

ISSUE 5

Term 1, Week 10

2021

OAGS News

It's a date...

2-18 April

Term Break

7-8 April

Sydney Royal Easter Show Alpaca

Schools Competition

19 April

Term 2 commences

Wednesday 21 April

OAGS Cross Country Carnival

Thursday 22 April

AICES U15s Netball

WAS Soccer Trials

CSU Roadshow (Year 11/12)

Friday 23 April

OAGS Anzac Service

Saturday 24 April

Hawkesbury Show

Wednesday 28 April

Primary Fustal Trials

Year 7 2022 Info Night

Monday 3 May

School Photo Day

Wednesday 12 May

Athletics Carnival



From the Headmaster...

Service is one of our three School Values and it has certainly been a common theme across Term 1. From School Camps to Easter Fair, outstanding service has brought success to our community. There is a much deeper and lasting joy found in serving each other rather than ones self. The highlights of my term have been watching students in Year 7 encourage and help each other summit a mountain top and witnessing staff in the midst of once in 100 year torrential rain falls or mouse plagues stepping in to support each other as the need arises because the team is valued and supported.



Matthew 20:28

28 just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Easter really does mean that through Jesus' service and sacrifice for us, we can have a relationship with God which makes a huge difference in life and that in the midst of any troubles, rain or shine, and no matter what else is happening in life, we can know God's love, his presence, his peace, the assurance of forgiveness and the hope of a future with him.

I want to encourage you and your families to get along to church this Easter. We weren't able to last year. Get along to church and hear the story of Easter or hear again the story of Easter and what it means for you and your family and what a difference it makes in our lives today.



Mrs Hudson's special news

I am absolutely thrilled to announce some very special news on behalf of the Hudson family. Mrs Hudson is pregnant and will be welcoming a new addition to her family in Term 3. Given this exciting news Mrs Hudson will be working through Term 2 before commencing her maternity leave.



To provide a seamless transition for Stage 1 Gumtrees, we are excited to be welcoming Luke Bracks to the Primary Teaching team in Term 2. Whilst Mrs Hudson will still be on-class in Term 2, the students will get the opportunity to get to know Mr Bracks as he will be assisting the primary teaching team and many of our primary students within his area of expertise - learning support and enrichment.

Introducing Luke Bracks

Luke has been teaching in the independent and Christian school systems for the last 24 years and held various roles as classroom teacher, learning support teacher, stage coordinator, gifted and talented coordinator, through to head of junior school. Each role has brought many opportunities to collaborate and grow with others.

He is a passionate learner, seeking to continually grow in the craft of teaching and also support his peers, students and families in growing in their knowledge and skills. With degrees and studies in Teaching (Primary), ICT Education, Gifted Education, Special Education and School Leadership and Management, his experiences are broad and he believes in modelling lifelong learning. In 2019, Luke was awarded The Anne Kennedy Award for Exemplary Teaching Practices by the Professional Association for Learning Support NSW.

Luke is married to Kate. They have 3 children. Erin, Liam and Maya. They are actively involved in Millthorpe Village Church. Luke came to faith in his late teens and has been involved in supporting church life through general participation, music, Bible study and lay-preaching. In his spare time he likes to run, road or mountain bike, or play golf. Luke is excited by the opportunity to work with the OAGS community and looks forward to partnering with staff, students and families, and sees the education of children as a privilege that brings him great joy.

Anglican Schools Parent Survey

Every five years the Anglican Schools Corporation oversees a review of our school, to help us assess how we are progressing, to better plan for the future of Orange Anglican Grammar School and to inform our Strategic Planning process.

Last week you should have received an email invitation to participate in a survey. I thoroughly encourage you to respond to this invitation. The data collected from you and other parents, staff and students is of enormous importance to the review process, and gives you a chance to 'have your say'.

All responses are completely anonymous, managed by a small team of experienced data analysts, and data is only given back to the school in a collected summary of all responses. Please note that if you have previously opted out of the online platform 'Survey monkey' you will need to opt back in to receive the survey.

We hope that you are able to find time to complete this survey.

Rev Louis Stringer
Headmaster

Year 7 to 10 - Camp Somerset

What an amazing group of students at OAGS. There are so many stories and so many memories on the year 7 to 10 outdoor education week at Camp Somerset. Whether it was helping a belaying a friend up a climbing ladder, encouraging a friend through the wombat hole, sharing a drink with a peer who had run dry on a hike, carrying a pack for a fellow hiker with a blister, cooking a sumptuous meal at the My Kitchen Rules challenge, a kind word to someone about to abseil off a cliff, assisting a friend paddle down the Colo River, or graciously working in raft building team challenge, our students shone so brightly on camp.

As was said, more than once on camp, 'it is easy to be positive and optimistic when the sun is shining and you're feeling "fresh as a daisy,"' but is when things go against you and you're stretched and tired that your true character shines. I can honestly say that as a school community we can be tremendously proud of the young men and women that ventured away to Camp Somerset last week. Their true character was on show and it was impressive to see.

Mr Tim Brown
Head of School Welfare and Wellbeing





'Equip' - Year 7 Social Skills by Scarlett Petty - Year 7 Student

During Equip classes this term, we have learned some very valuable lessons from Mrs. Daugherty and Mr. Esson. These lessons include what our character strengths are and what different character strengths mean, how to reflect on how we've been feeling, planning and organising for our subject assessments, self-care and more. One of the things we did to find out what our character strengths are was a 'VIA Character Strengths Survey.' This helped us understand what different characteristics mean such as leadership, teamwork, honesty, humour and spirituality. The outcome of the survey listed our strengths from 1-24, 1 being our strongest character strength and 24 being our least developed strength. During our recent camp, we were challenged to put these strengths to the test and to use our less developed strengths. When we got back from camp, we completed a self-reflection to discover how we pushed ourselves and what strengths we used. So far, Equip has been very helpful and fun as we did surveys, emotion pixel journals, learnt about ourselves and did chocolate mindfulness along the way.

HSC Stress Less Presentation by Jock Johnston - School Captain

Who would have known we all should be having naps?

On Monday the 29th, Mrs Daugherty held a "stress less" presentation for our Year 12 cohort, with guest speaker Lachlan Learg, the owner of Red City Gym. The seminar was held to help reduce the stress that we are experiencing in Year 12, and provide us with guidance in ways for us to manage stress.



The seminar was definitely useful for everyone, not only because of the Subway lunch but also for our year group as it is inevitable that we will experience stress at some stage during the HSC.

Some of the key points that Lachlan talked about were the importance of exercise, sleep, healthy eating and the effects of blue light. The importance of exercise was something that a lot of people overlook. Putting aside time to exercise means reducing the time meant for studying, that makes sense right?... Wrong! Lachlan explained that exercise increases the body's blood flow and adrenaline, allowing us to focus more, even for up to 48 hours after exercise. Additionally, exercise causes fatigue on our body, which increases the quality of sleep as the muscles truly do need a rest. Exercise also reduces stress due to the release of dopamine.



Sleep deprivation is detrimental to a healthy lifestyle, and Lachlan suggested that a healthy amount of sleep for us is from 9 - 10 hours. When speaking about sleep, we learnt that naps are good, and the stereotype, that they are just for older people, is not correct. He also shared that naps will give our brains a rest even if the nap is only 10 minutes long, which increases neurological function afterwards. Although it doesn't mean that naps should become an excuse for not doing work!



Along with sleep, Lachlan informed us of the effects of blue light from computers, phones and TV's, that cause psychological arousal and mask our genetic function to want to sleep when the sun goes down. His recommendation was to reduce the use of technology before sleep or for us to change our phone settings to night shift mode when the sun sets, so our bodies can calm down, allowing us to fall asleep more easily and also get a better quality of sleep.

The final main point of his presentation was healthy eating and the effects that he has seen on people eating eight fruits and vegetables a day, causing them to experience reduced sluggishness and procrastination. He recommended including omega 3 into our diets, and trying to have a balanced diet so that we are consuming omega 3 in its natural form of fish and other omega foods.

Overall stress management strategies that were covered during the conference definitely gave me ideas that I could easily implement into my routine to make my life more productive, healthy and stress free.

Stress does not only occur when you are doing the HSC, so feel free to start these healthy habits early!

Tuning in to Teens Success



Parenting a teenager can be an emotional rollercoaster for both teenagers and parents. Parents are transitioning from the discipline and training years to coaching on the sidelines. Teenagers, parents and caretakers experience a variety of emotions such as rejection, anger, sadness, fear, happiness, joy and many more. We can often dismiss teens' emotions and rush into problem solving. This can cause frustration and friction for both parents and teens.

'Tuning in to Teens' is an evidence based emotion coach parenting program that has been presented during Term 1 by Mrs. Natalie Daugherty and Mrs. Sally Drury. The focus of the program is to help parents better understand and manage their own emotions, thereby teaching their teenagers how to understand and regulate their emotions. The program consists of six 2-hour workshops, held over six consecutive weeks. This term had 18 participants!

"The Tuning in to Teens program has created calm in our family. We are working together to identify and understand our emotions, we have developed a way to flag when a situation is escalating and we are working on controlling our reactions. We as parents are listening more and our kids are talking to us. We have a long way to go but we can see a light at the end of the tunnel." - parent participant

"It's been great learning about how to connect emotionally with teens as well as being reminded that a lot of the challenges that I face as a parent are faced by most other parents." - parent participant

"TT has provided our family with the tool and focus to identify and understand the emotions behind our actions. By understanding each other and in turn being understood ourselves, we have been able to facilitate respectful, meaningful communication on a daily basis. Already we are seeing true feelings of value and worth emerging in our kids and a newfound honesty and trust in our conversations. Cannot recommend this course enough!" - parent participant

OAGS is excited to announce that we will be running our first Tuning in to Kids group in Term 2! For expressions of interest, please email Sally Drury at sally.drury@oags.nsw.edu.au.

Tuning in to Teens will be running again in Term 3. For expressions of interest, please email Natalie Daugherty at natalie.daugherty@oags.nsw.edu.au.

Natalie Daugherty
School Counsellor



This term in Primary and Infants Chapel we have been playing a game called *What's Your Response*. Contestants have had to face the hard choice of whether to walk away with their current prizes, or risk it all to potentially get more. Each new round they are given the opportunity to walk away and are then asked by the crowd, "What's Your Response?"

At the same time we've used our time machine to meet people who met Jesus. We've discovered that some have great responses, which has turned out really well for them. Others have not responded so well and they've missed out on the wonderful things that only Jesus can give. Through it all we've seen that Jesus is the kind, compassionate king. He is the one we really need to give forgiveness, kindness, a relationship with God and eternal life. This leaves all of us with only one question – "What's your response?"



Dave Whittingham
Chaplaincy Leader





SPORT @ OAGS

The second half of Term 1 has seen OAGS represented in many different sporting events with a number of amazing achievements.

Term 1 is always a busy time for swimming and this term followed suit. On Friday 26th February 23 students represented OAGS at the Western Association of Sport (WAS) at Kinross Wolaroi. The

atmosphere was encouraging and all competitors swam well. Our 14 year old boys, Tom Horan and Lachlan Thompson swam particularly well, securing the Dean And Readford Cup for the first time in OAGS history. From this carnival we have 17 swimmers eligible to compete at the AICES Swimming Carnival. Well done to Imogen Johnston, Elyse Stringer, Isla Stringer, Emily Strahan, Claudia Horan, Luke Brown, Lachlan Thompson, Tom Horan, Tobias Johnston, Oliver Colgan, Oliver Thompson, Luci Moller, Bella Blowes, Ashleigh Squire, Issy Fox, Zali Whybrow, Ben Polley, Jason Olivier, Issy Turk, Kate McMaster, Paula Camargo Rivera, Olsen Kennedy and Sarah Whittingham for a successful meet.



Next in line for swimming events was HICES swimming carnival held at Sydney Olympic Park Aquatic Centre on Monday 8th March. 21 swimmers from Years 3 to 6 showed what amazing talent we have coming through at OAGS. It was a great day with a number of Personal Best's being achieved. Hallie Ellice recorded the most points for our school with a massive 51 points. A huge congratulations to Hannah Whittingham, Emily Meiring, Charlotte Meiring, Skye Napier, Miley O'Brien, Isla O'Brien, Hallie Ellice, Calai Bunworth, Vincent Oxenburgh, Bobby Kaipu, Henry Jones, Rohan Mittal, James Butt, Samuel Butt, Liam Postma, Liam Petschel, Kayne Birkin, Benjamin Lee, Angus Kermodé, Oscar Paul and Clare Nelson for your fabulous effort.



The AICES Swimming Carnival on Wednesday 24th March saw 11 Secondary students represent OAGS and WAS against many other independent schools from around NSW. This is the largest team we have had to represent the school at this level of swimming competition and they worked hard on the day. Lachlan Thompson proved how great he is at swimming by gaining a place on the AICES swim team for 100m Backstroke, 50m Backstroke and 100m Breaststroke. He will have to wait till next term to compete at CIS in April. Notably, Lachie is the first OAGS Swimmer to qualify for CIS in swimming in the history of the school! A big shout out to Bella Blowes, Luci Moller, Ashleigh Squire, Sarah Whittingham, Emily Strahan, Olsen Kennedey, Thomas Horan, Tobias Johnston, Luke Brown, Lachlan Thompson and Izzy Turk for a day of great swimming.





A huge congratulations goes out to Lachlan Thompson who continued his swimming achievements on Thursday and Friday participating in the NSW Junior State Age Championships where he secured 8th place in the overall ranking for 14 year old boys in NSW. Awesome effort Lachie!

Sport does not slow down in Term 2 with OAGS Cross Country Carnival, WAS Football (Soccer) Trials as well as HICES Netball Trials occurring all in the first week! The nomination process has changed recently, please make sure you keep checking your emails regularly as the Sport Department will now collect nominations via Google Forms; Parents will receive emails for Primary students and Secondary students will be emailed directly. Nominations for Futsal (both Primary and Secondary), WAS Secondary Football (Soccer)Trials for both boys and girls, AICES Rugby Trials, WAS Secondary Touch Trials for both boys and girls and Secondary Western All Schools Touch have been sent out recently.



Dominique Hutchinson
Head of Sport K-12

Brothers taking care of business

Talented young OAGS brothers Bayden and Keegan Willis have accomplished remarkable achievements and continue to raise the bar. The pair have returned impressive results from recent athletics meets.



At the NSW Country Championships, Keegan came first in long jump and second in hurdles. Bayden also stepped on the podium, coming 3rd in the 800m and the 1500m. Both of the boys already have very impressive personal bests in their sporting career listed below:



Keegan Willis		Bayden Willis	
Event	PBs	Event	PBs
100m	11.76	800m	2.05
200m	23.35	1500m	4.26
100m hurdles	14.40	Triple jump	12.969m
long jump	6.39m	Long jump	6.16m



Apart from Athletics, the boys have interests in other sports with Bayden regularly tearing up the local mountain bike trails and Keegan helping with coaching, refereeing and playing soccer. Soccer is also where Keegan's role models, Wayne Rooney and Marcus Rashford, can be found. His other sporting idols are athletes Karsten Warholm and Christian Taylor. Bayden's role model is Eliud Kipchoge. Eliud's quote "No Human Is Limited" inspires Bayden to do his best. Bayden admires Kipchoge's commitment to the sport even when he hasn't achieved what he originally wanted in the distance events on the track, changing discipline to the marathon where he has only been beaten once. Eliud holds the World Record of 2:1:39 and the unofficial World Record of 1:59:40, which he achieved through the INEOS challenge.



Bayden is aiming to improve his skills and abilities both in and out of sport, better his PB's and compete in more events. Keegan is looking to focus on developing his soccer skills and also to qualify for Nationals in Athletics.

Both boys are dedicated athletes but they also give special thanks to their Coach Jeremy Wallace and the RPT Health Group Team, Scott Wilson (leader of the OAGS EAGLE Program), and their family for their support, knowledge and sacrifice.

OAGS wishes Keegan and Bayden Willis all the best in their future sporting endeavours.

Mr Chris Doyle
PDHPE teacher



NSW All Schools Triathlon

Although the 2021 NSW All Schools triathlon event was postponed, I wanted to take the time to acknowledge the students who were ready to compete this term. I have been extremely impressed with the drive and determination of these students and their willingness to push their limits. These students not only trained during Wednesday sport time, but made the effort to turn up for afternoon and weekend training sessions. I want to congratulate these students for their hard work and I know they will be ready to compete when the time comes.

Miss Stephanie Harrison
Triathlon Coordinator

WAS Netball

On Tuesday the 23rd of March OAGS took two teams to the WAS Carnival. The girls competed in a round robin throughout the day competing against KWS, MAGS and Scotts All Saints. All players showed great sportsmanship and teamwork.

OAGS U15s	OAGS Opens
<ul style="list-style-type: none"> • Bridget Watts • Bridie Corby • Darcy Speers • Leah Phiri • Lucy Martin • Isla Stringer • Elyse stringer • Josie Fuller • Manvir Kaur • Macey Paul 	<ul style="list-style-type: none"> • Elli Wilson • Ella stringer • Jessica Curtin • Megan Cox • Emily Patterson • Georgia Oakes • Hayley Whybrow • Brooke Windus



Congratulations to the following players who were selected in the WAS Netball Teams for the 2021 season.

U15s WAS Team

- Lucy Martin
- Isla Stringer

Opens WAS Team

- Ella Stringer

Players will compete in the AICES Cup in Sydney in Term 2 of school. Congratulations girls!

Miss Abby Tilburg
Netball Coordinator

OAGS Basketball Summer Competition



Last Thursday our OAGS Orange side and OAGS Bandits side competed in their respective grand finals. The boys played exceptionally well and fought to the last seconds of each match.

OAGS Orange - Coached by Ryan Chirenje

The side had a tough match against a team who tested their defensive abilities, making each shot count to the final score. The boys should be very proud of their effort in making it to the finals.

Unfortunately the boys went down 18-17. Thank you to Ryan for coaching the boys this season. The team included: Andrew Ingham, Ben Postma, Harper Thompson, Isaac Clarke, Mitchell Molloy, Oliver Colgan, Sean Antonio, Tanatswa Matavire and Patrick Wright.



OAGS Bandits - Coached by Ed Maclean.

The boys played a fantastic game against a hard team. They showed true school spirit and sportsmanship right until the end. Unfortunately the boys went down in the last few minutes 26 - 24. A huge thank you to Ed Maclean for taking the time out to train and coach the boys for many seasons. The Team included: Alexander Trott, Ben Polley, Blake Gleeson, Flynn Baker, Luke Brown, Marley Ash, Oliver Molloy and Max Maclean.



OAGS Pink Diamonds - Coached by Di Carrier.

The girls were a very new side with many players having never played basketball before. Over the season they have improved out of sight and developed their skills and knowledge of the game. A big thank you to Di Carrier for training and coaching the girls over the season. The Team included: Alicia Carrier, Bathabile Namenda, Bianca Livemore, Elise Cantrill, Freya Baker, Isla Stringer and Lara Whybrow.



OAGS Flames High School Girls.

What a fantastic season the girls had, developing their skills and knowledge of the game. The girls had some tough competition in the High School 1 division but they worked together, using their determination and skills to make it to third on the ladder. Well done girls on your hard work this season! The Team included: Emily Patterson, Meg Cox, Ella Stringer, Alexandra Windus and Brooke Windus.

Mrs Erin Purvis
Basketball Coordinator





MUSIC NEWS



Primary Band Performance at Assembly

The Primary Concert Band recently performed at Primary Assembly. This was their first public performance of the year. They played the 'Hey Song' and had the whole audience joining in.



New Music Resources

The Music Department at OAGS has recently taken delivery of some new equipment that will enhance the quality sound of our music ensembles. Pictured here is the new professional standard bass drum. Other items that arrived include tom-toms and cymbals, an oboe (see below) and some auxiliary percussion items.

Oboe opportunity

The music department is currently seeking expressions of interest from students in Stages 3 & 4 who might be interested in taking up the oboe. The oboe is a challenging instrument to play, it requires dedication and commitment (like all instruments) and should only be considered by motivated students. This could be a new student to music or a current student wishing to expand or move in another direction. There are scholarship funds available to assist with the initial costs of tuition. If your child is interested in this opportunity, please contact Mr Annett directly (noel.annett@oags.nsw.edu.au) to discuss the finer details.



Choirs are back!

Due to the recent relaxing of regulations around group singing, we are very excited to bring our co-curricular choirs back to OAGS. Even in the early days of rehearsals they are already sounding beautiful and we look forward to performing for you soon. Co-curricular choirs meet during the first break, so students are welcome to bring their lunches straight to C10 on their designated rehearsal day.

Monday - Supertronics (Stage 2)
Tuesday - Mediant (Stage 3)
Friday - Senior Vocal Ensemble (Secondary)



Student Concert Series

Our first lunchtime Student Concert was a huge success, with eight students performing to a crowd of around thirty supportive friends. Congratulations to all performers. Our next concert will be **Friday Week 2 of next term** (30th April). Sign up on the sheet outside C10.



OAGS Canteen

OAGS canteen would like to introduce Anitra, Carolyn, Kay and David, our wonderful parent volunteers. To get to know them better, we asked them a few questions and here are their answers.

*What is your **favourite** food ever?*

Anitra: Thai Food

Carolyn: That's a hard one, but love a good roast dinner.

Kay: Creamy rice pudding with mixed berries.

David: Bacon

*What is your **least** favourite food?*

Anitra: Seafood

Carolyn: Avocado

Kay: Brussel sprouts

David: Tofu



Why did you decide to volunteer at the Canteen?

Anitra: To be part of my children's school

Carolyn: With two kids at the school I wanted to become more involved and get to know the school better.

Kay: I had some spare time and I have grandchildren at the school and their mother has to work, so I thought I could help lighten the workload.

David: To contribute to the school.

What is your favourite thing about volunteering at the Canteen?

Anitra: I get to help and I like seeing the meals come to life and get shipped out to hungry kids.

Carolyn: With a child who has food allergies I like that I can see how the food is prepared and what ingredients are used and chatting to Sally

Kay: I enjoy working with Sally and the young students who assist in the canteen.

David: It's not accounting! It's something fun and different.



*What is your **least** favourite thing about working in the canteen?*

Anitra: Countdown to 1st break

Carolyn: Nothing!

Kay: Space (Not Enough)!

David: Nothing!



What would you add to the canteen menu?

Anitra: Simple salads, Greek Salad, Potato Salad, Spicy Salad.

Carolyn: Not sure, the menu is pretty good now

Kay: More fresh fruit, soup in winter

David: Bacon and egg rolls with BBQ sauce

Thank you David, Kay, Carolyn and Anitra for giving us your valuable time in the canteen this term. We hope you will come back next term!

We always welcome parent volunteers, whether it be for half an hour, an hour or more. If you have some spare time, we would love to see you next term. Please email canteen@oags.nsw.edu.au

Thank you for your support of the OAGS Canteen.

Mrs Sally Francis
Canteen Manager



Transition News

Transition students have been exploring what Easter means for us. It will be no surprise that Easter Eggs, the Easter Bunny and family time were common ideas shared in our conversations. However, in Christian studies and Chapel, the students have been exploring God's Easter message and learning about Jesus and the sacrifice he made for us. We have also been exploring how Easter is celebrated around the world and comparing the

different traditions to what we like to do as a cohort. We have made and decorated eggs, created Swedish Paskris, decorated trees with colourful feathers, and baked Greek Easter Cookies. Looking at the different ways we celebrate special events provides opportunities for children to develop an awareness of and respect for diverse values and beliefs.

Have a wonderful and safe Easter and we look forward to seeing everyone in Term 2.



Mrs Drury
Early Learning Coordinator



Stage 3 Secondary Experience Week

While students in Years 7-10 were away on camp, Stage 3 students took over the secondary school to experience life in high school. They spent the week undertaking a STEM project on the topic "Alpacas - Fibre of the Future".



Through this lens they undertook secondary lessons with the secondary teachers in the areas of Science, Technology, Maths, Art, Agriculture and English. Students discovered that reading a timetable and moving between classrooms was not as scary or difficult as expected! Groups showed amazing teamwork and produced impressive displays for their exhibition. Many students expressed greater confidence about moving into the secondary school and are excited about the next stage.

The Teaching and Learning Team



ORANGE ANGLICAN GRAMMAR SCHOOL

7 Murphy Lane (PO Box 308), Orange NSW 2800

P: 02 6360 4811 E: admin@oags.nsw.edu.au

www.oags.nsw.edu.au





OFFICE OF SPORT



A weekend adventure with your daughter awaits!

Enjoy quality time with your daughter and experience the multi-award winning Daughters and Dads program developed by the University of Newcastle, filled with traditional camp adventure activities.

OUR DAUGHTERS AND DADS WEEKENDER PARTICIPANTS:

- Enjoy quality one-on-one time together
- See daughters develop confidence and skills in a range of sports
- Have fun being active together with fun dad-tested activities
- Learn about building self-esteem and resilience in girls



DAUGHTERS AND DADS WEEKENDER PROGRAM INCLUSIONS

- Two-night weekend stay at Lake Burrendong Sport and Recreation Centre. Each dad and their daughter will have a private room at our scenic centre and your stay includes all outdoor recreation activities and meals
- Our fun practical sessions focus on rough and tumble play, sport skills, and fitness
- Our theory sessions focus on building confidence, self-esteem, and resilience in girls
- The emphasis is on fun and the program caters for all physical activity and skill levels
- Daughters and dads both receive a program t-shirt, drink bottle and activity book

WHEN	PROGRAM TYPE	WHERE	COST
5.30pm Friday 14 May - 3.00pm Sunday 16 May	Weekender	Lake Burrendong Sport and Recreation Centre 205 Tara Rd, Lake Burrendong NSW	\$208 dad/carer \$153 daughter

*Father or significant male role models/father-figures are welcome
*Daughters should be primary school aged, minimum of five years old

Proudly funded by the NSW Government. In association with The University of Newcastle

To book your place visit:
sport.nsw.gov.au/daughtersdads
 or for more information call 13 13 02



OFFICE OF SPORT

CLAIM TWO
\$100 ACTIVE
KIDS VOUCHERS



All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS

1 Visit service.nsw.gov.au and login to your MyServiceNSW Account

2 Click on the Active Kids icon found in your SERVICE tab

3 Fill out the requested information (you will need your current Medicare card)

4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



creative KIDS

Claim your \$100 voucher today.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school-enrolled child and young person aged 4.5-18 years.

The voucher may be used with an approved Creative Kids provider for registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other eligible creative and cultural activities.

Vouchers are valid from **January until December** each year.

HOW TO CLAIM YOUR VOUCHER

- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Creative Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of the voucher or email it to yourself*

HOW TO USE YOUR VOUCHER

- 1 Find a provider by visiting our website: service.nsw.gov.au/creativekids
- 2 Once you have chosen an activity give the voucher number to your activity provider when you book.

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

Visit service.nsw.gov.au/creativekids for terms and conditions and FAQs

Kids Craft Club

CHILDREN 5-12 YEARS - PARENTS ARE WELCOME!
SONGS - DRINKS - STORY - GAMES - CRAFT

2PM - 4:30PM

WED 7TH + THURS 8TH + FRI 9TH OF APRIL

NEW LIFE CITY CHURCH
(90 MOLONG RD, ORANGE)

PROGRAM CONTAINS CHRISTIAN TEACHING

COST: \$5 PER DAY (\$12 FOR 3 DAYS)
TO BOOK A SPOT, PHONE OR EMAIL ALAN MARTIN
0427 631 157 OR ALANANDJILL@HOTMAIL.COM