



# St Patrick's Day

When: Friday 17<sup>th</sup> March

What to wear: Wear something Green to school on this day. Come dressed as a leprechaun, St Patrick or just wear a hat, green t-shirt, etc.

Who: All students and staff from Prep- Year 6

GOLD COIN Donation (In support of our Fete/P & F)





*Be Safe, Be Respectful, Be Your Best*

*2017 Term 1 Week 7 Newsletter*

**MINI BLITZ- Week 7**  
*'Say No to Bullies and don't watch on. Step in if you can, coz Bullying is WRONG!'*

*Dear Lord*

*Every day we are so often reminded in field and wood, in sky and stream, of Your own boundless generosity to us. Help us to realize that You are never outdone in generosity, and that the least thing we do for You **will** be rewarded, full measure, pressed down, shaken together, and flowing over. Then we shall see, in our own souls, how the **desert** can blossom, and the dry and wasted land can bring forth the rich, useful fruit that was expected of it from the beginning.*

*Amen.*

I hope everyone enjoyed a relaxing long Weekend. All the students have returned to school bright and bubbly so a well- earned rest was obviously needed. The last few weeks of school continue to be very busy. The Fete committee have and are continuing to do an extraordinary amount of work to ensure Friday the 24<sup>th</sup> of March will be a night to remember. Thank you for all the donations and offers of support, they are much appreciated, please keep them coming.

**Sacramental Evening**

Thank you to all the Parents who attended our Sacramental Evening. Sacraments are important milestones in our children's faith journey. It was fantastic to have Father Steve join us and share his knowledge that helped deepened our understanding of the Sacraments of Initiation.



**Pick Up and Drop off zones**

These are very busy especially at the end of the day. This requires us to be very vigilant in modelling safe practices to our children. Student are required to use the school crossings at all times. Please do not coax your child to run across the road even if it is clear. They **must** use the crossing.

**ATTENTION!**

**Caritas**

Some our students have been busy making friendship bracelets to raise money for Caritas. These will go on Sale at play and lunch time in the quadrangle.

Have a great week.

Arn



62 Orr St or P.O Box 199 Yarrowonga Phone: 03 5744 3339  
Fax: 03 5743 1377 [agorman@shyarrowonga.catholic.edu.au](mailto:agorman@shyarrowonga.catholic.edu.au)

**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 1						
			Wed 15 <sup>th</sup>	Thu 16 <sup>th</sup>	Fri 17 <sup>th</sup>	Sat 18 <sup>th</sup>	Sun 19 <sup>th</sup>
7	 <p><b>Friday</b> - St Patrick's Day (Wear Green) - Ride 2 School Day</p>		* Prep Literacy Information Night	Divisional Cricket Trials- Benalla	* Ride 2 School Day * Prep M Buddy Assembly 10am * Woods Point Visit- 6L * Parish Mass- 3PC & 3CO * St Patrick's Day- Gold Coin * National Day of Anti-Bullying and Violence		3 <sup>rd</sup> Sunday of Lent
	Mon 20 <sup>th</sup>	Tue 21 <sup>st</sup>	Wed 22 <sup>nd</sup>	Thu 23 <sup>rd</sup>	Fri 24 <sup>th</sup>	Sat 25 <sup>th</sup>	Sun 26 <sup>th</sup>
8	* Get your P & F Footy Tips in this week!			Divisional Tennis Wang Ditto/Bravehearts Visit P-3	School Fete- 5pm-8pm Woods Point Visit- 6D Parish Mass- 3W/2B Australian Show Ski Nationals	Australian Show Ski Nationals	4 <sup>th</sup> Sunday of Lent
	Mon 27 <sup>th</sup>	Tue 28 <sup>th</sup>	Wed 29 <sup>th</sup>	Thu 30 <sup>th</sup>	Fri 31 <sup>st</sup>	Sat 1 <sup>st</sup>	Sun 2 <sup>nd</sup>
9	P & F Meeting 7.30pm SHC	Board Meeting 6.30pm			Final Day of Term students		5 <sup>th</sup> Sunday of Lent

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

Last week at After School Care we had some more races. This week we played the Aboriginal game Gorri. We started our Pen Pal letter to Howlong OSHC. We made a Oreo trifle each to take home and we also made a timeless calendar.

Our Extend Superstar for the week is.... **Ella McCarthy** for bringing in her bunny to show us.

Next week's activities:

Monday 20<sup>th</sup> March: **Frisby Games** Tuesday 21<sup>st</sup> March: **Skittles Rainbows**

Wednesday 22<sup>nd</sup> March: **Our Story** Thursday 23<sup>rd</sup> March: **Sushi Rolls**

Friday 24<sup>th</sup> March: **Crayon Recycling**



#### ATTENTION!!

Lunch orders- Please label. If your child has any allergies that Nicole should be aware of please write this on the lunch order bags. Lunch Order bags also need to have name and class clearly labelled. Also, please check coins before putting them in an envelope/lunch bag. Overseas coins have been appearing in lunch bags recently.

## Staff Profile

Natalie Wilson



*Position: Japanese Teacher*

*Interests: Reading, camping, relaxing!*

*Football Team: Collingwood*

*Favourite Food/s: Chips of any kind.*

*Currently Reading: Contest by Matthew Reilly.*

*Favourite Holiday Destination: Anywhere by a river or beach.*

*3 people you'd invite to dinner: Jennifer Lawrence, Nelson Mandela and Emma Watson.*

*What would you do with your last \$50? Probably spend it on chocolate.*

*Favourite Movie: Harry Potter.*

*Favourite Quote: 'Life is an opportunity, benefit from it; Life is a song, sing it; Life is an adventure, dare it; Life is life, fight for it.' (Mother Teresa)*

*What do you love about our school: The welcoming atmosphere and ability to share such a community spirit.*

## Catholic Identity

Meegan McInness



### Welcome to Week 2 of Lent

Each week Caritas has a story about a person and their life and how Caritas Australia is helping their community. A short film about each person is available to watch on the Caritas Australia website and students will be shown this film each week.

For Martina, an East Timorese mother of eight, escaping domestic violence was the first step in her journey to a new life. But at first, her future seemed very uncertain. Timor-Leste is one of the least developed countries in the world, with extremely low levels of basic health, literacy and income. Most East Timorese live in rural areas, with very limited access to basic services or livelihood training, and many households don't have enough food year round.

The shelter where Martina sought refuge, Uma PAS, offered her many ways to transcend these challenges. Uma PAS is a partner in Caritas Australia's Protection Program, a holistic community-wide program in Timor-Leste that offers women like Martina economic empowerment and a life of safety in a supportive community.

Through the program, she was linked with a network of support services, and this enabled her to undertake livelihood training and start a small business to support her children. The program also linked her with a supportive community.

Education is the most important thing to change my children's lives - Martina

[www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) 1800 024 413

### Project Compassion

Project Compassion will be a big focus of our Lenten journey here at Sacred Heart culminating in a Caritas Ks, walkathon in the last week of term. A note will go home with a sponsor book to each family today.

### Parent Information Evening for Confirmation/Eucharist

Thank you to the parents who attended last evening. The note regarding the Homebase groups and the Presentation Mass will go home with all candidates today.

Have a great week everyone,

Meegan

[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.

Please find attached a flyer for Parenting After Separation Intensive Program

that LifeWorks will be offering in Wangaratta on Friday 5<sup>th</sup> of May. The course is accredited for clients who need a certificate to present to the court, though anyone is welcome to attend.

## Four parenting priorities for 2017- By Michael Grose

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

### 1. Time to tackle technology

It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can't hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together. You can insist that social media isn't the only way to stay in touch with friends and show them that Dr Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don't be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.



### 2. Promote physical and mental health

Remember the old 'healthy body, healthy mind' maxim that past generations so fondly spruiked? Well, it's true. Physical and mental health are inextricably linked.

So this year while we encourage our kids to practise mindfulness; get a good night's sleep and ensure they relax and unwind, let's also make sure kids get plenty of physical activity, preferably outdoors.

### 3. Put the spoon back in the drawer

As reported in Fairfax Media recently, "In the 1970s only one in five under-30s in Australia lived with their parents but now it's one in two." This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is develop their children's independence and achieve the most important parenting outcome of all – their own redundancy.

In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

### 4. Put integrity top of the pedestal of character traits

Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media don't have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of a struggle. But the development of integrity and related traits such as respect, honesty and fairness are an important part of a child's moral compass that will help him/her make smart decisions when you're not around. Generally, integrity is developed in childhood and put to the test in adolescence.

Please also see attached flyer for **Carpe Diem Performance** starring John Wood. The performance talks about mental health issues with humour and compassion.

This event is a performance, question and answer, meet and greet followed by a free BBQ. Details are as follows:

Where: The Josephinum Centre, St Joseph's Primary School Cobram

When: 2pm Sunday 26 March 2017

Cost: FREE

Bookings: Cobram Visitor Information Centre or phone Community Services on 03 5871 9270.

## CHILDREN'S CHATTER MATTERS

Language Learning activities to have a go at home. Activities will be provided over this term targeting phonological awareness skills. Phonological awareness is one of the key building blocks for reading and writing. It is listening to, and thinking about the sounds in words.

\*\* As you read a story with your child, encourage your child to count the number of words in a sentence. Use your fingers to help. For example, 'How many words can you hear in this sentence?' She loves chocolate biscuits (has 4 words).



For older kids, say a sentence out of their reader/book and see if you can reorder the words to make new sentences. For example, the sentence "I can run fast and swim far" can be reordered to make: "I can run far and swim fast" or "can I run fast and swim far?"

Here are some sentences to start you off (remember to choose sentences from your child's book/reader):

- a. Mike has a red lolly and Sarah has a blue ball.
- b. She went to the shops after she went to the pool.
- c. Please move quickly to the door.
- d. Lucy painted a picture of Mike while he rode his bike.

### **SACRED HEART FETE- Baked Goods!**

**Friday 24th March 2017 5pm – 8 pm**

Excitement is building as the school fete is just over a week away!

**Baked Goods- Your child will have brought home a paper plate. You are welcome to cook some baked goods that will be on sale at the Fete. The plate needs to be named e.g. family name and ingredients involved.** There will be many other activities for the whole family including Chocolate Toss, Dunking Machine and Sand Art, just to name a few. There will be plenty of food options for the night as well as the bar. A highlight of the night will be the Goods and Services Auction – if you have any items you would like to donate don't hesitate to contact us. Just a few reminders:

- ✓ Remember to bring in an item for the class raffle baskets
- ✓ Over 18's raffle donations need to be brought to the office
- ✓ Please return sold raffle tickets and money back to school

Looking forward to a great night. Any queries, please email Sandy Judd  
pandf@shyarrowonga.catholic.edu.au or phone Robyn Connell 0409 441646.

## **Ride To School Day**

**Friday 17th March, 2017**

The children of Sacred Heart are invited to participate in the National Ride to School Day, this Friday, March 17<sup>th</sup>. National Ride to School Day is a community initiative aimed at raising awareness of health, road safety and transport. Your child is encouraged to ride their bike safely to school from two meeting points. Teachers will gather at each meeting point to join in with the ride to school. We encourage children to meet at one of the following locations:

**\* Permewans Hardware car park on the Murray Valley Highway**

or

**\* Shire Hall on Belmore St.**

We aim to gather at 8.00am so that we can leave both locations by 8.10am. This will allow us to arrive safely at school by 8.20am. Younger siblings are welcome to join in on the ride.

We hope to see you Friday morning.

Thanks,

Daniel Boulton

(If you would like any further information please contact the school or  
email: [dboulton@shyarrowonga.catholic.edu.au](mailto:dboulton@shyarrowonga.catholic.edu.au))

ATTENTION- No Friday afternoon assemblies

There will be NO Friday afternoon assemblies, (2.50pm) this week due to the Prep Buddy Assemblies. Student of the Week Awards will be presented after the Buddy assemblies at approx. 10.45am.

Attention- Prep M Buddy Assembly

The final Prep Buddy Assembly will be held this Friday 17th March at 10am in the Mercy Centre. Wear Green!

Prep M will be presented to the school this week. Following the Buddy Assembly, morning tea will be on offer for our Prep parents and our Yr 6 Buddy parents. The Yr 6's will be responsible for bringing along a plate to share when they are allocated on.

**NSW BUS TRAVELLERS**

Parents are required to apply online, print a paper version of their application and return the form to the school office for endorsement and submission.

The link

is <https://apps.transport.nsw.gov.au/ssts/howToApply>

If you do not have access to a computer please contact the school office.

**Nationally Recognised Training**

at

Yarrowonga Neighbourhood House

Registered Training Organisation No 21765



**HLTAID003 Provide first aid & HLTAID001 Provide CPR**

Early enrolment in HLTAID003 is essential to allow time for the online component to be completed prior to class.

Date: Wednesday 22<sup>nd</sup> March

Time: 9:00am – 5:00pm CPR 9:00am-1:00pm

Cost: \$ 150 (GST Free) CPR \$ 75 (GST Free)



Visit our website: [www.ynh.org.au](http://www.ynh.org.au)

1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au

**Y&DNA 2017 Competition Details**

Competition	Time	Date	VNA Reg	Comp Fee	Total Cost	How to Register
Net Set Go (5-7 yr olds) Rookies (8-10yr olds)	4-5pm	Commences Fri 28.04.17 (2nd week Term 2 Vic)	\$56 5-11 yrs	\$14	\$70	Online via yarrowongadna.vic.netball.com.au
Junior 11 & Under Junior 13 & Under Junior 15 & Under Junior 17 & Under	5-6pm	Runs for 12 weeks Concludes Fri 11.08.17 (4th week Term 3 Vic)	\$51 11-17 yrs	\$29	\$80	Online via my.netball.com.au
Senior Social (15yrs +)	6-7pm	Commences Wed 26.04.17 Runs for 10 weeks Concludes Wed 28.06.17	\$71 15+ yrs	\$200 per team	varies based on team size	Online via my.netball.com.au

There will be NO Net Set Go, Rookies or Junior Netball on the following dates:

9th June 2017 - Queens Birthday Long Weekend

7th June 2017 - Vic School Holidays

30th June 2017 - Last day of Vic term 2

14th June 2017 - Vic School Holidays

## FETE VOLUNTEERS- Final call..Please help!

2017 Fete Friday 24<sup>th</sup> March

Sacred Heart College Piper Street

Our 2017 fete is soon approaching! We are still in need for volunteers for 1-hour shifts on the night.

If you can volunteer an hour of your time please contact your class teacher or return the slip attached on note sent home today. An hour of volunteered time goes a long way in ensuring that ensuring that our 2017 fete runs efficiently as possible.

Prep A Cake Stall - 2 Volunteers Needed  
Prep G Pavlovas/Cheesecakes - 6 Needed  
Prep A Book Stall - 4 Volunteers Needed  
1H Kids Corner - 4 Volunteers Needed  
1I Pizza Stall - 6 Volunteers Needed  
1MC Basketball Comp - 1 Volunteers Needed  
2B Chicken Salads - 3 Volunteers Needed  
4K Handball Competition - 5 Volunteers Needed  
3CO Raffle Tickets - 3 Volunteers Needed  
5F Plants and Produce - 6 Volunteers Needed  
5B Plants and Produce - 3 Volunteers Needed  
6S Tacos - 6 Volunteers Needed  
6D Hot Dogs - 3 Volunteers Needed  
6L BBQ - 6 Volunteers Needed

### FETE NUMBERS DRAW

Mr Price is helping organise the random number draw for the fete next Friday, (24<sup>th</sup> March). Coming up quickly isn't it?

What happens is you purchase a random number for \$10 and then throughout the evening (20 plus times) a number is drawn and if you have that number you win the corresponding prize. There is a range of wonderful prizes and the number you purchase is in for each and every draw.

You can pre-order a number by sending along \$10 now, which will save Mr. Price annoying the bag out of you on Fete night!

Numbers are strictly limited to the amount that we can sell and the donated prizes are always of interest. When you have sent along your \$10 you will receive notification of the number you have been allocated.

Thanks in anticipation.

Mr Price



*Create a sparkly  
magical look with  
fibre optics, frosty makeup  
and crystals*

# Fantasy MAKEUP

Mulwala Library

Wednesday 12 April 10.30am-12noon  
03 5744 3439 OR [mulwalalibrary@federationcouncil.nsw.gov.au](mailto:mulwalalibrary@federationcouncil.nsw.gov.au)

Corowa Library

Wednesday 12 April 2-3.30pm  
02 6033 8941 OR [corowalibrary@federationcouncil.nsw.gov.au](mailto:corowalibrary@federationcouncil.nsw.gov.au)

Age: 12 yrs+ Cost: \$10

LIMITED SPACES. BOOKINGS ESSENTIAL



CHECK OUT WHAT'S ON AND BOOK TODAY

[extend.com.au](http://extend.com.au)



# GREAT WALL OF CHINA

Trek 2017



On the 11<sup>th</sup> September 2017, "Team Emma" - consisting of Emma Jones, Kerry Barbour, Fiona Stevens and Courtney Stevens - is embarking on an epic fundraising challenge with Inspired Adventures and Melanoma Institute Australia. We will be taking on a trek across the Great Wall of China to support the incredible work of the Melanoma Institute. We will be part of a 20 person team aiming to raise funds for the Melanoma Institute Australia.

The reason we have taken up this challenge is because Emma, personally has now had 3 Melanomas and currently the chance of the melanoma returning in her organs is very high. We are very passionate about this cause because every single dollar we raise will go towards the MIA NeoTrio Trial, an important clinical study that will test whether immunotherapy treatments used to treat stage 4 Melanoma patients can in fact prevent stage 3 patients from developing advanced melanoma altogether. This will be revolutionary and life saving if it works!

We are promoting "Melanoma Awareness Week" in Yarrawonga and Mulwala beginning on the 20<sup>th</sup> March 2017 – 26<sup>th</sup> March 2017. We already have the support of The Yarrawonga Chronicle and local businesses, who will turn the town Turquoise and yellow for one week. We hoped our local schools could organise an out of uniform day with a gold coin donation going to the Melanoma Institute. Posters, collection boxes and wrist bands will be provided for you.

For further details, see the attached flyer.

Please don't hesitate to contact us if you would like to discuss this in more detail.

Thank you for your time

Yours sincerely,

**"TEAM EMMA"**

Emma Jones, Fiona Stevens, Courtney Stevens & Kerry Barbour.

Emma 

**Blooms of Yarrawonga**

69 Belmore Street

Yarrawonga VIC 3730

M; 0439 004 555

P: 03 5744 0042

E: [flowers@bloomsyarrawonga.com.au](mailto:flowers@bloomsyarrawonga.com.au)

W: [www.bloomsyarrawonga.com.au](http://www.bloomsyarrawonga.com.au)



Blooms  
OF YARRAWONGA

CALLING ALL SCHOOLS

# MONDAY 20<sup>TH</sup> MARCH IS MELANOMA WEEK



## MELANOMA AWARENESS & FUNDRAISER

**MARCH 20<sup>TH</sup> 2017 IS MELANOMA AWARENESS WEEK IN  
YARRAWONGA MULWALA!!!**

**IN SUPPORT OF A LOCAL TEAM OF WOMEN TREKKING THE GREAT  
WALL OF CHINA FOR THE MELANOMA INSTITUTE AUSTRALIA, WE  
ARE ASKING ALL SCHOOLS IF THEY COULD ORGANISE AN OUT OF  
UNIFORM DAY TO HELP RAISE FUNDS FOR LIFE SAVING  
MELANOMA RESEARCH . T-SHIRTS, POSTERS, COLLECTION  
BOXES AND WRIST BANDS WILL BE PROVIDED.**

**PARTICIPATING SCHOOLS WILL RECIEVE FANTASTIC PUBLICITY  
THROUGH SOCIAL MEDIA AND THE YARRAWONGA CHRONICLE.**



**INSPIRED  
ADVENTURES**

# GREAT WALL OF CHINA

*Trek 2017*



**Melanoma  
Awareness Week**

**Monday 20<sup>th</sup> March –  
Sunday 26<sup>th</sup> March**

**Help raise funds for  
Melanoma research**

**All money raised  
goes directly to  
Melanoma Institute  
Australia**

**Turn the town  
Turquoise & Yellow  
for Melanoma**

### FOR MORE INFORMATION

Please contact  
Emma Jones  
57440042  
0439 004 555  
or  
Fiona Stevens  
57438123  
0438 043 311



**YARRAWONGA & DISTRICT LITTLE LEAGUE**  
**INSTRUCTIONS ON HOW TO REGISTER FOR U8, U10 & U12 FRIDAY NIGHT FOOTBALL**  
**COST - \$100.00**

**Registrations are now open**

To register your child for Friday Night Football, go to the Yarrowonga and District Little League Home Page [www.sportstg.com.au](http://www.sportstg.com.au) then on the homepage scroll down and click on "**Browse Our Sports Network**" then Australian Football, Victoria and then scroll down to the last section and find Yarrowonga and District Little League.

All information about age groups, fees, times and dates can be found on this page. Click on Member Access and complete the registration process. Please register by Friday 31<sup>st</sup> March.

**Auskick (30/04/2010 – 2011)**

All Auskick players register at [www.aflauskick.com.au](http://www.aflauskick.com.au) and follow the prompts. All kids not old enough to play Friday Night Football and are wishing to participate in Auskick need to register via the Auskick website. Packs are sent directly to your home.

**Under12 (2005-2006)**

**Rennie, Mulwala, Tungamah and Yarrowonga (Sunday) Registered Players - \$20.00**

Under 12's - a fee of \$20.00 is payable for children who play for another Club/Comp. This is to be paid before the 1<sup>st</sup> game. Please email your child's name & DOB to [rkvodusek@hotmail.com](mailto:rkvodusek@hotmail.com). If you are playing in the U12 on a Sunday, do not register through YDLL, but through Yarrowonga Junior Football website.

Age Groups

U12: Born between 1/01/2005 > 31/12/2006

U10: Born between 1/01/2007 > 31/12/2008

U8: Born between 1/01/2009 > 30/04/2010

**CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)**

To be eligible for the fund, a parent or guardian must be the holder of a concession card being successfully validated with Centrelink on the first day of either Term 1 2017 (30<sup>th</sup> January 2017) or Term 2 2017 (18<sup>th</sup> April 2017).

The CSEF is an annual payment to the school to be used towards, camps, sports and/or excursions expenses for the benefit of the eligible student.

Primary School Student Rate is \$125.00 per year.

The CSEF is paid directly to your child's school.

Forms are available from the school office and we require a copy of your Concession Card.

We ask that completed forms be returned to the school office by 20<sup>th</sup> June 2017.

Please advise us if you no longer qualify for this funding.

If you have any queries please do not hesitate to contact the school office.

Thanking you.



# Parenting After Separation

Recently separated? Are kids involved? Learn how to adapt to separated parenting and manage challenges such as:

- keeping in contact with the kids
- no longer partners but still parents
- anger and conflict with former partner
- managing children's behaviour
- communicating with children
- self care strategies.

## Upcoming Program Dates

Duration	Date	Time	Cost

**Where:** Lifeworks

**Booking:** Bookings are essential. Call reception at **Lifeworks** or email [lifeworks@lifeworks.com.au](mailto:lifeworks@lifeworks.com.au) or book online at [www.lifeworks.com.au](http://www.lifeworks.com.au)

**Please Note:** An intake interview is required prior to entry into Weekend and Weekly PAS groups (a fee of \$40 is charged for the intake). Intakes are conducted for the Intensive programs at no cost. Lifeworks will only accept one party of the relationship in each course, and will not enrol ex-partners in the same program. For more information [www.lifeworks.com.au](http://www.lifeworks.com.au). Certificates of participation, suitable for submission to Court are provided upon successful course completion.

Lifeworks is a not-for-profit organisation endorsed by the Federal Attorney General's Department and is partially funded by the Department of Social Services



**Lifeworks** Relationship Counselling and Education Services

**W** [www.lifeworks.com.au](http://www.lifeworks.com.au) **T** 1300 543 396

Lifeworks is a not-for-profit organisation partially funded by the Department of Social Services and the Attorney General's Office

# Baby Bounce

Introduce your baby to the rhythm and sound of language at Mulwala Library

Wednesday  
10.30-11.30am  
19 April 2017  
26 April 2017  
2 May 2017  
9 May 2017

Baby Bounce is a four week, interactive, early literacy program for 0-12 month old babies and their carers.

*Sessions require one lap per baby so please invite extra helpers if you have twins or triplets. Please also bring a baby rug*



Bookings can be made when visiting Mulwala Library, by calling (03) 5744 3439

OR [mulwalalibrary@federationcouncil.nsw.gov.au](mailto:mulwalalibrary@federationcouncil.nsw.gov.au)



## Mulwala Library

Tuesday 11 April 10.30-11.30am

(03) 5744 3439  
[mulwalalibrary@federationcouncil.nsw.gov.au](mailto:mulwalalibrary@federationcouncil.nsw.gov.au)

FREE! Bookings essential

*Recommended for 5yrs+ with under 8yrs accompanied by an adult*



# Pom Pom Puppies



# **FOOTY TIPPING 2017**

**Sacred Heart Parents and Friends Footy Tipping is on again !!**

**Simply fill the full season out on the the back of this form and return it with \$10.00 and be in the running to win.....**

**1st Prize - \$150.00**

**2nd Prize - \$100.00**

**3rd Prize - \$50.00**

**Last is a MYSTERY Prize!!**

**Please cross out THE LOSING TEAM.**

**If you would like a Mystery just mark MYSTERY on the form and the computer will choose tips for you.**

**Cost is only \$10.00 per entry - Enter as many times as you like.**

**The more people we get the more money we raise for our school, so come on have a go !!**

**ENQ: Jobe Cummins 0409938275**

Footy Tips

Hard copies are available at the front office. Or contact the office and a copy can be sent home with your child.

Good luck.

# 2017 AFL PREMIERSHIP SEASON

## ROUND 1

**Thursday, March 23**  
Carlton vs. Richmond (MCG) (N)  
**Friday, March 24**  
Collingwood vs. Western Bulldogs (MCG) (N)  
**Saturday, March 25**  
Sydney Swans vs. Port Adelaide (SCG) (T)  
St Kilda vs. Melbourne (ES) (T)  
Gold Coast SUNS vs. Brisbane Lions (MS) (N)  
Essendon vs. Hawthorn (MCG) (N)  
**Sunday, March 26**  
North Melbourne vs. West Coast Eagles (ES)  
Adelaide Crows vs. GWS GIANTS (AO)  
Fremantle vs. Geelong Cats (DS) (N)

## ROUND 2

**Thursday, March 30**  
Richmond vs. Collingwood (MCG) (N)  
**Friday, March 31**  
Western Bulldogs vs. Sydney Swans (ES) (N)  
**Saturday, April 1**  
Hawthorn vs. Adelaide Crows (MCG)  
GWS GIANTS vs. Gold Coast SUNS (SP) (T)  
Brisbane Lions vs. Essendon (G) (N)  
West Coast Eagles vs. St Kilda (DS) (N)  
**Sunday, April 2**  
Geelong Cats vs. North Melbourne (ES)  
Melbourne vs. Carlton (MCG)  
Port Adelaide vs. Fremantle (AO) (T)

## ROUND 3

**Friday, April 7**  
Sydney Swans vs. Collingwood (SCG) (N)  
**Saturday, April 8**  
North Melbourne vs. GWS GIANTS (BA)  
Richmond vs. West Coast Eagles (MCG)  
Geelong Cats vs. Melbourne (ES) (T)  
Port Adelaide vs. Adelaide Crows (AO) (N)  
Fremantle vs. Western Bulldogs (DS) (N)  
**Sunday, April 9**  
St Kilda vs. Brisbane Lions (ES)  
Carlton vs. Essendon (MCG)  
Gold Coast SUNS vs. Hawthorn (MS) (T)

## ROUND 4

**Thursday, April 13**  
West Coast Eagles vs. Sydney Swans (DS) (N)  
**Friday, April 14**  
North Melbourne vs. Western Bulldogs (ES) (T)  
**Saturday, April 15**  
Melbourne vs. Fremantle (MCG)  
GWS GIANTS vs. Port Adelaide (MO) (T)  
Carlton vs. Gold Coast SUNS (ES) (N)  
Adelaide Crows vs. Essendon (AO) (N)  
**Sunday, April 16**  
Collingwood vs. St Kilda (ES)  
Brisbane Lions vs. Richmond (G) (T)  
**Monday, April 17**  
Hawthorn vs. Geelong Cats (MCG)

## ROUND 5

**Friday, April 21**  
Port Adelaide vs. Carlton (AO) (N)  
**Saturday, April 22**  
Western Bulldogs vs. Brisbane Lions (ES)  
Gold Coast SUNS vs. Adelaide Crows (MS) (T)  
Sydney Swans vs. GWS GIANTS (SCG) (N)  
Fremantle vs. North Melbourne (DS) (N)  
**Sunday, April 23**  
St Kilda vs. Geelong Cats (ES)  
Hawthorn vs. West Coast Eagles (MCG) (T)  
**Monday, April 24**  
Richmond vs. Melbourne (MCG) (N)  
**Tuesday, April 25**  
Essendon vs. Collingwood (MCG)

## ROUND 6

**Friday, April 28**  
GWS GIANTS vs. Western Bulldogs (MO) (N)  
**Saturday, April 29**  
Hawthorn vs. St Kilda (US)  
Carlton vs. Sydney Swans (MCG)  
Brisbane Lions vs. Port Adelaide (G) (T)  
North Melbourne vs. Gold Coast SUNS (ES) (N)  
West Coast Eagles vs. Fremantle (DS) (N)  
**Sunday, April 30**  
Essendon vs. Melbourne (ES)  
Geelong Cats vs. Collingwood (MCG)  
Adelaide Crows vs. Richmond (AO) (T)

## ROUND 7

**Friday, May 5**  
St Kilda vs. GWS GIANTS (ES) (N)  
**Saturday, May 6**  
North Melbourne vs. Adelaide Crows (BA)  
Collingwood vs. Carlton (MCG)  
Port Adelaide vs. West Coast Eagles (AO) (T)  
Gold Coast SUNS vs. Geelong Cats (MS) (N)  
Western Bulldogs vs. Richmond (ES) (N)  
**Sunday, May 7**  
Sydney Swans vs. Brisbane Lions (SCG)  
Melbourne vs. Hawthorn (MCG)  
Fremantle vs. Essendon (DS) (T)

## ROUND 8

**Friday, May 12**  
West Coast Eagles vs. Western Bulldogs (DS) (N)  
**Saturday, May 13**  
Hawthorn vs. Brisbane Lions (US)  
St Kilda vs. Carlton (ES)  
GWS GIANTS vs. Collingwood (SP) (T)  
Essendon vs. Geelong Cats (MCG) (N)  
Adelaide Crows vs. Melbourne (AO) (N)  
**Sunday, May 14**  
Richmond vs. Fremantle (MCG)  
Gold Coast SUNS vs. Port Adelaide (JS)  
North Melbourne vs. Sydney Swans (ES) (T)

## ROUND 9

**Friday, May 19**  
Geelong Cats vs. Western Bulldogs (SS) (N)  
**Saturday, May 20**  
St Kilda vs. Sydney Swans (ES)  
GWS GIANTS vs. Richmond (SP) (T)  
Brisbane Lions vs. Adelaide Crows (G) (N)  
Collingwood vs. Hawthorn (MCG) (N)  
**Sunday, May 21**  
Essendon vs. West Coast Eagles (ES)  
Melbourne vs. North Melbourne (MCG)  
Fremantle vs. Carlton (DS) (T)  
**Byes:** Gold Coast SUNS, Port Adelaide

## ROUND 10

**Thursday, May 25**  
Geelong Cats vs. Port Adelaide (SS) (N)  
**Friday, May 26**  
Sydney Swans vs. Hawthorn (SCG) (N)  
**Saturday, May 27**  
Western Bulldogs vs. St Kilda (ES)  
Melbourne vs. Gold Coast SUNS (TP) (T)  
Richmond vs. Essendon (MCG) (N)  
Adelaide Crows vs. Fremantle (AO) (N)  
**Sunday, May 28**  
Collingwood vs. Brisbane Lions (MCG)  
Carlton vs. North Melbourne (ES)  
West Coast Eagles vs. GWS GIANTS (DS) (T)

## ROUND 11

**Thursday, June 1**  
Port Adelaide vs. Hawthorn (AO) (N)  
**Friday, June 2**  
Geelong Cats vs. Adelaide Crows (SS) (N)  
**Saturday, June 3**  
Gold Coast SUNS vs. West Coast Eagles (MS)  
GWS GIANTS vs. Essendon (SP) (T)  
North Melbourne vs. Richmond (ES) (N)  
**Sunday, June 4**  
Fremantle vs. Collingwood (DS) (T)  
**Byes:** Brisbane Lions, Carlton, Melbourne, St Kilda, Sydney Swans, Western Bulldogs

## ROUND 12

**Thursday, June 8**  
Sydney Swans vs. Western Bulldogs (SCG) (N)  
**Friday, June 9**  
Adelaide Crows vs. St Kilda (AO) (N)  
**Saturday, June 10**  
Hawthorn vs. Gold Coast SUNS (MCG)  
Brisbane Lions vs. Fremantle (G) (T)  
Essendon vs. Port Adelaide (ES) (N)  
**Sunday, June 11**  
Carlton vs. GWS GIANTS (ES)  
**Monday, June 12**  
Melbourne vs. Collingwood (MCG)  
**Byes:** Geelong Cats, North Melbourne, Richmond, West Coast Eagles

## ROUND 13

**Thursday, June 15**  
West Coast Eagles vs. Geelong Cats (DS) (N)  
**Friday, June 16**  
North Melbourne vs. St Kilda (ES) (N)  
**Saturday, June 17**  
Richmond vs. Sydney Swans (MCG)  
Port Adelaide vs. Brisbane Lions (AO) (T)  
Gold Coast SUNS vs. Carlton (MS) (N)  
**Sunday, June 18**  
Western Bulldogs vs. Melbourne (ES)  
**Byes:** Adelaide Crows, Collingwood, Essendon, Fremantle, GWS GIANTS, Hawthorn

## ROUND 14

**Thursday, June 22**  
Adelaide Crows vs. Hawthorn (AO) (N)  
**Friday, June 23**  
Sydney Swans vs. Essendon (SCG) (N)  
**Saturday, June 24**  
Collingwood vs. Port Adelaide (MCG)  
Brisbane Lions vs. GWS GIANTS (G) (T)  
Western Bulldogs vs. North Melbourne (ES) (N)  
West Coast Eagles vs. Melbourne (DS) (N)  
**Sunday, June 25**  
Geelong Cats vs. Fremantle (SS)  
Richmond vs. Carlton (MCG)  
St Kilda vs. Gold Coast SUNS (ES) (T)

## ROUND 15

**Friday, June 30**  
Melbourne vs. Sydney Swans (MCG) (N)  
**Saturday, July 1**  
Western Bulldogs vs. West Coast Eagles (ES)  
Carlton vs. Adelaide Crows (MCG)  
Gold Coast SUNS vs. North Melbourne (MS) (T)  
GWS GIANTS vs. Geelong Cats (SP) (N)  
Port Adelaide vs. Richmond (AO) (N)  
**Sunday, July 2**  
Essendon vs. Brisbane Lions (ES)  
Hawthorn vs. Collingwood (MCG)  
Fremantle vs. St Kilda (DS) (T)

## ROUND 16

**Friday, July 7**  
Adelaide Crows vs. Western Bulldogs (AO) (N)  
**Saturday, July 8**  
Hawthorn vs. GWS GIANTS (US)  
Collingwood vs. Essendon (MCG)  
Sydney Swans vs. Gold Coast SUNS (SCG) (T)  
Brisbane Lions vs. Geelong Cats (G) (N)  
St Kilda vs. Richmond (ES) (N)  
**Sunday, July 9**  
North Melbourne vs. Fremantle (ES)  
Carlton vs. Melbourne (MCG)  
West Coast Eagles vs. Port Adelaide (DS) (T)

## ROUND 17

**Friday, July 14**  
St Kilda vs. Essendon (ES) (N)  
**Saturday, July 15**  
Geelong Cats vs. Hawthorn (MCG)  
Port Adelaide vs. North Melbourne (AO)  
Gold Coast SUNS vs. Collingwood (MS) (T)  
GWS GIANTS vs. Sydney Swans (SP) (N)  
Melbourne vs. Adelaide Crows (TR) (N)  
**Sunday, July 16**  
Richmond vs. Brisbane Lions (ES)  
Carlton vs. Western Bulldogs (MCG)  
Fremantle vs. West Coast Eagles (DS) (T)

## ROUND 18

**Friday, July 21**  
Adelaide Crows vs. Geelong Cats (AO) (N)  
**Saturday, July 22**  
Essendon vs. North Melbourne (ES)  
Melbourne vs. Port Adelaide (MCG)  
Western Bulldogs vs. Gold Coast SUNS (CS) (T)  
Sydney Swans vs. St Kilda (SCG) (N)  
Fremantle vs. Hawthorn (DS) (N)  
**Sunday, July 23**  
Richmond vs. GWS GIANTS (MCG)  
Collingwood vs. West Coast Eagles (ES)  
Brisbane Lions vs. Carlton (G) (T)

## ROUND 19

**Friday, July 28**  
Hawthorn vs. Sydney Swans (MCG) (N)  
**Saturday, July 29**  
North Melbourne vs. Melbourne (BA)  
GWS GIANTS vs. Fremantle (SP)  
Port Adelaide vs. St Kilda (AO) (T)  
Gold Coast SUNS vs. Richmond (MS) (N)  
Carlton vs. Geelong Cats (ES) (N)  
**Sunday, July 30**  
Western Bulldogs vs. Essendon (ES)  
Collingwood vs. Adelaide Crows (MCG)  
West Coast Eagles vs. Brisbane Lions (DS) (T)

## ROUND 20

**Friday, August 4**  
Geelong Cats vs. Sydney Swans (SS) (N)  
**Saturday, August 5**  
GWS GIANTS vs. Melbourne (MO)  
Essendon vs. Carlton (MCG)  
Brisbane Lions vs. Western Bulldogs (G) (T)  
North Melbourne vs. Collingwood (ES) (N)  
Fremantle vs. Gold Coast SUNS (DS) (N)  
**Sunday, August 6**  
St Kilda vs. West Coast Eagles (ES)  
Richmond vs. Hawthorn (MCG)  
Adelaide Crows vs. Port Adelaide (AO) (T)

## ROUND 21

**Friday, August 11**  
Western Bulldogs vs. GWS GIANTS (ES) (N)  
**Saturday, August 12**  
Sydney Swans vs. Fremantle (SCG)  
Geelong Cats vs. Richmond (SS)  
Brisbane Lions vs. Gold Coast SUNS (G) (T)  
Essendon vs. Adelaide Crows (ES) (N)  
West Coast Eagles vs. Carlton (DS) (N)  
**Sunday, August 13**  
Melbourne vs. St Kilda (MCG)  
Hawthorn vs. North Melbourne (US)  
Port Adelaide vs. Collingwood (AO) (T)

## ROUND 22

**Friday, August 18**  
Adelaide Crows vs. Sydney Swans (AO) (N)  
**Saturday, August 19**  
Western Bulldogs vs. Port Adelaide (EU)  
Collingwood vs. Geelong Cats (MCG)  
GWS GIANTS vs. West Coast Eagles (SP) (T)  
Gold Coast SUNS vs. Essendon (MS) (N)  
Carlton vs. Hawthorn (ES) (N)  
**Sunday, August 20**  
Melbourne vs. Brisbane Lions (MCG)  
St Kilda vs. North Melbourne (ES)  
Fremantle vs. Richmond (DS) (T)

## ROUND 23

**Friday, August 25-**  
**Monday, August 28**  
West Coast Eagles vs. Adelaide Crows (DS)  
Sydney Swans vs. Carlton (SCG)  
Brisbane Lions vs. North Melbourne (G)  
Port Adelaide vs. Gold Coast SUNS (AO)  
Collingwood vs. Melbourne (MCG)  
Hawthorn vs. Western Bulldogs (ES)  
Geelong Cats vs. GWS GIANTS (SS)  
Richmond vs. St Kilda (MCG)  
Essendon vs. Fremantle (ES)

Name :

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# Australian Show Ski NATIONALS



... it's spectacular crowd-thrilling entertainment ...  
It's like a 'stage show on water skis' with the BEST skiers!

**Friday & Saturday  
24 & 25 March 2017**

**@ Max Kirwan Lakes, MULWALA**

Crn Wemyss & Mulwala/Barooga Rds, Mulwala

**● 9am - 3pm ● Free Entry**

**Loads of Entertainment ● Food & Drinks available**

**BYO ... \* Chairs \* Picnic Rug \* Sunscreen \* Hats**

**Be entertained by 3 teams of the best OZ skiers,  
you'll laugh & be amazed at the talent in each  
ski show ... crowd participation is essential so  
bring horns, clappers, whistles, streamers  
& join in the fun!**

*Also Friday & Saturday arvo  
after main events see ...*

*\*Freestyle & Swivel Comps*

*Plus Team & Individual*

*Jumps Comps*

**Enquiries: Pete 0407 242656 or  
Brant 0429 982 081**

**Pyramids Jumps Barefooting Wakeboarding Ballet Air-Chair Star Doubles**

Come buy some awesome bracelets 100% homemade.

Buy some for yourself and also for all your BFF's.

Come order your favourite footy team colours.

All sold on Thursday/Friday at the Mercy Centre. Lunch Time and recess.

## BRACELET BONANZA



Made out of colourful and soft thread.



All money raised for the Cebu kids and families.

Cool swirly bracelets for just a \$1 each and plaits only 50c.

For more info and special colour orders go see Ava Loughnan in 6D

CENTRE STAGE  
*Scripts*  
WRITING FOR ARTS & HEALTH

## CARPE DIEM



*"PROMOTING SOUND MENTAL HEALTH with humour, compassion and heart"*

Starring **JOHN WOOD & CHRIS PIDD**

**THE JOSEPHINUM CENTRE  
ST JOSEPH'S PRIMARY SCHOOL  
COBRAM  
SUN 26<sup>TH</sup> MARCH  
Doors open 2pm for 2.30pm start**

**FREE EVENT. Performance, Q & A, Meet & Greet, BBQ**  
Please collect tickets from the Cobram Visitor Information Centre

*Carpe Diem is an Arts and Health Initiative for Healthier Communities*

