

Wanniassa School

PRESCHOOL - STERNBERG CRESCENT WANNIASSA
JUNIOR CAMPUS - STERNBERG CRESCENT WANNIASSA
SENIOR CAMPUS - WHEELER CRESCENT WANNIASSA



PHONE: 6205 8055 PHONE: 6205 7566 PHONE: 6205 6200

Website: www.wans.act.edu.au Email: info@wans.act.edu.au Wanniassa P-10 School

September Newsletter 2014

Upcoming Events:

Preschool

Junior Campus

12th September

Red Unit Assembly 11:30am

17th September

Year 6 Visits to Senior Campus

19th September

Learning Journeys 9am-11am

Senior Campus

10th September

ACT Year 7 -10 Soccer Finals

11th September

Athletics Carnival Year 7-10

16th September

Big Picture Information Evening

17th September

Year 6 Visits

19th September

Sydney Holiday Raffle Draw

23rd September

Mindmatters Festival

Whole School

26th September

END OF TERM 3

13th October

TERM 4 STARTS

30th November

Wanniassa School Fair 11am – 3pm

Principal's report

Dear Parents & Carers

Thank you to everyone who participated in the recent <u>School Satisfaction Survey</u>. The survey results will contribute to the school improvement process, which aims to achieve high standards in student learning, innovation and best practice in ACT public schools. The surveys include nationally agreed parent and student items and our 2014 School Board Report will include a summary of our school survey results for these national items. Although the survey was voluntary, it will help us understand areas where we are doing a good job and areas for further development. We eagerly await the results of these as they help to determine the school direction for the next year.

NAPLAN results have arrived and are currently being distributed. As yet these have not been analysed but I am sure you will hear more in the future.

Year 10 Work Experience in Week 6 Term 3 resulted in some of our Year 10 students being offered part-time work. Congratulations to the teachers involved for all the hard work gaining workplace placements for our students, to the teachers who visited them and the respective employers, and to the Year 10 students for undertaking wide-ranging work including in education, hospitality, trades, retail, health, sport and fitness, a nursing home and a finance institution.

The Senior Campus Athletics Carnival will be held on 11 September. Thanks to everyone involved in the organisation, especially Mr Darren King and the PE teachers. Let's hope the weather is perfect, and the competitors, officials and helpers enjoy themselves.

Learning Journeys on the Junior Campus and in the preschool will happen in Week 9 and we are keen for every child to have a family member visit so that you can see the learning that takes place at school. Families should have received an invitation last week.

The Japanese trip is fast approaching. 11 students from the Senior Campus will join 16 students from Namadgi for a 10 day cultural trip around Japan. They will be visiting world heritage listed sites as well as more contemporary attractions. The students are excited to experience life in Japan and enrich their understanding of Japanese language and culture.

Seven a-side league

Congratulations to our year 5/6 boys 7 aside team won the ACT tournament consisting of over 30 schools. They were then invited to be part of the Legends Shield to be held in Sydney. Unfortunately for all involved it was washed out 2 weeks in a row and cancelled.

Girls Oz-Tag_Also well done to the Year 5/6 girls oz tag team went through round 1 of the girls Southside tournament undefeated winning all 5 games on the day. In week 8 they will travel to Kippax for the ACT finals.

Book Week, Science Week and Literacy & Numeracy Week all seemed to flow together at Wanniassa School and were celebrated in diverse ways. At the JC Doing Things Together Day included activities based around Book Week, Literacy, Numeracy, Technology and Science and gave the students a wonderful array of experiences. This was a resounding success thanks to the efforts our wonderful teacher Librarian, Ms Elaine Hine. The week culminated in a fantastic book character dress up assembly and thanks to all the parents for their support. At the SC Science, Literacy and Numeracy sessions included challenges for groups and individuals to solve. Literacy and Numeracy Week included a week long trivia competition where students completed quizzes, numeracy problems and Science Week involved a series of challenges during PTG to build a boat which would hold the most weight. Students had the week to work in their groups to design and build the boats which were tested during the Assembly.

Swim School

Our K-3 students are all keen swimmers now (we think)! Thanks to Ms Jenny Tatham and her team who ensured that the 2014 SwimSchool held at the Erindale Pool was a rewarding experience for our students.

Please welcome Fellon Gaida who is the new school youth health nurse to Wanniassa Senior Campus. She will be working every Monday and Tuesday. Feel free to have a chat with her about any mental health, sexual health, drug and alcohol issues or if you need any health related advice.

Finally, thanks to our hardworking **P&C** and **Preschool PA members** who are currently raising money through the Sydney trip raffle. Thanks to all those families who have sold tickets. If you still need a ticket the final few will be sold prior to the draw on 19 Sept at the JC Learning Journey.

Have a great rest of Term 3 and enjoy the spring weather and the school holidays just around the corner.

Margaret Taylor Acting Principal

P & C News

Wanniassa School Fair - Sunday 30 November 2014



Donations of Business Merchandise for Fair Tombola Stall

We are seeking your support with **donations** for the Tombola Stall. **Do you know of any businesses that would be able to support the fair with merchandise?**

Donations can be dropped off at the front office of the Junior or Senior Campus' or please contact me to make alternative arrangements.

Thanks you for your support as this stall is dependent on all donations but then it is all profit for the P&C to put back into supporting the school.

lynettesanchez@grapevine.net.au

0409 044 251

Wanniassa School P&C

Finance News

Friendly Reminder - 2014 Voluntary Contributions

Many thanks if you have already made contributions – it is very much appreciated!

Contributions made each year enable us to provide an enriched learning environment for all of our children.

To make a payment you can pay by cash or cheque. EFTPOS is available at the Front Office at either campus. Alternatively payment can be made directly to the school account via Internet Banking.

The school account details are:

Westpac BSB: 032777

Account number: 001869

OR

You can go to our school website www.wans.act.edu.au and make a payment to the school's bank account. There will be a link that will redirect you to our Westpac Quick website. Payments can be made using a credit/debit card, for any school even, or financial contribution.

Please identify your payment by including the 'Student Key name' and what the payment is (eg. Your childs name is John Smith the 'Student Key' would be 'Smithj VolCon').

If you have any queries please don't hesitate to contact me on: 6205 6200. Ann Hayres - Finance Officer

Bus School Service Changes for Wanniassa Primary School and Wanniassa Senior School

On Monday 1 September 2014 a new ACTION bus network, including a new school services network commenced. Please visit the ACTION website www.action.act.gov.au or call the dedicated schools information hotline on 6205 **5033** for full details of changes and new school service network routes, maps and start / finish times.

Please note: Although a school service may be unchanged in route and direction, please check the start and finish times.

WANNIASSA PRIMARY

<u>Service</u>	Description of Change
AM	
665	No longer servicing Wanniassa Primary.
671	No longer servicing Wanniassa Primary.
853	This service will no longer operate. MacKillop students to use school route 851, 852 or route 61. All other students to use route 61.
PM	
419	This service will no longer operate. Wanniassa Hills Primary and Wanniassa High students going to Oxley and Tuggeranong Bus Station to use the route 61.
536	Now servicing Fadden, Gowrie and Isabella Plains.
664	This service will no longer operate. Please see school route 536.

WANNIASSA HIGH

<u>Service</u>	Description of Change	
AM		
544	Now servicing Fisher. No longer servicing Oxley. Students are to use school route 856.	
665	No longer servicing Wanniassa Primary.	
852	No change. Please check start and finish times.	
853	This service will no longer operate. MacKillop students to use school route 851, 852 or route 61. All other students to use route 61.	
856	Now commencing opposite Kambah shops, Marconi Crescent. No longer servicing Wanniassa Hills Primary. Now servicing Oxley.	
858	No longer servicing Warramanga and Fisher. Students are to use school route 544. Now commencing 1st stop on Kambah Pool Road.	
PM		
419	This service will no longer operate. Wanniassa Hills Primary and Wanniassa High students going to Oxley and Tuggeranong Bus Station to use the route 61.	
536	Now servicing Fadden, Gowrie and Isabella Plains.	
597	This service will no longer operate. Wanniassa Hills and Wanniassa High students to use school route 677. St Thomas the Apostle and Namadgi students to use route 60.	
664	This service will no longer operate. Please see school route 536.	
677	Now servicing Wanniassa Hills Primary, St Anthony's Primary and Wanniassa High.	
876	This service will no longer operate. Please see school route 536. St Anthony students to use route 61 which will be diverted to the stop in front of school and travel to Tuggeranong. Bonython students then connect with the route 66.	

Junior Campus News

Rainbow Unit News

Term 3 has been a busy term. The children enjoyed the Book Week Dress Up days and we made dioramas for the library. In Week 6 we had our photo days. The children have been busy making Father's Day cards and wrapping paper and we hope that you all have a wonderful Father's Day.

We have started our school transition program with the children visiting Red Unit in Weeks 3, 6 and 9 to find out about the sorts of things we do at Kindergarten. Our Year 5 buddies have been visiting us regularly too, helping us to complete our buddy books.

Jack and Molly visited in Week 7 to present their show, Camping, Creeks and Frogs. Their performances were wonderful.

Learning Journeys will happen in Week 9 and we are keen for every child to have a family member visit so that you can see the learning that takes place at preschool. On Learning Journey Day we will be holding a book swap so bring in your pre loved books on the day and you will be able to choose a new one for a gold coin donation. Money raised will go towards raising literacy levels of indigenous people in remote communities.

Judy Richards, Virginia Fanning and Karen Cooper

Red Unit News

Red Unit really enjoyed performing the song 'Connect To Books' at the Book Week Assembly and parading around to show off their great costumes. Thank you parents for making them look so good. We are into the 2nd week of swim school and the children are all doing a great job and listening and learning from their instructors. We have finished our History unit of work and will be starting our 'Mad Scientists' unit next week where the children will be involved in lots of experimenting, predicting and reporting. KG are working twice a week with Mrs Harders doing Scaffolding Literacy and can't wait to do all the fun activities. K/1G are working with Mrs Lloyd each week on Writers Notebook.

Last week they got to see a real shark egg and got to brainstorm all their ideas and thoughts about the egg. Friday 12th September is our Red Unit Assembly. We would love you to come along and see our great singing and dancing.

Vicki Gough and Sally Gore-Johnson

Blue Unit News

Students in Blue Unit have been enjoying our weekly Mental Computation lessons with Mrs Lord. We are now practising using a number of strategies including friends of ten, counting on, doubles, near doubles and the compensation strategy to solve addition problems.

A number of students from Blue Unit took part in the swim school program that was offered in Weeks 6 and 7. Students swam with kick boards, dived into the pool, and swam underwater to retrieve objects – some even swam the length of the pool! It was wonderful to see the students improve their water safety skills and become more confident in the water.

With our Learning Journey approaching, the children have been organising some wonderful learning experiences to share with you. We hope you have received your invitation and look forward to seeing you on Friday 19th of September.







Ashley Coutts and Jess Maloney

Green Unit News

Green Unit have had a busy few weeks. We would like to start by thanking all the parents who came to our assembly and watched us perform. In literacy we are edging towards the edge of our time looking at the text "Gobbolino the witch's cat" and the students are producing some amazing patterned writing, which they look forward to sharing with you at learning journey. Next we will be venturing into information reports which will help us with creating our major geography projects. In maths, rotations are still a highlight and students are enjoying the freedom and responsibility involved with being in charge of their own learning. We would like to remind students that hats are now required to be worn on the playground, so please label all hats to ensure they can be returned to their rightful owners.

Jess Booth and Tracey Hanson

Orange Unit News

It's hard to believe that the end of another term approaches with haste. Things have heated up, preparing for week 9's learning journey and the students are busily creating and presenting work to their best standard.

The Year 5s are continuing in their discovery of the human body and researching the particular roles of our internal organs. We are looking forward to getting their hands dirty when performing their first dissection.

Our Year 4s are busy discovering what life was like for a convict. They are discovering why there was so much crime in England and why transportation was used as punishment. They are learning that life as a convict on the 11 large ships of the First Fleet, in confined quarters, is not where you would want to be.

We look forward to seeing you in Orange Unit in Week 9.

Justan Fuller and Helen Wilson

Yellow Unit News

Yellow Unit have commenced their Literacy Rotations. These rotations run on a fortnightly cycle and cover all areas of Literacy such as spelling, grammar, reading, genre writing and handwriting. The children work independently through the program and select the order of their activities. They also book into 'Masterclasses' with the unit teachers for explicit teaching. The children are demonstrating independence and a focus on task completion.

Our Unit homework is also now based on a fortnightly cycle with mini projects and research assignments being part of it. The homework will be sent out on all even Mondays and to be returned on the next odd week Friday.

Nick Bond and Susan Deards

Japanese News

A couple of weeks ago, 12 students from Wanniassa travelled to Giralang Primary for the annual Japanese Fun Day. They were joined by 12 other schools from all over Canberra. Here are some of their comments:

'The activity that we loved the most was making the cute mini kami fusen (paper balloons). We also learnt a fun new dance routine.' E & R







'The tea ceremony was fabulous because we got to try two different types of green tea.' B & C

'The day was really fun because of the Japanese sports' C & S

'There was lots of yummy sushi and we loved the whole Fun Day.' S & E

In other news, in preparation for the Senior Campus Japan Trip in the holidays, the students from both the campuses have been making paper cranes with their wishes for peace inside. These will be laid at the memorial in Hiroshima.

O'Hara Sensei

Sports News

The year 5/6 Rugby League 7's team had an opportunity to represent the ACT in Sydney during week 5. This team won a number of round tournaments and ultimately the 'Laurie Daley Shield', with the title of '2014 Champions' bestowed upon them earlier in the year.

The team was headed to North Ryde-Sydney in week 5 to take part in the "Legends Shield' tournament however the recent inclement weather forced its cancellation. The trip required a lot of organisation from our dedicated parents and its cancellation was extremely disappointing for all concerned. The boys deserve high praise for their achievements and we know they would have made their presence felt, both in football skills, and the demonstration of Wanniassa School pride and spirit.

Т

he PSSA, ACT Athletics Carnival will be held on the 23 September (Tuesday, week 10) at the AIS athletics facility. We have Matthew Levika, Brave Thomas and Shane Wilcox representing our school and region at the upcoming event. I am sure we would all like to wish them the best of ability on the day and look forward to hearing about their participation when they return.

Our skilful Year 5/6 League 'OZ Tag' girls will be representing Wanniassa School at the finals in Braddon on September 11 this term. The girls have previously represented the school successfully under the expert guidance of

'Super Coach' Nick Bond. The girls always play with great passion, pride and teamwork and I am sure they will continue to represent Wanniassa School proudly during the finals tournament.

Greg Pickering

Library News

Book Week 2014 "Connect to Reading" finished up in great style in week five at our Junior Campus assembly. It was wonderful to see so many of our students from pre-school to year six dressed up as book characters and the performances by our students proved to be highly entertaining – well done everyone!

During Book Week, we also enjoyed the show for the Junior Campus by the multi award-winning Tony Bones Touring Theatre Company. Students also took part in interactive workshops run by author & illustrator Cameron Stelzer, creator of the Stroogle and Pie Rats books.

Our art and craft competition this year saw some very creative dioramas and models. Congratulations to those students who won a prize for their entries and well done to all students who participated. Some highlights from the week are shown below.

We are now looking forward to next term when we will again hold our annual pre-Christmas Book Fair in Week 5 Term 4. With lots of great books and other items on sale at very competitive prices, it is a good way to grab some of those stocking fillers too, while helping the school with this fundraiser at the same time.

More details early next term.









Happy reading! Elaine Hine (Teacher-Librarian)

Chaplaincy Corner

Recently I attended a talk by Debbie Miller on building resilient families. Resilience is about bouncing back after encountering difficulties, hard times or adversity. It is important to develop resilience because people who have learned to respond to difficulties with resilience are more likely to be happy, more sociable, are keen to learn and cope better with setbacks.

Debbie noted that the single most important factor in child resiliency is relationships. Children need a sense of belonging; they need to have people who can be there for them and they need to know who they can reach out to for help if they need it. It is good as children grow older to involve them in different networks of friends so that if they are having a disagreement with friends at school, they still have friends in their sporting team etc.

If you are interested in developing strategies to help your family become more resilient, you can check out the website:www.pathwaystoresilience.org

Christine Hosking School Chaplain

Senior Campus News

Pastoral Care

Pastoral Care Team

Ann Hill - Coordinator – 6205 6178

Trevor Preston – Youth Support Worker – 6205 7855

Robert Walls – School Counsellor (Mon & Tues) – 6205 6179

Anita Sutherland – Indigenous Education Officer – 6205 7855

Literacy and Numeracy News

Literacy and Numeracy Week was a great success this year with a number of activities happening around the school. The senior campus students participated in a Literacy and Numeracy Trivia Challenge which ran during the enrichment sessions over 4 days. Students were given a range of questions to answer each day; these were marked and tallied quickly in order to give live updates on scores. The leader board changed regularly after each round which helped to brew the suspense for the final day of trivia. Prizes were given out at assembly for the groups that placed 1st, 2nd, and 3rd. The school was buzzing during the trivia timeslot; a bit of healthy competition was definitely evident.

Groups of students from the senior campus also volunteered to assist Year 3 students during their numeracy rotations on the junior campus. This provided a lovely opportunity for students to support the younger children and help them in gaining understanding of the concepts being taught.

Results for NAPLAN 2014 should be arriving home shortly. These were posted out during Week 7 so look out for them in the letter box. If you do not receive them, or there are any errors, please contact me via email or phone and I will do my best to sort it out.

Kellie.keeffe@ed.act.edu.au

Ph: 6205 6164

English/History/Geography/Japanese News

On 5 September Wanniassa entered a Year 8 team of students for the first time into the ACT Legislative assembly inter-parliamentary debating competition. It was a great enrichment opportunity for the students. Well done to Madison Graeber-Browne, Maddison Coles, Joshua Zapanta and Daniel Oysher for participating in this opportunity.

Another enrichment activity occurring over the year is the Bell Shakespeare Schools Competition, to produce a 30 minute adaptation of a section from the play 'Macbeth'. We are rehearsing each week until our performance on 4 November, and recently had the great honour of having an actor-in-residence from Bell Shakespeare attend the school for a 5 day workshop. This was extremely valuable and an excellent enrichment activity for the students involved.

Students are also encouraged to see me about the many writing competitions available, in which they can enter poetry, short stories and novellas. There are some fantastic prizes available.

Well done to Jo Brown and the Japan trip students for another successful fundraiser this week; the trip is getting closer and excitement is building.

Cara Shipp

Executive Teacher, English/History/Geography/Japanese & Indigenous programs

Indigenous News

We have an opportunity for students to take part in a nursery skills program with Greening Australia to learn about careers in land management and horticulture. Students will be invited to take part in the program, which will consist of 4 sessions over Term 3-4.

Cara Shipp

Executive Teacher, English/History/Geography/Japanese & Indigenous programs

War Memorial Excursion Year 9 & 10

On the 19th of August a contingent of Year 9 & 10 students attended the National War Memorial for an performance by Brett Hunt in which he shared the influencing story of his father Frankie Hunt and his contribution to the Vietnam War. Frankie Hunt is a recognised soldier and a third generation cadet his father serving in WWII and his grandfather serving in WWI. Brett unfolded the series of events and emotional journey of his father through his own eyes and recounts from other veterans. We were taken on extraordinary experience of spoken word, guitar and song, always with a hint of humour.

When Frankie was 19 he met a woman two years younger than himself, a month before going to war. Frankie was a spotter for the army, which one of the most dangerous jobs. His group had an issue involving a mine creating the line of the iconic Australian song; "Frankie kicked the mine the day that mankind kicked the moon." The rest of the story is history and has been transformed to an iconic Australian song; "He Was Only 19" by Redgum which Brett covered throughout the chilling yet heart touching performance.

The students from had the honour of hearing the inspiring story sitting among none other than Frankie Hunt himself, which left us in a star-struck state. Frankie's story is an inspiration towards us all but most importantly a powerful reminder of why history should never repeat itself.

As a budding journalist I took the opportunity to personally speak to Brett after his performance:



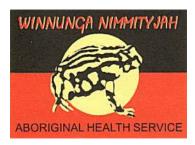
What was your main reason to share your story to our, the next generation?

"Resilience, it's the one major thing in life. Because life throws curveballs that's just what happens you just have to be careful where you take your next step. Throughout mateship, family and open communication that you deal with what lies ahead and what curveball will hit you and you must learn to be resilient. Also, you need to remember that you do have a voice and it deserves to be heard."

We were given the chance to explore the War Memorial for an hour on our own, many of us heading straight to the Vietnam exhibition to gain more knowledge and understanding of what happened and the long term effects of war not only for Australians but for all communities. Our generation is faced will be faced with many war conflicts and the lessons we learn from the past could help end the atrocities of the past.

By Lauren Navarro

WINNUNGA NEWS
JULY 2014
Second reception area at Winnunga



We are changing the way we see our clients at Winnunga. This is to make Winnunga a better service for everyone. Because we see many clients every day and we don't have a lot of room in the waiting area, Winnunga has opened up a second reception area with additional clinical rooms. This is located in the old midwives' area.

In addition, everyone who comes to Winnunga to see a doctor, will first see a nurse.

The nurse will get some health information from you which will help the doctor manage your health in a more holistic and comprehensive way.

But don't worry – it doesn't mean you'll be waiting for longer – it just means you'll receive a better service from us at Winnunga.

So next time you come in to see a doctor at Winnunga, this is what will happen:

- 1. Come into the main reception area as usual and talk to a receptionist.
- 2. A nurse will soon call you in for a general health check, and to ask you what issues you need to see a doctor about.
- 3. After the assessment, the nurse will either send you back out to the main reception area to wait for a doctor, or to the new second reception area.

These changes will enhance Winnunga's services, and assist us to deliver more efficient, coordinated care for all our clients.

If you have any questions about our new system, you can come in and talk to Winnunga's Practice Manager, or call on 6284 6222

Proposed government co-payment

As you would have heard, the Federal Government is proposing to introduce a Medicare co-payment. This means that from 1 July 2015, the government intends to charge \$7 to see a doctor, \$7 to get a blood test done and \$7 for an X-ray.

If you are employed, the government is proposing to charge you \$5 if you get a script filled. If you are unemployed or on a pension or receiving any government allowances, the charge will be 80 cents.

Winnunga is against the introduction of the Medicare co-payment and increasing the cost of medicines because it is unaffordable and unfair.

There are no changes to how Winnunga operates, and all services continue to be free of charge.

Aboriginal Midwifery Access Program

The midwives have moved into a different room at Winnunga, but all services provided by our midwifery team will remain the same. They will continue to work closely with our doctors, nurses, Social Health Team, and all services across Winnunga to provide you with the best possible care – both during pregnancy and following birth.

The program has a shared care arrangement with The Canberra Hospital, and the Winnunga midwives accompany their clients to hospital visits and often attend the birth. The program also provides postnatal care, with a midwife offering home visits until babies are around 6 weeks of age.

If you would like any further information on the Midwifery Program, come into Winnunga, or call us on 6284 6222.

Winnunga Nimmityjah AHS

Clinic hours: Monday to Friday 9.00am -5.00pm

We are a drop-in clinic, no appointments are necessary except for some specialist services (including dental).

Please call us on 6284 6222 for further information.

School Nurse – Senior Campus

Please welcome Fellon Gaida who is the new school youth health nurse to Wanniassa Senior Campus. She will be working every Monday and Tuesday. Feel free to have a chat with her about any mental health, sexual health, drug and alcohol issues or if you need any health related advice.

Phone: 6205 6200

Whole School News

Judy Richards from the preschool is retiring this year. Judy has had a long and fulfilling career as a Preschool Teacher. The last 10 of those years has been at Wanniassa. Students from her first year here are currently in Year. 9. Parents have indicated that they would like to acknowledge Judy's commitment to education especially in the early years of children's lives. All parents past and present are invited to attend this celebration. Please see below for details.







Opening Night Friday 17th October 7—9pm

Official Opening by Alex Sloan ABC 666 afternoon presenter

kets \$15 at the door

Live music, wine and canapés

Quality Art by Local Artists and Cranleigh School Students

Raising money for Cranleigh School
Providing an education for students with disabilities

....

Saturday 18 October 10am-4pm Sunday 19 October 10am-12.30pm

Entry by donation
Artwork raffle draw, silent auction and announcement of
People's Choice awards at 12 noon Sunday 19 October

Webs Email

Cranleigh School 62058000 Website: www.cranleighps.act.edu.au Email: info@cranleighps.act.edu.au







ARTISTS SOCIETY OF CANBERRA

Tuggeranong Valley Band

্ট্রি Open Rehearsal

Looking for a community concert band to join that caters for any age or ability? Come along and play with us at our OPEN REHEARSAL!

When: Thursday, 11 September 6.30 - 8.30pm
Where: Tuggeranong Uniting Church, Erindale.

Corner Sternberg Cres and Comrie St. Wanniassa

Please Bring: Your instrument, music stand and a parent/friend!

The evening will include a short performance by our bands followed by combined rehearsal for everyone to participate in.

We play all sorts of music from Rock and Pop, movie music, classical, marches, jazz, and everything in between!

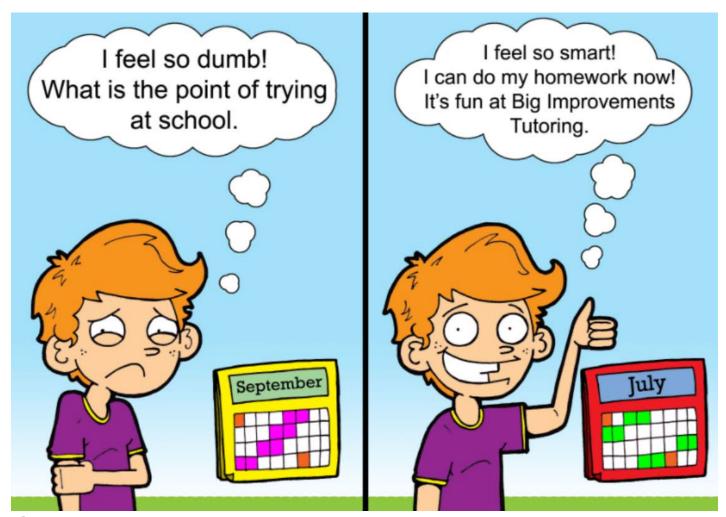
A light supper will be provided at the end.

We look forward to seeing you there!

For more information please contact us

Email: info@tvband.org.au Website: tvband.org.au Or 'Like us' on Facebook





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2014 Ben Donohoe Run and Walk for Fun Proudly supported by McDonald's® Let's do it for Ben...





McDonald's® School Challenge

The school with the most registrations per population will win \$500.00 proudly donated by McDonald's*

Open to family, friends and school staff members.

Date: Sunday 2 November 2014

Registration closes: Friday 24 October 2014 at 5:00pm (AEDT)

Race categories: (Ages refer to the age participants turn during 2014)

Junior: 17 years and under Open: 18 years to 39 years Masters: 40 years and above

Race registration and number collection:

Each participant will be allocated a race number, which must be worn on the chest during the run. Race numbers need to be collected the day before the race - Saturday 1 November 10 am to 12 noon OR on the day - Sunday 2 November between 7.00am and 8.30am at UC Secondary College (formerly Lake Ginninderra College) Gymnasium (Opposite McDonald's®).

Cotononi	Early Bird Registration Up	Late Registration 18th October –
Category	until 17th October	24th October and On The Day
Primary School Student	\$10	\$15
All other full time students	\$15	\$20
Adults	\$25	\$30
Family	\$40	\$50
Team Entries	Refer above pricing	No team entries on the day

^{*} Family: Parents and their children aged under 16 or full-time students (max 5 participants)

Prize categories:

1. Primary Schools 2. High Schools and Colleges

Race starts and routes:

6.3km: 9:30am, Aikman Dr outside Lake Ginninderra College, around Lake Ginninderra foreshore (finishing John Knight Memorial Park)

3.4km: 9:45am, Bike path, John Knight Memorial Park, out and back course along Lake Ginninderra foreshore (finishing John Knight Memorial Park)

Awards ceremony:

10:30am, John Knight Memorial Park

Join us for a chance to meet the Canberra Raiders and Ronald McDonald®

Wet weather: Unless deemed dangerous, this event will be held in wet weather. Check radio stations for details.

Contact Information:

Address: Hawker College Murranji St Hawker ACT 2614

Phone 02 6205-8986

0429 853 169 Bryce Anderson 0414 710 025 Robyn Donohoe

info@bensrunandwalkforfun.com

http://www.hawkerc.act.edu.au/runandwalkforfun

Due dates: School or team registration must be received by Friday 24 October 2014. After this date no team or school entries will be accepted. As with last year, computer chip recording will be used. No entries will be accepted after 24 October 2014.

Payment: At the time of registration on-line

conditions of entry: By participating in the Ben Donohoe Run and Walk For Fun all participants accept all risks that could result in loss of life or injury or damage or loss of any description that I may suffer or sustain upon my entry or participation in this event. I release all persons or corporations associated with the event from all claims or demands arising from this event. This waiver release or discharge shall be in favour of the Ben Donohoe Run and Walk For Fun and any other school, club officers and employees of the AFP and all race sponsors and shall so operate whether the damage or cause is due to any act or neglect of any of them. I agree that any child under the age 12 years must be under direct supervision of an adult for the duration of this event. I agree to my details and image being used in promotion of the event and publishing of the results in the media.

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6287 3833

Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress. Parentline ACT

is a confidential, anonymous telephone counselling and information service.

Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.

Help to understand your child or teenager's behaviour.

Parentline ACT.

Monday to Friday (except on public holidays), 9am to 5pm.

Phone: 6287 3833