These foods cause the most:

- peanuts
- eggs
- milk, particularly cow’s milk
- wheat
- soy
- seafood, such as shrimp
- nuts
- other nuts
- spices
-Shellfish

Maybe just one little bite?

You’re allergic to peanuts. Delicious dessert, but then you turn every animal on the planet into a new superfood. What is a food allergy? In this workshop children will be learning to draw Cartoon Dave. In this fully interactive workshop, you’ll be learning to draw Crazy Super Heroes. Learn to create your own completely goofy super-heroes! We’re not talking about regular super heroes, these are the other guys... Toilet Paper Man, Toaster-Head, Completely Ridiculous Woman, whoever you come up with, you’ll learn to draw them head to toe, with all their super-gear from their super-suits, masks and capes to any outrageously stupid gadgets they might need.

CRAZY SUPER HEROES 10.30am-11.30am

One show only 10.30am-11.20am
For the whole family
Tickets: $5 per person
Only 120 tickets
Children under 2 free

 /* headache */

In this exciting and creative workshop children will be creating 3 different kinds of art works from sketching, painting and printing, all reflecting ideas from famous artists. Children will be able to take all their artwork home on the day. Annette Carter has been teaching Visual Arts for 14 years from kindergarten to year 12 and operates her own ceramics business.

ART WORKSHOP With Annette Carter Wednesday 24 January

The Emperor’s New Beat Box is a joyful and informative journey into story and song. The story follows Chops and Lix, who are musical storytellers. Lix has been collecting wonderfully strange instruments from around the world and is keen to start using them. Chops has been shopping on line and has bought a new music sensation – the Emperor’s New Beat Box. The latest in nano MP3 technology, it claims to play the coolest music and the greatest stories in the whole wide world.

EMPEROR’S NEW BEAT BOX With Sydney Theatre Company Wednesday 16 January

What is a food allergy? Food allergies occur when your immune system makes a mistake. Normally, your immune system protects you from germs and disease. It does this by making antibodies that help you fight off bacteria, viruses, and other tiny organisms that can make you sick. But if you have a food allergy, your immune system mistakenly treats something in a certain food as if it’s really dangerous to you.

“Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut. “Hey, do you want some?” Your friend asks as he offers you a peanut.

These foods cause the most food allergies:

- peanuts and other nuts
- seafood, such as shrimp
- milk, particularly cow’s milk
- eggs
- soy
- wheat

Food allergy awareness week 13-19 March 2013

http://kidshealth.org/
Hello,

Over the Christmas holidays this year we are running even more activities for you to enjoy and for the first time we have branched out and are hosting an activity at St Marys Corner.

Next year we have a new program joining our Children’s Library services—Babytime. All the information about this exciting new program is on the back of the newsletter.

The last Storytime session for this year will be:

After a long break of over the Christmas holidays the first Storytime sessions next year will be:

---

**Babytime**

**Coming to Penrith Library!**

Penrith Library will be introducing Babytime starting in February 2013. Babytime is aimed at, but not limited to, first-time parents. The aim is to help new parents to build their parenting network, develop parenting skills and meet some health professionals for tips and ideas.

Babytime will be:
- On the last Thursday of the month (During school terms only)
  - From 10:30am – 11:30am
  - At Penrith Library Theatrette
- Free, bookings are not required

There will be a different theme every month on a range of topics including singing, baby massage, reading and playing with your baby. Each session will be followed by a talk from a professional guest speaker on the topic. The program is designed for baby/babies and their individual parent/caregiver.

---

**Midweek Extravaganza**

Introducing a brand new after school activity for school age children.

Every term will have a different theme and activity:
- Ideal for home school groups
- Small group size
- Parents can stay and help their children to learn
- Reinforces school curriculum

---

**Fizzics Science Club is coming to Penrith Library in 2013!**

Fizzics Education is now taking expressions of interest for our 10 week hands-on science program: **Clark Chaos.** This program explores scientific concepts that surround us every day. Beginning **Thursday 7 February 2013,** children can build and erupt model volcanoes, dissect a sheep’s heart, make plastic using only milk and vinegar and much more. This program is suitable for students in years 3 to 6 at school.

Register now to ensure that you don’t miss out as there are limited positions available. Bookings are essential.

Payment for the whole term, $175 per child per term (10 weeks).
- School Term 1, every Thursday of the week, 4pm – 5pm
- Minimum 15 students are required to run a science club.

To register your interest please contact:

Barjinder at Penrith Library
Email: bkaur@penrithcity.nsw.gov.au or Phone: 47327890 or Visit the “club” tab at www.fizzicseducation.com.au

---

**Toy Library Outreach Service**

Did you know we also have a specialised Toy Library Outreach Service, which contains an extensive range of switch adapted & sensory and educational toys and resources for children with disabilities and ongoing high support needs by referral?

We provide a home delivery toy library service for eligible families living within the Penrith Local Government Area to borrow toys, as well as one on one borrowing sessions which are held every Wednesday & Friday afternoon **by appointment** with the Toy Library Coordinator at the Emu Plains branch.

Are you interested or know anybody who is interested in volunteering with the toy library during the week or of a Saturday morning? Our toy library sessions are run by volunteers – people in the community giving back to the community. We are always interested in having more friends on board to join our team! Please contact Michelle on mpearman@penrithcity.nsw.gov.au for a volunteer application form, or contact the Toy Library mobile on 0418 664 879. We look forward to hearing from you!

**Toy Library runs ‘stay and play’ sessions in each branch from 10am – 12pm during the school terms:**

**Our last sessions for 2012 are:**
- St Marys: Tuesday 11th December & Saturday 15th December
- Penrith: Wednesday 12th December & Saturday 15th December
- St Clair: Thursday 13th December & Saturday 15th December
- Emu Plains: Saturday 15th December

---

**We return in 2013 at:**
- St Marys: Tuesday 12th February
- Penrith: Wednesday 13th February
- St Clair: Thursday 14th February
- Emu Plains: Saturday 16th February