

# Marong Primary School Newsletter

Volume 30, Issue 27, 29th August, 2025

<https://www.marongps.vic.edu.au/>

	September		October
2nd	Fathers Day Stall		
3rd	Curriculum Day (Student Free Day)		
5th	Donuts for Dads Morning		
15th	Divisional Aths (selected students)		
19th	Last Day of Term - 2:30 Dismissal		

**RESPECT      RESPONSIBILITY      HONESTY**

## From the Principal

### Acknowledgement of Country

*On behalf of the staff and students of Marong Primary School, we would like to acknowledge the Dja Dja Wurrung as the Traditional Custodians of the land that we are on and pay our respects to their Elders past and present. We are grateful to learn, play, and grow, surrounded by the **plants, animals & waterways** that the Djaara people have watched over and cared for, over thousands of years.*

*Dear Parents and Guardians,*

### Curriculum Day – Wednesday 3<sup>rd</sup> September

A reminder that our staff will be undertaking a professional learning day on Wednesday 3<sup>rd</sup> September. **No students are required to attend school on this day.**

### Fathers' Day. (repeat notice)

Parents Club will be operating our **Father's Day stall on Tuesday 2<sup>nd</sup> September** and then we will celebrate our wonderful fathers with a **cuppa and a donut on Friday 5th September**, between 8:15 – 8:45am. For catering purposes, we ask if you could please express your interest in attending via SENTRAL no later than Friday 28<sup>th</sup> August.

**The Parent / Caregiver / Guardian Opinion Survey – (repeat notice)**

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is optional, but we encourage and appreciate your participation. Your opinions are important to us and will allow our students to have the best possible outcomes. The survey will be open online until the Friday 19<sup>th</sup> September 2025. The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

Please find the survey link and access pin via the Sentral parent app. If the survey link does not directly open in your app, you may have to copy the link into an internet browser for it to open.

**Parking – (repeat notice)**

It has been noted that some parents are not using designated car parking spaces when collecting their children after school. In the interest of pedestrian safety, the safety of our young children, the school kindly requests that families always park safely and appropriately. Designated parking bays are located along the school side of Leslie Street and Adams Street (highway) and families are asked to meet their child on the school side of the road before crossing safely to their vehicle if parked across the road.

Vehicles should not be parking on nature strips, in bus zones, opposite double lines near the school crossing. Students should not be crossing the road without an adult.

# Grade Prep & 1

In Sounds-Write, the Preps have been working on Unit 11, learning about the spellings <ch> and <tch> for the sound /ch/. The Grade 1s have been exploring Unit 14, focusing on the /u/ sound with spellings <u, ou, o>. Students have been busy building words and practising using them in sentences.



In Writing, we continued our topic of the five senses, with this week's focus on touch. Together we brainstormed and discussed a wide range of adjectives to describe how things feel. The students had lots of fun touching and exploring surprise objects such as bark, a sponge, ice, and sandpaper, before writing some fantastic sentences about what they felt.

In Mathematics, students have been working independently to complete their math booklets, which revise a range of important topics such as number formation, addition, subtraction, and sharing. They have also been completing some 1:1 assessments with their teachers to show their knowledge and understanding.

We are so proud of the hard work and enthusiasm shown by all our Prep and Grade 1 students this week!



## Grade 2/3

In Literacy, students enjoyed listening to *Off We Go Around Australia* by Roland Harvey as a class read-aloud. We explored new vocabulary such as estuary, sunstroke, embarrassing, sandals, satellites, and imagination. Students also continued developing their fluency through Readers Theatre, working on reading most words accurately, increasing their pace, and beginning to use expression.



In Mathematics, students used precise vocabulary to describe 2D and 3D shapes. For example, they described 2D shapes using words like sides, edges, corners, and angles, and 3D shapes using terms such as faces, vertices, prisms, and pyramids. They also practised drawing and constructing 3D shapes from nets.

In Integrated Studies, our learning has focused on maps and geography. Students are learning to identify the points on a compass rose, recognise and label the world's continents, oceans, and important rivers, and name the Northern and Southern Hemispheres. They have practised locating Australia, the equator, the seven continents, and the five oceans on a world map, while building their

understanding that the equator lies across the middle of the Earth.





## **Grade 2/3 continued....**

### **BILLABONG RANCH SCHOOL CAMP**

Our upcoming camp at Billabong Ranch promises to be an exciting and memorable experience for our Grade 2 students. Over the two days, students will take part in hands-on activities such as horse grooming, farm walks, bouldering, and enjoying a campfire together. Camp is a wonderful opportunity for students to build independence, strengthen friendships, and develop new skills in a fun and supportive environment. We are really looking forward to sharing this adventure with them!

Please find an overview of the camp information below.

Who: Grade 2 students

What: Grade 2 camp

Where: Billabong Ranch

When: Thursday 23rd and Friday 24th of October

Cost: \$250 per student (\$40 deposit) via the OKR app



## Grade 4/5

Hi! We are, Sophie, Skyla, and Ivy and we're here to tell you about our week. This week in 4/5's we have been doing graphs and collecting data. We have been using frequency tables and analysing trends.

In Intergraded this week, we are visiting Japan. We each get 10 questions for each country, and we have the week to finish a poster. 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> get prizes! In Spain, we got churros and ice cream. We can't wait to see this week's prize!

In writing we're doing author studies, it's where you write about your favourite author and compare their writing styles and themes in their books.

In grammar, we're doing appositives. We add to a noun phrase, so basically you choose someone or something to write about then you describe it.

Signing off,

Sophie, Skyla, and Ivy

## Grade 6

It's been a busy and exciting week in Grade 6! In writing, students have been learning about Japan, exploring its culture and traditions to inspire their work. In maths, they've been building skills by analysing data and drawing conclusions from real-life examples.

We were also fortunate to have Chelsea to speak about high school transition this week. She shared some great tips about moving into secondary school and even demonstrated how to set up our lockers with a life-sized model - definitely a highlight for the students!



# STUDENT OF THE WEEK

## **Prep/1 Maddern**

Frankie B - Frankie has had another awesome week at school! She always joins in activities with enthusiasm and loves to challenge herself. Frankie puts in her best effort with every task and shows a positive attitude towards her learning. You are a great role model for others in our class Frankie, well done!

## **Prep/1 Cook & Jess**

Emara D – Emara has been very resilient and brave on school drop-offs and throughout the day and we are so proud of her progress. She is also showing great improvement in her writing and taking on all the feedback we are giving her. Well done Emara you are a SUPERSTAR!

## **Prep/1 Riordan**

Stella W - For demonstrating all of our school values this week. She has been working hard in the classroom and doing some amazing writing in the classroom using her senses. She has been having fun, and showing our classroom values each and everyday. Well done Stella.

## **Prep/1 Williams**

Jaxon D - After an awesome holiday, Jaxon has returned full of energy and enthusiasm! He's been arriving at school with a big smile and a confident attitude each morning. This week, he impressed us all with his amazing writing about his time in Bali. We all missed you, Jaxon—it's so great to have you back! Keep up the fantastic work!

## **2/3 Westcott**

Maverick N - Maverick read his part in Readers Theatre with confidence and expression. He has also shown great responsibility in his classroom role as floor and table monitor. Well done, Maverick!



# STUDENT OF THE WEEK

## **2/3 Thorn & Gallagher**

Harper T - Harper has had a wonderful term. She works hard in all classrooms activities. Harper asks questions and takes on feedback. Keep up the huge effort Harper!

## **2/3 Lamb**

Phoebe R - Pheobe demonstrates great leadership and responsibility in the classroom. She has been especially helpful during Readers Theatre, supporting other groups with organisation and encouragement. Phoebe leads by example and is a positive role model for her peers. Keep up the awesome work phoebe!

## **4/5 Johnstone**

Mitch W - Well done Mitch on another fantastic week. He continues to complete work and surpass his already high standards and has completed some terrific presentations for his 'Amazing Race' unit. Awesome work, Mitch!

## **4/5 Burton**

Millie H - Millie could be Student of the Week every week. She always gives her best effort to learning, consistently demonstrates our school values, and is the first to offer a hand around the classroom. Thank you for being such a superstar, Millie. 4/5 B wouldn't be the same without you!

## **4/5 Fry**

Charlee G - Charlee has had an awesome week in our grade. She has demonstrated a more focused approach to her schoolwork and loves writing about her favourite author Ransom Riggs. Charlee did a wonderful job of reading data and creating graphs. We're proud of you Charlee, keep it up!

## **6 O'Donoghue**

Mason D - Congratulations to Mason for his outstanding dedication and perseverance in completing his writing project on Japan this week! He has put lots of time and detail into making it his best work, keep it up Mase!!

# SCHOOL BREAKFAST CLUBS PROGRAM

## BREAKFAST CLUB



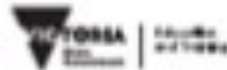
## ALL STUDENTS WELCOME

**DAYS:** Wednesday mornings

**TIME:** 8:20am-8:45am

**ROOM:** Big Deck

**EAT. LEARN. SUCCEED.**





5<sup>TH</sup> SEPTEMBER 8:15-8:45

# DONUTS FOR DADS

Join us at the PAC on the 5<sup>th</sup> of September for a donut and a coffee!

PLEASE LET US KNOW VIA  
SENTRAL IF YOU PLAN TO  
ATTEND



**Marong**  
Primary School

RESPECT RESPONSIBILITY HONESTY



# Wellbeing



## **Self-compassion for pre-teens and teenagers**

(The following article can be found at [www.raisingchildren.net.au](http://www.raisingchildren.net.au))

### **Self-compassion: what is it?**

Self-compassion is **being kind to yourself** even when things don't happen the way you expect. It's being aware of your feelings and treating yourself with the same warmth, care and understanding you'd give to someone you care about.

It's also acknowledging that struggles and challenges are a part of life and that everyone goes through them.

### **Self-compassion: why it's important for pre-teens and teenagers**

**Pre-Teens and teenagers can be very hard on themselves.** They can also be very self-conscious, care a lot about what others think of them, and compare themselves to others. And they might experience intense emotions like shame and humiliation.

Self-compassion helps **pre-teens / teenagers** deal more positively with failures, mistakes, setbacks and other tough times. For example, if your child gets a bad grade on an assignment or isn't picked for a sports team, they might feel disappointed. But self-compassion helps your child to handle the disappointment positively. Your child might say to themselves, 'It's OK, I've tried my best', 'I'll keep practising and try again' or 'I might ask for some help next time'.



When pre-teens / teenagers treat themselves with self-compassion, they:  
are happier  
get along well with others  
have the confidence to try new things or try again if things don't work out as planned  
take responsibility for their actions  
have more resilience, so they can 'bounce back' during or after difficult times.

Self-compassion helps protect pre-teens / teenagers against mental health problems like anxiety or depression. Pre-teens / teenagers with self-compassion are also less likely to self-harm, feel suicidal, or show signs of eating disorders or substance abuse.

### **Self-compassion and strong parent-child relationships**

Adolescence can be a difficult time. During this time a strong relationship with you helps your child feel loved, accepted and secure, no matter what's going on in their life. When your child feels like this, they also feel more confident to face challenges. And they're more likely to be kind to themselves when things don't work out. This is because they know you won't judge or criticise them.

You can build a relationship that helps your child feel secure and nurtures self-compassion in many ways. Here are some ideas:

Spend time with your child doing things your child enjoys. It could be shopping, cooking, playing sport, watching TV and so on. This sends a simple message – you're important to me.

Actively listen to your child's feelings. To listen actively, stop what you're doing when your child wants to talk. Try to understand your child's perspective, even if it's not the same as yours. For example, 'It sounds like you're feeling left out because you're not going to the party on Thursday night'.

Forgive your child. This shows your child that it's OK to make mistakes. For example, your child forgets to call when they're late home from a friend's place. You could say, 'I stayed up late because you didn't let me know when you were going to be home, but it's OK. It's easy to forget about calling if you're having fun. What would help you remember next time?'

Think of ways to show kindness in your family. For example, your family routines might allow for your child to have a break from the washing up on nights when they have a lot of homework. Or as one of your family rituals, you might take turns choosing favourite desserts for Sunday nights.

Praise your child when they show themselves compassion. This builds your child's self-compassion even more. For example, you could say to your child, 'I know you're disappointed that they didn't pick you for the team. But it makes me so proud to hear that you'll try out again next season'.

Children of all ages learn about self-compassion by watching what you do and listening to what you say when things don't go as planned. **By role-modelling self-compassion**, you're helping your child learn that it's OK to make mistakes, forgive yourself and try to do better next time.

### **Building self-compassion in pre-teens and teenagers: three steps**

Self-compassion is something pre-teens / teenagers need to learn and practise. Try these three steps to develop self-compassion in your child.

#### **Step 1**

**Pause and notice** when your child is angry, frustrated or disappointed because things haven't gone the way they wanted and they're being hard on themselves. For example, your child might be upset about how a hair-cut has turned out or sad and embarrassed that someone they care about doesn't feel the same way. Maybe your child is worried that they've said something hurtful to a friend.

You might hear your child say things like 'I'm so ugly', 'Nobody likes me', or 'I'm a horrible friend'. Or your child might just be quiet and withdrawn.

#### **Step 2**

**Let your child know that it's OK to find things hard** and that everyone makes mistakes. It's also OK to feel sad, angry, disappointed or frustrated – but it isn't OK to be harsh on yourself.

For example, you could say 'It's normal to feel unhappy with your body sometimes, but that doesn't mean you're ugly'. Or 'I'm sorry they don't feel the same way about you but you're still a lovable person.' Or 'We all say things without thinking. Perhaps you could think about how you can make it better'.

#### **Step 3**

**Encourage your child to say something kind to themselves.** It can help to ask your child what they might say to a friend who made a mistake or who's going through a tough time.

Here are some options you could suggest to your child:

- 'I'm doing the best I can.'
- 'I'm a good person.'
- 'We all make mistakes sometimes.'
- 'This is hard but I'm going to keep trying.'

In some situations, it might be appropriate to get your child thinking about what they'd do differently next time.

Saying kind things to yourself is an important part of self-compassion. Doing kind things for yourself is important too. It's good if your child knows what helps them feel better when things haven't gone well – for example, going for a run, putting on loud music, meditating and so on. You can encourage your child to choose one of these things as a way of moving through their feelings.

### **When pre-teens and teenagers struggle with self-compassion or are very self-critical**

Self-criticism is the opposite of self-compassion.

Self-criticism is **judging yourself harshly or thinking mean thoughts about yourself**. Everyone is self-critical sometimes, but if your child is very self-critical, it can increase their stress, affect their mental health, and lower their confidence.

Pre-teens / teenagers who are very self-critical often say very harsh things about themselves. They might also say they can't think of anything kind to say or do for themselves, even with your support. If this sounds like your child, it helps to **be extra patient and persistent when helping your child** learn to be kind to themselves.

If you're worried that your child's self-critical thinking is affecting their mental health, it's a good idea to **seek advice**. You can start by making an appointment with your child's GP. They can refer you to a suitable mental health professional if they think it will help.

Autistic pre-teens / teenagers might find it hard to use self-compassion, particularly if they have difficulty recognising and managing their emotions. You can use everyday interactions, as well as tools like emotion cards and social stories, to help autistic adolescences learn to recognise and manage emotions.



# MARONG PS OSHC WELCOMES NEW EDUCATOR ALANA

As with changes to staffing over the past week After The Bell Aus would like to welcome the new Program Leader to the Marong OSHC team.

We would like to welcome Alana Gough who will be commencing the new lead role from the 19<sup>th</sup> August 2025.


ABOUT ALANA-- I have been in the childcare industry for the past 11 years I have some experience in the OSHC industry. I have recently moved back to Bendigo after being away living in Melbourne for the past 5 years I have 5 children of my own and am very committed to what I do for a living helping children thrive and grow in their early years.

I look forward to meeting all the children and their families at Marong and building a great relationship with everyone.



## More Information :

 [bookings@afterthebell.com.au](mailto:bookings@afterthebell.com.au)

 1300 977 599

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

Our exceptional staff brings the magic of childhood to life as they produce awe-inspiring experiences and lifelong memories for the children in their care.





# Lunchboxes

**\$12 regular    \$16 large**

All lunches are nut free.  
Other dietary requirements upon request

## Monday 1st

### **Option 1**

- Crispy chicken wrap with lettuce, cheese and mayo
- Triple choc cookies
- Orange wedges
- Mild twiggy and cucumber sticks
- Hommus and mini grisini

### **Option 2**

- Puffy dogs with BBQ or tomato sauce
- Mixed mini oreos
- Apple wedges
- Cheese twisties
- Dried mango, yoghurt sultanas and m&m's

## Thursday 4th

### **Option 1**

- Toasted ham and cheese croissant
- Milo weetbix balls
- Canned pears in grape jelly
- Strawberry and banana
- Sour cream rice crackers

### **Option 2**

- Vegemite and cheese sandwich
- Vanilla sprinkle cupcake
- Fruit salad
- Strawberry yoghurt sprinkled with choc chips
- Pretzels

To place an order, or to go on the weekly mailing list,  
message me on:

Facebook @ Zeds kitchen or text 0402626253

Payment via bank transfer

# MARONG COMMUNITY FORUM

**THIS IS OUR CHANCE TO STAND TOGETHER, BE HEARD, AND SHAPE MARONG'S FUTURE.**

## Why you need to be there

We're coming together to:

- ✓ Share our stories
- ✓ Sign the petition
- ✓ Demand more support from Solstice
- ✓ Create a unified community statement
- ✓ Strengthen the feasibility study for better outcomes
- ✓ Learn about the upcoming expo
- ✓ Hear from experts
- ✓ Fully supported

## About Our Event!



AUGUST 27<sup>TH</sup>

7pm-8.30pm

Marong Hall

**Let's turn uncertainty into action.**



# LA TROBE SPORT HOLIDAY CAMPS

LA TROBE SPORTS CAMPS (AGES 6+)

**MULTI-DAY PACKAGES AVAILABLE! REGISTER  
FOR THE SPRING SCHOOL HOLIDAYS TODAY!**





# *Calling all coaches*

**KFJC are seeking expressions of interest for all coaching positions for the 2026 BJFL season**

*(Head Coach, Co-Coaches & Assistant Coaches)*

*in the following age groups:*



- UNDER 9 MIXED
- UNDER 10 MIXED
- UNDER 12 GIRLS
- UNDER 12 MIXED
- UNDER 14 BOYS
- UNDER 15 GIRLS
- UNDER 16 BOYS

Expressions of interest close 30th September 2025

*Register your interest  
via the qr code or our email address*

***GO ROOS!***

Email: [kangarooflatjfc@hotmail.com.au](mailto:kangarooflatjfc@hotmail.com.au)

Dower Park - 1A Station Street, Kangaroo Flat VIC 3555





# KELLY SPORTS

## SUMMER FUTSAL

2025/2026 COMPETITION

### PROGRAM INFORMATION

Prepare to ignite your passion for Futsal in the Bendigo Summer Futsal Competition.

Our venues come alive with, action-packed matches, showcasing the talents of young athletes on the court!

Come along, soak up the atmosphere, and cheer on your champions from the stands!

• **WEEKLY  
MATCHES**

• **REGISTER  
INDIVIDUALLY**

• **REGISTER AS  
A TEAM**

### SUMMER SEASON DETAILS

**DAY:** Wednesday **TIME:** 4pm - onwards

**AGE GROUPS:** Under 6/8/10/12

**DATES:** Oct 8 - Dec 17 & Feb 4 - Mar 11

**SEASON COST:** \$315

**VENUES:**

Mercy Junortoun Sporting Precinct  
Victory Christian College  
La Trobe University  
St Francis of the Fields PS - Strathfieldsaye  
St Liborius PS - Eaglehawk  
Catherine McAuley College - Barkly Street

**DAY:** Thursday **TIME:** 4:30pm - onwards

**AGE GROUPS:** Under 14/16/18

**DATES:** Oct 9 - Dec 18 & Feb 5 - Mar 12

**SEASON COST:** \$315

**VENUES:**

Mercy Junortoun Sporting Precinct  
Catherine McAuley College - Barkly Street

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# KELLY SPORTS



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# Spring Vacation Care 2025

## Marong

22nd September till 3rd October 2025








MONDAY 22ND SEPTEMBER	TUESDAY 23RD SEPTEMBER (INC)	WEDNESDAY 24TH SEPTEMBER (EX)	THURSDAY 25TH SEPTEMBER	FRIDAY 26TH SEPTEMBER
Wheely Fun	The Cat In The Hat Adventure	Lights, Camera, Action	Kids Paint & Sip	Public Holiday
				
Come along and bring your bike, scooter, rollerblades, or skateboard. Test your skills out on our Wheely Fun Day obstacle course.  <i>Note: Helmets and safety protective gear must be always worn. No sharing of equipment will be permitted.</i>	This classic children's book turns a rainy day into a chaotic adventure! You can be part of this mischievous day with an ultimate The Cat in The Hat incursion. Where it will bring jolly laughter, with mischievous games and activities. By the end of this incursion, the big question remains—should you tell your parents what happened today Incursion between- 1pm till 3.30pm	Come and watch the holiday movie 'The Bad Guys 2' movie with popcorn in one hand, a drink in the other, and a small bag of treats on the side. The rest of the day will be filled with activities and games that the Educators have in store. Arrive at the program by – 8.30am Back at the program – 2.30pm *The arrival time may vary pending movie commencement time.	Let your creative mind come alive today as you create a painting masterpiece all whilst sipping on a yummy spring drink and nibbles.  Come and unleash the artist in you!	

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

Bookings to be placed through your KidSoft account

## Marong September Vacation Care Program 2025

MONDAY 29TH SEPTEMBER	TUESDAY 30TH SEPTEMBER (EX)	WEDNESDAY 1ST OCTOBER	THURSDAY 2ND OCTOBER (INC)	FRIDAY 3RD OCTOBER
Colour Mixing Lab	Active Zone	Willy Wonka's Cooking Factory	Super Squad Day	Spooky Kooky Day
				
We all love to be creative, full of colour and happiness! Today will be filled with so many creative materials for you to choose from.  Come and be a 'colourolgist' today and experiment with colours at our colour lab.	Come feel more empowered and confident as we head to an outdoor play adventure park at Parky's Play. Where you can jump, climb, tumble and play with friends.  The rest of the day will be filled with different sports and craft activities to unwind after an energising day. Arrive at the program by – 9.00am Back at the program – 3.00pm *Socks to be worn today	Have you ever wished to be in the Willy Wonka movie? Well today is your chance to experience the ultimate in Willy Wonka fun. The day will start by guessing how many lollies are in the Wonka jar, then try and find Violet's missing bubble gum, making pancakes for morning tea and cooking up a yummy lunch. End the day by watching the Willy Wonka movie with a yummy afternoon tea.	Have you ever wanted to Lasso like Wonder Woman? Move like Spiderman? or defend the planet? Take one big adventurous leap as you discover your inner superhero in this action packed fun physical incursion.  Play superhero games, discover your superhero name, learn super-circus skills, complete the circuit of superhero thrills and spills, and become the world's newest superhero. Incursion between – 1pm till 3pm	Vampire milk shakes, witchy ice cream cones, make a Halloween lantern, have a go at the piñata, plenty of spooky crafts, games and cooking for all.  Come dressed in your favourite SPOOKY costume, prizes will be awarded for the best dressed and spooky dance moves.

### What To Pack & Bring




- Healthy morning tea & lunch
- Refillable water bottle
- SunSmart hat
- No foods containing nuts
- No food- lollies, soft drink, high sugar foods
- No foods that require refrigeration
- No foods that require heating or re-heating
- Closed toes shoes
- Appropriate weather clothing

### Costs & Booking Information

#### Daily cost ranges per day/ child-

In-house- \$80 -- \$90  
Incursion- \$90 -- \$95  
Excursion- \$100 -- \$110

\*prices are reduced with eligible Child Care Subsidy

Excursion=  Incursion=  Lunch=  Provided

**Note:** Days will operate where 15 or more bookings. The account holder will be notified via email by the 10th September 2025 on the operational status days.

\*Bookings to be made via Kidsoft

### Program Information

**Address:**  
2 Leslie Street, Marong

**Room Location:**  
Beehive Building

**Program Number:**  
0428 247 072

**Program Hours:**  
7.30am till 5.30pm

**Head Office Contact**  
1300 977 599





# MS Readathon

I hope to raise \$ 500  
to support families living with MS  
and neurological conditions.



**SCAN TO DONATE**

OR visit [www.msreadathon.org.au](http://www.msreadathon.org.au)  
and search SPENCER





MEMBERSHIPS

# KIDS GO FREE

ALL KIDS AGED 14 & UNDER #SPIRITTAKESFLIGHT





SASS care are now accepting referrals for September/October 2025 school holiday program. We are focused on delivering inclusive, diverse experiences for participants aged 5yrs - 16yrs to work towards achieving their NDIS goals.



# SASScare SPRING

## school holiday program



Mon 22<sup>nd</sup> Sept - Fri 3<sup>rd</sup> Oct  
9:00am - 3:00pm  
Monday - Friday

Ironstone Hill Farm  
189 Watson St,  
Jackass Flat 3550

Contact Trin for all enquiries on 0481 142 432 or send referrals via email to [trin.miller@sasscare.com.au](mailto:trin.miller@sasscare.com.au)

# AFL GRAND FINAL WEEK SCHOOL HOLIDAY PROGRAMS

Celebrate the lead up to the  
AFL Grand Final with us!



PLAY

## BENDIGO - MIXED

DATE	TIME	LOCATION	REGISTER
TUESDAY 23 <sup>RD</sup> SEPTEMBER	9AM-3PM	STRATHFIELDSAYE RECREATION RESERVE, TANNERY LANE	

## BENDIGO - ALL GIRLS

DATE	TIME	LOCATION	REGISTER
TUESDAY 30 <sup>TH</sup> SEPTEMBER	9AM-3PM	WEEROONA OVAL, BENDIGO	

### WHAT TO EXPECT:

- Auskick (ages 4-7) - learning AFL skills through fun activities
- Superkick (aged 8-12) - put your AFL skills into practice with modified match play
- Dancing, AFL trivia, competitions and FUN!
- \$55 per person which includes a football



# Lunchboxes

**\$12 regular    \$16 large**

All lunches are nut free.

Other dietary requirements upon request

## Monday 25th

### **Option 1**

- Hawaiian pizza bites
- Duo of mini lamingtons with cream (choc and rasp)
- Pear slices
- Bbq rice crackers
- Mandarin segments

### **Option 2**

- Sushi (crispy chicken, tuna or Californian roll)
- M&m cookies
- 2 layer jelly, raspberry + lime
- Pringles
- Fruit salad

## Thursday 28th

### **Option 1**

- Ham and cheese sandwich
- Choc mud cake
- Apple slices
- Carrot and cucumber sticks
- Apricot coconut bites, pretzels and mini marshmallows

### **Option 2**

- Egg and lettuce wrap
- Honey joys
- Savoys with cheese and vegemite
- Strawberries + blueberries
- Watermelon cubes

To place an order, or to go on the weekly mailing list,  
message me on:

Facebook @ Zeds kitchen or text 0402626253

Payment via bank transfer



**SPOIL THE INCREDIBLE DAD IN YOUR  
LIFE AT THIS YEARS**

## **FATHER'S DAY STALL!**

**TUESDAY 2<sup>ND</sup> OF SEPTEMBER**

**STUDENTS WILL HAVE THE OPPORTUNITY  
TO PURCHASE FROM A RANGE OF  
FANTASTIC GIFTS, ALL **\$5 EACH**. CASH  
OR QKR! PAYMENTS ACCEPTED.**

**\*LIMIT OF 2 GIFTS PER CHILD\***

# fresh fruit friday



Celebrating  
10 years

Delivering  
1,000kg of free  
fruit to Bendigo  
school children  
every week

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