



SACRED HEART PRIMARY SCHOOL

# Newsletter

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Newsletter No 9 Term 3  
9th September 2021

Fr Steve's Sunday Mass:

<https://www.youtube.com/watch?v=VkXmnVYChVE>

Dear Sacred Heart families and friends,

*Creator God, be near to me.*

*When I'm uncertain, offer me comfort.*

*When I'm afraid, give me courage.*

*I give you thanks for all of the good things in my life.*

*I ask for help with the things that aren't so good.*

*I pray for my community in the midst of this pandemic,*

*that everyone will stay safe and healthy.*

*Be with our leaders, and help them to make good decisions.*

*Thank you for your love.*

*Amen.*

As we approach the end of an exceptionally difficult and challenging term, we would like to take this opportunity to express our sincerest appreciation to our parents, guardians, family members and students for your incredible patience and flexibility.

We understand the enormous responsibility and challenges that Remote Learning has placed on parents, guardians and students, as you had to create time, space, routine, and support for learning at home. We realise that all of our families have and are continuing to experience a difficult time and that there are many other needs, in addition to student learning, that are critical as we work through this crisis together.

We are so thankful to our families and students for all the amazing gestures of kindness and generosity we have experienced throughout this term: writing notes of gratitude to teachers and school staff; sending videos and slideshows of students singing songs, creating art masterpieces, performing Science or PE projects; or just cheering up those in our community who may be feeling fatigued or 'flat'.

We honour all of you and your acts of generosity and kindness, patience and resilience, and the fortitude and determination you have demonstrated so consistently throughout this term.

In these times it is almost essential that we seek out any glimmer of light and hope. Examples of generosity, of creativity and a deep care for one another abound in normal times, let's make sure, especially on RUOK Day, that we check in on each other and remind each other that we have all done an amazing job and should be proud of our collective and individual efforts to help our children.

Parents, you are doing an amazing job!

Yours Sincerely,

Jim & Gina



**THANK YOU:**

Thank you to Michelle Berriman who was able to provide each student in the school with a football at our last pack pick up. On the last day of this term, Friday 17 September, we will celebrate Footy Day and encourage all students to come to their Meets on this day in their footy colours.



Rory, Ella & Lachie A

**STUDENT NEWS:**

Both Miller and Krystal Burns recently were seen in the Nillumbik News and Jack Rowley appeared on Channel 7 news. We have super stars in the making! Congratulations to past pupil, Brianna Morgan on being elected Music Leader at Eltham College in 2022.



**'Vouching' for good health**

We're proudly paving the way when it comes to rewarding kids, with health front of mind.

In a Victorian first, Nillumbik is among five councils to partner with VicHealth to deliver a new Healthy Sports Reward initiative.

We're supporting junior sporting clubs in the expansion of their reward voucher program to include healthy activities, such as free access to the Eltham Leisure Centre swimming pool and discounted entry to Yarrambat's Goanna Golf.

We'd like to congratulate Pantom Hill Junior Football, Eltham Junior Football, Northern Eagles Soccer, Diamond Creek Baseball, Diamond Creek Junior Football and Research Junior Football clubs, who all opted in to the pilot program for the 2021 winter season.

We would also like to thank Aligned Leisure and Belgravia Leisure for their support in providing health activity vouchers.

LEFT: Diamond Creek Junior Football Club U10 coach Rebecca Burton and player Miller.

**Action on the cards**

We're proud to again support the global 16 Days of Activism Against Gender-based Violence campaign.

The campaign starts on Thursday 25 November, International Day for the Elimination of Violence Against Women, and runs until Friday 10 December, International Human Rights Day.

The campaign will feature a range of community-led activities and projects across the 16 days that challenge gender stereotypes and promote gender equity and funded with Council grants of up to \$500.

Applications are now open for the grants until Sunday 19 September at [nillumbik.vic.gov.au/16-days-grants](http://nillumbik.vic.gov.au/16-days-grants).



Last year, grants were awarded to five preschools and early years services to purchase resources, books and toys that challenged gender stereotypes.

Funding was also given to Sacred Heart Primary School for students to make respectful relationship cards (pictured above), Eltham and Diamond Valley libraries for light displays and Nillumbik Leisure Facilities staff to go orange in support of the campaign.

For more information about the 16 Days of Activism events go to [nillumbik.vic.gov.au/16-days](http://nillumbik.vic.gov.au/16-days)



## FUNDAMENTALS FOR FOUNDATION

SACRED HEART PRIMARY SCHOOL

# FUNDAMENTALS FOR FOUNDATION

A structured program that assists preparation for preschoolers in their transition into formal schooling.



SESSION 1 MONDAY 30 AUGUST 9.30AM ONLINE  
SESSION 2 MONDAY 6 SEPTEMBER 9.30AM ONLINE  
SESSION 3 MONDAY 13 SEPTEMBER 9.30AM ONLINE  
SESSION 4 MONDAY 4 OCTOBER 9.30AM ONLINE  
SESSION 5 MONDAY 11 OCTOBER ONSITE 9.15AM - 10.00AM  
SESSION 6 MONDAY 18 OCTOBER ONSITE 9.15 - 10.00AM

### WHAT WE DO

This is the perfect time to begin preparing your child for school. Sessions facilitated by a qualified, registered and accredited teacher are FREE, with all materials provided. A variety of lessons and activities that focus on a child's academic development, learning readiness, social wellness and more is provided.

### HANDS ON LEARNING

Sessions will provide hands on learning experiences covering:

- pre-literacy skills
- pre-numeracy skills
- name recognition/writing
- fine motor skills including pencil grip
- gross motor skills
- social skills
- language skills



SACRED HEART PRIMARY SCHOOL

# Wellbeing

### RU OK? DAY:

This year at Sacred Heart we believe that RU OK? Day is more important than ever. 2020/2021 have been challenging years for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

RU OK? has developed four conversation steps to give you, no matter how young or old you are, the skills and confidence to navigate a conversation with someone you're worried about:

1. Ask
2. Listen
3. Encourage Action
4. Check in

Even though this year we are apart it is important to know that we are still connected.

RU OK? Day (Thursday 9 September, 2021) is our national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs. With 'RU OK?' Day we thought it would be helpful to provide some resources to support those around you with the fifth edition of PROJECT+. All the necessary links are provided below:

## Parent/Carer Support

- Checking in on your kids (Click [HERE](#) to view)

## Student Support

- Providing help and seeking help (Click [HERE](#) to view)

Thanks for your ongoing efforts to continue to support our school community.

# R U OK? Day

*A matrix to share with friends or to inspire you on R U OK? Day on 9 September.*

*Reach out to someone whom you feel might need to hear your voice and experience your kindness. As Educators, we need to care for each other as well as our students so that we are not giving from an empty cup.*

*This an Empowering Learning Together Resource*

<p><b>Take the time</b> to care for yourself <b>everyday</b>. Start the morning with simple activities like yoga, a quiet cup of coffee, meditating or a moment of gratitude.</p>	<p><b>Make a cup of tea</b> for someone who appears to be 'different' today, sit with them and just be there. Listening makes a big difference.</p>	<p><b>Find a new type of exercise to engage in.</b> Yoga, 80s style aerobics, weights, dancing, trampolining, rollerskating, rock climbing, swimming etc.</p>
	<p><b>Take the time to have a conversation.</b> Not just on R U OK? Day but everyday. Check in with yourself and others. It's ok not to be ok.</p>	<p><b>It's time to take up a new hobby!</b> Choose a passion or new wondering that's just for you. Lego, reading, knitting, a new language... the list is endless!</p>
<p><b>Arrange a care package for a colleague</b> who you haven't heard from for a while. Personalise it with some of their favourite goodies (Foodie? Coffee lover? Colouring book fan?)</p>	<p><b>Start a journal</b> to document your day. Include things you are feeling grateful for each day. You could even try exploring bullet journaling.</p>	<p><b>Arrange a virtual catch up</b> with someone or a group of people. Make it fun by adding a theme or focus (book club, 60's dress up).</p>

*One kind word can change someone's entire day.*



## LOCKDOWN RESOURCES TO SUPPORT RESILIENCE:

We are all currently navigating one of our most challenging times in recent memory due to the global pandemic. The impact this is having on our young people, their caregivers, and educator's wellbeing and mental health is significant.

We have recently reached 200 days of lockdown here in Melbourne, and rather than lamenting this occurrence, we wanted to reach out to you, providing some practical resources and ideas for families, children and adolescents to promote connection, fun and play whilst under the restrictions of lockdown.

Resilient Youth Australia, Kind Schools, Playmeo and Monash University's educational and mental health professionals have generously donated the content for this Resilient Youth Lockdown Resources page. Thank you for everything you do to support our young people.

### [50 Ideas for Positive Connections at Home](#)

## 50 Quick Ideas to Promote Positive Connections at Home

1. Sing
2. Videocall a relative
3. Massage night
4. Joke night
5. Play a board game
6. Have a staring contest
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30. Try a devices/TV/lights free evening
31. Check out this website: [northshoremums.com.au/fun-home-activities-with-kids](http://northshoremums.com.au/fun-home-activities-with-kids)
32. Build a House of Cards
33. Practice a fire drill
34. Remember a holiday place
35. Try home yoga

### [Breathing Buddies](#)

## Activity Title: Breathing Buddies

Simple breathing techniques improve our emotional regulation and focus.

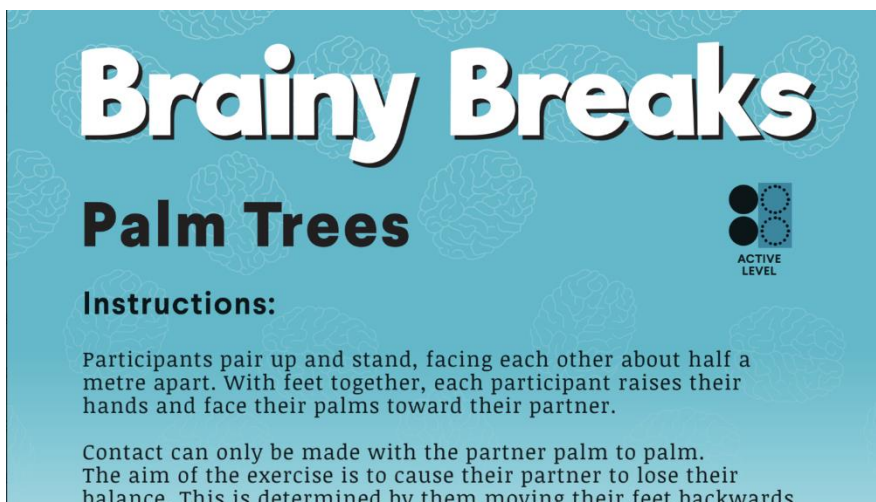
AGE LEVEL: 4 - Adult

TIME: 5 -10 minutes for each technique.

Breathing techniques are really important tools to assist us with managing our emotions, mind and improve our relaxation and focus. Our breath is our life force, paying attention to it and learning to focus on it can be helpful in times of high emotional distress, such as anger, sadness and fear.

Anyone can use each of these techniques when you are feeling the need to, including in class situations such as tests and exams, at home before trying to sleep, or when you're feeling upset or worried.

### [Brainy Breaks: Palm Trees](#)




**Brainy Breaks**

**Palm Trees**

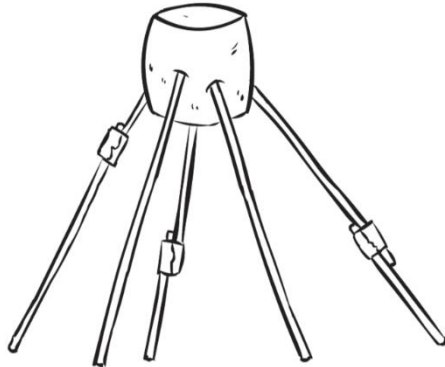
**Instructions:**

Participants pair up and stand, facing each other about half a metre apart. With feet together, each participant raises their hands and face their palms toward their partner.

Contact can only be made with the partner palm to palm. The aim of the exercise is to cause their partner to lose their balance. This is determined by them moving their feet backwards

 ACTIVE LEVEL

## Marshmallow Challenge




# Brainy Breaks

## Thumb Peace

**Instructions:**

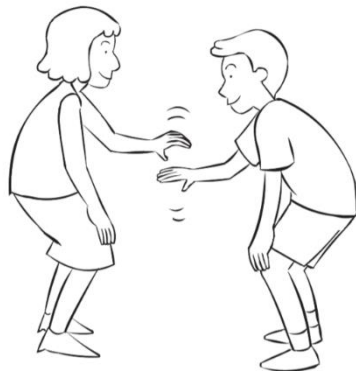
Participants pair up and link right, or left hands (like Thumb War) with thumbs touching. The pair will need to work together to write the numbers from 1 to 9, with their thumbs remaining touching. One participant will be writing the numbers forwards, while the other writes the number backwards.

Cooperation and communication is needed.



ACTIVE LEVEL

## Knee Tag



Online Courses / Psychology & Mental Health



## Mindfulness for Wellbeing and Peak Performance

★★★★★ 4.9 (954 reviews)

Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course.

[Join course for free](#)

377,596 enrolled on this course



[Activity: What? On the spot!](#)

## Activity Title: **What? On the spot!**

A game that can be played face to face or online-based platforms.

AGE LEVEL: 7 - Adult

EQUIPMENT REQUIRED: Pieces of plain paper for each player, markers / textas and the question sheet, a stopwatch / sand timer / or clock.

### Instructions

1. Decide if the game is played by either drawing or writing the answers to the questions  
(this can be adapted for different languages and using the same to be translated)


[Playmeo: River Crossing](#)

**playmeo**

### River Crossing



# GAMECHANGERS




**Look down, Look up**

**Instructions:**

Group stands in a circle facing in. Object is placed in the middle of the circle and all participants stare at the object. When “Look Up” is called by the leader, each individual lifts their eyes and stares directly at only one other person in the circle. If the person you are staring at is staring at you, you are both eliminated from the game.


# PLAY



## ELEVENS

- Students stand in a circle.
- Student chosen to start can say up to 3 numbers starting from 1.
- The next person in the circle can add up to 3 numbers.
- If you are the person that falls on the number 11 you are out.
- The last person standing wins

# Brainy Breaks



## Thumb War

**Instructions:**

Participants pair up and link right, or left hands with thumbs pointing up. “1, 2, 3, 4... I declare a thumb war” signals the start of the game. Participants, still holding hands, attempt to pin their opponent’s thumb, to a count of three.

.....

**Equipment:** None



## Pairs Compass Walk



[ACT Mindfully: Free audio resources in mindfulness](#)

### Free Audio

MP3 Recordings	Podcasts
<p>Recordings of "Dropping Anchor", 40 Seconds</p> <p>0:41 </p>	<p>Russ Harris Coaching with Mindfulness - Podcast One</p> <p>▶ 0:00 / 21:16 </p>
<p>Recordings of "Dropping Anchor", 2 Minutes</p> <p>1:56 </p>	<p>Russ Harris Coaching with Mindfulness - Podcast Two</p> <p>▶ 0:00 / 42:02 </p>
<p>Recordings of "Dropping Anchor", 7 Minutes</p>	<p>Podcast: Russ Harris talks about The Reality Slap</p>

### HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH THROUGH THE PANDEMIC:

Below is a webinar and a fact sheet developed by The Royal Children's Hospital General Medicine, Psychology, Social Work and Mental Health departments. We acknowledge the input of RCH consumers and carers.

Access webinar recording here (presented Wed 25 August 2021):

<https://www.youtube.com/watch?v=y1DizMUOeng>

## Supporting your child to cope with the COVID-19 pandemic

**If you are concerned your child has COVID-19 please call the dedicated hotline on 1800 675 398 or visit <https://www.dhhs.vic.gov.au/coronavirus> for more information.**

Many parents are looking for advice about how to best support their children to cope with the coronavirus pandemic. With the situation rapidly changing, frequent news of people becoming unwell, and many children unable to continue with their normal activities, it is a very unsettling time for families. This fact sheet contains some information for parents and carers to help them support their children and answer their questions during this challenging and uncertain time.

### Talk about coronavirus with your children

It's important not to avoid talking about coronavirus with your children - avoiding the topic may make them feel more worried and unsure about what's going on. Many children will already have thoughts and ideas about coronavirus, so start by asking them what they know. Use open-ended questions and address any

worries, fear or false information they may have heard. It's okay to tell kids that we don't have all the answers but when we know more we will share it with them.

### **Be open and honest, but age-appropriate**

Stick to the facts, but think about your child's age when sharing information with them. Children of different ages will need different answers. Keep it simple and clear for young kids and provide more detailed information for older children and teenagers.

It's important to remind children that although they might catch the virus, it is unlikely to make them very unwell. Tell them that if they do get sick it will be similar to a cold that they may have experienced before. They may get a fever, cough, runny nose or sore throat and be sick for a few days or around a week, and they will get better. It's okay to tell children that adults are more likely to get sick, especially if they are elderly or have a medical condition. Let them know that most of the strategies they see in the community, like hand washing and social distancing, are actually to help protect the most vulnerable. By doing these things they are helping to protect others.

### **Stay positive and hopeful**

It is helpful to stay positive and hopeful when discussing coronavirus with your children. Often the media focuses on worrying and negative aspects, so your children may become overwhelmed and think the situation is hopeless. Explain that there are lots of doctors and scientists working really hard to find out about this virus, and that they are learning new things every day. Let them know that many people around the world have recovered from coronavirus. It's important for them to know that although things are different at the moment, and may be hard for a while, things will eventually return to normal.

### **Limit information children get through the media**

There is lots of information in the media about coronavirus and it is likely that your children are seeing and hearing this through the TV, radio and online. Try to limit how much your child watches, hears and reads in the news, including on social media. Seeing graphic images or reading about the increasing number of cases of coronavirus can become overwhelming and upsetting. It's especially important to try to limit your child's exposure to frightening material in the news or online.

### **Focus on the things children can control**

We need to help children focus on what they can do to stay safe and healthy. By giving children practical things that they can do will help them to feel empowered rather than helpless. Remind children about hand hygiene – make sure they know how to wash their hands properly and remind them to do this before and after they eat, as well as after touching their face or blowing their nose. See our video on [keeping well](#). Teach them how to cough or sneeze into their elbow. Remind them to avoid touching their eyes, nose and mouth. Where possible, crowds should be avoided and people should refrain from close physical contact with people outside of their household. Show kids how to greet each other hands-free such as by touching elbows or feet.

Keeping well through physical activity, a healthy diet and plenty of sleep are also really important ways to support your children. Lots of children are disappointed that their regular sport and other activities may be cancelled. Find other ways to keep your kids active, such as spending time in the backyard or going for a family walk, run or bike ride.

### **Stick to routines where possible**

Children need routine more than ever during uncertain and unpredictable times. Maintain as much normality in the house and daily life as you can and include family time. You can structure your child's routine around meal time and bedtimes, as well as online learning activities for older children. Try to factor some physical activity into the day, as this is important for children of all ages, and good for adults too.

### **Show your children that you are calm**

Children look to their parents and carers as a guide about how to react to situations. Even very young children are sensitive to stress and anxiety in adults. Parents and carers need to manage their own emotions and anxiety to help keep kids calm. Try not to talk to children about coronavirus when you are feeling particularly stressed or overwhelmed. You can ask your partner or another trusted adult to speak with them.

### **Look out for signs of anxiety or stress in your children**

Everyone reacts differently in stressful situations. Some children are naturally more anxious than others, and coronavirus may affect them a lot. Keep an eye out for highly anxious or unusual behaviour in your children.

Younger children may show signs such as a change in behaviour, being more emotional, having temper tantrums or trouble sleeping or eating. Older children can show these signs too or they may also appear distracted, have trouble concentrating or become forgetful. Some children may develop repetitive or obsessive behaviours, such as excessive fear of germs or contamination.

Make sure you keep having conversations with your children about other things besides COVID-19. Take the time to sit with your child and listen to what they are worried about. If you are concerned that your child is showing signs of high levels of anxiety or stress, seek advice from your GP.

### Look after yourself too

Uncertain and stressful times can put a lot of strain on family relationships. In order to best support children, it is important that parents look after themselves too during this very stressful and difficult time. Try to find time for adequate rest and self-care. If you are feeling particularly stressed, overwhelmed or unsafe, or that you are not able to support your children in the way that you would like, please reach out to family and friends or your GP.

### Key points to remember

- Children look to adults as a guide about how to react in stressful situations
- Stay calm, positive and hopeful when talking with your child about coronavirus
- Keep information clear, honest and age-appropriate
- Limit media exposure about coronavirus
- Give children practical things to do, like good hand hygiene, to help them feel in control
- Make sure you and your child stay physically active
- If you or your child are feeling overwhelmed or stressed seek help from friends, family or your GP
- Try to make time to answer your child's questions and keep the communication channels open

### For more information

- Kids Health Info fact sheet: [Family violence](#)
- Kids Health Info fact sheet: [Hand washing](#)
- The Royal Children's Hospital: [Coronavirus](#)
- The Royal Children's Hospital: [Staying well](#)
- Be Positive: A child's guide to hospital: [Personal Protective Equipment](#)
- Be Positive: A child's guide to hospital: [What is COVID-19?](#)
- Department of Health and Human Services: [Coronavirus disease](#)
- Health Direct: [Coronavirus](#)
- Raising Children Network: [Coronavirus and children](#)
- National Child Traumatic Stress Centre: [COVID-19 outbreak](#)
- Ambulance Victoria: [Children and COVID-19](#)
- Zero to three: [Tips to make the most of video chats](#)
- Zero to three: [Tips for families](#)

### Common questions our doctors are asked:

**My child is worried that their grandparent might get very sick or die from coronavirus. What should I tell them?** It is important to be honest but hopeful and positive. Tell your child that by practising things like social isolation and hand hygiene can help to protect older relatives from catching the virus. Also tell them that we have excellent hospitals here in Australia, with lots of doctors and nurses ready to look after people if they become sick.

**My child still wants to see their friends and has asked if we can have a play date. What should I do?** Explain to your child that one way we can all help to stop the coronavirus from spreading by spending less time mixing with other people. Instead of a play date, think about other ways they can socially connect with their friends, such as through facetime, a phone call or writing a letter. Explain that things won't be this way forever, and things will return to normal eventually.

**My child has heard about people dying in the news and is worried it is going to happen to them. What should I say?**

Reassure your child that coronavirus does not make children very sick and they will not die from coronavirus. If they do catch it, they are likely to have a cold, with similar symptoms to those they have experienced before, such as a sore throat, runny nose, cough and fever, and they would likely get better in a week or so.



### Mental Health Support Lines

Where to get help

- headspace (ages 12-25) - **call 1800 650 890**
- Kids Helpline (ages 5-25) - **call 1800 551 800**
- Lifeline (24/7 crisis support) - **call 13 11 14**
- Beyond Blue (mental health support service) - **call 1300 224 636**
- Butterfly National Helpline (eating disorders) - **call 1800 334 673**
- 1800RESPECT (People impacted by sexual assault, domestic violence, and abuse) - **call 1800 737 732**
- Suicide Call Back Service (all ages) - **call 1300 659 467**
- Mensline (24/7 counselling service for men) - **call 1300 789 978**
- QLife (LGBTI peer support and referral) - **call 1800 184 527**



### September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 WEEK 10 B	14	15	16	17	18	19
Fundamentals for Foundation Program online				Footy Day TERM 3 FINISHES		

SCHOOL RETURNS MONDAY 4 OCTOBER TERM 4 (Unfortunately no announcement has been made whether this will be face to face or online at this stage).

# This week @ Sacred Heart



Evren & his Inquiry creation – 'Arcade Game'



Delilah & Audrey's Tower of Books



Alby's Block Tower



Charlotte's Arcade Game



Alfie P



Beau



Emily



Finn



Alfie H



Ava





SACRED HEART PRIMARY SCHOOL

# Community News



## Webinar for Parents

of 2 - 12 year olds

A webinar for parents to learn simple strategies to reduce anxiety and build resilience in your child

**ENROL NOW!**

# NO SCAREDY CATS

This interactive webinar offers parents of 2-12 year-olds reliable and easy-to-implement strategies to help parents identify and challenge anxious behaviours and build resilience in their child.

Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions

**Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> November 2021**

**From 6.30 - 8.45 PM AEST**

**Over 3 sessions you will learn to:**

- Identify and combat your child's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your child for greater social and academic success.
- Improve your parenting confidence and family bonds.



*Tickets on Sale*

~~\$99~~ per person

**\$59**

*"Good for learning practical aspects of parenting regarding building resilient kids - All with a neat scientific background to assist in understanding." BHEA, PARENT.*

*"Very practical, user-friendly evidence based information to support parents, so they can better support their children." TRACEY, SCHOOL PRINCIPAL*

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

<https://www.parentshop.com.au/no-scaredy-cats-for-parents/>





DRUMS



GUITAR



PIANO



SINGING & DANCE



Teaching a wide range of music styles such as pop, rock, funk and jazz, along with accompanying music theory and history!

All lessons are held weekly and timetabled during school hours

**Why learn music?** Learning music helps develop left and right brain coordination, listening and comprehension skills, positive feedback and greater self belief. Our lessons nurture creativity, confidence and independence.

**Music Performance Concerts** are hosted every year to showcase our students' exceptional progress and build performance skills.

"My children are very different personalities and one is on the spectrum. We have watched all of them grow with 2DMW from Prep for 5 years and witnessed the transformation of their abilities and confidence.

We are consistently amazed at the positive attitude, confidence, discipline and great standard achieved with 2DMW Teachers."  
- Sarah and Dev, Parents

To enrol or learn more about our programs, head to our website [2dreammusic.com](http://2dreammusic.com)



For enquiries, contact:

Jason Stonehouse 0419 872 875 | [contact@2dreammusic.com](mailto:contact@2dreammusic.com)



## Expert Eco Chats

Expert home sustainability advice – FREE

Ask about energy efficient products, solar, draught proofing, going electric, water efficiency, sustainable building and much more.

**Saturday 18 September**

**2pm – 4pm**

Eltham Community and Reception Centre

801 Main Rd, Eltham

(or online)

**Book now:**

[www.cleanenergynillumbik.org.au/eec](http://www.cleanenergynillumbik.org.au/eec)

Proudly supported by



**2021/22 Baseball Summer Season**

For Boys and Girls Aged 5+

Register for an online information session:

[juniorbaseball.com.au](http://juniorbaseball.com.au)