



Be Safe, Be Respectful, Be Your Best

MINI BLITZ- Week 6

'Treat each other with RESPECT.
That is how we be our BEST!'

2015 Term 1 Week 6 Newsletter

Whole School Assembly and Student of the Week Awards.
Friday 6th March 2.50pm Mercy Centre

Coming Up

Labour Day Holiday- Monday 7th March. Prep children begin full weeks next week. School Photos- Thursday 12th March

This Season of LENT

Lent is traditionally a time of making sacrifices, 'giving up something for Lent'. But 'giving up' is only part of what we can achieve during this time. We should also ask ourselves, what do we want to become this Lent? What is it that we need to overcome to be better, more caring and contributing members of our families and communities? Let's pray this Lent that we can find it in our hearts to give of ourselves more and in so doing come closer to our God!

Parent / Teacher Interviews

Thank you to all those people who came along to our Term One meetings. I received some great feedback from both staff and parents about the information that was both given and received. Building the relationship between home and school is the key to the effective education of your children. Thank you!

REMINDER – Sacraments of Confirmation & First Eucharist

A reminder to all families that we'll be holding our Information Night for Confirmation and First Eucharist tonight at 7.00pm in the Mercy Centre.

Please come along as we discuss important aspects of the 'home-based' program as well providing you all with some informative background on the sacraments themselves.

Litter Free Sacred Heart

What an amazing start to our Litter Free program here at school. Yesterday the children on bins came running to me letting me know that they had only 1½ bags of rubbish to put in the large bin. This is approximately 12-15 less than a normal day. Thank you all for supporting the initiative. We hope not only to reduce our tipping fees but also our environmental footprint. A great start everyone!!

Splash 'n' Dash

The annual 'Splash 'n' Dash' is coming up on March 14/15. The 'Splash 'n' Dash' is not only a great fundraiser for the school it also reinforces our communities commitment to health and fitness. If you're interested in taking part in either the swim on Saturday or the run on Sunday please collect an Entry Form from the office and start preparing your bodies by engaging in a fitness program. Time is running out!

Peace and best wishes, Paul



Paul Maher



Heather Keenan



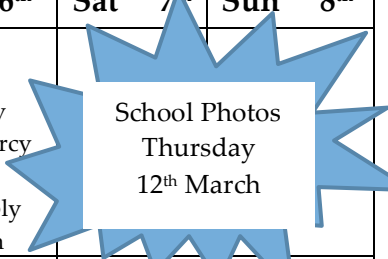
Jacqui Nixon

[62 Orr St or P.O Box 199 Yarrowonga](http://62OrrStorP.O.Box199Yarrowonga)

[Phone: 03 5744 3339](http://Phone:0357443339)

[Fax: 03 5743 1377](http://Fax:0357431377)

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

Week	Term 1						
	Mon 2 nd	Tue 3 rd	Wed 4 th	Thu 5 th	Fri 6 th	Sat 7 th	Sun 8 th
6			Regional Swimming Shepparton	Cybersafety/ Laptop Parent/Child Session (Year 5)	Prep C Buddy Assembly 10am Mercy Centre * Assembly at 2.50pm	 School Photos Thursday 12 th March	
	Mon 9 th	Tue 10 th	Wed 11 th	Thu 12 th	Fri 13 th	Sat 14 th	Sun 15 th
7	Labour Day Holiday			School Photos Divisional Cricket Trials- Benalla	* Assembly at 2.50pm	Splash n Dash	Splash n Dash
	Mon 16 th	Tue 17 th	Wed 18 th	Thu 19 th	Fri 20 th	Sat 21 st	Sun 22 nd
8	Week 1- Home based Euch/Conf		Regional Cricket Trials- Wang Board Meeting 6pm	Divisional Tennis Trials- Wang	* Assembly at 2.50pm		Children's Mass 10am
	Mon 23 rd	Tue 24 th	Wed 25 th	Thu 26 th	Fri 27 th	Sat 28 th	Sun 29 th
9	Holy Week/Easter Liturgies Palm Sunday (Foundation Centre) Week 2- Home based Euch/Conf	Holy Thursday (Discovery Centre)	Good Friday (Bridging Centre)	Easter Sunday (Leadership Centre) Regional Tennis Wangaratta	PD Day Last Day of Term		Palm Sunday

Library Mrs Ryan



The Premiers' Reading Challenge

Congratulations on the great response to this year's challenge. Remember if you require a Participation and Privacy Consent Form for this school please contact me.

Location of the tubs of books from the Premiers' Reading Challenge List

These tubs of books are located in the following specific areas.

Foundation Area- Beside Mrs. Cowan's learning space near lockers and corridor.

Discovery Area- Below the television near the corridor leading to the Art Room.

Bridging area- beside the lockers with WELCOME and near the main entry doors to the playground.

Leadership Area- Year 5 area in the middle area.

Leadership Area- Year 6 on bench near teachers' planning area.

Children need to place the PRC return book into tub and select another book to take home.

Any queries please see me.

The children read or experience 30 books in Prep- Year 2- ten books may be free choice. The children read 15 books in Years 3-6 and 5 of those books may be free choice.

Staff Profile

Paul Maher



Position: Principal

Interests: Football/Sport

Football Team: Carlton and Wangaratta Rovers

Favourite Food: Meat and Vegetables

Currently Reading: The Collaborative Leader by Loughlan Sofield

Favourite Holiday Destination: Torquay

3 people you'd invite to dinner: Pope Francis, Chris Judd & Mum

What would you do with your last \$50? Enjoy a Family Meal of Fish 'n' Chips

Favourite Movie: The Bourne Identity

Favourite Quote: Teach the triple truth – A generous heart, kind speech & a life of service and compassion are the things which will renew humanity.

Someone you admire: St Paul

What do you love about our school: That we are made up of over 410 students, 270 families and 40 staff all working together to enhance the life and opportunities of our students – an awesome responsibility that brings great rewards.

Religious Education Meegan McInness

Week 3 of Lent

For the majority of Australians good health and great food are part of everyday life. But the story is starkly different for First Australians living in rural communities, where low incomes, limited access to nutritious, affordable food, and poor food choices (due to lack of education) are severely compromising the health and well being of families. Your donation to Project Compassion 2015 will help First Australians in remote communities of Australia gain the skills to make healthier food choices and build a better future for their families.

Any Sacred Heart family who would like their own Project Compassion box or more information on the work of Caritas please feel free to contact me at school.

Confirmation/ Eucharist

Just a reminder to our Year Four parents that our Parent Information evening is to be held tonight at 7pm in the Mercy Centre. The meeting should only go for an hour. All children planning on making these sacraments need to have an adult representative at this meeting.

Have a great week everyone.

Meegan McInness

mmcinness001@shyarrowonga.catholic.edu.au

Pastoral Wellbeing


Janine Buerckner

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 each Wednesday and Friday mornings, before school. Our dedicated and hard-working St Vinnie's volunteers would be very grateful of some help during the 'rush' time of 8:15am till 8:45am. **If you are able to offer some assistance please drop in and see them.** The Breakfast Club operates from the canteen.



**Help your
child achieve**

by Michael
Grose

LITTER FREE LUNCHES

Over the past 12 months we have been trialing Litter Free Tuesdays. Children were encouraged to bring no rubbish to school each Tuesday. We removed the bins from the yard and any rubbish or waste was taken home by the children. This week we've started to become a "Litter Free School". This has meant the children have been encouraged to bring no rubbish to school from Monday to Friday. The response has been amazing and we're very appreciative of the support from families. It will take time and patience and as Mr Maher mentioned above it's been a great start!

One way to help your child achieve at school is to work together with your child's teacher. The parent-teacher partnership takes work from both sides to become a reality. Here are some ideas that will help.

There's no doubt that the best outcomes for kids happen when teachers and parents work together to support children's learning. Here is number 8 of 10 ways you can work with your child's teacher to maximise your child's chances of school success. (The rest will follow during the term).

8. Participate fully in class & school activities

There is a huge body of research that points to the correlation between parent involvement in a child's schooling and their educational success. Quite simply, if you want your child to improve his/her learning then take an interest in his/her learning, attend as many school functions as you can, and follow the lead provided by your child's teacher. This simple strategy will have a massive, long-term impact.

Great efforts by our swimmers

After a big win by Fatima in our Year 3-6 swimming carnival we had a very successful trip to Wangaratta for Zone swimming last week. All 16 swimmers performed extremely well, with many swimming personal best times. Well done to all the children on their brilliant performances.

Ned Pendergast - 4th Boys 12-13 years 50m freestyle, 2nd Boys 12-13 years 50m backstroke, 2nd Boys 12-13 years 4x50m freestyle relay and 1st Boys 4 x 50m medley relay. **Will Wheaton** - 3rd Boys 12-13 years 50m freestyle, 4th Boys 12-13 years 50m breaststroke, 2nd Boys 12-13 years 4x50m freestyle relay and 1st Boys 4 x 50m medley relay. **James Shaw** - 2nd Boys 12-13 years 50m freestyle, 1st Boys 12-13 years 50m breaststroke, 2nd Boys 12-13 years 4x50m freestyle relay and 1st Boys 4 x 50m medley relay

Hugh Mullins - 1st Boys 11 years 50m freestyle, 1st Boys 11 years 50m backstroke, 2nd Boys 12-13 years 4x50m freestyle relay and 1st Boys 4 x 50m medley relay. **Jobe Kennedy** - 3rd Boys 11 years 50m backstroke and 2nd Boys 11 years 4 x 50m freestyle relay. **Ethan**

Byrne - 4th Boys 11 years 50m breaststroke and 2nd Boys 11 years 4 x 50m freestyle relay

Mitchell Loughnan - 3rd Boys 9-10 years 50m freestyle, 3rd Boys 9-10 years 50m backstroke and 2nd Boys 11 years 4 x 50m freestyle relay

Darby Mullins - Boys 9-10 years 50m freestyle, Boys 9-10 years 50m backstroke and 2nd Boys 11 years 4 x 50m freestyle relay

Chloe Hart - 2nd Girls 11 years 50m freestyle, 3rd Girls 11 years 50m backstroke, 3rd Girls 12-13 years 4 x 50m freestyle relay and 4th Girls 4 x 50m medley relay

Georgia Kennedy - Girls 12-13 years 50m freestyle, Girls 11 years 50m breaststroke, 3rd Girls 12-13 years 4 x 50m freestyle relay and 4th Girls 4 x 50m medley relay

Tess McNamara - Girls 12-13 years 50m breaststroke and 3rd Girls 12-13 years 4 x 50m freestyle relay

Tess McLennan - 5th Girls 11 years 50m breaststroke, 3rd Girls 12-13 years 4 x 50m freestyle relay and 4th Girls 4 x 50m medley relay

Tess Byrne - 2nd Girls 11 years 50m breaststroke and 4th Girls 11 years 4 x 50m freestyle

Bella Bridgeman - Girls 9-10 years 50m backstroke, 4th Girls 9-10 years 50m breaststroke and 4th Girls 11 years 4 x 50m freestyle

Annabel Hart - Girls 9-10 years 50m freestyle, Girls 9-10 years 50m backstroke and 4th Girls 11 years 4 x 50m freestyle

Mia Kennedy - Girls 9-10 years 50m freestyle, Girls 9-10 years 50m breaststroke and 4th Girls 11 years 4 x 50m freestyle

Today a team of 11 students from Sacred Heart headed off to Shepparton for the Regional Swimming Championships, competing in 16 individual and 3 relay events. Congratulations and good luck Ned, Will, Hugh, James, Darcy, Ethan, Jobe, Ethan, Chloe, Tess and Bella .. we wish you all the very best and hope you have had a great day!

Foundation (Prep)

**FINAL BUDDY
ASSEMBLY THIS**

FRIDAY

6TH MARCH PREP C 10AM

Posture Pose to increase core strength, necessary for good posture.

Good posture = good writing.

The Beetle



Have your child lie on their backs bringing their knees up to their chest and ankles crossed. Have them cross their arms over their legs/knees, and keeping their head off the ground begin rocking back and forth. Count to 20 and increase time as core strength develops.

Thank you to all parents who have already been supporting our litter free lunches! You are a great help!

Congratulations to this week's Foundation Awards

Prep S – Shakya Cooper-Nagle- for your wonderful listening skills, concentration and always trying your best!

Connor Strawhorn- for the fantastic way you always put your hand up in class and wait your turn. Well done Connor. You are a great role model.

Mia Brogan- for the terrific way you have been listening in class and completing work independently.

Prep C- Jasmine Ellis- for the quiet and cooperative way you work each and every day.

Bailey Roche- for trying your best writing numbers correctly in Maths this week.

Matilda Clayton-for being a kind friend and using the 3B's in our learning space.

Prep A- Sam Haebich- being a 'tuned in' learner every day. You are a star Sam!

Lillie-ann Raven- being a fantastic learner, friend and all round 'goer'. What a star!

Charlotte Burrows- the enthusiasm you have for learning and sharing it with others!

Ben Coffey- working hard on your listening skills while on the mat this week. Keep up the great work Ben!

Please note as of next week Preps will be required to attend school on Wednesdays

Alison Stacey



Jen Sagaidak



Kellie Cowan



astacey@shyarrowonga.catholic.edu.au cowan.kellie.a@edumail.vic.gov.au sagaidak.jennifer.shpsyarra@mail.com

Discovery Centre News

Thanks to those parents who came along to interviews last week. It was great to meet you and have a chat about your children. We look forward to all working together throughout your child's learning journey this year.

Encouraging Independence in the Discovery Centre

Our goals to encourage independence are as follows:

1. For children to carry their own bags and upon arrival at school we would like the children to put their bags in their class line in the quadrangle.
2. For children to be responsible for unpacking their own bag and putting their fruit break and drink bottle on their desk.
3. For children to put their notes in the office tub and lunch orders in the lunch order basket.
4. For children to change their own readers.



DISCOVERY CENTRE AWARDS

Chelsie Cooper – for trying hard in all you do, always doing and being your best. Well done!!!

Victoria Laffan- for being a brilliant leader in Discovery B. I can always count on you to be your best!

Declan Martin - for a focused start to the year and wonderful spelling results.

Heidi Wallden - for willingness to help all others and for consistently trying her best.

Archie Ward- for working hard during all tasks always wearing a smile! Well done.

Oscar Whiteley – for a fantastic effort with your writing and for working hard to complete tasks. Yay!!!



Don't forget children can join Focus Fitness, on the basketball courts, 8:30am each Wednesday.



What's On?

Week 5 (beginning March 2nd):
Observation Survey testing
Monday 9th March Labour Day holiday

Reading Tip

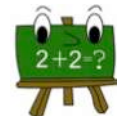
Take control of the television

It's difficult for reading to compete with TV and video games. Encourage reading as a free-time activity.



Mathematics in the Discovery Centre

This week we are focusing on addition. Teachers will be sending home some laminated sheets with addition facts for the students to practise. These include addition to 10 facts and doubles and near doubles.



Jack and Judd have jumped on board our new Litter free campaign. Well done to all those children who are being litter free in the Discovery Centre.

Cheree Tregoning



Lisa Handreck



Kayte Barton



Monica Van Roy



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

lhandreck@shyarrowonga.catholic.edu.au
mvanroy@shyarrowonga.catholic.edu.au

Bridging (Years 3-4)

Class Awards

3/4C

Mia Crothers for your lovely attitude and beautiful manner. Your caring nature has shone through this week. Keep it up Mia!

Noah Ferguson for your fantastic attitude at school. Noah you are giving your best and showing great improvements. Well done!

3/4MC

Mia Doherty for your beautiful work presentation and consistently working hard in all areas.

Kaydia Leab for your persistence and determination in all areas of your learning.

3/4H

Eliza Whitely for your positive and persistent attitude toward your learning. 10/10 in your spelling test – You champ, keep up the great work!!

Charles Exton for making good choices this week and for displaying leadership in the play yard when a younger student was hurt. Keep this up Charles, you're doing great!

3/4G

Ollie Connell for choosing a 'good fit' book all week and for always putting in above and beyond. Go Ollie!

Ryan Freestone for your great work with place value this week. Well done Rhino!

3/4W

Tahlia Dobson for the dedicated manner you approach all your learning tasks with. You are a 5 star learner Tahlia.

Libby Forge for being a conscientious class member. You are showing great leadership within our space. You are a star.

THIS WEEK - Confirmation/Eucharist Parent Information Night, Wednesday 4th March - Mercy Centre - 7pm.

Amanda Mansfield will be running Paper Plane workshops in our Alternative Play program. This will only be for the Bridging Centre, come and join the fun!



What a great start we have had to making Sacred Heart a Litter Free School! Remember to keep using your containers to continue this fantastic success.

LABOUR DAY HOLIDAY THIS MONDAY 9th MARCH.

Don't forget the Victorian Premiers' Reading Challenge has begun. Experience new authors and challenge yourself to read as many books as you can. Join the challenge today!



Maureen McLarty



& Nikki Connell

Patrice Goldman



Mel Whiteley



Caitlin O'Dwyer



Kirby Hillier



maurzm82@gmail.com, pgoldman@shyarrowonga.catholic.edu.au

codwyer@shyarrowonga.catholic.edu.au, mwhiteley@shyarrowonga.catholic.edu.au, kirby.hillier18@hotmail.com

Leadership (Years 5-6)

Class Awards

Oscar Elliott (5B)- for trying hard during maths groups and staying focussed on your work. You have had a fantastic week Oscar!

Kaitlyn Dennis (5B)- for always looking out for others and being a kind friend to everyone. Well done on a super start to school Kaito!

Tom Davidson (6L)- for your enthusiastic, positive, mature approach to school ~ putting in your best effort, academically and personally, and striving to do your best.

Annie Robilliard (6L)- for the way you stepped up to help organise your team at the swimming sports fantastic leadership Annie. Thank you and well done!

Brendan Ryan (5O)- the fantastic results you are achieving in class. You are full on wonderful knowledge and facts on a range of different topics-keep up the great work Brendo!

James Shaw (5O)-Following all tasks through to completion, even when they were challenging-you stuck at it! Great determination Shawry, well done.

Chloe Hart (6C)- Your excellent achievements both academically and sportingly. Always aiming to be her best and work hard. Keep it up Chloe!

Tom Kennedy (6C)- Your outstanding leadership and willingness to be the best learner you can be. Keep up the fantastic work, Tom!

Prep Buddy Assembly and Morning Tea

Last Friday we had the second of our Prep Buddy assemblies. Prep S and their Year 6 buddies did a fantastic job. We heard from some nervous Year six students and their cute buddies. We hope that parents, family and friends can make it along this Friday morning for the Prep C assembly. All are invited to stay back after assembly to enjoy morning tea on the deck of the Mercy Centre.

Cybersafety Parent Sessions

Students in Years 5 and 6 are continuing to use their laptops daily as a learning tool for their education. Glenn McMahon from the CEO will be coming in to take a session with Year 5 parents regarding contracts, appropriate use, Cybersafety and take home use. This will be held tomorrow, Thursday 5th March. These sessions will be held at 3pm and 5.00pm and parents/guardians are asked to attend one of these sessions. Laptops will not be allowed to be taken home for after school use unless parents/guardians have attended one of these sessions. Please see Meg or Daniel if you have had a child in Year 5 or 6 previously who has taken part in the 1:1 laptop program and have attended one of these sessions in previous years.

Coming Up....

- * Don't forget to get your entries in for the Splash and Dash.
- * School photos next week, Thursday 12th March.
- * Cybersafety Session for parents of Yr 5 students- Tomorrow, Thursday March 5th
- * Regional Swimming- Today, Wednesday 4th March.



Prep A
and
their
buddies



Well done to the members of our Zone swimming team who represented the school so well in Wangaratta last week. Good luck for those competing in Regional swimming in Shepparton today.



Daniel Boulton



Meg O'Sullivan



Dean Carroll



Lynne Lawless

dboulton@shyarrowonga.catholic.edu.au
dcarroll@shyarrowonga.catholic.edu.au

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

LOST

Mikaela Brown has lost a treasured reading book called, "George's Marvellous Medicine" by Roald Dahl. If found, could you please return to the School Office.

Mulwala Pre School MONSTER Garage Sale

Easter Saturday 8 – 12:00

The Pre School appreciates all donations. If you are having a clean-up your donations can be left at the Pre School Mon-Fri between 9 and 3.

This is a major fundraiser for the Pre School.... your trash may be someone else's treasure!

Table Tennis

Any children interested in the Table Tennis tournament to be held on March 28th, please see Mr Carroll for entry forms and more details. Below is a snapshot of the tournament details. The details will also be put on the school app in the newsletter section.

FOR SALE

A child's Motorbike Helmet in good condition is for sale. Please contact Sheryl for details on 0458 029 138

YARRAWONGA MULWALA TABLE TENNIS JUNIOR OPEN TOURNAMENT 2015

28th March 2015

Conducted at: TABLE TENNIS CENTRE (Yarrowonga showgrounds)

Starting time: Doubles - 9:30am, Singles – 10am

ENTRIES CLOSE TUESDAY 17TH MARCH

TOURNAMENT ENQUIRIES: JOHN WRIGHT 0400182553
OR TO: johnwrightjohn4321@hotmail.com or yarratabledtennis@hotmail.com

REFEREE: HELEN POTTAGE



AFFORDABLE TABLE TENNIS
PO Box 568, Sunbury, Victoria 3429.
Ph 0419 335 219 info@affordablett.com.au

Canteen will be open selling a full range of food and drinks



2015 YARRAWONGA MULWALA TABLE TENNIS JUNIOR OPEN TOURNAMENT SATURDAY MARCH 28TH
White Balls donated by Affordable Table Tennis

NO	EVENT	ENTRY COST	DOUBLES PARTNER
1	U/18 Boys Singles	\$8.00	
2	U/ 18 Girls Singles	\$8.00	
3	U/18 doubles	\$6.00ea	
4	U/ 15 boys Singles	\$8.00	
5	U/15 girls singles	\$8.00	
6	U/15 Doubles	\$6.00ea	
7	U/ 13 Boys Singles	\$8.00	
8	U/ 13 Girls Singles	\$8.00	
9	U/ 13 Doubles	\$6.00ea	
10	U/11 Singles	\$8.00	
11	U/11 Doubles	\$6.00ea	
12	Division 1 Singles	\$8.00	
13	Division 2 Singles	\$8.00	
14	Division 3 Singles	\$8.00	
15	Division 4 singles	\$8.00	
16	Division 5 singles	\$8.00	
17	Division 6 singles	\$8.00	
19	Division 7 singles	\$8.00	
18	Local U/18 singles	\$8.00	
19	Local U/16 singles	\$8.00	
20	Local U/14 Singles	\$8.00	
21	Local U/12 Singles	\$8.00	
22	Local Doubles	\$6.00ea	
	TOTAL COST	\$	

Maximum of 6 events with maximum of 4 singles
PLEASE CIRCLE THE EVENTS NUMBER YOU ARE ENTERING
I enclose a total of \$.....(including \$2 for Fund Raising Fee)
For entry in events.....
First Name.....Surname.....
Date of Birth.....Male/Female (please circle)
Phone Number.....Post Code.....
Address.....
Grade.....
Registered Club/Association.....
I hereby confirm that I have read the entry conditions of this tournament and agree that I will abide by them.
Signed.....Date.....
Post Entries to Y.M.T.T.A. Inc., P.O. Box 116 Yarrowonga VIC 3730
Email Entries to johnwrightjohn4321@hotmail.com or yarratabledtennis@hotmail.com
Payments accepted: Cash, Cheque or payment on day.



2015 Yarrowonga Mulwala Splash n Dash.

SATURDAY 14TH MARCH 2015 AND SUNDAY 15TH MARCH 2015.

Only one and a half weeks until the Sacred Heart Parent & Friends Annual Splash n Dash and this year it is a big one – our 10 Year Anniversary!!

Over this time we have donated \$50,000 to our Sacred Heart Schools and community.

We have also given over \$25,000 in prize money to our participants, as well as vouchers, spot prizes, t-shirts, stubby holders, drink bottles and medallions to encourage fitness in our community.

It is an important fundraiser for our schools and it is reliant on our Sacred Heart Parent Volunteers to run this event.

There are four ways you can support this major fundraiser for our Primary School and College:

1. VOLUNTEERING FOR A FEW HOURS

The Splash n Dash takes a huge amount of manpower to ensure the safety and professionalism of this event. We have participants coming from all over Victoria and southern NSW.

If you are able to assist on Sunday morning at the Run we would love to hear from you. Many hands make light work and as per previous years, please expect a call from one of our committee members in the week leading up to the Splash n Dash as we undertake our mad annual scramble to get enough helpers. You would not believe the amount of time it saves the committee if you are able to volunteer early.

Please contact Lynda on 0407 432756 or email lford3@bigpond.com we would love to hear from you.

2. PARTICIPATION

Registrations are now open and entries are available at the school office (both Primary & College) and Focus Well-Being & Fitness or you can register on-line at www.splashndash.com.au

For a gold coin donation, the Preps, Grade 1 & 2 can participate in the 1km run/walk (Mum and Dad and pre-schoolers can run too) and there is a 3km run/walk for Grades 3 to 6. These events are on the Sunday and are always popular with over 200 children having a go each year (all participants receive a medallion).

For the rest of the family, there is a 5km run/walk or a 10km run to choose from. If you are over 15 years of age – why not try the 1.4km State to State Swim on the Saturday.

Early bird entries are due by Friday 27th February 2015 for prices and more information go to www.splashndash.com.au

3. RAISING AWARENESS OF OUR EVENT

Check out, like and share our Facebook page: <https://www.facebook.com/yarrowongamulwalasplashndash> Even if you are unable to participate, you can show your support by raising the awareness of this event with your family and friends. There are also a limited amount of 10 Year Anniversary Running Singlets available for purchase this year, check out our Facebook page or website for more information.

4. JOINING OUR FABULOUS COMMITTEE

We are always looking for new committee members. After 9 years of organising this event our Committee is a well-oiled machine, but we would love some fresh ideas and some new faces to ensure the growth of this event.

For more information please contact:

Lynda White TREASURER/SECRETARY phone 0407 432 756 email lford3@bigpond.com

Darren Forrester PRESIDENT phone 0417 905 086

Andrew MacPherson RACE DIRECTOR (RUN) phone 0404 372 647

Peter Elliott RACE DIRECTOR (RUN) phone 0434 625 485

Anna Dickie RACE DIRECTOR (SWIM) phone 0427 443 980

Cathrina Shaw RACE DIRECTOR (SWIM) phone 0437 290 970

Jared Loughnan MARKETING AND MEDIA OFFICER phone 0419 336 884