

The Angel

Thursday 21st March 2019, Volume 6



Principal's News

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

The photograph inset right is of Andrew Graystone a Catholic parishioner from Manchester, England. Manchester is many thousands of kilometres from Christchurch, New Zealand.

In response to the despicable act of terror against the men, women and children who were worshiping in the Mosques in Christchurch where 50 innocent people have lost their lives Andrew very simply offered a small yet symbolic gesture of support. His poster says, **'You are my friends, I will keep watch while you pray.'**



During the past couple of weeks, we have again been exposed to and witnessed the atrocities of child abuse, and, more recently terror in New Zealand. Such events stir our emotions to the core. Strong emotions of anger, hatred and despair at the world that we live in and the acts committed against our fellow human beings.

What is the answer?
What is the way forward?

Each of us can contribute to a better and more just world for ourselves and those generations that come after us. The simple act of Andrew Graystone is an example sending a strong message. It is all about the choices we make!

In conclusion Mahatma Gandhi once said: **'You must be the change you wish to see in the world.'**

With Peace and Goodwill,
Matt Carver

Prayer for Peace:

Almighty God and Creator,

You are the Father of all people on earth.

I ask You to guide all the nations and their leaders in the ways of justice and peace.

Protect us from the evils of injustice, prejudice, exploitation, conflict and war.

Help us to put away mistrust, bitterness and hatred.

Teach us to cease the storing and using of implements of war.

Lead us to find peace, respect and freedom.

Unite us in the making and sharing of tools of peace against ignorance, poverty, disease and oppression.

Grant that we may grow in harmony and friendship as brothers and sisters created in Your image, to Your honour and praise.

AMEN



'Jesus calls us with joy to be a learning community where all of our actions are guided by the mercy of God.'

St Mary of the Angels Secondary College

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A STATEMENT IN SUPPORT OF VICTIMS OF SEXUAL ABUSE:

The Catholic Church recognises that most serious wrongs have been made over a long period and that many lives have been harmed.

The common theme in the various statements from Church authorities this week was that we continue to sensitively and prayerfully support those who have been impacted by child sexual abuse - victims and survivors and their families.

Our focus upon victims and their families will not diminish as the months roll into years. Our desire to assist survivors and their families as they go on with their lives will not wane.

In our Sandhurst community, victims and families are present and each is deserving of our support as they endeavour to move forward.

The Catholic Church continues to seek forgiveness for past wrongs and offers assurances into the future. As women and men committed to the Church, we understand we have a profound duty to honour these assurances and do our utmost to ensure these most awful wrongs never occur again.

Upcoming Events

TERM 1

25 March Year 9 Outdoor Adventure Exc.

26 March Year 9 Outdoor Adventure Exc.

28 March STUDENT FREE DAY -
Staff Professional Learning
PT Interviews Barooga(2-7pm)

29 March DAV Public Speaking/Debating Competition

1 April Interschool Tennis Competition

5 April Last Day of Term 1
(2.30pm dismissal)
College Cross Country

TERM 2

23 April First Day of Term 2

24 April PT Interviews, Nathalia 4-8pm

25 April ANZAC DAY - Public Holiday

29 April Year 7 (2020) Information Night, Nathalia

2 May Interschool Girl's Football Comp.

9 May School Photos

15 May OPEN DAY

Deputy Principal's News

Chris Dainton

Deputy Principal - Catholic Identity

The excitement is rapidly building as our 2019 Pilgrims depart for Rome and Assisi in less than two weeks. Last Thursday night the group gathered at the College to meet each other and listen to the wise words of Pilgrims past. The photographic presentation from Sally Clifton was breathtaking and as the group sat in awe of the beauty and majesty of the scenes that rolled past, there was a sense that we were starting to picture ourselves in each of these sacred places. Principal Matt Carver prepared us mentally and emotionally for the spiritual journey ahead, as well as providing us with the necessary practical advice for a smooth trip.

The Pilgrim cohort of 2019 is a diverse mix of College staff, parishioners, families and friends from other Diocesan schools and I really look forward to walking in the footsteps of Saint Francis and Saint Clare with my new companions.

The Assisi Pilgrimage is an amazing opportunity for our College community and I feel truly blessed to be taking part this year. I look forward to keeping you all updated on this year's experience and I hope to see some of you on pilgrimage in the future.

BLESSING OF PILGRIMS

O Lord, our God and Father,
hear the prayers

of these pilgrims leaving for Rome and Assisi.

May the Holy Spirit increase the faith in their hearts,

a faith that will strengthen their hope
and ceaselessly renew their love for
those who they meet along the way.

May they arrive safe and sound
at the end of their travels,
pursuing in hope and in their prayers
the promise of the heavenly Jerusalem

where you would gather us
with your Son
in your glory

and in communion with the Spirit
for ever and ever.

Amen.



Project Compassion Story: Week 3



PETER FROM SOLOMON ISLANDS

Sixteen-year-old Peter goes to a boarding school in the Solomon Islands which has experienced water shortages for 60 years. Previously students would have to walk kilometres each day in search of clean water. This was particularly challenging for Peter who is living with a disability.

Peter's mother left the family when he was little and has since passed away. His father decided to move from northern Malaita to Honiara, to better provide for his family. He arranged for Peter to stay with his aunt, then attend Aligegeo Secondary School.

Groundwater sources at the school have dried up and rainfall is unpredictable. Water in surrounding wells often made students sick or gave them rashes.

Caritas Australia, and partners Caritas Solomon Islands (CASI) and the Solomon Islands Government Rural Water Sanitation and Hygiene division (RWASH), have teamed up with the school to tackle the problem.

CASI provided a ninety kilo-litre water tank, electric pump and technical advice, while the Malaita Provincial Government contributed labour. Staff and students took part in training, dug trenches and are helping with a water management plan.

The school now has a safe, reliable water system, servicing around 1,000 people.

"Now we can stay at school to wash and not interrupt our official class time,"

Peter hopes to focus on his education and to help others in future by working for an aid and development agency himself.

However much more needs to be done to improve access to reliable water and sanitation in the Solomon Islands.

Lives change when we all give 100%.

**"I alone cannot change the world,
but I can cast a stone
across the waters to create many ripples."
St Teresa of Calcutta**

Caritas Fundraising

St Mary of the Angels SRC will be facilitating the annual Easter Egg Raffle.

We ask that each student and member of staff donate an Easter Egg for their respective homeroom.

The money raised will be divided evenly between Project Compassion and the Parents & Friends.

Raffle booklets have been sent home with your child. Please return the sold tickets to the College Office prior to the Easter Raffle draw on the last day of Term 1 - Thursday 4th April.



Alumni News

FOUNDATION STUDENTS REUNION

Fifty-eight years on the 'SMOTA foundation students' are still friends and annually hold a gathering.

Last Saturday nineteen former St Mary of the Angels' students met in Melbourne at The Cricketers Bar, in the Windsor Hotel for the afternoon and evening. These students first met in 1961 when the Franciscan Sisters of the Divine Motherhood (fmdm) opened our school which then included primary school and secondary students.

Next year's Reunion has already been scheduled for Saturday, 21st March 2020 in Nathalia



Back: Maria Bottaro, Mick Bourke, Clare Liew (nee O'Shannessy), Sr Pat Murnane, John O'Hare. Middle: Sue Sullivan (Bourke), Maree Gleeson (Bell), Vic Bottaro, Trish Shelton (Turner), Kristine Anderson (Carstensen). Front: Lina Cornall (Bottaro), Bunty Gundry, Helen Convery (Gray), Sue Frew (Kane), Sr Marie Bourke, Tony Bell (Absent (running late): Donna Bourke).



**Tim Campbell, Deputy Principal
Student Wellbeing & Development**

ST PATRICK'S DAY CELEBRATIONS

On Tuesday the SRC organised a range of activities to help (belatedly) celebrate St Patrick's Day. With cake stalls on offer, shamrock hunting, coin slides and our fancy dress parade, the College (dressed in green) embraced the luck of the Irish and the fun and frivolity associated with the day. Congratulations to Ciaran O'Sullivan (a very Irish name!) on winning the fancy dress competition as our little dancing leprechaun! Ciaran is pictured above with our Fashion Parade judges Mr Heath Plattfuss, Ms Claire Perston and Mr Matt Carver.

Once again, the ever-popular jelly eating contest was the highlight with a new champion being crowned. Bailey Plattfuss certainly brought his A game and demolished the jelly taking the mantle as Jelly Eating champion for 2019!

Overall, the SRC managed to raise \$721.70 – all of which is donated to Project Compassion. Well done to all of the SRC students and the amazing families/students that donated their time and effort to create such a great day.

SRC REPORT

Well done to the SRC on what has been a hectic Term 1. So far they have organised events for "Support the Firey's Day", Shrove Tuesday and St Patrick's Day with great student participation and involvement. A big thank you also to the tireless efforts of parents and staff that have contributed with amazing cakes, time and money to support our school's fundraisers – all money raised has gone to wonderful causes.

Next Term the SRC will be busy again organising more events including the Biggest Morning Tea and of course the annual combined school social, a very important event on the SMOTA calendar. Stay tuned for more information to come.

YEAR 7 & 10 IMMUNISATIONS – TUESDAY 2ND APRIL

A reminder to parents and students that the first round of immunisations (Year 7 & 10 students only) will be taking place on Tuesday 2nd April in the St Clare Auditorium. Families should have received their immunisation forms in the mail directly from the Council. Parents/guardians are asked to return their child's immunisation forms if they have not done so already. If your child suffers from a fear of needles and/or anxiety, could you please contact the College so that we can prepare accordingly or take your child to your preferred GP.

Keeping your children safe online is easy with a few simple precautions:

1. Nothing replaces parental supervision and education for kids about cybersafety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
4. If your child posts photos online, use privacy settings to limit access to people they know well.
5. Remind your child that people don't always tell the truth online, and they can't take anything at face value.
6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
7. If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
8. Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.
9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.
10. Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start.



ACCEPTING

Focus on what is good about others



Alison Dietrich, Positive Behaviours' Leader

The recent Mosque attacks in Christchurch have rocked the global community – they are reminders of our vulnerabilities. A significant number of people were killed and many were injured. In addition to these more obvious impacts, countless numbers of people across the world have been, and continue to be, heavily affected by this tragic event.

The global support that has been offered to those affected by the attacks has been enormous. Many images have been shared in the recent media illustrating how the global community has come together at this time of need. People of all faiths and nationalities are standing in solidarity to help those suffering after the tragedy. In time, knowing that they are a part of a global community may help those who are suffering the most to realise a sense of hope, which will help them to move forward, into their new post-attack lives.

This tragedy has also emphasised why it so important to be ACCEPTING of others. What would the world be like if people focused more on what was good about each other, instead of only seeing what was different?

The Christchurch heartbreak has caused enormous loss and grief, however, the support of the global community has accentuated that the cornerstones of faith communities around the world are of peace and gratitude. By being mindful of other people's differences, cooperating and listening to others, peace and gratitude could very well become simply the way things are done.

Careers News



Tali Verhoeven recently shared her experience on the football field with students during a primary school visit to encourage children to be active and teach some basic football skills.

Tali has chosen to complete her VCAL structured work placement this year with the AFL Goulburn Murray which also compliments her Go Tafe Sports and Recreation Certificate 2 course..

Uniform

**SECONDHAND
COLLEGE BLAZERS**

**We currently have
a limited number of
secondhand blazers
available at the Office
for \$50.**

Bev Thorp

Assistant to the Principal - Learning and Teaching

LEARNING ADVISOR INTERVIEWS –

PLEASE NOTE THE CHANGE OF VENUE

All of our families are now invited to book an interview time with your Learning Advisor. Interviews may be booked via PAM (<http://pam.smotanathalia.catholic.edu.au>), or please contact your Learning Advisor or the College Office if you have any difficulty in accessing PAM. Interviews with teachers of VCE subjects may also be made through PAM, and appointments to see teachers from Nathalia Secondary College may be made by contacting the Nathalia Secondary Office on 58662331.

Learning Advisor interviews will be held on the dates as listed below. Please note the extended times in which staff will be present for interviews at Barooga, and that Nathalia interviews will be held during the first week of Term 2. Please also note that Barooga interviews will now be held at the Cobram Barooga Golf Club – Fairway Room. This change has been necessitated by the early commencement of refurbishment works at the Barooga Sports Club.

LEARNING ADVISOR INTERVIEWS:

Thursday 28th March Cobram Barooga Golf Club
2.00 pm – 7.00 pm

Wednesday 24th April St Mary of the Angels &
Nathalia Secondary College
4.00 pm – 8.00 pm

The College strongly encourages all parents and carers to meet with your child/children's Learning Advisors to strengthen the relationship between home and school that will support your child throughout their school year. Learning Advisors have already been working with students to set learning goals, particularly in relation to our school wide focus on being Purposeful in our Learning. Learning Advisors are able to assist with advice on providing a study environment at home, making a study schedule to balance time between school work and other commitments, and different study methods that may assist with the retention of information and preparation for assessments. If you are not able to attend the formal interview periods, please do not hesitate to contact your Learning Advisor to make an alternate interview time.

NAPLAN ONLINE 2019

NAPLAN assesses literacy and numeracy skills that are important for each child to succeed in school and life. If your child is in Year 7 or Year 9, they will be participating in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

This year, between 14th - 24th May, our College will be completing NAPLAN testing online. All schools are moving to NAPLAN Online by 2020 as the online assessment provides more accurate information about what students know and can do. Feedback from schools that have undertaken the NAPLAN assessment online was that students generally find the online assessment engaging.

NAPLAN Online includes audio and visual alternative questions, including colour themes that may be suitable for some students with disability. All questions are also keyboard accessible. Students do not need to be computer experts to take part in the test online, and teachers will ensure that students have adequate familiarity with the online platform before the testing period.

To see the types of questions and the interactive features of NAPLAN Online, parents/guardians and students are encouraged to look at the tests available on the public demonstration site on the NAP website by following the links below. Select NEXT when prompted for login codes, and then YES to example student to access the demonstration tests.

Year 7 Public Demonstration Site:

<https://pages.assessform.edu.au/pages/year-7-demos>

Year 9 Public Demonstration Site:

<https://pages.assessform.edu.au/pages/year-9-demos>

YEAR 7 2020 INFORMATION EVENINGS

We warmly welcome any families with children who might be looking to enrol at St Mary of the Angels in 2020 to attend one of our Information Evenings, culminating in our College Open Day. These presentations are repeated across several venues and include information regarding our College vision and charism, our learning and teaching, and wellbeing programs. Enrolment information packs will be available, and we encourage potential families to come and see what we have to offer and speak to teachers and College Leadership with any queries.

Information Evenings will be held at:

St Mary of the Angels, Nathalia
on Monday 29th April

St Joseph's Primary School, Cobram
on Wednesday 1st May

St Joseph's Primary School, Numurkah
on Monday 6th May

Tocumwal Golf Club, Tocumwal
on Wednesday 8th May

OPEN DAY – St Mary of the Angels
on Wednesday 15th May



SPECIAL REPORT

Talking to kids about Christchurch



Sandy, Lauren & Carmel (Mrs Mithen)
SMOTA Wellbeing Team

The Christchurch massacre is one of the most extreme acts of terrorism the world has seen in recent times. For New Zealand, it was a loss of innocence. SchoolTV was actually filming in Auckland when news broke of the harrowing events unfolding in Christchurch.

Unfortunately, this will impact on many kids throughout Australia and New Zealand. Some parents and care givers may struggle to explain this tragedy to their young people, many of whom are already struggling with high levels of anxiety about the state of their world.

It is important to put this event into context for children of all ages. Although we cannot control what happens in our world, we can choose the way we respond. The distressing nature of this event will never be forgotten, but at the same time we should not allow it to permanently disturb or destroy our future generations.

In this Special Report, parents and care givers will be provided with practical strategies on how to talk their children in a reassuring manner. It will also highlight the necessity to be aware of the signs of trauma, should a child be adversely affected. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

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

Here is the link to your special report https://smotanathalia.catholic.schooltv.me/wellbeing_news/christchurch

Italian Round Up

Oral assessments are approaching! The Year 7 Italian students will be preparing for their oral assessment next week. This involves sharing four questions and greetings with the teacher. In preparation, all students have these sentences in their books and are encouraged to try them out at home.

The Year 8 students will also present their scripts towards the end of term and the next time that they are out and about, should be able to check out the opposite sex in 'top secret', through their knowledge of Italian. Remember to refer to the Grammar Help Booklet for tips on pronunciation so you can sound truly Italian. Look forward to hearing those terrific accents!

And finally, to our Irish brothers and sisters; auguri per il giorno di San Patrizio.

Humanities News

SMOTA SHARKS

Jess Trotman, Business & Economics

The Year 10s have been working in groups, to create a fictional food truck as part of the Business and Economics subject. Their task has been a Shark Tank style assessment where groups pitch their business plan and ideas to some guest Sharks (fictional possible investors). Presentations have been happening over a couple of days this week and the Year 10's have been visited by a number of sharks, including teaching staff, as well as VCE students. Students in Year 10 have demonstrated a fantastic ability to hone in on their creative skills, an ability to appeal to particular consumer markets and give an engaging business presentation.



In the picture are the three 'Sharks' who have sample products from the food truck 'Crepe Creations'- above left to right is Year 11 student Dempsey Nye, Miss Trotman and Ellie Clydesdale.

AUTOMOTIVE ATROCITY

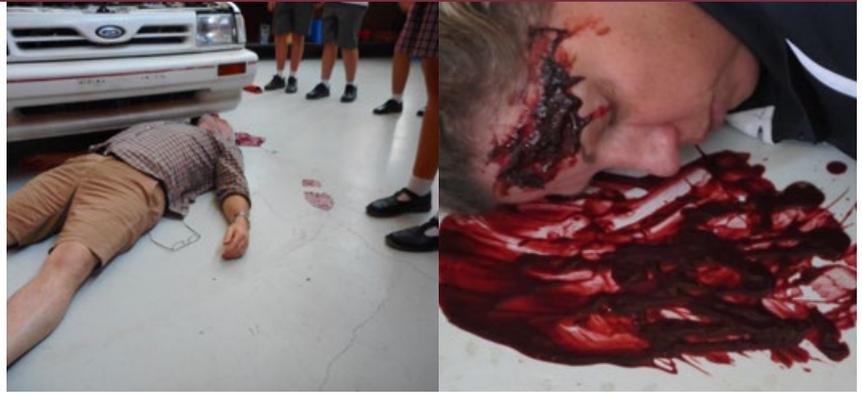
Rachael Matthews & Chloe Pullar, Year 9

On Tuesday 26th February, the Year 9 Forensic students arrived at the science labs to be immediately redirected to the automotive room. When we arrived, we discovered two bodies, Mr Berend and Mrs Bright, laying on the ground in pools of blood. The crime scene, which looked so real, became the focus of our attention.

We were told that there needs to be photographers, and people marking out where the bodies were. We had to do a drawing of the crime scene and document where all the evidence was found including the weapons, a hammer and pliers. Once we had documented everything, we bagged up all of the evidence. Chloe and I were in charge of getting the finger prints off the door with some charcoal powder and sticky tape.

It was a very fun lesson but now we have to work through the evidence in the Labs to find the perpetrators of these assaults.

The following staff members have been taken into custody pending further investigations: Mrs Anne Berend, Mr Stuart Mansfield, Ms Leanne Rawson, Mr Heath Plattfuss, Mr Warrick Smith and Mr Barry Norton.



Technology News

SMOTA ROSETTES

Upon Mr Carver's return from his Franciscan pilgrimage he set a special task for Mr Smith's 2018 metal work class. The brief was to design a SMOTA version of the rosettes prominently featured on the San Rufino building in Assisi.

Late last year Bradley Skidmore's design (top right) was placed on the St Clare Auditorium wall facing the courtyard.

The final two rosettes have now been placed around the school. Harry Macheda (right) and Zac Cunningham (far right) are pictured in front of their stunning designs.



The End Game



Harry Altoft, Year 10 Journalism

For the many students that started at St Mary's 6 years ago, Year 12 is the end game. Whether they choose VCAL, VCE or VET these paths all lead to the end of schooling. To the start of something new and to the beginning of adulthood. One of the paths that Year 12's choose to follow is the VCE (Victorian Certificate of Education) pathway. From 2019's Year 12 cohort came the voices of three boys going through their VCE. These boys were happy enough to express what they think of Year 12 so far.

I sat down to chat with these boys one lunchtime, we had the shared misfortune of Miss Sparrow's wrath, after not completing our work. These boys were Flynn Beitzel, Yannick Van der Stok and Jordan Bovalina; one of our cheerful sports captains and one of our illustrious leaders Vince Barca.

Many of these boys admitted to being regulars at Miss Sparrow's lunchtime catchups; admitting that busy schedules, social commitments and poor time use sometimes got in the way of Miss Sparrow's set English Homework.

I asked these boys firstly about their futures. Two of these boys plan to go to University after school while one of them plans to travel around. When asked for their proudest achievement at school they all had mischievous grins floating across their faces. Even Miss Sparrow raised an eyebrow, curious as to what they would list.

Vince suggested being a school captain, was a highlight. All agreed on the year 9 Aboriginal immersion experience, as being an important milestone. While Jordan suggested the ability to represent the school in sports was important. Flynn B being the comedian he is, suggested his proudest moment was an A in Year 7 English. Miss Sparrow hopes he will strive to achieve one of this at some point in Year 12 as well.

Asked what they would like to change in Year 12, the boys paused. Not a regular question. Academically they were fairly clear in stating that they wanted to be able to just have four subjects in Year 12 instead of five; if they had Fast-tracked. The second change, the Year 12 jumpers, but this seems to be a point of contention, to which I have chosen to remain neutral, much like Switzerland.

Along with Year 12 having downsides such as a lot of work to complete, the favourites among subjects amongst these boys were pretty controversial. Health and Human Development, Business Management, P.E, and Maths. Yet none of them said English even with Miss Sparrow in the room. Other favourites of the school experience were the Milo in the Year 12 centre and having Free/ Study periods to complete work in. Although the work doesn't seem to be the centre of their attention and they all admitted that at times they have been forced to admit to Miss Brooks that yes, indeed, they were not using their free periods wisely.

It seems that in Year 12 what these boys will take away isn't so much their work but the friendships that have been made over the six years of their schooling.

Humanities News

ENTER THE AUSTRALIAN GEOGRAPHY COMPETITION NOW!

Jo Dryden, Humanities Team Leader

Yes it is on again! All students are invited to sign up to participate in the Australian Geography Competition for 2019. The Competition consists of multiple-choice questions testing geographical knowledge and skills completed over 35-minutes during Period 1 on Wednesday 3rd April. All students receive a certificate, a great addition to your resume!

If you are interested in participating (Come on, you have nothing to lose!) please visit Student Reception and complete the sign up sheet. For further information see Miss Dryden or you can visit the competition website at: www.geographycompetition.org.au.

Pi Day

Ruth Bakogianis,
Mathematics Team Leader

On Thursday 14th March, the SMOTA Mathematics department again celebrated Pi Day. This special day is celebrated on March 14th (3/14) around the world. Pi (Greek letter “ π ”) is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — which is approximately 3.14159.

Maths staff wearing Pi T-shirts could be seen around the school. Brereton’s delicious apple pies were available for those who found a π symbol hidden in their homeroom. The Year 8 Maths classes participated in an activity where they had to measure the circumference and diameter of objects around the school and in the classroom. They then had to see who came up with the best approximation for Pi.

In the “write the digits of Pi competition”, Hayley Coonan was declared the winner by Mr Bakogianis. Hayley wrote down 27 digits after the decimal point from memory. At lunchtime Mr Congues had a computer program running which was able to pinpoint where a string of numbers first occurred in the Pi sequence. Thirty students and teachers gave Mr Congues the date of their birthday using 8 digits. Mr Nihill was the winner, his birthday occurring at place 14 729 653.





OUTDOOR ED OUT AND ABOUT

Renee McCance, Outdoor Education Teacher

It's been a busy term in Outdoor Ed across the board, with all students across all Year levels getting out and about in the local environments and communities.

Both Year 9 and VCE Outdoor Ed groups have been sinking their teeth into gaining a better understanding of important local ecosystems. The Year 9 group have visited Kinnairds wetlands and investigated the biodiversity, ecosystem connections and food webs; while the VCE group visited Thompson's Beach where they examined, from a practical / immersive perspective, the ways people come to experience, respond to and value our local river environments.

Students have also spent some time reflecting in the outdoors, to determine where they fit in terms of perspective on nature and the outdoors - which will help them to critically examine our human influences into next term.

We have spent some time improving understanding of some of the safety skills needed for our camps and excursions later in the Semester, including first aid; use of tranguias; and water safety. Luckily the weather was kind for all classes to enjoy a beautiful sunny day in the pool for our deep water rescue activities.

Well done to all students for their great participation in all activities!



WANTED! OLD AEROSOL CANS OR HAIRSPRAY CANS

St Mary of the Angels' production preparations are well underway. Can you help us with props? Do you have any old unwanted aerosol cans that you would be happy to donate to be magically transformed into 'Ultra Clutch' hairspray cans?

If the answer is yes please send them to the College Office.

Picola United Football Netball club

Junior Netball

17&U, 15&U, 13&U and 11&U(mini's)

Train each Thursday night from 5.00pm at Picola netball courts

NetSetGo Program

Will commence on Thursday 2nd of May at 5.00pm

An introductory program for participants aged 5-9 years old.

Anyone interested in playing for PUFNC this season is encouraged to contact Kim McPherson for more details.



EXHIBITION MATCHES

Come down and:

- watch matches
- play against players
- play against our robot

23rd March
Riverside
Plaza
10am-3pm

30th March
Shepparton
Marketplace
10am-3pm

'Sprinters to Snails'



An Active April Initiative provided by Nathalia District Hospital

Being active doesn't need to be complicated! Something as simple as **walking** can have many health benefits including lowering your risk of high blood pressure, heart disease, and diabetes, strengthening your bones and muscles, and improving your balance, coordination and mood. Walking is low impact and a very low injury risk making it **suitable for people of all ages and fitness levels**. Furthermore, walking can be done just about anywhere without requiring any special equipment, clothing or training and it is free!

Walking with a friend or in a group can make physical activity more fun, interesting and likely to continue. So why don't you gather with others who want to get healthier, stronger and fitter by walking in Nathalia at 10.30am on **Wednesday April 10th at Broken Creek across from the Bridge Hotel**. You can choose to enjoy a 1km, 3km, or 5km walk and the chance to network with others to see if you can find a walking partner/group that suits your needs. Afterwards, you are welcome to stay for morning tea (provided) and a chat with other participants, community health staff, and exercise providers. If the weather is inclement, the event will be held at the Nathalia District Hospital Gym. For further information contact the hospital on 5866 9444.



NATHALIA LAWN TENNIS CLUB

IGA NATHALIA

2019

Easter Tennis Tournament

FRIDAY 19 APRIL TO MONDAY 22 APRIL

CASUAL STEP & NATHALIA POST OFFICE/NEWSAGENT FRIDAY	
Friday 19 April	Open Singles and Doubles (knockout). Start:10am Round Robin Junior Singles. Start:10am
BRERETON'S BAKERY DOUBLES DAY	
Saturday 20 April	Round Robin Men's and Women's Doubles Open Singles Final:4pm Evening: Cider garden, happy hour and wood-fired pizza
LIMO'S HOME HARDWARE MIXED DOUBLES DAY	
Sunday 21 April	Round Robin Senior and Junior Mixed Doubles Open Men's and Women's Doubles Final:4pm Evening: Family Fun Night - Roast dinner and home-baked dessert. Kid's movies on the big screen.
DINGLEY MONDAY	
Monday 22 April	Senior Singles Junior Doubles

16 LAWN COURTS & SYNTHETIC GRASS COURTS

NLTC supports and promotes local business

Each new entrant in 2019 will go in the draw to WIN a \$100 JB Hi-Fi voucher!

Bring 20 new entries to our tournament and receive 12 months free use of NLTC courts

To enter:

Visit our website: tennis.com.au/nathaliatc/tournaments and use our online entry form or email the attached form to Sue Lowe: tennisnathalia@gmail.com. Entries close as events fill. Keep up to date via the website. Preference will be given to entries including payment.

To find out more:

Tournament Manager: Helen Ginnivan: 0409 691 320
Accommodation Enquiries: Barmah Forest Heritage & Education Centre, (03) 5866 2289
Camping: John Nihilil: johnnihilil65@gmail.com 0429 685 533
Wayne Geisler: wayne.geisler@live.com

'LIKE US' ON FACEBOOK: NATHALIA LAWN TENNIS CLUB

Rotary Club of Numurkah

5th April 2019 at 7:00am

The Rotary Club of Numurkah is thrilled to present, at their 5th Business Breakfast:



Dr. Susan Alberti AC

- 2018 Victorian of the Year & 2017 Melbournian of the Year.
- She established the Susan Alberti Medical Research Foundation with the aim of curing type 1 diabetes. In 30 years, Susan has been responsible for raising in excess of \$200 million towards medical research.
- Former Vice President Western Bulldogs Football Club.
- National Ambassador for the Women's AFL Women's league.
- Featured on ABC Australian Story 'A League of Their Own'.

When: Friday 5th April 2019, 7.00am – 8.30am
Where: Numurkah Town Hall, Knox St, Numurkah
Cost: \$35 with Continental Breakfast

Tickets **MUST** be pre purchased from Numurkah Community Learning Centre, 99 Melville Street, Numurkah 5862 2249 (Cash or Cheque. Bank details upon request for direct debit)

Learn more about Susan on this link
<https://susanalbertifoundation.org.au/about-sue/>