FROM THE PRINCIPAL

Student Success

Congratulations to Year 8 students Vanessa Eshou, Michael Van Doorene, Nicholas Chok and Kate Klass, who competed in a Gifted and Talented ‘Battle of the Minds’ Challenge Day at Auburn Girls High School recently. The team came 3rd out of the 40 teams from across the state who participated, completing a series of Science, Maths and HSIE tasks that stretched their thinking skills, their complex problem solving skills and saw them work collaboratively to reach an end point. The students had a fantastic time and it is pleasing to see how well they went. Thanks to Ms Aldabbas who arranged their entry into the competition and who supported them while they were there.

Our fabulous Year 10 debating team has been crowned Regional Winners for the 3rd year in a row. Last week the girls, Abbey Sim, Corrine Kennedy, Simone Cao, Joanna Bennetts, and Angie Geng, beat a team from James Ruse Agricultural School in a debate about whether offensive emails should result in dismissal. With a strong argument for the affirmative, the girls once again triumphed and now proceed to the State Quarter Finals in week 10 where they will meet the winners from the Hunter Region. Of course, we wish them well and hope to report future success.
Good Luck to Year 12
Our most senior students are about to spend their final week at the Farms as they prepare to leave before Graduation and their last day next Friday. This time of the year is one of high excitement and fun and it is understandable that their attention will tend to wander elsewhere. There is no escape from reality that they will experience a broad range of emotions over the next few weeks. Undoubtedly there will be periods of stress as examinations approach. There will also be a sense of exhilaration as they realise that their secondary education is coming to a close. All of us have a responsibility to help them cope with these emotions. The staff at Model Farms High School is committed to this outcome and Year 12 should feel assured that they have our full and undivided support during this important period of their life.

While we want this last week to be enjoyable and fun, we have pointed out to Year 12 students that Model Farms High School does not have a so-called ‘muck up day’. No institution or responsible adult could condone any action that may cause affront or potential danger to either members of the school community or members of the public generally. It is essential that students are not involved in any incident which causes public mischief, or behave in any way that brings discredit on themselves or Model Farms High School. Students understand that actions contrary to this may unfortunately result in serious consequences.

Over the past year, one could only be impressed by the attributes displayed by the Class of 2015. In general, they have been a highly energetic, cooperative and very friendly group. They have also exhibited leadership and a high level of maturity on the whole.

As a school community we would like to express the confidence that we have in them and we wish them all the best as they prepare for their future. We extend our support to each family and we will do everything possible to make the end of the school year as smooth and fulfilling as possible.

Arts at the Farm
Our Dance, Drama and Music students have been really busy lately with many performances outside of school. Last week we had 5 dance items performed at the Hills Performing Arts Festival at the Evans Theatre at Panthers. It is unusual for any school to have so many items included on the program but our dancers are recognised for their skills and talents and were invited to perform more than usual. The Year 9, 10 and 11 classes performed along with the Dance Ensemble and the Anzac Tribute Group to an appreciative audience. We were also very well represented at the Celebrating the Arts Festival at the Riverside Theatre in Parramatta last week as well. Here we had Drama students performing their Anzac piece which was such a hit during our Anzac celebrations earlier this year, as well as Dance and Musical items from our talented students.
School Administrative Support Staff Recognition

Week 8 was SAS recognition week across the state, a time to acknowledge the wonderful work that our administration and support staff do throughout the school. Most parents have an initial contact with them when they either ring the school or visit in person. Our front office ladies are exceptionally skilled at filtering and directing every enquiry, complaint, concern, or communication that comes in every day. Our teachers would not know to ring you if they didn’t pass on your message. Our data system would not be accurate if they did not pass on your information and our attendance records would not be precise if they did not pass on your explanations. But there is a lot more done by the SAS at the school than simply answering phones and taking messages.

The ladies in the front office produce all the reports, the recognition certificates, the enrolment forms, the newsletters and bulletins as well as trying to sort out lost property, fee payments and whole school ordering and finance among other things. Our Home Ec classes are fully supported by an assistant who does the prep and the clean up after each practical lesson. Our Science lessons are resourced by a highly qualified lab assistant who ensures that the chemicals and equipment are ready for every lesson and does the dirty work of washing and sterilising afterwards as well. The printing in the school is done by a staff member who produces every worksheet, letter, exam, subject booklet, information flyer or poster that is needed and frequently this is done in large volumes within short timeframes. Our library is a learning space but that space needs to be supported by an assistant who accession all of the books and resources that are kept there as well as administering the borrowing that takes place daily. Our grounds and buildings are kept immaculate through the tireless work of the GA and the cleaning team and the farm animals and crops are tended by a dedicated Farm Assistant. In the classroom our teachers and students are supported by School Learning Support officers who do a fabulous job engaging with students who need extra care and attention.

Basically, we couldn’t do our jobs without the support of the SAS staff at the school and I would like to thank them on your behalf for the great work they do for our students.
Legacy Week
Last week was Legacy Week across the country and our fantastic Prefects yet again represented us out in the community collecting at the Winston Hills shops. They did such a wonderful job that the Winston Hills location, supported fully by our students, has again been Number ONE in the Parramatta Division. Our Prefects took time out from their exam preparation to be on duty all day and raised a total close to $4,500 for this worthy cause. I have received some very pleasing feedback from members of the community who wrote or rang to say how delightful our students were and how nice it was to see them out in the community. Congratulations to these fine young leaders.

Sun Safety
Like most schools we take sun safety very seriously. Research tells us that by the age of 15 many children have developed irreversible skin damage from exposure to the sun. While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun.

Teenagers generally don’t wear hats while out in the sun even though they should. In high school it would be virtually impossible to say “No hat, No play” and we rely on students taking whatever precautions they can to protect themselves from the damaging effects of the sun. Despite being unable to force such a policy, the school does provide students with several areas in the school that ensures that they are out of harm’s way. We have many covered areas and walkways as well as covered seating and tables in our recreational areas for students to use at recess and lunch.

Encouraging children and young people to practice sun safety is a shared responsibility. Whether in the backyard or on the beach, children and young people should wear a sun safe hat and sunscreen. By wearing sun safe hats, clothing and sunglasses; seeking shade during peak UVR times during the school day; and wearing SPF 30+ (or higher) sunscreen, students will be demonstrating that the messages taught about sun safety at school and at home, are having the desired effect. I encourage all parents to remind their children about the dangers of the sun and back up our messages at home.

Christina Bennet
Principal
Year 11
Year 11 students have now almost completed their Preliminary HSC course of study and next term, will enter into their HSC courses. I know that many of the cohort have worked very hard to get to the pointy end of their studies and I trust this effort will be rewarded through the results in their final assessment. I would like to take this opportunity to thank Ms Letherbarrow for the time she has invested into this group, nurturing them and working with those who needed support.

I have every confidence that the current Year 11 group will progress to be magnificent school leaders of the future and promote the values and culture of Model Farms High School.

High Resolves Program
On Thursday 10 September, I was fortunate enough to be an audience member at the High Resolves presentation. This showcased the work of around 40 Year 9 students as they aimed to investigate stereotypes and the perception of our students.

Throughout the process, the students worked in small teams and utilised the 21st Century Learning skills of communication, collaboration and critical Thinking. These skills have been a focus of the teaching and learning at Model Farms, as they are such important attributes for students in their future workforce and study environment.

Congratulations to all of the students involved on their wonderful work and also to Mrs Varghese and Mrs Lumley for their support of this initiative.

Spring Vacation
I would like to wish each of our students a safe and enjoyable two week break and look forward to everyone returning refreshed for a vibrant fourth term.

Have a wonderful week,

Mark Grady
Deputy Principal
**TERM 1**

**Week 10**
Monday 14<sup>th</sup> September ..
Yr 11 Exams
Yr 10 Work Experience
Yr 7 Wetlands Excursion
Yr 9 English Oral Presentations
8J3 Pet Poster
8J2 TEST on Pets Unit

Tuesday 15<sup>th</sup> September ..
Yr 11 Exams
Yr 10 Work Experience
8J1 TEST on Pets Unit

Wednesday 16<sup>th</sup> September
Yr 10 Work Experience
Yr 11 Exams
The Helmsman Project
8PDJ2 – PDHPE Risk Taking Assignment due
8J2 Missing Pet Poster
Yr 10 PDC State Quarter Finals – Debating

Thursday 17<sup>th</sup> September..
Yr 11 Exams
Yr 10 Work Experience
Yr 12 Graduation Evening
The Helmsman Project
Yr 8 Science Test elements, Compounds and Mixtures

Friday 18<sup>th</sup> September..
Yr 11 Exams
Yr 10 Work Experience
Youth Frontier Project
Support Class Rewards Excursion

**TERM 4**

**Week 1**
Monday 5<sup>th</sup> October
Public Holiday

Tuesday 6<sup>th</sup> October ..
Yr 11 ABW

Wednesday 7<sup>th</sup> October ..
Yr 11 ABW

Thursday 8<sup>th</sup> October ..
Yr 11 ABW
Yr 10 Timber Joinery Assignment due
Yr 10 Electronics Robotics Assignment
Yr 10 Electronics Metal Detector Practical Assignment

Friday 9<sup>th</sup> October ..
The Helmsman Project
Youth Frontier Project
Yr 9 Metal Candle Holder
Year 10 Motivational Talk
On Monday, 31/8/2015, Paul Wade visited our school to give a motivational speech to Year 10. Paul is known around the world as he had a remarkable international career including the Olympic Games, two World Cup campaigns and one of the toughest tasks in world football, to 'mark Diego Maradona' in the two legged world cup play off with Argentina.

When diagnosed with epilepsy, Paul underwent major surgery but his passion for soccer carried on after his retirement from the game to extensive media work as an expert sports presenter, commentator and soccer analyst.

After his recovery, Paul began the Paul Wade Soccer Schools program. He coaches primary school children and organises talks in high schools to provide skills for life educational programs. In these roles, he draws on his experience in sports and his resilience in overcoming fear and adversity. Year 10 students enjoyed the talk and managed to get few ideas from Paul’s experience with his illness.
Dear MFHS Parents and Students,

This fantastic program is now finished, and new stickers are no longer being given out by Woolworths.

That said, if you have any stickers lying around the house please give them to your child to bring to the front office, or to Mr Mak, who can be found in the Support Staffroom at the top of Block 7.

Your support this year will directly benefit the 3 Support Classes at Model Farms High School and will be used to purchase much needed supplies ranging from:

- Sporting equipment
- Art supplies
- Stationery items
- Teaching and Learning materials / texts

Your support will go a long way to purchasing much needed resources and will greatly assist the support students in their learning.

Many thanks,

Boshko Maksimovic
Head Teacher Special Education
Model Farms High School
This year we are once again entering the Archibull Prize. We have been working on creating an art cow, based on the beef farming industry.

Year 9 and 11 visual design students have worked painting the cow, blogging and designing infographics and a PowerPoint presentation, all about aspects of the beef industry.

You can see students working on the cow. Also check out our blog at http://modelfarmshsarchibull2015.blogspot.com.au
Tim Eyes Visits Model Farms High School  
By Year 9 Visual Design reporters

Today, Thursday 10th September 2015, farmer extraordinaire Tim Eyes came for a visit at our school.

Tim presented us with an outstanding insight into his life as a farmer in the beef industry and the work he does in the central coast. He talked about cows, he discussed life on the land and how his passion for farming from a young age has got him to where he is today.

We then showed him our farm and was most fortunate to be one of the first people to meet our calf who was only born last night.

We guided him through the various tasks from our hydroponics, gardens and cattle, sheep alpacas, chicken and rabbits. He seemed most impressed stating he had to go to boarding school in Bathurst while at school to get the same experience that we take for granted.

Thanks Tim. It was a pleasure to meet Tim. His enthusiasm and excitement for his profession definitely had an impact on the students here.
A GROUP of Model Farms High School students are tackling the challenging issue of social stereotyping at their school.

Social stereotyping involves making judgments about people based on superficial factors like appearance, race and gender.

The group of about 40 Year 9 students want to raise awareness of the issue and how it can impact the lives of young people, leading to low self-esteem and bullying.

They have put in place a number of initiatives to achieve this, including creating a Facebook page, school newsletter articles and posters highlighting the issue.

They will also devise lessons for Year 7 students at their school to teach them how social stereotyping can affect people's lives.

The group of students are part of the High Resolves Leadership Program, which aims to improve leadership skills of students through hands-on social action projects. Student Sophie Beldham-Collins said they chose the subject of social stereotyping because it was a big issue at their school. “We wanted to choose something everyone could relate to,” she said. “We want to encourage people not to see others in terms of groups, but to see we are all equal.”

The group’s goal was to reach at least 300 people. To help, follow their Facebook page Discrimination Minimisation.
Congratulations to the following Maths Merit Recipients:

**Year 7**
Parminder Kaur, Samuel Puclin x 2, Zoe Ross, Jessica Vecchio-Hoehne

**Year 9**
Deborah Burns, Vada Agustin, Ethan Holland

**Year 11**
Rebekah Cooke x 4, Alisha Higgins x 4,

**Year 12**
Mackenzie Bohan, Rebecca Bayly, Chloe Elbaz x 2, Fina Constantinides, Madeleine Elgey, Brooke Gardner, Christina Golgini, Gemma Harland x 8, James Hinton, Jack Keen, Talea-Jordan Kennedy, Will Lewis, Harrison Papagianis x 6, Taylah Porter x 7, Sean Riddell, Josephine Rizko, Natasha Roach, Emily Taylor, Jessica Tsering x 4, Jack Walker, Charlotte Willars x 2.

This Week’s News:
We have come to the end of another busy term at Model Farms and wish everyone a safe and happy holiday. We would like to thank the Mathematics teachers who will be coming into school during the holidays to give valuable last minute coaching to their Year 12 students for their HSC.

Farewell to Year 12:
Farewell Year 12! We wish everyone the best of luck both for the HSC and in the future. We will miss you.

Back to Business in Term 4: Yearly Examinations for Years 7, 8, 9 & 10
Please make sure that your student brings their own mathematics equipment (pens, pencils, calculators, rulers, geometry sets) for their Yearly Examinations. Equipment MUST NOT be shared in the exams. Please note that Year 7 is the only year group that will not be using calculators for their examinations.

Please note that Year 9 will be the first year group to complete their Yearly Examinations in Week 2 in Term 4. Year 9 students will receive their exam outline by the end of Term 3.

The timetable for the Mathematics Yearly Examinations is as follows:

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<th>Year</th>
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<td>Year 7</td>
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<td>Year 10</td>
<td>Week 4</td>
<td>Term 4</td>
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Students should be revising their work and if they have any problems with any topics, they should discuss these with their teachers.

‘Assignment Season’ is now over for 2015 for Maths for Years 7 to 10:

Here are just three of the many excellent assignments that we have received and marked over the last few weeks:
Free Maths Tuition:
Free Maths tuition is provided every Thursday afternoon after school from 3pm to 4pm. Years 7 to 10 are in room 8-07 and Years 11 and 12 in 8-06. It is fully supervised by the Mathematics Faculty.

Fun with Maths
The Year 10 Yearly Examination is similar in style to the School Certificate examination. The Year 10 Yearly Examination will test student knowledge from both the Stage 4 and Stage 5 courses. Here is the link to the free online quizzes that will help Year 10 students preparing for this important exam that will be held in week 4 term 4. [http://www4.boardofstudies.nsw.edu.au/course/school-certificate/mathematics/](http://www4.boardofstudies.nsw.edu.au/course/school-certificate/mathematics/)

Have a Mathematical week,
From Jackie Dalton and the Maths Faculty Staff
HSC Major Projects

All HSC Major Projects, both Timber and Design and Technology have now been marked and taken home. Students should now be making the most of the time remaining before the HSC to practice for their exams to bolster their practical mark with their exam mark.

Below are a few of the Timber projects whilst on display in the Library following HSC marking.
**Spring has sprung at the Farm!**

We would like to commend Mrs Cole and her Agriculture students for their commitment to helping the two new born lambs, a boy and a girl, who have become somewhat self-reliant after a shaky start.

After the female lamb was born its mother was reluctant to feed her. Mrs Cole, Mr Vella and students have regularly had to move and lift the mother in order to encourage her to feed the lamb. After several days the mother finally began feeding and now the pair are inseparable!

With parental permission, students from all years have also been taking home our new rabbits to care for them on a weekend. We hope that those students are enjoying taking care of them (and that parents aren’t getting too stressed with having them at home!).

To top off all the action already happening on the farm, we are also due for a new calf within the next couple of weeks. Definitely a sign that spring is now upon us.

**Year 10 VALID Exams**

VALID (Validation of Assessment for Learning and Individual Development) is a formative assessment for science and it is now replacing the ESSA. Similar to the ESSA, VALID is completed by Years 6, 8 and 10 students via the internet during an allocated Science lesson.

During Week 9, Year 10 students will be completing VALID and their results will be given later in the year to parents. Year 8 students will be completing VALID in October.

*From Ms Owen and the rest of the Science Faculty*
**Year 7 Resilience Lessons**

Year 7 *SenseAbility* students have enjoyed a term exploring relationships through the lens of picture books. Once thought of as merely fodder for younger readers, many composers in this genre target older readers and broach more mature themes than we remember from Dr Seuss! In the first half of the term students looked at a recently published Indigenous work, Dub Leffler’s *Once There Was A Boy*. This led to valuable insights into gender roles, body language and trust. Following this, students looked at Colin Thompson’s postmodern offering, *Norman and Brenda*. This book looked at relationships and positive attitudes.

Throughout the program, students have enjoyed creating a variety of responses through differing text types and creative arts to show their growing understanding of relationships with self and others. The most positive outcome of the term has been the appreciation of literature as a means of self-discovery. It is hoped that this will lead to a quieter and cheaper holiday break with students curled up on the lounge with a good book...for at least some of the time!

Nat Vella
Teacher-Librarian
**MODEL FARMS HIGH SCHOOL**

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FROM THE ENGLISH FACULTY

Year 12, you are all wished the very best as you leave our classrooms and bunker down for the HSC. You have all made great progress since you began your senior studies in Year 11. We are proud of you and look forward to reviewing your success in December.

Trust in your consistent hard work and your efforts to respond positively and constructively to feedback. Your teachers have sent you off with revision material and ideas so make the most of STUVAC and know that your teacher is just an email away!

Have a good life!

Mrs Coffey and the English/Drama staff

DRAMA at the FARMS

I would just like to begin by extending my best wishes to our hard working and extremely talented HSC Drama students. It has been a privilege to work with these young actors from Year 8 through to their final Year 12 HSC performances. They have demonstrated flair, passion and exemplary skill for performance. They are compassionate and sincere in their appreciation of theatre and have been a joy to work with. We wish them the very best of luck as they embark on their HSC. They will be greatly missed. Thank you for the memories Year 12.

Our Preliminary Drama students have been busily preparing their Yearly Group Performance Assessment. Next term they begin their HSC course. Our current Year 12s have discussed with them the importance of organisation and inspired them to go on and conquer the HSC in 2016. Best of luck for your exams Year 11 and I look forward to supporting you through the start of your HSC journey.

Our Year 10 Drama students have been busily preparing for their Shakespeare Performance Assessment – rescheduled to Week 2, Term 4. Date to be confirmed – check out the school’s Facebook page shortly for more information. They have worked tirelessly and have deserved a slight extension,
with their upcoming Work Experience week fast approaching. Hopefully they will rehearse their lines, sharpen up their characters and polish their logbooks in preparation for the Term 4 performance. Shortly after this they will present their Monologue Assessment Task as a part of their Yearly Exams. This assessment is a great opportunity for students to showcase their talents individually – but can also be daunting for some! I look forward to educating Year 10 as to the art of individual performance over the coming weeks. Best of luck Year 10 and thank you for a fun and insightful term treading the boards inspired by the bard himself.

Finally, our Junior Drama Ensemble performed at the Riverside Theatre on Tuesday 1st September as a part of the Celebrating the Arts Festival. Their piece titled – ‘At the Going Down of the Sun’ was a touching tribute to the fearless resolve of the Anzacs. Their performance was mature, heartfelt and inspirational in its articulation of the journey of our fallen soldiers. Well done to our junior students and I look forward to more amazing work to come.
Year Adviser Message Board

Final message to Year 12

Jersey Day!
On Friday the 4th September our school community donned their jersey’s and engaged in conversation on organ and tissue donation.

Jersey Day was in response to the passing of Nathan Gremmo who tragically lost his life in May 2015. There are students at Model Farms High School who played in the Under 14’s Hills District Rugby League team with Nathan and there are more students who knew Nathan and his family well as avid supports of the Bull’s Football Club. Nathan’s family chose to give the gift of life to others through organ donation to honour the legacy of Nathan’s generous personality.

Staff joined Year 12 students for a game of volleyball in the quad to boost morale of the school community and get the word out there about organ donation. There was a great energy about the playground and the enthusiasm of the seniors and staff involved was inspiring.
Managing Exam Stress and Anxiety presented by Rocky Biasi

On Thursday 13th August Year 12 participated in a seminar aimed to make them more self-aware as they approach their HSC and enter a new chapter in their lives. The entire session looked at how to overcome setbacks, obstacles and difficulties not just for the HSC but after school. His focus was teaching ‘resilience’. He discussed his own process developed over many years that combines both: How to process upsetting and negative thoughts and emotions; and building wellness into your daily life routines.

Students actively participated in strategies to help keep them calm and focused, geared toward their health and wellbeing. A lot of positive feedback came out of this session with students trying some of Rocky’s strategies at home and saying how much better they felt after applying some of these new found methods. It was fantastic to hear feedback from Year 12 that supported their engagement with the seminar and I am sure they will be able to apply Rocky’s strategies to other areas of their lives as well.
Redfrogs Organisation – Schoolies 2015

On Monday 31st August Year 12 were visited by the Red Frog Organisation. Red Frog volunteers aim to support school-leavers through their week-long celebrations at Schoolies Week, and provide a positive presence within their party culture. The Red Frog Crew assist school-leavers by walking them home, cooking pancakes, cleaning their rooms, handing out Allens Red Frogs, and - most importantly - offering emotional support through what can often be a challenging week.

For further information contact:

Email
info@redfrogs.com

Phone
1300 557 123

Year 12 – Final Week – Here we come!

<table>
<thead>
<tr>
<th>Tuesday 15/9</th>
<th>Graduation Ceremony Rehearsal – Periods 3 and 4</th>
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<tbody>
<tr>
<td>Wednesday 16/9</td>
<td>Painting the Wall – Periods 1-4 (Small Group)</td>
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<td>Seniors Supporting Sport Mini Olympics with Winston Hills</td>
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<td>PS students and Yr 12 volunteers starting @ 12:30pm</td>
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<td>Thursday 17/9</td>
<td>Countdown in the Quad @ 2:45pm</td>
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<td>Graduation Ceremony in the Hall @ 7:00pm</td>
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<tr>
<td>Friday 18/9</td>
<td>Farewell Breakfast in the Quad @ 7:30am</td>
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This is how Week 10 is looking Year 12! There will be a great deal of excitement and nostalgia so we really want to enjoy this last week, sensibly and enthusiastically, for what it is meant to be. Let’s farewell the Farms the only way we know how!
Year 12 I just wanted to take this opportunity to tell you how proud I am of how far you have come, your achievements and successes, friendships and memories we have created here at the Farms. You have been a tremendous Year group to grow up with and I am extremely proud to have been your Year Adviser. Let’s all brace ourselves for a busy, fun and tear jerking week as we bid farewell to the Farms.

— Mr Monty
As John Steinbeck, Nobel Laureate in Literature, wrote: “No man really knows about other human beings. The best he can do is to suppose that they are like himself.”

Getting to know another person, especially one from a different culture, can be exciting, challenging, and has its unique benefits. Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light.

International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17, arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the “heart” of cultural exchange by becoming a volunteer host family?

Expand your world for the whole family – all without any air tickets. Call S.C.C.E. on 1800 500 501, email enquiries to scceaust@scce.com.au or visit www.scce.com.au and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.
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Northmead Uniting Netball Club

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association. This is a local community competition held on Saturday afternoons at Gooden Reserve in Baulkham Hills. We are committed to maintaining a low cost competition that has a friendly, safe and welcoming environment where girls (and boys under 12) of all skill levels can participate.

2016 Registration Costs

These fees are a one-off payment which covers the entire season.

Fun Net: $55
Up to Year 7: $75
Year 8 and above: $80
Season starting April 2016

Register now at:
www.goodenreservenetball.com

Or at Winston Hills Mall on 18/10/2015 or 06/02/2016
Between 10:00am to 2:00pm,
Or
Email: grnetball@gmail.com
REGISTER NOW TO SECURE YOUR PLACE!
Registrations close 20th February 2016

Fun Net:
For ages 5 – 7 we have Fun Net, which teaches ball skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

Junior Competition:
Our junior competition is open to everyone, including those who have not played previously. Games are held every Saturday between 12.30 and 3pm.

Adults Competition:
Our adults division is a social competition with a fun, friendly atmosphere. We have players who join after not having played for years and even those who have never played. This is the perfect competition to join with a group of friends for some exercise and fun! Teams and individual registrations welcome.
Know your sun facts from your sun fiction

Protect yourself and others?

Did you know that protecting yourself from the harmful UV rays of the sun as an adult is one of the best ways to teach children to do it too? Researchers, psychologists, parents and teachers have long known that children imitate adult behaviour – both good and bad. This is why when it comes to sun safety, setting the best example is so important for teachers and parents.

At school and on the weekends

By wearing a sun-safe hat, a shirt with a collar and sleeves, and being seen to apply sunscreen before going outside, as teachers and parents we not only reduce our own risk of skin cancer, but we become positive role models for children.

Want to know more?

- Sun safety on the public schools website
- SunSmart for Primary Schools and OSHC or call the SunSmart team on (02)9334 1761.
Improve your strength and flexibility

School Holiday Workshops

Junior and Senior workshops available – Acro, Aerial Silks, Circus Skills, Aerial Yoga and Flexibility.

info@aerialfitbody.com.au
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