

### SACRED HEART PRIMARY SCHOOL

## Newsletter

Working together to build a learning community that embraces faith, diversity and personal growth.

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Newsletter No 7 Term 3 25 August 2022

#### School Closure – Monday 29th August & Tuesday 30th August

Dear Sacred Heart families and friends,

#### **SCHOOL CLOSURE THIS TERM:**

Please note that there will be a school closure on **Monday 29th August and Tuesday 30th August** to enable staff to work with presenters from Berry Street and further develop skills in regards to Learning Diversity within the classroom.

The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enables teachers to increase engagement of students with complex, unmet learning needs and to successfully improve all students' self-regulation, relationships, wellbeing, growth and academic achievement. Our pedagogical strategies incorporate trauma-informed teaching, positive education, and wellbeing practices. We believe that this is of extreme importance following two years of lockdown and the impact this has had on people.

#### **MACSSIS SURVEY:**

Throughout each year, we pause to listen to our students, families and staff to gauge how our learning community is travelling. This feedback is invaluable to our progress as an effective school community and is backed by evidence-based research and best practices.

A significant and formal way in which we engage and gather data is through MACSSIS, the Melbourne Archdiocese Catholic Schools (MACS) – School Improvement Surveys.

MACSSIS is a set of surveys that have been built specifically for Catholic schools in Melbourne by the Learning Services team at MACS, in partnership with researchers at Learning First and in wide consultation with Principals in catholic schools.

In 2022, students, families and staff are invited to participate in MACSSIS via our secure and purpose-built online platform. The survey will take place online from Monday 29th August to Friday 16th September 2022. The online platform is where our school leaders will access the summary reports that visualise the results of the student, family and staff surveys.

The MACSSIS survey platform is operated by an independent supplier, ORIMA Research Pty Ltd. The platform meets with the high security and privacy standards for handling student and school data.

Students will be provided with information and assistance to help and answer any questions. Families and staff can complete the survey anytime over the three-week window via an emailed link and password that was sent to all families earlier this week.

Our community's opinions are critical to understanding how our school is performing – MACSSIS is a key data source for guiding the ongoing work to improve our school.

All participation is invited, welcomed and 100 per cent voluntary. The surveys are not a test; they are an inclusive way to support the work we are already doing to improve our school. Everyone has the right to refuse to participate, or withdraw from the survey at any point before, during or after completion of the survey. All Year 4, Year 5 and Year 6 students will be involved in the process, please notify the school if you do not wish for your child to participate.

Kind regards

Jim & Gina



#### **SACRAMENT OF RECONCILIATION:**

Reminder that any student celebrating the Sacrament of Reconciliation this year is expected to attend a commitment Mass on Saturday 3 September at 7.15 pm at St Peters, Hurstbridge or Sunday 11 September at 9am at Sacred Heart Parish, Diamond Creek.



#### <u> HATS:</u>

Reminder to all families that as the UV ratings increase it is expected that all students wear the correct sun hat from Thursday 1 September. Hats are available from the office for \$15 or can be ordered online via CDFPAY.

#### **HOOP TIME:**

A number of Year 5/6 students will be representing Sacred Heart Primary School in the Hoop Time Basketball competition, to be held at Diamond Valley Stadium, on Thursday 1st September. Good luck to the following students:

Alfie Charlie Lachie Miller	Oliver Roy Tom	Harper Kayde Tadhg	Jeremy Elliott Isaac Davey
Rhylee	Grace O	Ruby	Mitali
Tess	Isla	Amelia	Penny
Zara	Maddi A	Sienna	Madison

#### **CONGRATULATIONS:**

Congratulations to Eliza Moore (Year 5) who competed in the Ski Cross and the Giant Slalom competition at Mount Buller this week. Eliza did awesome job representing Sacred Heart in the Red, Blue and White!









Congratulations to Paddy and Finn on receiving their Hurstbridge FC awards last week. Paddy won two of three best player awards for Hurstbridge Under 9s.



Finn - Most Improved & Paddy - Most consistent

#### **DIAMOND CREEK TOWN FAIR:**

When: Saturday 10th September, 2022

Theme: Superheroes!

Where: Diamond Creek Netball Courts

Time: Assemble at 9.30am for a 10.00am start

This year Sacred Heart Catholic Primary School will once again participate in the Grand Parade at the Town Fair. The theme for this year's parade is 'Superheroes'. Sacred Heart students will march in the parade wearing their sports uniform with more exciting details to come. All students are expected to participate in the parade if possible, especially those who hold or have held leadership positions within the school during the year. This is an opportunity for all students to represent our school with pride in our local community. All parents are required to check in their child with a staff member upon arrival. At the conclusion of the parade all children must be collected immediately and checked off by a staff member from Coventry Oval. We thank you for your support of this event.

#### **BOOK WEEK PARADE**

Well done to all students who dressed as their favourite book character on Monday. It was great to see the effort that people went to and the fun students had participating in this event. Congratulations to the following students that were awarded best dressed on the day:

Foundation	James Molinaro
1/2 NS	Sebastian Zagami
1/2 PA	Nate Fitzmaurice
3/4 RM	Caitlin Waddington
3/4 NJ	Jack Nardella
5/6 MR	Sienna Nardella
5/6 JD	Madison Lewis
Preschooler	Alannah Connolly

#### **DISTRICT ATHLETICS**

Congratulations to all students that represented Sacred Heart in the DVPSSA District Athletics Carnival today. More details to follow next week.

#### WHOLE SCHOOL EVACUATION DRILL

On Tuesday 23th August, the whole school participated in an evacuation drill with students and staff under the guidance of Dynamiq. Dynamiq works with the school to enhance our emergency management framework by understanding our workplace risk and improving our emergency response and recovery planning. The students were great at this practice, being able to complete it in a quick calm manner.

#### **DADS AND DONUTS**

On Friday 2nd September we will celebrate our Dads with a special assembly followed by a small presentation of Donuts and a handmade gift. The assembly will begin at 2.45pm in the Community Centre and we would like to see as many Dads that are able to attend to come along.



#### MINISTER FOR TREATY AND FIRST PEOPLE VISIT

On Tuesday, Sacred Heart hosted a very important event: A Conversation about Treaty in Victoria.

As Victoria continues on the path to Treaty, Vicki Ward, MP for Eltham, invited our FIRE Carriers and those of other local Catholic Primary Schools to attend, 'A Conversation with the Hon. Gab Williams MP, Minister for Treaty and First Peoples.' This was an opportunity for these students to hear directly from the Minister about Treaty and discuss its meaning and ask any questions that they may have about Treaty, the process and what Treaty means for our state and Victorians of the Kulin Nation.

Being the first state in the country to be on the path to negotiating the nation's first treaty with Traditional Owners and Aboriginal Victorians, the journey to Treaty is a significant and incredibly proud step forward for our state.

A key part of the Treaty Is the chance to build new relationships, learn from each other and build a new shared future for Victoria, starting with our adults of the future.

FIRE Carriers are one of our student leadership groups, responsible for ensuring that our school community is constantly reminded of the need for us to acknowledge the important part played by First Nation Peoples in our history and to be able to build respect and relationships among all Australians for the future.



Vicki Ward, Charlie, Isla, Mikki, Miaa, Amelia, Gabrielle Williams

#### **CHANGE TO FATHERS DAY STALL**

Fathers Day Stall has been moved to Friday 26th August. Thank you to Liz Nardella who has organised this opportunity for our students and families.



#### **MINI VINNIES NEWS**



Just some clues to get you thinking about what the Mini Vinnies group are busy organising for WEEK 10 this Term......







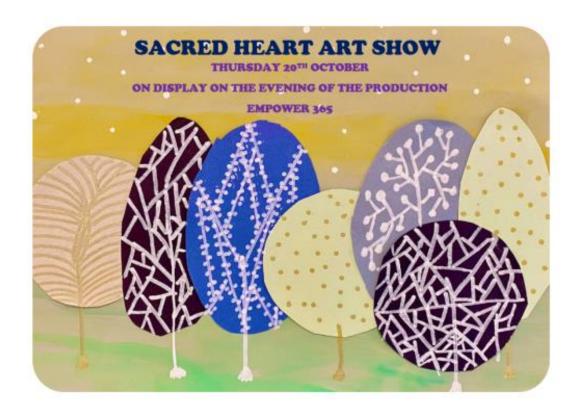
#### **PRODUCTION NEWS:**



Costume letters and requirements have been sent home to all students this week. Students will be required to bring all of their costume items to school on the day of production, Thursday 20th October.

Students will be asked to wear their sports uniform on this day.

Tickets will be available for purchase through trybooking at the end of this term.





#### SACRED HEART PRIMARY SCHOOL

# Wellbeing

#### **UPSCHOOL:**

Today's FREE Resource: Practical Life Checklist

When taken seriously and presented as approachable and independent tasks, these practical life activities allow children to develop one of the most important skills in child development - independence. The attached checklist is composed of a series of activities that may seem far from educational. However, not everything that counts can be counted, and, during these independent tasks, the child is learning to follow a complex motor sequence in order to play their part in the world. These skills, when offered early in life, allow children to believe in themselves as well as develop the self-discipline needed for success throughout their lives.

This series of activities has been curated carefully to alian with academic disciplines, developing the same key fundamental executive and emotional skills. Math, reading, and language all require children to have the ability to focus, to be able to follow logical and sequential steps, make intelligent choices, see a task through from start to finish, persist when one makes a mistake, and to correct any mistakes—and all of these are present in the process of completing these practical life activities.

What is happening at Upschool?

The Upschool Blog: Parent Resources Aplenty!

Upschool's Blog houses a range of parent resources that you can access anytime! Please browse our catalogue of absolutely FREE resources and download them!

Visit the Blog here

## 100 Practical Life **Activities For** Children of All Ages



- · Watch a documentary
- · Write a letter
- · Post a letter
- · Make a book cover
- · Write a story
- Build something from cardboard
- Fold the laundry
- Skype a friend
- · Make some food
- Make a shopping list
- · Plan a trip
- Look after a pet
- Collect some leaves
- · Paint a picture
- · Make a mask
- Sort your clothes
- Re-Arrange your bedroom
- Bake some cupcakes
- Write thank-you notes
- Make birthday cards
- · Organise the calendar
- Sew some materials · Build a billy-cart
- Write emails to important people
- Watch the news
- Make a collage from magazines
- Read to a sibling
- · Build a cubby house
- · Learn a song Rehearse a play
- Practice typing skills · Order something online
- · Boil an egg
- Take something apart
- Publish a book
- Design a new building
- Study google earth

- Research a civilization (Egypt)
- · Write a speech. Video it!
- · Make a film trailer
- · Dust the house • Make a domino rally
- Write a diary
- Make a comic book
- · Bake a cake
- Count your savings
- · Watch a Ted Talk
- Wash the dishes
- · Give mum/dad a shoulder rub.
- · Wash the car
- Study an insect
- · Write to a friend
- Recycle items
- Take out the rubbish
- Have a nap
- Erect a tent in the garden
- Practice skipping · Teach a sibling
- Design a T-shirt
- · Make a club, and invite members.
- · Make a membership card.
- · Write your own quiz
- · Design a menu for dinner
- · Write a recipe book
- Make an avatar
- · Watch star wars
- Dissect a plant
- Make something from clay
- Build a marble run
- Paint old vases
- · Plant some seeds
- · Recycle paper Paint old wine bottles
- · Make abstract art
- Set the table

- Plan a party
- · Start a collection
- Make a poster
- · Record a video and upload it
- Learn how to code (code.org)
- Make lollipops
- · Mop the kitchen
- · Listen to music
- Play a board game
- · Make a wish-list
- · Research an animal/plant
- Make a project
- · Make a cardboard clock
- Make a phone call Make a photo album
- · Make a life story booklet
- Sequence world events
- · Make sock puppets · Plan a family fashion show
- Exercise indoors
- · Weed the garden
- Mow the lawn · Prepare vegetables for dinner.
- Practise yoga
- · Paint a family portrait
- Frame some pictures
- Hammer wood and nails
- · Style your hair
- Plan a journey
- · Wrap and send gifts.
- · Fold laundry
- · Varnish a table
- Arrange some flowers
- Observe nature · Practise meditation
- · Listen to an audiobook
- Watch a cartoon
- · Learn a new language





## parenting \*ideas

#### INSIGHTS

### The science of connection



Finding skilful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family.

Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.

Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.

There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She applogised and left the room in tears.

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion – threat, strive, and connect – are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this shark music.

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system.

## parenting \*ideas

Running on the "feel good" hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what's difficult, then we don't learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

#### In closing

As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.



Click here to view a quick tip video by Dr Justin Coulson related to this Insights article



#### Dr Diana Korevaar

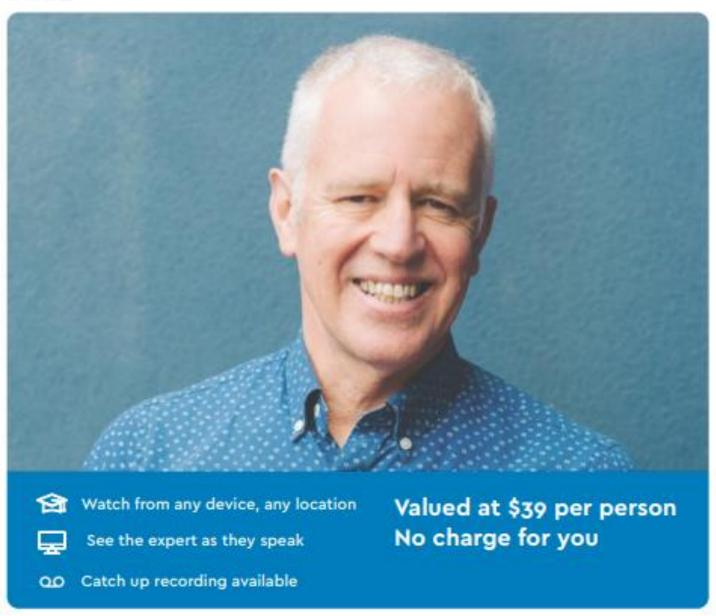
Dr Diana Korevaar is a perinatal psychiatrist, whose priority has been to help parents raise resilient and happy children. In her book *Mindfulness for Mums and Dads*, she adapted the science of neuroplasticity and mindfulness into practical skills which translate the challenging experiences of parenting and relationships into opportunities for growth.

## **Upcoming Webinar for Parents**

#### Michael Grose presents: Changing parenting gears for the teenage years

Michael Grose is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences around Australia and internationally for more than 20 years. He is a bestselling author of 12 books for parents including the best-selling Why First Borns Rule the World and Later-Borns Want to Change It. Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



#### About the webinar



#### Changing parenting gears for the teenage years

Many parents discover that the approaches they successfully used when their children were young don't stand up during the turbulent teenage years. Well-intentioned advice receives eye rolls and groans. Previous approaches to discipline no longer work, and enjoyable conversations are replaced with conflict, or worse, silence. In this webinar, Michael Grose discusses the importance of changing parenting gears during the teenage years. He shares the critical shifts parents need to make when raising teenagers.

Key learning and discussion points include:

- why giving teenagers information to keep them safe doesn't work and what to do instead
- · how to talk to teens about hard topics so that they take ideas on board
- how to support young people when they are experiencing friendship and other challenges
- why mistakes are an essential part of growing up and what parents can do to minimise harm
- . the three stages of adolescence and the parenting approaches that each requires

The webinar will be held on 31 August 2022 at 8-9 PM AEST.

#### Redeem your webinar - it's easy!

To redeem your webinar click or copy and paste this link:

#### Click here

- 1. Click 'Add to cart'
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- 3. Enter the coupon code TEENS and click 'Apply'
- 4. Enter our organisation's name to verify your eligibility. The \$39 discount will then be applied.
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- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources.
- 7. Click 'Place Order'

This offer is valid until 30 November 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



### Term 3 Dates 2022 - FAMILIES

**August** 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 WEEK 8 B	30	31				
STAFF CONFERENCE Berry	STAFF	FUNdamentals for				
Street: Body	CONFERENCE	Foundation				
		Program begins				
School Closure	School Closure					
LITERACY/						
NUMERACY WEEK						
MACSSIS 2022 opens until 16						
September						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Hats to be worn Health & PE	ISS V Glen Katherine B (away)	Reconciliation Commitment Mass	FATHERS DAY
			Day	Assembly & Fathers Day Celebration 2.45pm		
5 WEEK 9 A	6	7	8	9	10	11
Year 5/6 overnight excursion (Eco Camp) - Jacinta, Helen M, Duncan, Rachel Parents Association 7.30pm TBC		FUNdamentals for Foundation Program	Division Athletics Parish Pastoral Council Meeting	ISS Finals Assembly 3pm	Diamond Creek Town Fair	Reconciliation Commitment Mass
12 WEEK 10 B	13	14	15	16	17	18
Special Lunch order	SAC 7.30pm	FUNdamentals for Foundation Program	3/4 Netball Tournament	Footy Day Special Lunch MACSSIS Closes TERM 3		
				FINISHES 2.30pm		



## SACRED HEART PRIMARY SCHOOL

## Student of the Week

#### Value = Reflectiveness

Foundation Amelia Stacey

1/2 NS
1/2 PA
3/4 NJ
3/4 RM
5/6 MR
Lily Arvaji
Lily McIlroy
Jack Nardella
Jacob Sciberras
Mikayla Berriman

5/6 JD Roy Hunter
PE Class 3/4 NJ
LOTE Rook Bishop

Performing Arts Penny Motschall & Tadhg O'Neill

Visual Arts Will Lewis

STEM Sebastian Zagami Science Heidi Madden







Week 6 Students of the Week

## Book Week at Sacred Heart





















#### **ART @ SACRED HEART**

Over the past few weeks, students have been busy working on a number of 2-dimensional and 3-dimensional projects using a wide variety of materials...

This week, Foundation students created hibernating echidnas. To create the burrows, they were introduced to the process of wet-felting. Students have also been developing their modelling skills and used these to create the echidnas. This lesson complemented the *Seasons and Weather* inquiry topic they have been exploring in class for which they have been learning about the impact of weather events on living things.











Students in Years One and Two completed a space project this week. They were asked to imagine they discovered a new planet in another solar system and created a surface using Modroc. Once dry, they painted and decorated the surface and created an imagined lifeform from clay.







For Science Week last week, students in Years Three to Six looked at the history of mosaic art around the world and discussed what materials mosaics can be made from, including glass, which was the theme for Science Week. They then designed their own mosaic artworks. Next week they will apply the grout and finish them off.



Years Five and Six students also recently explored the animated works of Tim Burton and drew on their observations of his style to create these speeky portraits...











SACRED HEART PRIMARY SCHOOL

## Community News



Go to villageoshc.com.au and get excited for the new season!



8 August 2022

Dear Resident

#### Upcoming works in August and 24 hours works in September

The second stage of the Hurstbridge Line Duplication will deliver further improvements, including more train services, less crowding on peak trains and better connections to public transport in Melbourne's northeast.

Works are progressing well at Greensborough Station, Plenty River Bridge, Montmorency Station and Diamond Creek Station.

#### Upcoming works in August

Throughout August, we'll:

- · Continue piling, excavation, and bridge structure works on Plenty River Rail Bridge
- Continue installing the new Greensborough Station concourse and Greensborough substation
- Relocate electrical services on Para Road between Grimshaw Street and Flintoff Street
- Relocate gas services on Kalparrin Avenue, Para Road, and Mayona Road
- Pile and build a hardstand on Station Road
- Complete earthworks for carpark construction on Station Road
- Build new crossing structures at private residences in Diamond Creek.

In preparation for 24 hour works in September, we'll continue to work 7am to 6pm Monday to Friday and 7am to 4pm Saturdays.

Works may need to take place outside of these hours. Every effort will be made to complete works as scheduled, however we'll contact residents directly if the above dates change.

During these works you may notice:

- Noise, dust, or vibration from construction machinery
- · Ongoing construction workers and vehicles in the area

#### 24/7 works in September

From 8.30pm Tuesday 6 September to 3am Tuesday 20 September 2022 we'll work around the clock in Watsonia, Greensborough, Montmorency, Diamond Creek, and Wattle Glen.

During this time, we'll:

- Build the new Greensborough Station structure on top of the concourse
- Install the new Plenty River Bridge
- Build the first platform for the new Montmorency Station
- Extend Platform 2 at Diamond Creek Station

#### SIGN UP FOR PROJECT UPDATES

levelcrossings.vic.gov.au

During these works you may notice:

- Noise, dust, or vibrations from heavy machinery working in the rail corridor
- The use of light towers for night works
- Heavy vehicles using local roads for haulage and deliveries to site
- Changes to the way you move around the area

We'll be in touch directly with impacted residents regarding night works.

#### Changes to travel – train

- Buses will replace trains between McLeod and Hurstbridge on the Hurstbridge Line from 8.30pm Tuesday 6 September to last service Monday 19 September
- To plan your journey, visit the PTV website ptv.vic.gov.au or call 1800 800 007
- Greensborough Station and overpass are closed from 9pm Tuesday 6 September to 4am Tuesday 20 September

#### Changes to travel – road

- Railway Road at Para Road in Greensborough will remain closed until 21 September
- Intermittent overnight closures on Para Road between Flintoff Street and Grimshaw Street in Greensborough between 9pm and 5am from mid-August

#### Changes to travel – bicycle, pedestrian and parking

- Plenty River Trail in Greensborough will close from 6 September to 20 September
- Para Road footpath between Flintoff Street and Grimshaw Street in Greensborough on the station side will remain closed until late October
- Ongoing intermittent changes to parking on Poulter Avenue near Greensborough Station
- 90-degree car parks on Station Road at Montmorency Station closed until mid-2023, alternative rail parking is available further along Station Road
- Greensborough Station overpass is closed from 9pm Tuesday 6 September to 4am Tuesday 20 September
- Montmorency Station pedestrian crossing closed from 9am Wednesday 7 September to 4am Tuesday 20 September
- Diamond Creek Station pedestrian crossing closed from 9.30am to 9.30pm on Wednesday 14 September
- Please observe local signage for detour information.

#### Stay up to date

Sign up for email updates at levelcrossings.vic.gov.au/subscribe

- SMS Hurstbridge to 0429 839 892 for text message alerts
- Visit our website and social media channels for regular updates
- Call us on 1800 105 105 or email contact@levelcrossings.vic.gov.au.

#### Kind regards

The Hurstbridge Line Duplication Project Team

Ref No. 22/62

#### CONTACT US

levelcrossings.vic.gov.au contact@levelcrossings.vic.gov.au 1800 105 105

Level Crossing Removal Project, GPO Box 4509, Melbourne VIC 3001









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Translation service - For languages other than English, please call 9209 0147

Please contact us if you would like this information in an accessible format.

If you need assistance because of a hearing or speech impairment, please visit relayservice.gov.au













#### JUNIOR BLASTERS

#### AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Junior Blasters Kit featuring a personalised shirt and bat, plus a ball and bucket hat!



#### **MASTER BLASTERS**

#### AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- · For kids with basic cricket skills.
- · Sign up now for your Master Blasters Kit featuring a cap and sunglasses



#### **HOW TO PLAY FOR FREE!**

Eligible Victorian school students (K-12) are entitled to a \$200 Get Active Kids Voucher each year, Learn more at getactive.vic.gov.au/vouchers

#### JOIN YOUR NEAREST CLUB

Diamond Creek Cricket Club Saturdays 10-11am Coventry Oval, Elizabeth St

Nov 12 - Feb 25 contact 0409 564 256











