Dear Parents,

As we come to the close of another term I think back over the weeks and have a sense of gratitude for all that has been. The celebration of the sacrament of Confirmation, the father’s day liturgy and class masses have been wonderful ways of coming together as a community of faith. The family first aid evening, fathers night and open days for literacy and numeracy week all brought us together as a community to celebrate “family” and to learn. I am grateful for the wonderful school concert last week and for all the enthusiastic participation from staff, students and families. It was a lively, happy way to end the term. I am particularly grateful for our dedicated staff who have continued to strive for quality teaching and learning experiences whilst at the same time being involved in and providing all the extra-curricular activities for our students.

Thank you to our P and F and school advisory board for all you have done in supporting the school this term. We thank our outgoing members of the Parents and F, Carmela Jean, Michelle Carman and Inoka Rajapakse and welcome new president Chris Gallivan, Secretary Leonie Little, and other new members Erin Hastie, Lisa Spinks and Krysten Mastwyk to the team. Thank you to these people who have stepped up to take on these roles. We value your contribution to the school.

The Annual General Meeting of the School Advisory Board will be held on October the 18th at 6.00pm. Please take notice of the article in the newsletter from Skot Thorley and give consideration to being part of this group.

Preparations are beginning for children who will be receiving the sacrament of Reconciliation for the first time. The parent information night for this will be on Wednesday 5th October in the St Michael’s school hall at 6.45pm. More information in the newsletter.

I hope everyone has a safe and happy break.

Best wishes,

Roslyn Joyner

SCHOOL ATTENDANCE
Parents are legally responsible for the regular attendance of their children at school (Section 22 Education Act 1990). School staff, as part of their duty of care, are responsible to monitor part or whole day absences and ensure that school attendance records are maintained according to the guidelines. We do have system in place for recording absences notified by phone, and the school app or diary can also be used for notifying the school. There have been occasions where the school has not received a note for absences— we ask that parents confirm reasons for absences with a note so that our records can be maintained accurately. Where this has occurred, parents will receive a notification slip requesting a reason for the absence. For further information, you can read our School Attendance Policy on the school website.

2016-2017 Parents & Friends Committee

<table>
<thead>
<tr>
<th>Position</th>
<th>Nominee</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Chris Gallivan</td>
</tr>
<tr>
<td>Vice President</td>
<td>Ben Frankland</td>
</tr>
<tr>
<td>Secretary</td>
<td>Leonie Little</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Marilena Thorley</td>
</tr>
<tr>
<td>Fundraising</td>
<td>Robyn Welsh &amp; Erin Hastie</td>
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<tr>
<td>Uniform</td>
<td>Belinda Kennedy &amp; Lisa Spinks</td>
</tr>
<tr>
<td>Bookclub</td>
<td>Krysten Mastwyk</td>
</tr>
</tbody>
</table>

TERM 3 DATES TO REMEMBER

SEPTEMBER

- Friday 16th: Term 3 concludes 12.30pm

OCTOBER

- Monday 3rd: Term 4 begins

LAST DAY OF TERM 3 BUS TRAVEL

Reminder that Term 3 will conclude at 12.30pm on 16th September. If your child travels on a school bus or a childcare bus you will need to make other arrangements for collection at 12.30. Thankyou.
TERM 4 DATES

OCTOBER

Wednesday 5th  Reconciliation Parent Meeting
Saturday 8th  Commitment Masses
Tuesday 11th  Regional Athletics
Friday 14th  Icy Pole Day
Wed 19th  Reconciliation Workshop 1
          Whole Year 6 Photo
Saturday 22nd  Prayer Letter Weekend
Monday 24th  State Athletics
Wed 26th  Reconciliation Workshop 2
Friday 28th  Crazy Hair Day. Gold Coin Donation
Monday 31st  Student Free Day

NOVEMBER

Tuesday 1st  Melbourne Cup Public Holiday
Thursday 3rd  Regional Summer Sports
Friday 4th  Icy Pole Day
Saturday 5th  Reconciliation
Monday 14th  Year 3-6 Swimming Program commences
Wed 16th  Sacraments for 2016 Information Night
Friday 18th  Icy Pole Day
Friday 25th  Year 3-6 Swimming Program concludes
Saturday 26th  Reconciliation

DECEMBER

Friday 2nd  Icy Pole Day
Saturday 3rd  Reconciliation Certificate Mass
Thursday 8th  End of the Year Mass
Friday 9th  Year 6 Day Out
Tuesday 13th  Carols on the Oval
Wed 14th  Graduation Mass & Dinner Year 6 Last Day
Thursday 15th  Term 4 concludes at 3.20pm

2017

Tuesday 31st Jan  Students must be available for Testing by appointment
Wed 1st Feb
Thurs 2nd Feb  First day for all students. Prep—6

ST. GABRIEL’S UNIFORM AND HAT POLICY

Term four sees the recommencement of our Sunsmart policy with the compulsory wearing of hats during all outdoor activities. Children must be wearing a correct school hat during term four to comply with our Sunsmart policy. In regards to uniform, children do not need to wear summer uniform at beginning of term 4. As October weather tends to fluctuate, winter uniform is still satisfactory to wear on cooler days.

‘NO HAT NO PLAY’.

Hats are available at the school office. Cost is either a slouch hats $10.00 or $8.00 for the legonnaire’s cap.

DAIRY ASSISTANCE FUND

The Victorian Government implemented a response package to assist dairy farming families. This includes assistance of a one-off amount of 375 per student that will be paid to schools, for primary and secondary students attending schools where one or both parents:

- Own an operating dairy farm
- Are share farmers on a property primarily operating as a dairy farm
- Hold a lease for an operating dairy farm
- Work as an employee on an operating dairy farm and this is their main source of employment
- To facilitate the assistance program, the Camps, sports and Excursions Fund (CVSEF) eligibility criteria is being extended, consistent with the 2015 drought response. However, please note families that have previously qualified for the 2016 CSEF Drought Assistance are not able to also access the CSEF Dairy Assistance funding.

Therefore, if you are eligible for assistance and wish to apply we have attached to this Newsletter:

- the application form;
- A factsheet

More information can be found at http://www.education.vic.gov.au/about/programs/health/Pages/csef.aspx#dairy

Applications must be submitted to the school office no later than Monday 7th No-

REMINDER TO ALL FAMILIES
THE PICK UP DROP OFF AREA

AT THE FRONT OF THE SCHOOL IS A MOBILE FREE ZONE. DUE TO CONCERNS REGARDING THE SAFETY OF THE STUDENTS WE ASK PARENTS NOT TO DRIVE TALKING ON THEIR MOBILE PHONES HANDFREE OR NOT.
Calling prospective School Advisory Board members for 2017

The St Gabriel’s School Advisory Board Annual General Meeting will be held in term four on Tuesday, 18 October at 6pm.

At this meeting a number of Board members will be stepping aside as they have completed their four year term and it’s time for new people with fresh ideas to join the Board to lend a parent voice to Principal Ros Joyner and Parish Priest Father Bernard Buckley.

The function of the School Advisory Board is to assist in the formulation, review and implementation of the strategic plan, assist the principal to promote the Catholic ethos and identity of the school, provide advice, support and a ‘sounding board’ for the principal with regard to school curriculum, understand the financial structure of the school budget, assist in future planning for the school and assist the principal in building and fostering a caring and engaged school community.

Being a Board member is a great opportunity to become involved with the school and your children’s education. It’s a rewarding experience and provides an insight into how our school is managed while giving individuals a wonderful personal development opportunity.

The Board convenes monthly for a 90 minute meeting and Board members can give as much of their time with sub-committee activities as they see fit.

To become a Board member you don’t need to bring any specific skills to the table nor have a professional background but just an interest and commitment to maintain the school’s direction and ongoing education experience for our children for not only today but tomorrow.

If you are interested in becoming a Board member I encourage you to contact School Principal Ros Joyner (5174 5515) or myself on (Skot Thorley) on 0417 565 925. For more information the School Advisory Board Guiding Principles are also located on the St Gabriel’s Skoolbag app.

Nomination forms for the School Advisory Board are attached to this newsletter and are required to be submitted prior to the 18th October AGM.

Skot Thorley
St Gabriel’s School Advisory Board member

Child Safety Code of Conduct

Thank you to those Parents who have returned their signed Child Safety Code of Conduct form. As we require a signed form from each parent not one per family we ask that the form attached be signed by both parents and returned to the school office. If both parents have already completed the declaration form in the please disregard this message. Both the Child Safety code of Conduct and the Declaration forms are available at the school office.

SACRAMENT OF RECONCILIATION

The Sacrament of Reconciliation invites us to acknowledge that when we make choices that result in sinful behaviour, we damage our relationship with God, self and others. Reconciliation is all about building bridges, naming times we fail to honour others, and make some attempts to make things right. The name ‘Reconciliation’ helps us to focus on the social aspect of our wrong-doing and the need to make things right.

A reminder to parents/guardians that the Parent Information Night for Reconciliation will be held on Wednesday 5th October at 6.45pm in the St Michael’s School Hall.

Workshops for candidates and parents are on:
Wednesday 19th October at 4pm OR 5.30pm
Wednesday 26th October at 4pm or 5.30pm

If you would like an enrolment form or more information, please contact the Secretary on 5174 2060 or sacraments@smpt.org.au
I…………………………………………………………………………………………………………………………………………………………

☐ have read the St Gabriel's School Child Safety Code of Conduct

☐ agree to abide by the terms of the above mentioned Code of Conduct.

Signed………………………………………………………………………………………………………………………………………………………..

Date…………………………………………………………………………………………………………………………………………………………

External Providers, Visitors, Volunteers and Third Party Contractors.

For a copy of our Child Protection and Safety Policy please refer to the school website.
Nomination Form for Parent Representative

Nominee: ………………………………………………………………………………………………………………………………..
(Print name)

Address: ………………………………………………………………………………………………………………………………..

Contact No. …………………………………………………………………………………………………………………………..

Signature of Nominee: …………………………………………………………………………………………………………………

Nominated by: …………………………………………………………………………………………………………………………..
(Print Name)

Address: ………………………………………………………………………………………………………………………………..

Signature of Nominator:
……………………………………………………………………………………………………………………………………………..

Seconded by: …………………………………………………………………………………………………………………………..
(Print Name)

Address: ………………………………………………………………………………………………………………………………..

Signature of Seconder: …………………………………………………………………………………………………………………

Please return Nomination Form to the Principal 7 days prior to the date of the Annual General Meeting.

Dated received: ___________________    Signed by Principal: __________________________
### CLASS AWARDS

Congratulations to the following students on achieving a Class Awards in Week 8 & 9 of Term 3

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep A</td>
<td>Nevaeh Downs</td>
<td>Iris Knowles</td>
</tr>
<tr>
<td>Prep C</td>
<td>Harlem Davis</td>
<td>Jack Lewis</td>
</tr>
<tr>
<td>Prep HE</td>
<td>Levi O’Neill</td>
<td>Angus Michael</td>
</tr>
<tr>
<td>Prep S</td>
<td>John Kesper</td>
<td>Jian Diwa</td>
</tr>
<tr>
<td>1/2F</td>
<td>Holly Brown</td>
<td>Hamish Fox</td>
</tr>
<tr>
<td>1/2J</td>
<td>Billy Bassett</td>
<td></td>
</tr>
<tr>
<td>1/2P</td>
<td>Ella Newborough</td>
<td>Hannah Riess</td>
</tr>
<tr>
<td>1/2Q</td>
<td>Tommy Ayres</td>
<td>Liam Altuna</td>
</tr>
<tr>
<td>1/2R</td>
<td>Archie Simmons-Hales</td>
<td>Leigh Robinson</td>
</tr>
<tr>
<td>1/2W</td>
<td>Jenson Richards</td>
<td></td>
</tr>
<tr>
<td>3/4B</td>
<td>Kailei Evans</td>
<td>Brenda Baccega</td>
</tr>
<tr>
<td>3/4D</td>
<td>Madeline Frankland</td>
<td>Beau Backman</td>
</tr>
<tr>
<td>3/4G</td>
<td>Emily Carney</td>
<td>Georgia Kecskemeti</td>
</tr>
<tr>
<td>3/4I</td>
<td>Tara Nichols</td>
<td>Jake O’Brien</td>
</tr>
<tr>
<td>3/4M</td>
<td>Brody Watson</td>
<td>Landon Bartley</td>
</tr>
<tr>
<td>5/6A</td>
<td>Daisy-Blue Ferguson</td>
<td>Lucy Chilver</td>
</tr>
<tr>
<td>5/6H</td>
<td>Meg Watts</td>
<td>Jordyn Cargill</td>
</tr>
<tr>
<td>5/6HA</td>
<td>Jamieson Peters</td>
<td>Jordyn McDermott</td>
</tr>
<tr>
<td>5/6P</td>
<td>Jhye Schembri</td>
<td>Tom Gafa</td>
</tr>
<tr>
<td>5/6R</td>
<td>Harry Tosch</td>
<td>Gemma Bezzina</td>
</tr>
<tr>
<td>5/6S</td>
<td>Anastasia Winnell</td>
<td>‘5/6S Dance Stars’</td>
</tr>
</tbody>
</table>

### NED Formula

- **Ever Give Up** (focus, persistence)
- **Encourage Others** (kindness, shared learning)
- **Do Your Best** (diligence & excellence)

As a way of keeping the NED message of:
- Never give up
- Encourage others
- Do your best
alive in everything we do and say here at school, we have a weekly raffle.

Congratulations to Hayley Collins 1/2W and Koa Humphrey 1/2F

### Aussie of the Month

Congratulations to Max Pacunskis 1/2P and Damon Tabbels 5/6A for receiving Aussie of the Month for the Month of August. Well done!
National eSmart Week

The web is a great place to learn, be creative and stay connected, but with one in seven young Australians found to be suffering from cyber bullying, and the many other challenges young people face online, it’s important that we invest in giving our students of St. Gabriel’s the skills they need to be responsible digital citizens.

Last week marked the Alannah & Madeline Foundation’s National eSmart Week. Due to our school concert, we postponed celebrating eSmart week to Monday, where some care groups completed activities related to cyber safety, wellbeing and digital inclusion.

Some groups read the story about Digi Duck a story of friendship and responsibility online. Students learned about the risks of posting pictures of friends online. The key message from the book was that “The internet is a wonderful place to have fun, but you need to behave as you do in the real world. Say kind things to your friends and make sensible choices.” Buck, L (2014) Digiduck’s big decision.

Please feel free to read the story yourself and discuss the message with your child – you can read the picture story book at the following website:

www.kidsmart.org.uk/teachers/ks1/digiduck.aspx
Our value of the last two weeks has been **Patience**.

What is **Patience**? **Patience** means waiting and trusting that everything will be alright. It is being calm and tolerant even in difficult situations. It means having self control. We talk with the children about sticking with something until you get the results that are best for you, the ones you want. Sometimes being patient can be difficult, even for adults, but we have to realise that mostly, good things come to those who wait.

We remind the children gently that sometimes we lose our patience when people aren't exactly the way we would like them to be. Its at these times that we need to remember that we can't change anyone else; we can only change our response to them.

Our ten weeks has come to a busy end, and what a busy time third term has been! So much excitement and learning has taken place and continues to and we cannot do it without your partnership in our school community. We thank you for your support through swimming programs, concert practise, literacy and numeracy mornings, morning cuppas and chats, afternoon whole assemblies, listening to reading and signing the diaries, checking the homework and encouraging your children to always do their best.

We look forward to finishing 2016 with a wonderful fourth term. As one of our beautiful grade two girls Lianne shared this us this morning " I am filled with happiness......."

Look forward to seeing you all in fourth term.

---

**EXCITEMENT AT ST. GABRIEL’S FOR PAST STUDENT EMILY BEECROFT**

There was a buzz of excitement around the school yesterday morning as we all watched Emily complete in the 50m freestyle. The children and staff are all so excited and proud watching a former student completing at the Paralympics in Rio. Emily (16) came 4th only .03 off placing 3rd for a bronze medal. Congratulations Emily and good luck for your next event, 100m butterfly.
Lavalla Excursion
On Friday 2nd September all of the 3/4 students went to Lavalla. At Lavalla we had many sports activities and also a tour of the school. In sport we played soccer, football (keepings off), dodgeball, European handball and basketball. We also made human pyramids. We all had so much fun even if our team lost a game or one of us got a little hurt. It was one of the best experiences of our school lives.
By Zahra Hanratty

Lavalla Interview
Reported by Brody Watson to Blair Syme

- What activities did you do?  
  Dodgeball soccer basketball
- What did you eat?  
  Hot dogs and primas
- Did you do your dance and what is it called?  
  I did do my dance and my song is called "This little girl".
- Was it a good day?  
  Yes it was the best.

YEAR 3/4 EXPERIENCE LAVALLA
# CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) - DAIRY ASSISTANCE

## Program Background

As part of the Victorian Government’s dairy assistance package the Camps, Sports and Excursions Fund (CSEF) is being extended to students currently enrolled in government and non-government schools whose parents own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm.

## Who is eligible?

Students currently enrolled at the start of Term 3, 2016 in government and non-government schools where one or both parents:

- own an operating dairy farm
- are share farmers on a property primarily operating as a dairy farm
- hold a lease for an operating dairy farm
- work as an employee on an operating dairy farm and this is their main source of employment.

Evidence may include:

- a dairy industry license issued by Dairy Food Safety Victoria (DFSV)
- lease documentation
- share farming contract
- agreement with a dairy production/supply company
- a letter from an employer
- a statutory declaration stating the family’s main business or employment is on an operating dairy farm (in cases where other forms of evidence are not available)*.
- Confirmation from a kindergarten that a younger sibling has been approved for the dairy Kindergarten Fee Subsidy on the basis of being an eligible dairy farming family (as above)

* Current milk statements can be provided along with a statutory declaration stating the family’s main business or employment is on an operating dairy farm.

Families who received the means-tested CSEF payment are also eligible. However families that have previously qualified for the CSEF Drought assistance are not able to also access the CSEF Dairy assistance funding.

## How much is the dairy assistance payment?

A one-off amount of $375 per student will be paid to schools.

## Do parent’s need to apply for this assistance?

Yes. Parents/legal guardians and independent secondary students will need to apply for this assistance via the Dairy Assistance Application Form along with evidence as requested by 18 November 2016.
Evidence may include:

- a dairy industry license issued by Dairy Food Safety Victoria (DFSV)
- lease documentation
- share farming contract
- agreement with a dairy production/supply company
- a letter from an employer
- a statutory declaration stating the family’s main business or employment is on an operating dairy farm (in cases where other forms of evidence are not available).
- confirmation from a kindergarten that a younger sibling has been approved for the dairy Kindergarten Fee Subsidy on the basis of being an eligible dairy farming family (as above)

The Dairy Assistance Application Form must be lodged at the school by **18 November 2016** along with evidence as required.

**PAYMENT AMOUNT**

This one-off payment of $375 per student is only available in 2016 and will be paid to the school for the eligible student.

Families who were eligible for the means tested CSEF payment are also eligible to receive the Dairy Assistance payment. However families that have previously qualified for the CSEF drought assistance funding are not able to also access the CSEF dairy assistance funding.
DAIRY ASSISTANCE - APPLICATION FORM

School Name

Parent/legal guardian details
Surname: ____________________________
First name: __________________________
Address: ____________________________________________
Town/suburb: ____________________________ State: ________ Postcode: __________
Contact phone number: ____________________________

NOTE – the dairy assistance payment is only available to families who own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm.

Student details

<table>
<thead>
<tr>
<th>Child's surname</th>
<th>Child's first name</th>
<th>Student ID</th>
<th>Date of birth (ddmmyyyy)</th>
<th>Year level</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant ____________________________ Date ____________

DAIRY ASSISTANCE ELIGIBILITY

Students currently enrolled at the start of Term 3, 2016 in government and non-government schools where one or both parents:

• own an operating dairy farm
• are share farmers on a property primarily operating as a dairy farm
• hold a lease for an operating dairy farm
• work as an employee on an operating dairy farm and this is their main source of employment.
Mind their &*%@@! language

Standards may change, but the job of parents hasn’t altered. Teach kids to use language that doesn’t offend others. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

What do you think when you hear kids swear in public?
If you’re like me, you feel decidedly uncomfortable when kids of any age turn the air blue with profanities. Swearing shows lack of respect for others and a lack of awareness of their surroundings.

Teaching kids to use appropriate language is trickier now than in the past. For a start, standards have changed where many words – such as the F word – that were deemed inappropriate in the past are often heard on radio and seen in mainstream newspapers. And words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn’t altered. Whether it’s teasing or swearing it’s all the same. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

Socially-smart kids alter their language
Socially-skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends, but use a completely different vocabulary with adults. They are aware that what works with their best friend just won’t cut it when in grandma’s company. This awareness shows social acuity and a flexibility to adjust to different environments. It needs to be extended to all sorts of situations, including where adults and younger children are present.

They didn’t hear that from me!
What do you do when you know your children swear despite your best intentions?
Don’t over react. Try to work out its purpose. Children swear for many reasons, including to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.

Inappropriate language can also simply be a reflection of your children’s peer groups. ‘Everyone else swears so there’s nothing wrong with it’ is a common attitude of many children and young people.

Teach them that language may be appropriate in one context or be accepted by one group but it is not acceptable in every situation. While not condoning swearing, get across to children that they need to learn to control their use of language and adjust it to suit the situation they are in.

When swearing becomes a habit
If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know had replaced certain words with different fruits. They had a fruit for every situation!

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... Mind their &*%#@! language ...

Alternatively, use a penalty or fine system to make kids aware of their poor language. When you hear a family member swear, fine them an agreed amount. At the end of the week or month give the money to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

Take a long, hard look at … er … yourself!
It's also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents' language and repeat it at the worst possible time, such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially-skilled. That's something we all should swear by!

WHEN KIDS SWEAR

1. Avoid over-reacting when your kids swear. Look for the reason.
2. Discuss with older children the concept of matching their language with the audience.
4. Use a penalty or fine system when kids swear in front of you.
5. Model the language you want kids to use.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
Are you interested in playing Basketball?
The Summer Season for the Traralgon competition is fast approaching. St Michael’s Basketball Club are looking for players across “All Age Groups and All Abilities” to help fill teams. If you are interested or you know someone who might be, please email us at: StMichaelsBasketball1@gmail.com

TRARALGON WEST CRICKET CLUB
Traralgon West Cricket Club are seeking players for their Junior sides for the 2016/2017 season. There are positions open for both boys and girls in the Under 12’s, Under 14’s and Under 16’s. For more information or to register your interest please contact Brendan Peavey on 0408362475 or via email to bpeaves@y7mail.com

TRARALGON LITTLE ATHLETICS
Come and try day on Saturday 1st October between 10am and 1pm at Harold Preston Reserve, Davidson Street, Traralgon. Must be aged between 5 and 15 years of age. Register online or further details at administration@tlac.com.au

YOGA FOR KIDS
School Holiday Fun @ Embrace Fitness and Wellbeing! Kids AntiGravity Yoga “Flying High” Fun, flexibility, confidence, strength, relaxation. Ages 6-12.
Mon 19th & 26th 9:20am
Wed 21st & 28th 10:40am
Week 1 OR 2 - $30 / Week 1 AND 2 - $50
For more info or bookings call 51 344591 or email enquires@myembrace.com.au

LATROBE VALLEY ‘ALL-ABILITY’ CRICKET - TERM 4, 2016
‘All-ability’ sports are about fun and participation for EVERYONE! The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with special needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills, activities are modified so that everyone can ‘have a go’! Participants can also benefit socially by making new friends and feeling part of a team.
We currently run four sporting programs locally, Term 1 – Tennis at Pax Hill Tennis Club, Term 2 – Basketball, Term 2 & 3 – Footy at West end Junior Football Club and Term 4 – Cricket at Traralgon West Cricket Club.
All school aged children with special needs are invited to join us for ‘ALL Ability’ Cricket, the sessions will run weekly during Term 4, 2016. Sessions will be held at Traralgon West Cricket Club “West-end” - Jack Canavan Oval, Douglas Pde, Traralgon on TUESDAYS from 5pm – 6pm, starting October 4th, then every Tuesday till end of Term 4.
A parent/carer must attend and be willing to participate with the child.
Cost is $20 for the Term – siblings welcome to join in too!
Each participant will receive a Traralgon West shirt and hat to be worn to each session.
For more information phone Sam (coach) or Louise Varsaci on 51750877 or 0414540296 or find us on Facebook - All-ability Sports, Latrobe Valley

TRARALGON AMATEUR BASKETBALL ASSOCIATION
UNDER 8 REGISTRATION & SKILLS NIGHTS
Friday 2nd September & Friday 9th September
Traralgon Sports Stadium, Garabaldi Street, Traralgon 5pm to 5.45pm
All players to bring a drink bottle and a basketball if they have one.
Further enquiries – domestic@traralgonbasketball.net.au

COME AND TRY TENNIS DAY AT THE TRARALGON TENNIS CLUB
There is a tennis program for you. Junior and Senior competition starts in October. Competition starts at beginners (can hardly hit a serve in), where adults help to stronger levels. There is school holiday programs and tournaments for fun.
Call Graham Charlton on 0417 532 351 or Tyler Mathe 0459 429 227 for all enquiries.

Are you interested in playing Basketball?
The Summer Season for the Traralgon competition is fast approaching. St Michael’s Basketball Club are looking for players across “All Age Groups and All Abilities” to help fill teams. If you are interested or you know someone who might be, please email us at: StMichaelsBasketball1@gmail.com

Netball – Expressions of Interest
Expressions of interest for an indoor netball competition at Traralgon Indoor Cricket and Aquatic Centre for 10 and 11 year olds.
When - Games will run Thursdays at 4pm, 4.40 and 5.20.
• Season runs for approx 15 weeks. (excluding school holidays)
• Cost - $7 one off registration per player,
  plus $35 per team, per game (split between players)
• 5 players a side, plus subs.
Please contact Melinda Monaghan on 0416844887 if you have an interested team, or even just a player or two. Would love to get this up and running as soon as possible.