

RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS
SECONDARY COLLEGE

Lake Street North Lismore NSW 2480

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www.richmondri-h.schools.nsw.edu.au

2020 | ISSUE 5 | TERM 1 | WEEK 5

CALENDAR

2 March

- ♦ NR Rugby Union

3 March

- ♦ NC Secondary Swimming Championships

5 March

- ♦ NR Netball Opens
- ♦ NR Rugby League 15s and Opens
- ♦ Year 6 into Year 7 Transition

10 March

- ♦ NC Secondary Rugby

11 March

- ♦ NC Secondary 14s AFL

12 March

- ♦ International Women's Day

13 March

- ♦ Table Tennis Knockout & Gala Day



**P&C Meeting 2nd Monday of
each month**

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Principal's Message

It's a bit of a sad day for me today! I need to let you know I will be taking leave from RRHC on Monday until the end of Semester 1. As a partner, mother, daughter, grandmother and mother-in-law my focus for the immediate future needs to be on my family, and I am not prepared to do a half job of that, and a half job leading the school, which would have been inevitable if I tried to juggle both. I am pleased to say I leave you in the very capable hands of Mrs Belinda Marr as Relieving Principal. Belinda is well known to you and she, along with her partner DP Luke Woodward have been an incredible Senior Executive Team, they know the ropes. I am not yet sure who the relieving Deputy Principal for Belinda will be but I am sure she will let you know as soon as she is able.

Until I return, take care, you are in good hands. I will meet with/talk to the Executive Team regularly and will of course be active in setting directions on goals to continue to move our much loved Richmond River High Campus forward.

Mary-Jane Pell
Principal

Deputy Principal's News

Hello Richmond River High Community.

We have had many events this week including the Year 7 Meet-and-Greet Night, Year 11 Information Evening, Primary Industries Work Placement, Representative sporting events, the Uni Roadshow, Safe on Social presentations, a Dorroughby Environmental Centre visit and Clean Up Schools day to name a few.

On Monday evening we held two events to provide information and support to two year groups undertaking journeys at different ends of their high school careers. The Year 7 Meet-and-Greet Night had parents putting faces to names and having conversations with their student's teachers. The Year 11 Information Night saw Year 11 students and parents unpacking the requirements for Preliminary students beginning their HSC preparation. Both evenings were well attended and feedback provided by those attending was positive. If you attended and have suggestions on how we can improve these evenings please contact me at your convenience.

Clean Up Australia Day was established 30 years ago by an 'average Aussie bloke' and has become the nation's largest community based environmental event. Today some of our students were involved in Clean Up Schools Day - making a difference in their own space. Thank you to Pauline McLeod, one of our science teachers, who organised this event.

The RRHC Breakfast Club runs Tuesday, Thursday & Friday from 8.30am-8.50am. Students have access to a free breakfast of cereal and/ or toast with a drink. This is supported by our local community food bank, Lismore Woolworths and Kelloggs, with teachers and our Chaplain volunteering their time to supervise the Breakfast Club space. We hope to extend the mornings this fantastic initiative runs to include Monday and Wednesday mornings.

The school is opening it's doors to the public on Thursday 5 March at 4.45pm-6pm for our annual Information Evening. This evening provides an opportunity for potential and current families to tour our facilities. Please inform any community members you know who may be interested in attending this evening.

If your current Year 8-12 student would like the opportunity to be a guide on the evening please have them see Mr Yates in the Science Staffroom for a permission note.

Enjoy your weekend.

Belinda Marr

Relieving Principal

Junior Assembly Week 5

Congratulations to all the students who received awards on Wednesday. These awards are nominated by Year Advisers and Faculties. Students were awarded for work in class, sporting achievement or for being RRHC. Feature Faculty was Science and Ms Macleod spoke about the upcoming Clean Up Australia Day. On Friday we will be participating by cleaning up around the school. The Assembly was ably run by our Year 10 SRC members Marley and Felicity. Next Assembly is in Week 7.

Dimity McKinlay
SRC Coordinator



From the Community Liaison Officer (CLO)

When is an assignment really due?

When the date arrives, it is really due. Students have a number of years to prepare themselves for the rigours of senior years. By that time they need to put forward planning into action. NESA (New South Wales Education Standards Authority) sets the requirements for senior years. They set due dates. They set attendance demands. Teachers need to enforce those requirements which can make teachers seem a bit tough but it is not their call. NESA makes the call.

So how best to cope with this? Our students must practise planning ahead, being prepared, not leaving things to the last minute and being organised. Not a thing that comes naturally to many I know, but it is one of life's great lessons that can smooth the way in the future.

By attending every day students set themselves up for success when they attend every class. By attending every day student cut themselves some slack in case an unexpected event occurs and they must take some time out. By attending every day students develop characteristics of reliability, tenacity and steadfastness. By encouraging them to maximise their attendance you are helping to set them up for future success.

It is the same with assignments. By knowing what assignments are due and when you can help your child with pacing themselves and using their time wisely. Little bits often is more beneficial than the last minute panic which you may know from your own experience. Being up to date with assignments gives a bit of leeway if things do go pear shaped close to the due date. As parents we are endeavouring to raise successful adults and these habits built over time can stand them in good stead for their adult lives.

By working with teachers on these matters you are smoothing the way for your child. Remember that you are helping them towards their senior studies success when you know the what and the why. NESA sets the requirements and teachers need to enforce them.

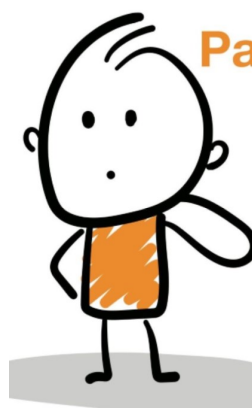
For more information remember to log on to Sentral Student & Parent Portal - Login and also get the School Stream App on your phone.

Anne Bowden

Community Liaison Officer (CLO)



Think before you
say, share,
like or send.



Pause before you
accuse,
judge,
assume.



Student and Parent Portal

This is a reminder to inform you about the Student and Parent Portal which provides both parents and students with access to view information including school newsletters, student timetables, daily notices, school calendar, calendars of assessment schedules,



WEB2.RICHMONDRI-H.SCHOOLS.NSW.EDU.AU

Sentral Student & Parent Portal - Login

attendance, school reports and other school records such as NAPLAN results. Additionally parents can submit explanations for absences (if submitted within 14 days of absence), make requests for amendments to family details/medical information and view student plans such as individual education plans.

Students can log on using their school username and password.

Parents who have not yet registered have been sent information by email about how to register and access the portal. <https://web2.richmondri-h.schools.nsw.edu.au/portal/login>

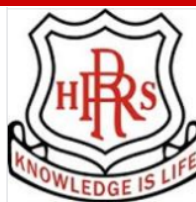
Safe on Social - Social Media Literacy

On Tuesday Year 7 and Year 12 students attended a very informative Safe on Social Media presentation that combined cyber safety with information security. If you would like to know more please check out the Safe on Social Fact Sheets on our website -

<https://bit.ly/32ndDiA> or <https://www.safeonsocial.com/>

Ellie Stinson

HT Learning and Support



RICHMONDRI-H.SCHOOLS.NSW.GOV.AU

**eSafety Guidelines - The Rivers
Secondary College - Richmond River
High Campus**

Year 7 Green - Energy and Water Audit

Tamlin from Dorroughby Environmental Education Centre ran a number of workshops with our Year 7 Green students, yesterday. Students took part in an energy and water audit and water demonstration to learn about waste. They also participated in a waste activity in order to reduce our environmental footprint at RRHC. From these activities the students worked on how to improve our School Environmental Management Plan.

Pauline Macleod

Science Teacher



School Stream App - Please download

This is a reminder that Richmond River High uses the School Stream app to communicate with our community. All assessments are put on the app, along with newsletters and other important information. Here is a link to download the app to your device. This is important for students, parents and carers.



ASSESSMENT CALENDAR

Term 1 Week 6 and Week 7

Year 7

PDHPE Assessment Task 1 'Fundamental Movement Skills Practical Circuit' **Week 6** in Practical Classes

Year 8

Year 9

5.3 Maths Assessment Task 1 'In Class Test' -
2.3.20 (Wk 6)

Year 10

Science Assessment Task 1 'Biotechnology Research & Presentation' - **2.3.20 (Wk 6)**

5.2 Maths Assessment Task 1 'Book Work & In Class Quiz' **due Week 6**

Year 11

Chemistry Assessment Task 1 - 'Analytical Skills' -
13.3.20 (Wk 7) by 9:20am

Year 12

Std Maths 1 Assessment Task 'Test from Published Bank of questions' - Period 2 **2.3.20 (Wk 6)**

Std Maths 2 Assessment Task 'Test from Published Bank of questions' - Period 2 **2.3.20 (Wk 6)**

Drama Assessment Task 2 'CAT and SIDT' -
6.3.20 (Wk 6)

Biology Assessment Task 2 'Depth Study' -
6.3.20 (Wk 6)

English Studies Assessment Task 2 'Multi-Modal presentation' - **9.3.20 (Wk 7)**

PDHPE Assessment Task 2 'Core 2—Training Analysis & Report' - **13.3.20 (Wk 7)**

Student Opportunities

Opportunity - ASX Sharemarket Game

Calling all students interested in trading shares and learning about the Sharemarket. Ever been interested in finding out about the sharemarket, buying and selling shares in Australia's largest companies and making big profits (or maybe losses)?

Please see Mr Stevenson, HSIE Staffroom, to register for the first of two ASX Schools Sharemarket Games for 2020

Game 1, 2020 - Registrations open

Game: 12 March - 20 May

Dale Stevenson

Acting Head Teacher HSIE



From the PDHPE Faculty

Under 15s Zone Touch Football Gala Day

The Under 15s Zone Touch Football Gala Day and selection trial for boys and girls was held at Woodenbong on 25 February. Our boy's and girl's teams played amazingly well winning their first couple of games against some strong opposition. The Gala Day included teams from: Maclean, Woodenbong, Casino, Evans Head, Bonalbo, Kyogle, Alstonville, Kadina, and Lismore. It was a fun filled day that encouraged participation and sportsmanship. We had two girls selected for the Under 15s Northern Rivers Team, Natalia of Year 8 and Ava of Year 9 both showing off their skills over the day. Sione of Year 7 and Aaron of Year 8 were also targeted for next year's team, officials saying they had great potential. I would like to commend the boys and girls under 15's Touch Football teams for their wonderful efforts and representation of Richmond River High during this fantastic carnival.



Aaron van Dugteren

PDHPE Teacher

Sporting Opportunities

Coming up next week, we have on Thursday 5 March, U15 and Open Boys Zone Rugby League trials at Kadina. Open Girls Zone Netball Trials are at GSAC on the same day. Zone Hockey Trials on the following week with Football the week after. See PDHPE staff for more information.

John Eakin

PDHPE Teacher

Sisters representing North Coast at State

Sharmeeeka and Nikiesha are currently representing the North Coast at the Girls Softball State Championships in Curl Curl. The girls have played well as catcher and pitcher and also batted well. On day one North Coast finished with one win and two losses. The girls played a pivotal role in the win against North West. The Carnival finishes today.



Northern Rivers Basketball Reps

On Thursday a number of Richmond River students trialled for the Zone Basketball team. Jaelen, Tom, Elwood and Charlie were successful in making the Northern Rivers team which will compete at the North Coast Championships held at Port Macquarie on 19 March. Congratulations! Good luck at Port Macquarie.



Stacy Clark

PDHPE Faculty

Reminder - Drop off and pick up at back of school

Parents who are dropping off or picking up their children before or after school are reminded to do this in the areas outside of the bus, taxi, disability parking, and no stopping zones at the front of the school. Suggested safe areas are the grassy tree-ed area outside the Ag Shed in Lake Street or near the shelter in McKenzie Park in Pitt Street, where there is a footpath to the school. The other alternative is at the back gate of the school on Alexandra Parade. The safety of our students is paramount.



THE RIVERS
SECONDARY COLLEGE
The heart of secondary education for Lismore

A GREAT WORLD OF OPPORTUNITIES AT THE RIVERS

College Roadshow

Inviting all Year 5 students on

11, 18 and 25 March 2020

One college, three days, six locations – Bringing the college experience to Year 5 students across the region



Wed. 11 March

9:20-11:30am South Lismore PS

12:30-2:30pm Goonellabah PS



Wed. 18 March

9:20-11:30am Lismore PS

12:30-2:30pm Wyrallah Road PS



Wed. 25 March

9:20-11:30am Wollongbar PS

12:30-2:30pm Lismore Heights PS



Teachers from each campus are visiting primary schools in our local community, to give Year 5 students a taste of high school. They will deliver a broad range of experiences and activities that reflect what students today can expect from The Rivers Secondary College. All three campuses provide excellence in education by delivering quality, innovative curriculum, student leadership opportunities and inspired teaching and learning.

Medical/Ambulance Insurance Cover Reminder

Parents and carers please be aware that there are no reciprocal arrangements for ambulance cover for NSW students travelling on excursions to Queensland. The Department of Education recommends that parents or caregivers arrange travel insurance for students for interstate excursions. This means that parents and caregivers will be responsible for any medical costs, including ambulance, incurred whilst on excursion in Queensland. The Department of Education recommends that parents or caregivers arrange travel insurance for students on excursions in Queensland.

All permission notes for travel to Queensland will require parents to sign a travel insurance response and indicate travel insurance arrangements.

Headspace - How to cope with the stress of natural disasters

This link maybe helpful at this time.

<https://bit.ly/33XDa1C>



Stymie - Reminder

Richmond River High Campus uses Stymie to support student well-being and to support direct action against bullying in our school. The program educates bystanders about their responsibilities and provides an online, independent reporting method, ensuring complete anonymity for students making notifications; creating a sense of safety in "the crowd". The use of Stymie will help change the "culture of acceptance" of bullying behaviours. Students can access Stymie by going to www.stymie.com.au and www.facebook.com/stymieau.



Ellie Stinson

HT Learning and Support (Welfare)



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www.facebook.com/richmondriverhigh

We would like to respectfully acknowledge the Elders past and present of the Wiyabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.



THE RIVERS
SECONDARY COLLEGE



Breakfast Club is back
Tuesday, Thursday, Friday 8.30-9am
Chill Out Room
All welcome - No charge

QUOTE OF THE WEEK

*"Little by little, day by day, what is meant
for you WILL find it's way."*



The Rivers Secondary College - Richmond River High Campus uses STYMIE to support student wellbeing and to support direct action against bullying in our school. The program educates bystanders about their responsibilities and provides an online, independent reporting method, ensuring complete anonymity for students making notifications; creating a sense of safety in 'the crowd'. The use of Stymie will help change the 'culture of acceptance' of bullying behaviours. Students can access Stymie by going to www.stymie.com.au and

Important Websites

RRHC Facebook - <https://www.facebook.com/richmondriverhigh>

The Rivers Secondary College SMORE newsletter -
<https://www.smore.com/1n9qd>

Stymie - www.stymie.com.au or www.facebook.com/stymieau

Student online portal -
web2.richmondri-h.schools.nsw.edu.au/portal/login

Online Study Skills Handbook - RRHC / 88success
www.studyskillshandbook.com.au

Important Phone Numbers

Kids HELPLINE - 1800 551 800

Lismore HEADSPACE - 6625 0200

Mental Health Line - 1800 011 511

Beyond Blue - 1300 789 978

Canteen Specials Week 6

Monday 2 March

**Teryaki chicken with stir fry
vegetables and rice - Small \$5, Large \$7**

Tuesday 3 March

**Pasta Bolognese or Tomato pasta
- Small \$5, Large \$7**



Thursday 5 March

**Chicken or Bean fajitas with fresh salsa
- Small \$5, Large \$7**

Friday 6 March

**Lamb or Vegetable korma with rice
- Small \$5, Large \$7**



* The Canteen still has school supplies available for purchase.
Book packs \$50, Calculators \$25, Aprons \$10.

* Volunteers are always appreciated and if you can assist please contact Laura at the Canteen to discuss availability.

* Do you play after school sports or have an after school job or just keep forgetting those pesky leather shoes - it sounds like you need a locker. School lockers are available for hire through the Canteen. A \$50 fee for the year applies with a \$10 refund when you hand back the keys at the end of the year.

2020 RRHC Uniform Requirements

School uniforms as shown below will be supplied by Lowes located in the Lismore Square, Lismore.

GIRLS	BOYS
<i>Junior School Uniform</i>	<i>Junior School Uniform</i>
<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt Black skirt, plain black mid thigh length shorts, black long pants or black jeans (Tights are not acceptable) <i>NB: Denim clothing is NOT acceptable</i> 	<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt Plain black shorts of an appropriate length, long black pants or black jeans <i>NB: Denim clothing is NOT acceptable</i>
<i>Senior School Uniform</i>	<i>Senior School Uniform</i>
<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt White buttoned senior shirt (and school tie on formal occasions) Black skirt, plain black mid thigh length shorts, black long pants or black jeans (Tights are not acceptable) <i>NB: Denim clothing is NOT acceptable</i> 	<ul style="list-style-type: none"> White, red or grey Richmond River logo polo shirt White buttoned senior shirt (and school tie on formal occasions) Plain black shorts of an appropriate length, black long pants or black jeans <i>NB: Denim clothing is NOT acceptable</i>
<i>Sport Uniform Junior</i>	<i>Sport Uniform Junior</i>
<ul style="list-style-type: none"> Red polo shirt Plain black mid thigh length shorts or black sport shorts (Tights are not acceptable) <p><i>Special note: Students are encouraged to change for PE lessons and change back to regular school uniform for remaining lessons</i></p>	<ul style="list-style-type: none"> Red polo shirt Plain black shorts of an appropriate length or black sport shorts <p><i>Special note: Students are encouraged to change for PE lessons and change back to regular school uniform for remaining lessons</i></p>
<i>Winter Uniform Junior and Senior</i>	<i>Winter Uniform Junior and Senior</i>
<ul style="list-style-type: none"> White or grey Richmond River logo polo shirt White buttoned senior shirt (and school tie on formal occasions) Plain black long pants/track pants or black jeans Black skirt, plain black mid thigh length shorts (Tights are not acceptable) Red Richmond River jumper Red or black Richmond River jacket Plain black, grey or red jumper or cardigan Years 11/12 designed school jumper or jacket <i>NB: Denim clothing is NOT acceptable</i> 	<ul style="list-style-type: none"> White or grey Richmond River logo polo shirt White buttoned senior shirt (and school tie on formal occasions) Plain black long pants/track pants or black jeans Plain black shorts of an appropriate length Red Richmond River jumper Red or black Richmond River jacket Plain black, grey or red jumper Years 11/12 designed school jumper or jacket <i>NB: Denim clothing is NOT acceptable</i>

Please note: Tights, black T-shirts, denim jeans, singlets/tank tops, midriff tops, transparent fabric, torn/ripped clothing, incorrect colours and stripes, large logos or slogans, and shorty shorts are not acceptable for school.

Please note: Work Health and Safety laws (2012) require all students working in a Technology practical classroom, Science labs and some CAPA classrooms to wear sturdy leather shoes. Students may not be able to participate in some activities in these practical classrooms if they are in canvas shoes.

Please see the 2020 Lowes Uniform Price List on the next page.

UNIFORM PRICE LIST

School uniforms as shown below will be supplied by Lowes located in the Lismore Square, Lismore.

Junior Girls All Seasons Uniform

POLO:	S/S White-Stripe Collar - EMB Crest	\$36.95
POLO:	LT Grey Stripe Collar - EMB Crest	\$36.95
SKIRT:	Black A-Line Style - EMB	\$53.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle	\$5.95
APRON:	Navy - Design & Tech	\$14.95

Senior Girls All Seasons Uniform

OVERBLOUSE:	S/S White Special Design - EMB Crest	\$37.95
SKIRT:	Black A-Line Style - EMB	\$53.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle	\$5.95

Girls Sports Uniform

SPORT POLO:	Dk Red -Stripe Collar - EMB Crest	From \$41.95
SHORTS:	L/L Black Microfibre - EMB	From \$32.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SPORT SOCKS:	White Ankle	\$4.95

Junior Boys All Seasons Uniform

POLO:	S/S White - Stripe Collar - EMB Crest	\$36.95
POLO:	LT Grey Stripe Collar - EMB Crest	\$36.95
SHORTS:	Black BBT Cargo	\$19.99
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style (Sports)	\$4.95
APRON:	Navy - Design & Tech	\$14.95

Senior Boys All Seasons Uniform

SHIRT:	S/S White Deluxe - EMB Crest	From \$35.95
SHORTS:	Black BBT Cargo	\$19.99
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style	\$5.95

Boys Sports Uniform

SPORT POLO:	DK Red-Stripe Collar - EMB Crest	From \$41.95
SHORTS:	BlackMicrofibre - EMB	From \$32.95
JACKET:	Black/Red Microfibre with EMB	\$63.95
SOCKS:	White Ankle Style (Sports)	\$4.95

ALL PRICES ARE SUBJECT TO ALTERATION

Lismore Shopping Square

Shop 39, Corner Brewster and McKenzie
Streets, NSW 2480

(02) 66212103



Please shop instore at



or online at

www.lowesschoolwear.com.au

LOWES

will pay a commission
to the school on
every item of school
uniform sold in our
local store.

WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE, RECEIVE 5% IN REWARDS POINTS TO REDEEM, PLUS GREAT FEATURES AND BENEFITS.

For more information please contact Ezy-Way on 1300 156 937 or zero@lowes.com.au

Community News

**Knowing my cycle
Honouring my body**
Sexuality as a biological, energetic and emotional process.

This free program supports young women (10 - 24 years old) in: knowing, looking after and respecting their bodies, living a healthy relationship with their sexuality and personal boundaries.

WHEN: Every Monday 5:30 to 5pm
From 10 Feb - 2 Mar 2020
WHERE: 16 Keen St, Lismore

For info and booking contact: 0429216841 or barbara.nardelli@socialfutures.org.au

10 Feb: Understanding and knowing your monthly cycle, biology and emotions.
17 Feb: My lunar calendar, Personal stories.
24 Feb: Connecting, loving and honouring my body. Expect respect.
2 Mar: Being women - my creative force and ability to let go.

Conducted by Barbara Nardelli, Art therapist, Holistic Counsellor, Youth and Family worker from the Social Futures Elements Program.

We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Social Futures Elements
Youth, Family and Relationships Service, based in Lismore

Are you having a rough time?
Do you have worries and want to talk?
We can help.

Support for life's important elements: social connections, family and emotional wellbeing.

Helping to build supportive and positive family relationships through free counselling (individual and group) for 10 to 24-year-olds and their parents.

elements@socialfutures.org.au
Mobile: 0429 216 841
16 Keen Street, Lismore NSW
socialfutures.org.au

Funded by the Australian Department of Social Services

We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Lismore Library in conjunction with Byron Writers Festival & StoryBoard PRESENT

Creative Writing MASTERCLASS

Cultivate your creativity and hone your craft with help from well-known authors and industry professionals.

A primary & a high school group.
For young writers from 10 to 18 years.
New writers always welcome.
Pizza provided!
These masterclasses are free!

Lismore Library
Every second Thursday during school terms
Term 1 dates
Thursdays 6 & 20 Feb, 5 & 19 March, 2 April
from 5pm to 6.30pm

Richmond Tweed Regional Library
Connect Discover Escape

byron writers festival StoryBoard

Lismore Library 02 6621 2464



Last sign on day for children wishing to play soccer this Saturday 29 February from 11am to 1pm at our Club House located at 2 Caniaba St South Lismore. For further information contact Sally Bates after hours on 0403 791 566.



Dunoon United Football Club

With the football (soccer) season nearly upon us, Dunoon United FC has places available for players aged 5-plus. Why play at Dunoon United FC?

- We were the 2017 NSW Club of the Year
- Low fees (use your Active Kids voucher with ease)
- Qualified coaching staff
- A strong commitment to female participation, including female-only teams
- We promote fun and good sportsmanship, not just winning
- Great facilities in a beautiful location

MidWeek MiniRoos

Dunoon United FC is the only club to offer **MidWeek MiniRoos** for kids aged 5 to 7. This is a once-a-week program, which means no weekend commitments and no extra travel. Every Wednesday from 5-6 pm, your child will be led by qualified coaches, through games designed to teach skills to young footballers while they're having fun.

Junior pre-season kickabouts

Want to give football a try? Our junior pre-season kickabouts take place on Wednesdays from 4-5 pm at Balzer Park, Dunoon, for ages 5 to 11 and Sunday from 4-5 pm for ages 12 to 16. See you there.

Note: players must wear shinpads.

Uniting

Uniting - Carroona Aged Care Home seeking student volunteers.

Students can volunteer their time in a number of different ways: As much as 1-2 hrs per week during school terms, or more on school holidays can positively enhance the quality of our residents' lives and improve your students skills, confidence and academic outcomes. Specifically, our residents would really appreciate interactions that would improve their IT skills, physical dexterity and creative thinking. Contact Jenny Alldis, Leisure and Wellness Coordinator - Carroona Campus on 6624 1572.