



Be Safe, Be Respectful, Be Your Best

**Newsletter Term Four**  
**Edition No 19**  
(November 21<sup>st</sup> 2018)

Dear Parents

Thanks to all the families who attended our final children's Mass last Sunday. The students read and sang beautifully. Well done

### **MacKillop Art Exhibition**

The annual MacKillop Art Exhibition was launched at Sacred Heart Cathedral Bendigo on Friday November 16th at 6pm. The exhibition showcases student artworks from across the Sandhurst Diocese and features paintings, photographs, drawings, sculpture and ceramics.

Major awards are announced at the exhibition launch each year, the MacKillop Art Prize for the best overall senior artwork, the Spiritual Art Award for Secondary and Primary students and the Primary Art Award for the best primary entry. There was great excitement as **Jack McQualter** was announced as this year's overall **Primary winner**. The water-colour landscape proved popular with the judges who were impressed with the skill demonstrated in creating his artwork titled "My Peaceful". Further success was achieved by **Rhani Thompson** whose artwork, 'Talk, Talk, Talk' was one of four **highly commended** entries. Well done to Jack and Rhani!

The exhibition is open for public viewing until Sunday December 2nd at the Sacred Heart Cathedral, Bendigo. The exhibition was inaugurated in 2010 to celebrate the canonisation of St Mary MacKillop and her inspiration to countless generations of Australians.

### **Carols at the RSL**

This Sunday 'Carols on the Lawn' will take place at the RSL commencing at 6pm.

The students of Sacred Heart have been invited back this year to perform some Christmas songs. It would be great to get as many students as possible representing our school at this event.

### **School Christmas Concert**

Our school Christmas concert will be held on the 6<sup>th</sup> December at 6pm. This year will be performing on the grass lawn at the front of our Leadership Centre. More details will be forwarded as we get closer to the date

### **Classes 2019**

When deciding on classes, our teachers consider academic achievement levels, children who work well together and children who are better to be separated, special learning needs and behaviour and social or emotional needs. This process takes a lot of time, care, compassion, thought and trust. It is not vital for your child to be in the same class as his/her best friend. It is vital to be in a class with the best interest of your child in mind. It is very difficult to move children around once classes have been set. It is not possible to move one child as this inevitably affects that of another. I thank you for your understanding in this matter.

### **Charlie and the Chocolate Factory**

Next Wednesday at 6.30pm is the Opening night (and only night!) for our school production Charlie and the Chocolate Factory. Ms Fountain and students have been very busy rehearsing under very secretive conditions!!!! We are all looking forward to seeing this exciting event.

### **Swimming**

Our swimming program will begin Friday 30<sup>th</sup> November and Finishing on the 14<sup>th</sup> of December.

### **Lisa Boyer**

Lisa has been extremely ill since the end of Term 3. We miss her boundless energy around the corridors and classrooms of Sacred Heart and pray for her speedy recovery.

Please keep Lisa and her family in your thoughts and prayers.

### **Open Board Meeting AGM**

Parents are invited to attend the open board Meeting Annual General Meeting this Tuesday at 6.00pm in the staff room.

Take Care  
Arn

#### **Acknowledgement of Traditional Custodians**

Sacred Heart acknowledges the traditional custodians of the land on which this school is built. We commit ourselves to working in partnership with Aboriginal people for reconciliation and justice.

### **Sacred Heart is a Child Safe School**

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability.

### **Yarrawonga & District Netball Association Representative Netball Trials for 2019**

Trials for the 2019 Representative season for all age groups will be held at the Yarrawonga and District Netball Association courts on the following dates;

Under 13's – born 2006 and 2007

Under 15's – born 2004 and 2005

Under 17's – born 2002 and 2003

#### **Trial dates:**


Thursday 22nd Nov 5.00 – 6.00pm

Tuesday 27th Nov 5.00 – 6.00pm

Thursday 29th Nov 5.00 – 6.00pm

Please note it is expected that girls attend 2 of the 3 trial dates (all is preferable) to be considered for selection. To bring – drink bottle, appropriate netball attire, no jewellery. Registrations are now open online via my netball website. Click on link below, log in by using your email address as your ID and your password and follow the prompts. (For assistance with online registration please contact Meg Munro on 0408128854) Online registrations will close on Tuesday 20th November.

There will also be a registration night held Tuesday 20th November at the YDNA courts Vic Park from 4.00 – 5.00pm. For further enquires please contact Katrina Kennedy (Co-ordinator YDNA Representative Netball) on 0438543017 or email [Katrina.kennedy@bigpond.com.au](mailto:Katrina.kennedy@bigpond.com.au)

Week	Term 4						
				Thu 22 <sup>nd</sup>	Fri 23 <sup>rd</sup>	Sat 24 <sup>th</sup>	Sun 25 <sup>th</sup>
7 (Nov)				Fete Committee Meeting 3.30pm SHP	*Parish Mass- Yr 6 * Woods Point Visit Yr 6		Club Mulwala Christmas Concert 6pm
	Mon 26 <sup>th</sup>	Tue 27 <sup>th</sup>	Wed 28 <sup>th</sup>	Thu 29 <sup>th</sup>	Fri 30 <sup>th</sup>	Sat 1 <sup>st</sup>	Sun 2 <sup>nd</sup>
8 (Nov/Dec)		School Board Meeting 6pm SHS	School Production- Charlie & Chocolate Factory 6.30pm		Swimming Safety Program Yrs 3, 4 & 6 'Show 'n' Shine' (Bike, Scooter & Helmet Day		
	Mon 3 <sup>rd</sup>	Tue 4 <sup>th</sup>	Wed 5 <sup>th</sup>	Thu 6 <sup>th</sup>	Fri 7 <sup>th</sup>	Sat 8 <sup>th</sup>	Sun 9 <sup>th</sup>
9 (Dec)	Swimming Safety Program P-2 & Yr 5	Swimming Safety Program Yr 3-6	Swimming Safety Program P-2 & 6D	Swimming Safety Program Yr 3-6  Christmas Concert 6pm	Swimming Safety Program P-2 & Yr 5 7.30pm  Ski Club Carols on the Lagoon 7.30pm		
	Mon 10 <sup>th</sup>	Tue 11 <sup>th</sup>	Wed 12 <sup>th</sup>	Thu 13 <sup>th</sup>	Fri 14 <sup>th</sup>	Sat 15 <sup>th</sup>	Sun 16 <sup>th</sup>
10 (Dec)	Swimming Safety Program P-2 & Yr 5	Swimming Safety Program Yr 3-5 & Prep 9.30am-Prep 2019 Transition 11.30am- Yr 1-5 Transition 2019	Swimming Safety Program Yr 1-2 & 6	Swimming Safety Program Yr 3-6	Swimming Safety Program P-6 & BBQ Lunch		
	Mon 17 <sup>th</sup>	Tue 18 <sup>th</sup>	Wed 19 <sup>th</sup>	Thu 20 <sup>th</sup>	Fri 21 <sup>st</sup>	Sat 22 <sup>nd</sup>	Sun 23 <sup>rd</sup>
11 (Dec)		10am- End of Yr School Mass	Final Day for Students	Staff PD	Final Day for Staff		

## Catholic Identity

Meegan McInness

### Children's Mass

Thank you to the children and families and staff who led us in our Sunday Liturgy last weekend. All children were keen to be involved and read and sang beautifully.

### Christian Meditation

For nearly three terms we as a school community have been meditating twice a week. From 9am Tuesday and Wednesday mornings, the whole school stops for 5 mins and participates in Christian Meditation. Christian meditation is a journey of faith and helps us open ourselves up to God's love

The benefits of Meditation

- Meditation reduces stress and increases our sense of wellbeing and harmony.
- Meditation leads to increased self-knowledge and self-acceptance.
- Meditation deepens our personal relationship with God
- Meditation increases our desire to build community with others.

By using Christian meditation with our student's we are allowing communication through stillness, silence and the senses, we can trust in God to do the work of God and talk to the children in silence. The children have become quite the experts at Christian Meditation so please have a chat to them about this type of prayer. Our Year 5 students have made a great display in our front foyer about Christian Meditation, please feel free to come and have a look at it or join us for meditation on a Tuesday and Wednesday morning.

Enjoy your week.

Meegan McInness

[Mmcinness001@shyarrowonga.catholic.edu.au](mailto:Mmcinness001@shyarrowonga.catholic.edu.au)



## Pastoral Wellbeing

Janine Buerckner



[jbuerckn@shyarrowonga.catholic.edu.au](mailto:jbuerckn@shyarrowonga.catholic.edu.au)

If you have any issues that you'd like to discuss, regarding your children's education or their social or emotional wellbeing, please feel free to come and see me – my office is in the Admin Block.

Our Breakfast Club is held on Wednesday and Friday mornings, before school, and all are welcome.

## Dealing with Video Game Crazes: Fortnite and fanaticism – Part Two by Martine Oglethorpe

### Benefits of video games

*Social and emotional effects:* Playing video games after a challenging day at school can provide relaxation and stress release and is a great way for some kids to unwind. Finding a place to fit in or belong may also be a benefit, particularly for those kids who don't excel on the sporting field or who struggle in other social settings, etc. A lot of group work is used in these games and thus skills in co-operation, leadership, group work and collaboration may also be enhanced.

*Physical benefits:* Hand/eye coordination skills are developed as well as greater spatial awareness and recognition.

*Cognitive skills:* Thinking and analysing skills are certainly being developed through game play, as are persistence and thinking outside the box. Trial and error is often required in order to find the way to the next level, survive with limited ammo or create a structure with varying materials.

Now of course in order to enjoy these benefits parents need to ensure that gaming remains under control and that the games being played are at an appropriate level for their child.

### Things to keep in mind

- Play a game with your child or watch someone else play if you are unsure if it is appropriate. There are plenty of videos on YouTube of people playing games so that can be a good way of getting a feel for a game before you hand over the controller. Many have also cited great benefits and bonding from playing these games with their kids. Young people often enjoy 'teaching' their parents as well.
- Discuss any themes or concepts you are concerned about to see if your child has a grasp on the reality (or lack thereof) when it comes to certain games.



- Monitor how your individual child is coping with a game and the amount of time they are playing. If their mood is changing, they are having a fight to come to the dinner table or they are staying up all night and neglecting other areas of their lives, then you will need to step in and make some changes.
- Remember it is your house and your rules. But making these rules and boundaries from a place of knowledge and understanding makes them a lot easier to enforce.
- If a child is struggling with time limits, warnings may help and you may wish to
- slowly reduce the time being played (rather than go cold turkey). However, some parents have had success with giving their kids a total break from games when things were getting out of hand. Others prefer to limit game playing to certain times of the day, once school work or household chores are completed or to weekends only.
- Always go to the settings area of any game or network as there you will find ways to make the experience as safe and positive as possible. Minimising the number of people they have the ability to connect with and who can make contact with them is a good place to start.



Remember that every child is different and so the effects that gaming has on each child will be different. As parents, we also have our own values and beliefs about what is important to us so be sure these are not being compromised. The key to enjoying a positive experience with whatever game or craze comes your way is to ensure your child maintains control over their play, that they are playing safely and that they are still leaving plenty of time to do all of the many other things they need to experience on any given day.



### **Martine Oglethorpe**

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops, for teacher professional development and for corporate and parent information sessions. Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)

## **CHILDREN'S CHATTER MATTERS**

**In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage in meaningful interactions with their family.**



Ten activities will be provided during Term 4 focusing on pragmatic language skills. Pragmatics refers to the social use of language and includes what we say, how we say it, our body language and whether it is appropriate to the situation. Feel free to adjust these activities according to your child's grade level.

**\*\*Discuss feelings and emotions and encourage the use of words rather than actions. Model sentences to your child, e.g., "I can see you're upset because...". Give examples and provide reasons, e.g., "That makes me feel ..... because...." Try to use a range of different vocabulary such as excited, embarrassed, upset, confused.**

**\*\*Try to communicate with your child without using words. It will be important to use facial expression and body language.**



If you have any questions you can contact Jasman Studzinski, Educational Speech Pathologist through the School's Learner Diversity Leader, Janine Buerckner.

### PBIS Mini Blitz- Week 7

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## Extend OSHC at Sacred Heart Yarrawonga

### Extend-a-Hand [Help Our Farmers Today](#)

Extend has partnered with [GIVIT](#) to help raise funds for our farmers and their families. Go to <http://blog.givit.org.au/Extend-a-Hand/> to donate



### Teaching the children about Community Spirit

Christmas is not just about receiving it is also about giving

Christmas international community support: If each family in our service donated \$2 we could buy chickens for 4 families for Christmas.

Christmas local community support: The men's shed has been part of our program for the whole year, and we will be continuing this relationship next year.

We are putting together a Christmas hamper for the Men's shed as a surprise.

Art Classes- At Friday art classes we are looking at some modern artists. We have done zip lines with Barnett Newman, and some of the children have shown interest in Jackson Pollock. We will start adding drawing to the program by request of some of the children.

Some of our works are displayed in the Mercy Centre.

Basic First Aid Lessons So far we have covered 000 calls. What will you be asked?

How to control Bleeding both minor and severe, as well as burns



**Our Holiday Program bookings are being taken now.**

**Book early to get the early bird specials**

**Dec 2018: 20th and 21st. Jan 2019 7th to 29th**

**Upcoming Activities for next week:**

Monday 26th November: Sunsmart What does it mean? and Sunsmart poster

Tuesday 27th November: Make your own game and New Dressups

Wednesday 28th November: play The Voice, and Jackson Pollock art

Thursday 29th November: first aid lesson: blood nose, and journal writing

Friday 30th November: Art class/drawing and cooking cornflake biscuits

Jo Kingston (Team leader) and the Extend team **LookedAfter: [extend.com.au](http://extend.com.au)**

### **Sacred Heart College Grade 6 Transition**

Transition for students starting Year 7 at Sacred Heart College in 2019 will be commencing in November this year.

Students will be involved in afternoon rotations over a three-week period and then attend a full day at the College in December. Orientation day provides a great opportunity for your child to explore the College and aims to promote enthusiasm and positive participation for secondary education in Year 6 students.

Parents will be sent more information in the coming week.

#### **Dates:**

Tuesday 27th November from 1.50pm to 3.00pm

Tuesday 4th December from 1.50pm to 3.00pm

**Full Orientation Day** - Tuesday 11th December from 8.50am to 3.10pm

For further information, please contact the College on: 03 57 421 302



### MacKillop Primary Art Awards

Recently, two of our students, Jack McQualter-Whyte and Rhani Thompson represented Sacred Heart at the MacKillop Art Exhibition.

The **MacKillop Art Exhibition** is an energising and inspiring celebration of the gifts of our students and the generosity and creativity of our teachers.

Through art, we can make connections with one another. By making and looking at art we search for meaning from the perspective of others as well as from our own personal experience. The MacKillop Art Exhibition provides us with the opportunity to connect and share our stories across the Diocese.

Each year we are asked to contribute 5 outstanding artworks to the exhibition. These artworks may have been produced as part of the students' regular study in the visual arts or from the Artist in Residence program. They may include, painting, drawing, mixed media collage, sculpture, ceramics, installation, photography or digital media.

This year two Sacred Heart Students were recognised for their talent and creativity. On Friday the 16<sup>th</sup> of November, **Jack McQualter-Whyte** in Year 6 and **Rhani Thomson** in Year 4 were awarded prizes. They were invited to the **Sacred Heart Cathedral in Bendigo** where they were formally acknowledged in front of their respective families and **Catholic Education Office** representatives.

There was great excitement as Jack was announced as this year's overall Primary winner. The water-colour landscape proved popular with the judges who were impressed with the skill demonstrated in creating his artwork titled "My Peaceful". Further success was achieved by Rhani whose artwork, "Talk, Talk, Talk" was one of four highly commended entries.

Congratulations Jack and Rhani, we are very proud of your achievements.



### Congratulations and Well done

Yesterday our Yr 5/6 Girls Basketball team headed to Melbourne for the State Basketball Championships. The girls performed well and enjoyed the opportunity to compete against other girls from across the state. The girls represented the school proudly and we thank the parents, staff, families and Woods Buses for their support on the day.



### SWIMMING SAFETY PROGRAM

#### Week 8

	<i>Fri 30<sup>th</sup></i>
<b>Group 1 (12:00)</b>	4T & 4I
<b>Group 2 (12:30)</b>	3K & 4K
<b>Group 3 (1:00)</b>	3W & 3OC
<b>Group 4 (1:30)</b>	6M & 6S
<b>Group 5 (2:00)</b>	6D

#### Week 9

	<i>Mon 3<sup>rd</sup></i>	<i>Tues 4<sup>th</sup></i>	<i>Wed 5<sup>th</sup></i>	<i>Thurs 6<sup>th</sup></i>	<i>Fri 7<sup>th</sup></i>
<b>Group 1 (12:00)</b>	Preps	3W & 3OC	1A & 1H	3W & 3OC	1A & 1H
<b>Group 2 (12:30)</b>	1MC & 2M	3K & 4K	1MC & 2M	3K & 4K	1MC & 2M
<b>Group 3 (1:00)</b>	2B & 2O	4T & 4I	2B & 2O	4T & 4I	2B & 2O
<b>Group 4 (1:30)</b>	1A & 1H	6M & 6S	Preps	6M & 6S	Preps
<b>Group 5 (2:00)</b>	Fives	Fives	6D	6D	Fives

#### Week 10

	<i>Mon 10<sup>th</sup></i>	<i>Tues 11<sup>th</sup></i>	<i>Wed 12<sup>th</sup></i>	<i>Thurs 13<sup>th</sup></i>	<i>Fri 14<sup>th</sup></i>
<b>Group 1 (12:00)</b>	Preps	3W & 3OC	1A & 1H	3W & 3OC	Prep - 2
<b>Group 2 (12:30)</b>	1MC & 2M	3K & 4K	1MC & 2M	3K & 4K	
<b>Group 3 (1:00)</b>	2B & 2O	4T & 4I	2B & 2O	4T & 4I	BBQ Lunch
<b>Group 4 (1:30)</b>	1A & 1H	Preps	6M & 6S	6M & 6S	3-6
<b>Group 5</b>	Fives	Fives	6D	6D	

# CHARLIE AND THE CHOCOLATE FACTORY

## WHEN

Wednesday 28<sup>th</sup> of November  
6:30pm

## WHERE

The Mercy Centre  
Sacred Heart Primary School

Sacred

Heart

Primary

School's

Drama

Club

presents

WELCOME

TO A WORLD

OF PURE

IMAGINATION



## Sacred Heart Parent & Friends Association

### VOLUNTEER REQUEST

The Cod Classic is being held again this year from Friday the 31<sup>st</sup> of November to Sunday the 2<sup>nd</sup> of December and again we have been asked to assist by selling the raffle tickets. For this support, the Parents and Friends are paid \$1750. This is the last request for the year and we are in need of volunteers for a couple of hours over this weekend.

If you are able to assist please contact Shannon Doyle by phone 0427 303 138 or by email [damiendoyle@bigpond.com](mailto:damiendoyle@bigpond.com) or return the slip below to the school office if you are able to assist.

Any assistance would be greatly appreciated.

<b>Name:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Friday 31st Novemebr - 2018 COD CLASSIC</b>	
3pm - 5pm	
5pm - 7pm	
7pm - 9pm	
<b>Saturday 1st December - 2018 COD CLASSIC</b>	
5.30pm - 7.30pm	
7.30pm - 9.00pm	
<b>Sunday 2nd December - 2018 COD CLASSIC</b>	
9.30am - 12.30pm	







*Sacred Heart Primary School*

# **Bike, Scooter & Helmet Show 'n' Shine**

## **Friday 30<sup>th</sup> November**

**On the Basketball Courts during lunchtime**

Bring along your bike/scooter & helmet and put it on display  
for our Show 'n' Shine.

**It's free to enter** and we would love to see as many students as  
possible riding and scooting to school on this day.

Activities include a timed obstacle course, year level Show 'n'  
Shine rides, music and entertainment.

After lunch, we will have the team from the **Great Victorian  
Bike Ride** join us at Assembly for a special presentation.  
Join us for a fun day promoting a healthy lifestyle and safety!

If you would like more information please contact Daniel Boulton  
[dboulton@shyarrowonga.catholic.edu.au](mailto:dboulton@shyarrowonga.catholic.edu.au)





# Could \$500 help you with school costs?

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## Contact

Wendy McNamara  
your local Saver Plus  
Coordinator

## Phone

0457 849 112

## Email

[WMcnamara@berrystreet.org.au](mailto:WMcnamara@berrystreet.org.au)

## Web

[www.saverplus.org.au](http://www.saverplus.org.au)

  
**saverplus**

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

SATURDAY • 1 DECEMBER 2018 • 7PM TO 10PM

# LIGHT UP YARRAWONGA. FOR XMAS!

...

YARRAWONGA FORESHORE (NEAR AQUAZONE)  
CHRISTMAS LIGHTS ON AT 9PM



LIVE  
ENTERTAINMENT :

ACTIVITIES  
FOR KIDS :

FOOD  
& DRINK

COME ALONG & ENJOY THIS FREE FAMILY FRIENDLY FESTIVITY WITH  
SPECIAL GUEST SANTA & RUDOLF





Including  
a visit from  
**Santa**

# Carols by the Lagoon

**Friday, 7th December, 7.30pm-9pm**

■ **Special Guests:**

— *Lakeside Voices Choir* — *Paul Vitullo*  
— *Rodney Vincent* — *Scott & Amanda*

■ **Entertainment also includes:**

— *Mulwala Public School* — *MC: John Walker*  
— *Sacred Heart Primary School*

■ ***Proceeds to Friends In Common***

■ ***Dress for the festive season***

■ ***Food & drink available***

■ ***\$2 entry***

■ ***No BYO***

**mulwala**  
**waterski**  
*Club*





The Yarrawonga Mulwala Amateur Canoe Club will once again host the 2018 Murray Quad, on the last weekend of spring, the event has changed its format to concentrate on two events; a paddle and a run held over 2 days with each day highlighting one sport.

Saturday the 24<sup>th</sup> of November will highlight Paddle the Murray with the Peaches and Cream Paddle from Cobram to Tocumwal and Sunday the focus will turn to Run the Murray with the Running of the Black Bull Festival that involves 4 separate run options including our fundraising event the Kids and Parent fun run that will take place after all the other running events have finished so parents can have the chance to run or walk with their children.

In the past the Murray Quad has supported both local and international charity groups such as Channel 4 Change and Save the Children through its connecting with community campaign (see details below) and this year all the proceeds from the Kids and Parents Fun Run will be going to HeartKids to support a family from our local running community that is affected by Congenital Heart Disease.

So all of the \$5 entry fee for the Kids and Parent Fun Run will go to HeartKids.

The Murray Quad has a unique connection with the local community, unlike many major sporting events funds raised are not distributed to one group instead all community groups involved in the running of the Murray Quad receive a percentage of the proceeds from the event. These groups include Yarrawonga SES, Yarrawonga Rowing Club, Yarrawonga Men's Shed, Yarrawonga Scouts, Yarrawonga Yacht Club, Yarrawonga Mulwala Development Inc, Shepparton District Amateur Radio Club, Yarrawonga Mulwala, Cobram Barooga and the Shepparton Canoe Clubs. We are also working with the local businesses and sporting groups to establish "The Health and Wellbeing on the Murray" program is aimed to encourage members of the community to be involved in more physical activity, so they can have a happier life and prosperity. There are several well-being programs in schools, for mums and the workplace, so our target will be different to these groups.

- Family - Encourage all members of the family to make the right lifestyle choices – Murray Quad Kids and Parent Fun Run, Bfit weekly community run walk.
- Middle Aged Men – Post local team sport age and pre-retirement age, Nutrition and exercise reduce your waist line.
- Seniors – Stay on your Feet program. Elderly members of the community walking and balancing sessions aim to reduce falls.



# Run the Murray

## Running of the Black Bull Festival



Sunday the 25th of November involves 4 runs that will start and finish at the Yarrawonga rowing club utilizing some of the best walking tracks along the Lake Mulwala foreshore en route runners will run along the newly upgraded Yarrawonga foreshore trail, through Chinaman's Island nature reserves and the Silverwoods Golf Course and Lifestyle Resort.

- **21.1km Running of the Black Bull Half Marathon.**
- **10.55km Quarter Marathon (Do the Q)**
- **7km Yarrawonga Foreshore Trail Run**
- **2km Kids/Parents Fun Run**
  - Including the 400 mt Dash 4 Cash (this event starts at 10.30am once the half, Q and trail has finished this will give parents the chance to run or walk with their children)



### 2km Macca's Kids/Parents Fun Run - 10.30am

The Macca's Kids/Parents fun run will start with a 400m dash to the turnaround point where participants will collect a card that they take to the end of the finish hub that will reveal a prize, runners continue to follow the Taylor Family Walking Track around Chinaman's Island Wetland to the finish at the rowing club.

