



Be Safe, Be Respectful, Be Your Best

2017 Term 4 Week 1 Newsletter

Good Afternoon Everyone

Welcome back to Term 4 and congratulations to all Richmond Supporters!!!!

I trust that all our students had a chance to recharge their batteries over the break and prepared for another hard-working term of learning. The term promises to be a busy one as we continue to consolidate and extend our students' learning. It is especially important for our Year 6 students as they only have a short time left to ensure that they are prepared for their transition to Secondary School.

Please keep Steve Hicks in your thoughts and prayers. Steve's Dad passed away suddenly during the holidays.

Year 6 Canberra Camp

Next week our Year Six students will head off on their annual excursion to Canberra. The camp goes for a full week and the children get many opportunities to see and experience all that our national capital has to offer. The teachers, led by Lynne Lawless and the Leadership team who have put a huge amount of time and effort into planning for this camp. We wish them well.

Newsletter- Fortnightly Trial

This term we are trialing our newsletter coming out every fortnight. Updates and school news will continue to be promoted through our App and Facebook on a weekly basis. We are open to feedback from everyone concerning the most effective form of communication.

Term Four- Pupil Free Day

A reminder to parents that our next Pupil free Day will be on Monday 6th November prior to Melbourne Cup Day. This day is allocated as our 2017 Report Writing Day.

Hat Time

Please remember it is compulsory for your child to wear a school hat when outside this term.

Finally, I welcome to work, Mrs. Brewer (the old Miss Van Roy).

Wishing you a great week as we work together for the benefit of our children.

Take Care

Arn

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.

Sacred Heart is a Child Safe School

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability. Applicants are welcome to elaborate on experience they may have working with children with a disability.

Week	Term 4						
Term 4							
1 (Oct)			Wed 11 th	Thu 12 th	Fri 13 th	Sat 14 th	Sun 15 th
					*Parish Mass-PA/PM * Woods Point Visit 3PC * Divisional Athletics Wang * Assembly 2.50pm *Walk to School Day		
	Mon 16 th	Tue 17 th	Wed 18 th	Thu 19 th	Fri 20 th	Sat 21 st	Sun 22 nd
2 (Oct)	* Year 6 Canberra	* Year 6 Canberra	* Year 6 Canberra	* Year 6 Canberra	* Year 6 Canberra *Parish Mass-1I & 1MC * Woods Point Visit 3W * Regional Aths- Albury * Prep Excursion-Darlington Point *Walk to School Day	* Multi-Sport Festival	* Multi-Sport Festival
	Mon 23 rd	Tue 24 th	Wed 25 th	Thu 26 th	Fri 27 th	Sat 28 th	Sun 29 th
3 (Oct)	* 6.30pm Fete Meeting (2017) Sacred Heart College (staffroom) * 7.30pm- P & F Meeting	* Kanga 8's Carnival- Yr 5/6	*State Chess Wantirna Melbourne		* Day for Daniel *Parish Mass-PG & 1H * Woods Point Visit 4W *Walk to School Day	*Relay for Life	*Children's Mass led by Discovery Centre *Relay for Life
	Mon 30 th	Tue 31 st	Wed 1 st	Thu 2 nd	Fri 3 rd	Sat 4 th	Sun 5 th
4 (Oct/Nov)	* Senior All Stars Basketball-Regional Final Mill Park * Moira Shire Senior Citizens Gala Day Choir to sing	* Prep 2018 Transition Session 1-11.45am-1pm		*Just Leadership Day (8 Yr 5 students)	*Parish Mass-5B & 5F * Woods Point Visit 4K *SSV Snr Regional Basketball		
	Mon 6 th	Tue 7 th	Wed 8 th	Thu 9 th	Fri 10 th	Sat 11 th	Sun 12 th
5 (Nov)	Pupil Free Day (Report Writing Day- Staff)	Pupil Free Day Melbourne Cup Day	* Prep 2018 Transition Session 1-10am-12pm 'Meet your Buddy'	* Discovery Excursion-Melbourne Zoo *Hooptime Basketball Snr All Stars	*Parish Mass-5M & 6S * Woods Point Visit 5F * Radio Awareness-Yr 5/6 (tbc)		

Year 6 Camp

Our Year 6s, along with Matt Hicks, Jim Slattery, Sam Nunn, Craig Frauenfelder, Mr Dwyer, Miss Schutt, Mr Carroll, Mrs Stiles, Mrs Zanin and Mrs Lawless head off to Canberra bright and early Monday morning. The bus will be departing from the Woods Road Bus Stop at **4:30am**. We ask everyone to be at school by **4:15am, at the latest, please**. Please ensure you have checked clothing lists and all necessary items are packed. Children must pack their full school uniform, including white socks and school shoes, for our visit to Parliament House on Tuesday. Any medication is to be handed to Mrs Stiles on Monday before boarding on the bus and cakes/biscuits/slices to be shared for supper need to be given to Mrs Zanin. All medical forms, trampolining and zoo permission notes must be returned ASAP if not done so already.

Graduation Mass

All Year 6 students are asked to bring in a pre-prep photo of themselves to be used as part of our Graduation Mass.

Photos can either be emailed to Mrs Lawless (llawless@shyarrawonga.catholic.edu.au) or brought into school to be scanned and returned.

ATTENTION!

Notes

All children in Years 5 & 6 will be bringing home a Kanga 8s note this week. Please ensure it is signed and returned asap.

Home Reading

Children in Years 5 & 6 are still expected to be reading a minimum of 80 minutes per week. Please ensure you are checking their reading and signing it off in their diary before it is returned each Friday. Children who do not return their signed diaries each Friday will be kept in for a period of time at recess and/or lunchtime.

DECONSTRUCTION CLUB

The Deconstruction Club is requesting items for their Monday Deconstruction Club... Used/non-working appliances are ideal and much appreciated. Please leave in the front office.

Zone Athletics

The Divisional Aths Carnival is to be held in Wangaratta this Friday, 13th October. The team is made up of children from Years 4-6 and has been selected using results from school trials last term and teams from previous years. A reminder to any students who are racing in the 1500m to be in Wangaratta before 9am. All other events begin at 9:30am. Relays will be held at the end of the carnival, at approximately 2pm. Please contact Mrs Bonat if you have any queries. She will be accompanying the children on the day.

P & F Footy Tip Winners!

Congratulations to the following winners:

1st- Bernie Lee

Equal 2nd- Duffy's & Emily Buerckner & Kiera Buerckner

3rd- Henry & Pop

Last- Mystery Prize- Ashley Pepper



Welcome back to Term 4 and I hope everyone had a great holiday.

Dates for your Diary

Children's Mass October 29th led by Prep, Yr1 and Yr2
 Andrew Chinn visit and Christmas Concert November 23rd
 Children's Mass November 26th led by the Leadership Centre
 End of Year Mass December 20th 10 am MPB.

Confirmation/Eucharist 2018

Please note that the Confirmation Eucharist ceremony for 2018 will be held on Friday June 1st.

Andrew Chinn End of Year Concert

Andrew Chinn a famous religious singer and song writer will be joining Sacred Heart for the day on Thursday November 23rd. He will spend some time with each centre and then there will be a concert that evening for all children and their families in the MPB. This will be our end of year, whole school concert. Please note this date in your diaries also.

Have a wonderful week everyone.

Meegan

Catholic Identity Leader

mmcinness001@shyarrawonga.catholic.edu.au.

Extend After School Care and Holiday Programs

We have had a busy school holidays and now back into the aftercare routine. We are having the departments Assessment and Rating on Thursday the 12th of October. Every Wednesday of Term 4 we will be having sketching classes. The focus for this month is Healthy eating.

Every weekly program will include an activity from another culture.

Staff Change: Jo and Lisa have exchanged roles, Jo is now the team leader, and Lisa is stepping back to concentrate on her studies.

Joanne Kingston – Team leader

Next week's activities:

Monday 9th October: **Choices Red & Green**

Tuesday 10th October: **Food Pyramids**

Wednesday 11th October: **Sketch Class & Arzt Arzt (doctor doctor) German Children's Game**

Thursday 12th Oct: **Making Rainbow Paper**

Friday 13th October **Cooking: Fruit Pancakes**

Joanne Kingston- Coordinator Parent Portal: extend.com.au

Nationally Recognised Training
 at
Yarrowonga Neighbourhood House
 Registered Training Organisation No 21765



CHC43115 Certificate IV in Disability

With the roll out of the NDIS, job opportunities in this rewarding and diverse sector are expected to increase.

Date: Thursday 19th October
 Time: 9:00am – 3:30pm
 Cost: Unfunded: \$ 3,500
 Funded: \$ 941
 Concession: \$ 473 (GST Free)

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: Friday 20th October
 Time: 9:00am – 5:00pm CPR 9:00am-1:00pm
 Cost: \$ 150 (GST Free) CPR \$ 75 (GST Free)

Hygiene for Food Handlers

The unit SITXFSA001 Use hygienic practices for food safety is for those who want to work in restaurants, cafes or bakeries, or are members of a community group involved in food preparation.

Date: Friday 20th October
 Time: 9:30am – 4:00pm
 Cost: Full Fee \$ 110
 Concession: \$ 90 (GST Free)



YNH
Live Learn Local
YARRAWONGA

Visit our website: www.ynh.org.au
 1 Hargrave Court, Yarrowonga 3730
 Ph: 03 5744 3911
 Email: office@ynh.org.au



Get Ready, Get set for Walk to School 2017

Sacred Heart Primary has joined the hundreds of primary schools across Victoria for a fun month of walking, riding and scooting to and from school. By participating, we have a chance to win some great prizes! So every time our local families walk, ride or scoot to and from school during October, you increase our school's chance of winning!

Get involved with us for Walk to School and help your family build healthy habits for life: walktoschool.vic.gov.au

About Walk to School

Every October, VicHealth's Walk to School encourages Victorian primary school kids and their families to walk, ride or scoot to and from school every day. It's a great way for the whole family to increase their physical activity levels. Plus, it is a chance to enjoy more time with your kids and meet other local families along the way. Along with the health benefits, it also reduces traffic congestion, saves on parking, helps us connect with family and friends and saves the environment! Part way is okay! If you can't walk the whole way, why not try parking the car a few blocks from your school and walk, ride or scoot the rest. Last year, more than 144,000 kids and their families took part in the program walking the equivalent of two return trips to the moon and with your families help, we can make 2017 our biggest year yet! There are so many great reasons to participate in Walk to School this October and we're excited to be part of the fun because getting active is even more fun when we do it together.

Sacred Heart will encourage students to walk to school together safely as a group over the next three Fridays. (Week 1- Friday 13th, Week 2- Friday 20th, Week 3- Friday 27th) We will have two meeting points on each of the Fridays for children to gather and walk safely to school. Staff will gather at each meeting point to join in with the walk to school. We encourage children to meet at one of the following locations:

- WB Hunter Home Hardware car park on the Murray Valley Hwy**
- 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 safely walk to school by 8.30am, where breakfast will be provided. Parents and siblings are welcome to join the walk.

We encourage students to walk, ride or scoot to school each day during October, however we will only be actively supervising on each of the Fridays during October.

Outside of the actual walk, students are also participating in colouring in, poster designing and map-making competitions to promote walking to school within the Moira Shire. These are due by Friday, 20th October.

If you would like any further information please feel free to contact the school.

Thank you,
Daniel Boulton

Pastoral Wellbeing

jbuerckn@shyarrawonga.catholic.edu.au

Janine Buerckner



Welcome back to Term 4. 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.

How to encourage kids to be problem-solvers

By Michael Grose Part 1

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.



So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats? Here are the first two of six practical ideas to get you started.

1. Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2. Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

CHILDREN'S CHATTER MATTERS

Language Learning activities to have a go at home.

Ten activities will be provided over Term Four targeting your child's knowledge of story grammar. It is important for children to learn that stories generally have parts or a sequence to follow. Knowledge of this will improve your child's reading comprehension and narrative writing.

A story needs to have:

A setting: 'who' the story is about, 'where' the story is taking place and 'when' the story is taking place,

A problem which arises in the story,

Feelings: how the character feels about the problem,

A plan to fix the problem,

The action,

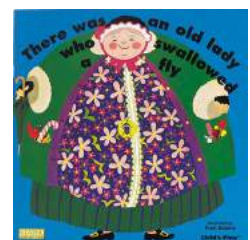
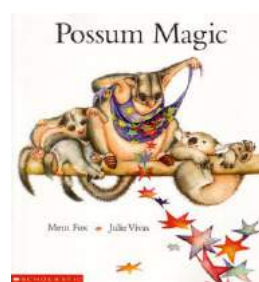
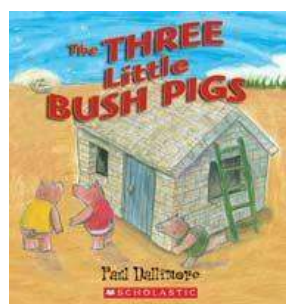
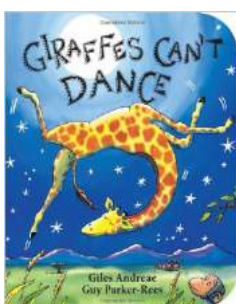
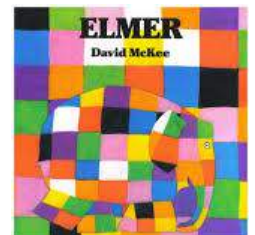
A solution to the problem.

An ending.



****Here are some fabulous books that you might want to find/ borrow to read with your child. They have a strong storyline, which will help develop your child's comprehension.**

- 'Fearless' by Colin Thompson
- 'The Three Little Bush Pigs' by Paul Dallimore
- 'Giraffes Can't Dance' by Giles Andreae
- 'Possum Magic' by Mem Fox
- 'Clancy the Courageous Cow' by Lachie Hume
- 'The Rainbow Fish' by Marcus Pfister
- 'Elmer' by David McKee
- 'There Was An Old Lady Who Swallowed a Fly' by Pam Adams



Sacred Heart Parent and Friends are proud to bring you the:
Yarrawonga Mulwala Multisport Festival (YMMF)
Saturday 21 and Sunday 22 October 2017.

Sacred Heart Parent & Friend's major fundraiser has grown from humble beginnings from our little Fun Run to a two-day Multisport weekend. All proceeds from this event will benefit both schools. Triathlon Victoria and Triathlon Australia are right behind this event and the program will include the ITU World Qualification for both the Standard Distance Triathlon and Sprint Distance Triathlon on the **Saturday afternoon** along with a Mini Triathlon.

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
- ITU World Qualification Standard 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

To stay up to date - check out our **Facebook** page - Yarrawonga Mulwala Multi Sport Festival. This event is proudly ours and your participation as part of the Sacred Heart Community, 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 12th 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 have already been sent home and kids can return these to school or 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 sixth 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 once again 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.

We would be delighted to see all of the Sacred Heart Primary Students on the Sunday participating in the McDonald's Kids Foreshore Fun Run and parents and families participating in Saturday or Sunday's events or assisting as a volunteer.

OUR YMMF COMMITTEE:

Darren Forrester 0437 817 011 - 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

Sonia Bourke 0407 197 665 - Committee

Phil Conway 0428 393 650 - Committee

Sandy Judd 0438 182 792 - Junior Fun Run Co-ordinator

(Sub-committee of Sacred Heart Primary)

VOLUNTEER REQUEST

2017 YARRAWONGA MULWALA MULTISPORT FESTIVAL

SATURDAY 21st OCTOBER 2017 - Olympic, Sprint & Mini Triathlon

*SUNDAY 22nd OCTOBER 2017- YARRAWONGA FORESHORE FUN RUN 10KM & 5KM ,
MCDONALD'S KIDS FORESHORE FUN RUN 1KM & 3KM*

The YMMF is just under 2 weeks away and we are still seeking volunteers to assist at this year's event. We are proud that our school fundraiser is now a major event on the Yarrawonga-Mulwala calendar, attracting entrants from all over Australia and bringing over \$1.3million in economic benefit to our towns.

This event could not take place without the generous time and effort offered from countless volunteers within our school community and this is greatly appreciated by our committee and Sacred Heart Schools and especially by the entrants during the races.

Please contact Sonia Bourke by phone 0407 197 665 or by email sjbourke1@bigpond.com or Lynda White by phone 0407 432 756 or by email lford3@bigpond.com or return the attached slip to the school office if you are able to assist.

Thank you for support in previous years and for your consideration for this year's event, we would be delighted to hear from you.

Kind Regards

Lynda & Sonia

YMMF

Yarrawonga Mulwala Splash 'n' Dash Committee

Sub-committee of Sacred Heart Parent & Friends.



Find us on Facebook



YARRAWONGA-MULWALA

Multi Sport Festival



now incorporating Splash n Dash

21st & 22nd October



TRIATHLON
AUSTRALIA

AGE GROUP
ITU WORLD
CHAMPIONSHIP
QUALIFYING RACE

Saturday Oct 21st

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 22nd

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

For accommodation options phone 1800 062 260 or visit www.yarrawongamulwala.com.au



Yarrawonga Mulwala
Sun Country
on the Murray
It's a fun country



YARRAWONGA EST. 1897
CHRONICLE

HARGRAVES
SOLICITORS



ymtb
YARRAWONGA MULWALA
TOURISM & BUSINESS



**FEDERATION
COUNCIL**

YARRAWONGA-MULWALA

Multi Sport Festival

now incorporating Splash n Dash

Fun Run Sunday October 22

Fill out this form or register online at
www.ymmf.com.au - 5km and 10km only



Yarrowonga Mulwala
Sun Country
on the Murray
It's fun country

YARRAWONGA Est. 1883
CHRONICLE
HARGRAVES
SOLICITORS



HELPING HANDS
YARRAWONGA
HEALTH

5km Foreshore Fun Run/Walk



10km Foreshore Fun Run



Kids Challenge 1km or 3km

All kids challengers receive a medal

EARLY BIRD ENTRIES CLOSE OCT 16, 2017

Fill out this form or register online at www.ymmf.com.au
5km and 10km only

Name _____ *Please fill in all fields
Gender ☐ Male ☐ Female Age _____ Date of Birth _____
Address _____
Post Code _____
Phone _____ Mobile _____
Email _____
Emergency contact _____ Phone _____

YARRAWONGA FORESHORE FUN RUN Sunday 22nd Oct 2017 9.00am start at Yarrowonga Foreshore

<input type="checkbox"/> Fun Run-5km - Junior (Under 16)	\$10.00	Competitors are required to wear official race number (excluding Junior Fun Run)
<input type="checkbox"/> Fun Run-5km - Adult	\$20.00	
<input type="checkbox"/> Fun Run-10km - Junior (Under 16)	\$10.00	\$5 late fee applies for entries received after October 17
<input type="checkbox"/> Fun Run-10km - Adult	\$20.00	

MCDONALDS JUNIOR FUN RUN Sunday 22nd October 2017 10:00am start at Yarrowonga Foreshore

Registrations on the day, not available online. Gold coin donation

☐ Prep, 1 & 2 student 1km run/walk ☐ Grades 3 - 6 3km run/walk

Entry form to be in by 9.45am
In support of the Rosemary Cullen Foundation, a gold coin donation for the junior events would be greatly appreciated. Prizes for all participants Note: Primary school events do not receive a stubby holder



**ALL EARLY BIRD
ENTRIES RECEIVE
ONE FREE EVENT
STUBBY HOLDER**

PAYMENT, RULES AND REGULATIONS

Early Bird entries Close Monday October 16 2017. All Early Bird entries receive one free event stubby holder. For enquiries please contact Lynda White 0407 432 756 or Darren Forrester 0472 555 647.

PAYMENT OPTIONS - Prior to Monday October 16, 2017

1. REGISTER AND PAY ONLINE at www.ymmf.com.au 2. DIRECT CREDIT & FAX. Fax entry form to fax number 03 5744 2390. Payment to be made to following account:
Institution- Central Murray Credit Union **BSB-** 803 188 **Account Number-** 00010825
Account Name- Sacred Heart Parent and Friends Social Club **Reference-** Your surname
2. Send entry form and cheque (made payable to Sacred Heart Parent and Friends Social Club) to PO Box 862, Yarrowonga Vic 3730. 3. Pay in person at Focus Well-Being and Fitness, Sacred Heart Primary or Sacred Heart College.

Entries after Monday October 16, 2017 Pay on day. **PLEASE NOTE:** For payments received after Friday 13th October 2017 a late fee of \$5 applies and a stubby holder will not be allocated. For more details go to www.ymmf.com.au or email jl@yarrowongachronicle.com.au

RULES AND REGULATIONS

- Course marshals have the right to disqualify any competitor.
- Race officials have the ultimate authority to remove a competitor from the race if the competitor is judged to be incapable of continuing the race without risk of serious injury.
- Good sportsmanlike conduct will be demanded of all competitors.
- Any unsportsmanlike conduct will be grounds for instant disqualification.
- Participants are required to wear their official race number

Declaration

1. I, the undersigned do hereby acknowledge and record that I have read and understand the terms and provisions of the Participant's Unabridged Declaration, a copy of which is available upon request and as well as on the official event website www.ymmf.com.au, and do hereby agree to be bound by the terms thereof.

2. I acknowledge that due to the nature of the activity it would be unreasonable for the SHP&F and Yarrowonga-Mulwala Splash 'n' Dash Pty Ltd ACN 155 771 234 and Triathlon Australia Ltd including all Affiliated Organisations including State and Territory Associations, Affiliated Clubs, Officials, Accredited Coaches, Voluntary Workers,

Members (including professional licence holders), executives, and Race Directors and Event Organisers, the Employees, Officials and Officers of Federation Council, the Federation Council and/or subsidiary and/or related Corporations as defined under Australian Corporations Law and/or financiers and all parties for whom the Insured undertakes to insure for their respective rights, interests and liabilities to be in any way responsible for any injury or death to myself and I to the full extent permitted by the law hereby waive all of my legal rights and action against and fully release the above parties for any loss, damage, injury or death howsoever arising out of or in relation to my participation in

activities conducted or organised by the above parties including without limitation, liability for any negligent or tortious act or omission, breach of duty, breach of Contract, breach of statutory duty on the part of the above parties, their office bearers, volunteers or agents.

3. I acknowledge that I have undertaken this activity freely, voluntarily and at my own risk with a full appreciation of the nature and extent of all risks involved in the activity. This declaration shall bind myself and my executors.

4. I agree that in the event of a race cancellation due to rain, inclement weather, wind, storms or other acts of God my fee shall not be refundable.

Signature of Participant.....Date.....
If entrant is under 18 years of age, I am the legal parent or guardian of the above child, and I acknowledge that I have read and consent to the above waiver of my child's legal rights.

Signature of Parent/Guardian.....
Name of Parent/Guardian..... Date.....

Sacred Heart Parent & Friends Association
VOLUNTEER REQUEST

This event could not take place without our wonderful school community.
 Please contact Sonia by phone 0407 197 665 or Lynda on 0407 432 756
 or by email sjbourke1@bigpond.com or 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.

Name:	
Phone:	
Email:	
Saturday 21st October 2017 Triathlons—Olympic, Sprint & Mini	
10:45am to 2pm Rego	
2pm to 5pm Rego/Transition	
12.30pm to 5.30pm Marshall	*can be shared (shorter times available)
Sunday 22nd October Yarrawonga Foreshore Fun Run 10k, 5km & Junior Fun Run 3k & 1k	
6.00am to 7.30am Set Up	
7.00am to 9.00am Regos	
8.30am to 10.30am Marshall	



FAMILY FUN DAY

RELAY 4 LIFE

PROUDLY Sponsored BY **TUNZAFUN**
For Team "Colour's of Hope"

WHAT: Family Fun Day @ TUNZAFUN Mulwala.

WHO: "Colour's Of Hope" Relay 4 Life Fundraiser.

WHERE: TUNZAFUN. Melbourne Street, Mulwala.

WHEN: Sunday 15th October 2017. 10am to 4pm

WHY: All Proceeds taken at the gate go directly to
Sun Country Yarrawonga Mulwala Relay 4 Life.

COST: \$12 per Child, ticket at gate includes all rides
& a BBQ Snag..... (Additional Sausage in bread \$2 each)

ALL WELCOME 😊

Please come and help support this great cause.
Thanks in advance From Team "Colour's of Hope"



RESPECTFUL RELATIONSHIPS, BODY SAFETY & HUMAN SEXUALITY

INFORMATION PRESENTATION

For Parents of Pre & Primary School Age Children



Learn how to tailor conversations with your children about:

- Healthy & Respectful Relationships
- Body & Protective Safety
- What is normal early childhood sexual behaviour
- How babies are made and born
- Puberty Preparation
- Internet Safety and our Sexualised Society

Learn how to choose suitable information about sexual health

- What is appropriate for my family?
- How much do I need to tell them?
- At what age should I discuss these topics?



Testimonials from Parents

- *"Brilliant, every parent should have access to this talk..."*
- *"This talk was very helpful to me as a parent of both a kinder and a primary school child, thank you..."*
- *"Such a clear presenter - easy to listen to, I liked the humour as it took the pressure off heavy topics..."*
- *"I feel a lot more confident talking to my kids now..."*



Presented by

Vanessa Hamilton

23 years experience as a
Sexual Health Nurse & Educator
and Mother of three

www.talkingthetalksexed.com.au

"Vanessa's presentation is probably one of the best parenting sessions I've ever attended. Honest, engaging, knowledgeable, fantastic. Thank you..."

Primary School parent 2016

Where: Club Mulwala, 271 Melbourne St, Mulwala, NSW

Who: All parents and carers from Mulwala PS and other local schools are welcome
(Not suitable for children to attend)

Cost: Gold Coin donation

RSVP Essential T: 5744 3462 or E: mulwala-p.school@det.nsw.edu.au

Proudly Sponsored by:

