

The Angel

Thursday 7th March 2019, Volume 5



Prayer:

In our Australian bush, a fire is a sign of new life. Many animals and plants of the bush are destroyed by fire. The trees have learnt to adapt to these changes and quickly re-grow and thrive on the nutrients from the ashes. New seedlings grow in the bed of the ashes. Ashes are a symbol of a new beginning.

As we enter into this time of Lent we pray that the ashes placed on our foreheads as a symbol of purification remind us, that just like the Australian bush, we can expect renewed growth in our lives.

AMEN



PROJECT COMPASSION



Social Justice group members (pictured L-R) Harry Altoft, Sonia Grabham and Josh Woods raise funds for Caritas on Shrove Tuesday.

Principal's News

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

To begin our Lenten journey the following piece from Archbishop Romero reflects our unique roles as parents, family and educators working in Catholic Education.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We will provide yeast that produces effects far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way,

An opportunity for the Lord's grace to enter and do the rest.

We may never see the end result, but that is the difference between the master builder and the worker.

We are the workers, not master builders, ministers not messiahs.

We are the prophets of a future that is not our own.

Archbishop Romero

SAVE THE DATE: Wednesday 20th March is the Annual General Meeting of the College Board. If you have an interest in strategic, visionary work and would like a deeper understanding of the College please consider joining this dynamic group of people. A nomination form is available in this edition of 'The Angel'. Please contact Mr. David Booth on 0490 903 263 or myself at the College if you have any interest or questions about joining our College Board.

With Peace and Goodwill,

Matt Carver

'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

Chapel Street, Nathalia, Victoria, 3638

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Upcoming Events

TERM 1

- 11 March** LABOUR DAY - PUBLIC HOLIDAY
- 12 March** Year 7 Camp (12-15)
- 14 March** Pi Day
- 20 March** VCE Geography Camp (20-21)
College Board AGM
- 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

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.

Deputy Principal's News

GIVE 100% HOPE

Chris Dainton

Deputy Principal - Catholic Identity

Ash Wednesday marks the beginning of Lent this week and as a College community, staff and students participated in a Liturgy that included the marking of our foreheads with the ashes burnt from Palm Sunday last year. I attended the Year 10 Liturgy and students were quiet, prayerful and reflective, which is a credit to our students and their commitment to their personal faith.

The marking of the cross reminds us of our imperfections and invites us to reflect and grow as disciples of Jesus Christ. We are also called to support each other in our global community and have the opportunity to do so through Caritas' Project Compassion. This year we are called to give Lent 100%, and we can do this by looking deep within ourselves as well as keeping our hearts open to others.

Last year Pope Francis communicated his intentions for Lent saying, "Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch (Passover). Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation."

Source: MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2019, https://w2.vatican.va/content/francesco/en/messages/len/documents/papa-francesco_20181004_messaggio-quaresima2019.html

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.

Project Compassion Story: Week 1



Life in her village in north-western Zimbabwe, wasn't easy for 12 year old Thandolwayo. Every morning she'd walk seven kilometres and risk being attacked by crocodiles as she collected clean water for her grandparents and family. Exhausted from hours fetching and carrying water, she'd then start her day at school.

Thandolwayo's hope to be a nurse seemed almost impossible to realise, until Caritas Hwange helped the village install a solar-powered water system. It's bringing new opportunities, new hope – and a chance for Thandolwayo to concentrate on her education and her future.

Thandolwayo lives with her grandparents and other members of her family in a village of 500 people in the Hwange district of north-western Zimbabwe. Her father left several years ago and her mother lives in a town 90 kilometres away where she works as a casual labourer. Her older sister also moved away to attend secondary school. Thandolwayo attends the local school which has just 35 students and two teachers.

Thandolwayo's grandparents make a living by selling pearl millet bran to fishermen and farmers for animal feed. They also sell chickens - but the income it brings isn't enough to support the family.

Around 72 percent of Zimbabwe's population is living below the poverty line. Thandolwayo's community is also plagued by ongoing droughts, food and water scarcity and poor sanitation.

Every morning before school, Thandolwayo used to walk 3.5

kilometres with the other women and girls to the Gwayi River and back again. Carrying a 5 litre container, she would traverse a rocky, mountainous path to collect water for her family and her teacher. "Then when we got to the river, we were afraid of being attacked by crocodiles," Thandolwayo says. "I went to school tired after collecting water and my performance at school was low."

In 2017, Caritas Australia partnered with Caritas Hwange to help the community to install two solar-powered pumps to draw the water up from the river, as well as two 10,000 litre storage tanks.

Community participation in the project was overwhelming. Both men and women helped by digging and carrying stones, and water tanks. Thandolwayo's grandmother also joined other villagers in participating in Caritas assisted training in health and hygiene skills. Thanks to Caritas' support, water is now on tap in the village - benefiting the whole community.

"Life has really changed as a result of the tap because now I can bathe every day," says Thandolwayo. "We can wash our plates and clothes regularly. I now go to school feeling fresh. The distance to collect water for the family has been drastically reduced. We now drink clean, safe water and diseases are no longer affecting us". Village health workers say that water-borne diseases have halved, and people in the village are living longer.

There is also a new feeling of hope and positive change in the village. The plentiful water supply has triggered

a series of new ventures. Water is being used to mould bricks for building houses and to pound maize to sell. Plans are underway to establish a community garden and a fish pond, to generate an income to assist with school fees.

"I'm so proud that tap water has been brought to this community during my life time," says Thandolwayo's grandmother, Regina. "We now have enough time & energy to do other work to make life better. Thandolwayo can eat three meals a day and she can concentrate much better at school. We hope she will excel and get a good job and take care of her family."

"Thandolwayo is one of our most hardworking and intelligent students. She has a bright future," her teacher, Marvellous, says. "We hope the children's studies will improve and that they'll achieve their goals. And we hope that more qualified teachers will be willing to teach at the school."

There are also hopes that the new, reliable water source will draw more families back to the village. School attendance has already increased and there are plans for a secondary school.

"The dignity of the community has been restored," says Super Dube, Caritas Hwange's Diocesan Coordinator. "People no longer have to worry about collecting a basic thing like water which is a human right. The project has certainly brought hope to the village," he says.

"Hope is important because it makes me work harder so that I achieve what I want to be when I grow up. I want to live a good life in the future," Thandolwayo says. "Thank you very much for saving our lives because water is life," her grandmother says.

Please donate to Project Compassion 2019 to provide clean water and a future full of HOPE for vulnerable communities in Zimbabwe.

Lives change when we all give 100%.



**ST MARY OF THE ANGELS'
COLLEGE BOARD
ANNUAL GENERAL MEETING**

will take place on

Wednesday 20th March 2019

- 6.00pm Dinner (contact College for catering purposes)
- 6.45pm Presentation "Year 8 English Team"
- 7.15pm Minutes of previous AGM
Correspondence in Presentation of Reports
- Principal
 - Board Chair
 - Finance
- 7.30pm The Role of College Board Chair
- Vacating of the Chair
 - Commissioning of new Board Chair
 - Presentation to retiring Board Chair
- 7.45pm The Role of the College Board
- Call for accept nominations to serve on the College Board
 - Commissioning of new College Board members
 - Presentation to retiring Board Members



St Mary of the Angels Secondary College Board NOMINATION FORM - 2019 AGM

(Nominations close 4.00pm on Friday 15th March 2019
at the College Office, to the returning officer, Andrea Dobson)

I wish to nominate
.....(name of nominee).
as parent representative for.....
(eg Numurkah Representative, Cobram Representative, Nathalia Representative, Other).

Nominator Signature:

Parish Priest (Seconder) Signature:

Iaccept the above nomination for the St. Mary of the Angels
Secondary College Board.

Nominee Signature:

Date: / /2019

Deputy Principal's News



Tim Campbell

Deputy Principal, Student Wellbeing & Development

SHROVE TUESDAY

On Tuesday our SRC and Social Justice Leaders sold pancakes to help raise money for Project Compassion as the Lenten period begins here at St Mary of the Angels. Our wonderful VCAL team (led by Carmel Mithen) donated their time and effort to cook over 200 pancakes which were drizzled with lots of lovely goodness. The event was supported well by our students with many \$318.00 being raised on the day. Well done and thanks to our students and a big thank you to Carmel, the VCAL students and our SRC/Social Justice reps for their efforts.

SCHOOL TV

A reminder that SchoolTV is accessible through Simon, PAM and our College website (see later in the newsletter for more information).

SchoolTV is a world first, wellbeing platform featuring Dr Michael Carr-Gregg. It addresses the modern day realities faced by schools and parents who increasingly need clear, relevant and fact-based information around raising safe, happy and resilient young people.

Whilst there is a great deal of information available, this can often be confusing and overwhelming for parents looking for guidance. SchoolTV addresses this issue. It is an online resource designed to empower parents with credible, sound information with realistic and practical strategies.

SchoolTV is a school branded resource that is available through subscribed schools thus allowing parents to access information on individual topics.

Please take the time to look at the resources available. If you require more information, please contact a member of our wellbeing team.

Note: The information provided on SchoolTV is all external. If you have any concerns about the material presented, please contact a member of our wellbeing team.

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THE RESILIENCE PROJECT

We are very excited to have obtained the services of the well sought after group, The Resilience Project for 2019 as part of their Partnership Program.

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

They have delivered programs to over 500 schools around the country and worked with many elite sporting teams including the Australian cricket, netball and soccer teams, NRL and AFL clubs.

Through presentations, wellbeing journals, school curriculum, teacher diaries and our app, they seek to help all Australians become mentally healthy.

Stay tuned for more information about our involvement and our parent evening or click on the link below for more information: <https://theresilienceproject.com.au/>

SMOTA Footy Tipping

IT'S FOOTY TIPPING TIME AGAIN!

If you are a set and forget kind of person this is the footy tipping for you, as you are not required to remember to put your tips in each week.

Just fill out the attached 'SMOTA Footy Tipping' sheet on pages 14-15 and return the completed sheet to the College office by Wednesday 20th March.

Entry is \$25 with prizes for 1st, 2nd, 3rd if you find yourself at the bottom of the ladder at the end of the season you will receive your money back.

The prize money will be dependent of the number of people who join the SMOTA Footy Tipping Competition.

Attention Year 11 & 12s



ATTENTION YEAR 10 & 11 STUDENTS

DO YOU WANT TO TRAVEL OVERSEAS?

This year St Mary of the Angels Secondary College is excited to announce that Year 10 and 11 students will have the opportunity to travel to Fiji to learn more about the country and its people.

The Fiji Experience will take place in the September school holidays and will involve a range of activities that have a variety of educational focuses. Step outside your comfort zone by participating in zip lining, relax in thermal pools, visit traditional villages to learn about Fijian culture, explore historical sites that reveal the remarkable maritime skills of these people and immerse yourself in social justice activities designed to form meaningful partnerships with local communities.

A representative from Educational World Travel & the Global Learning Foundation will be visiting the College next Thursday and will present to all Year 10 and 11 students during community time. If you can't wait and want some background information or just have a few questions about this opportunity come and see Miss Dryden.

If there is enough interest then there will be a follow up student/parent meeting on the 21st March 2019, 7.00pm at the College in the St Clare Auditorium.

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open." – **Jawaharal Nehru**



Deputy Principal's News

Bev Thorp

Assistant to the Principal - Learning and Teaching

LEARNING ADVISOR INTERVIEWS:

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 from Nathalia Secondary College may be made by contacting the Nathalia Secondary Office.

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 4.00 pm – 8.00 pm
	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 are the main conduit for communication between school and home, and will also be working with your child to help strengthen key organisational and study skills, and encourage resilience and perseverance in dealing with the inevitable academic and social challenges that occur. 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 also able to assist with advice on providing an environment at home conducive to study, how to make a study schedule, 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.

YEAR 7 CAMP

Good luck to all of our Year 7 staff and students as they head to Harrierville next week for their 'getting to know you' camp. This is a marvellous opportunity to build relationships between staff and students, and provide opportunities for students to get to know others from the year level. Students will be engaged in a range of activities from kayaking and bike riding, archery and rope courses. We look forward to hearing their reports and enjoying an exciting range of photos and wish them all well!

SMOTA Stars



Kasey Brinsdon already has a plan for 2020 once she has completed her VCE studies at St Mary of the Angels. Kasey has been accepted into the Global Dance Pro program at Ikin Dance Studios on the Gold Coast, where she will spend the year perfecting her technique alongside other passionate dancers.

To qualify for the course, Kasey completed an email and phone interview before sending in a one-minute video dancing a solo of whatever style she chose. She was also tested on her technique, with teachers looking at things like her turns, splits, cartwheels and push ups.

During the Global Dance Pro program Kasey will complete certificate three and four in dance and fitness.

Kasey has been dancing for more than fourteen years and she has pursued a range of styles including hip hop, ballet, jazz and tap. For the past seven years she has been dancing at U Can Dance in Shepparton where she currently spends more than seven hours a week attending classes while squeezing in her VCE homework.

After all of her hard work her dream to become a back-up dancer to the likes of Britney Spears is certainly within her reach.

Congratulations Kasey and all the best!



Alison Dietrich,
Positive Behaviours' Leader

College SPARK focus for 2019

This year, our college has made the decision to give particular attention towards supporting our students to be **PURPOSEFUL** and **RESILIENT** learners. We want our students to be able to do their best at school and we want them to have strategies up their sleeve for what to do when they come across challenges. At SMOTA, we believe that focusing on these two values will help to improve grades, stress levels and improve general wellbeing.

PURPOSEFUL

Be relentless in striving to achieve my goals.



Semester One will see a large focus on **PURPOSEFUL** learning. Already, we have used Induction Days and Community Time sessions to teach students ways that they can achieve this. We have looked at executive skills (i.e. how to use a student diary/organisation) and we have worked within Learning Advisor groups to set achievable learning goals for all students. Our students will continue to be supported with a range of explicit lessons on how they can be **PURPOSEFUL** learners at school and at home throughout this semester in particular.

RESILIENT

Think positively and keep trying when times are tough.



Semester Two will see a focus placed on our **RESILIENT** value. We are excited to welcome the expertise of The Resilience Project midway through this year to facilitate our school community in becoming further aware of strategies that will help us all to better support our young people. The schools program offered by The Resilience Project has already been well received by many school and elite sporting teams nationwide. Our school community including teachers, students and parents will be provided with practical, evidence-based, positive mental health strategies to build resilience and happiness.



College Community Quilting Project

Sue McCallum and Julie Riley invite community members to join them in creating a quilt for St Mary of the Angels. Whilst the project is ambitious, individual contributions are only as ambitious as you choose. Each contributor is asked to create a 6.5x6.5 inch patchwork square using the colours of one of the houses (please see the samples by Julie Riley pictured above). Contributions can include appliqué and cut and stitch of any design, however they must only use the colours of one house. We are aiming to have the squares completed by Friday 17th May so that final construction of the quilt can take place. We need 104 6.5 inch squares - so don't be shy as we **KNOW** the talent is there.

Please let Mrs McCallum know by 8th March if you wish to be involved. For students who wish to be involved, we will be opening the sewing room 3 lunch times a week so that you can complete this at school if you wish.

If you wish to help in any other way - construction, long arm quilting etc, please contact Sue McCallum at the College on 58662222.

We really hope that as many people in our community as possible become involved so that we can create a gift that will benefit our school and community, whilst acknowledging our charism.



WHERE'S SANDY?

Parents and Guardians, we ask that you please check that your child can locate their school jumper. We have an abundance of 'unnamed' jumpers in lost property.

If they are unable to find their jumper please send them to the College Office to claim a jumper.

TABLE TALK

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

Following on from last week's insight into your children/ students mobile phone use of and the necessity for modelling good practice, we hope you have found some time to check out the supporting information on "SCHOOL TV".

We would also encourage further invaluable research into the importance of sleep! In addition to the following article there are at least a dozen short video clips to support the value of good sleep practice.

TEENS NEED MORE SLEEP THAN YOU THINK!



The life of today's teenager is busy and in constant flux. They have increasing responsibilities at school and at home, their social lives are expanding, their independence is growing, and they're making plans for their future.

Adolescence is a time of significant maturation—physical, emotional, intellectual. Sleep fuels these important processes.

Good, plentiful sleep is essential to teens' development, growth, and quality of life.

Yet all too often, teens don't get enough sleep. Their hectic routines, their inexperience managing their time and making healthy choices, and the often sleep-unfriendly schedule of the world around them put teens at high risk for sleep deprivation.

According to research, very few teens—as little as 15 percent—are getting the sleep than they need. Short on sleep, teens face challenges to their health, their safety, their performance, and their ability to learn.

HOW MUCH SLEEP DO TEENAGERS NEED?

Teens need between 8-10 hours of nightly sleep to meet their needs and to perform at their best during waking days. Because their bodies are biologically programmed to stay up late, it can be difficult for teens to get this much rest on a routine basis. The National Sleep Foundation estimates that only about 85 percent of teenagers are sleeping less than 8 ½ hours a night.

It is common for children to develop inconsistent sleep schedules during adolescence. Up late at night and up early during the school week, many teens sleep late on weekends, as a way to recover from the sleep debt they've accrued. But sleeping late on weekends only reinforces and enhances the delay in their bio clock, and makes it more difficult for them to fall asleep at a reasonable hour during the week. This erratic sleep schedule puts teens in a vicious cycle, in which they spend the week coping with a growing sleep debt, struggling to stay alert during the day, growing more and more tired as the week goes along. By the weekend they're exhausted and ready to sleep in and the cycle begins all over again.

WHAT PARENTS CAN DO:

Work with your teen to help them stay on a consistent schedule throughout the week and weekend. Set a bedtime and wake time that allows them to get the nightly sleep they need. (Every teen will be different, so pay attention to signs of sleep deprivation and adjust their targeted sleep amount accordingly.) On the weekends, it's okay to let teens sleep in a little bit. An extra 30 minutes or an hour won't throw off their bio clocks, and won't leave them wide awake at midnight on Sunday evening. But keep the weekend sleep-ins to no more than 60 minutes of additional rest.

Until next week...

VET & VCAL News



The VET Hospitality and VCAL students recently prepared a great spread for the Ladies attending the World Day of Prayer, held at the Uniting Church. Amongst the goodies prepared was a Lemonade Tart made by Blayre Whiteman, this was voted the favourite dish of the day by the ladies in attendance. Homemade sausage rolls, quiches, banana and chocolate cake, clinker and vanilla slice and sandwiches were also very popular.

THE TRUTH ABOUT ST MARYS

Olivia Plum, Year 10 Journalism

On the 18th February 2019, the truth about SMOTA was revealed. To begin our exposay into the truth about St Marys, the Year 7's were asked a series of questions. We began with AJ Brooks and Neive O'Dwyer



"So AJ how are you finding Year 7?"

The straight to the point answer of "Alright" definitely gives us a clear insight into AJ's deep thoughts and emotions regarding his Year 7 experience.

"Neive what are you looking forward to this year?"

Appreciative of the detail, Neive answered,

"I am looking forward to sports and the opportunity to go places".

Zara Limbrick and Jake Madgwick from Year 8, also shared what is all about at St Mary of the Angels.

"Zara, do you have any advice for the Year 7's?"

After a bit of thought Zara answered; "Always do your homework, otherwise you fall behind".



"Jake, what are your favourite subjects?"

"My favourite subjects are Drawing and art", this just goes to show the diversity of our students and all of the different interests they pursue



Moving up to Year 9, Brooke Fitzpatrick and Aiden Cox's St Mary's experience was certainly insightful.

"Brooke what are you finding easy and what are you finding challenging?"

"I'm finding going home from school very easy but going to school is the challenge", this is the case with a lot of students coming out of the luxury of school holidays.



"What are you hoping to get out of this year Aiden?"

"A lot more than last year", this leaves a lot to the imagination, thank you for the cliffhanger Aiden.



Proceeding in the exploration of the truth within St Marys, two of our more senior students, Year 10 students Charlette Nielsen and Sam Boyd shared some wisdom for both inside and outside the classroom.

"What are you looking forward to this year Charlette?"

"I am looking forward to work experience because it will challenge me, I've got to challenge myself". Beginning the senior years of school can be scary for some and does not come without its challenges, this is just one example of a challenge some of the St Marys students are facing.



"Sam, do you have any advice for people in Year 9?"

"Take your opportunities", this advice should be taken on board in regards to the Year 9 immersion experience and other events throughout the school year.



Continuing in to the senior school, Daisy Lester and Nazzareno Corso revealed what it's really like to be in Year 11.

"Is there anything you're nervous about this year Daisy?"

"Yeah, exams!", Exam time can be very stressful for the senior students, it is a time of revisiting everything they have learnt so far and putting in maximum effort to achieve their goals.



"Nazz, what are your favourite subjects?"

"My favourite subjects are P.E, English and home-time". Every student relates to that last one Nazz.



To conclude our investigation, Year 12's, Kasey Brinsdon and James Miller educated us on what Year 12 really has in-store for the future students.

"Kasey, do you have any advice for people in Year 11?"

"Um yeah, drop out!... nah, do the subjects that you enjoy". Remember that your ATAR does not define you, do what you enjoy!



"What are you hoping to get out of this year James?"

"Um, a lot of enjoyment, a good ATAR and just a good time". It's important to correctly prepare for the exams but to have fun whilst doing so!



Take from this what you will, St Marys has been exposed.



SMOTA well represented at the Local LIONS YOUTH OF THE YEAR

Pictured above: Rosie Arnel, Clancy Lester,
Kaleb Rees and Kelsey Hislop.

NUMURKAH LIONS YOUTH OF THE YEAR

Jane Hando, English

The state of the farming sector, questions about the management of the MDBA, and an over-reliance on mobile phones, were topics that St Mary of the Angels students chose to focus on when they delivered their speeches at the Numurkah Lions Youth of the Year Competition on Monday 25th February. Given the opportunity to speak for five minutes on subjects they felt passionately about, Year 12 students Kaleb Rees, Clancy Lester, and Rosie Arnel certainly had a thing or two to say.

Concerned about the lack of transparency surrounding the MDBA's management of the Murray/Darling Basin, Clancy raised some pertinent points about the transfer of water to big irrigation outfits, and the corresponding impact that this practise has had on the draining of the Menindi Lakes system. Kaleb meanwhile, spoke about the hardships faced by farmers throughout Australia, with

the elemental forces of nature, along with a number of economic concerns, often conspiring against the survival of many farms. Rosie's position on our reliance on mobile phones was made clear from the outset of her speech when she demanded the audience to 'put your phones away.'

Consisting of an interview, a five minute prepared speech and two two-minute impromptu speeches, the competition assessed students across a range of areas. Their community involvement, leadership skills, and knowledge of current affairs were areas that were canvassed through a formal interview process. The public speaking component of the night asked students to ponder the questions 'What are your views on the imbalance of senior roles for women in society?' and 'Does pill testing have a role at music festivals?' Whilst the first question stumped most students, they all had definite opinions on pill testing at music festivals and were all able to recognise both sides of the argument.

Whilst our students did not make it through to the next round of the

competition, the opportunity to speak about topics that they are genuinely interested in, and to have the undivided attention of a supportive and receptive audience, has immeasurable benefits. It is not often that we are invited to share our opinions in a public forum to a large group of people, and I congratulate students on the excellent material they presented, and the manner of their delivery.

COBRAM LIONS YOUTH OF THE YEAR

Kelsey Hislop, Year 12

On Tuesday the 26th of March, five enthused and slightly nervous students from Cobram and Nathalia secondary schools gathered at the Barooga golf club for Cobram Lions Club annual Lions Youth of the Year competition.

The evening started with each competitor engaged in an interview with the panel of judges for the night, where we were asked questions about our involvement within sport, community culture, school life and

extra-curricular activities. Then we were asked a few opinion-based questions on cyberbullying, illicit drug use in sport and the current drought. As the last cab off the rank, the pressure was on to leave a lasting impression.

Once our Interviews were finished, my four fellow competitors and I were escorted out of the room for the impromptu response questions. Each of us were given two questions and two minutes for each response, and to keep the playing field at an even level, we weren't able to hear the other competitor's responses. We were each asked about our views on what the future holds for country towns and whether or not we would be willing to work without pay. I decided to speak on the detriment that drought has caused rural country towns and the initiatives being taken to achieve greater activity within small rural areas. After all five competitors finished their impromptu responses the judges took some time to deliberate as dinner was served.

After dinner, each competitor was given the opportunity to deliver their 5 minute prepared speeches. I chose to speak on the decline in agricultural production surrounding the Murray Darling Basin with the current lack of allocated water. Each speaker had wonderful and creative topics that were well delivered and incredibly informative, which became evident during the judge's deliberations. They claimed that the scores were extremely close, however I was lucky enough to have been the recipient of both best public speaker of the night, as well as the overall winner.

I would like to thank the organisers for giving me the platform to deliver a speech on a topic that is so dear to my heart, and I look forward to the zone final this Thursday.



St Francis girls relay team members Jennifer Smith, Monica Gilroy and Jamiesen Moore.

SWIMMING FOR SMOTA

Jennifer Smith, Year 10 Journalism

Swimming for the competition season is hard. Not that I do it, or anything. But in the weeks leading up to SMOTA's swimming carnival, there was a certain sense of panic that the failure of my swim was going to tragically let St Francis down. So thus began the torture of tight rubber caps and goggles that pesky younger brothers have meddled with (Bill Smith, Year 9, I'm looking at you here buddy) so that they don't fit over your head.

The start of the swimming season means competitive fights between the lap-swimmers; swim clubs and people just trying to do a quick 50 m sprint before their imminent swim carnivals at their respective schools. Needless to say, my skinny body didn't have much chance against the angry seniors, who just wanted to drift around with their lilac noodles.

So I practised next to lap lanes (swimming alongside Mrs Walters who swam along tranquilly, acting like she didn't just aggressively speed to claim a lap lane before I could) casually even though I was positively trembling in my fluro bathers, swimming against my nine or ten year-old brother, to be honest, I'm not really sure how old he is; but he's a little fish and my main competition. As fast as Arthur is, I still had to give him fifteen "Mississippi" seconds (One Mississippi, two Mississippi, three and so on)my father comically screaming from the shallow end the seconds before I could dive in and begin my furious swim, the winner would normally get bragging rights in our extremely competitive household. A household which my dad would continually describe as not that competitive but all us kids know that I Jen am the superior child in the house.

I extend my apologies to all the staff who organise the newsletter because Bill will no doubt beat down the library doors and demand that the article is removed, an a new one stating that he clearly is the superior child, but we all know that there isn't a grain of truth in that. Anyway, soon the swimming sports rolled around, and my pretentious self rocked up to Nathalia Outdoor Pool clutching hordes of protein, smugly announcing to anyone who would listen that "I needed the protein to retain my speed." But alas, I got beaten by a mere five points by the gun of year, Sophi Bury, who I am positive has gills, much more plausible than the fact she trained harder than me, but I continued to the Division where I will now continue to Regionals, and don't you even doubt that I will be ripping down the pool against my brother in the lead up to Swan Hill on the 21st March. Stay tuned!



SMOTA FOOTY TIPPING

2019 AFL SEASON

ROUND 1

THURSDAY, MARCH 21

Carlton vs. Richmond (MCG) (N)

FRIDAY, MARCH 22

Collingw. vs. Geelong Cats (MCG) (N)

SATURDAY, MARCH 23

Melbourne vs. Port Adel. (MCG)

Adel. Crows vs. Hawthorn (AO) (T)

W. Bulldogs vs. Syd. Swans (MRVL) (N)

Bris. Lions vs. WC Eagles (G) (N)

SUNDAY, MARCH 24

St Kilda vs. GC. SUNS(MRVL)

GWS GIANTS vs. Essendon (SSGS)

Fremantle vs. North Melb. (OS) (N)

ROUND 2

THURSDAY, MARCH 28

Richmond vs. Collingw. (MCG) (N)

FRIDAY, MARCH 29

Syd. Swans vs. Adel. Crows (SCG) (N)

SATURDAY, MARCH 30

Essendon vs. St Kilda (MRVL) (T)

Port Adel. vs. Carlton (AO) (T)

Geelong Cats vs. Melb. (GMHBA) (N)

WC Eagles vs. GWS GIANTS (OS) (N)

SUNDAY, MARCH 31

North Melb. vs. Bris. Lions (MRVL)

Hawthorn vs. W. Bulldogs (MCG)

GC. SUNS vs. Fremantle (MS) (T)

ROUND 5

THURSDAY, APRIL 18

Bris. Lions vs. Collingw. (G) (N)

FRIDAY, APRIL 19

North Melb. vs. Essendon (MRVL) (T)

WC Eagles vs. Port Adel. (OS) (N)

SATURDAY, APRIL 20

GWS GIANTS vs. Fremantle (UNSW)

Melbourne vs. St Kilda (MCG) (T)

Richmond vs. Syd. Swans (MRVL) (N)

SUNDAY, APRIL 21

W. Bulldogs vs. Carlton (MRVL)

Adel. Crows vs. GC. SUNS(AO) (T)

MONDAY, APRIL 22

Hawthorn vs. Geelong Cats (MCG)

ROUND 6

WEDNESDAY, APRIL 24

Richmond vs. Melbourne (MCG) (N)

THURSDAY, APRIL 25

Essendon vs. Collingw. (MCG)

FRIDAY, APRIL 26

Port Adel. vs. North Melb. (AO) (N)

SATURDAY, APRIL 27

GC. SUNS vs. Bris. Lions (MS)

St Kilda vs. Adel. Crows (MRVL) (T)

Syd. Swans vs. GWS GIANTS (SCG) (N)

Fremantle vs. W. Bulldogs (OS) (N)

SUNDAY, APRIL 28

Hawthorn vs. Carlton (UTAS)

Geelong Cats vs. WC Eagles (GMHBA) (T)

ROUND 7

FRIDAY, MAY 3

Collingw. vs. Port Adel. (MRVL) (N)

SATURDAY, MAY 4

Melbourne vs. Hawthorn (MCG)

GWS GIANTS vs. St Kilda (UNSW)

Bris. Lions vs. Syd. Swans (G) (T) W.

Bulldogs vs. Richmond (MRVL) (N)

WC Eagles vs. GC. SUNS(OS) (N)

SUNDAY, MAY 5

Carlton vs. North Melb. (MRVL)

Geelong Cats vs. Essendon (MCG)

Adel. Crows vs. Fremantle (AO) (T)

ROUND 8

FRIDAY, MAY 10

Syd. Swans vs. Essendon (SCG) (N)

SATURDAY, MAY 11

W. Bulldogs vs. Bris. Lions (MARS)

Carlton vs. Collingw. (MCG)

GC. SUNS vs. Melbourne (MS) (T) St

Kilda vs. WC Eagles (MRVL) (N) Port

Adel. vs. Adel. Crows (AO) (N)

SUNDAY, MAY 12

North Melb. vs. Geelong Cats

(MRVL) Hawthorn vs. GWS GIANTS

(MCG) Fremantle vs. Richmond (OS) (T)

ROUND 9

FRIDAY, MAY 17

WC Eagles vs. Melbourne (OS) (N)

SATURDAY, MAY 18

Collingw. vs. St Kilda (MCG) Bris.

Lions vs. Adel. Crows (G)

Geelong Cats vs. W. Bulldogs (GMHBA) (T)

Essendon vs. Fremantle* (MRVL) (N)

North Melb. vs. Syd. Swans (BA) (N)

SUNDAY, MAY 19

Port Adel. vs. Gold Coast SUNS* (AO)

Richmond vs. Hawthorn (MCG)

GWS GIANTS vs. Carlton (SSGS) (T)

ROUND 10

FRIDAY, MAY 24

Syd. Swans vs. Collingw. (SCG) (N)

SATURDAY, MAY 25

Hawthorn vs. Port Adel. (UTAS)

W. Bulldogs vs. North Melb. (MRVL)

Adel. Crows vs. WC Eagles (AO) (T)

GC. SUNS vs. Geelong Cats (MS) (N)

Richmond vs. Essendon (MCG) (N)

SUNDAY, MAY 26

Melbourne vs. GWS GIANTS (MCG)

St Kilda vs. Carlton (MRVL)

Fremantle vs. Bris. Lions (OS) (T)

ROUND 11

FRIDAY, MAY 31

North Melb. vs. Richmond (MRVL) (N)

SATURDAY, JUNE 1

Collingw. vs. Fremantle (MCG)

GWS GIANTS vs. GC. SUNS (SSGS)

Geelong Cats vs. Syd. Swans (GMHBA) (T)

Bris. Lions vs. Hawthorn (G) (N)

Melbourne vs. Adel. Crows (TIO) (N)

SUNDAY, JUNE 2

St Kilda vs. Port Adel. (AAJS)

Essendon vs. Carlton (MCG)

WC Eagles vs. W. Bulldogs (OS) (T)

ROUND 12

FRIDAY, JUNE 7

Richmond vs. Geelong Cats (MCG) (N)

SATURDAY, JUNE 8

Carlton vs. Bris. Lions (MRVL)

GC. SUNS vs. North Melb. (MS) (T)

Adel. Crows vs. GWS GIANTS (AO) (N)

SUNDAY, JUNE 9

Syd. Swans vs. WC Eagles (SCG)

MONDAY, JUNE 10

Collingw. vs. Melbourne (MCG)

Byes: Essendon, Fremantle, Hawthorn, Port Adel., St Kilda, W.

Bulldogs

ROUND 13

THURSDAY, JUNE 13

Adel. Crows vs. Richmond (AO) (N)

FRIDAY, JUNE 14

Essendon vs. Hawthorn (MRVL) (N)

SATURDAY, JUNE 15

GC. SUNS vs. St Kilda (RS)

Fremantle vs. Port Adel. (OS) (T)

Carlton vs. W. Bulldogs (MRVL) (N)

SUNDAY, JUNE 16

North Melb. vs. GWS GIANTS (BA)

BYES: Bris. Lions, Collingw., Geelong Cats, Melb., Syd. Swans, WC Eagles

ROUND 14

THURSDAY, JUNE 20

WC Eagles vs. Essendon (OS) (N)

FRIDAY, JUNE 21

Syd. Swans vs. Hawthorn (SCG) (N)

SATURDAY, JUNE 22

Melbourne vs. Fremantle (MCG)

St Kilda vs. Bris. Lions (MRVL) (T)

Port Adel. vs. Geelong Cats (AO) (N)

SUNDAY, JUNE 23

W. Bulldogs vs. Collingw. (MRVL)

Byes: Adel. Crows, Carlton, Gold Coast SUNS,
GWS GIANTS, North Melb., Richmond

ROUND 15

THURSDAY, JUNE 27

Essendon vs. GWS GIANTS (MRVL) (N)

FRIDAY, JUNE 28

Geelong Cats vs. Adel. Crows (GMHBA) (N)

SATURDAY, JUNE 29

Hawthorn vs. WC Eagles (MCG)

Syd. Swans vs. GC. SUNS (SCG) (T)

Collingw. vs. North Melb. (MRVL) (N)

Port Adel. vs. W. Bulldogs (AO) (N)

SUNDAY, JUNE 30

St Kilda vs. Richmond (MRVL)

Bris. Lions vs. Melbourne (G)

Fremantle vs. Carlton (OS) (T)

ROUND 16

FRIDAY, JULY 5

Hawthorn vs. Collingw. (MCG) (N)

SATURDAY, JULY 6

Essendon vs. Syd. Swans (MCG)

GC. SUNS vs. Richmond (MS)

Adel. Crows vs. Port Adel. (AO) (T)

W. Bulldogs vs. Geelong Cats (MRVL) (N)

Fremantle vs. WC Eagles (OS) (N)

SUNDAY, JULY 7

Carlton vs. Melbourne (MCG)

North Melb. vs. St Kilda (BA)

GWS GIANTS vs. Bris. Lions (SSGS) (T)

ROUND 17

FRIDAY, JULY 12

WC Eagles vs. Collingw. (OS) (N)

SATURDAY, JULY 13

Syd. Swans vs. Carlton (SCG)

Hawthorn vs. Fremantle (UTAS)

Essendon vs. North Melb. (MRVL) (T)

GC. SUNS vs. Adel. Crows (MS) (N)

Geelong Cats vs. St Kilda (GMHBA) (N)

SUNDAY, JULY 14

Richmond vs. GWS GIANTS (MCG)

W. Bulldogs vs. Melbourne (MRVL)

Port Adel. vs. Bris. Lions (AO) (T)

ROUND 18

FRIDAY, JULY 19

Adel. Crows vs. Essendon (AO) (N)

SATURDAY, JULY 20

Richmond vs. Port Adel. (MCG)

Carlton vs. GC. SUNS (MRVL)

GWS GIANTS vs. Collingw. (SSGS) (T)

Bris. Lions vs. North Melb. (G) (N)

Fremantle vs. Syd. Swans (OS) (N)

SUNDAY, JULY 21

Geelong Cats vs. Hawthorn (MCG)

Melbourne vs. WC Eagles (TP)

St Kilda vs. W. Bulldogs (MRVL) (T)

ROUND 19

FRIDAY, JULY 26

Collingw. vs. Richmond (MCG) (N)

SATURDAY, JULY 27

Hawthorn vs. Bris. Lions (UTAS)

Carlton vs. Adel. Crows (MCG)

WC Eagles vs. North Melb. (OS) (T)

St Kilda vs. Melbourne (MRVL) (N)

Port Adel. vs. GWS GIANTS (AO) (N)

SUNDAY, JULY 28

W. Bulldogs vs. Fremantle (MRVL)

Syd. Swans vs. Geelong Cats (SCG)

GC. SUNS vs. Essendon (MS) (T)

NAME: _____

CONTACT PHONE No: _____

FAVOURITE AFL TEAM: _____

SMOTA FOOTY TIPPING INSTRUCTIONS:

1. Please cross out the team you think will lose their match in ALL 23 Rounds.
2. Return your completed footy tipping sheet with \$25 to the College office by Wednesday 20th March 2019.

Please submit \$25 with your entry.

ROUND 22

FRIDAY, AUGUST 16

Melbourne vs. Syd. Swans (MCG) (N)

SATURDAY, AUGUST 17

Carlton vs. St Kilda (MCG)

Bris. Lions vs. Geelong Cats (G)

Adel. Crows vs. Collingw. (AO) (T)

North Melb. vs. Port Adel. (MRVL) (N)

Fremantle vs. Essendon (OS) (N)

SUNDAY, AUGUST 18

Richmond vs. WC Eagles (MCG)

GWS GIANTS vs. W. Bulldogs (SSGS)

Hawthorn vs. GC. SUNS(MRVL) (T)

ROUND 23

FRIDAY, AUGUST 23 - SUNDAY, AUGUST 25

Richmond vs. Bris. Lions (MCG)

WC Eagles vs. Hawthorn (OS)

North Melb. vs. Melbourne (BA)

GC. SUNS vs. GWS GIANTS (MS)

Port Adel. vs. Fremantle (AO)

Geelong Cats vs. Carlton (GMHBA)

Collingw. vs. Essendon (MCG)

W. Bulldogs vs. Adel. Crows (MARS)

Syd. Swans vs. St Kilda (SCG)

(7) Twilight match; (N) Night match; (AO) Adelaide Oval; (BA) Blundstone Arena, Hobart; (G) The Gabba, Brisbane; (GS) GMHBA Stadium, Geelong; (AAS) Adelaide Arena at Jangwan Stadium, Shanghai, China; (MCG) Melbourne Cricket Ground; (MS) Metricon Stadium, Gold Coast; (MARS) Mars Stadium, Ballarat; (MRVL) Marvel Stadium, Melbourne; (OS) Optus Stadium, Perth; (RS) Riverway Stadium, Townsville; (SCG) Sydney Cricket Ground; (SSGS) Sydney Showground Stadium, Sydney; (TIO) TIO Stadium, Darwin; (TP) TIO Traeger Park, Alice Springs; (UNSW) UNSW Canberra Oval, Canberra; (UTAS) University of Tasmania Stadium, Launceston.

OLD AEROSOL CANS OR HAIRSPRAY CANS WANTED



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.

COULD YOU BE A PERMANENT CARE PARENT?

There are a number of children supported by the Department of Health & Human Services who require a family for life as they are unable to live with their birth families. We are seeking committed and motivated people who would be interested in learning more about providing a permanent family for a child.

Assistance payments are made to the Permanent Care family to assist with the day to day expenses of caring for a child/young person. Assistance payments are considered to be a reimbursement for expenses and not an earned income.

We are also keen to speak with families who are particularly interested in caring for children aged between 5 -10 years.

Information sessions are being held on:

Thursday 21st March 2019 at 6:00pm
Department of Health & Human Services
163-167 Welsford Street, Shepparton

For further information please contact:
Adoption & Permanent Care Program Ph: 5832 1552

KATUNGA FOOTBALL NETBALL CLUB REGISTRATION NIGHTS / TRAINING DATES / AUSKICK AND NETSETGO

The Katunga Football Netball Club wishes to advise that our Registration Nights will be held from 5-7:30pm each Thursday evening between the 7 March and 21 March. Unfortunately due to excessive numbers, registrations to play netball for 2019 are now closed, unless you have just moved to the area.

Please visit our website www.katungafnc.sportingpulse.net for further information, online registration links, club membership form and payment sheet.

FOOTBALL:

Seniors – Tuesday and Thursday, 6-15pm start

Thirds – Tuesday and Thursday, 5:15pm start

Fourths – Commencing Thursday 7 March, 5pm start

Fifths – Commencing Thursday 7 March, 5pm start

NETBALL:

Seniors – Tuesdays and Thursdays, 6:00pm start

17/Unders – Thursdays at 5pm

15/Unders - Thursdays at 5pm

13/Unders - Thursdays at 5pm

11/Unders – Commencing Thursday 7 March at 5:10pm

AusKick and NetSetGo will again run this year during Term 2. Details on registering will be available towards the end of Term 1. Please keep an eye on our website, FaceBook page or TeamApp.

For further information please contact Rachael Howden on 0400 877 409 or katungafnc@outlook.com.

NUMURKAH FOOTBALL NETBALL CLUB JUNIOR NETBALL TRAINING

Under 17 & Under 15's training starts:

Thursday 7th March at 5pm
Contact Serren 0455488666

Under 13's training starts:

Thursday 21st March at 5pm
Contact Mel 0404119298

Under 11's training starts:

Thursday 14th March at 4pm
Contact Renata 0456373881





Position Vacant

Customer Service Officer - Permanent Full Time Opportunity

Opportunity to make a difference in your local community

Bendigo Bank branches are all about people working together to build stronger communities. Delivering on this philosophy, Northern Victoria Finances Limited are pleased to offer a permanent full time opportunity within their Numurkah Branch and Nathalia Community Bank® Branch.

As a Customer Service Officer, you will be supported in your personal development to ensure that you can successfully build a career in banking.

The Customer Service Officer is a key retail position, which requires you to actively listen to our customers and provide them with relevant product solutions to their banking and wealth needs. The new team member will be coached, fostered and developed by the team. A current drivers licence is essential as travel between our branches in Numurkah and Nathalia is required.

The position is a full-time permanent position based at Numurkah.

Whether you are a school leaver or experienced sales professional this role seeks someone with energy and enthusiasm; strong computer literacy; initiative; sound customer service skills and who is a team player.

So, If you are dynamic, dedicated or maybe looking for a new opportunity and wish to be a part of a very close-knit team then this job could be for you!

To find out more and submit your application, visit careers.bendigobank.com.au quoting reference number VIC921667.

Applications close on Monday 18 March 2019.

Bendigo and Adelaide Bank Limited ABN 11 008 049 176 AFSL 237879. 100010120 10/05/2018

Numurkah Bendigo Bank Branch

SHEPPARTON FESTIVAL **STORY BOWL**
15-31 MARCH 2019

FOOD HUB VISIONS 21.03.19
PLAIN JANE 22.03.19
I WISH I'D ASKED 24.03.19 - 06.04.19

FREE & TICKETED EVENTS FOR ALL sheppartonfestival.org.au

Logos: Creative Victoria, La Trobe University, Shepparton, Greater Shepparton

The Shepparton Festival is in its twenty third year! This year we have over sixty events that celebrate our communities' strengths.

We would love to share it with you! There are heaps of things for teenagers and their families to take part in and most events are free! To get you started, please put these events in your diaries and check out our guide for information on all events: <http://www.sheppartonfestival.org.au/guide/>

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

14 LAWN COURTS & 2 SYNTHETIC GRASS COURTS

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 Nihill: johnnihill65@gmail.com 0429 685 533
Wayne Geisler: wayne.geisler@live.com

'LIKE US' ON FACEBOOK: NATHALIA LAWN TENNIS CLUB

10TH ANNIVERSARY NUMURKAH FUN RUN 2019

SUNDAY 17TH MARCH EVERYONE WELCOME
Runners • Seniors • Walkers • Kids • Elite

Events: 10 & 5km Run, 5km Walk
Kids: Grade 2 & Under - 1km, Grade 3-6 - 2km
5km Run for Primaries
Venue: St. Joseph's PS Numurkah
Cost: \$35. U/16s & Primary 5km \$10
\$35 with singlet.
Kids: 1 & 2km events - no rego required, \$2 on the morning

Start Time:
9am 5&10 Km events - 10.15am 1 & 2 Km events
Pre-registration by Friday 15th March 4pm
Entries accepted on the morning additional \$5
Registration: www.sjnumurkah.catholic.edu.au
Contact: St Joseph's 03 5862 1804

GREAT PRIZES PLUS
• First 200 Entries receive dry fit singlet • Family BBQ

TEAM EVENT
5km races • Minimum 4 entries • Fastest four across the line.

Bendigo Bank Numurkah branch
Dyson's IGA SHOP ONLINE www.dysonsga.com.au

Logos: St. Joseph's PS, Diverse Builders, Bendigo Bank, Viatek, Numurkah & Barmah Forest