Dear Parents, Teachers and Students,

Welcome back to all! I take this first opportunity to wish you and your families a very happy and healthy New Year. A very warm welcome is extended to our 23 new families joining our community. I hope you and your children will soon feel very ‘at home’ here at Mt Carmel School. It has been a very happy, calm and enjoyable beginning with all staff and students returning safely. Thank you to Angela Luchetti and Natalie Broers for the new signs on our playground to promote safe, fair and happy play. As well as the playground designs, over the holidays there was much activity improving the quality of the learning environment in various classrooms:

- One interactive television monitor installed for the Japanese Room
- Two classrooms re-carpeted
- Vision blinds placed in one classroom
- Four classrooms painted

My thanks to all staff for their preparation of classrooms over the holidays; they look very welcoming. Thank you to Ev Turner for preparing the Music Room and thank you to Leesa Callaghan for preparing the Art Room. My thanks also to Robbie Shepherd for preparing the school grounds; he has spent many hours making our school look beautiful. Thanks also to Phil Cross, our Network Manager, who has spent numerous hours over the holidays maintaining our technology facilities and upgrading our wireless capabilities.

**Blessed are the merciful for they will be shown mercy!**

2016 has been dedicated to MERCY in the Catholic Church by Pope Francis. Our school theme is "Blessed are the merciful for they will be shown mercy". This scripture verse comes from Matthew 5:7. These inspirational words encourage us to extend forgiveness and compassion to others through our actions in our everyday lives. I hope you experience the joy of giving and receiving mercy through generosity of spirit throughout 2016. Our hope for this year is that people are truly blessed with generosity of spirit in their workplace and in their homes and families. Our mercy symbol for 2016 represents our community actively working together to bring Christ’s mercy to each other. Thank you to Michael Green for creating our 2016 mercy symbol.

**Welcome to new staff**

We welcome the following staff members to Mt Carmel School this year; Jaclyn Green (4JG), Stephanie Hyles (Teacher Release), Kelly Scanlan (4KS) and Kate Whackett (1KW). We also welcome back Kellie Field who is returning from maternity leave. Kellie will be facilitating the Mt Carmel Playgroup on Thursday mornings, providing executive release in 5/6JH and teaching in 3EG on Fridays. I wish them every success and happiness in their new and continuing friendship with Mt Carmel School.

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**The Beatitudes from Matthew 5:1-12**

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. He said: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven. Blessed are you when people stare you in the face and persecute you for my sake. Rejoice and be glad, because great is your reward in heaven.

**CALENDAR OF EVENTS**

- **4** 3-6 Swimming Carnival
- **5** Opening School Mass 9.45am
  - Morning tea for new student leaders and their families 11am
- **9** Shrove Tuesday
  - Pancake Breakfast from 8am
- **10** Ash Wednesday
  - Kinder away
  - Reconciliation Registration 5pm-6pm
- **11** Welcome BBQ 5pm
  - Reconciliation Registration 5pm-6pm
  - Class Information Night 6pm

**2016 TERM DATES**

**Term 1**

- **24 March** Pupil Free Day
- **25 March** Good Friday
- **28 March** Easter Monday
- **8 April** End of Term 1

**Term 2**

- **25 April** ANZAC Day Holiday
- **26 April** Pupil Free Day
- **27 April** Students return
- **13 June** Public Holiday

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24 Dutton Street Yass | PO Box 447 | Yass NSW 2582
Telephone (02) 6226 3357 | Fax (02) 6226 3033
Email: office.mtcarmel@cg.catholic.edu.au
www.mtcarmel.nsw.edu.au

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**Our mission is to encourage each individual to achieve their personal best in a meeting place where Christ’s teachings are learned and lived.**

“Blessed are the merciful for they will be shown mercy” Matthew 5:7
Thought for the Week
A little bit of mercy makes the world
less cold and more just.
~Pope Francis~

Community Council Meetings
Thursday 6.30pm
18 February
10 March

K-6 Assemblies
Fridays at 2.15pm
26 February
2AH and 5/6MA
18 March
1EB and 4JG

CatholicCare Student and Family Counsellor
Kirsten Stafford will be at Mt Carmel
every Monday
from 9am until 2.30pm

St Augustine's Parish
Priest Fr Mick Burke PP
Secretary Irene Carr
Office hours
Mon, Tues, Fri 9am-4pm
Parish Office
Meehan St Yass NSW 2582
PO Box 24 Yass NSW 2582
Phone 02 6226 1086
Fax 02 6226 2220
email sta.yass@cg.catholic.org.au

Weekend Mass Times
Vigil Saturday 6pm Yass
Sunday
8.30am Gunning
(5th Sun Liturgy of the Word)
10.30am Murrumbateman
(5th Sun Liturgy of the Word)
11am Wee Jasper (5th Sun)

Supervision times before and after school
Please note students commence school at 9am and conclude at 3:10pm. A warning bell will ring five minutes prior to the commencement of school at 8.55am. When the warning bell sounds, students begin to move to lines. Supervision at school does not commence until 8:30am in the morning and concludes at 3:40pm in the afternoon. No responsibility will be taken by the school for any consequences of the activities of students outside those hours. Please assist the school in the interests of your child’s safety, by ensuring that your child does not attend or remain in the precincts of the school outside the hours of 8:30am and 3:30pm on Mondays to Fridays. If there are changes to afternoon transport routines, parents must advise the school in writing.

“Tea and Tissues”
Our beautiful Kindergarten students arrived at ‘big school’ on Monday followed by “Tea and Tissues” in the staffroom for Kinder parents. Many Kinder parents were able to have a ‘cuppa’ afterwards to commiserate together!

Opening School Mass
Fr Mick Burke will be celebrating our Opening School Mass to be held this Friday 5 February, commencing at 9.45am. Our 2016 school leaders will be inducted to their leadership positions at this Mass as well. We look forward to seeing as many parents as possible attend our first school Mass for the year.

Anaphylaxis Policy
The school has an anaphylaxis policy. It is requested that all parents clearly label lunch boxes, bottles and other drinks with the name of the child for whom they are intended. Parents are encouraged to have regular discussions with their children about the importance of washing hands, eating their own food, and not sharing food, food utensils or food containers and this will also be supported by discussion in the classroom. To minimise the risk of exposure, the Canteen will avoid the use of peanuts, peanut butter or other nut products in all curricular or extra-curricular activities. Parents are encouraged to not send students with peanut butter or nutella sandwiches. The general banning of foods or food products is not recommended by health experts as there is a lack of evidence to suggest that banning a food from entering a school is helpful in reducing the risk of anaphylaxis.

Before and After School Care
This year we have one group operating in the morning and two groups operating in the afternoon. The demand is growing for schools to provide this type of service. Whilst the school provides the venue, any concerns must be directed to the private operators. Thank you to Rebecca Hodgkinson and Lynette Cram for offering this service to our families.

I would like to remind parents that if you have any concerns about any aspect of your child’s progress, you are encouraged to speak with their class teacher. If you wish to speak with a teacher please do so before or after school and not during class time. It would always be preferable if you could make an appointment, as teachers have duties and meetings on various days. Thank you for your understanding. If you would like to discuss any other aspect of school life at Mt Carmel, please make an appointment at the front office, send an email to gaye.mcmanus@cg.catholic.nsw.edu.au, or stop me in the playground.

The Lenten season, which reminds us to prayer, fast and complete works of love in preparation for the Risen Lord, will be upon us next week. Our annual Pancake Breakfast will be held next Tuesday 9 February commencing at 8am in the Food Technology Room.

Finally, I wish you a year that is full of mercy and peace.

God bless

Gaye McManus
Principal
Congratulations to our 2016 Student Leaders!

Captains
Tallara Howard and Fraser Weller

Vice Captains
Lily Seselja and Sam Clark

SRC Members
Year 5  Poppy Ritchard
Year 5  Kynan Leahy
Year 6  Maddison Leahy
Year 6  Edward Field-Wison

Sports Captains
Fielding  Keely Gould and Keely Owen
Hartigan  Darcey Bush and Amy Hants
McAuley  Riley Brine and Alice Ruwald
Mullungang Charlie Beck and Sequoia Felizardo

Claim the Date 2016
Northern Region Swimming Carnival
Thursday
18 February
at
Yass Swimming Pool

Primary Archdiocesan Swimming Carnival
Tuesday 1 March
at
Queanbeyan Swimming Pool

Welcome BBQ
Thursday 11 February 2016
commencing at 5pm

Class Information Evening
Thursday 11 February 2016
commencing at 6pm

Community Calendar 2016
Please note that all families will receive a community calendar soon. It outlines key events for 2016. A copy is also available on the school’s website at www.mtcarmel.nsw.edu.au

Receive your Carmeletta by email!
A request to new families to return the information regarding your email contact details ASAP.

A gentle reminder, if you have overlooked paying your fees at the end of last year, please do so as soon as possible.
With thanks.
Mount Carmel Staff 2016

Kindergarten KNB
Kindergarten KSS
Year 1EB
Year 1ML
Year 1KW
Year 2AH
Year 2LS
Year 3EG
Year 3TC
Year 4JG
Year 4KS
Year 5/6DN
Year 5/6JH
Year 5/6MA
Executive Release
Japanese Teacher
Early Career Teacher Release
Teacher Librarian
Learning Support Teacher
Numeracy Intervention Teacher
School Counsellor
Learning Support Assistants
General/Gardening Maintenance
Office Support Staff
Library Assistant
Canteen Manager
Canteen Assistant
Leadership Team
Primary Coordinator
Religious Education Coordinator
Assistant Principal
Principal

Mrs Natalie Broers
Mrs Sue Shepherd
Miss Emma Beletich
Mrs Mandy Leahy
Mrs Kate Whackett
Mrs Alison Hall
Mrs Linda Swadling
Mrs Esther Glover and Mrs Kellie Field (Friday)
Miss Tara Cassidy
Mrs Jaclyn Green
Mrs Kelly Scanlan
Mr Deon Norval
Mrs Jan Harvey
Mrs Mel Allan
Mrs Kellie Field
Mrs Kassie Miller
Mr Michael Green and Mrs Stephanie Hyles
Mrs Ev Turner
Mrs Trish O’Dell
Mr Michael Green
Mrs Kirsten Stafford
Mrs Cheryne Dunley
Mrs Katrina Hodges
Mrs Melanie Leahy
Mr Robbie Shepherd
Mrs Carol Cassidy
Mrs Emma McEvoy
Mrs Lynne Patmore
Mrs Emma McEvoy
Mrs Kelly Clark
Mrs Trish O’Dell
Mrs Jan Harvey
Mr Michael Green
Mrs Gaye McManus
CATHOLIC CARE STUDENT AND FAMILY COUNSELLING SERVICE

What?
As part of their pastoral care program for students, Catholic Schools have access to a Student and Family Counselling service provided by CatholicCare Canberra & Goulburn (CCG). CCG are contracted by Catholic Education and Congregational Schools to provide a counselling service to students and their families. There is no fee to access this service. The role of the counsellor is to focus on the emotional, social and educational well-being of the students. Counsellors welcome contact with students having difficulty with some part of their life, whether or not it affects their school work. The problem does not have to be a big one. It is better to seek help sooner than later. Some typical concerns that counsellors work with include: anger, anxiety, behavioural problems, depression, eating problems, family breakdown and family conflict, grief and loss, learning and educational challenges, parenting challenges, peer and other social relationships, school avoidance, stress and study skills. As well as individual sessions with students, counsellors can run groups, do family work, consult with parents and teachers and make referrals to other services and supports. Counsellors are not employed as specialists in any area and at times will suggest referrals for specialist services. Counsellors also do not provide cognitive or learning assessments or court reports. Families requiring these will be referred to another service.

Who?
All Student and Family counsellors are professionally qualified Social Workers or Psychologists who participate in regular clinical supervision and professional development. Student and Family Counsellors subscribe to a set of professional ethics that include duty of care and respect for the individual’s right to privacy and confidentiality. The counsellors’ obligation is to ensure the safety, wellbeing and confidentiality of the student they are working with. All counsellors are mandated to report any disclosure or sign of abuse (including self-harm) or neglect to Child Protection Services.

How?
Students can refer themselves, be referred by family, school staff or other agencies. Primary school students require the consent of their parents or guardians to access counselling. The consent of both parents is required where there is separation/divorce and both parents have parenting and decision making responsibilities. High school students do not require parental consent to access the counsellor. Where it is in the best interest of the student and with the student’s consent counsellors will facilitate the involvement of a parent or guardian.

Counsellors use the Strengths and Difficulties Questionnaire (SDQ) as part of assessment and monitoring of change during counselling. Use of these measures is considered best practice and measures such as this are widely used in counselling services. In high schools, the counsellor will request students to complete an initial questionnaire in one of the first sessions and a follow up questionnaire during and/or towards the end of counselling. In primary schools, counsellors will request parents/guardians to complete an initial questionnaire before seeing the student and again during or before completion of counselling. Counsellors may also request teachers and high school parents to complete questionnaires. This will be done with the knowledge and consent of parents/guardians and high school students. More information on the questionnaire is available at http://www.sdqinfo.com/.

The counsellor’s presence in schools varies from two days per term to 5 days per week during school term time. Counsellors can be contacted directly in person at the school, through the school front office or staff or through the CCG Red Hill office on (02) 6162 6100. Feedback on the service can be provided directly to the counsellor, by phoning the CCG office or anonymously on the CCG website. Kirsten Stafford, a Student and Family Counsellor from CatholicCare, will be available at Mt Carmel on Mondays from 9am until 2.30pm. Please contact her through the school office.
Class Information Evening  
Thursday 11 February 2016

On Thursday 11 February, Mt Carmel School Community Council and Staff would like to invite you to attend our Welcome BBQ starting at 5pm and our Class Information Evening commencing from 6pm. This is an opportunity for you to meet with your child’s class teacher for 2016 and to view your child’s classroom. We encourage as many parents and caregivers as possible to attend this evening ensuring that we are working in partnership to provide the best possible start to your child’s education in 2016.

During the evening your child’s teacher will:
- Explain the expectations and routines for your child
- Provide an overview of the curriculum for the year
- Discuss any special events or excursions for this year group
- Be available to clarify any questions after the presentation

The class teachers will commence their 25 minute presentations at the following times in your child’s classroom:

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00pm</td>
<td>KSS, KNB, 3EG, 3TC</td>
</tr>
<tr>
<td>6:30pm</td>
<td>1EB, 1ML, 1KW, 4JG, 4KS</td>
</tr>
<tr>
<td>7:00pm</td>
<td>2AH, 2LS, 5/6DN, 5/6JH, 5/6MA</td>
</tr>
</tbody>
</table>

Please note that the class information evening is not an opportunity for an individual parent teacher interview. If you require time to talk with the teacher about your child, please make an appointment at another time satisfactory to both of you.

We have enjoyed welcoming your child back to school this year and look forward to meeting with you on Thursday evening.

Student Supervision
Please note that parents are required to supervise their child at all times. If your child comes to the BBQ with you, they must attend the class information session and sit with you. They cannot be left outside to play in the playground.

Community Council  
Welcome BBQ  

You are warmly invited to a Welcome BBQ to meet our new families and staff members.

Venue: Primary Asphalt

5pm

Followed by Class Information Evening 6pm
Coming to Mt Carmel School in 2016...

Mt Carmel Playgroup
for toddlers and pre-schoolers

Thursdays 9am-11am
Venue: Hartigan Centre (entry from Meehan Street)

Facilitated by a fully qualified teacher
Games, craft activities, music, stories and much more…

Everyone is welcome!
$3 for first child and $1 for each subsequent child in family.
Morning tea provided for parents and children

Commencing Week 3 Thursday 11 February 2016

24 Dutton Street Yass | PO Box 447 | Yass NSW 2582
Telephone (02) 6226 3357 | Fax (02) 6226 3033
Email office.mtcarmel@cg.catholic.edu.au
www.mtcarmel.nsw.edu.au
Our 2016 school theme is *“Blessed are the Merciful, for they will be shown mercy.” Matthew 5:7* These inspirational words encourage us to be merciful towards others in our actions of our everyday lives.

**OPENING SCHOOL MASS – FRIDAY at 9.45am**

We would like to invite everyone in our school community to celebrate our Opening School Mass with us this Friday. It will a wonderful opportunity for us to officially begin our school year and to celebrate our students who have been elected into leadership positions. Our new student leaders and their families also invited to share a morning tea after Mass.

**SHROVE TUESDAY – 9 February**

Shrove Tuesday gets its name from the ritual of shriving that Christians used to undergo in the past. In shriving, a person confesses their sins and receives absolution for them. When a person receives absolution for their sins, they are forgiven for them and released from the guilt and pain that they have caused them. In the Catholic Church, the absolution is pronounced by a priest. It's a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent begins. Shrove Tuesday is sometimes called Pancake Day after the fried batter recipe traditionally eaten on this day.
In 1445 a woman had lost track of the time on Shrove Tuesday, and was busy cooking pancakes in her kitchen. Suddenly she heard the church bell ringing to call the faithful to church for confession. The woman raced out of her house and ran all the way to church; still holding her frying pan and wearing her apron. Pancake races were born.

The Mt Carmel Staff and Student Leaders warmly invite you to come and celebrate Pancake Tuesday with us. Pancakes will be served from 8am in the Food Tech Room. Also Mt Carmel will host the Fifth Annual Running of the pancakes race. We hope to see you there!

**Ash Wednesday - 10 February**

Ash Wednesday is the beginning of Lent for Western Christian churches. It’s a day of penitence to clean the soul before the Lent fast. Roman Catholic, Anglican, and some other churches hold special services at which worshippers are marked with ashes as a symbol of death and sorrow for sin. The service draws on the ancient Biblical traditions of covering one’s head with ashes, wearing sackcloth, and fasting. In Ash Wednesday services churchgoers are marked on the forehead with a cross of ashes as a sign of penitence and mortality. The use of ashes, made by burning palm crosses from the previous Palm Sunday, is very symbolic. The marking of their forehead with a cross made of ashes reminds each churchgoer that:

- Death comes to everyone
- They should be sad for their sins
- They must change themselves for the better
- God made the first human being by breathing life into dust, and without God, human beings are nothing more than dust and ashes
- The shape of the mark and the words used are symbolic in other ways:
  - The cross is a reminder of the mark of the cross made at baptism
  - The phrase “Turn away from sin and be faithful to the Gospel”, which is often used when the ashes are administered reminds Christians of the doctrine of original sin
  - The cross of ashes may symbolise the way Christ’s sacrifice on the cross as atonement for sin replaces the Old Testament tradition of making burnt offerings to atone for sin

Jan Harvey
Religious Education Coordinator
Scholastic Book Fair and Grandparents/Older Friends Morning Tea

Date: Friday 4th March

Book Fair Time: Friday 6th March 9am—3.15pm

Browsing Times: Monday 2nd March 3.30-4pm
Tuesday 3rd March 3.30-4pm
Wednesday 4th March 3.30-4pm

Morning Tea: Friday 6th March 9.30-11.30am

A busy time in the library, especially for our new Kindergarten children.
Mt Carmel Swimming Carnival

Thursday 4th February
9.30am – 3.00pm
100 meter / 200IM swimmers start at 8.30am

The alternate date is Friday 12th February in case of heavy rain and electrical storms.
If the carnival is cancelled, it will be announced over Yass FM 100.3 at 7.00am.

Students in Years 3 to 6 not competing in 100m events, will travel to the pool by bus, with teacher supervision, which will cost $3.00. The pool entrance fee for all students (both swimmers and non-swimmers) will be $3.00 if they do not have a season ticket. The buses will leave the school from 9.10am. We will return back to school in time for normal end of day procedures.

Students competing in 100m events must be at the pool ready for an 8.30am start. Pool opens at 7.30am for warm up.

Northern Region Swimming Carnival
The Northern Region Swimming Carnival is scheduled for Thursday 18th February at the Yass Swimming Pool in Laidlaw Street.

Individual Summer Sport Nominations
The following summer trials are held during February and March:

- Basketball Trials in Young on Friday 12th February
- Cricket Trials in Gundagai on Friday 12th February
- Tennis Trials in Young on Friday 12th February
- AFL Trials in Wollongong on Wednesday 17th February
- Softball Trials in Sydney on Friday 4th March

Students must return their nomination form by Friday 5th February. Only students with a completed nomination and consent form will be able to compete at the trials.

Deon Norval
Sports Coordinator
SACRAMENT OF RECONCILIATION

The Catholic Parish of St Augustine's, Yass, invites children baptised in the Catholic tradition, Year 3 or older, to continue their journey in faith by preparing for the Sacrament of Reconciliation in preparation for their First Holy Communion.

If you believe your child is ready to take this next step and you are prepared to be involved in the journey, please enrol your child at St Augustine’s Presbytery on Wednesday 10 February or Thursday 11 February between 5-6pm.

For further details contact Dianne Carey 0419 276 889 Sacramental Team Leader.

SACRAMENTAL PROGRAMME 2016 - CLAIM THE DATES

1st RECONCILIATION  Wednesday 16th March 6pm

Reconciliation Registration at the Presbytery
Wednesday 10th and Thursday 11th February between 5-6pm

Commitment to the programme will be held during 6pm Mass,
Saturday 13th February at St Augustine’s Yass or
10.30am Mass, Sunday 14th February at Uniting Church Hall,
Murrumbateman.

Yass Montessori Preschool is pleased to announce we have extended opening hours for 2016! Now open from 8.30 am to 4 pm, Yass Montessori has vacancies for children ages 3 to 6. Yass Montessori is a not-for-profit preschool run by the community, for the community.

Fees are only $36 per day (or less for eligible concessions). To enroll your child or grandchildren for Term 1, or for more information please call Kathy on 6226 1596.
The school canteen will be **CLOSED** tomorrow for all K-2 students.

The canteen will **REOPEN** this Friday, 5th February for all students.

Don’t forget that you can use Qkr! to order and pay for your child’s recess and lunch.

**Term 1 Specials**

- Fresh or Frozen Watermelon Slices $0.20
- Frozen Fruit & Yoghurt Bites $0.20
- Slushy (Fruit Burst/Strawberry) $2.50
- Mexican Beef Wrap $4.50
- Lunch Meal Deals from $5.50 (inc. drink and fruit)

Mt Carmel Drums & Percussion Programme 2016

Held Mondays at school during class time for students
Year 1 & above
♦ Drum Line Group
♦ Mixed Percussion Group
♦ Private lessons in Drum Kit
♦ Wagga Eisteddfod entry in 2016
♦ Examinations in drums also offered

Tutor: Gerard Noonan (CPMIII, Honours)
Phone: 0408 622 819 or email gerardnoonan11@hotmail.com

Instrumental Music Tuition

The myriad benefits of learning a musical instrument have been well documented over recent years. Many studies have proven that young people who learn a musical instrument are better organised, achieve well academically, have increased self-esteem and work well in group or ensemble situations among many other benefits.

Instrumental tuition is again being offered at Mt Carmel this year. We definitely have teachers for piano, violin, guitar, drumkit, Swiss Drum Corps and voice. Generally lessons cost around $30 for a half hour lesson but this does depend on which instrument the child chooses. This is an approximate figure. Please fill in the expression of interest form below and you will be contacted as soon as possible in regards to lessons. Many thanks for your understanding in this matter. Please note, there are only limited places and these will be given to those who express interest first. Of course you may wish to email me with the details below which is fine –

Michael Green
Assistant Principal

Please cut off this slip and return to school office

My son/daughter __________________ in class ____________

would like instrumental tuition in __________________ (instrument).

Parent name ________________________ Parent signature ___________________________

Parent contact number __________________
Summer Dive In
Movie

@ Yass Pool
Saturday, 6th February 2016
6:30pm – 10:30pm
$2 Entry, $10 families
BBQ available
Alcohol free event

Brought to you by Yass Valley Youth Council
Supported by Yass Valley Council
LADIES
Shine Bright
NIGHT

6pm, Saturday 19th March 2016
Yass Soldiers Club
Tickets $50 (Early-bird price only $40 until 31st Dec 2015)
Tickets available at:
www.abundancehealingandhealth.com/ladies-shine-bright-night.html
All profits being donated to White Ribbon

A fun night out for the Ladies:
Listening to inspiring guest speakers & shop at stalls of local business women
FREE glass of champagne, photo and gift bag for all ticket holders on arrival
All profits from ticket sales are being donated to
White Ribbon – Australia’s campaign to stop violence against women
(Must be 18+ to attend)
Karate:  Set achievable fitness goals for 2016

No contracts: pay as you go

Family specials

Children who train in karate are less likely to be bullied and school work and class behaviour can improve due to karate's disciplined and respectful training.

List of benefits:
- Build confidence
- Improve fitness
- Gain self discipline
- Learn self defence

Yass classes in:
Bertiiba Primary School

Classes: all around Canberra, Cooma, Goulburn, Queanbeyan

contact Wendy 0406 375 091
wendy.gkr@gmail.com

Fitness with purpose:

Learn self defence

Karate

What are your fitness goals for 2016?

GKR Karate classes for all the family

No contracts: pay as you go

Family specials

- Build confidence
- Improve fitness
- Gain self discipline
- Learn self defence

Yass classes in:
Bertiiba Primary School

Classes: all around Canberra, Cooma, Goulburn, Queanbeyan

contact Wendy 0406 375 091
wendy.gkr@gmail.com

Fitness with purpose:

Learn self defence

YASS JUNIOR RUGBY CLUB

IS INVITING PLAYERS FOR THE UPCOMING SEASON

With rugby debuting at the Olympics in 2016 and the Wallabies in great form at last year’s world cup, why not make this the year your family gives rugby a go!

Registration Day will be held on 13 February 2016 at Victoria Park in Yass, 9.00am to 12.00pm

stronger as one

Rugby

Players are invited to register in the following age groups:
Under 7’s (children turning 6 & 7 – non-tackle)
Under 8’s, 9’s, 10’s, 11’s and 12’s

Registration includes the player’s jersey to keep!

For more information about the Rams or playing rugby call:
Greg Weller - YJRFC President, on 0438 846 752
What? Family Disco (pre-schoolers to Year 6)
When? 2nd Sunday of the month, 5pm - 8pm
Where? Yass Golf Club Function room (upstairs)
How much? Free entry!! (kids’ drinks (ie fruit poppers) $1)

Parents can sit back and have a refreshing beverage at the end of the weekend, overlooking the first fairway (and their children!) while the kids burn off some energy and tear up the dance floor…

Mobile DJ is DJ’N4U

And if you are hungry, ‘Gil & Sue @ The Golfie’ is open with a choice of a Snack Menu or two dinner menus including a dedicated Thai menu.