



ST. FRANCIS OF THE FIELDS

Newsletter No. 15 – August 25, 2022

(Term 3 – Week 7)

The Jaara people are the traditional custodians of the land on which we live. They have lived here for thousands of years. We commit to working for Reconciliation and justice for all Aboriginal people and to learning more about the

Reminders

Thursday 25 August

- ☐ Book Week Tony Bones Performance @ 9am & 10am
- ☐ Book Week Dress up Day & Parade @ 12.30pm
- ☐ P&F Meeting @ 7.30pm

Friday 26 August

- ☐ DEB BALL #2

Saturday 27 August

- ☐ DEB BALL #3

Sunday 28 August

- ☐ Deb Ball Clean up @ 11am

Thursday 1 September

- ☐ Father's Day Stall
- ☐ 2023 Foundation Interviews

Friday 2 September

- ☐ Fdn-Yr2 Father's Day Mass @ 9.15am

Sunday 4 September

- ☐ FATHER'S DAY

Monday 5 September

- ☐ Summer Uniform can be worn from today
- ☐ Hats to be worn from today

Wednesday 7 September

- ☐ SANDHURST ARTS ON SHOW

Thursday 8 September

- ☐ Year 3 Camp - Kyneton

Friday 9 September

- ☐ Year 3 Camp - Kyneton

Monday 12 September

- ☐ Divisional Athletic Sports

Friday 16 September

- ☐ End of Term 3 – finish @ 2.30pm

Sunday 2 October

- ☐ Daylight Savings starts

Monday 3 October

- ☐ Start of Term 4

- ☐ Hats to be worn when outside

Reminder!



"For it is in giving that we receive."

St Francis of Assisi



Dear Families,

The recent World Championships and Commonwealth Games have given us an incredible opportunity to delight in the skills and talents that abound. It is also a wonderful opportunity to appreciate the resilience of athletes that have not achieved as they had hoped.

In the coming weeks of finals we, as parents, have a wonderful opportunity to be role models when our loved ones are successful or lose.

Do we see these disappointments as a chance to develop much needed resilience?

Kathy Walker suggests that our children need "a disappointment a day" to become resilient enough to handle the really big disappointments that will face us all.

Tuckshop 2022 – Term 3

Week 7

Friday 26 Aug

12.30 – 3pm David Perrin
Alicia Mansfield

Week 8

Thurs 1 Sept

12.30 – 3pm Bec O'Sullivan

Friday 2 Sept

12.30 – 3pm Chantal Bennallack
Chelsea Baker

Week 9

Thurs 8 Sept

12.30 – 3pm Sarah Longford

Friday 9 Sept

12.30 – 3pm Chelsea Mazzarino
Lisa Phillips

Week 10

Thurs 15 Sept

12.30 – 3pm Marnie O'Bree

Friday 16 Sept

12.30 – 3pm Tandy Jackso
Renee Jet
Kim Kelly
Hollie Warren

Weekend Maintenance

27-28 Aug Pollock (4W), Djuric (4W), Raco (5K)
(Deb Ball Clean up)

3-4 Sept Deacon (4Z), Doyle (5ZM),
McMillan (FdnM)

10-11 Sept McDermott (6FD), Skipper (4Z),
Lennon (3M)

1-2 Oct Wiegard (6FD), Logan (Fdn M),
Mansfield (2M)

Almighty God,
you created humanity in your image
and delight in our talent, skill and flair:
give us grace to celebrate the achievements of our
fellow competitors.

Give determination and equity to competitors,
gratitude and charm to winners,
grace and mercy to those who do not come first,
and thankfulness and admiration to observers;
that in all our best efforts
your creation may be glorified.

Amen



Uniform Survey Results



The results of the Uniform Survey have now been finalised.



Option 1 - New Uniform

- Parent results 77%
- Year 3-6 results 83%

We will take the survey results and the Uniform Team recommendations to our next Advisory Council meeting to decide on the future direction of our school uniform.

P&F Meeting

The P&F Meeting will be held tonight via Goole Meet @ 7.30pm. Please click on this link to attend the meeting: <https://meet.google.com/xud-kwbo-saa?hs=224>

School Advisory Council Meeting

We will hold our next School Advisory Council meeting on **Wednesday 31 August at 7.30pm** in the school staff room. All Board members are invited to attend a meal from 6.30pm as a way to welcome you back to face-to-face meetings.

Father's Day Stall

Our Father's Day Stall will be held on Thursday 1 September. All gifts are \$5 each and payments must be made on CDF Pay. We ask that children only pay for and take one gift for their special father figure.

Special thanks to our Parents & Friends for coordinating the Father's Day stall, especially Kate Fraser and Megan Merrett



Father's Day Mass



We will be holding our Father's Day Mass on Friday 2 September at 9.15am for all Fdn - Yr 2 students and parents. We invite no more than two parents/guardians per child as we cautiously welcome back our community.

We will not provide a morning breakfast for our Father's as we continue to minimise food handling due to our concerns with covid.

Deb Balls

Thank you to all parents and staff members who helped out at the Debutante Ball on Saturday 20 August. We hosted well over 600 guests and everyone had a wonderful time.

I am hopeful that our parent community can continue to assist at the final two Debutante Balls for 2022. We would appreciate more families to come and assist in with the clean up on Sunday 28 Aug @ 11am. The clean-up generally only takes 2 hours. Please ring the office on 03 5439 3191 to volunteer your help on either of the following evenings:



Friday 26 August

Saturday 27 August

Clean-up - Sunday 28 August

I look forward to meeting with you on the night.

Shed Unavailability

Please note, the 'Shed' will be unavailable for school and training use for the following dates:

- ☐ Monday 15 August to Sunday 28 August – Deb Balls
- ☐ Thursday 1 September – no after school use – Father's Day Mass on Friday 2 Sept
- ☐ Wednesday 7 September – Sandhurst Arts on Show

Christ has no hands but yours.

Tim Moloney
Principal

The science of connection

by Dr Diana Korevaar

Themes: Positive Parenting, Emotional Intelligence and Resilience.



Finding skilful ways to manage strong emotions that get triggered in everyday life can be one of the most challenging aspects of raising a family.

Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.

Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.

There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears.

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion - threat, strive, and connect - are in constant flux. Each system is driven by nerve cell pathways

which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this shark music.

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system.

Running on the "feel good" hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what's difficult, then we don't learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

In closing

As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.

[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)

If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help or contact the school for further information.

Regards,
Grace Scalora
Deputy Principal - Pastoral Wellbeing



Father's Day Stall

All children will have the opportunity to select a gift, from the Father's Day Stall, for the special father figure in their life. The stall is being held at school on **Thursday 1st September**. All gifts are \$5 and we ask all payments to be made on CDF Pay. We prefer to not have any cash sent to school.



RE News.....

Sacramental Program

Confirmation and First Eucharist

This weekend and next weekend, 27 & 28 August and 3 & 4 September, will see our Sacramental Candidates will be Confirmed and receive their First Eucharist. We congratulate all of these students who have worked so well to prepare over the last two months and their families for supporting them on their sacramental journey.

Please pray for these children and their families as they celebrate these special Sacraments of Initiation.

- The Sacrament of Confirmation we celebrate the gift of the Holy Spirit. The Spirit enables us to live a life of faith within the Christian community and our world. Through the Sacrament of Confirmation the fullness of the Gifts of the Holy Spirit strengthen us.
- The Sacrament of Eucharist completes Christian initiation and is the spiritual food for our life's journey. Through Eucharist we receive the Body of Jesus Christ we in turn become the Body of Christ to live in his ways of love and service.

Heavenly Father, God of love,

We pray the children who will receive the Sacrament of Confirmation and First Eucharist in our Parish.

May your Holy Spirit help them to grow in faith, hope and love and may they come to know you as the one true God who loves them without limit.

May their hearts welcome you gladly;

May their ears hear your voice in the scriptures;

May their eyes see you in all things;

And may they proclaim your glory as they walk in the ways of Jesus Christ, our Lord and Saviour.

Amen.

Reconciliation

Last week, the students in Year 2 received an enrolment pack for the Sacramental Program. If you did not receive a pack, have a child older than Year 2 or would like a pack - please contact Mrs Hitchcock to have a pack sent home.



Catholic Earthcare School

St Francis of the Fields has recently begun the journey as a Earthcare School. We have been provided with 1 star at present because of all the good work in sustainability our school has completed and continues as a Resource Smart School and in our OASIS sustainability program.

Catholic Earthcare Australia works to acknowledge the good practices happening in schools and nurture their development, growing abundance in addressing our ecological challenges so that, we as a church, can lead by example and follow our well-formed hearts with practical steps which engage the whole community in caring for our mother earth.

We are calling on students and families to join our Earthcare Committee. Our aim is to meet twice a term at 2:20pm, one date at the beginning of the term and one towards the end of the term. The day will be decided once we determine what will suit the majority of the members.

The purpose of the committee is to:

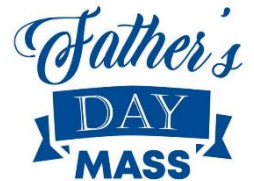
- build our mission by connecting to other like-minded people, network and inspire others

- start planning the school's Laudato Si' journey.
- conduct an audit of our current practices.
- review the audit to form a strategic plan with prioritised goals and set targets.
- share our findings with the school community, educate others and celebrate all the good work that is already happening and the new achievements in ecological stewardship.

Our first meeting will be on Monday, 5 September at 2:20pm in the Community Centre. Please contact Mrs Hitchcock if you would like to attend or if you would like further information.

Father's Day

We are looking forward to celebrating our Father's and the special people in our lives on Friday, 2 September at 9:15am in the shed. The F-2 students will attend the Mass and are able to invite 2 of their family members to attend the Mass. *Please note there will be no Father's Day Breaky this year, however, we will have a cuppa after Mass.*



CEBU FUNDRAISER - Wear your colours day!

On Friday 16 September, students can wear their colours - team or favourite colours - and bring along a gold coin to school to help raise money for Cebu, Philippines. Our school has a strong link to Cebu through the Sandhurst Diocese immersion program that is run in partnership with the University of San Carlos, Cebu. Some of our teachers have been fortunate to visit local communities and found this to be a rich experience where they have learned much from the people they met and shared time with.



St Francis of Assisi Feast Day: Blessing of the Animals & St Francis of Assisi Awards

The Feast of St Francis of Assisi falls on a school day this year, Tuesday 4 October. This provides us with a great opportunity to celebrate our much loved St Francis of Assisi on the actual feast day.

The Blessing of the Animals and St Francis of Assisi Awards will be held on Tuesday, 4 October (Term 4 Week 1). The day will begin with the Blessing of the Animals at 9:15am and we invite all of our families to bring along their animals to be Blessed at this time. It will include the announcement and presentation of the 2022 St Francis of Assisi Award recipients with their awards.

Blessing of the Animals



Make Hunger History



Currently we as in Australia are experiencing the impact of the Ukraine crisis on the cost of food and energy. But for poverty-stricken regions of the world, particularly the Horn of Africa and the Middle East, this conflict has pushed them to breaking point.

Right now, 49 million people are on the brink of famine. Conflict, COVID, climate shocks and now the war in Ukraine, have created the perfect storm for an unprecedented global hunger crisis.

Countries in the Horn of Africa are facing multiple challenges - four years of drought, the worst locust plagues in decades, COVID-19, ongoing conflict and displacement, and now with the impacts of the war in Ukraine, rising food and fuel prices, people are **currently facing what is potentially the worst food crisis we have seen in our lifetime.**

Here, 18 million people are facing extreme hunger. Approximately 7 million children under 5 years are acutely malnourished in Ethiopia, Kenya and Somalia - this includes more than 1.7 million children with severe acute malnutrition.

Caritas Australia has established a new appeal, Make Hunger History, to raise awareness and funds for the Horn of Africa.

Caritas Australia has already provided over \$1.5 million in funding through partners in the region, to provide food distributions, support for children impacted by malnutrition, clean drinking water, cash transfers to households at risk of poverty, hygiene supplies as well as seeds and household items for families that have been displaced by conflict.

In addition, Caritas Australia is part of the **HELP FIGHT FAMINE (HFF) Campaign**, a coalition of humanitarian organisations, voicing the need for urgent action towards **this global food crisis** and calling on the Australian Government to do our part in responding to this crisis.

Everyone can add their voice by emailing their MP via the portal at [Help Fight Famine \(caritas.org.au\)](https://www.caritas.org.au/help-fight-famine)

HFF is calling on the Australian Government to:

- **Save lives now** through an urgent Famine Prevention Package of \$150 million to avert catastrophe in the worst-affected hunger hotspots in the Horn of Africa, Afghanistan, Syria, and Yemen.
- **Tackle the root causes of the global hunger crisis** through investing long-term in a targeted Global Food Security Strategy.
- **Strengthen resilience of the Asia Pacific region** to climate change, disasters, and economic shocks by increasing Australia's development assistance.

SEASON OF CREATION 2022 - Listen to the voice of creation

The Season of Creation is the annual Christian celebration to listen and respond together to the cry of Creation: this is a time when the ecumenical global family unites to pray and protect our common home.

The Season of Creation begins on 1 September, the World Day of Prayer for the Care of Creation, and ends on 4 October, the Feast of St. Francis of Assisi, the patron saint of our school and ecology beloved by so many around the world.

This year the theme is, "Listen to the Voice of Creation."

“The heavens are telling the glory of God; and the firmament proclaims God’s handiwork. Day to day pours forth speech, and night to night declares knowledge...their voice is not heard; yet their voice goes out through all the Earth, and their words to the end of the world.” (Psalm 19: 1-4)

During the Season of Creation, our common prayer and action can help us recognise and hear the voices of those who are silenced. Through prayer we bring to the light the people, communities, species and ecosystems who are lost, and those whose livelihoods are threatened by habitat loss and climate change. In prayer we centre the cry of the Earth and the cry of the poor.

“If we learn how to listen, we can hear in the voice of creation a kind of dissonance. On the one hand, we can hear a sweet song in praise of our beloved Creator; on the other, an anguished plea, lamenting our mistreatment of this our common home”. **Pope Francis**

Creator God,

In this Season of Creation, we pray that you would call to us, as from the burning bush, with the sustaining fire of your Spirit. Breathe upon us. Open our ears and move our hearts. Turn us from our inward gaze. Teach us to contemplate your creation, and listen for the voice of each creature declaring your glory. For “faith comes from hearing.”

Give us hearts to listen for the good news of your promise to renew the face of the Earth.

Enlighten us with the grace to follow the Way of Christ as we learn to walk lightly upon this holy ground. Fill us with the hope to quench the fires of injustice with the light of your healing love that sustains our common home.

In the name of the One who came to proclaim good news to all creation, Jesus Christ.

Amen.



**Listen to the
Voice of creation**
SEASON OF CREATION 2022

Lisa Hitchcock
Catholic Identity Leader

PE News....

Year 3-6 Athletics Sports!!!

School Athletic Sports

What an exceptional day we had at this year's School Athletics Carnival. The weather held off, the students seemed to really enjoy themselves and there were lots of parents and carers showing their support on the day. Thank you to all the teachers for doing their part on the day, Marist College for their help, all the parents for showing their support and a huge thank you to Nettie Exell and Kate Zealley for their tireless efforts in helping me organise this day.

Congratulations to the following students for their efforts on the day. The age group Champions were:

9 Year Old

Lenny Anderson

Lilah Maddern

10 Year Old

Tommy Harrop

Macey Neilson

11 Year Old

Tate Kanzamar

Ava Hope

12 Year Old

Alistair Hughes

Lexi Arundell



Catholic Athletics

The weather also held off on this day too. A very well organised day. Thank you to Mr Waters and Miss Wales for their help in getting the students organised on the day and supporting them all day. A special mention to Mrs Exell and Mrs Zealley for their work leading up to the day. Mrs Exell was asked with very late notice to help on the High Jump all day and Mrs Zealley worked tirelessly on the recording desk all day. Thank you very much.

The medal for the Best Contributors on the day went to:

Darcy Tyler and Ellie Munro.

Congratulations and well done!! We are really proud of all your efforts so far.



Division Athletics Carnival

Monday 12 September the Division Carnival will be held at the Athletics Track in Flora Hill. If your child made it to this level, you will receive permission forms and notification by the end of this week. All possible information will be in this notification. Good luck to all the students attending.

State Football – Etta Place

On August the 6th, my family travelled to Adelaide so I could play in the Australian Schools Sports Football tournament. I was in the Victorian Under 12 girls footy team. It was a week-long event. On Sunday the 7th we had our first game of footy against QLD, we won. Then on Monday we played NSW and won again. Tuesday was a rest day but we had an exercise session with ACT. Then on Wednesday we

played against ACT and thrashed them 120 to 0. Thursday we versed WA and they were a hard team and we only won by one goal, this got us into the grand final against SA!! This was a hard battle. In the last quarter it was in their 50 for the whole quarter. We didn't score and they kicked 5 goals. It was so nerve racking! I was on the bench when the final siren rang and we all ran onto the field and jumped on our team mates. We had won the grand final by 3 points!!! After the game we had a closing ceremony with all the teams. We got a trophy and each player got a gold medal. We were the first ever Victorian girls team to win across all age levels. I had the most awesome week ever. Etta Place 5D

Matt Butcher
PE Teacher

OASIS News



We have some brand new chooks in the pen and I would like to say a big thank you to Olivia Christen and Mrs Johns for all their help looking after the chickens. Liv has spent a long time taming the chickens who were unfortunately taken by foxes last week. We have now installed a roof over the pen to prevent this from happening again. Thank you to Anna and Bernie for coming in and building this for our school. You guys did an amazing job.



ST FRANCIS VOLUNTEER HELP LIST

Friday 26 Aug 2022 – TRUMPET BALL


Parking 6.00pm – 8.00pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables & Tea/Coffee 8.30pm – 12.00am
1 Roger Byron	1 Sarah Dean	1 Donna McNamara
2 Leah Pollock	2 Megan Whytcross	2 Josephine Robinson
3 Emma Fuzzard	3 Alice Nielsen	3 Inga McMillan
4 Bart Leahy	4 Meleah Hogan	4 Caroline Strachan
5	5 Kristy Intamanon	5
6	6 Lotte Dubyna	6
7	7 Larissa Dewhurst	
8	8 Nikki Jones-McDonnell	
	9 Nicole Emmerson	

Saturday 27 Aug 2022 – DOUBLE BASS BALL

Parking 6.00pm – 8.00pm	Collection of Tickets & Ushering 6.15pm – 7.30pm	Clearing of Tables 8.30pm – 12.00am
1 Clinton McSwain	1 Sharna Frawley	1 Kim Kelly
2 Andrew Arundell	2 Bec Foster	2 Sally Arundell
3 Ash Marsh	3 Nic Tyrrell	3 Belinda Marsh
4 Ali Besiroglu	4 Georgina Stevens	4 Georgina Stevens
5 Matt Merrett	5 Simone Edgley	5 Tiff France
6	6 Kim Kelly	6 Kerry Bone
	7 Tracey Turner	7 Tracey Turner
	8 Lucinda Wright	
Sunday 28 Aug Clean Up @ 11am		
1 ** Pollock (4W)	5	** Weekend Maintenance Families
2 **Djuric (4W)	6	
3 **Raco (5K)	7	
4 Lisa Ryan	8	

Sandhurst Arts on Show


The St Francis School Choir will be performing at the Sandhurst Arts on Show on Wednesday 7 Sept in our school stadium. This is an exciting event where students from many other catholic schools come together to engage in performance workshops and performances together. We ask that only families of those children performing attend this event.







Wednesday 7 September 2022, 1:30pm
St Francis of the Fields PS – Assisi Centre ('The Shed')
46 Blutchter St, Strathfieldsaye

With performances by:
St Francis of the Fields PS, Strathfieldsaye; Holy Rosary PS, Heathcote;
St Therese's PS, Kennington; St Joseph's PS, Quarry Hill
and Catherine McAuley College (Coolock Campus), Bendigo

Free Tickets Limited (max 4 per family)
trybooking.com/CBEZM (or scan QR code)



Uniform Shop



To assist the Uniform Shop staff, when ordering uniform online, **please add your child's name and class in the 'Any Notes' section** when you are selecting items. This cannot be done at the payment stage of the order.
Orders will be processed on Monday's, Wednesday's & Thursday's.

YMCA – After School Care

The YMCA operates an After-School Care Program at St Francis of the Fields Primary School. The program operates every school day for children aged 5-12 years. The YMCA also provides care on days of school closure.

Families can contact the service on 0459 988 313 or visit 'My Family Lounge' where you can register your child in advance for any bookings. any questions please contact stfrancis@ymca.org.au



St Francis Basketball

REPEAT - 2022/23 Summer Season Registrations are NOW OPEN.

Registrations close September 2nd so get them in ASAP so we can sort the teams - we have multiple committee members away for September holidays so need teams finalised prior to end of Term.

Season starts October 3rd and runs for two terms (Term 4&1).

Days of play:

- Girls U10&14 Monday, U12 Wednesday
- Boys U10&12 Friday, U14 Wednesday

Trainings: varied dependant on coach and court availability

Both new and current players must complete. We will do our best to accommodate all players. Please be aware there will likely be some movement between teams due to age group progressions.

Teams are always searching for coaches, please don't be afraid to put your hand up!

<https://forms.gle/2YJBdiSU8DdmtK7P8>



St Francis Basketball Committee stfrancisbball46@gmail.com

Tuckshop News....

Price rise

Please note, due to increasing prices of certain products, we have had to increase the price of our Spaghetti Bolognese to \$4.50.

Community News....



FOOTY 4 FUN

GIRLS FOOTY 4 FUN
WEEROONA OVAL, BENDIGO
SUNDAY 4TH SEPTEMBER
10AM - 11AM
FREE PROGRAM FOR GIRLS AGED BETWEEN 6 AND 14
TO REGISTER PLEASE SCAN QR CODE



Mandurang Cricket Club Pearce Reserve Nankervis Road, Mandurang Senior & Junior Cricketers Welcome



Mandurang Cricket Club is affiliated with Emu Valley Cricket Association and fields senior teams in Div 1, 2 & 3

The Cricket Club is an integral part of the progressive Mandurang Community and we invite you and your family to become involved.

We invite all new players, Senior, Female and Junior to register.

All enquiries:

Damon Cathcart: M: 0408 123 957
Chris Garlick M: 0429 333 927



Let's have an active fun summer of cricket...

Strathfieldsaye Jets Cricket Club welcomes new and existing players to register for the 2022/23 season.

Registrations are now open for

- Junior Blaster (ages 5 to 7),
- Master Blaster (ages 8 to 10),
- U11, U12, U14 & U16
- Junior Girls teams via the link below:

<https://play.cricket.com.au/club/strathfieldsaye-cricket-club/1a3bd37b-87d8-eb11-a7ad-2818780da0cc>

We look forward to a fun filled summer of cricketing action for all ages.

If requiring further information, or any queries in general please feel free to contact us via email strathfieldsayejets@gmail.com or the phone numbers below.

"Live local, Play local"

Brent Yates | Junior President | 0434 730 711

Marc Sherwell | Junior Secretary | 0418 365 461

NETBALL MASTERCLASS

WEEKEND SPORTS

TAKE YOUR NETBALL GAME TO THE NEXT LEVEL

SATURDAY MORNINGS
ST LIBORIUS PS SPORTS STADIUM



BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU



NETBALL MASTERCLASS

WEEKEND SPORTS

WEEKLY OUTLINE

WEEK 1 - 6

Sessions run each Saturday morning for one hour, per age group.

This program will focus on the following Netball aspects:

- ✓ Footwork
- ✓ Attacking & Shooting
- ✓ Dodging & pivoting
- ✓ Passing Skills
- ✓ Match Play
- ✓ Defensive skills

Suncorp Super Netball star & Collingwood Magpies defender, Zoe Davies, will be running this specialised 6-week Netball program that is specifically designed to improve and upskill your game, as well as promote your enjoyment for the sport of Netball. Are you looking to take your game to the next level? Why not come along and learn from one of the best!

For children aged from 6 - 12 years of age.

PROGRAM COST - \$150

Sign up at any stage throughout the program and only pay for the remaining sessions

Venue: St Liborius Primary School

Day: Saturday's

Start Date: 3rd September

End Date: 8th October

Time: 9:30am - 10:30am (ages 6 - 8)

10:30am - 11:30am (ages 9 - 12)

SIGN UP EARLY!

Sign up before the program commences to receive a Kelly Sports Netball

GET IN TOUCH

Contact: Beau Cross

Phone: 0428 326 924

Email:

beau@kellysports.com.au

Website:

www.kellysports.com.au/bendigo

Facebook:

Kelly Sports Bendigo

Each weekly session will implement a different focus. Here is the 6-week outline:

WEEK 1: Footwork

WEEK 2: Passing & Hand-eye control

WEEK 3: Dodging & Pivoting

WEEK 4: Attacking & Shooting

WEEK 5: Defensive skills

WEEK 6: Match Play & Round Robin

Along with the weekly focus for each session, children will also engage in a variety of fun team games, skill drills & activities, as well as warm up and cool down routines.

SESSION TIMES

Ages 6 - 8: 9:30am - 10:30am

Ages 9 - 12: 10:30am - 11:30am

*Please note that each participant will need a water bottle and suitable attire for Netball & physical activity for this program.

Parents are more than welcome to come along and watch each of our little superstars in action!

BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU