

Sacred Heart Primary School Yarrawonga

2014 Term 4 Week 6 Newsletter



2015 Staff

Last week we interviewed nine applicants for three positions available at Sacred Heart. It really is a very important job – not just because these people will be teaching our children but also because of the huge amount of work that these

candidates have put into their applications. Job interviews are stressful occasions but all presented themselves extremely professionally which made our decisions even that much harder to make. The successful candidates were Jenny Sagaidak, Kirby Hillier and a 'job share' position to Maureen McLarty and Nikki Connell. I'd like to congratulate the four successful people and welcome them to Sacred Heart in 2015. I'd also like to thank the panel made up of Dean Carroll, Janine Buerckner and Damian Appleton as our School Board Representative for the time and effort they put into reading the applications, short listing, completing referee checks and then being a part of the interviews last Wednesday. Their efforts on your behalf were most appreciated.

School Board AGM

We will be holding our School Board Annual General meeting next Wednesday 19th November in the staff room here at school. 2015 will see us adding only one member. That person will be determined at the Parents and Friends AGM early next year. Karen Vodusek will complete her term as Chairperson but will complete her time on the Board as a general member. We will take the opportunity to thank Karen for her outstanding leadership and efforts as School Board Chair at our School Board Dinner on the 28th November.

School Fete

Rachel and the Organising Committee still require significant support. The response has been positive but more help is still needed so the same old few aren't left to do all the work.

Catholic Education Yarrawonga – Arts on Display

You may have noticed the brochures and flyers situated around town at the moment advertising our Arts on Display event on Thursday and Friday of this week. Our Official opening will occur on Thursday afternoon from 5.00pm and we invite as many families as possible to come along and have a look at the children's work. The pieces will be on display on Friday afternoon as well but will be finishing at 7.00pm as the Year Two 'Sleepover' starts to get into full swing. Peace and best wishes, Paul

Dear Parents,

This Friday we will farewell Alisha O'Dwyer who begins her Maternity Leave. We have been so lucky to have Alisha with us this year. She has been extremely professional and the support she has shown to her colleagues this year has been outstanding. We wish Alisha and Matt well with the birth of their beautiful baby and we look forward to welcoming her back in the not too distant future.

Paul Maher



Heather Keenan



Jacqui Nixon



[62 Orr St or P.O Box 199 Yarrawonga](mailto:principal@shyarrawonga.catholic.edu.au)

[Phone: 03 5744 3339](tel:0357443339)

[Fax: 03 5743 1377](tel:0357431377)

principal@shyarrawonga.catholic.edu.au, hkeenan@shyarrawonga.catholic.edu.au, jnixon@shyarrawonga.catholic.edu.au,

Week	Term 4						
6			Wed 12 th	Thu 13 th	Fri 14 th	Sat 15 th	Sun 16 th
				CEY Arts on Display 5pm-8pm	CEY Arts on Display 5pm-8pm Radio Awareness- Yr 5/6		
	Mon 17 th	Tue 18 th	Wed 19 th	Thu 20 th	Fri 21 st	Sat 22 nd	Sun 23 rd
7	Prep Excursion- Kyabram Fauna Park	Yr 6 Orientation Afternoon 1 1.30pm-3pm Out of Uniform Day			SCHOOL FETE 5pm-8pm		
	Mon 24 th	Tue 25 th	Wed 26 th	Thu 27 th	Fri 28 th	Sat 29 th	Sun 30 th
8		Yr 6 Orientation Afternoon 2 1.30pm-3pm			Numurkah Tennis Tournament		
	Mon 1 st	Tue 2 nd	Wed 3 rd	Thu 4 th	Fri 5 th	Sat 6 th	Sun 7 th
9	Swimming Program Week 1	Yr 6 Orientation Afternoon 3 1.30pm-3pm					
	Mon 8 th	Tue 9 th	Wed 10 th	Thu 11 th	Fri 12 th	Sat 13 th	Sun 14 th
10	Swimming Program Week 2	Orientation Day	Prep 2015 Transition Session 4 9.30am-12.45pm	Windsurfing Yr 5/6			
	Mon 15 st	Tue 16 th	Wed 17 th	Thu 18 th	Fri 19 th	Sat 20 th	Sun 21 st
11			Graduation Mass 9.30am	Last Day students Aquatics Day Yr 6	Last Day staff		



Out of uniform Day Tuesday 18th Nov

Kids are always excited about an out of uniform day and chocolate. Next Tuesday we are holding an out of uniform day and ask that kids bring along a chocolate bar/block to donate to be used as prizes at the Fete. The chocolate throw at the fete is one of our biggest money spinners. Please make sure your child hands over their chocolate bar in class and enjoy a day off being blue.

Staff Profile

Daniel Boulton



Class: Inspirational leader of Prep B

Football Team/s: The Mighty Doggies (if anyone still plays for them?) and Rennie Hoppers

Favourite Food: Scotch Fillet steak

Currently Reading: In between the Herald Sun and the Border Mail. Last book I read was 'The Monk who sold his Ferrari.'

Favourite Holiday Destination: Peterborough (On the Great Ocean Rd)

3 people you'd invite to dinner: Bob Murphy, Taylor Swift, Hamish & Andy (I'm counting as one!)

What would you do with your last \$50?: Put it all on 27 Red on the Roulette wheel

Favourite Movie: The Castle

Favourite Quote: 'Our prime purpose in life is to help others.' Dalai Lama

Someone you admire: My Mum

What do you love about our school: The fact that both of my Immersion experiences to Cebu have been overwhelmingly supported by so many staff, students and families within our school community. It's not until you have the opportunity to do something as amazing as this, that you realize how generous and considerate the families of sacred Heart are. We are lucky to be apart

Religious Education



Sid Kelly, Religious Co-ordinator

Sid's been away today attending a PD Day in Religion. More details to come next week.

skelly@shyarrawonga.catholic.edu.au

Library

Mrs Ryan



Meet The Author- and connect with Reading and Writing. The children's author is fast becoming the one to be. Krista Bell's author visit and writing workshops have had a huge impact on the reading and writing habits of our students. We were fortunate to have Krista visit us, and lucky that our teachers sat in and engaged with Krista's writing workshops. Krista believes that once people start talking about writing then writing develops and writing mean putting ideas down after perhaps some wacky writing warm-ups. Writing does not have to be perfect all the time. Krista was delighted with the Home Work completed prior to her visit. She enjoyed the students and told me the names of some of the characters she met in the classrooms. She laughed when reading about the two mothers who have pushed over sleeping cows. Apparently there are two parents out there... The children engaged and worked enthusiastically. Students described the workshops with words like awesome and wonderful. Staff were delighted with how Krista engaged all students in the writing process and words used to describe her were, inspirational, motivational to the thankfulness that the workshops had been organized. Parents have contacted me and said how much their children enjoyed the workshops and that Krista's writing messages have gone home. Thankyou to Mrs Nolen who read the book Pidge by Krista Bell and to students who completed special Art Works, now on as display, to welcome to Krista. Our proactive school used Krista Bell's visit to the best advantage to enhance reading and writing. Thank you to Mr Paul Maher, Principal, and the Sacred Heart Parents and Friends Committee who together funded the three day writing workshop at our school.

Music

Mrs Cussen



Come along to the Mercy Centre tomorrow afternoon at 5.30pm. The performance should last 30 minutes approximately. Lots of singing to be had and a great time for all.

We hope to see you all there.



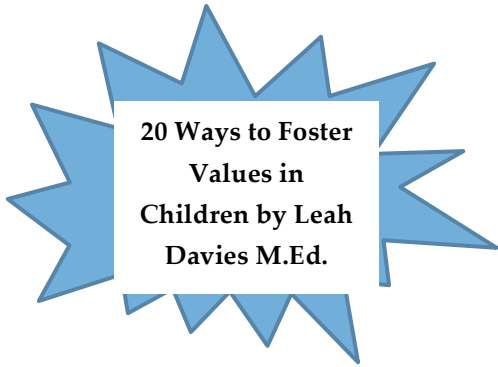
jbuerckn@shyarrowonga.catholic.edu.au

Ten activities will be provided over Term Four targeting phonological awareness. Phonological awareness is one of the key building blocks for reading and writing. It is listening to and thinking about the sounds in words.

** Providing a context for the children will make it easier to think of a rhyming word to complete the below sentences. In this task the answer is always a body part.

Mrs Rose has a mosquito on her _____ (nose). Jenny Bin has a pimple on her _____ (chin). Mr Weg has a broken _____ (leg). Tommy Weir has a flea in his _____ (ear).

Well Being



13. Answer your child's questions.

14. Offer your child choices

Celebrate International Day of People with Disability

Come along and help us celebrate – plenty of FREE activities including:

- All abilities games
- Face painting
- Yoga demonstrations
- Live music from local performers

3rd December 2014.....12 noon – 2pm 4pm – 6pm

Victoria Park Lake, Shepparton – Old Croquet/Bowls Club area

Free BBQ provided by Mooroopna Lions Club. Auslan interpreters will be available

RSVP to Louise Dwyer Phone 03 5832 9592 NRS 133 677 louise.dwyer@Shepparton.vic.gov.au

JAPANESE AWARDS

Charlotte Bott (3/4T) – for actively answering questions and participating in class activity. I look forward to seeing you speak in Japanese for the coming lessons. Well done, Charlotte!

Jessica Mansfield (3/4P) – for being enthusiastic learning Japanese and answering questions using beautiful manners. Keep up the great work, Jess!

Indiana Frauenfelder (6C) – for being focused on learning and willing to participate actively in every lesson. Keep up the great work, Indiana!

Katelyn Mangan (6C) – for checking to make sure that you are talking properly in Japanese. I look forward to hearing you say your birthday in Japanese at the next lesson. Great work Katy!

Foundation (Prep)

Class Awards

Mikaela Brown- for the amazing work you are producing, even with a broken arm. You are always trying your best Mikaela, well done.

Chelsie Cooper- for the fantastic work you are completing, especially with Spelling the Magic Words. Well done Chelsie.

Jason Yang- for working hard to learn your letter and the sounds that they make.

Archie Doyle - for the great learning you are doing in all areas of the curriculum. You are a star!

Mabel Cope - for being a respectful classroom leader and a good role model for others.

Jaideep Sandhu – for being a quiet achiever and a well respected member of the class. You're always thinking of and including others.

Hats- Please make sure your child's hat is clearly labelled. Several children are not wearing their hat. It would be most helpful if they could find it, as we do enforce the rule, 'no hat, no play'.

Remembrance Day- The children joined with a reflective Liturgy to remember our soldiers. They were respectful and thoughtful during this time.

Art Show- This coming Thursday, 13th and Friday, 14th November you are invited to come into school and view a piece of your child's artwork which will be displayed in the Foundation Centre. The Official Opening is on Thursday.

Student Teacher- Next week, Prep B are welcoming Brianna Levesque into our Learning Space for the next three weeks. Welcome Brianna and best of luck.

Fete Baskets- Thank you to those who have brought something in to help fill the Fete Baskets. If you are yet to provide an item, can you please bring something in before next Thursday.

Foundation Excursion- The Foundation Excursion to Kyabram Fauna Park is next Monday the 17th November. There is no cost for this trip, as it is covered in your child's school fees. The children will need to bring their lunch, snacks, drink bottle and a hat in their school bag. We have asked the volunteers to be at school by 8.30am and children will need to be at school no later than 8.40am. The approximate return time is 6.00pm. If there are any drastic changes to this time, we will let you know via the school app.



Alison Stacey



Daniel Boulton



Erica Quinn



astacey@shyarrowonga.catholic.edu.au dboulton@shyarrowonga.catholic.edu.au equinn@shyarrowonga.catholic.edu.au

Discovery (Years 1-2)

Class Awards

1/2B

Eva Cummins – for your beautiful personality. You are always willing to help out your classmates.

Ryan Freestone – for the awesome work you are doing in Maths. You always work hard and it is showing! Well done.

1/2 H

Declan Martin – for your wonderful, 'How to put your shoes on,' procedure writing. Terrific work, Declan.

Xavier Martin – for being a wonderful role model in the 1/2H learning space by consistently showing the 3Bs and being a wonderful helper.

1/2C

Ed Judd – for always displaying the 3Bs in class and on the playground. A wonderful role model for others Ed, well done!

Ella Skehan – for always displaying a positive attitude and willing to help others. Ella you are a superstar!

1/2 W

Bronte Thomson – for your positive approach to your learning and wonderful leadership with our 3Bs. You are a star!

Mia Kennedy – for your wonderful participation in writing workshops. You are a star!

What's On This Week in the Discovery Centre!

Sound focus: oo (book), u (bull)

Handwriting: Bb Barney Bear

Grammar and Punctuation: Adverbs

Writing: Procedure

Math: Fractions and 3D shapes

Inquiry: From the Farm to the Table

Religion: The First Christmas

Sleepover – A note will be handed out today regarding what the students will be required to bring to the Sleepover on Friday. If you haven't yet filled out the permission slip, please do so by Thursday.

Fete Basket – There is only just over a week to go until the school fete. Please remember to bring along items for your class fete basket as soon as possible. Themes are:

1/2W – Craft

1/2C – Stationary

1/2H – Gardening

1/2B - Party

Remembrance Day Liturgy

Yesterday, Years Prep to 2 gathered together for a Remembrance Day Liturgy. The significance of Remembrance Day and the poppies were spoken about. Students took part in the one minute silence and had the opportunity to lay a poppy, which they had made in class.

Mel Whiteley



Lisa Handreck



Kayte Barton



Kellie Cowan



mwhiteley@shyarrowonga.catholic.edu.au,
kbarton@shyarrowonga.catholic.edu.au,

lhandreck@shyarrowonga.catholic.edu.au
cowan.kellie.a@edumail.vic.gov.au

Bridging (Years 3-4)

Class Awards

3/4A

Emma Richmond: for your enthusiasm during our writing session with author Krista Bell.

Kali Martin: for displaying impressive ICT skills when creating a Prezi about an aquatic animal.

3/4P

Molly McDonald for the quality efforts you made during Writers Workshop with Krista Bell. Fabulous Molly!

Stella Mulquiney for the way you engaged yourself so strongly during Writers Workshop with Krista Bell. Fabulous!

3/4C

Rudi Vodusek for giving your best in Krista Bell's Writer's Workshop. Rudi you should be very proud of your efforts and the introduction you created.

Brittany Thomas for creating a wonderful facts poster about a Sea Horse.

It has been great to see you enjoying our new Inquiry topic. Well done!

3/4P

Olivia Ford for her persistence and determination to learn her times tables. Keep going Olivia!

Brock Churchin for your terrific attitude towards learning your times tables. You're doing a great job on the 'Number Line Challenge. Go Brock!

Just over a week until our school Fete. If you haven't done so already please bring in items for your classroom fete basket.



Students above having fun at the Yarrowonga Health Open Day.

WHAT'S ON THIS WEEK:

3/4 Congratulations to the Junior All Star Boy team who played in the Regional Finals at Mill Park on Monday.

Farewell to Rosalie from Charles Sturt University, who has been working with 3/4T for the past 3 weeks. We wish you well in the future.

We wish Mrs O'Dwyer all the very best as she and her husband Matt prepare for the birth of their first child. Mrs O'Dwyer will finish at the end of this week. Thanks for everything and we wish you well and look forward to your visit.



Michael Price



Patrice Goldman



Cheree Tregonning



Caitlin O'Dwyer



Alisha O'Dwyer

mprice@shyarrowonga.catholic.edu.au, pgoldman@shyarrowonga.catholic.edu.au

ctregoning@shyarrowonga.catholic.edu.au, codwyer@shyarrowonga.catholic.edu.au, alishales@hotmail.com

Leadership (Years 5-6)

Class Awards

Hayley Galpin (5V)- for your enthusiasm and good effort during Krista Bell's writing workshops.

Tess McNamara (5V)- for being a star student, giving your all and doing your best in everything.

Macey Hicks (5O)- the fantastic job you did looking after your new buddies on Thursday. The girls are lucky to have such a caring and friendly buddy to look after them. Well done Macey.

Tom Davidson (5O)- Applying yourself 100% this term. You are making some great choices and working extra hard, especially during Literacy. Super effort Tom. Well done.

Ethan Franklin (6L)- for the fantastic way you have embraced self-directed learning. Working quietly and conscientiously to ensure you complete and sign off all school based tasks.

Liam O'Connor (6L)- for the hard work and effort you put into understanding and completing your work this week. Great to see how much you can achieve when you give it 100%.

Fraser Ingram (6C)- for consistently showing the 3Bs. You always strive to do your best. You are a great role model.

Katelyn Mangan (6C)- for the way you have embraced self-directed learning. You are organized, efficient and willing to work through problem solving questions in Maths. Awesome!

Coming up....

- CEY Arts on Display showcasing the Artist talents of all our children on Thursday 13th November. 5pm-8pm and Friday 5pm-8pm
- Radio Awareness on this Friday for our Yr 5/6 students.

Reminders.....

- Don't forget the Fete Baskets
- Laptops need to be fully charged each night
- Out of Uniform Day next Tuesday. Bring along a chocolate bar though!!

Windsurfing- Still spots available!

Any student in Year 5 or 6 has the opportunity to participate in a Windsurfing day at the Yacht Club on Thursday December 11th. There are still spots available for this day and will cost \$30. If your child is interested, they need to bring along the money in an envelope, name clearly marked and hand this to Mr Carroll. The cut off will be when all positions are filled with the money forwarded. Thanks.

State Basketball



Well done to our Senior Boys on their efforts last week at Melbourne in State Basketball Finals. Thanks Kay, Cheree and the parent support for the boys.



Monica Van Roy



Meg O'Sullivan



Dean Carroll



Lynne Lawless



mvanroy@shyarrowonga.catholic.edu.au
dcarroll@shyarrowonga.catholic.edu.au

mosullivan@shyarrowonga.catholic.edu.au
llawless@shyarrowonga.catholic.edu.au

More News.....

YFNC 2015 NETBALL REGISTRATIONS & TRIALS

Training and skills sessions for Under 16s and Under 14s (minimum age Year 7 2015) are on the following dates between 5pm & 6pm @ Vic Park Netball Courts:

Tuesday 11th November

Tuesday 18th November

Tuesday 25th November

Trials for the same age groups will be held on Tuesday 2nd December & Thursday 4th December between 5 & 6 pm. Registrations for any players interested in Under 12s (minimum age Grade 5 for 2015) are being taken until Tuesday 25th November to Lauren Mulquiney. All players are welcome – there will be no trials for this age group.

For information regarding 14s or 16s please call Bridget Cassar on 0429 918 006.

To register for Under 12s please contact Lauren Mulquiney on 0400 227 246.

LEARN TO SWIM

Enrol now for Summer \$25.00 for 5 Sessions

VICSWIM Summer Kidz Program is a great way for your child to learn how to swim and stay safe in and around water!

Visit www.vicswim.com.au for locations, dates and times. Enrol your child/children. Proceed with payment by credit card

Goulburn Valley Regional Library

Rhyme and Story Time

@ Yarrawonga Library

10.30 – 11.30am Wednesday 26th November

Rhymes for babies, stories and craft activities for toddlers and pre-schoolers. The sessions are a fun way to introduce your child to books, develop early literacy skills and stimulate imagination. They are also great way for your child to make new friends.

For more information ring the library on 1300 374 765

NETBALL VICTORIA

SOCIAL INCLUSION WEEK ROADSHOW

Social Inclusion Week Roadshow includes; meeting some of the Melbourne Vixens players, skills and activity sessions, Netball exhibition match and Q & A with the Melbourne Vixen athletes.

WEDNESDAY 26 NOVEMBER

4.30PM – 7.00PM

Cobram Football Netball Club Warkil & Karook Street, Cobram

TO REGISTER: To register for the Netball Activity Stations phone 9321 2211.

Yarrawonga Swimming Club will be holding their summer 2014/2015 Registration night at the swimming club rooms on 12th November at 5.30pm

The club has a wide range of swimmers, from the very good, to those who would just like to learn to swim. Age 5 and up!! Please come and try.

If you have any questions or queries please contact Tracey 0412175710

2014 Fete Friday 21st November

Sacred Heart College Piper Street

With only 10 days to go until our School Fete we are busy filling volunteer spots and making sure all is ready for a lovely evening.

If you have not yet put your hand up for a task for Friday night **please** come forward as this makes our job so much easier. If you have volunteered and the stall or time does not suit please call me so I can rearrange things rather than just not turn up as this puts extra load on others.



I am looking for a Coordinator for the Splat Stall this is a very easy and fun task. It involves making sure a bin is full of water and marking some throw lines on the ground, so big kids don't get too close to their target, small kids have a chance of hitting it and parents are a long way off. We also need some volunteers to man this stall. It is a very fun stall but needs adult supervision. By supervising Splat you get front row view of kids splatting their parents and friends in the face with water. Having been the first target Splatted last year I can guarantee this is a laugh for both target and villain and a wet soggy sponge doesn't hurt a bit and is funnier than it sounds.

Dinner on Friday is in good hands with coordinators stepping forward, Thank you.



Our baskets are starting to fill up nicely for the raffle, although some need a bit of help. I hope tickets are selling well.

Our Book Stall is down on numbers so far. This is a great opportunity to clean out your bookshelf especial for the older children who have moved on from Thomas the tank engine and Run Spot Run. Get them in early so we don't have to transport hundreds of books on the last day.

If your child is interested in decorating a teddy please attach a name tag including your child's class so that we can return any strays that may get left behind. Kelly Bros are helping us out with boxes for Lego creations to be placed in.

The Basket Raffle is seeking your donation	
Class	Type of Basket
Prep A	Christmas
Prep B	DIY/Handyman
Prep Q	Bathroom
1/2B	Party
1/2F	Stationary/Office
1/2W	Craft
3/4A	Chocolate
3/4C	Kitchen
3/4G	BBQ Outdoor entertaining
3/4P	Party
3/4T	Anything Pink
5O	Sweet Treats
5V	Summer
6C	Baking
6L	Sports/Games



OUT OF UNIFORM DAY and

CHOCOLATE BAR- Tuesday 18th... See Page 2 of newsletter for more details.

We hope to share the load so that all can have a lovely evening with Family in a fun community atmosphere.

Take Care & Play Nicely,
Rachelle Verlin 0417 805 436

Sacred Heart Schools Fete
Friday 21st November 2014
Volunteer List

Stall	Coordinator	5-6	6-7	7-8	8+
Basket Raffle - sell tickets	Jenny Loughnan	Primary Teachers			
Over 18's Raffle - sell tickets					
Spinning Wheel	Michael Price	Michael Price	Michael Price		
Art Auction	Lynn Lawless				
Basketball Hand Ball					
Cupcakes	Jacinta McRae	Paula Nagle	Fiona Hart Nell Duffy		
Splat	Coordinator required				
Hay Hunt	Penny Thomas	Kerry Seaner	Narrell James Leanne Laffan		Penny Thomas
Jumping Castles	Coordinator required				
Kids Corner	Jane Griffin		Fiona Mulquiney	Sonia Pearce	
Sand Art	Bron Nagle	Katrina Kennedy Sam Fraser	Gail McCully* Tanya Burgess	Brooke Elliott	
Side Show Alley	Caitlin McNamara	College Students			
Teddy Bear and Lego	Robyn Connell & Sandy Judd				
Secondhand Book and DVD	Scott & Andy Jaques	Andrea Van Maanen Sheryl Watt	Marj Rogers		
Cake Stall	Shelly Souter	Deanne Frauenfelder Mary Korb Jill Gee	Jodie Robinson Mary Korb		
Fresh Produce	Richard Kelly		NicoleMcPherson		
BBQ Cooking	Karen Vodusek & Sarah Conway	Tim/Elaine Looby			
BBQ Serving	Danielle & Damian Kennedy		Mick Stevens Bec Coulter*	Mick Stevens	Mick Stevens
Hot Potatoes	Darlene Canfield	Ann-Maree Dowling	Annett Jarrad		
Chicken Salads	Ros Vodusek				
Hot Chips	Liz Ward	Liz Ward Daryl Ward Cathrina Shaw	Liz Ward Daryl Ward Cathrina Shaw	Liz Ward Daryl Ward Cathrina Shaw	Liz Ward Daryl Ward Cathrina Shaw
Pavlova & cheesecake	Nicole Nieuwenhout	Nici Freeman Jackie Coghill			
Bar	Tess Arnold		Jodie White Bindi Dobinson	Scott Freeman# Steven Seamer#	
Soft Drinks	Loretta Myers & Liz O'Dwyer	Bernadette Quinn	Jo-Anne Ford* Leanne Kennedy		
Slushies					
First Aid					
Sound	Matt Hayden	Matt Hayden			
Stage Acts	Christine Cussen				
Money Room	Andrea Forrester	Andrea Forrester and friends			
Set up Friday	Kate Coffee	Anne Dunstan	Kathy Panther	Dannielle Febey	Liea Lewis
Sat Clean up	Rachelle Verlin				

need to check time change

CATHOLIC EDUCATION YARRAWONGA

ARTS ON DISPLAY

Performing and Visual Display
Thursday 13th Nov 5-8pm
Visual Display
Friday 14th Nov 5-8pm
Sacred Heart Primary School
Mercy Centre





Yarrowonga
 Martial Arts
 offer a range
 of traditional
 and non -
 traditional
 martial arts
 for fitness,
 self defence,
 discipline,

leadership and confidence building. Yarrowonga

Martial Arts offers kids & adults classes, and

personal training in Karate, Boxing, Kickboxing,

MMA, Weponary, Fitness and Self Defence.



TESTIMONIALS...

"I had checked out other centres before I came across YMA, and never felt comfortable. From the minute I walked in (to YMA) Luke managed to make me feel as though i belong, that's unique."
 T.B Enrolled Nurse

"Luke Falzon trained with me for over 5 years. During this time he was a ferocious competitor and a relentless trainer. Loves the hard yards and is ready to put in the work. His training is not for the faint at heart, but no matter what your fitness level he can train you to your peak and beyond..."
 L.A. Chief Instructor Tenshi-Do Martial Arts

"I knew we'd have trouble matching YMA, but the difference was too much...I can't give Luke enough credit for what he has achieved over the past 1.5 years!! The way he commands respect and full attention from his students, from day one is very admirable!"
 J.A Local Parent

Yarrowonga Martial Arts

Focus Wellbeing & Fitness
 Gulai Road. Mulwala NSW 2647



M: 0497 224 367

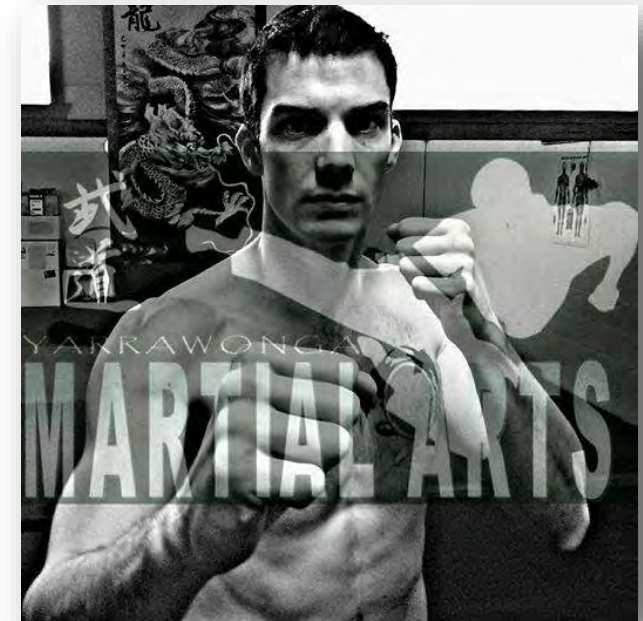
E: yarrowongamartialarts@live.com.au

INDUSTRY AFFILIATIONS:



Yarrowonga | Mulwala | Invergordon
 Rutherglen | Wangaratta

**Yarrowonga
 Martial Arts**



**Focus Wellbeing & Fitness
 Gulai Road. Mulwala NSW
 2647**

0497 224 367



yarrowongamartialarts@live.com.au
 facebook.com/yarrowongamartialarts
 http://yarrowongamartialart.wix.com/yarramartialarts

	SUN	MON	TUE	WED	THU
8:00-8:45am	TAEBO FITNESS (MIXED AGE)				
9:30-10:15am	KARATE (3-6 YEARS)				
10:30-11:15am	KARATE (7-12 YEARS)	KARATE (COBRAM)			
11:30-12:15pm	KICKBOXING (MIXED AGE)				
4:00-4:45pm				KARATE (3-6 YEARS)	KARATE (3-6 YEARS)
5:00-5:45pm		KARATE (INVERGORDON)	KARATE (RUTHERGLEN)	KARATE (7-12 YEARS)	KARATE (7-12 YEARS)
6:00-6:45pm			TAEBO FITNESS (RUTHERGLEN)	KICKBOXING (MIXED AGE)	MIXED MARTIAL ARTS (13 YEARS+)
7:00-7:45pm		SENIOR KARATE (13 YEARS +)		SENIOR KARATE (13 YEARS+)	

Karate: The key components of Karate are kihon (basics), kata (forms), and kumite (sparring). All students must have a uniform. Karate originated in Okinawa, Japan and the direct translation is "empty hand." Shito-Ryu Karate is one of the four major systems worldwide.

Mixed Martial Arts: Classes comprise of high intensity training involving striking, partner drills, sparring, throwing, and grappling. Classes will lead to improved flexibility, strength, cardiovascular fitness and technique.

Kickboxing: Classes involve partner drills, pad work and sparring. Classes will increase fitness, coordination and agility while improving your general self defence skills. Classes are great for toning the thighs, abdominal and arms.

Taebo Fitness: A high intensity aerobic and anaerobic workout combining punches, kicks and knees all to music and in a non contact and fun environment. Classes will help tone your whole body while the fat melts away.

Kids Ninja or Karate BIRTHDAY Parties: Specially designed parties for your child. Ninja / Karate training and games with prizes and awards.

Sensei Luke Falzon: Luke is the chief instructor at Yarrowonga Martial Arts. Luke has trained in many styles including Karate, Kobudo (weaponary), Kickboxing, Muay Thai, Judo, Brazilian Jujitsu, Taekwondo and Iaido (sword) since the year 2000. Luke's love for kickboxing saw him compete at a state level and begin teaching in 2004. Luke's passion for Karate and Kobudo took him to train and grade in Malaysia, Singapore and Okinawa. Luke's achievements and dedication to Karate saw him get selected for the Victorian Karate team where he and three team mates competed against other state teams in Australia. Luke has also competed and won national and state level championships individually. In 2012 Luke graded for his 2nd Dan in Okinawa, Japan and won the Australasian Karate Championship. More recently Luke has competed in Professional MMA bouts with AFC and won the 2014 ISKA World Championship Full Contact Karate. Luke also achieved 2nd place in the World Championship MMA / Prankration division. Luke has completed training as an infantry soldier in the Australian Army and holds the following qualifications: AdvDip.ComSecMgt, AdvDip.Dis, Dip.Fit, Dip.Bus, CertIV.TAE and LVL2 Martial Arts Instructor.

FREE MARTIAL ARTS UNIFORM! WHEN YOU JOIN 6 MONTH CONTRACT

DIRECT DEBIT (FORTNIGHTLY)	SINGLES	FAMILY (3 PEOPLE +)
Unlimited Classes	\$29.90	\$84.90
1 Class Weekly	\$18.90	\$52.90
TERM M/SHIP		
Unlimited Classes	\$145.00	\$415.00
1 Class Weekly	\$95.00	\$270.00
CASUAL		
Casual Class	\$10.00	
Personal Training 10 X 30min	\$150.00	
OTHER		
Karate Uniform	Child: \$45.00	Adult: 65.00
Kids Parties (90 Minutes)	\$150.00	

PAYMENTS:

BSB 06 3230 ACC 1011 6273 ABN 46 399 176 634

Membership Application

Sign up for:

- Karate
 Mixed Martial Arts
 Taebo Fitness
 Personal Training
 Kickboxing
 Other
 Kids Parties

Name _____

Address _____

Email _____

Phone _____

I authorize the centre to obtain at my expense any medical treatment as in its opinion may be require for myself or my dependent and agree that this indemnity shall extend to the decision by the centre to obtain and administer such treatment.

I understand that the centre is not responsible for ensuring when and for how long my dependant attends and that a parent/guardian will supervise at all times.

I will notify the centre of any physical or medical conditions that will affect the health and wellbeing of myself, my child or other members of the centre.

I authorize the centre to publish photographs and video footage of myself and/or my dependent for advertising and marketing purposes.

Direct Debit minimum 3 month contract. Start up fee of \$3.30 added onto first payment.

Method of Payment

- Direct Debit
 Cash / Cheque (Made out to: Luke Falzon)
 Bank Transfer (BSB 06 3230 ACC 1011 6273)

Signature _____

Parent ,if under 18yrs



M: 0497 224 367

E: yarrowongamartialarts@live.com.au