

P&F Notices

Coming Up...

Next P&F Meeting Week 7
Monday 16th March
7pm in the Library
All New Members
Welcome!

Guest Speaker
Wednesday 14 March
7pm
Ahern Centre

The Liwara P&F is on Facebook

The Liwara P&F has a Secure Facebook Group for members of the Liwara community only. The Facebook Group is used for internal event advertising Second hand uniforms and information for members of the school community.

To join, search 'Liwara P&F Association Private Group' on Facebook or click link <https://www.facebook.com/groups/377178798959937>. Request membership and answer all three questions.

Membership will only be accepted once eligibility confirmed with the School Secretary. All members of the School Community wishing to be on Facebook must read the guidelines available on the school website.



P&F Contacts 2020

President - Sam Lane

liwarapfpresident@gmail.com

Vice President - Davide Trevisan-Singh

liwarapfvice@gmail.com

Secretary - Lyndal Marron

liwarapf@gmail.com

Treasurer- Angela Ford

Assistant Treasurer - Kerrie Serrano

liwarapftreasurer@gmail.com

LADS (Liwara Awesome Dads Society)

Coordinator - Craig Byrne

liwaralads@gmail.com

Classroom Rep Coordinator - Sarah Kerby

Trybookings - Nicole Manganaro & Jen Scott

liwaratrybookings@gmail.com

All enquiries should be directed to P&F

Secretary: liwarapf@gmail.com

Family Matters

February 2020

DIAMOND Is Just a Piece of Charcoal That Handled Stress Extremely Well

BUILDING RESILIENT FAMILIES THAT THRIVE

Cognitive stress has become such a big part of our personal and professional lives. Whilst safety incidents like slips, trips and falls are comparatively easy to identify and manage, cognitive stress requires a deeper understanding and resolution strategies at both the individual and the group level

LIWARA P&F invites you to attend a 2 hour workshop on Resilience and Performance. The workshop, based on psychology and neuroscience of human behaviour, will provide awareness and tangible strategies to respond to the brutal reality in order to strengthen cognitive resilience

WORKSHOP FOCUS

- Fascinating physiology, psychology and neuroscience that underpins stress and resilience
- Cognitive stress's impact on health, relationships, communication, trust, and productivity
- Reviewing mental models that drive behavioural patterns and derail overall effectiveness
- Exploring the upside of cognitive stress energy and using it to increase productivity
- Building resilience in children

DATE- WEDNESDAY 4TH MARCH 2020 -- TIME - 7:00 PM - 9:00 PM --VENUE - AHERN CENTRE

\$10

PLEASE BOOK YOUR TICKETS ON <https://www.trybooking.com/BINVY> BY LATEST 3rd MARCH
MONEY RAISED WILL BE CONTRIBUTED BACK TO THE SCHOOL



The Liwara Craft Collective is a group of volunteers who create a wide range of craft items for the annual Liwara Fair, run by the P&F Association



If you or someone you know, would like to be part of the Liwara Craft Collective, please contact us on liwaracraft@gmail.com