

## Community News

**Leaders for Education scheme** - I am proud to support Karori Normal School under the Leaders for Education scheme. If you or someone you know is thinking of selling your home, arrange for a free, no obligation appraisal from Martin Binks. If you sell your home with me I will make a donation of \$250 to the school. This is only available from Martin Binks at Ray White in Karori. I can be reached by e-mail at [martin.binks@raywhite.com](mailto:martin.binks@raywhite.com), and Ph: 022 066 3170 or 04 212 3170. Martin Binks, Licensed Real Estate Salesperson, REAA 2008, Ray White Karori.

Is "**Clean the Windows**" on your To Do list? Save time & hassle, get the job done professionally & support the KNS by getting Karori local Bernard from Ultimate Cleaning 0277550107 to do them for you. \$150 for inside & out (\$120 for small house with easy access). Bernard will donate \$10 from every job to KNS. Referee: Stacey Wilson 0274154849 or [fin.stacey@xtra.co.nz](mailto:fin.stacey@xtra.co.nz)

**Northland Cubs, Scouts and Keas are looking for new members.** Coming out of lockdown we have an exciting programme for the rest of the year, with the opportunity to get outside and have an adventure or two. We have spaces available for Keas (age 5-7), Cubs (age 8-10) or Scouts (age 11-14). Interested in developing your leadership skills, we are looking for new leaders for keas and cubs. Full training and support are available. Like to know more? Check us out at [www.facebook.com/NorthlandScouts](https://www.facebook.com/NorthlandScouts) or email [Northland.Scouts@gmail.com](mailto:Northland.Scouts@gmail.com) for more information.

### **FIRST CHILDRENS OPEN DAY for the season - Capital Trout Centre Open Day Sunday 6th September 2020**

Children must have a licence to fish for trout and free licences/tickets are available from **Monday 24th August 2020** at the following stores.:

**Capital Fishing, 49 Ghuznee Street (off Cuba Mall)**

**Hutt Valley Hunting & Fishing, 8 Te Puni Street, Petone**

The Centre is located behind the WCC Administration buildings on the way to the Wellington City Council Southern Landfill, on Landfill Road, Happy Valley, Wellington and is open to the public on specific days.

Children do not have to bring any gear as Club members will assist children to catch a trout on fly fishing tackle.

As the Centre is manned and maintained by volunteers we rely on donations to cover our expenses of purchasing the fish from the hatcheries, fish food and general maintenance.

Your donations will be appreciated

Contact: Strato 387 7878 (wk) 386 3740 (hm)

email: [strato.cotsilinis@gmail.com](mailto:strato.cotsilinis@gmail.com)



### **A 10 week programme for young people aged 10-13 years**

**This highly impactful educational offering engages young people with a dynamic, interactive programme that helps them to understand the source of their innate resilience and wellbeing.**

Over the course of 10 sessions, students learn about accessing the built-in knowledge that empowers them with the confidence to manage their challenges and difficulties covering issues such as: worry, stress, anxiety, low moods, anger, bullying, social media, self image and identity.

The curriculum has already been delivered with great success to a number of schools and groups of young people, receiving outstanding feedback from students, parents and teachers.

**Wednesday afternoons**  
**14th October - 16th December (Term 4)**  
**3.45pm - 4.45pm**

Khandallah Town Hall, 11 Canges Road, Khandallah, Wellington

Spaces are limited. To secure your place, please contact Julie Cederman or Megan Martin: [iheartgalo@gmail.com](mailto:iheartgalo@gmail.com).

Cost: \$220 for the 10-week programme.  
Parent / caregiver welcome to attend.

For more information about the *iheart* programme please go to [www.iheartprinciples.com](http://www.iheartprinciples.com)

