



## PRINCIPAL'S MESSAGE

Dear Parents,

It has been an exciting week with our students venturing beyond our schools to develop skills and extend their learning in situations only excursions can provide. A highlight this week for some Eddie's students was busking in Parramatta with our friends at Mount St Benedict's College. Gabe's and Eddie's fully embraced the World Cup and supported our Matildas. The proudly worn green and gold invasion, changed the aesthetics of our schools and added to a broader sense of gratitude and community. Our students and staff have engaged with National Science Week with many learning opportunities being celebrated. Students have been learning about what it means to innovate – taking something that already exists and changing it in some way to make it better. Those changes could be adding or eliminating something, combining things together or changing its size, colour shape etc. It's wonderful to see our students play with ideas unconstrained by the 'crunch of reality' – imagination is a gift many of our students possess and we see this in their work.

Families will be keen to plan for 2024 so please find the school term dates on the next page.

The number of teaching days is similar to the last few years. Please note that the Easter break next year falls during the Term and not during the Term break. This results in a four-day long weekend beginning on Good Friday.

I have also added the main events that are planned for the remainder of this year – we are busy and have a lot to look forward to!

**Michael Farrell | Principal**



## 2024 SCHOOL TERM DATES

### Term 1 – 11 Weeks

Wednesday 31 January	Start of Term 1 – All Students Return
Friday 29 March – Monday 1 April	Easter – 4 day long weekend
Friday 12 April	Last day of Term 1

### Term 2 – 9 Weeks

Tuesday 30 April	Start of Term 2 – All Students Return	
Friday 7 June	Student Break - Staff PL Day	4-day long weekend for students
Monday 10 June	King's Birthday Holiday	
Friday 28 June	End of Term 2	

### Term 3 – 10 Weeks

Tuesday 23 July	Start of Term – All Students Return
Friday 27 September	Last day of Term 3

### Term 4 – 8 Weeks

Tuesday 15 October	Start of Term 4 – All Students Return
Friday 6 December	Last Day of Term for Students

## IMPORTANT EVENTS 2023

Event	Aug	Sep	Oct	Nov	Dec
Post School Provider Evening 2	Thurs 24				
Post School Provider Evening 3	Thurs 31				
Father's Day Breakfast		Fri 1			
Senior Elective Information evening for 2024		Tues 5			
Year 9-10 Camp		Wed 6 - Fri 8			
Eddies Golf Day		Thurs 14			
Eddie's Got Talent		Fri 15			
Year 11 - 12 Retreat		Wed 20 - Fri 22			
Students Return T4			Tues 10		
Swimming Carnival			Tues 17		
Year 12 Hospo High Tea			Tues 24		
Year 10 Spirituality Day				Fri 3	
Abbotsleigh Immersion Week Y10 - Y12				Mon 20 - Fri 24	
Eddie's Concert at Abbotsleigh				Fri 24	
Year 12 Formal				Tues 28	
Presentation Day					Tues 5
End of Year Mass & Farewell Year 12					Fri 8

## ACTING DEPUTY PRINCIPAL'S MESSAGE

*Mary, our Mother, your total giving of yourself reminds us that we hold in trust from God our Father all our accomplishments and talents and gifts - trusted as we are to offer them in his service, and bring happiness and well-being to all.*

*Your "Yes" to God's invitation to be the mother of his Son reminds us that prayer is not just words but is from the heart.*

*We ask you to pray to Jesus for us that the Holy Spirit may live fully in us, too, so that we may be prepared to join you in saying "Yes" to God our Father, so as to ensure God's love is offered to all, especially the most vulnerable and ignored. Amen.*



On 15 August, it was the Feast of the Assumption within the Catholic Tradition. This is when Mary was assumed, body and soul, into Heaven, as recognition of the faith she held in God and the model of discipleship she provided to others during her time on Earth.

As a Catholic School, we upheld the significance of this special day by attending Mass, as a whole school, on Tuesday. Mass occurred at 11am at Holy Name Church, Wahroonga with Fr Kelvin and other local parishioners. Thank you to Terry for all his organisation and preparation for this event.

### **Science Week**

A big shout out to the Science Department for all the activities they have planned for our students to engage with throughout Science Week, this week. Ms Hopkins, Mrs Daly and Mr James created experiences such as an interactive Scavenger Hunt using QR codes and a quiz, as well as Virtual Reality tasks. The theme for this year was 'Innovation: Powering Future Industries', and the designed activities and Kahoot! helped further the students understanding of this concept.

### **Personalised Planning Meetings**

A special thank you to our Homeroom Teachers and parents/carers who participated in our first of two rounds of Personalised Planning Meetings on Tuesday 15th August. These meetings are an important opportunity for the school and home to collaborate on goals pertaining to each student. It requires a lot of open communication, preparation, planning and follow-up, and I want to thank our Homeroom teachers for the role and responsibility they undertake in this space, and the cooperation of our parent/carer community. We look forward to hosting more of you onsite in a couple of weeks' time.

### **Post-School Experiences**

Thank you to our Year 12 Homeroom teachers, Ms Gilkes and Terry, and our Work Ed Coordinator, Ms Anderson, for the ITP Meetings that have been recently held with our Year 12 students and families. These are beneficial meetings that help coordinate post-school options for our Year 12 graduating students.

In addition to our ITP Meetings, this week, on Thursday, we commenced the first of three weekly consecutive Post-School Provider Information evenings in webinar format. Thank you to Ms Anderson for her coordination of these evenings, and to those providers who are involved in providing helpful information for our parents/carers in Years 10-12.

### **The Dish**

Thank you! A big thank you to those of you who provided a wonderful supply of food for staff to prepare, deliver and serve to our local homeless community at Hornsby. The Dish provide a wonderful weekly service, and as a St Edmund's community it is a service we like to contribute to on a Termly basis.



# ACTING DEPUTY PRINCIPAL'S MESSAGE

## Father's Day Breakfast

We warmly invite all dads and special males to attend our Father's Day Breakfast with their child on Friday 1 September from 7.30am until 8.30am. This morning will include a reflection, raffle and light breakfast, with raffle tickets available for purchase when you RSVP via [www.stedmunds.nsw.edu.au/fd](http://www.stedmunds.nsw.edu.au/fd). Please RSVP by 28 August. Hope to see you there!

## Busking with Bennie's for Vinnie's

On Thursday, our Year 11 students were involved in a wonderful awareness-raising event held in Parramatta to support St Vincent de Paul. Our students joined in with other students from Mt St Benedict College, to perform some items that had been prepared by the very talented Ms Cox and Mrs Gross. Thank you to all involved - raising an amazing \$2350!

**Vanessa Dillon | Acting Deputy Principal**



# WELLBEING

## The Essence of Friendship

Meeting new people and making new friends is an important part of our lives, but this can sometimes be tricky. This week in pastoral care we have been talking about friendships, and how to be a good and respectful friend.

These are some ways we have been talking about making and maintaining friendships:

- Discuss different things you like to do
- Ask others about things they like to do
- Say Hi or wave hello
- Be kind and use kind words
- Listen to others when they are talking to us
- Ask if you can join in
- Be brave and be yourself, your differences are your strengths
- Be positive, think positive, feel positive, communicate positively
- Be open minded
- Respect others personal space
- Invite others to join you
- Try new things

These are some links for tips and ideas about how to support your child navigate friendships as a teen and young adult.

<https://www.greatschools.org/gk/articles/understanding-the-language-of-friendship/>

<https://au.reachout.com/articles/what-makes-a-good-friend>

<https://www.ideas.org.au/facts/the-essence-of-friendship.html>

**Judi North | Acting Head of Wellbeing**





# SCIENCE WEEK COLOURING ENTRIES

## Year 7

Dylan	Machines
Aaliyah	Science
Kwasi	Science
Nathan	Edison
Maxyne	Edison
Maxyne	Machines
Elodie	Science
Elodie	Machines
Harley	Machines

## Year 8

Zara	Machines
Daniyal	Edison
Indigo	Science
Charlie L.	Edison
Rachel	Edison
Holly	Science
Ruby	Edison

## Year 9

Cameron	Machines
Bento	Inventions
Christopher	Edison

## Year 10

Adam	Science
Ella	Science
Parmida	Science
Lauren	Science

## Year 11

Brandon	Machines
David T	Edison

## Year 12

Teena	Science
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# SCIENCE WEEK WINNERS

## Inventioneers App Winner

Isaac (9C)

## Colouring Competition Winners

Maxyne (7M)

Harley (7M)

Adam (10M)

## My Invention Drawing Competition

Bento (9F)

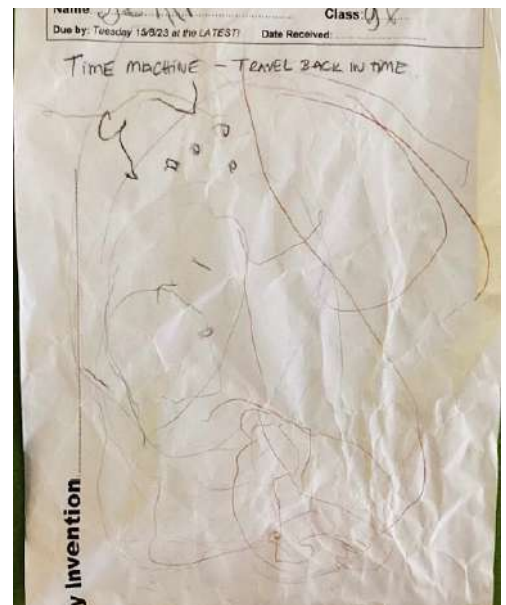


**Inventioneers**

Education

GET

on the App Store



## Kahoot Winners

**Year 7**

Harley

**Year 8**

Fred

**Year 9**

Ben F

**Year 10**

Nathan A

**Year 11**

James L

**Year 12**

David M

**Senior Champion**

David M

**Junior Champion**

Isaac

**Overall College**

**Champion**

Ben F





Our students have enjoyed learning about Inventions during Science Week - including old, new and future inventions.

Class activities have included the use of robots, VR headsets, the Inventioneers App, Kahoot quizzes and colouring competitions.





# FOCUS ON ABILITY

Our Year 11 students have worked hard on their entries for the Focus on Ability Film Festival. Please click below to view the wonderful films and make sure to cast your vote!

[Battle of The Colour](#) by 11J

[Mr Fareello](#) by 11S

**#focusonability**

Remember to vote for our film  
**August 16 - 22, 2023**  
School Entrant

**NOVA.**  
EMPLOYMENT

2023  
**FOCUS ON ABILITY**  
SHORT FILM FESTIVAL

OVER \$100,000 IN PRIZES

**St Edmund's College**  
**Battle of the Colour**  
School Entrant  
Official Selection - Short Film

[www.FOCUSONABILITY.com.au](http://www.FOCUSONABILITY.com.au)

**#focusonability**

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## KEY DATES

### TERM 3

**Friday 25 August**

Book Week Mufti Day

**Friday 1 September**

Father's Day Breakfast

**Wednesday 6 -****Friday 8 September**

Years 9-10 Camp

**Tuesday 12 September**

Parent Group Meeting

**Thursday 14****September**

Charity Challenge

Golf Day

**Friday 15 September**

Eddie's Got Talent

**Tuesday 19 September**

Mufti Day

**Wednesday 20 -****Friday 22 September**

Senior Retreat

**Friday 22 September**

Last Day of Term

### TERM 4

**Tuesday 10 October**

First Day of Term  
(Students)

**Tuesday 17 October**

Swimming Carnival

**Thursday 2 November**

Men's Group

**Tuesday 14 November**

Mufti Day

**Saturday 18 November**

Charity Challenge  
Gala Ball

**Tuesday 21 November**

Parent Group Meeting

**Friday 24 November**

Abbotsleigh Concert

**Tuesday 28 November**

Year 12 Formal

**Tuesday 5 December**

Presentation Day

**Friday 8 December**

Last Day of Term  
Year 12 Farewell Mass

## AWARDS

**Student of the Week**

7G	An Yu and Dylan
7M	Harley and Nathan
8S	Sophia and Fred
8V	Charlie L and James
9C	Campbell and Leela
9F	Cameron and Gemma
10M	Saskia and Parmida
10N	Arpita and Jameson
11J	Harry and Sonnet
11S	Hugh and Sean
12G	Luke and Olivia
12O	Ben P and Dom

**Eddie's Best**

Matilda
Kwasi
Olive
Rachel
Ben
Bridie
Liam
Will
Elliot
Tom
Daena
Anna

*congratulations*



## PDHPE & SPORT

### CSBB Athletics Championships

The Catholic Schools Broken Bay Athletics Championships will be held on Monday, 4 September at Sydney Olympic Park Athletics Centre. Congratulations to the following students on being selected into the 2023 St Edmund's College Athletics Team:

### St Edmund's College Athletics Team

Harley, Daniel N, Dylan, Sophia, Indigo, Holly, Matthew, Isabella, Arpita, Cameron, Isaac, Ben F, Lucy, Ella, Will, Bradley, Nathan A, Michael, Zane, David T, Ben P, Dom, Mikayla, Teena, Sonnet, Chloe.

We wish the team all the very best for the Athletics Championships in September.



### NSW All Schools Team Captain

Ben P will be competing in the 2023 National School Swimming Championships at Sydney Olympic Park Aquatic Centre from August 21 to August 26. He is to be congratulated on being named as the NSW All Schools Multi-Class Team Co-Captain. This is a prestigious leadership role and we wish Ben all the best fulfilling his duties over the five days of competition.

**Lois Horne | PDHPE and Sports Coordinator**



## UNICEF FUNDRAISING

Claudia in 11J has raised over \$51 for UNICEF - a wonderful initiative in response to a need she identified, supporting disadvantaged children.

Her fundraiser involved a Guessing Competition that took place every recess this week. Each guess cost \$1, and the person with the closest guess won the jar of lolly frogs.

Congratulations to Gen Funk - who guessed 78 frogs. A very close guess, as there were 76 in the the jar. Enjoy your frogs Gen, and well done to Claudia for working hard to support UNICEF in a fun way that involved our college community.



# Father's Day

## CELEBRATIONS

PLEASE JOIN US FOR A  
REFLECTION, RAFFLE  
& LIGHT BREAKFAST

FRIDAY | SEPTEMBER

7.30AM - 8.30AM · ST EDMUND'S COLLEGE

PLEASE RSVP BY 28 AUG

[WWW.STEDMUNDS.NSW.EDU.AU/FD](http://WWW.STEDMUNDS.NSW.EDU.AU/FD)





## FATHER'S DAY LITURGY PHOTOS

### Photos Needed for Father's Day Liturgy

As part of our upcoming Father's Day celebrations we ask if all parents and carers are able to submit a photo of their child with their father/father figure/grandfather/special friend. This will be included in our slideshow at the Father's Day Breakfast and Liturgy.

We look forward to seeing your wonderful photos! You can attach when you RSVP for the breakfast, alternatively [click here to upload](#) or email [dickenson@stedmunds.nsw.edu.au](mailto:dickenson@stedmunds.nsw.edu.au)



## KU-RING-GAI SCULPTURE TRAIL

Congratulations to our Year 9 students for their wonderful submission into the Ku-ring-gai Sculpture Trail.

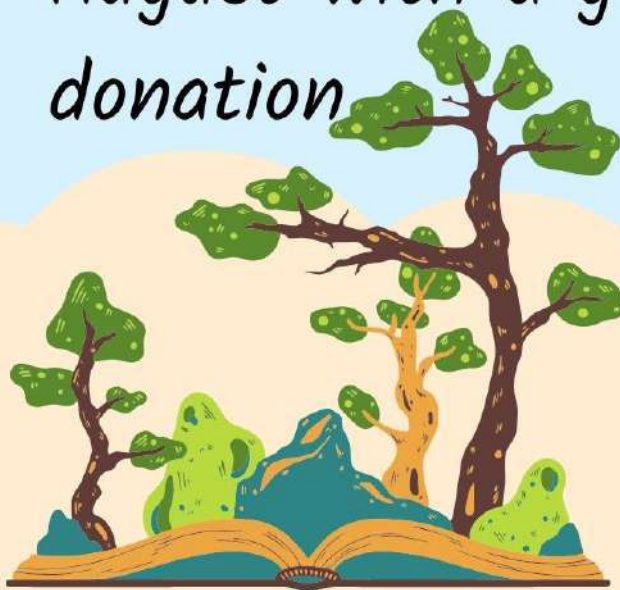
It is currently viewable in our College foyer, and will also be displayed outdoors at the Ku-ring-gai Wildflower Garden in St Ives from 4 September through to 3 October.



# Book Week

Activities Include:

- Book Swap - bring in a book, swap it for a new book
- Book Sale - gold coin donation
- Book Week Mufti - come dressed as your favourite book character on Friday 25th August with a gold coin donation



Money raised in Book Week will be donated to the Indigenous Literacy Foundation

**BOOK WEEK 2023 | AUGUST 21-25**





# CHARITY CHALLENGE GOLF DAY

SUPPORTING ST EDMUND'S COLLEGE

**TUESDAY 14 SEPTEMBER**

Terrey Hills Golf & Country Club

Kingfisher Drive, 116 Booralie Road, Terrey Hills

8am shotgun start

\$350 per player - incl breakfast, golf, lunch & drinks



**GOLD** \$5,500

3 Teams of 4 players + 3 Hole Signage  
inclusive of carts

**SILVER** \$3,300

2 Teams of 4 players inclusive of carts

**DRINKS** \$4,000

3 Teams of 4 players inclusive of cart

**HOLE** \$1,600

1 Team of 4 players inclusive of carts

**TEAM** \$1,400.00

Team of Four, \$50 per cart

**Gary Dawson • 0412 600 062**  
**[smokey@ozemail.com.au](mailto:smokey@ozemail.com.au)**  
**[thecharitychallenge.com](http://thecharitychallenge.com)**



## CLUBS & MORE



**Book Club**

**DON'T FORGET!**

**SCHOLASTIC Book Club LOOP for Parents**

**SCHOLASTIC Book Club** orders are due: **07.08.23**

**LOOP** is the Scholastic Book Club Linked Online Ordering & Payment platform for parents. To order and pay for Scholastic Book Club by credit card visit: [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)

GET IT ON Google play Download on the App Store



**ISSUE 5**

**FREE BOOK GIVEAWAY**

**PLACE YOUR ISSUE 5 ORDER and select up to 3 FREE BOOKS!**

**SPEND \$70+ = 3 FREE BOOKS**

**SPEND \$50+ = 2 FREE BOOKS**

**SPEND \$30+ = 1 FREE BOOK**

LOOP orders only. See [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP) for terms and conditions. Titles may vary from those shown. More choices available.

**SCHOLASTIC Book Club**



**LUNCHTIME IN U5 EVERYDAY!**

**MINECRAFT CLUB!**

**MINECRAFT EDUCATION EDITION**



**\$1 Milkshakes**

Thursday Yr 7, 8, 9  
Friday Yr 10, 11, 12

Lactose free & Rice milk available

Vanilla Caramel Chocolate Strawberry



**ABBOTSLEIGH**

**ROBOTICS CLUB**

**MAKE LEGO ROBOTS MONDAY LUNCH LAB 2**

**EAT YOUR LUNCH IN THE QUAD**

**FIRST TO ARRIVE WILL JOIN**



**Unclaimed Lost Property**

**PIC-COLLAGE**



## COMMUNITY

Please note any external events or organisations listed in the Community section are not necessarily endorsed by the College, but are included as they may be of interest to our families.



If you have had a wonderful experience at St Edmund's, we would love for you to leave us a 5 star review on Google!

Thanks for your assistance.

### *Follow us on Social Media*

We are active on social media and would love for all our Eddie's community to be a part of it. Click our Facebook, Instagram or LinkedIn icon below to support us on socials!



**Supporting  
children and adults  
with disability**  
since 1979



#### **Free NDIS Information Sessions - Register Now**

Based in the Hills District, Interaction Disability Services has been providing supports to people with intellectual disability since 1979.

To support families on their NDIS journey, Interaction is hosting a FREE information session on Monday 21st August at Rouse Hill Town Centre.

[Click here to get your free tickets.](#)

This is the perfect opportunity for families to find out what supports are available to them.



St Gabriel's  
SCHOOL

Nurturing Independence, Transforming Lives

## PARENT GROUP MEETING

**THURSDAY, 31ST AUGUST 2023**

7:00PM | ST GABRIEL'S (ENTER VIA RECEPTION DOORS)

ST EDMUND'S PARENTS & CARERS ARE WELCOME!

### POST-SCHOOL AND NDIS PROVIDER SESSION

This is going to be a great parent group session with a number of top organisations, all coming to chat to you about what they offer in regards to post-school assistance, NDIS support and independent living support. Each organisation will do a very short presentation and then be available for group and one-on-one questions afterwards. Don't miss this great group, all in one place. Suitable for K to 12 parents.

#### The Field Jobs

Founded by Dylan Alcott, AO, the Field is a new job site designed and built by people with disability, that actively connects people with disability with jobs from inclusive employers. Did you know there are more than 500,000 job seekers with disability in Australia actively looking for work? Organisations like Bunnings, Nike, BHP, and Medibank are already posting jobs on the Field to fill skills gaps with great candidates.



#### Nursed Care



Nursed was created to stand apart from all other providers by making the quality of care and service our #1 priority. All our staff have experience in the medical field, ranging from working in ICU as an RN, Surgical assistants, AIN's and extensive support work experience. We have integrated a quality assurance team that performs spot checks on all support workers and has regularly scheduled 1-on-1 check-ins with all clients where they can voice all concerns and requests within a confidential and safe environment. These requests and concerns are sent to management and actioned right away.

We offer a wide range of services such as: Supported independent living, Domestic Assistance, Private Nursing, Community & social participation, Respite & short-term accommodation, Specialist disability accommodation, Plan management.

#### Johnny H

Johnny H offers group programs for teens and adults with mild to moderate intellectual and developmental disabilities. We create opportunities to enjoy new experiences, make firm friends and develop new skills in a safe and supported setting.



#### Leap In!



Leap in! provide plan management services to thousands of families across Sydney. They help you make the most of your NDIS Plan and take care of all the time-consuming paperwork so you can focus on getting the supports you need.

**RSVP NOW**

Please book your tickets at by [CLICKING HERE](#) or using the QR code, right.







# 2023 IGNATIAN CHILDREN'S HOLIDAY CAMP DECEMBER 7-10

At Saint Ignatius' College Riverview, we take great pleasure in holding an annual four day residential holiday camp for children with physical and intellectual disabilities.

## OUR AIM

- To provide a fun camp for children with disabilities at **no cost** to parents.
- To provide children opportunities they might not otherwise experience.
- To offer respite care to families.
- To offer our senior students an opportunity to serve others.

## CAMP OUTLINE

Daily activities include swimming, craft, yoga and soft play.

### Special events:

Friday: Ferry ride and Sydney Aquarium  
Saturday: Fair and disco  
Sunday: Christmas party

## THE CHILDREN

We look forward to accommodating 26 boys and girls between the age of 5 and 15 who have intellectual and physical disabilities.

## MEDICAL SUPPORT

Medical facilities of the highest standard are available at the College. We have registered nurses on duty each shift and doctors on call 24 hours a day.

## THE COMPANIONS

We pride ourselves on our Companions. Each year we have about 60 students from Saint Ignatius' College Riverview, Monte Sant' Angelo and Loreto apply for the position of personal Companions. Each applicant is interviewed and selected with great care. These students consider the experience as a privilege and learn so much about children with disabilities and themselves.

Along with the nurses, the Companions are supported in their role by a number of teaching staff from the various schools.

## OUR SPONSORS

The success of our camp is the result of the support of many generous people who contribute in many different ways. We are particularly grateful to all our major sponsors who contribute financial assistance.

### Special thanks to



## FURTHER INFORMATION

Meg Morrison 02 9882 8227  
Leanne Neal 02 9882 8262

Saint Ignatius' College Riverview  
Tambourine Bay Road  
Lane Cove NSW 2066

[ichc.riverview.nsw.edu.au](http://ichc.riverview.nsw.edu.au)



**APPLY NOW  
CLICK HERE**



## 2023 MARIST SONY FOUNDATION CHILDREN'S HOLIDAY CAMP

**St Joseph's College, Mark Street, Hunters Hill**  
**Friday 8 December to Monday 11 December 2023**

The 2023 Marist Sony Foundation Children's Holiday Camp, aims to provide a free four-day residential camp for children between the ages of 7 to 16 with special needs. Allowing parents and carers four days of respite.

### CAMP INFORMATION:

- The camp can accommodate approximately 25 campers.
- Whilst at the camp, volunteer senior students from St Joseph's College Hunters Hill, Loreto Normanhurst and Marist Sisters' College Woolwich will be allocated as carers and personal companions for the duration of the camp. Each volunteer has been interviewed and selected with great care.
- Volunteer students are supported by staff from each school.
- Medical facilities of the highest standard are available at St Joseph's College Health Centre. The camp will be staffed by a team of volunteer registered nurses on a 24 hour basis, ensuring all medical needs will be catered for.



Sony Foundation  
Australia

**FOR FURTHER INFORMATION PLEASE CONTACT**  
Jasmine Khalifeh | [jkhalfieh@joeys.org](mailto:jkhalfieh@joeys.org) / 02 9816 0912  
Or click [here](#) for a camp application form

## CAMP PROGRAM

### Day 1 Friday 8 December

- Arrive at the College and unpack
- Lunch
- Fun Activity: Painting and Swimming
- Afternoon tea
- Fun Activity: Swimming
- Dinner
- Magic Show
- Bedtime

### Day 2 Saturday 9 December

- Breakfast
- Fun Activity: Visit to Tarban Creek Reserve
- Lunch
- Fun Activity: Drumming
- Pizza and Movies under the Stars
- Bedtime

### Day 3 Sunday 10 December

- Breakfast
- Fun Activity: Craft
- Camp Fair with rides, face painting and a jumping castle
- Fun Activity: Swimming
- Dinner
- Dance
- Bedtime

### Day 4 Monday 11 December

- Breakfast
- Fun Activity: Christmas cooking
- Christmas Party with Santa and presents
- Farewells





# COMMUNITY

BlowFly Cricket is a special brand of cricket designed for kids and young adults with a disability, that is run in a non-competitive environment for the players, families and carers to enjoy. All ages are welcome.

We have 3 centres to choose from, depending on what day or time suits you:

➤ **Friday evenings:** 6:00-7:45pm at James Henty Reserve, Dural (all ages) – commencing 13<sup>th</sup> October

**Registration Link:** <https://www.playhq.com/cricket-australia/register/cfc798>

➤ **Saturday afternoons:** 1:15-3:45pm at James Park, Hornsby (all ages) – commencing 14<sup>th</sup> October

**Registration Link:** <https://www.playhq.com/cricket-australia/register/8e7b0a>

➤ **Wednesday afternoons:** 4:30-5:30pm at Mark Taylor Oval, Waitara (for children 5-14 years old)

**Registration Link:** <https://www.playhq.com/cricket-australia/register/7367a3>

For more information contact: [blowflycricket@y7mail.com](mailto:blowflycricket@y7mail.com)

**Cost:** \$50/player (includes insurance fee – Active Kids Vouchers welcome)

If you do not already have a PlayHQ account, you will need to create one.

A complimentary sausage sizzle is held at the end of each session as well!



## New Rainbow Club - Classes Available!



West Pymble Rainbow Club  
Warringah Rainbow Club  
Freshwater Rainbow Club  
Warriewood Rainbow Club  
Wahroonga Rainbow Club  
Coming Soon - North Sydney

rainbow  
club

**MAKE A  
BOOKING**



### Personalised swim lessons for children with disability

Our specially designed Swim the Rainbow program is delivered by qualified and dedicated swim teachers in a social, fun and supportive aquatic environment.

Check website for times and location details  
<https://www.myrainbowclub.org.au/register/>



## Mums & Bubs fitness classes West Pymble Community Hall

The 9-week Mums and Bubs exercise program is ideal for new mums, with a focus on building back full body strength and cardiovascular fitness. The classes can also increase your confidence and connect you with other new parents in the community.

During Mums and Bubs we'll focus on your body stability and mobility, core and pelvic floor strength and introducing some HIIT style group fitness training.

Our classes are designed to include your baby as much or as little as you like. Always consult your GP or medical professional before undertaking exercise.



Term 3: 26 July - 20 September

Contact: [recreationbookings@krg.nsw.gov.au](mailto:recreationbookings@krg.nsw.gov.au) or 9424 0754

[krg.nsw.gov.au/active](http://krg.nsw.gov.au/active)

