



# St Mary MacKillop School

## NEWSLETTER

10 Bagot Street (PO Box 16), WALLAROO SA 5556

P: (08) 8821 5800

E: [info@stmm.catholic.edu.au](mailto:info@stmm.catholic.edu.au)

W: [www.stmm.catholic.edu.au](http://www.stmm.catholic.edu.au)

**Wednesday, 16<sup>th</sup> November, 2022 (Term 4, Week 5)**

Dear Parents, Carers and Friends,

In the Gospel reading of Luke 21:5-19 at Mass last weekend, Jesus warns us that life will be difficult and that we mustn't lose hope.

Jesus told the disciples not to be afraid. He promised that he would be with them always and that they wouldn't be harmed if they put their trust in him.

Jesus is with us always, even in the hardest times. Often Jesus comes to us in the people who help us. We reflect on trusting God who will guide us.

*We pray for our brothers and sisters in every country: that they may know that they are not forgotten as we do our best to help our neighbours around the world.*

*Lord in your mercy, hear our prayer.*

### **REMINDER**

No lunch orders available this Friday, 18<sup>th</sup> November. Our dedicated P & F volunteers are preparing for our Twilight Markets.

### **END OF YEAR THANKSGIVING MASS**

Our whole school end of year Thanksgiving Mass will be celebrated on Wednesday 14<sup>th</sup> December. Family members will be invited to join us for the Mass. We will notify you of the time as soon as possible.

### **SEMESTER 2 REPORTS**

Semester 2 reports will be coming home on Wednesday of Week 9, allowing 2 days to have follow up interviews with teachers if required.

### **STUDENT PULSE SURVEY**

Our students will participate in the student pulse surveys over the next two weeks. The surveys allow the students to voice their thoughts and responses to various questions about their wellbeing, their learning, whether they feel they have a say in their learning, and feel safe at school. We use the results to identify areas for improvement.

## **IMPORTANT DATES**

### **NOVEMBER**

Thu 17<sup>th</sup> T1 2023 Reception students Transition  
Visit 8.45am-3.00pm

Fri 18<sup>th</sup> Twilight Market 5.00-8.00pm  
Middle School transition 8.50-11.00am

Tue 22<sup>nd</sup> Middle School transition 11.30am-1.00pm

Wed 23<sup>rd</sup> Year 2/3 & 3 Excursion

Thu 24<sup>th</sup> T1 2023 Reception students Transition  
Visit 8.45am-3.00pm

Tue 29<sup>th</sup> P & F meeting 7.00pm

Fri 25<sup>th</sup> SACPSSA Athletics Carnival

Mon 28<sup>th</sup> Rec, R/1 & 1 excursion

### **DECEMBER**

Thu 1<sup>st</sup> Year 4-8 Volleyball Carnival

Fri 2<sup>nd</sup> Year 4/5 Assembly 9.00am  
Rec & 4/5 buddy excursion

Mon 5<sup>th</sup> Year 2 excursion

Tue 6<sup>th</sup> Year 2, 2/3 & 3 excursion

Wed 7<sup>th</sup> – Fri 9<sup>th</sup> Year 6 Camp

Thu 8<sup>th</sup> Rec, R/1 & 1 excursion

Fri 9<sup>th</sup> Subway Lunches

Wed 14<sup>th</sup> Thanksgiving Mass

Semester 2 Reports sent home

Thu 15<sup>th</sup> Term 4 concludes

Fri 16<sup>th</sup> PUPIL FREE DAY (OSHC AVAILABLE)

### **Parish Weekend Mass Times**

St. Francis of Assisi, Moonta:

Sunday 8.30am

Sacred Heart, Kadina:

Saturday 8.30am Sunday 10.00am

Our Lady Star of the Sea, Wallaroo:

Saturday 6.00pm

# RAISING HEARTS AND MINDS

## FROM THE PRINCIPAL

### **WATER SAFETY LESSONS**

Water Safety lessons for R-5 students will be held next week (Week 6) at the Wallaroo Sailing Club Beach. Please note that the emphasis for these lessons is on water safety given our context and proximity to the beach.

Parents may visit their child at the Water Safety lesson and/or assist their own child with changing before and after lessons (check this with your child's class teacher). **Parents must not take photographs of children at the swimming lessons or in their swimming gear.**

### **ST MARY MACKILLOP SCHOOL SWIMMING LESSONS WEEK 6, 2022 TRANSPORT AND LESSON TIMETABLE**

CLASS	BUS LEAVE FOR BEACH	LESSON TIME	BUS BACK TO SCHOOL	ARRIVE BACK AT SCHOOL
Reception Parker/Murphy	9.00	9.15-10.00	10.05	10.20
Reception/1 Hanson	9.45	10.00-10.45	10.50	11.10
1 Bacher	10.30	10.45-11.30	11.35	11.50
2 Owen/Kerin	11.15	11.30-12.15	12.20	12.35
2/3 Whitehead	12.30	12.45-1.30 (no lesson Wednesday)	1.35	1.50
3 Hamra 4/5 White/Price & 5 Cotter	1.15	1.30-2.30 (Wednesday only - Year 4 & 5 will be 12.45-1.30)	2.35	2.50

Students are asked to:

- wear their sport uniform for the week
- wear their bathers underneath their uniform
- older students may change here at school before their lesson later in the day
- have a rashie top to wear over their bathers
- bring a pair of thongs/slip-ons that may be worn to the beach.
- have a plastic bag or beach bag for belongings
- bring a towel
- have all belongings labelled

### **MIDDLE SCHOOL PLANNING AND DEVELOPMENT**

We continue to plan for our developing middle school pedagogy and curriculum. Consultants from the Catholic Education office continue to visit us and work with our staff. We are planning an exciting year for the students who will be in our middle school. Our 2023 middle school students will be involved in transition activities:

Friday, 18<sup>th</sup> November, 8.50-11.00am

Tuesday, 22 November, 11.30am-1.00pm

### **PUPIL FREE DAY**

A reminder that we have a pupil free day on the last day of this term Friday, 16<sup>th</sup> December; staff will be involved in planning and handover of student information in preparation for a smooth start to 2023. OSHC is available on this day.

### **BEGINNING OF 2023 SCHOOL YEAR**

To assist with your planning for the commencement of the school year 2022, following are some dates:

Tuesday 24.01.23	12-5pm Book Collection & Uniform Sales (A-L Families)
Wednesday 25.01.23	8am-1pm Book Collection & Uniform Sales (M-Z Families)
	Staff day
Thursday 26.01.23	Australia Day public holiday
Friday 27.01.23	Staff day
Monday 30.01.23	Students commence

## FROM THE PRINCIPAL

---

### SCHOOL FEES

School fees for 2023 will remain the same as this year. The 2023 School Fee schedule is included with the newsletter today. Please take the time to read the Schedule as it outlines the fees for R-6 and 7-9 students; Bus Levy and other charges; payment plan options; information on our Book & Uniform Collection Days in January 2023; and a Payment Plan Agreement Form which **MUST BE completed by ALL families** and returned to Julia Agnew prior to Friday, 2<sup>nd</sup> December.

Blessings for the week ahead.

*Michelle Miller*

Principal

[michelle.miller@stmm.catholic.edu.au](mailto:michelle.miller@stmm.catholic.edu.au)

## FROM THE APRIM

---

### CHRISTMAS HAMPERS

On Monday, we launched our Christmas Hamper Appeal for St Vincent de Paul. Our Year 4/5 and 5/6 class wrote and performed a short play for the whole school to explain what our local Vinnies team do and how we can help. This has been posted on our Facebook page if you would like to see the performance. Our goal is to collect items that will help brighten Christmas for those in our community who are doing it tough. We are asking for all donations to be in by the end of Week 7, Friday, **2<sup>nd</sup> December**. We are very grateful to all who are able to contribute towards our Christmas Hamper Appeal.



### CLASS MASS- YEAR 2, 2/3 AND 3 CLASSES

On Thursday, 1<sup>st</sup> December, our Year 2, 2/3 and 3 classes will be attending the Star of the Sea Parish Mass in Wallaroo at 9:30am. All families are welcome to join us.

### ADVENT

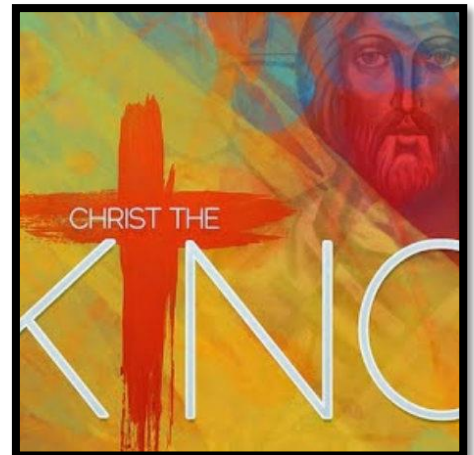


Next week, we will begin the season of Advent early at school as our preparation for Christmas and the celebration of the birth of Jesus Christ. In the Church this traditionally begins on the Sunday nearest to 30<sup>th</sup> November, which would mean that this year it will fall on Sunday, 27<sup>th</sup> November. However, at school we will start celebrating the four weeks of Advent on Monday, 21<sup>st</sup> November, so we can cover four weeks before the end of the term.

Advent means “coming,” and during the season, Christians prepare for Jesus’ coming. In the Church, the four Sundays preceding Christmas, are recognised for four virtues. The candles on the Advent wreath symbolise hope, love, joy and peace. The candles are lit in that order beginning the first Sunday of Advent. During morning notices at school on a Monday for the rest of each term, we will introduce each of these candles and the meaning behind them.

### OUR LORD JESUS CHRIST THE KING- SUNDAY, 20<sup>th</sup> NOVEMBER

The Church celebrates the Feast of Christ the King, also called the Solemnity of Our Lord Jesus Christ, King of the Universe, on the last Sunday of the Liturgical year. Jesus didn't live in a palace or wear a gold crown. So what kind of king is he? Jesus shows us that you do not have to be rich or powerful to be important. He shows us that it is more important how you treat others. What we do and say is much more important than whether we are rich or poor or where we come from.



### PRAYER FOR CHRIST THE KING

Lord our God,

You are the example of the Most Holy King of all nations.

We pray to you, that we receive mercy, peace and justice.

Protect our families and the land of our birth.

Guard us we pray and protect us from all that is wrong in our world.

Jesus, You are a King of Mercy. Forgive us our sins against you.

We trust in your Great Mercy.

Most awe-inspiring King, we bow before You and pray.

Amen

*Sheridan Bonney*

APRIM



# Congratulations Chelsea and Mia

---



Congratulations to Year 7 students, Chelsea and Mia for winning the 'Practical Problem Solver Award' Lumination XR Challenge!

Chelsea and Mia had to choose a local issue to explore and find a solution using technology. The girls have worked hard to create an interactive environment which can be viewed through immersive VR technology. Their project explores the detrimental impact of Wallaroo's stormwater drain regulation and what their proposed solution for this issue is.

Chelsea and Mia will be presented with their prize in the coming weeks. Well done girls, we are very proud of you. They will share their presentation with our school at Monday Morning Assembly in Week 6.

View the announcement here

<https://drive.google.com/.../1xUjTDaiVg.../view>

View their design here: <https://edu.cospaces.io/LGR-PJQ>

## Student Value Award Winners

---

Congratulations to the students who were recipients of the School Value Award at assembly on Friday and Monday morning notices. The award includes RESPECT, TEAM WORK, TRUST, COURAGE and COMMITMENT.



## P & F News

---

### CHRISTMAS RAFFLE

The Parents are Friends are running a Christmas Wheelbarrow raffle. Thank you to the Venning family for donating the wheelbarrow. We are seeking donations to put into the wheelbarrow. A donation tub will be out in the MPLA for you to drop off items for the raffle. Thank you for your support.

### SUBWAY LUNCHES – FRIDAY, 9<sup>th</sup> DECEMBER (Week 8)

Subway envelopes were included with last week's Mini-Newsletter. Orders are to be placed no later than Wednesday, 30<sup>th</sup> November. Friday Lunches will not be available this day.

### FRIDAY LUNCHES

Once again Friday lunches are struggling for volunteers. As a result two weeks of lunches will be cancelled in Term 4.

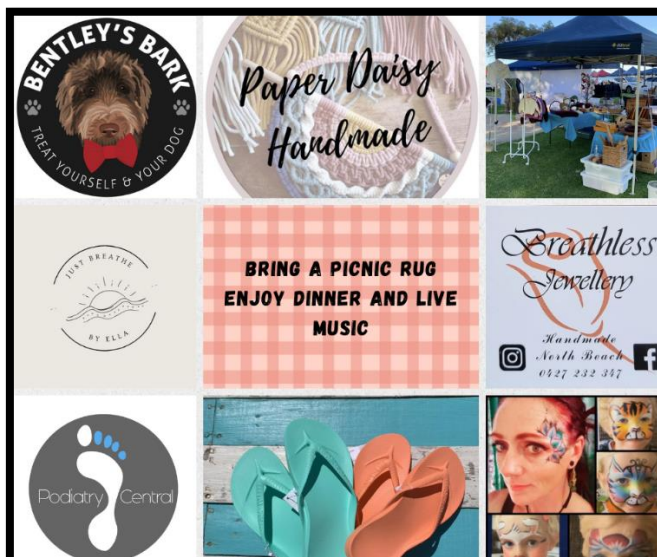
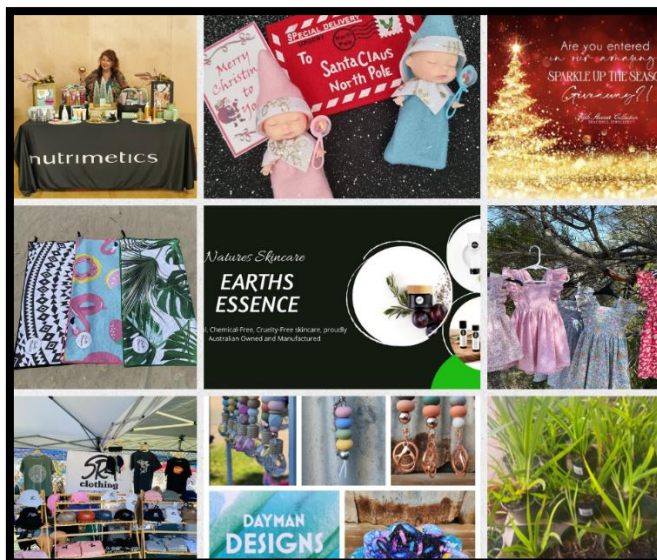
**No lunches available on Friday, 18<sup>th</sup> November or Friday, 2<sup>nd</sup> December.** If you are interested to help out with lunches on Fridays in 2023 please contact the front office or email the school. A Working With Children Check and volunteer induction are required to assist with lunches.

# Twilight Markets

**FRIDAY, 18<sup>TH</sup> SEPTEMBER 5.00-8.00PM**

The Parents and Friends committee are excited for our Inaugural Twilight Markets on Friday. Thank you to the families who are donating to the Bake Sale. **Donations need to be labelled with ingredients and dropped off at school on Friday by 3.00pm.** We thank you for your kind and generous donations.

We look forward to welcoming the following stall holders and live music by Jamie Newton.





# Book Club



Included in this week's Newsletter is our last issue of the Scholastic Book club catalogue.

[illegible]

A photograph of three students in school uniforms standing in a library. The student on the left is a boy with glasses, the middle student is a girl, and the student on the right is a girl. They are all smiling and holding a purple certificate that says 'PREMIER LEAGUE HALL OF FAME' and '8 YEARS OLD'. The background shows bookshelves filled with books and a green wall.

*Sharon Steer*  
Library Technician

# Year 4/5 Camp to Narnu Farm (2<sup>nd</sup> – 4<sup>th</sup> November)

---

Well, it was that time of year when the Year 4s and 5s finally got to experience their camp, and where else better than Narnu Farm! With the build up to camp you could feel the excitement in Week 1 and 2 and especially on the Monday and Tuesday before the big day. With a couple of camp meetings here and there and a thousand and one questions, we were all ready to go.

On Wednesday the 2<sup>nd</sup> we all arrived at school at around the 8-8:30am mark eager to make the 3 and half hour bus ride to Narnu farm. We quickly packed the trailer with all the bags, pillows and sleeping bags, said our goodbyes to family and friends and in the blink of an eye we were on our way. As expected, it wasn't going to be a quiet and relaxing bus ride. All throughout the cabin you could hear how excited everyone was, sharing stories about what they hope they will be doing on camp and who would be in their dorm rooms. We tried to stick to our three and a half hour drive but a few extra toilet stops and a police escort meant we arrived slightly behind schedule. This meant that as soon as we got to Narnu farm, we had to take all our gear, place it in the bunk house and prepare for the first safety talk. Once the safety talk was complete, we had to file back on to a new bus as we were on our way to our first activity, KAYAKING! We made our way down to the Coorong where we met our three instructors, they took the students through the basics of how to hold our paddles and how to sit correctly in the kayaks so that we don't fall in (may not have worked for everyone). After the students learnt the basics, it was time for them to head out and try their luck. For the most part, everyone did quite well, but some may have needed some more practise time. So that's what they did, the group was halved, and the first group went back out while the second group stayed back and practised some more and played a couple games on the grass. When the second group went out you could tell the practise had paid off, they all looked like professionals. Mileah even thought she might try swimming (falling in). When we finished, we said our goodbyes to the instructors and went for a quick walk on the dunes before heading back to camp on the bus. When we got back to camp it was time to find out the dorms, pack our belongings away and have a bit of free time before dinner. For dinner we had Spaghetti Bolognese and peaches for dessert. After the action packed first day we had, we thought there would be no better idea than to lay low for the evening and chuck on a movie (Brother Bear). Before we knew it our first day of camp was done, and boy oh boy was everyone tired. We all went to bed around the 9:30 mark preparing ourselves for the big second day.

On day two of camp everybody started piling out of the dorms at about 7:30am ready for the mammoth day that was about to confront them. Narnu farm had organized an action-packed day for the students. We started the day with toast and cereal for breakfast and you could tell the students were all excited to start the day. The first thing we did was split the group in two, group one was going to feed the farm animals and group two were going to the chicken hatchery to learn about eggs, chicks and chickens. Then staying in the two groups it was time for the first lot of horse riding and farm truck ride. On the truck ride, students were able to feed horses from the back of the truck as they stopped by each of the paddock gates. Students who were in the horse riding group got the opportunity to ride their own horse and learn the different tricks and techniques needed to be a successful rider. This was then followed by a trail ride through and around Narnu Farm. When both groups returned it was time for morning tea, where they were greeted by the camp chef Naomi and her amazing pumpkin scones (which were a big hit!). After the students finished their morning tea it was time for the groups to swap over with horse riding and the truck ride. For lunch the students were greeted with a Subway style sandwich bar where they could build their own sandwiches. Students were then able to have some free time while their next activity was being set up.

The next activity was wilderness survival where the students were being put to the test against how well they could survive an oncoming "storm". It was awesome to see the students use teamwork, courage and problem-solving skills to make it through this challenge. Unfortunately, the mozzies got the best of the group, and it was cut short slightly. Now it was time for the farm feeding and chicken hatchery activities for the groups who previous hadn't done each. It was an awesome end to an action-packed day. For dinner the students were faced with snags, chicken snittys, and salad, a fitting feed for such a day. After dinner it was the perfect time to go for a night walk through the farm and paddocks. This is where the tale of the "Gullybull" would come to life, I'm sure the students can tell you all about it. When we returned to the bunk house it was time for bed. Students brushed their teeth, had their showers and went to sleep.

Day three started with toast and cereal again followed by the frantic packing of everyone's bags and cleaning of rooms. We needed to pack up early as after our activity for the day- we needed to be back on the bus for home. At about 9:30am we made our way to the Goolwa barrages where we met our local tour guide Ryley. He took us for a walk along the sand dunes pointing out all the important plants that were used by the Indigenous people in the area. When we arrived at the beach, Ryley taught the students how to look for cockles, as they were about to cook them up and eat them. Unfortunately, they couldn't find any but not to worry, Ryley came prepared with a bag of them he bought. As we made our way back to the barrages, Ryley started



# Year 4/5 Camp to Narnu Farm (2<sup>nd</sup> – 4<sup>th</sup> November)

cooking the cockles whilst everyone else went for a walk on the barrages. There we were met by a herd of seals bathing and sleeping in the sun, it was amazing to see.

When we got back to Ryley, he had finished preparing everyone's cockle lunch. Everybody seemed to enjoy it, with Max even making the bold claim "cockles are now my favorite food!". But now it was time to say our goodbyes to Ryley and the barrages and make our way back to camp. It was going to be a quick turnaround because as soon as we got back to camp, we needed to have lunch and load up the bags on our bus and then all pile in. We all had wraps for lunch in another subway style bar. We got on the bus at around 12:45pm and in the blink of an eye we were bound for home.

Let's just say that the ride back was far quieter than the drive up. If you ask any of the students how camp was, they will tell you what an amazing time they had!

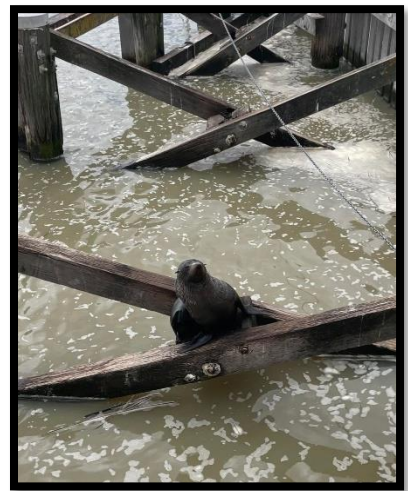
*Corey White*  
4/5 Class Teacher





## Year 4/5 Camp to Narnu Farm (2<sup>nd</sup> – 4<sup>th</sup> November)

---





# Year 7/8 Camp (2<sup>nd</sup> – 4<sup>th</sup> November)

---

The Year 7/8s visited Mylor Adventure Camp in Week 4, Term 4, as their first Middle School camp experience. We all had a wonderful time participating in many different activities, creating lifelong memories, and having lots of laughs.

The camp was situated in the picturesque Adelaide Hills, nestled between gum trees and the Onkaparinga River. On our first day, we arrived, and despite the rain and mugginess, we stuck straight into the activities and had a blast. Our first day included archery, a very wet challenge obstacle course, followed by a scenic night walk packed with hide-and-seek games.

The next day, full of energy, the students tried their hand at rock climbing on the bouldering walls, various team-building exercises, and raft-making. After a big day of fresh air and exercising, we ended the evening with roasted bonfire marshmallows and homemade damper.

On the third and final day of camp, the students bravely conquered the giant swing- a 15-metre drop that sent students swinging through the air, secured safely with a harness. For many, this was the highlight of their trip despite being initially apprehensive about it. Our last activity to wind down from the week's events was fishing and yabbying at the Onkaparinga River. Congratulations to all the students for a happy and safe camp this year.

**Masha Sudareva**

**7/8 Class Teacher**

*"My favourite part was the giant swing because it was challenging but also fun."*

**Chelsea**

*"I liked archery because it was a new skill that I haven't done before and now I know how to do it."*

**Mia**

*"The night walk was my favourite part because we got to play the Camouflage game and the boys and I played some tactical strategies."*

**Lachie**

*"I really liked playing spotlight in the dark because it was lots of fun."*

**Alexis**





## Year 7/8 Camp (2<sup>nd</sup> – 4<sup>th</sup> November)

---





# Year 2 Excursion (15<sup>th</sup> November)

Happy students with their purchases following a fun play at Apex Park...Year 2 OK children, as part of their unit of work on Money, visited the Kadina Newsagency yesterday, to spend \$10 each. There were rules around purchases but everyone received great “bang for their buck” with Mrs Sharon Hill providing some “special specials” and a freebie fluffy toy thrown in. Thanks to all who made this fun excursion possible.

*Jane Owen*

Year 2 Class Teacher



# OSHC & Vacation Care News

---

## **DECEMBER/JANUARY VACATION CARE**

Vacation Care booking sheet for the December / January school holidays is included with today's Newsletter. Please fill in the dates you need care, we are limited in spaces. Please see the dates we are open and closed over the December and January School Holidays. If you have permanent bookings, please let us know if you need to cancel any dates to free them up for other families.

Open 19<sup>th</sup> - 23<sup>rd</sup> December

Closed 26<sup>th</sup> December - 13<sup>th</sup> January

Parents were survey earlier this year to gauge interest in OSHC being available 9<sup>th</sup> - 13<sup>th</sup> January. Thank you for your feedback. Unfortunately, due to staff shortage we are unable to offer the extra week. We will keep working on this and notify families if this changes.

Open 16<sup>th</sup> - 20<sup>th</sup> January

Open 23<sup>rd</sup> - 27<sup>th</sup> January (Closed Thursday, 26<sup>th</sup> January, Public Holiday)

## **CANCELLATIONS**

When cancellations are made at short notice this impacts on staffing, running costs and other families needing to use the service.

Any bookings for OSHC during the school term must be cancelled seven school term days in advance.

Any bookings for Vacation Care during the school holidays must be cancelled in advance a minimum of fourteen days during business hours.

**Please phone or message the OSHC phone on 0437659137 for any bookings or cancellations. This helps to keep track of who is or isn't booked into OSHC.**

*Lisa Cooper*

OSHC Director - 0437 659 137

## OSHC Pupil Free Day

---

**Friday, 16<sup>th</sup> December, will be a Pupil Free Day.** Outside School Hours Care will be available from 8.00am to 6.00pm. Light snacks are provided, children will need to bring packed recess and lunch. Child Care Benefits will be paid accordingly and the cost will be \$60.00 per child. Please return the reply slip by **Friday, 2<sup>nd</sup> December**, if your child/ren will be attending.

---

### **OSHC BOOKING FORM – PUPIL FREE DAY – FRIDAY, 16<sup>th</sup> DECEMBER**

Return by **Friday, 2<sup>nd</sup> December**

Family Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Children requiring OSHC \_\_\_\_\_ Year \_\_\_\_\_

\_\_\_\_\_ Year \_\_\_\_\_

\_\_\_\_\_ Year \_\_\_\_\_

### **Bookings**

Priority 1 – Children who are permanent Friday after school.

Priority 2 – Children of parents/carers who work this day.



# Return Slip

## 2023 Enrolment

We are planning now for our finances, staffing and enrolments for our 2023 school year.

To assist with our forward planning it is very helpful to know if your child/children will be leaving us at the end of this school year. If we are not informed, this can impact significantly on class structures and student placement.

We are hoping of course that all of our families will stay with us, however, please indicate if it is your intention for your child/children to be leaving our school at the end of 2022.

### RETURN SLIP

My child/children: \_\_\_\_\_

WILL NOT be attending St Mary MacKillop School in 2023.

Parent name: \_\_\_\_\_ Signature: \_\_\_\_\_



### HAPPY BIRTHDAY



Jordy – Reception/1	16 <sup>th</sup> November
Madalynn – Reception	21 <sup>st</sup> November
Callen – Year 2	22 <sup>nd</sup> November
Morgan – Year 3	22 <sup>nd</sup> November
Isabelle – Year 3	25 <sup>th</sup> November
Ryda – Year 3	28 <sup>th</sup> November



### NEWSLETTER INSERTS/ ATTACHMENTS

1. 2023 School Fee Schedule
2. Vacation Care booking sheet
3. Scholastic Book Club catalogue
4. Rec, R/1 & Year 1 Excursion forms
5. Year 6 Camp information
6. SACPSSA Athletics Carnival consent form (if applicable)

*If you have not received any of the above hand-outs, please write a note in your child's diary for a copy to be sent home.*

## SAPSASA Cricket and Tennis

Congratulations to Anthony who was selected to represent NYP at SAPSASA Cricket last week and Charlie who is representing Pirie at SAPSASA Tennis this week.



# Community News

The services and events contained in Community News are in no way connected with the school and are included in this newsletter for your information only. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children. Notices will be placed if time and space permits.

Our very own dance teacher, Karen McCulloch, is holding her Dance Academy concert on Saturday, 19<sup>th</sup> November.

## Karen Lee Dance Academy

Presenting our 27<sup>th</sup> Concert

### “We Do Believe in Fairies”

Saturday 19<sup>th</sup> November, McKnight Theatre, Maitland

2pm Performance

Tickets available at

<https://www.trybooking.com/982216>



### FEMALE FOOTBALLERS WANTED!

The Moonta Football Club is seeking female footballer of all ages and experiences to play in surrounding competitions in early 2023!

If you or someone you know may be interested, please fill out the expression of interest form found on our Facebook page.

For more info, please contact President Mark Durdin on 0416 436 872 or email [Moontafc@sanflcfl.com.au](mailto:Moontafc@sanflcfl.com.au).



ROYAL LIFE SAVING  
SOUTH AUSTRALIA

# Holiday Swim



[WWW.HOLIDAYSWIM.COM.AU](http://WWW.HOLIDAYSWIM.COM.AU)

THE ROYAL LIFE SAVING SWIM & SURVIVE PROGRAM  
YOU KNOW AND LOVE!

GET READY FOR A WEEK OF **FUN!**

Wallaroo Sailing Club

**LOCATION**

19th-23rd December 2022

**DATE**



QR CODE FOR SWIMMING REGISTRATION



## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.


#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council

 **Griffith**  
UNIVERSITY  
Queensland, Australia

GU Ref No: 2019/146