



Be Safe, Be Respectful, Be Your Best

*Assembly and Awards will  
be held at 9am this Friday.*

*Newsletter Term 3 Week 10*

**MINI BLITZ- Week 10**  
"The choices we make, reflect who  
we are. Make the **RIGHT**  
**CHOICES** and you will go far!"

## ATHLETICS TOMORROW POSTPONED

*Due to the extremely wet weather we've been having recently and our inability to get onto 'The Grove' we have postponed our School Athletics Carnival until next term.*

*The new date for the Athletics will be Wednesday 5<sup>th</sup> October 2016.*

*Sorry for any inconvenience that this may cause to parents who have arranged days off but we cannot control the weather and we'll have a far more enjoyable day in sunny, dry conditions.*

***Pupil Free Day** - What a wonderful day we had on Monday with Karen Starkiss who gave the teachers and guests some great insights and information about how we can create Dyslexia Free Classrooms for our students.*

*Lots and lots of great ideas, lots of fun activities and lots of attention on teaching our children the importance of the 'old rules' like – 'i' before 'e' except after 'c'. Karen left us with lots of information with which we can use to support our planning into 2017.*

***Our Thoughts and Prayers** – The last week has seen a number of our families experience the loss of a loved one. Our thoughts and prayers are with the following families. Karen Vodusek's mum Dawn Tabor grandmother of Rudi, Coco and Theo. Anne Marie Bott mother of David Bott and the grandmother of Charlotte. Stuart Lonie, great grandfather of Charlie and Lillie Hall. We hope the good wishes of family and friends will ease some of their sadness at this difficult time.*

***2017 Prep Enrolments** - Acceptance letters for new Preps in 2017 were sent out to families yesterday so they should arrive before the end of term. We now look forward to our transition days that will be beginning in November.*

***End of Term Three** – A reminder to everyone that Term Three concludes on **Friday 16<sup>th</sup> September at 2.30pm**. The early finish is to come in line with the Public School program and school buses.*

*School will resume on **Monday 3<sup>rd</sup> October**.*

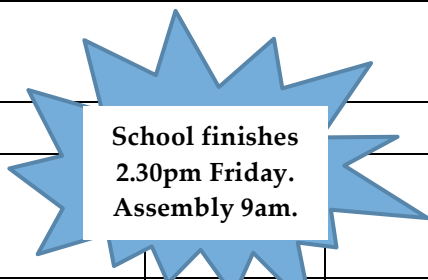
*Thanks and best wishes,  
Paul*

No Breakfast Club Friday.  
School will break up at 2.30pm this  
Friday.  
Enjoy a safe, relaxing break!

### **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.

Week	Term 3						
				Thu 15 <sup>th</sup>	Fri 16 <sup>th</sup>	Sat 17 <sup>th</sup>	Sun 18 <sup>th</sup>
10 (Sept)				NO Athletics Carnival	* School Finishes 2.30pm		
Term 4	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>
1 (Oct)	School Returns	Junior All Stars Basketball- Boys and Girls	Athletics Carnival	Yr 1/2 Milo Cricket sessions 9am-11am (Back up Aths Carnival)			
	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>
2 (Oct)	Year 6 Canberra	Year 6 Canberra	Year 6 Canberra	Year 6 Canberra	Year 6 Canberra		



## Religious Education

Meegan McInness



### Mercy Sisters Bookmark

Each child will bring home a bookmark today celebrating the Year of Mercy and 140 Years of Catholic Education by the Mercy Sisters in the Sandhurst Diocese. The Mercy Sisters are an important part of our Parish and we thank them for all they do.

### Confirmation/Eucharist

A reminder to all candidates, the slip indicating which Presentation Mass they will attend must be returned by Friday please.

I hope everyone has a safe and relaxing holiday.

[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. We thank the dedicated and hard-working St Vinnie's volunteers for making this program possible. The Breakfast Club operates from the canteen.

I hope everyone has a happy, safe and relaxing holiday.

### The Pitfall of Using Other Children as Benchmarks By Michael Grose

*Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.*

Have you ever compared your child's behaviour, academic progress or social skills with a sibling or your friend's children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and development. "Your spelling is better today than it was a few months ago" is a better measure of progress than "Your spelling is the best in the class!"

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school. However, you shouldn't have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as "unconditional love".

### CHILDREN'S CHATTER MATTERS

Activities will be provided each term, focusing on key areas of oral language supporting literacy. Feel free to adjust these activities according to your child's grade level.

Ten activities will be provided over Term Three to help your child think a little bit deeper about the world around them and to use longer and more complex sentences. Expanding your child's oral language use will lead to significant improvements in their writing also.

You may need to adjust the activity to suit your child's level:

\*\* Here is a list of fabulous books to read with your child that model complex sentences and rich vocabulary:

'Fancy Nancy' series by Jane O'Connor

'Fearless' by Colin Thompson

'Clancy the Courageous Cow' by Lachie Hume

'Suddenly' by Colin McNaughton

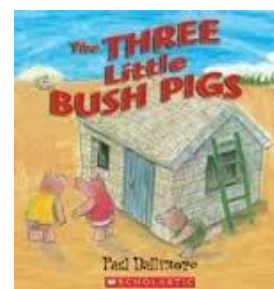
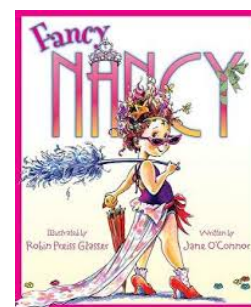
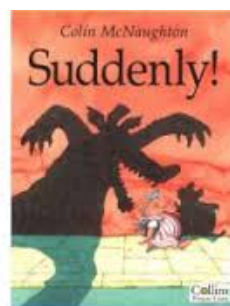
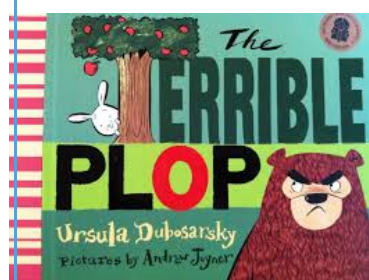
'The Terrible Plop' by Ursula Dubosarsky

'The Three Little Bush Pigs' by Paul Dallimore

'Giraffes Can't Dance' by Giles Andreae & Guy Parker-Rees

'Herman and Rosie' by Gus Gordon

'Window' by Jeannie Baker (You will have to make up the sentences for this one!)



Go to [www.goodreads.com/blog/show/459-fifty-great-books-to-read-with-kids](http://www.goodreads.com/blog/show/459-fifty-great-books-to-read-with-kids) or <http://www.speechpathologyaustralia.org.au> (Book of the year awards) for other recommended book titles.

Thank you

On behalf of the school, we'd like to thank SupaGas Yarrawonga for their donation of a gas bottle at no charge. This was in support of our recent Father's Day breakfast.

Yarrawonga / Mulwala swimming club spring season is starting.

Please contact Lyndon hart – 0417 522 456 or Tracey Mullins – 0412175710

Friday fortnight at Wangaratta Indoor Pool at 5.30pm. Each other Fortnight at Focus Gym, Yarra club at 4.30pm

See our web site Yarrawonga Mulwala swimming club for more information.

**Senior Basketball Competition**

REGISTRATIONS ARE NOW OPEN on our website for separate men's and women's basketball competitions, until Monday 26th September.

Men's Only Competition will be on Thursday nights, starting Thursday 6th October (week one of school term 4), running for 8 weeks plus 2 weeks of finals. Games from 6.30pm. Fees-YMBA fee \$70 (+BVC fee \$40.58 if haven't paid this insurance fee yet this year).

Women's Only Competition will be on Sunday nights, starting Sunday 9th Oct, running as a round robin comp for 8 weeks. Games from 6pm. (No games the weekend before Melbourne Cup). Fees-YMBA fee \$56 (+BVC fee \$40.58 if haven't paid this insurance fee yet this year).

We welcome anyone who is born in the year 1999 or before, to register and be part of a fun team sport.

Teams will be put together to try and ensure an even competition.

Please register on our website at [www.foxsportspulse.com](http://www.foxsportspulse.com) then click on Basketball/Victoria-Country/Yarrawonga Mulwala Basketball Association.



The poster for the Tungamah Fete 2016 features a green and yellow geometric background. At the top left is a drawing of a house with a smiling face. To its right is the text 'TUNGAMAH FETE 2016' in large, bold, green letters. Further right is a bell-shaped logo with the text 'Learning For Life' and 'TUNGAMAH PRIMARY SCHOOL 2225'. Below this, the text 'Supporting Tungamah Pre-School & Tungamah Primary School' is written in white. The date and time 'FRIDAY, 16TH SEPT 2016 4PM START' are prominently displayed in large white letters. At the bottom, it says 'Over \$14,000 in items to be auctioned' and 'Including fertilizer, gravel cartage, building and electrical labour There's something for everyone!'.

**TUNGAMAH FETE 2016**

Supporting Tungamah Pre-School & Tungamah Primary School

**FRIDAY, 16TH SEPT 2016  
4PM START**

**Over \$14,000 in items to be auctioned**  
Including fertilizer, gravel cartage, building and electrical labour  
There's something for everyone!



### CONGRATULATIONS AND GOOD LUCK!

With the local football and netball season coming to a close and also finished for some clubs, we'd like to congratulate some of our staff and wish them well in grand finals this weekend. This week in the Ovens & Murray, Miss O'Dwyer took out the B Grade Netball Best & Fairest Award and Mrs Bonat's husband, Tyler tied for 1<sup>st</sup> in the B & F League medal. Miss Handreck won the A Grade B & F for Rennie and Miss Stacey helped coach/manage the Tungamah Un 17's in winning a Netball premiership. This weekend Miss O'Dwyer and Mr Kennedy play in Grand Finals on Sunday at Lavington. We wish them all the best and congratulate all our students, staff and families who have been involved with clubs locally this year.



### Athletic's Sports- Wednesday 5<sup>th</sup> October

The canteen at the Grove (Yarrowonga Football Ground) will be open selling coffee, home-made biscuits and slices, hot chips, dim sims, salad rolls and cold drinks.



### DAIRY ASSISTANCE FUNDING (CAMPS, SPORTS AND EXCURSIONS FUND)

The Victorian Government implemented a response package to assist dairy farming families. This included assistance for primary and secondary students attending schools where one or both parents:

- Own an operating dairy farm
- Are share farmers on a property primarily operating as a dairy farm
- Hold a lease for an operating dairy farm
- Work as an employee on an operating dairy farm and this is their main source of employment.

The Camps, Sports and Excursions Fund (CSEF) eligibility criterion is being extended, consistent with the 2016 drought response.

Dairy assistance payment is a one-off amount of \$375.00 per student that will be paid to schools.

The Dairy Assistance CSEF will be paid to the school where the student is currently enrolled at the start of Term 3, 2016.

Parents can apply for the dairy assistance funding by completing an application form and lodging it with their child's school by the 18<sup>th</sup> November 2016.

Completed and endorsed spreadsheets should be submitted by 2<sup>nd</sup> December 2016.

The one off \$375.00 payment to schools will be made from September 2016 with the programme ceasing at the end of Term 4 2016.

**PLEASE CONTACT THE SCHOOL OFFICE IF YOU ARE ELIGIBLE FOR THIS ASSISTANCE.**

# ♡ Year 6 Market Day ♡



A very big thank you to all the students, staff and families that supported our Market Day last Wednesday. It was fantastic to see all the children having so much fun - playing games and enjoying all the yummy treats that were available. An especially HUGE thank you to the families of our Year 6 children who helped plan, cook, shop and prepare all the wonderful activities that made our day so successful.



The Year 6s raised an amazing \$4178.60 that will go towards the cost of our camp in Term 4. Thanks again for your wonderful support !!



## Extend Before and After School Care at Sacred Heart Primary School

### Recap

Last week at after school care we started collecting our favourite recipes that we have made at ASC, to make our own recipe book that we will be selling to raise money for more toys/sports equipment. We also made a rock cactus and played some musical instruments.

Lisa Gard- Team Leader



### **Our Extend Superstar for the week is...**

**Sam Haebich** for showing us the song he had learned on the piano using an ipad.

Next week's activities:

Wednesday 14<sup>th</sup> September: Mini Apple Crumble Pies

Thursday 15<sup>th</sup> September: Spring Display

Box

Friday 16<sup>th</sup> September: Wool Sheep

**Parent Portal:** [extend.com.au](http://extend.com.au)

## TERM 4 LAUNCH: COME ALONG TO RED25 WEEK AT EXTEND AFTER SCHOOL CARE

*A week filled with exciting science, craft, cooking, and sport activities based around giving blood, and general health and well-being.*

Extend is coming together as a community with a goal to raise 100 blood donations by the end of October this year. To encourage everyone to get on board, Extend Director Stevenson will complete one of three possible dares if we reach 100 blood donations! Visit [darrendare.com](http://darrendare.com) to watch our launch video and see further information later in the newsletter.

Your child can get involved by coming to *Red25 Week* in Term 4!

Discover what blood is made of by creating a sensory model, learn about the different blood types and which are compatible during a fun science experiment, put your chef's hat on and join us in making the World's Greatest Biscuit...and much more! Speak to your Team Leader to find out when Red25 Week begins.

Attention families and teachers: Be part of our goal to reach 100 Blood Donations!

Visit [darrendare.com](http://darrendare.com) for further info.



### Day for Daniel – Friday 28<sup>th</sup> October

This year our students will again be allowed to wear a Red t-shirt or something Red on the day. We will also have a guest speaker who will talk to some classrooms about stranger danger and Cybersafety.

In the afternoon assembly we will be holding a raffle with over 20 prizes to be won!



YARRAWONGA-MULWALA

Multi Sport Festival

now incorporating Splash n Dash

**22nd & 23rd October**

TRIATHLON AUSTRALIA  
AGE GROUP  
ITU WORLD  
CHAMPIONSHIP  
QUALIFYING RACE

**Saturday Oct 22nd**  
**Mulwala Water Ski Club Super Saturday**

- Flagship ITU World Qualification Standard Distance Triathlon
- Sprint Distance Triathlon
- Mini Triathlon
- Kids fun village
- Presentation Party

**Sunday, Oct 23rd**

**Yarrawonga Mulwala Tourism Foreshore Fun Runs**

- 5km and 10km, plus kids 1km and 3km fun runs/walks
- Yarrawonga Health Helping Hands Corporate Challenge
- Kids fun village

Register online at [www.ymmf.org.au](http://www.ymmf.org.au)

For accommodation options phone 1800 062 260 or visit [www.yarrawongamulwala.com.au](http://www.yarrawongamulwala.com.au)





Sacred Heart Parent and Friends are proud to bring you the:

**Yarrawonga Mulwala Multisport Festival (YMMF)**

**Saturday 22 and Sunday 23 October 2016.**

The program will include the ITU World Qualification Standard Distance Triathlon, Sprint Distance and Mini Triathlon events on the **Saturday afternoon**.

On **Sunday** your favourite Fun Run is back!!

There's something for everyone during this fantastic two day festival:

- Flagship ITU World Qualification Standard Distance Triathlon
- Sprint Distance Triathlon
- Mini Triathlon
- 5km and 10km fun runs
- Kids 1km & 3km fun runs

Entries are now open - jump on-line and register!!

For a detailed event schedule please go to event details menu item on our website.

[www.ymmf.com.au](http://www.ymmf.com.au)

To stay up to date - check out our **facebook** page - Yarrawonga Mulwala Multi Sport Festival.

This is a major fundraiser for Sacred Heart Parent & Friends and your participation, either as an entrant or volunteer is greatly appreciated.

The support we have received from our very first Yarrawonga Foreshore Fun Run in 2006 has been amazing!!

This will be our 11th Annual 10k Run and 5km Run/Walk - a great event for the whole family. And don't forget the popular **Junior Fun Run** (1km for Prep, Grade 1 & 2, 3km for Grades 3 to 6).

Sacred Heart Primary School Students have been strong supporters of this event with about 200 lining up at the start every year. We love seeing their excited faces as they cross finish line and collect their gold medallions. Entry forms will be provided soon and kids can also register on the day.

**BACKGROUND:**

\* 2006 - The **Yarrawonga Foreshore Fun Run** was established by Sacred Heart Parent & Friends.

\* 2011 - A State to State Swim was added and event was renamed the **Yarrawonga Mulwala Splash n Dash** attracting hundreds of participants from across the state and southern NSW.

\* 2015 - Our committee was approached by Triathlon Victoria to assist with the running of the 2015 Yarrawonga Mulwala Multisport Festival (YMMF) due to our proven track record of organising a professional and successful event.

\* 2016 - Complete merger of Yarrawonga Mulwala Splash n Dash and YMMF.

This will be the fifth year for the YMMF. Initially started by Triathlon Victoria with the assistance of Yarrawonga Mulwala Tourism this event has quickly grown into a premier event attracting 800 participants last year, contributing in excess of 1.3 million of economic benefit to the region.

Yarrawonga Mulwala Multisport Festival has just been awarded World Qualification for the ITU World Championship and will further places Yarrawonga Mulwala on the map. A significant achievement only awarded to several triathlons in Australia.

**OTHER EXCITING NEWS**

We are about to release what will be one of Australia's most picturesque and spectacular regional triathlon courses surrounding beautiful Lake Mulwala featuring two states, a run across it's iconic banded bridge over the Mighty Murray River. The organisers are in the final stages of securing permits for the course. Stay tuned!

**OUR YMMF COMMITTEE:**

Darren Forrester 0472 555 647 - Race Director

Jared Loughnan 0419 336 884- Media & Marketing & Sponsorship

Lynda Ford-White 0407 432 756 - Secretary/Treasurer

Andrew Macpherson 0404 372 647- Run Co-ordinator

Scott Jaques 0451 370 369 - Bike Co-ordinator

Cathrina Shaw 0437 290 970 - Swim Co-ordinator & Sponsorship

Peter Elliott 0434 625 485 - Committee

Phil Conway 0428 393 650 - Committee

Tracee Stevens 0400 934 199 - Junior Fun Run Co-ordinator

(Sub-committee of Sacred Heart Parent & Friends).

# Numurkah foodbowl



# *Festival*

# Grand Parade

**All the fun of the grand parade: Dress up in costume, decorate your bike or make a simple float and come along to the Numurkah Foodbowl Festival Parade.**

**The parade will leave  
St Josephs Primary School at 2.00pm**

**Saturday 15th October, 2016**

Of course you will need a parent or guardians permission to be involved.

Return the completed form below to the Numurkah Visitor Info centre by Monday Oct 10 to secure your spot.

Its FREE to participate but you must be accompanied by an adult on the day of the Festival.

For more information find the Foodbowl Festival on Facebook or call - 5862 3458

Name.....

Age ..... Post Code.....

Contact Name .....

Contact Phone .....

Contact Email .....

Signed .....

*Dress in  
costume*

*Decorate  
your bike!*

*Build  
a float!*





**Go ahead,  
give it a go!**


# Paddlepower

START • PASSPORT • DISCOVER • EXPLORE • EXCEL

FUN AND FLEXIBLE paddlesport for young people. 5 Awards that take you on a fantastic journey of paddlesport discovery.

**Just ask your coach about it!**

Contact  
**Tim Roadley**  
YMACC Coach  
0417373376



canoeing Victoria  
Victoria



ESTABLISHED 1975  
ABN: 94 264 260 578  
ACN: 148 309 148  
INC: A0085596F

Established in 1975 Yarrawonga Mulwala Amateur Canoe Club is a not-for-profit organization managed by people who enjoy kayaking and canoeing. Located on the Murray River, Australia's longest and best known river, the club was initially formed to provide a base for local people wanting to participate in the Iconic Canoe Race the Murray Marathon. Recently the club has begun a campaign to attract new members from the Yarrawonga Mulwala district to enjoy the outdoor activity of canoe/kayaking. Initially by re-branding itself and promoted the club's free come and try nights held every Wednesday during daylight saving. In 2014 the club was selected by Canoeing Victoria to be part of the exciting pilot program - Paddlepower a campaign to promote paddling sports to junior members of the community. Over the last few years we have been able to give over 200 primary school students and other members of the community a chance to Give Paddling a Go.

The Paddlepower program caters for all - it offers participants an activity that does not discriminate between age, sex, weight, fitness, behavioral issues or socioeconomic status, at the same time offering a pathway that can lead to club members paddling against the best athletes in the sport, our club recently we had two junior female members represent Australia at the World Championships.

**What is Paddlepower?** Paddlepower: The Paddlesport award scheme for young people that has been designed to meet the needs of young people. It's colourful and youth centred approach aims to:

- Encourage more young people to come into and stay in the sport
- Provide progression and reward achievement in a wide range of topics
- Show them all aspects of the sport - both competitive and adventurous
- Provide signposts into Clubs where their skills and development can be nurtured
- Provide a flexible structure for delivery according to venue/situation
- The scheme comprises 5 Awards to support a young paddler's introduction and progress in Paddlesport.



#### How does Paddlepower work?

The Yarrawonga Mulwala Amateur Canoe Club provides all levels of the scheme including:

- Start** - entry level suitable for beginners and inexperienced students usually in the form of a free come in try session run by the club.
- Passport** - progressive levels that cover safety awareness, paddling skills and knowledge usually a weekly hour long session, students pay a fee and become Australian Canoeing and club members.
- Discover** - follows on from Passport with a further 4 levels to take the young paddler to the next level in skills and knowledge continuing weekly session plus involvement in other club activities.
- Explore** - further levels that introduce the paddler to variety of Paddlesport activities, events and Journeys in the competitive and non-competitive disciplines through weekly session and club training session
- Excel** - test the paddler on all elements of paddlesport including being responsible for self and others, participation in Journeys, coaching sessions, training, events/competitions in a variety of disciplines, background knowledge of the sport, access, rules, environmental, nutrition and goal setting.

#### Where, When and How much

- The 2016 -2017 paddlepower program will be held on a Wednesday afternoon at the Chilhaman's Island lagoon adjacent to the Yacht Club
- The program will start in the first week of October and will be an eight-week program ran over 10 weeks to cover days cancelled due to weather or other delays. It will cost \$70 per person with extra children from the same family \$50.
- All participants are required to become members of our club so they are covered by AC insurance, the cost is \$35 per child with discounts for families.
- A percentage of this fee is a donation towards the purchase of new equipment so the club can continue and expanded the program, extra donations are also welcome direct to the club or through the club's tax deductible site <https://ast.org.au/organisation/yarrawonga-mulwala-amateur-canoe-club/>



Secretary: Tim Roadley  
President: Jared Loughman  
56 Kathryn Cres,  
Yarrawonga, Vic, 3730

PHONE 0417373376  
PHONE 0419336884  
EMAIL [timroadley@gmail.com](mailto:timroadley@gmail.com)  
WEB SITE [www.ymacc.canoe.org.au](http://www.ymacc.canoe.org.au)

### **VOLUNTEER REQUEST**

2016 YARRAWONGA MULWALA MULTISPORT FESTIVAL

SATURDAY 22ND OCTOBER 2016 - Olympic, Sprint & Mini Triathlon

SUNDAY 23RD OCTOBER 2016 - YARRAWONGA FORESHORE FUN RUN 10KM & 5KM , JUNIOR FUN RUN 1KM & 3KM

The YMMF is just 6 weeks away.

We are proud that our school fundraiser is now a major event on the Yarrawonga-Mulwala calendar, attracting entrants from all over Victoria and southern NSW.

This event could not take place without the generous time and effort offered from countless volunteers within our school community.

We would be delighted to hear from you if you are able to assist.

Please contact me by phone 0407 432 756 or by email [lford3@bigpond.com](mailto:lford3@bigpond.com) or return the attached slip to the school office.

### **Sacred Heart Parent & Friends Association**

### **VOLUNTEER REQUEST**

This event could not take place without our wonderful school community.

Please contact Lynda by phone 0407 432 756 or by email [lford3@bigpond.com](mailto:lford3@bigpond.com)

or return the slip below to the school office if you are able to assist.

We would be delighted to hear from you.

<b>Name:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Saturday 22nd October 2016 Triathlons—Olympic, Sprint &amp; Mini</b>	
1-30pm to 4.00pm	
4.00pm to 6.30pm	
<b>Sunday 23rd October Yarrawonga Foreshore Fun Run 10k, 5km &amp; Junior Fun Run 3k &amp; 1k</b>	
6.00am to 7.30am Set Up	
7.00am to 9.00am Regos	
8.30am to 10.30am Marshall	

YARRAWONGA-MULWALA

Multi Sport Festival

Oct 22 & 23 2016

now incorporating Splash n Dash

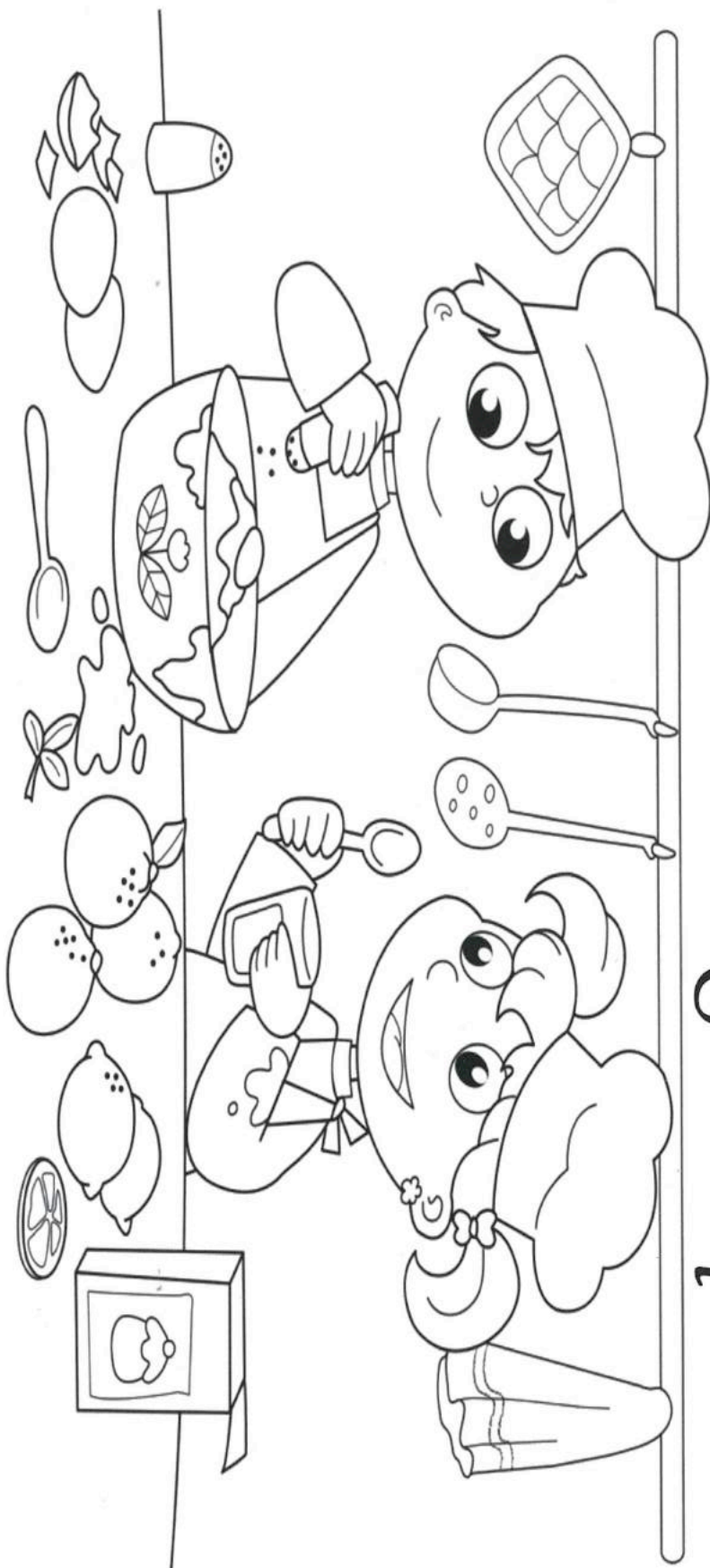






KITCHENWARE QUEENS  
*For the love of cooking & entertaining*

# Colouring Competition



Name: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Please drop forms back to Kitchenware Queens, 77 Belmore Street, Yarrawonga. Prizes drawn Friday 30th September

**First prize:** Cake Boss Decorating Kit RRP \$49.95,

**2nd Prize** Sweetly Does it Pack RRP \$29.95, **3rd Prize** Mixe Prize Pack RRP \$14.99

**LAST DAY OF TERM**

# **BLUE LIGHT DISCO**

**CLUB MULWALA**

**FRIDAY 16TH SEPTEMBER  
6PM - 8PM**

**AGES 5 TO 13 YEARS**

**HOT FOOD & DRINKS AVAILABLE**

**FEATURING LIP SYNCH BATTLE**

**Sacred Heart Primary  
vs Mulwala Primary**

**Proudly Sponsored by:**

**YARRAWONGA** EST. 1883  
**CHRONICLE**

**ClubMulwala**  


***Would you like to:***

Have a  
really great  
relationship  
with your  
kids?

Understand  
why we do  
what we do as  
parents?

Understand  
what makes  
your kids tick?

***Then come and join us at the:***

## ***'Bringing up Great Kids' Parenting Program***

- A 4 session program for parents/carers of young children aged from 2-6 years aimed to help you overcome some of the obstacles that can get in the way of being the parent you would like to be.
- Assists you to understand how parents and children communicate and ways that help build healthy and loving family relationships.
- Explores ways to take care of yourself and gain support when needed so that you can handle the challenge of parenting

**Starting:** Monday 19<sup>th</sup> September and continuing on Wednesday 21<sup>st</sup>, Monday 26<sup>th</sup> and Wednesday 28<sup>th</sup> September.

**Time:** 9.30am-11.30am

**At:** Arthur Dickmann Children's Centre,  
104-106 Maude Street, SHEPPARTON 3630

**This is a free program - morning tea provided  
Program is open to all members of the public**

***Bookings are essential as places are limited***

**To register or for further information contact Jenni at the Arthur Dickmann  
Children's Centre on (03) 58 21 3880**

**Email: [jenni.gibson@shepparton.vic.gov.au](mailto:jenni.gibson@shepparton.vic.gov.au)**

*Brought to you by Hume Region Parent Education Service*



**Extend Head Office:**  
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Richmond VIC 3121

**Office locations and training centres:**  
Melbourne | Sydney | Brisbane | Adelaide | Perth

**Extend (Australia) Pty Ltd**  
ABN 99 100 681 552

**Telephone** 1300 366 437  
**Facsimile** 1300 849 438

enquiries@extend.com.au  
www.extend.com.au

Hello!

Thanks for your interest in joining Extend's Red25 campaign to raise 100 blood donations.

Please see instructions below to book your appointment today:

### **STEP 1: APPOINTMENT**

Make an appointment online at <https://www.donateblood.com.au/make-appointment> or call 13 14 95. You will be able to find the nearest location and check your eligibility to give blood.

### **STEP 2: JOIN OUR GROUP – EXTEND AFTER SCHOOL CARE**

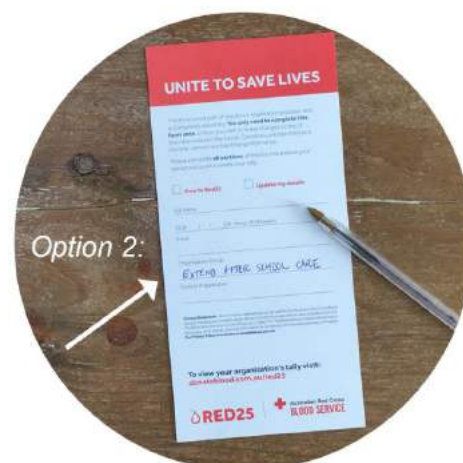
Join our Red25 Group (**Extend After School Care**) to make your blood donation count. This step is extremely important, as your blood donation won't be part of our total tally if you skip this step. And don't worry, you can change your Red25 group at any time.

There are two ways to join our Red25 Group.

**Option 1** – (Only applies if you already have a Donor ID)

Visit <https://www.donateblood.com.au/red25/join-group> and follow the prompts to nominate **Extend After School Care** as your Red25 group online.

**Option 2** – Complete the Red25 form at your blood donation appointment on the day. Please ask the Blood Donor centre staff for the form if it is not given to you. Nominate **Extend After School Care** as your Red25 group.



### **STEP 3: SPREAD THE WORD!**

Share this with your friends and family so they can get on board too. Anyone can be a part of our campaign to reach 100 blood donations.

We appreciate your support in this worthy cause. Let's get together as part of Extend's community to reach our goal!

*PS. Have you voted for Darren's Dare? Decide on his fate at [darrensdare.com](http://darrensdare.com)*

With best wishes

**The Extend Team**