



Be Safe, Be Respectful, Be Your Best

**MINI BLITZ- Week 9**

“Sacred Heart has a wish, to reduce the amount of rubbish. So put your food in containers made of plastic...to get a smaller environmental footprint. Fantastic!

*Newsletter Term 3 Week 9*

**School will break up at 2.30pm on Friday 16<sup>th</sup> September.**

**A Prayer for Fathers**

God our Father, in your wisdom and love you made all things.

Bless our fathers, May they may be strengthened in the sure knowledge that they are respected and loved.

Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honour them always with a spirit of profound gratitude.

Grant this through Christ our Lord. Amen

*Dear Parents,*

*What a massive response we had to our Father’s Day breakfast on Friday morning. The line of families went back to the middle of the grassed area beyond the courtyard. Everyone was in great spirits and the kids loved having family members there to celebrate and enjoy and egg and bacon roll or sausage. I’ll certainly take very fond memories of our family gatherings here at Sacred Heart. Well done to you all.*

***Yard Duty Supervision** – For the last two weeks of this term we are trialling an extra member of staff on Yard Duty. With 420 students outside we want to have our staff located in the best positions so they can allow the kids to enjoy their play time but also be close enough to interact or intervene if necessary. It’s been a long term and a long winter and the children are tired and exhibiting behaviours that we need to keep on top of. We ask that you continue to communicate with your son or daughters teacher and support the school in our attempt to build strong respectful relationships among our students.*

***PUPIL FREE DAY** – A reminder to parents that this Monday is a Pupil Free Day with the staff having Karen Starkis lead us in a professional day on Dyslexia. Karen is a highly respected leader in this field and we hope that we’ll be able to utilise a lot of the skills and strategies that she presents with many of the children in our classrooms.*

***2017 Prep Enrolments** - Our Enrolment period for 2017 has now come to a close and acceptance letters will be sent out within the next week or so. I’d like to thank all those parents who took up the offer for a school tour with their son or daughter even though they have had other children here at Sacred Heart. The kids seemed to enjoy their tours and I’m sure are looking forward to their transition days that start 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*

**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 8 <sup>th</sup>	Fri 9 <sup>th</sup>	Sat 10 <sup>th</sup>	Sun 11 <sup>th</sup>
9 (Sept)				Planet Rhythm Workshops	*Parish Mass-Year 3 * Woods Point Visit Yr 1/2MP * Hoop Time Basketball Yr 5/6		
	Mon 12 <sup>th</sup>	Tue 13 <sup>th</sup>	Wed 14 <sup>th</sup>	Thu 15 <sup>th</sup>	Fri 16 <sup>th</sup>	Sat 17 <sup>th</sup>	Sun 18 <sup>th</sup>
10 (Sept)	<b>Pupil Free Day</b> (Extend. All Day Program available. 8am-6pm)	Life Relationships Session Yr 6 6pm		Athletic's Carnival Yarrowonga Football Ground 9.30am-2.30pm	School Finishes 2.30pm		
<b>Term 4</b>	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				Yr 1/2 Milo Cricket sessions		
	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



### Confirmation Eucharist

The home-based program meetings are starting this week so we wish all our Year 4 student's and two Yr 6 student's making the sacraments all the best as you prepare for this special occasion. Could the note indicating which Presentation Mass you will be attending be returned ASAP.

### Saint Mother Teresa

On Monday, Mother Teresa was made a Saint. She was quite a remarkable woman and her work with the very poor and marginalised should be admired. It is also great to have another modern day Saint for us to look up to and pray to.

Have a great week. 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.

I have included a flyer with this week's newsletter from Primary Care Connect. It has details of a **free** four session parenting course called "Bringing Up Great Kids", which will begin in September and will be held in Shepparton. It's targeted at the early years, for families of young children aged from 2 to 6.

This is the final part of Michael's article:

**What Kids Learn From Fathers** Michael Grose Part 3

**Boys grow into their dads**

Little boys want to be like their dads. They attribute superman-like qualities to their fathers. Dads need to make the most of this while they can because their sons become teenagers and try hard to reveal their feet of clay.



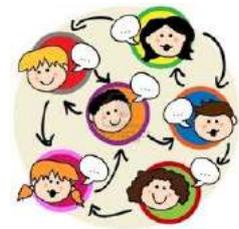
The GOOD NEWS is that the Galaxy Survey showed that most men still want to be 'like their dad.' That boyhood dream doesn't diminish in adulthood. That's lucky as most men become like their fathers, hopefully better versions!

- A better version of a father appears to be one who is involved with his kids but also one who can balance and **support the parenting style of his partner.**
- A better version is one who plays with his kids but also one who disciplines too. **He balances softness with firmness.**
- A better version is not being a quasi-mother or a gender-neutral parent but confident enough to learn from his partner while **retaining the maleness of fathering.**
- A better version is one who talks openly to his partner and **engages in a dialogue about parenting.**
- A better version is one who **remembers what it was like being a kid** and bringing that into parenting as much as possible when you are with them. And fathers need partners who support them in their parenting efforts, actively share the parenting enterprise, and recognise that **DADS DO IT DIFFERENTLY.**

**CHILDREN'S CHATTER MATTERS**

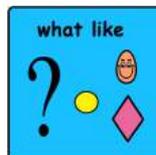
Activities will be provided each term, focusing on key areas of oral language supporting literacy. Feel free to adjust these activities according to your child's grade level.

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:

\*\* Encourage your child to use more interesting sentences by using a variety of adjectives (describing words) and adverbs (words that describe verbs).



See how many adjectives your child can think of about an object e.g. Cornflakes... (crunchy, delicious, sweet, small)  
A dog... (furry, timid, ferocious)

How many adverbs can they add to these sentence stems:

**(Swiftly, slowly)** The old man walked **(quietly, timidly, with an odd gait)**

**(Loudly, energetically)** The children played **(boisterously, peacefully)**

We were all speaking.....

Get your child to find the adjective and adverbs in their stories and act them out to help them develop meaning.

LOST & FOUND

A silver Bracelet with a Silver Ball. Please contact the office if you have lost it.



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.

## CONGRATULATIONS

Congratulations to the Grade 5/6 girls netball team who competed at the School Championships in Melbourne last Wednesday. The girls started the day well with a 7-3 win over Girton Grammar and a one goal win over Genazzano FCJ College. They then faced the Rolling Hills Primary School and went down by 7 goals. This followed with two more wins against Kent Park Primary and MLC. The girls had to win their last game, against Bimbadeen Heights to make the finals. The game ended up with a draw and they missed out on the finals by 13%. A big thank you to those parents who drove the girls down to Melbourne and the support they gave them through out the day.

Well done to Tess Byrne, Kyah Harvey, Ruby Wallden, Stella Mulquiney, Brooke Knight, Charli Head, Jacinta Beavis, Bella Bridgeman, Amy Barnes, Tahlia Thompson, Savannah Walden for the fantastic way you represented Sacred Heart Primary.



### **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.**



**WOMENS SOCIAL NETBALL  
2016 SENIOR Spring Competition**

**WHEN** 6pm Wednesday Nights

**COMMENCES** 5th October 2016  
(Runs for 8 weeks)

**CONCLUDES** 23rd November 2016

**WHERE** Netball Courts, Victoria Park, Dunlop St Yarrowonga

**AGE** 15+ Years

**COST** \$260/team (includes Y&DNA's Competition Fee and Netball Victoria's RUN Short Season Social Competition Registration Fee)  
Please note: Current VNA is not required for this competition

**REGISTRATION** Friday 9th September 2016 5.15pm - 5.45pm  
at Netball Courts, Vic Park, Dunlop Street Yarrowonga  
Registration Forms available via Facebook

**ONLY  
\$32.50 per  
person with a  
team of 8**

**Strictly No Late Entries**

For more information please contact Sarah at [ydna.netball@gmail.com](mailto:ydna.netball@gmail.com) or on 0418301417

A big thank you to all our parents for their help today at the Sacred Heart Father's Day Stall. Thank you to the following:  
Toni Loughnan, Patrick Mansfield, Sandy Judd, Megan Norrish, Kathy & her Mum, Gabby, Kylie Buerckner, Tracey Noy, Brooke Elliott, Donna Head, Al Cummins, Kirsty True, Ros Vodusek, Andrea Sissons, Lisa Adkins, Libby Cummins, Corinne Stephens, Andy Jacques, Katie Cummins, Robyn Connell, Simone Buckingham, Gen Connell, Kelly Robilliard, Tracee Stevens, Narelle Donovan and Karen Vodusek for co-ordinating the day.

Athletic's Sports- Thurs 15<sup>th</sup> September

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.

**Yarrowonga Lawn Tennis Club - Junior Tennis Registration**

**Saturday 10th September**

**8.30am to 11am at the Tournament box. Hot Shots** - Introduction to tennis. Minimum age must be in Prep 2016.

**Ready Set Go** – Group coaching with YLTC Club Coach Greg Duns. **Matches** - Set play on Grass courts

Season commences Saturday 8th October, 2016 to 17th December, 2016

No play Melbourne Cup weekend 29th October

Resumes 4<sup>th</sup> February, 2017 to 25th March, 2017

Single Junior: \$75 Family memberships: \$250

Single Adult: \$125 Enquiries call Stephen York M: 0407 317 713

**ARTS ON SHOW Performance**

I just want to say how pleased and proud I am of the children who went to the Arts On Show performance in Shepparton last Thursday. They represented their school and parents so well, and were absolutely delightful ALL day. The children mixed well with students from the other schools and entered into all the workshops with enthusiasm. Adam Thompson the bus driver also came in especially to say what a wonderful group they were to take away and he was impressed with how clean they left the bus too. Thank you to the parents who travelled to Shepparton to see the final Reprise, I'm sure you were impressed with the standard of the Show. Thanks again from one very happy, proud and delighted music teacher.

Mrs Christine Cussen





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 place 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).



- Do you
- have difficulty managing your child's behaviour?
  - want to strengthen your parenting skills?
  - want to learn ways to better connect with your child?
  - feel concerned about the level of conflict in your home?
  - have a child between ages 3 and 6?

*Turning in to Kids* is a highly regarded and well-researched program that supports parents to develop and enhance their parenting skills, focusing on building the relationship between parent and child.

This free program teaches parents:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunity for closeness and teaching skills to help your child verbally name their emotions
- skills to help your child to problem solve to guide your child's behaviour with appropriate limits.

*Targeted at the early years, this program is available to families with at least one child between the ages of 3 to 6. Please note that only parents attend this program, not children.*



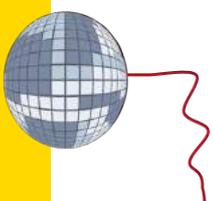
**Duration:** Six sessions per course  
**When:** Wednesdays, 9.30 - 11.30am  
 October 5, 12, 19, 26; November 2, 9.  
**Where:** Relationships Australia Victoria  
 634 Wynndham Street  
 Shepparton VIC3630  
**Cost:** Free of charge.  
**Register:** Please call to register your interest.  
 To register or for more information, call  
 (03) 5820 7444

Turning in to Kids is a program provided by Relationships Australia Victoria, with funding from the Greater Shepparton Communities for Children Initiative and supported by the Australian Government.  
[www.relationshipsvictoria.com.au](http://www.relationshipsvictoria.com.au)



# FUNDRAISER DISCO

*Let's get this party started!*



## #EVENTDETAILS

### Isabelle's Yellow Party for Brain Injury & Paediatric Rehabilitation

Venue: Criterion Hotel Yarrawonga

On: Saturday the 10<sup>th</sup> September 2016

At: 2:00pm – 5:00pm (Disco from 3:00pm – 4:00pm)

COMMUNITY EVENT – ALL KIDS & FAMILIES WELCOME!

## #ENTRYDETAILS

# \$DONATION

**FOR THE CHARITIES**

The event includes 1 hour of entertainment with games & prizes with Dj Ray Ray from Kids Disco Parties.

## #FORISABELLE

Come dressed in **YELLOW** and join Isabelle in celebrating life and a second chance whilst raising much needed funds for her two favourite organisations who have helped her on her road to recovery.

The Victorian Paediatric Rehabilitation Service + Heads together for ABI

<https://www.vprs.org.au/> + <http://headstogether.org.au/>



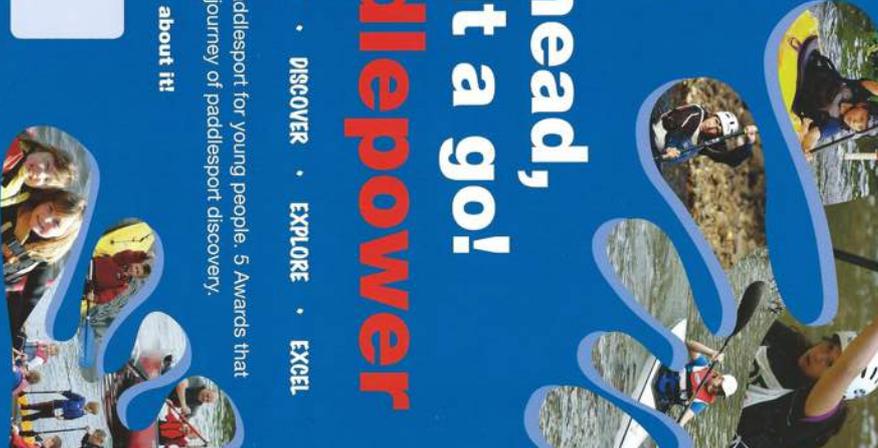
**Go ahead,  
give it a go!  
Paddlepower**

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



canoeingvictoria Victoria



ESTABLISHED 1975  
ABN: 94 264 260 878  
ACN: 148 309 148  
INC: A0008596F

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 n 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 Chiraman'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 AIC insurance, the costs \$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 expand the program, extra donations are also welcome direct to the club or through the club's tax deductible site <https://act.org.au/organisation/yarrawonga-mulwala-amateur-canoe-club/>



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

PHONE 0417373376  
PHONE 0419336884  
EMAIL timroadley@gmail.com  
WEB SITE 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 Yarrowonga-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 Yarrowonga 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



*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*