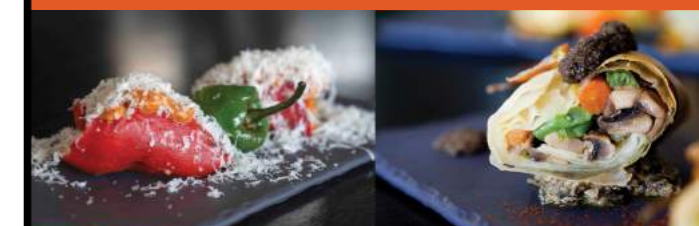
tapasbodega.com



Enjoy the tastes of Spring at Tapas Tapas Bodega

With the warmer weather on our doorstep there is no better time to visit Tapas Tapas Bodega for a selection of delicious Tapas plates.

Great food, wine & atmosphere.



Shop 1/1269 Pacific Highway, Turrumurra
PH: 02 9449 4622 | www.tapasbodega.com

AUSSIE COFFEE CULTURE

Juliana Kichkin

AUSTRALIA'S COFFEE CULTURE is one that is steeped deep within the social fabric of our nation. If you happen to be a fellow coffee enthusiast, you will no doubt have noticed the relentless boom of coffee culture, one that doesn't seem to be letting up anytime soon.

The rise of the popular beverage in Australia has specifically been linked to attitudes of relaxation and socialising.

The Espresso as Social Emblem

The rise of the coffee culture we know today is one that was developed by Italian immigrants in Melbourne.

In the 1950s, when Australia saw mass immigration to large cultural hubs like Melbourne and Sydney, a cultural phenomenon was born – that of the introduction of espresso shots by Italian immigrants and the invention of the coffee shop as a new public forum for socialising, passing the time and solidifying communal connections.

Thus the act of ordering coffee in a café became an inherently social emblem, one that is reflected today in trends that emphasises coffee as an experience.



The Rise Of The deconstructed coffee Experience

The latest reports of the Melbourne coffee scene – a frontier for trendsetting Hipsters is cafes now selling de-constructed coffee.

Served on a paddle in three separate cups, customers are invited to 'build their own coffee' in three separate cups – one with espresso, one with milk and one with water.

Remix culture here To Stay

This may just be the start of a thoroughly artisanal approach to the art of drinking coffee, something Australia is garnering an international reputation for.



cold brew

Among the other latest trends include cold brew, which reduces acidity and produces a softer, smoother and sweeter coffee.

carbonated coffee

For the braver of heart, there's carbonated coffee, which is poured out of a beer tap, while dispensed nitrogen is added to create a foamy texture, like beer. It creates a sensation that is something like a stronger coffee, for those looking for extra bite to their morning or afternoon brew.



Reinvention Of The Old

Filtered coffee – once looked down upon by the coffee bean faithful – is having its time in vogue. Recent trends have seen coffee artisans using the highest quality coffee to recreate soluble coffee, which is a nostalgic visit to the past, albeit updated.



Jump out of your Winter skin and into Spring fashion with a natural looking glow. Honey Bronze offers an easy to use application so you can decide exactly how much product you want to use.

The body Shop honey bronze Tinted Leg mist, \$34.95.

The body Shop honey bronze Tinted Face gel, \$25.95.

thebodyshop.com.au



Superfoods aren't just for the insides... Inspired by traditional beauty remedies from around the world, each jar contains a secret power from purifying to nourishing to help your skin look and feel as good as you do inside!

The body Shop himalayan charcoal Purifying glow mask, \$39.95.

The body Shop british Rose Fresh Plumping mask, \$39.95.

thebodyshop.com.au



If you have admired winged eyeliner from afar but have never been able to master the skill then this is the product for you! It is a game changing eyeliner application tool with a genius triple-edged eyeliner guide that acts as your steady hand and symmetry expert when applying liner to your eyes.

beauty blender Liner.designer, \$22.

sephora.com.au



A lipstick for women in the know, this is a one-of-a-kind accessory reserved for those fashionable few. A bold lip colour with extreme shine and an obvious plump-up effect.

givenchy Rouge interdit Vinyl, \$47.

sephora.com.au

muST - ha VE Sabrina muysken
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Discover your most naturally pretty eyes with this must-have palette that's perfectly sized to go wherever you do.

iT cosmetics naturally Pretty Essentials, \$42.

itcosmetics.com

Bright, airy and easy. Luxe meets simplicity. This is the perfect companion for your handbag to keep you smelling incredible all day long.

commodity magnolia, \$24.

sephora.com.au



ALL ABOARD THE TRANS-MONGOLIAN RAILWAY

aLEX daLLand

IT IS ONE of the longest railways in the world, travelling from east to west through seven time zones and spanning over more than 7 000 kilometres. The Trans-Mongolian railway is a unique stretch of rail connecting the enormous Chinese capital city of Beijing with Moscow, and everything in between. Although the continuous train journey itself lasts six days, there are many sights to see in amongst the countries' contrasting landscapes.

beijing

China's capital, and with a population of 22 million people its second largest city. The Forbidden City and Beihai Park both reflect traditional Chinese culture, while sights like the National Museum of China – built in the style of imposing Stalinist architecture – and the world's largest public square, Tiananmen Square, reflect modern China and its proud nationalism. Beijing's most famous dish is Peking Duck, and the Quanjude duck restaurant near Tiananmen Square is one of the best places to experience this delicacy.



The Great Wall of China is one of the country's most recognisable monuments and is only a short drive away from Beijing.



Russia's Lake Baikal has some of the clearest water in the world, with a stone falling being visible for up to 40 metres underwater.

irkutsk

Another two days into your journey lies Irkutsk, in the heart of Russia's vast countryside. Irkutsk itself is only a small city, but a short drive away lies Lake Baikal – the world's deepest lake and home to nearly 20 per cent of the world's fresh water. Whether visiting in winter or summer, it is worth stopping to see the clarity of the lake and to learn about the unique animals like the Baikal seal which live there. After a revolt on the Tsars in the mid 1800's, many intellectuals and nobles were sent to live in the city in exile – which now means Irkutsk is home to a rich cultural history evident in its museums, such as the Sukachev Art Museum.

ulanbaatar

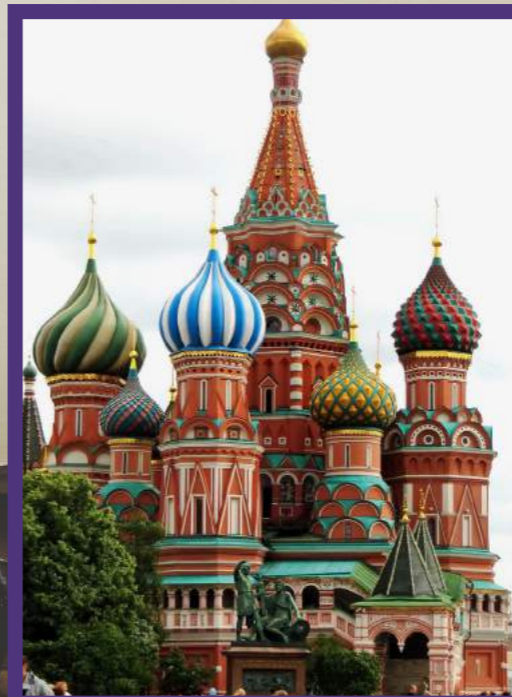
The railway's next major stop – two days into the journey – is Ulanbaatar, in the heart of distant Mongolia. One of the world's least densely populated countries, Mongolia is breathtaking in its sheer emptiness – the countryside lacks trees and is filled only by a rare camp of tents or truck passing by on the road. Once inside Ulanbaatar, visit the famous Zaisan Hill to view the entire city, get out to the peaceful countryside and go hiking or horse riding in the Gorkhi-Terelj National Park, or if you are a keen shopper visit the cashmere outlets for cashmere clothing that is far cheaper than anything you could ever find back home!



View of Mongolia's Capital city Ulanbaatar from Zaisan Hill.

moscow

At the end of your journey lies Moscow, Russia's capital and formerly one of the most powerful and mysterious cities in the world. One-tenth of all Russian citizens live in the Moscow metropolitan area, and sights like the Kremlin are worth the long journey from the east. Visit the wondrous Red Square to see the iconic St. Basil's Cathedral, and if you are early enough for the limited opening hours, Lenin's Mausoleum – where you can view his embalmed body. If you are an art fan, the Tretyakov Gallery follows a history of Russian and Soviet art (as well as modern art) and will be sure to keep you occupied for hours.



Moscow's famous St Basil's Cathedral is built to resemble a bonfire rising into the sky.

Trips on the Trans-Mongolian Railway are usually easiest to organise with either a local or Australian travel agency. Australians need visas to travel by rail through China, Mongolia and Russia, and these can be applied for at each of the local consulates in Sydney or Canberra.

SEPTEMBER

1 - 30 September

Sydney Fringe Festival
Where: Inner City, various locations
cost: Free and paid events
When: Various times
contact: sydneyfringe.com

3 - 4 September

Festival of dangerous ideas
Where: Sydney Opera House
cost: \$27 and up
When: Various show times from 10am-10pm
contact: fodi.sydneyoperahouse.com

11 September

Festival of the Winds
Where: Bondi Park, Bondi Beach and Bondi Pavilion
cost: Free
When: 11am-4pm
contact: waverley.nsw.gov.au

18 September

blackmores Sydney Running Festival
Where: Bradfield Park, Milson's Point
cost: \$40 and up depending on race entered
When: 7am-10am start depending on race entered
contact: fodi.sydneyoperahouse.com

15 - 18 September

Sydney underground Film Festival
Where: The Factory Theatre, Marrickville
cost: Various prices
When: Various times
contact: suff.com.au

30 September

nickelodeon SlimeFest
Where: Sydney Olympic Park Sports Centre
cost: From \$54
When: 11am and 6pm
contact: nick.com.au

24 - 26 September

mercedes benz Fashion Festival
Where: Sydney Town Hall
cost: \$40-\$140
When: Thursday- Friday 6:30pm and 9pm, Saturday 6:00pm, 7:30pm and 9pm
contact: mbffsydney.com.au

16 - 18 September

better homes and gardens Live
Where: Sydney Showground, Sydney Olympic Park
cost: Adults \$18 for online booking/ \$23 at the door
When: 10am and 5pm
contact: bhglive.com.au

4 September

Writers in the Park
Where: Centennial Park
cost: Free
When: 10am-6pm
contact: writersinthepark.com.au

24 September - 1 October

australian Transplant games
Where: Sydney International Regatta Centre, Penrith
cost: Free to spectate
When: From 10am daily
contact: australiantransplantgames.com

3 September

Spring Wine and cheese Picnic
Where: Pirrama Park, Pyrmont
cost: Free
When: 1pm-8pm
contact: eventbrite.com.au

18 September

all Victoria day and launch of restored ballarat tram 37
Where: Royal National Park
cost: Adults \$18, Children \$10
When: 10:15am-4:15pm
contact: sydneytramwaymuseum.com.au

Emerge Festival StreetFair
Where: Chatswood CBD
Cost: Free
When: 3 September, all day
Contact: springfestival.willoughby.nsw.gov.au

EuroFest
Where: Ararat Reserve, Frenches Forest
Cost: Adults \$7, Students and pensioners \$5, Children under 15 are free
When: 10-11 September, all day
Contact: eurofest.org.au

Knox Spring Festival
Where: Gillespie Field, Warrawee
Cost: \$10
When: 9 September, 9:30am-2pm
Contact: kmc.nsw.gov.au

St Ives Medieval Fair
Where: St Ives Showground
Cost: \$12-\$133
When: 24-25 September, 10am-6pm Saturday and Sunday
Contact: kmc.nsw.gov.au

Manly Jazz
Where: Manly Beachfront and The Corso
Cost: Free
When: 30 September-3 October, 10am-6pm
Contact: manlyaustralia.com.au

Alliance Française Classic Film Festival
Where: Orpheum Theatre, Cremorne
Cost: Adults \$19.50, Children \$14.50
When: 2-4 September, Friday 7pm-9pm, Saturday 4:30pm-6:30pm, Sunday 4pm-6pm
Contact: afclassicfilmfestival.org

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PHONE: 9144 6227

TOM AND JEFF'S FLOWER SHOP

Kerrie Erwin

TOm and JEFF were a lovely couple that owned an older building in the city that was used for their garden business. From the moment they moved in, they had ongoing problems and were convinced their building was unlucky and full of some type of bad energy. No matter how hard they tried to get their business going nothing worked, which was unusual as all the other businesses around them were highly profitable. In the end they gave up their dream and put the business on the market. Growing increasingly frustrated, they called me as a last resort to try and get the business going so they could sell.

Once there I immediately noticed paranormal energy hitting my senses. The whole space was very heavy, dark and obviously had a haunting that had been causing the business problems. I walked around and cleared all heavy energy as I went. When I finally made my way down to the basement of the building I found the real reason I was there. Huddled together in a tiny cupboard in a trap door in a wall, were five lost spirits that had passed in a terrible fire that had destroyed the building many years ago. With great emotion I quietly said the Lord's Prayer as a tribute to the poor spirits and sent them on their way to the spirit world for healing. Within seconds the heavy, depressing energy lifted. Within two months of the spirit rescue, Tom rang me up to let me know that the business sold for the exact money that they had hoped for!

Love and light,

Kerrie

pureview.com.au



READER QUESTION

bertram, 1948 – What is happening to me and my wife? Please let us know about our moving. Will it help us at this old age?

This is a year of changes for you and your wife, so as a person of habit; this is not a good feeling at all on an emotional level. I can assure you things will be fine once you have moved so now it is time to downgrade and get rid of things, people and old habits that no longer serve you. When one door closes another opens, so keep the faith all will be well.

- i am so relieved and thankful to you for making me strong. i appreciate your guidance!

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, d.o.b and question for our resident Clairvoyant Kerrie Erwin.



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