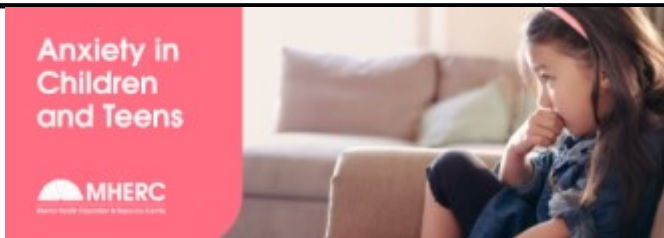


Community Notices – Ngā pānui a te hapori

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)



Anxiety in Children and Teens

This online workshop focuses on building your knowledge and confidence around supporting children and young people who experience anxiety. Anxiety doesn't need to rule their worlds (and yours). Join this free workshop to learn more about how to shrink anxiety down to size. This online webinar is suitable for parents, caregivers and anyone working with children and teens who may be experiencing anxiety.

Thursday 18 May, 7.00pm - 8.30pm | FREE

Facilitated by Catherine Gallagher | *Registered Clinical Psychologist, MNZCCP, MA(Hons)*

[Register Here](#)



We're looking for leaders who know their community to help deliver the 2023 General Election.



We are also very interested in having people from the community working in your Voting places and anyone over the age of 16 is eligible. Base rate is \$27 p/h. It's an hourly rate, and we pay you while you are training also.

Please register your interest to work for us at [Work at the 2023 General Election - Electoral Commission \(elections.nz\)](https://www.elections.nz)


Election Date: Saturday 14th October 2023

Community Notices – Ngā pānui a te hāpori

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)

CREATIVE THERAPIES COLLECTIVE

Childrens Creative Arts Therapy



Does your child need an outlet for their emotions, stress, or trauma? Do they need some help communicating their thoughts and feelings? Are words a bit tricky?

Children's workshops launching May:
 The Bridge Hub, South New Brighton
 5-8yrs Friday 3.45-4.45 pm
 9-12yrs Friday 5.00-6.00 pm
creativetherapiescollective.com to book

MAIREHAU HIGH SCHOOL


OPEN AFTERNOON



Tuesday May 23
2.30pm - 4.30pm

We are now accepting enrolments for 2024.

Encouraging EXCELLENCE in our community



Avonside Girls High School
Open Afternoon

Thursday 1st June 2023 from
 3.30pm—5.30pm

What it takes, to be

UNBEATEN

for over ten years!



Captain of world champion team Avaya, Nathan Fa'avae will inspire you to find your own success

Tried and true strategies and team dynamics that work
 Life lessons from a pro adventure racer with relevance for your everyday life, sport and business goals.

Date: 7pm, Wednesday 24 May, doors open 6.30pm
Price: Adult \$30, Youth 20yrs & under \$20
Venue: Large Theatre, Shirley Boys High, Christchurch
Tickets: <https://unbeaten.lilregie.com>

Many thanks to our sponsor: **WICKED R / GAINES**
STARTING WITH THE BEST

Photos: [Aloisia Sore](http://www.aloisiasore.com)
aloisiasore.com

Fundraising for the **PAP** NZ Junior World Orienteering Team
Parkruns and Plains Orienteers



Community Notices – Ngā pānui a te hapori

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)

Parent Seminar Programme



Tuesday May 16, 7PM @ Shirley Boys' High School

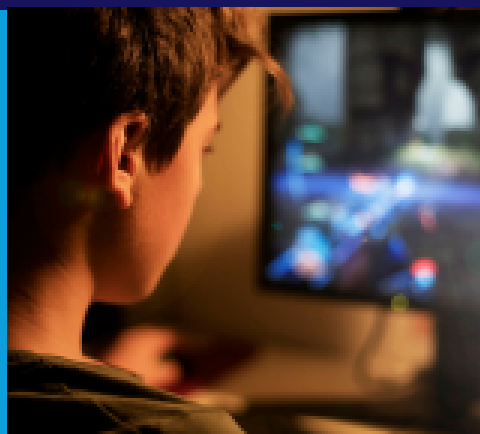
Inside the Teenage Brain: A Roller Coaster Ride for Parents

Presented by Dame Sue Bagshaw

Thursday June 8, 7PM @ Shirley Boys' High School

Sleep Smarter: A Parent's Guide to Promoting Healthy Sleep Habits for Young People

Presented by Michael Hempseed



Wednesday 21 June, 7PM @ Shirley Boys' High School

OMG, My Teen is Melting Down! A Parent's Survival Guide to Coping with Big Emotions and Anxiety

Presented by Dame Sue Bagshaw



Community Notices – Ngā pānui a te hapori

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)



Upcoming Events!

17 May 2023 - Junior Chef Course 3:30pm - 5pm
(6 Wednesday's course - \$300 p/p)

18 May 2023 - Barista Course 2pm - 5pm (\$99 p/p)

20 May 2023 - Barista Course 9am - 1 pm (\$99 p/p)

25 May 2023 - Pink Ribbon Breakfast 08:30am - 10am (\$65 p/p)

1 June 2023 - Cupcake Decorating Class 10am - 1pm
(\$99 p/p - take home 4 beautifully decorated cupcakes)

8 June 2023 - How to put together a Grazing Board - 7pm - 9pm
(\$65 p/p)

10 June 2023 - Barista Course 9am - 1 pm (\$99 p/p)

15 June 2023 - Barista Course 2pm - 5pm (\$99 p/p)

17 June 2023 - SPCA Treat Week - Learn to make delicious treats for your dog 2pm - 4pm (\$65 p/p)

22 June 2023 - Learn how to fill chocolate moulds 9am - 12pm
(\$120 p/p - take home some deliciously filled chocolates)

3 - 7 July 2023 - Junior Chef Course 9am - 12pm 8 - 12 year old (\$300 p/p)
1pm - 4pm 13 - 17 year old (\$300 p/p)

13 July 2023 - Barista Course 2pm - 5pm (\$99 p/p)

19 July 2023 - Chef Andy shares his meat and BBQ secrets 7pm - 9pm
(\$99 p/p and enjoy some delicious meat)

22 July 2023 - Barista Course 9am - 1 pm (\$99 p/p)

27 July 2023 - Host a Roast for Ronald McDonald House 7pm - 9pm
(\$99 p/p)

Sign up for our events by using our QR code




CHRISTCHURCH NETBALL CENTRE
Pūkaki Pūkakiwhiriwhiri o te Kōwhiriwhiri
Netball | We live this game

NO LIMITS NETBALL!

SATURDAY MORNINGS

Skills and netball activities for people with disabilities. All abilities welcome. No fee | Ages 5-16 years - 9.35am

Block One – 4 weeks Sat 6 May to Sat 27 May
Block Two – 4 weeks Sat 10 June to Sat 1 July

Register: sporty.co.nz/viewform/233066
Contact jnrnetball@cnc.org.nz

FRIDAY 19TH MAY – 3.30PM TO 5PM
RAWHITI DOMAIN - EASTERN CANOPY

FREE FOOTBALL

FOR BOYS AND GIRLS AGED 8 TO 12 YEARS

SPACES LIMITED
PLAYERS MUST BE REGISTERED ON THE ONLINE FORM



ELEVATE A
Youth Week in the East 2023

Mainland Football

Christchurch City Council

Click on the picture to sign up for FREE FOOTBALL