



# ST. FRANCIS OF THE FIELDS

Newsletter No. 2 – Feb 13, 2025

(Term 1 – Week 3)

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 Jaara

“To Live, Learn and Grow in God’s Love”

## Reminders

### Friday 14 Feb

- ☐ Welcome Mass 9:15am

### Monday 17 Feb

- ☐ Learning Conversations

### Tuesday 18 Feb

- ☐ Learning Conversations

### Wednesday 19 Feb

- ☐ Foundation Rest Day
- ☐ Catholic Swimming Sports
- ☐ Learning Conversations

### Friday 21 Feb

- ☐ Assembly @ 2.45pm – 6Z presenting

### Wednesday 26 Feb

- ☐ Foundation Rest Day
- ☐ School Advisory Council Meeting @ 5.30pm

### Friday 28 Feb

- ☐ Division Swimming Carnival
- ☐ Yr 4 – 6 Reconciliation

### Tuesday 4 Mar

- ☐ Shrove Tuesday Liturgy @ 10.30am

### Wednesday 5 Mar

- ☐ Foundation Rest Day
- ☐ Ash Wednesday Mass @ 9.15am

### Friday 7 Mar

- ☐ Assembly @ 2.45pm – 6R presenting

### Monday 10 Mar

- ☐ **Labour Day Public Holiday**

### Tuesday 11 Mar

- ☐ Foundation students attend full time



*“True progress quietly and persistently moves along without notice.”*

*St Francis of Assisi*



Dear Families,

It has been a very busy start to our school year. Our diocese is undertaking one of the most significant changes that has happened in any education sector in Australia. We have educational sectors who are very interested in our many educational changes. These changes have been called **Magnify Sandhurst**.



Pleasingly our staff have embraced these pedagogical changes with commitment, perseverance and plain hard work.

Our Foundation, Year 1 & Year 2 staff have begun to implement MultiLit for their Literacy block. They have also begun using OCHRE for the Numeracy block.

The Year 3-6 staff are implementing the low variance, knowledge rich curriculum called OCHRE for the literacy and numeracy block.

Changing pedagogical practice takes time to embed because it requires consistent effort, ongoing professional development, and the gradual adaptation of both teachers and students to new methods, ensuring that these practices become deeply ingrained in the educational culture and effectively enhance learning outcomes over an extended period.

These changes, if implemented with fidelity and school-wide alignment processes, will enhance our student learning. If your child/ren become a little annoyed about the changes in practice, please let them know this will take time to embed but will benefit them now and into the future.

I share with you a prayer supporting our staff and our students in this time of change.

*Heavenly Father,  
guide our educators as they embrace new teaching practices.  
Grant them patience, wisdom,  
and strength to inspire our students.  
May these changes enrich our learning community,  
fostering growth and understanding.  
Bless our efforts and let Your light shine through our endeavors.  
Amen.*

## Tuckshop 2024 – Term 4

### Week 3

Thurs 13 Feb Andrea Dahlin  
12.30 – 3pm

Fri 14 Feb Kate Molloy  
12.30 – 3pm Casey Simpson  
Nicole Emmerson

### Week 4

Thurs 20 Feb Bec O’Sullivan  
12.30 – 3pm

Fri 21 Feb Chantal Bennallack  
12.30 – 3pm Donna Wagner  
Briana Cowan

### Week 5

Thurs 27 Feb Lynne Cathcart  
12.30 – 3pm

Fri 28 Feb Joelene McSwain  
12.30 – 3pm Simone Edgley  
Teghan Gregg  
Kate Rupe

## Weekend Maintenance

15-16 Feb Burns (5W)  
Quinlan (2E)  
O’Sullivan (6Z)

22-23 Feb Lindsay (Fdn W)  
Lau (5ZS)

1-3 Mar Morcombe (Fdn W)  
Neilsen (5M)

8-9 Mar Stubbins (5ZS)  
Wright (4S)

## Welcome Mass



All parents and family members are invited to attend our Welcome Mass on **Friday 14 February at 9.15am** in the "shed". This is a beautiful opportunity to come together and pray for a wonderful 2025!

It is important to understand that our shed becomes our "sacred space", and we ask that all treat this space as such. This will mean that no coffee cups should be brought into the shed. Thank you for supporting our request.

## Advisory Council Meeting

All Advisory Council members are invited to attend our first meeting for the year on **Wednesday 26 February at 5.30pm** in the Meeting Room.

I look forward to working with each of you to support our community.

## Pupil Free Days



Catholic Education Sandhurst, in implementing Magnify, have been very strategic in providing all 53 primary and secondary Catholic schools the very best professional development opportunities by employing the very best educators in Australia and word wide.

All 3,000 staff in our diocese will be holding Professional Development Days on the same days throughout 2025. These days are Pupil Free Days and children will not attend school on these days; though Day Care will be provided through YMCA if enough student interest is registered.

Our Pupil Free Days for the year are as follows:

- |                         |  |
|-------------------------|--|
| • Tuesday 28 January    | Staff professional learning day – First Aid              |
| • Wednesday 29 January  | Staff professional learning day – Planning               |
| • Wednesday 2 April     | Staff professional learning day – Behavior Curriculum    |
| • Tuesday 22 April      | Staff professional learning day – Neuroscience           |
| • Wednesday 23 April    | Staff professional learning day - Neuroscience           |
| • Thursday 24 April     | Staff professional learning day - Neuroscience           |
| • Wednesday 13 August   | Staff professional learning day - Staff Spirituality Day |
| • Wednesday 17 December | Staff professional learning day –2026 Planning           |
| • Thursday 18 December  | Staff professional learning day                          |
| • Friday 19 December    | Staff professional learning day                          |

Please note that each primary school also has another two days where they can hold Pupil Free Days. I will inform you of these dates as early as possible.

## Sad News

- Last Monday several staff joined together to celebrate the life of Kate Gundry's father. Please keep Kate and her family in your prayers during this difficult time.
- We also remember Hayley Wright's father who passed away unexpectedly on December 24, 2024. Our thoughts continue to be with Hayley and her family.

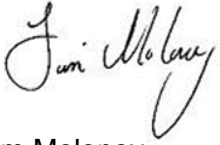


## School Swimming Championships

Congratulations to all the children who took part so enthusiastically in our Year 3-6 School Swimming Championships. All competed with wonderful sportsmanship and endeavour.

Special thanks to Danielle Coates and Kate Zealley who have coordinated the swimming lessons and swimming championships. Thank you and well done.

Christ has no hands but yours.



Tim Moloney  
Principal



## Learning and Teaching

### Learning Conversations

Next week marks the start of our Learning Conversation week. These conversations are a three-way discussion, where students are encouraged to participate. It's a formal opportunity for parents/guardians to share information with the classroom teacher that will help support the teacher in effectively teaching your child.



Our teachers are looking forward to learning more about your child/ren at next week's Learning Conversations that are held on 17, 18 & 19 February.

We ask you to consider the following questions prior to the Learning Conversations so that you can assist the class teacher in understanding your child/ren:

- What are your child's strengths?
- What areas does your child find challenging?
- Tell the teacher about your child's interests.
- Discuss how they are with their peer relationships. Do they make and keep friends easily?
- Does your child have any medical needs?

Grace Scalora  
Deputy Principal – Learning and Teaching Leader.

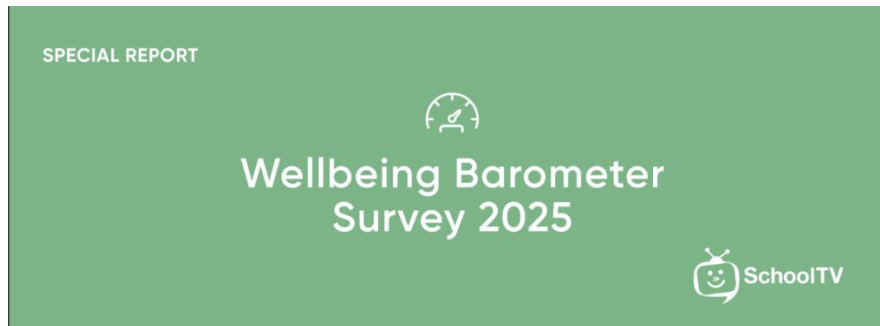


## Weekend Maintenance

### Term 1

3	15-02-25	16-02-25	Burns (5W), Quinlan (2E), O'Sullivan (6Z)
4	22-02-25	23-02-25	Lindsay (Fdn W), Lau (5ZS)
5	01-03-25	02-03-25	Morcombe (Fdn W), Nielsen (5M)
6	08-03-25	09-03-25	Stubbins (5ZS), Wright (4S) <b>(Labour Day Weekend)</b>
7	15-03-25	16-03-25	Tuckerman (3D), Wallis (1R)
8	22-03-25	23-03-25	Roberts (Fdn W), MacKenzie (1M)
9	29-03-25	30-03-25	Turpie (5ZS), Wingrave (6Z)

### SPECIAL REPORT: The Wellbeing Barometer - 2025 School TV



The Wellbeing Barometer survey is an invaluable tool for schools, providing critical insights into the mental health and wellbeing of young people. This annual survey identifies areas of concern, highlights resilience and adaptability in students, and emphasises the importance of preventative strategies to promote positive outcomes.

Participation in this survey is strongly encouraged, as it offers a comprehensive view of students' experiences, challenges, and achievements. By capturing a detailed understanding of young people's experiences, the survey supports a tailored approach to enhancing their mental, emotional, and social wellbeing. It helps to identify strengths and areas for improvement, as well as pinpoint opportunities for early intervention.

The survey is part of an ongoing longitudinal study, and we encourage you to take a few moments to complete the survey for each of your children. Responses remain anonymous and should be based on your observations over the last 12 months. By working together, we can reduce the long-term impact of mental illness and make a meaningful difference to the lives of our young people for a brighter future.

**Here is the link to your Special Report**

[https://sfstrathfieldsaye.catholic.schooltv.me/wellbeing\\_news/special-report-wellbeing-barometer-2025-au](https://sfstrathfieldsaye.catholic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2025-au)

**If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.**

Luke Freeman  
Behaviour, Wellbeing and Safeguarding Leader





all inclusive fees - no more to pay

\* SET FEE FOR HEALTH CARE CARD HOLDERS - ASK TODAY

Affordable education

## High quality affordable education

We're committed to keeping school fees as low as possible, with options to support every family to access a Catholic education in the Diocese of Sandhurst. No child will be refused enrolment due to a family's inability to pay school fees. Our fees are inclusive, that means there are no hidden extras. When you enrol in a Catholic school your fees include excursions, swimming, technology and much more.

## Health Care Card update – Catholic Primary School Parents

Catholic Education Sandhurst Ltd (CESL) is pleased to inform Primary School families holding a valid Health Care Card (HCC) that you are eligible for a significant reduction in School fees for the upcoming year. This discount will be automatically applied to your direct debit school fees if you provide a copy of your HCC to the school office. For those who have already provided a copy of your current HCC to the school, you do not need to do anything further – the discount will be automatically applied.

We understand that many families have varying circumstances and in response to the rising cost of living expenses, we are committed to supporting those who need additional assistance.

Please be assured that this support is provided to ensure all students have the opportunity to thrive in our school community. If you have any questions or need further clarification, please contact the school office.

## RE News....

### Welcome Mass – Tomorrow, Friday 14 February



Tomorrow, we will be celebrating our Welcome Mass for 2025 in the Shed at 9:15. Fr. Jake will lead us in prayer. We will also have the foundation students and their Year 6 buddies ending the celebration with a song. If you are available, please feel free to join us. We have allocated seats for parents, grandparents, and special friends towards the back of the Shed.

**When:** Friday 14 February

**Time:** 9:15am

### Classroom Prayer Space:

This year, all classes have been busy setting up their Prayer Spaces in their classrooms, ensuring that each space includes key elements for prayer. One of the traditions here at St. Francis of The Fields is that each class creates its own Prayer Cloth.

Students may paint or draw, writing different symbols or qualities they bring to their classroom. This Friday, Fr. Jake will be blessing these as part of our Welcome Mass.



### Anniversary of National Sorry Day

On **Tuesday 13 February**, we commemorated the 16th anniversary of the National Apology. Prime Minister Kevin Rudd, on behalf of the Federal Government, publicly apologized to the Stolen Generations. The Stolen Generations consist of Aboriginal and Torres Strait Islander children who were forcibly removed from their families and communities by successive colonial and Australian governments.



This event marked a significant milestone in the healing process for Aboriginal and Torres Strait Islander peoples, who suffered due to past government policies of forced child removal and assimilation. As a nation, it is important that we remember and acknowledge the injustices of the past while reflecting on the work that still needs to be done to achieve justice, reconciliation, and harmony for our future.

Dave Waters  
Catholic Identity Leader

## Year Level – Term 1 Unit Newsletter links



### [Foundation - Term 1](#)

[Year 1 - Term 1](#)

[Year 3 - Term 1](#)

[Year 5 - Term 1](#)

[Year 2 - Term 1](#)

[Year 4 - Term 1](#)

[Year 6 - Term 1](#)

## PE News

### Upcoming Sporting Dates

- Catholic Swim Sports- Wednesday 19th Feb
- Divisional Swim Sports- Friday 28<sup>th</sup> Feb
- Regional Swim Sports- Tuesday 11th March
- State Swimming Sports- Tuesday 29<sup>th</sup> April
- Division Cross Country - Friday 16<sup>th</sup> May



### St Francis School Swimming Sports

A big thank you to the teachers, support staff and CMC students that assisted with the running and overall success of the school sports. Our year 6 leaders were also terrific in their support of other students, especially during the 25m kickboard events= WELL DONE!

And! A big thank you to the students for their wonderful participation and sportsmanship!

We really appreciated all the parent support also, it's wonderful to see so many get down to the pool to cheer the students on.

### House Point Results- 2025:

**(Bacchus) Blue house** was our 2025 swim sports winning house!! Here are the final numbers.

**4th- Red (MacKillop):** 415  
**3rd- Green (Francis):** 476  
**2nd- Yellow (Clare):** 482  
**1st- Blue (Bacchus):** 541



### Best contributor medals:

**12/13 year boys:** Darcy Kanzamar  
**12/13 year girls:** Milanke Haasbroek

**11 year boys:** Josh Rodda  
**11 year girls:** Eloise Rodda

**10 year boys:** Will Campbell  
**10 year girls:** Harper Lockhart

**8/9 year boys:** Seb Rodda  
**8/9 year girls:** Charlie Rodda

### New Records:

Congratulations to the following students that broke school records during our sports!

#### 12 Year Boys:

**Darcy Kanzamar**

- Freestyle

#### 11 Year Boys:

**Josh Rodda**

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

#### 11 Year Girls:

**Eloise Rodda**

- Backstroke

#### 9 Year Boys:

**Seb Rodda**

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

#### 9 Year Girls:

**Charlie Rodda**

- Butterfly

**Fleur Mulling**

- Freestyle

**Congratulations!**

## St Francis Sporting Hall of Fame Inductee

### Congratulations- Peter Florence

After many years of service as a teacher within the St Francis community, Peter went on to semi retire, by stepping away from the classroom and continuing to give back to the school community as the OH & S officer. While doing so, he made a yearly appearance at the St Francis Swimming Sports and for the past decade, has started every race with great pride and humility. Peter is the most decorated starter St Francis has ever seen and for this significant contribution, he will now take his place in the St Francis Sporting Hall of Fame. This certificate is given to acknowledge an outstanding and sustained, high level of achievement over the course of his career.

Pete, thank you for your service.



## Running/ Cross Country Preparation

Each Monday recess and Wednesday lunchtime, we will be offering the students an opportunity to improve their running capacity. We aim for these to be short, but effective. We hope to see more students join over the coming weeks! Students are encouraged to check the PE notice board outside the shed for any changes.

## State Combined Event



On Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> of February, we had 5 students compete in the State combined event at the Bendigo Athletics track, students are required to complete 5 events (pit jump, throw, sprint, hurdle and middle distance).

Congratulations to Adelaide Ciancio, Airlie Intamanon, Ada Emmerson, Tilly Stewart & Elliot Kelly for their efforts and many personal bests that were set across the weekend at the State combine event.



## Visit from Carlton Footballers

Earlier this term, we had some Carlton players (George Hewett, Rob Monahan & Alex Cincotta) come along for a chat to the year 4's. They were very inspiring, and the students asked amazing questions that led to learning many new things around pathways to the elite level, preparation, recovery, what they do in down time, how they eat, other hobbies and most importantly they highlighted the significance of children playing as many sports as possible!! Even if you know you really love a particular sport, the skill sets that can be transferred from other sports will only make you better at your chosen sport.

We love that!!

They also commented on how our students were exceptionally respectful and asked wonderful questions. Not surprising to hear, but certainly very proud of our beautiful year 4's and the way they represented the school.

Thank you to AFL Victoria, the Carlton football club and players for your time.



## PE Awards:

Each assembly week, we present a tuck shop award.

The criteria for receiving these awards is very straightforward. Students demonstrating outstanding sportsmanship, effort and attitude will be the prime candidates for these awards.

### Congratulations

#### Week 2 awardee's

Neve Gooding & Harrison St Clair



#### Week 3 awardee's

Angok Malual & Imogen Rowell

\*You will receive your awards at the next assembly



## Sporting News

Parents, if you have sporting news that should be shared in the newsletter, please send through a write up and picture to: [dcoates@sfstrathfieldsaye.catholic.edu](mailto:dcoates@sfstrathfieldsaye.catholic.edu)

Danielle Coates-  
PE coordinator

**CHOOSE YOUR FOOTY ADVENTURE** AFL PLAY

HEAD TO PLAY AFL TO FIND YOUR LOCAL AUSKICK CENTRE OR JUNIOR FOOTBALL CLUB

**nab AFL Auskick**  
4-12 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.

**JUNIOR FOOTY**  
7+ year olds

Play with your mates, make new friends & have fun at local footy. Local footy involves weekly games and training sessions for players.

VISIT PLAY.AFL

hot shots tennis

**GIANT Tennis**  
COACHING PROGRAMS

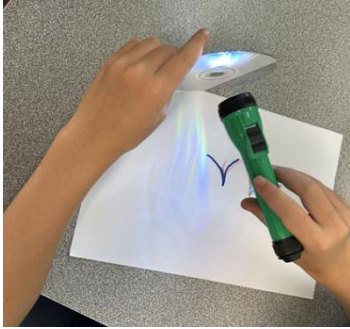
HOT SHOTS 3-12YRS  
JUNIORS & ADULTS  
GROUPS & PRIVATE LESSONS  
PLAY PARK (5&UNDER)  
HOLIDAY PROGRAMS  
CARDIO TENNIS  
SQUADS

COME & GIVE IT A TRY!

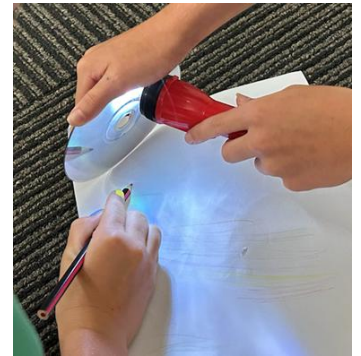
gianttennis.com.au

## Science News.....

### Grade 5's



The **Grade 5's** have begun learning about Light and that it is a form of energy which travels in straight waves. This fortnight students learnt that with a bit of reflection, a CD and a torch or sunlight, we can capture some of the visual spectrum colours (which look like a rainbow) that make up White Light. Try this exploration task at home! All you need is sunlight, a white piece of paper and a CD/DVD disk.



### Grade 6's



The **Grade 6's** have begun learning about Matter and this fortnight students learnt that there are three types of Matter: solids, liquids and gases. They have smelt and touched different types of everyday matter and used properties of flow, volume and shape to identify each mysterious matter makeups to be one of the three types.



### Grade 3's

Rocks have been the focus in Grade 3. Students each picked a rock and observed the properties using small tests that scientists would use. We've found rocks and their uses quite fascinating! There's a Gem Expo on this weekend that could be interesting. See link [here](#).



Emme Jensen & Jess Widdicombe  
Science teachers

Bendigo Gem Expo & Minerals Show  
VIC: BENDIGO GEM EXPO  
Sun 10am - 4pm  
Entry \$10, U12's Free  
15 FEB 2025  
Shop from a variety of traders with high quality stock  
Gemstones  
Crystals  
Rocks  
Minerals  
Fossils  
Handcrafted Jewellery  
Proudly Presented by  
STONE CUTTING & CRYSTALS  
BENDIGO GEM CLUB  
JEWELLERY MAKING

## Canteen

### CDF pay - New Ordering App

CDFpay has now moved to a more user-friendly app format. Please follow the instructions to download and set up your account.

A reminder that tuckshop orders need to be completed by 9am on the day of ordering.



**CDF pay**

**Good News: The new CDFpay app is now available**

**Get started today**

- 1 Download the CDFpay app
- 2 Create an account and add your student(s)
- 3 Order and pay in seconds!

**Download the app now**

Download on the App Store | GET IT ON Google Play

CDFpay™ powered by flexischools

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## 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.



If you have any questions, please speak to our friendly team:  
Phone: 0459 988 313  
Email: [stfrancis@ymca.org.au](mailto:stfrancis@ymca.org.au)  
Central Customer Service Team: (03) 8371 0500



*Enrol today!*



### Frank's Little Friends Playgroup

Every Monday during school term.

9:00am – 10.30am.

Gathering in the Community Centre

Please see our FB group "Franks Little Friends" for updates.

All welcome!

## St Francis Needlepoint

The St Francis Needlepoint group is not what you think!!! Sewing skills are definitely not required to be a part of this fun group. Needlepoint – as it is affectionately known – is the social group for St Francis Mum's. Throughout the year, social functions are organised for mum's to attend and get know each other. The details for the first function for this year are below.



**Progressive Dinner**

**Saturday 1st March 5.30pm**

**\$65 per person includes entree, main and dessert/ cocktail**


Nicole Emmerson  
BSB: 083 543  
Account: 14 525 1660

Payment needs to be paid strictly by the 15/2

Starting venue to be announce soon



Community News....





**BENDIGO Calisthenics**

LOOKING FOR A SPORT THAT INCLUDES...

**DANCING, PERFORMING, GYMNASTICS & TEAMWORK?**

FEBRUARY IS COME AND TRY MONTH  
AGES 3+

FIND US ON FACEBOOK AND INSTAGRAM, VISIT BENDIGOCALISTHENICS.COM OR CONTACT BENDIGOCALISTHENICS@HOTMAIL.COM FOR MORE INFORMATION

Proudly Presented by



**Bendigo Gem Expo**  
15 - 16 Feb 2025

Shop from National traders with high quality stock

- GEMSTONES
- CRYSTALS
- MINERALS
- FOSSILS
- GEM SIFTING
- KIDS ACTIVITIES
- DEMO'S & DISPLAYS
- HANDCRAFTED JEWELLERY



Sat 10am - 5pm  
Sun 10am - 3pm  
Entry \$10, U12's Free  
EFT Available

Bendigo Showgrounds Exhibition Building, Holmes Rd, Bendigo



**FREE!**

**GOLDFIELDS YOUTH BRASS BAND WORKSHOP**

A free workshop for young brass and percussion players from across the Goldfields region, concluding with a concert showcasing their work

**WORKSHOP FEATURES:** Band rehearsals, performances by professional musicians, Q&A session, and concert

**WHERE:** Capital Theatre, Bendigo

**DATE:** Sunday 23rd February 2025

**WORKSHOP TIME:** 1-6pm

**CONCERT:** 5pm

**COST:** None!

**FEATURING GUEST ARTISTS:**

**Louisa Trewartha** (Yamaha Artist),  
**Nick Beale** (Victorian State Youth Brass Band tutor)  
**Brandon Waterworth** (Percussionist Royal Australian Navy Band)

To register, please complete our Google form by scanning the QR code or visiting: [bit.ly/4aAUcWB](https://bit.ly/4aAUcWB)

Thanks to our sponsors:





**HUNTLY FAMILY FUN DAY**



Proudly sponsored by Agnico Eagle Fosterville

**FREE ENTRY** **SUNDAY FEB 23, 2025** **10AM TO 1PM**

**STRAUCH RESERVE, 14 GUNGURRU ROAD, HUNTLY**

**FREE ACTIVITIES:**

- CHAIR-O-PLANE ACTIVITY
- INFLATABLE WATER SLIDE
- WATER FUN WITH HUNTLY CFA
- AIRBRUSH TATTOOS
- ART AND CRAFT
- SPORTING ACTIVITIES
- ANIMAL DISPLAY
- FREE HEARING CHECKS
- FREE GIVEAWAYS!
- FACE PAINTING
- RENEGADES VAN INFLATABLES

**FOOD/DRINKS:**

- BBQ (MEAT AND VEGETARIAN OPTIONS) AND DRINKS - ALL \$2 EACH
- FREE FRESH FRUIT
- COLIBAN WATER REFILL UNIT (BYO DRINK BOTTLE)

Child-safe event. Smoke and vape free event. Parking available around sporting ground.

Don't forget a towel!

Limited shade - bring along your hat and chair.









The Country Women's Association of Victoria Inc.

care empower contribute

INTERNATIONAL  
WOMEN'S  
DAY | MARCH 2 - 8



### MARCH FORWARD

How do we turn promises into reality for ALL women and girls?

RIGHTS. EQUALITY. EMPOWERMENT

#### CWA Bendigo Northern Group

invites you to an event for International Women's Day

On Wednesday 5th March 2025

with guest speakers

Madeleine Harvey from Annie North Centre

Shivali Chatley, City of Greater Bendigo Councillor

**Where:** National Hotel, Crown Room

182-186 High St Bendigo

**Time:** 1 pm—3 pm

**Cost:** \$15 [Afternoon tea provided]

There will be a raffle with fabulous prizes to be won.

To RSVP for catering purposes please message or ring 0404 334 855

Or email [cwagroupbendigo@gmail.com](mailto:cwagroupbendigo@gmail.com)

By Friday 21st Feb



The Country Women's Association of Victoria Inc.  
care empower contribute

# Join Us!



### Inaugural meeting CWA Strathfieldsaye

THURSDAY 20<sup>th</sup> February 1PM

#### Have you considered joining CWA of Vic?

Are you a local woman, interested in making new friends whilst helping others and being an active participant in your community?

Want to know more about the CWA and what we do?

Would you like to discover new skills and activities? Are you interested in women's issues?

#### What is CWA?

We are a member-based and not-for-profit charitable association. Our principal purpose is to provide support to vulnerable women, children and their families in all parts of Victoria – metropolitan, regional and rural.

We do this through volunteer community services, partnering in local networks and providing support after emergency events.

You may already know that we also cook and craft, but not all of us!

A significant part of our work is to advocate for change, always endeavouring to remain relevant in today's society.

We invite you to join us to create connections and make a difference. Mothers with children are welcome

#### EVENT DETAILS

Date: Thursday 20 February 2025

Time: 1pm- 3pm

Venue: Strathfieldsaye Community Church

Address: 920 Wellington St Strathfieldsaye

#### FOR MORE INFORMATION CONTACT

Lyn Turner 0411603320

All very welcome [cwabendigonorthern](https://www.cwabendigonorthern.com.au) Group

We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet and commit to building a brighter future together.

[www.cwaofvic.org.au](http://www.cwaofvic.org.au)

# JUNIOR FOOTBALL REGISTRATIONS OPEN FOR UNDER 9'S UNDER 10'S AND UNDER 12'S

PLAYING SPOTS STILL AVAILABLE  
JUNIORREGISTRAR@STRATHSTORMFNC.COM.AU

STRATHFIELDSAYE FOOTBALL NETBALL CLUB



## Club Open Day

All welcome - New & past members

Saturday February 15th

1pm-3pm

Epsom Huntly Recreation Reserve



2025 REGISTRATIONS ARE NOW OPEN!

Visit our website at [www.epsomfc.com.au](http://www.epsomfc.com.au) to register



Registration & season details

Prizes & giveaways

2nd hand uniforms available

Cold drinks & icy poles - (gold coin donation)



Come & have a kick - there'll be games & activities for all.

Chat to members of the club & find out about playing at

Epsom FC in 2025.

Email [secretary@epsomfc.com.au](mailto:secretary@epsomfc.com.au) for further details.



**Fuel Their Day:  
Healthy Lunches  
Made Simple!**

Let's explore:

- Healthy Eating Guide
- Water consumption
- Tips for making nutritious lunchbox meals
- Healthy food swap resources
- Reading food labels
- Resources

Thursday, 13th March

10am - 11 am

Kangaroo Flat Library

Free to join and enjoy. Register your attendance:

5447 8344

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**National Lunchbox Week competition**

National Lunchbox Week aims to inspire Australian families to create enjoyable and nourishing lunchbox meals.

The week helps families, schools and early childhood settings by:

- Inspiring practical lunchbox ideas and recipes
- Supporting positive lunchbox experiences for children
- Embracing the diversity of lunchboxes
- Promoting supportive, judgment-free conversations around food.

The BCHS Health Promotion team is encouraging children to design their favourite lunchbox snacks for a whole day of eating, making sure to include the recommended 2 fruits and 5 vegetables!

- Kindergarten aged children (3+ years) and primary school children (6-12 years) are eligible to enter.
- Entries open Monday, 10th February, and close 5pm, Monday, 3rd March.
- Entries will be judged on the best looking artwork and total number of different colourful fruits & vegetables.
- Winners will be contacted following the cut off date.



To enter, simply submit a copy (either a photo or scan) of your completed pictures to [healthpromotion@bchs.com.au](mailto:healthpromotion@bchs.com.au)

**Design your FAVOURITE lunchbox!**

**WITH 2 FRUITS 5 VEGETABLES**

Bendigo Community Health Services
 
 National Lunchbox Week
 Name..... Age.....  
 Kinder/School.....