

# The Angel

Thursday 28th June 2018, Volume 17



## Principal's News

*The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat.*

*And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. (Mark 6. 30-34)*

Dear Parents, Guardians, Staff, Students and Friends of St Mary of the Angels,

After a long and arduous term it is now time for some rest, relaxation and rejuvenation. I would like to wish all members of our College community a peaceful and restful mid-year break. I look forward to Term 3 with a renewed energy, enthusiasm and passion. I trust everybody will have a safe holiday period and I look forward to the safe return of everybody in our community.

Congratulations to Vincent Barca, Year 11 who last Friday was awarded the Bishop Joseph Grech scholarship at the Catholic Education Office, Bendigo. The context and further details regarding this achievement can be found in this edition of 'The Angel'.

## SAVE THE DATE:

**Boys, Men, Dads, Grandads, Uncles and all good blokes please save the date, Wednesday 18th July.**

**On this evening our Wellbeing Team are conducting the annual Blokes Night Out event. Good food, guest speakers and some interesting tips and tricks regarding the moulding of our young men is what the night is all about. Please purchase a \$5 ticket or two and come and join us.**

## Prayer

I ask that you keep my loved ones safe and healthy in their travels.

I ask that you help all to feel safe, warm and loved.

Help keep my energy clear, and my light bright so I may effortlessly give and be kind to others.

Help me to tune into gratitude, into the blessings in each and every present moment. Help me also to see the miracles and witness your presence and love.

Thank you Lord for your guidance protection and love this School holiday break and always.

Amen



Mick Butler (right) retires after 40 Years. Above at the VCAF Opening Mick enjoys a cuppa with Melissa Knight, Matt Carver and Christina Stephenson.



Congratulations and well played Mr Mick Butler.

This Friday, Mick is retiring after 40 years in the education profession and ten years at St Mary of the Angels. Congratulations Mick on a fine career and in particular thank you for the contribution that you have made to our community. We wish you all the best in the new chapter of your life.

*With Peace and Goodwill,  
Matt Carver*

St Mary of the Angels Secondary College

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**Chris Dainton**

**Deputy Principal - Catholic Identity**

## **BISHOP JOSEPH GRECH SCHOLARSHIP AWARD**

The Bishop Joseph Grech Scholarship is an annual award that was introduced in 2011 to honour the memory of a man who built a strong legacy of supporting young people in our community.

This year, eleven students from the Sandhurst Diocese Secondary Colleges were celebrated in a lunch at the Catholic Education Offices in Bendigo.

St Mary of the Angels is extremely proud of Year 11 student Vincent Barca, who was successful in the scholarship application process. Vincent attended the ceremony with his parent's Anthony and Luisa and commented that the day was, "very enjoyable and a good experience to interact with like-minded students who all have a passion for leadership and contributing to their school community."

Vincent will use his scholarship to travel to Yipirinya as a student leader on the Year 9 Immersion program.

Vincent was interviewed by Sandhurst CEO Director Mr Paul Desmond on the day, where he was asked about his leadership strengths. Vincent replied by saying, "As a leader I think I am confident and a strong communicator."

Mr Desmond then referenced Vincent's Bus Captain badge whereby Vincent recalled a story where he stepped in to help a student who needed medical support on the bus. Vincent's courage, willingness to lead and humility are all factors that contributed to his success in gaining the scholarship and we wish Vincent all the best for his future.



**Above: Paul Desmond, Director of Sandhurst presents Year 11 student Vincent Barca with his Bishop Joe Grech Scholarship.**

**Right: Vincent with his parents Luisa and Anthony Barca after he received his scholarship.**



## Important Dates:

### TERM 3

16 July	STUDENT FREE DAY: Staff professional learning
17 July	First Day of Term 3 for students
18 July	<b>BOYS' NIGHT OUT</b>
24 July	STUDENT FREE DAY: Staff spirituality day
30 July	Year 9 Lake Mungo Immersion group depart
1 Aug	VCE, VET, VCAL Information Evening 2019
6 Aug	Year 9 Grampians Immersion group depart
13 Aug	Year 9 Rubicon Immersion group depart
7 Aug	Year 9 Yipirinya Immersion group depart
15 Aug	Year 9 Bililuna Immersion group depart
22 Aug	Year 9 One Arm Point Immersion group depart
29 Aug	Year 12 Parent Dinner
2 Sept	Year 9 Kakadu Immersion group depart
13 Sept	STUDENT FREE DAY: Learning Advisor Interviews
21 Sept	Feast Day & the FMDM Grand Prix Last Day of Term 3

For more important dates visit the College website term calendars at <http://www.smotanathalia.catholic.edu.au/parent-information/term-calendars.html>

## Deputy Principal's News

**Bev Thorp**

**Assistant to the Principal - Learning and Teaching**

### ASSESSMENT AND REPORTING

Semester Reports will be made available to parents and carers via PAM on the last day of Term 2. Please do not hesitate to contact the College Office if you have any difficulty in accessing your child/children's reports. Learning Advisors will also be in contact toward the end of term or early in Term 3 to make arrangements to meet, reflect on progress throughout the semester, and set goals for the new term. This communication between home, student and Learning Advisor is critical to support each child through their education, and we encourage parents to contact Learning Advisors at any time with any questions or concerns.

Semester Reports for Years 7 to 10 students will also include a judgement on student progress against VCAA achievement levels. Additionally, some assessment tasks may be reported either to the more traditional A to E grade scale, or to the VCAA achievement levels. Our teachers are progressively developing assessment rubrics which are constructed with multiple levels of achievement so that each individual student is encouraged to work, and progress, from the level at which they are currently working.

Assessment tasks based on achievement standards for each level will not be assigned a grade, but will rather be assigned the overall level of achievement that the student has demonstrated.

Reporting to achievement levels allows for:

- a more rigorous, personalised approach to learning for all students
- a focus on celebrating learning growth regardless of the level at which a student may be working
- greater student involvement in their own learning as the next step in their learning progress is visible.

For each year level, there are age-expected levels at which the average student is expected to achieve, as listed below. More importantly though, all students should be rewarded for achieving learning growth, particularly celebrating when they achieve more than the minimum expected one year of growth for one year of schooling.

Year level	Age-expected achievement
End of Year 6	Level 6
End of Year 7	Level 7
End of Year 8	Level 8
End of Year 9	Level 9
End of Year 10	Level 10

Please do not hesitate to contact your child's Learning Advisor or myself if you have any queries regarding the assessment and reporting process.

### END OF SEMESTER

As the term comes to a close, I wish all students and their families a safe and restful break. Year 12 students, in particular, may need to take advantage of the opportunity to have a break from study and rejuvenate ready for the sprint toward their final exams. Holidays are also a great opportunity to catch up on some organisation, making sure that notes are ordered and revision is completed. My advice is to take a break, take care, and spend a little time making sure that you are ready to go when the new term rolls around.



# “ BUILDING RELATIONSHIPS ”

wed

18th July  
7pm

## BOYS NIGHT AT SMOTA

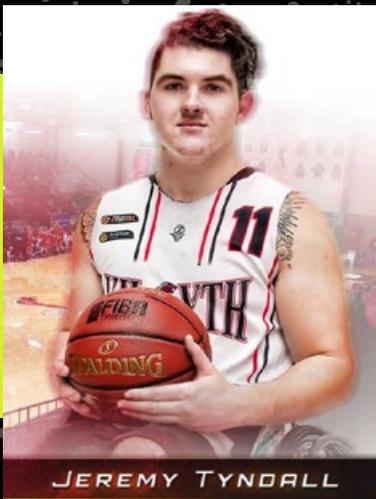
*Come along, enjoy some finger foods, some great chats, find out from some very inspiring local figures how they cope with challenges and how positive relationships impact their lives.*

This years Boys Night at SMOTA will highlight the power of positive relationships in our lives and their impact, particularly when times get tough.

We will open with a 'getting to know you' segment including a panel of our SMOTA Leaders; Principal Mr Matt Carver, Deputy Principal Mr Tim Campbell, Deputy Principal Mr Chris Dainton and Wellbeing Team Member Rowan Priest. Followed by our special guest speakers:

### Luke Morgan

Benalla Saints FNC Senior Coach. Luke is a PE Teacher at FCJ College in Benalla, a Senior Football playing Coach at the Benalla Saints , the Interleague GOTAFE GVL Senior Coach, he's a former Murray Bushranger TAC Cup captain and star VFL player. Luke understands the hard work and dedication it takes to achieve your full potential and has some great insight into the 'challenging situations' life presents.



### Jeremy Tyndall

Well known local and former SMOTA student, Jeremy Tyndall needs no introduction. Jeremy's long term sporting prowess has been evident in every sport he's ever played and today, the young champion proudly wears the jersey as a part of the official squad for the Australian under-23 wheelchair basketball team.

**TICKETS ARE \$5 EACH AND ARE AVAILABLE NOW FROM SMOTA STUDENT RECEPTION**

# Deputy Principal's News



## Tim Campbell, Deputy Principal Student Wellbeing & Development

The holidays/term break is a wonderful time to relax, unwind and do the things that make us happy. Spend time with your family and friends and re-energise yourselves in the best way possible.

Family and friends are so important to our ongoing wellbeing and happiness. Share and enjoy the company of others. Be grateful for the wonderful things you have in your life. And do kind deeds where possible.

I feel very blessed to share a special moment with our College community – my twin boys (pictured above) have just turned one year old this week and my daughter (pictured above) just clicked over 4 years – how the time flies! The past twelve months have been the busiest yet most amazing times ever. I would like to thank everyone for their ongoing support and to my amazing wife, family and friends who make everything special.



## COMBINED SCHOOL SOCIAL

Last Thursday evening, over 400 students filled the Nathalia Community Centre to participate in the combined schools social, an annual event shared between Nathalia Secondary College and St Mary of the Angels. Students dressed to fit the theme of 'Australiana' and danced to the awesome sounds from DJ Jayk Lowndes kindly supported by Fiona Byrnes. Students were very well behaved and I thank them for their conduct on the evening and their parents for allowing them the opportunity to attend. It was terrific to see the students enjoying themselves and having a great time. Thank you to the staff who gave up their time to work on the door, supervise, provide support/first aid, ride on buses with students on the way to the social on the way home and to those staff who stayed back to help with the clean-up. So many of our school functions rely on the good will of staff to help with events such as this. I am very grateful for their community mindedness.

A big thank you to Sandy Kent for organizing buses, forms and to Julie Moore for taking photos on the evening. Big thanks also to Tom Robinson, the bus staff and the rest of the office staff for their assistance in organizing logistics prior to the event.

Congratulations and thanks to the students for their exemplary behaviour on the night. Students demonstrated excellent behaviour throughout the evening including traveling to and from the social on the buses.

Finally, a big thank you and well done to NSC (especially Jess Robinson) for organizing such a wonderful event and we look forward to hosting the event again in 2019!

Well done to all our staff, students and families on making it through such a hectic semester. From NAPLAN to camps to excursions to exams to College masses – it's been full on but terrific. Enjoy the break – rest up, do what makes you happy and re-energise for the second half of the year. Don't forget, we're past the shortest/darkest part of the year!



## ENROLMENTS ARE OPEN:

Prospective and current families please note that enrolments for 2019 are now open. Current students will have the opportunity to simply re-enrol later in the year while prospective Year 7 students, as well as students wishing to enrol in other year levels, have the opportunity to do so until Friday 27th July.

Enrolment forms are available from the College office and on our website at:

<http://www.smotanathalia.catholic.edu.au/downloads/enrolment-policy-forms/152-enrolment-form-2017/file.html>



# 'AUSTRALIANA 2018' COMBINED SCHOOL SOCIAL



# School Social Photo Gallery - 'Australiana 2018'



Thanks to Julie Moore for capturing the great atmosphere at the Combined School Social . For more photos check out our Facebook page or click here [https://www.facebook.com/pg/stmarysnathalia/photos/?tab=album&album\\_id=1758399924236256](https://www.facebook.com/pg/stmarysnathalia/photos/?tab=album&album_id=1758399924236256)

*St Mary of the Angels aims to provide a safe, supportive and welcoming environment where all students can flourish.*



## REWARDED FOR SPARK

**Pictured Above (L-R) the winners of the Year 7 Spark awards: (Back) Mackenzie Loughridge, Grace Eddy, Charlotte Letcher, Aida Hickey, Zoe Vanbreda, Ned Bramwell. (Middle) Bella Sefton, Tessa McMahon, Marly Handford, Amity Hollands, Porsha Stuart. (Front) Kynan Bethell, Charlie Sheehan. Missing: Nick Noonan.**

### **Andrew Storer, Year 7 Team Leader**

On Thursday 21st June, Year 7 students enjoyed a sunny afternoon at the Nathalia Recreation Reserve as a reward for all their hard work towards improving their SMOTA SPARK.

At the beginning of Community Time we shared a BBQ lunch, followed by games and activities that were based around the students requests. We all had a load of fun and enjoyed one another's company.

The activities were followed by a small presentation of randomly drawn students who had either been nominated, or nominated a fellow class member. We then had three major prizes for the students who had received the most nominations and have truly been showing off their SMOTA SPARK.

Congratulations to the prize winners and all Year 7 students and staff for their participation on the day. This afternoon was well received and we are already planning a new day for Term 3.



## CAMPASPE BOYS' FOOTBALL

**John Nihill,**  
**Intermediate Boys' Football Coach**

Our Year 9 & 10 Boys Football team travelled to Moama for the Campaspe Region carnival on Tuesday 19th June. On a beautiful clear day the boys took on St. Augustine's Kyabram, Nathalia Secondary College and Rochester Secondary College in the preliminary rounds.

We had comfortable wins over St. Augustine's and Nathalia SC, where the boys moved the ball quickly and played great team football. Lewis Kennedy and Luca Allen gained many possessions through the midfield, whilst our Katunga influenced forward line, displayed cohesion and creativity. Kody Jackson was lively and worked hard to push up the ground, Sam Arho was a strong presence in the air and Ben Whitford, Max Hendy, Nick Thorp and Harry Hill gave us multiple options. Lewis McShane and Will Sheehan provided some run, whilst Cooper Doyle and Tom Barker gave support to the midfield and defence.

Our last preliminary game saw us pitted against a powerful Rochester SC unit, who went on to win the day. After an even start which saw Trent Collyer, before being injured, Jed Warrin and Bailey Roberts drive the ball forward, the Rochester boys took control in the air and kicked away from a comfortable win.

Our last game saw us pitted against the second placed team from Pool A, Kyabram SC. We jumped out of the blocks, winning clearances through our ruck man Josh Plattfuss and Mark Bergamin and clean ball movement from half back. The defenders led by Ben Armstrong, Mitch Doyle, Hugh Jamieson. Aiden Lindsay and Dylan Langshaw rebounded strongly to give our forwards many scoring opportunities. We eventually ran out easy winners, to finish the day on a high.



PHOTOS GENEROUSLY SUPPLIED BY  
RHONDA DOYLE PHOTOGRAPHY



# Maths News



## YEAR 8 MATHS PATHWAYS

**Rose Nihill,**  
**Year 8 Maths Teacher**

The following Year 8 students were rewarded with a hot chocolate at 'VCAF': Alex Braaksma, Nick Nolan, Jorja Eddy, Oliver Dwyer, Mak Hindmarsh, Harry Dietrich, Hollie Dietrich, Ella Osler, Albatool Abdulmir, Connor Baxa, Billy Smith, Natalie Hobbs, Jack Myers, Abby Flett, Anneliese Phillips, Alyssa Nielsen, and Eloise Kelly.



Each of these students achieved the outstanding growth rate of 200% or higher for Semester One. Congratulations! We look forward to more success in Semester Two.

# Art News



**TITLE OF WORK: 'EMPOWERMENT'**

**Artist: Charlotte Reilly, Year 12**

The artist working with gouache and a variety of markers in an attempt to display identity through focusing on women and empowering women. The piece aims to be inclusive whilst also displaying the differences of people as it communicates both the advantages and disadvantages which women have within the work place. It highlights the importance of equality within our community and highlights the importance we should place on encouraging young girls and women to be whoever they wish to be. With forty-three different figures of different skin tone and all different occupations it looks at opportunity. Mainly the artist looks at how, depending on your culture or background the opportunities we are given aren't the same but should ultimately be. In exploring identity, the artist intends to focus strongly on peoples' differences within the artwork "Empowerment".

## TITLE OF WORK: 'JANE AUSTEN'

**Artist: Maria Gilroy, Year 12**

Jane Austen is an English born Victorian novelist, whose books offer entertaining narratives and interesting ideals that continue to be studied and read to the present day. However, the true identity of the author's character has remained somewhat vague, and many enthusiasts have concluded in one and many interpretations. These variances of Austen's person set the foundation for my art piece as I wanted to create a portrait that made the viewer question who she is, which is achieved through symbolic colour and style. The background seeks to create an impression of her career, where the red represents passion, the yellow intellect and the white safety and possibility.

The subject herself is painted in a similar way, where the blues, browns and gold allude to a greater meaning, shaping her character. The background holds just as much significance as the subject as it shows that even though there is a division between the two, you cannot consider the person of Austen unless considering her aspirational career. I desired to make a composition that aims not to recreate Austen, but offer an interpretational impression, and I hope that when the viewer first gazes upon the painting, they will know this, as the mosaic application of paint deters from realism.



## TITLE OF WORK: 'THE EYE'

**Artist: Jack Coller, Year 12**

'Using a variety of different mediums, from pencil drawing to paint, for the artwork I've created a sequence of eyes to highlight and express the amazing uniqueness, multiplicity and individuality of the eye not only in humans but also in various fictional and non-fictional creatures/animals. The eye is an easy to understand symbol and despite this, provides a plethora of creativity and expression to be displayed through the various pieces that make up the whole artwork'.



## TITLE OF WORK: 'JUNO'

**Artist: Ciara Eagleton, Year 12**

The focus on my piece was on my cat Juno, it shows different perspectives of my cat through the eyes of me my cat Juno and a few other members of my family, by building my cat on a 3D software I was able to capture and over exaggerate some of my cats behaviours.



## TITLE OF WORK: 'MORE THAN MEETS THE EYE'

**Artist: Josephine Diretto, Year 12**

My art work represents emotions and identity. I chose little things like a necklace and a teddy bear to show how objects can create bits of who you are, but also the emotion and memory behind them. They eye is my family, I used different shapes and characteristic from my family eye to create one. The Iris colour (the middle of the eye) is my Mum eye colour, the shape of the eye was my sister and father and the eyebrow was my brother. How you can interpret this artwork could be, your scared about going into surgery, then having family and/ or teddy would be there to help you feel safe and happy (emotions) or they teach your right from wrong (identity) I chose these because they make up a part of my identity. All the memories we share all have emotions behind it. The intention of the work was to made the audience think was what people or things help make you, you.

## TITLE OF WORK: 'EARTH'S RESOURCE'

**Artist: Kate Berend, Year 12**

The focus of my piece was on the broad issue of sustainability within our 21st-century, being a major issue and a fascinating topic. I wanted to focus mainly on our Earth's resource intensive action of producing meat and converting to a more sustainable resource of consuming insects. With extensive research, the advantage of consuming insects is not only beneficial for ourselves but also our planet.

With a mixture of high key, bold colours and patterns, the composition is designed to draw viewers with the spiral eyes and panels leading into the face. As well as the beetles and crickets crawling into the open mouth, it visually represents the need of eventually converting to a more sustainable resource such as insects. With many pop culture references and influences as well as a large scale piece, the intention of the work is to show the need for this change in food source to become an everyday part of our society.



## TITLE OF WORK: 'FUTURE PRESENT & PAST'

**Artist: Jessee Champion, Year 12**

The compositions named, "Future present and past" were created by Jessee Champion as her VCE Art Unit 3 piece. The artist, came to this final piece by looking into Surrealism, gathering inspiration from the surrealist artists as Salvador Dali and Rene Magritte, which lead the artist to the overarching idea of other worlds. Starting with experimenting with hair, facial colour, background and putting together all the bits and pieces of the artwork together, which lead to the final artwork on the two faces side by side, representing Negative and Positive Futures while reflecting the present, through the mirrors in the middle of the eyes.





## MORE THAN JUST SAUSAGES

**Tyler Cox, Senior VCAL**

Ryan and Bau Butchery has been operating since 1959. They won an award in 2017 for the best poultry sausage which was the 'Chicken Parmie Snag'.

Interview with Matt John, the shop manager:

- Why did you become a Butcher?  
*To get out of school*
- What is your favorite thing about your job?  
*Boning beef*
- How long have you been in the business?  
*Two years at this business; thirteen years in the industry.*
- Is this what you thought you would be doing when you left school? *No*
- Why did you enter the sausage competition?  
*Promotion of the business*
- What are your qualifications?  
*Cert. III Meat Retailing*
- How did you get this job?  
*Owner asked him to work*
- Hardest thing to learn?  
*String/tying rolled legs of lamb*
- How long does it take to be qualified?  
*It takes about four years to become a qualified butcher.*

My role at Ryan and Bau butchers is to make sausages, hamburgers and to crumb schnitzels. I also serve and make sure the meat display is full. I start at seven and finish at five/five-thirty. We supply the local supermarket with meat so I am responsible for getting that all done and delivered in time. I have to wrap, weigh and price everything then take it to the supermarket where they tick everything off and make sure everything is in the right place. We normally have meat orders to get done because we supply a wide range of places. We actually do eighty chicken schnitzels for one of the hotels.

### SMOTA FOOTY TIPPING

**Mark Oliver, Parent & Friend**

This week saw the conclusion of the bye rounds so now we are back to the full nine games.

The tipping ladder has tightened up over the last two weeks with Cooper and Brett Doyle the big performers to join Bev Young as joint leaders. Gerry Clifton is biting at the heels of Sheryn Halden who is holding onto second place.

It's very tight at the top so it will be interesting to see if there are any significant changes during the school holidays.

TIPSTER	TOTAL
Bev Young	79
Cooper & Brett Doyle	79
Sheryn Halden	77
Gerry Clifton	75
Phillip Davis	73
Grace Eddy & Family	73
Bonney Hindson	73
Kevin Payne	73
Logan Bond	71
Mark Oliver	70
Ringer Bell	70
Nicola Oliver	69
Mick Macheda	68
Keith Hindson	68
Karl Hindson	67
Carmel Payne	66
Matt Carver	66
R & K Cats	63
Andriana Oliver	63
Jack Hindson	64
Adam Walpole	64
Anthony Oliver	62
Aleah	61
Emiel Warmerdam	53

**FREE EVENT**

## online safety workshop for parents



About	What will you learn?	When
<p>eSafety is important for every child from ages 1 to 18.</p> <p>Moira Shire Council has engaged an eSafety expert from the Office of the Children's eSafety Commissioner will be delivering a FREE workshop on how you can help keep young people safe online.</p> <p>For more information visit <a href="http://esafety.gov.au">esafety.gov.au</a></p>	<ul style="list-style-type: none"> <li>How young people are using social media and technology</li> <li>How to make a complaint about child cyberbullying</li> <li>How we can help remove serious cyberbullying material</li> <li>Identify age appropriate and manage privacy settings on apps and websites</li> <li>Initiate conversations about online issues</li> <li>Support your child using online safety resources</li> </ul>	<p><b>Monday 16 July 2018</b> Burke's Hotel Function Room 96 Belmore St, Yarrowonga 6pm – 8pm Light Supper Provided</p> <p><b>Tuesday 17 July 2018</b> Shamrock Hotel Function Room 5 Melville St, Numurkah 6pm – 8pm Light Supper Provided</p> <p>Places are limited so bookings are essential for both sessions, please contact the Moira Shire Youth Department on 5871 9222 or email <a href="mailto:youth@moira.vic.gov.au">youth@moira.vic.gov.au</a></p>



Office of the eSafety Commissioner



## Julie Cross LIVE in Shepparton!

**BUILDING RESILIENCE WITH TEENS, TWEENS AND THEIR PARENTS**

With so much attention on the negative experiences associated with on-line and face to face bullying I believe it is time to do something positive and expose our children to empowering messages and strategies.

What we focus on expands, and while we are focusing on the negative, we invite more negative.

Yes, it is time to instigate powerful and empowering conversations between parents and their children. Yes, it is time we started talking about what we CAN do and what is in our control, instead of focusing on what we can't affect and what is out of our control.

It is time for a message of hope and a knowing that we are stronger than we know and we need to be exposed to concepts and strategies to work out the emotional muscle of resilience so that we may rise up and grow through the tough stuff, claim our space in the world and live our best and most rewarding lives.

Enough talking, let's take some action here.

Julie will share stories that will empower our teens and tweens to take responsibility, own their space, know they are worth it and she will share strategies that can be used to deal with, and move through challenging situations rather than sitting in and being devastated and immobilised by them.

For all boys and girls from 9 years old. Bring your mother, father, sons, daughters, friends and families. Because remember, it is about the conversations we as adults are having with our children too. And it is also about the example we are setting.



**JULIE CROSS**  
Empowering ... Energising ... Entertaining

**Venue:** Quality Hotel Parklake  
481 Wyndham Street  
Shepparton

**Date:** Friday, 20th July 2018

**Time:** 6.30pm - 8.00pm

**Tickets:** \$45 each  
*Special family tickets also available*

For more information and to buy tickets:  
[juliecross.com.au/events](http://juliecross.com.au/events)

*I nurture your hearts,  
soothe your souls and  
empower your thinking  
and actions... but I don't  
feed your tummies, so  
please eat before you  
come or enjoy the  
facilities at the venue*

# Girls Who Glow

**'GIRLS WHO GLOW' WORKSHOP IS COMING TO SHEPPARTON!**

Looking for something to do these School Holidays? ... Come and get your glow on!

Girls Who Glow is an exciting workshop for 13 – 18 year old girls, empowering them to be their healthiest, happiest, best and brightest selves. The cornerstones of the workshops are nutrition, exercise, social media and body image, healthy relationships and mental health.

Girls Who Glow is the brainchild of TV Presenters **Liv Phyland** and **Teigan Nash**, who decided to take action after being inundated with messages from young girls about anything from anxiety, depression, bullying, social media and body image, as well as many normal teenage challenges and insecurities.

After years of working in Kids TV, studying in the health industry, and trying to practice what they preach everyday, the girls, and their dream team of speakers, have set out to share their life philosophy with the youth of today.

After selling out around Australia in 2017, Girls Who Glow is back... and for the first time ever, coming to Shepparton!

**When: Sunday, July 15 at the Shepparton Golf Club.**

**Confirmed Presenters:** Channel 10's Liv Phyland, Channel 7's Teigan Nash, Inspirational Speaker Em Carey, Logie nominated Actress Marny Kennedy, Health and Fitness Advocate Keiron Douglas, ABC ME Presenter Grace Koh... plus more TBC.

**Time:** 10am – 4pm

**Price:** \$99  
(Includes- full workshop, delicious lunch, afternoon tea, and an amazing goodie bag)

**More Info and Tickets:** [www.girlswhoglow.com.au/workshops](http://www.girlswhoglow.com.au/workshops)

**Questions:** Please contact [teigan@teigannash.com](mailto:teigan@teigannash.com) or [oliviaphyland@hotmail.com](mailto:oliviaphyland@hotmail.com)



## You're Invited

# Community Investment Program (Grants)

Wednesday 25 July 2018 at 7.00pm  
Nathalia Recreation Reserve Park Street, Nathalia

RSVP: 20 July 2018 Catering Purposes  
03 5866 3159  
[julia.arho@bendigoadelaide.com.au](mailto:julia.arho@bendigoadelaide.com.au)




**Bendigo Bank**  
Bigger than a bank. [bendigobank.com.au](http://bendigobank.com.au)

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(20/06/2018)

