



# BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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Issue No. 4

June 2019

## PRINCIPAL'S REPORT

Dear Parents,

As Term 2 draws to a close, there is much to celebrate and reflect upon.

All students have been issued with reports that review their progress for the first semester of the year.

During this time, a student is expected to have demonstrated application to their learning across all subjects. Each report identifies an individual student's academic performance. It also provides information about a range of learning behaviours and practices that are required for success.

Our teachers invest a lot of time writing reports about our students. They capture a teacher's ongoing observations of an individual student's commitment to learning and life at school.

In each year group, students who have been performing well were identified and awarded with merit certificates acknowledging their achievements. Students who have not approached their studies appropriately have been issued with letters of concern.

On Tuesday 2 July we will be hosting Parent/Teacher Interviews. Whether your child has received a strong report or one that requires more attention, it is vital that you attend. Even adolescents are not equipped to steer the pathway of their education alone and without the authority and expertise of their teachers and parents. High levels of awareness and communication are necessary to maintain student accountability and facilitate student success in the present and future.

### What do we do after Parent/Teacher afternoon?

One of the most significant supports that students can have is the provision of productive routines at home.

Homework should involve:

1. Completing tasks set by the teacher for homework
2. Finalising and finishing work that has not been completed in class, including worksheets, questions and activities

3. Revising concepts taught that day/week including making notes
4. Undertaking additional practise of skills
5. Undertaking additional research
6. Working on group tasks
7. Working on assignments due later
8. Preparing/studying for upcoming assessments.

Consequently, if such a routine is followed, you can imagine that there would never be a day when a student says they have nothing to do.

The truth is, there is ALWAYS homework to be done and the list of activities above is a quick reference guide for parents about how to direct their child at home.

### Homework Diaries and Study Planners/Work Organisers

Each year, the school provides a diary for each student to facilitate recordkeeping and organisation of learning and associated tasks. This can also be used as a communication book between the parent and teacher. A wonderful daily practise between parent and student would be to use the diary and school timetable as the foundation for discussion about the learning that occurred that day and what work could be completed that evening to consolidate it. Do not accept student denial about homework. The plan of action for homework tasks above takes care of any attempts to sidestep away from work. Learning routines at home are so important to ensure students have the work ethic and stamina required of them as they progress through high school towards completing the HSC and beyond.

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### **Attendance**

All the research confirms that students who attend and engage whole heartedly at school outperform students who do not. Traditionally, BGHS has high attendance rates because of our celebrated supportive and nurturing learning environment.

Despite this, we have a number of students who are regularly late and/or unnecessarily absent.

Students who are contagious, should not attend school until they are well and provide a medical certificate. Otherwise, we encourage parents to ensure that their children understand that school is a full time responsibility and their attendance is required at all times, including excursions, incursions and whole-school activity days including sports carnivals.

### **Student Activity on Social Media**

There has been increasing concern by professionals across a number of disciplines who work closely with children and young adults about the social, behavioural, physical and emotional impact of unsupervised access to social media and excessive amounts of technology.

Please understand that social media is a landscape where young people, if unsupervised, can be exposed to inappropriate content that can be extremely harmful and set off a chain of circumstances that cannot be contained. Students are increasingly placing themselves at risk because of their activity, often public, on mobile phones and streaming services as well as sharing platforms. Parents are encouraged to limit use of devices and install monitoring programs on technology accessed by their children for their own protection.

### **Well wishes for the Holiday**

We hope that all our Birrong Girls High School families enjoy their time away from the usual school routines, but still manage to find room for daily study, reading, reflection and exercise. We thank our incredibly dedicated staff for their commitment and hope they enjoy some rest and recuperation with their families also. Many of our teachers will be offering HSC tutorial sessions during the holiday break. These sessions are identified in a formal note from school outlining the details. Once in attendance, students are expected to remain for the duration of the session.

Ms Dabaja  
Principal

## **REPORT FROM THE DEPUTY PRINCIPALS**

Student engagement and connectedness to school is closely linked to the range of activities and experiences students can and do access as well as the students' feeling of success within the classroom and the school environment.

It has been a very busy term with the athletics carnival, representation at the Zone Cross Country carnival, excursions to the Sydney Writers' Festival, Careers/University talks and in-school theatre performances which all add to the rich learning experiences available for students. Half yearly reports are issued at the end of this term along with the invitation to visit the school and discuss your daughter's progress with her teachers. The parent/teacher afternoon is Tuesday 2 July from 2pm – 6pm; we hope to see you there.

The school has undertaken a wonderful social justice initiative, The Refugee Ration Challenge, for Refugee Week 16-23 June, in which teachers and students eat like a Syrian refugee. The box contains just a small amount of rice, flour, lentils, chickpeas, beans, fish and oil. It was quite a shock for us to see how little food is provided to refugees and reminds us how fortunate we are to be living in a land of plenty. The money we raise will provide food, medicine and education for refugees and will also go a long way to support other communities around the world threatened by conflict and disaster. Our small part in this global challenge showed what a big heart our Birrong community has. At the end of the challenge we had 40 students, 13 staff members and 1 parent participating. A total of \$28,813.99 was raised.

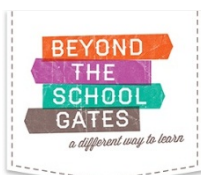


Reports were distributed to Year 12 at the end of May. Most reports acknowledge what students have achieved and importantly include advice from teachers about what students can do to continue to improve in the course. Students should take note of the advice and build it into their study routine. Year 12 students selected a mentor with the support of their Year Adviser, Ms Lazarevski, during Term 1. Students are taking advantage of the opportunity to meet with their mentors to talk about their progress and the way they are feeling about their study. Good preparation is important but so too is good health. As parents you play a vital role in your daughter's success. Ask about their progress. Ask how they

are feeling. Ask if there is anything you can do to help. Encourage them to go for a walk, even if they walk with their earphones in listening to study notes at least they are getting some fresh air and exercise. Encourage them to sleep. Provide healthy meals. Sometimes it's enough for you to just be there for them.

Year 11 students are now half way through their preliminary HSC courses. During this time teachers have been marking assessment tasks and returning them to the students along with structured feedback that acknowledges achievement and provides advice to students about how they can realise their potential in each course.

Year 10 students participated in a week of work experience where they were involved in work place practices which were invaluable opportunities for them to develop their interpersonal and communication skills and deal with the responsibilities of their job. Some students walked away from their time at work experience with offers for part time employment from their host work places. A second week of work experience will occur in Term 4 for all Year 10 students. Congratulations to our students who represented the school so well and thanks to Ms Wailes and Ms Shinas for their organisation.



Year 9 participated for the last time in NAPLAN during May. NAPLAN results provide useful information about student ability that teachers use to plan positive learning opportunities for their students. NAPLAN is also useful for parents because the reports provide a snapshot of their child's ability in literacy and numeracy. We are very fortunate to be included in the Helmsman Project this year. Fourteen Year 9 girls have been selected to represent the school in the program. The program includes a 5 day camp where the participants will develop their leadership, communication and organisational skills that they will apply when establishing their 'give back to the community' project. The girls are looking forward to the program and a parent meeting and more information will be coming soon.

## Dance

Years 7 and 8 have been working hard in PDHPE on their class dances that will be showcased at the end of Week 9. Class dances work to build negotiation and leadership skills in students and the ability to work as a team to complete a performance task. Selected dances will be invited to be a part of the PDHPE Dance Display which aims to showcase the talents of Birrong Girls to the local primary schools who will be the audience for the event.

Year 7 students have been particularly busy this term. Visual Arts students have created portraits of people who are special to them for submission to the Young Archie Competition which is run by the Art Gallery of NSW. Five of our students had their portraits selected for inclusion in the competition. Science classes learned to make wet mount slides to develop their understanding of plant cells. Making their own slides and examining them under the microscope has helped students to develop an appreciation of the nature of living things and the distinctive shapes of cells. Students also enjoyed participating in hands-on activities that challenged them to work in teams to solve a range of mathematical problems. Year 7, 8 and 10 students engaged with the Digital Thumbprint program which teaches young people to be safe, responsible and positive in their use of on-line platforms.

During Term 3 we will be seeking the support of all parents to complete the 'Tell Them from Me – Parent Survey'. The completed student surveys from Term 1 provided valuable information for us at the school. Parents will be provided with an opportunity to also inform the school about their concerns related to their daughter's education and high school experiences. More information will be sent home as the survey period approaches.

Ms George and Ms Andrews  
**Deputy Principal and Relieving Deputy Principal**

## CAREERS NEWS

### Year 10

A huge congratulations to all of Year 10 who completed their first Work Experience week. It was an extremely successful week and the feedback we have received has been overwhelmingly positive, with a number of job offers for our girls. Year 10 will be given the opportunity to complete another week of Work Experience towards the end of Term 4 and students are encouraged to start thinking about it now and exploring different career options.

The next big event on our calendar for Year 10 is subject selection. This is a very important time for our students as they need to research, explore and decide on their subjects for the HSC. We are offering students a range of resources and events to support their decision making process including subject selection classes and an excursion to the Western Sydney Careers Expo. Parents/carers are invited to attend the Course Selection Information Session on Thursday 25 July at 1:30pm in the school hall where you will be provided with details about HSC study requirements, subject content and selection procedures. More information about this event will

be sent home with your daughter/ward in the coming weeks.

### **Year 12**

At the beginning of this term I ran a UAC information session for interested students where we went through the whole application process. Thank you to those students who gave up their own time to attend this important session. A reminder that the deadline for most on time applications is 30 September. Please book an appointment with the Careers Adviser if you wish to discuss UAC or how to apply.

Ms Wailes/Ms Shinas  
**Careers Advisers**

### **HEAD TEACHER ADMINISTRATION REPORT**

Regular attendance at school is the foundation on which student achievement is based. Birrong Girls High School emphasises the importance of monitoring and tracking student attendance and punctuality as key elements to the overall wellbeing and safety of the students.

The NSW Department of Education attendance policy can be found at the following web address: <https://education.nsw.gov.au/policy-library/policies/school-attendance-policy>

The text messaging system is a very valuable tool in tracking student attendance. If your daughter has been late to or absent from school, you would have received a text message from the school that asks you for a reply text. It is very important that you make contact with the school at your earliest convenience via text reply or phone call so your daughter's school records can be updated to justify her absence.

The effectiveness of the text messaging system in ensuring the safety of your daughter relies on you responding to the text by explaining the nature of your daughter's absence, her name and roll call class.

If you have any concerns about the text message system please contact the school.

Over the year many families have changed their personal and contact details because they have moved house, changed telephone companies or obtained a new mobile phone number. It is very important that you inform the school immediately of any changes you make. There have been several incidents at school where the school has needed to contact parents in an emergency and have not had the most up to date contact numbers.

**If you change your mobile phone details it is very important that you inform the school immediately.**

Early Leaver Passes – Parents who wish their daughters to leave school early for medical appointments must provide a written note including contact details, for their daughter to bring to school. This note must be presented to the Head Teacher Administration **before 8:20am** on the day the student needs to leave early. Parents will be sent a SMS when their daughters apply for an early leavers pass. After this time, parents will be required to come to the school and sign their daughters out at the front office.

Thank you for your continued support.

Mr Clark  
**Head Teacher Administration**

### **WELFARE REPORT**

#### **Digital Thumbprint Workshops**

In Week 7 Years 7, 8 and 10 participated in workshops to raise awareness and understanding about the digital world in which we live and to make good choices about the use of social media. The program informs students of the impact and consequences of the use and misuse of the internet and social media platforms. This program is funded by Optus and there is no cost to our students.

#### **Aim Higher Program**

On Thursday 15 August Year 7 will be participating in the *Aim Higher* interactive theatre incursion designed to raise aspirations and encourage students to work hard and use the next few years to work out what they want to do in the future. Year 7 will be made aware that higher education is a realistic option for anyone regardless of their background. This program is presented by the University of Western Sydney to encourage our students to set high goals and aspirations and to consider a university pathway for their future. The program is government funded and there is no cost to our students.

#### **Rail Safety Education Workshops**

Sydney Trains will be presenting a Rail Safety Education Workshop to our Years 7, 8, 9 and 10 students during one scheduled lesson between Wednesday 31 July to Friday 23 August. This workshop is to raise awareness of the potential dangers, impact and consequences of not behaving appropriately at railway stations and when using trains.



## Student of the Month



Congratulations to Hanin Al Khaled of Year 11 who has been awarded the Student of the Month Award for February 2019. She has demonstrated dedication, commitment and citizenship

to the school community and she has a mature and positive attitude toward all aspects of her schooling.

Hanin has carried out valuable school service through her commitment and active involvement in various programs and teams. She has demonstrated responsibility and dedication as an SRC member over several years and through her enthusiastic participation in the school debating teams. Hanin has also actively participated in the UTS STEM programs, the UTS summer school, the Aspire and the ABCN Focus programs. She shows responsible citizenship through her efforts and dedication to fundraising, in particular as a member of the Amnesty Team, and volunteering at school events such as the Zonta birthing kit assembly project for the past 4 years. She has also successfully led the campaign for Earth Hour through her involvement in the Environmental Team. Her academic excellence and commitment in her educational journey has been recognised through various awards including the Long Tan Defence Force Leadership, Premier's Debating, the Platinum Premier's Reading Challenge and the Bankstown City Council Youth Academic awards.

Hanin is gaining valuable work related skills through her involvement and volunteering at the Bass Hill RSL Club. She has also assisted in the organisation of events for the Islamic Women's Welfare Association Language School, such as presentation days. During her free time, she enjoys reading, drawing, painting and playing basketball.

Her future goal is to attend university to attain a degree in medical science or engineering. She hopes to travel to various countries around the world to provide aid in disadvantaged communities and work for Amnesty International.

Ms Salvagio

**Head Teacher Female Students**

## TEXTILES EXCURSION



On 12 April the Textiles elective classes of Years 9, 10, 11 and 12 attended the Sydney Royal Agricultural Show in order to expand our knowledge about the wide array of textile creations available. We were supervised by our Textiles teachers, Ms Nixon, Ms Morozov and Ms Petrovska.

This excursion was such an enriching and educational experience which gave an explicit insight into the reality of the textile masterpieces, especially the woollen products. We visited the Australian Textile Arts & Surface Design Association (ATASDA) exhibit where we experienced an authentic display of wool masterpieces and bits and bobs which all had a creative story to share. The students were mesmerised by the creative and remarkable showcases made of wool and we saw handmade quilted books which really captured the hard work and dedication required to achieve outstanding products. We also witnessed spectacular pieces of art such as decorative bowls which had tea bags stitched into them. There was an array of woollen hats and jackets which were hand stitched in a variety of shapes and sizes.

The exhibit was an elevating educational experience as it impeccably mirrored the hard work that our students go through in regards to manufacturing and creating creative textile products. Overall the attending students and teachers had an amazing and fulfilling day where we ate delicious food and experienced a new and more appreciative lens in regards to the textiles industry as a whole.

**By: Hajer Al-Mosawi, Year 10**

## MULTICULTURAL PLAYWRIGHTS PROGRAM



From 28-30 May at the Powerhouse Youth Theatre in Fairfield, five Year 9 Birrong Girls (along with students from Lurnea High, Kingswood High, Ashfield Boys and Mudgee High) performed a completely original 40-minute show in front of a 70-person audience for the first and only time. This performance was the culmination of just three days' work.

The Multicultural Playwrights Program, run by the Arts Unit, is a fantastic opportunity for students from an EALD (English as an Additional Language or Dialect) or refugee background to share their stories through the development of skills in literacy, expression and performance.

It began with a two-hour workshop, where our five students – Jenine Allam, Gulalai Anwari, Hanan Asswad, Maha El-Hammaoui and Esra Fidanboy worked with theatre-maker and teaching artist, Kate Worsley, to improvise and develop ideas based on the prompt: "What I love most about Australia..."

Then on 28 May we travelled to the Powerhouse Youth Theatre in Fairfield and met the other students for the first time. Over the next three days, the students from the five schools collaborated and rehearsed with each other to put together a live show devised from their own experiences and stories. Throughout the process students had the opportunity to work with theatrical mentors, Stefo Nantsou and Tom Lycos from Zeal Theatre, who added the needed experience and directorial instinct.

The girls found the opportunity to participate in developing a live theatre performance greatly beneficial. They grew in confidence and built skills in communication and collaboration. Their understanding of the devising process and of directing a show was also developed.

Congratulations to the students involved with this program for a successful show. We look forward to participating in the program again next year.

Ms Legg  
English/Drama Teacher

## ATHLETICS CARNIVAL



The school Athletics Carnival was held on Monday 3 June at The Crest. The day was filled with passionate competitors, a variety of novelty events and nice weather which led it to be a successful carnival. Congratulations to all students who competed on the day and to those students who entertained themselves with novelty events. We saw new school records being broken and Mrs Walker taking the win for the second year in a row in the teachers' race. The effort and dedication of all students is to be commended. Thank you to everyone who encouraged students to compete in events and cheered for their house competitors.

The house points for this year's carnival were as follows:

- Yurong 305 points
- Bundarra 286 points
- Inga 262 points
- Miga 169 points

Congratulations to Yurong, the winning house of the 2019 Athletics Carnival.

The following students were awarded The Age Champions of their age group:

- 12 Years – Laila Hamide
- 13 Years – Rayane Wazir
- 14 Years – Daliya El Helou
- 15 Years – Fatima Thomas
- 16 Years – Aminata Doucoure
- 17 Years – Noora Saraya

New school records:

- 15 Years 800m – Fatima Thomas 2.58.07
- 17 Years 800m – Skye Casacchia 2.50.95

Good luck to all competitors competing at the Zone Athletics Carnival on 18 June at The Crest.

**By: PDHPE Faculty**

## YEAR 12 ANCIENT AND MODERN HISTORY HSC STUDY DAY

Year 12 Ancient and Modern History students attended a HSC Study Day at The University of Sydney on 8 June.

16 committed Ancient and Modern History students attended the HTA HSC Study Day to prepare for their Trial and HSC exams later this year.

They attended four lectures delivered by senior HSC markers and teachers and were also provided with valuable resources.

The students found the HSC Study Day very useful and were very appreciative of the opportunity they were provided with to enhance and deepen their understanding of the HSC topics they have studied.



Ms Baddah and Ms Parmaxidis  
**History Faculty**

## CAPA NEWS

### Music Report

#### CAPA Extravaganza Musical Item Auditions



The annual Creative and Performing Arts Extravaganza is coming up very soon and will be held on Wednesday 31 July (Term 3 Week 2) from 3-5pm.

#### Performance at Bankstown Central

The Birrong Girls Vocal Ensemble and Pop Band have the opportunity to be involved in International Making Music Day. They will be performing at Bankstown Central on Friday 21 June at 10am. The Vocal Ensemble will perform two of the songs they are currently learning and the Pop Band will showcase their

current set. It is a fantastic opportunity for the students to gain experience performing in public and helps them further develop their musical skills.

### Music Student of the Month



We are pleased to announce the Music student of the month is Chloe Harris. Chloe is a conscientious student in her music making who is a keen and committed member of the Birrong Girls Vocal Ensemble. Congratulations go to Chloe for

all her hard work in Music.

**By: CAPA Faculty**

## ISLAMIC MANUSCRIPT EXHIBITION



Mr Ali preparing his Islamic manuscript exhibition

On 13 June Mr Ali generously displayed his Islamic manuscript collection to Year 11 and 12 Studies of Religion Students, and delivered two presentations to support the students' learning.

A number of Qur'an manuscripts owned by Mr Ali, Head Teacher, and founder of Al-Khatt Al-Jameel Private Collection, were exhibited at Birrong Girls High School. The manuscripts on display were part of a larger collection that has been a 20 year journey of acquisition. The manuscripts are usually only displayed in museums and libraries around the world. This viewing at Birrong Girls High School was a rare experience, never offered to another school.

The Islamic art exhibition, titled *The Art of The Pen*, was designed to provide a rare opportunity for Studies of Religion students to mingle with,



closely observe and marvel at the opulence and intricacies of the carefully hand gilded ornamentation and calligraphic forms that adorn this collection. Through detailed annotations accompanying each manuscript, the viewer was given the opportunity to develop an appreciation for and understanding of the contribution that the Holiest Book in Islam has contributed to the world of art.

*The Art of the Pen's* additional objective was to promote understanding and tolerance of the most misinterpreted and misrepresented religion in the world: Islam. Students were invited to attend the exhibition to engage in the close study of the cultural aspects of Islam that were symbolised in the exhibited manuscripts for the purpose of promoting social harmonies.

The exhibition's thematic focus was the disciplines in the calligraphy and the adornments of the Qur'an. This central theme was partitioned into sub-themes that encapsulate the varying provincial calligraphic forms, including: Hijazi, Kufic, Eastern Kufic, Maghrebi Sudani, Maghrebi Andalusi, Muhaqqaq Al-Mamluki, Muhaqqaq Al-Ussmani, Naskhi, Naskh Ghubar, Thulth, Bihari, Sini, Sini Rayhani.

The provincial range of the manuscripts exhibited covered an array of Islamic Empires including the Hijaz, Ilkhanids, Seljuks, Mamluks, Ottomans, Andalusians, the Khans and the Mongols; with a date range from 8<sup>th</sup> Century to late 20<sup>th</sup> Century. There were over 60 Qur'an leaves exhibited.

**Mr Ali and the History Faculty**

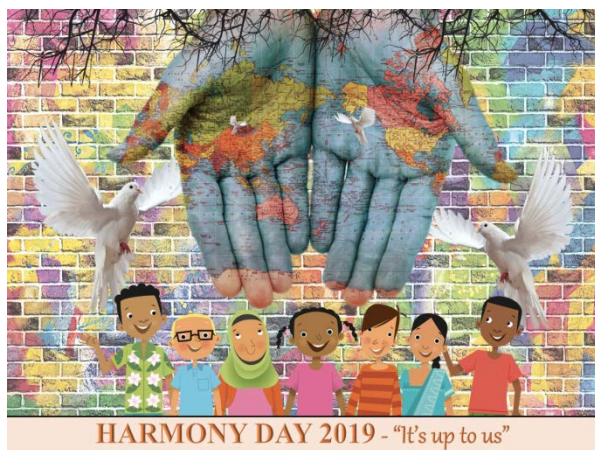
<b>BIRRONG GIRLS HIGH SCHOOL CALENDAR</b>	
<i>For your diary / noticeboard</i>	
<b>July:</b>	
Tuesday, 2 <sup>nd</sup>	▪ Parent-Teacher afternoon, 2-6pm
Thursday, 4 <sup>th</sup>	▪ PDHPE Dance Display
Friday, 5 <sup>th</sup>	▪ Last day of Term 2
<b>Enjoy the School Holidays!</b>	
<b>July:</b>	
Monday, 22 <sup>nd</sup>	▪ School Development Day – staff return to school
Tuesday, 23 <sup>rd</sup>	▪ All students return to school
Wednesday, 24 <sup>th</sup>	▪ Year 10 Subject Market, p1&2
Thursday, 25 <sup>th</sup>	▪ Year 10 Subject Selection Information Session, p4
Wednesday, 31 <sup>st</sup>	▪ CAPA Extravaganza, 3-5pm

**2019 HARMONY DAY POSTER COMPETITION**

Congratulations to Sarah Al Helfy of Year 12 who received a Highly Commended Award for her Harmony Day poster.



Sarah with her award (above) and her Harmony Day poster (below)



Ms George  
Deputy Principal





All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers**. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

### How to claim your vouchers



**1** Visit [service.nsw.gov.au](http://service.nsw.gov.au) and login to your MyServiceNSW Account



Active Kids

**2** Click on the Active Kids icon found in your SERVICE tab

Mary Sm|

**3** Fill out the requested information (you will need your current Medicare card)



**4** Print a copy of each voucher or email it to yourself

Visit [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids) for terms & conditions and FAQs

### How to use your vouchers

- 1** Find a provider by visiting our website: [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids)
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

\*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab





# GO 4 FUN<sup>®</sup>

## HEALTHY ACTIVE HAPPY KIDS

Go4Fun is a free 10 week healthy lifestyle program for kids between 7-13 years of age who are above a healthy weight.

The program helps families by teaching them about healthy eating and physical activity through fun games and activities.



### Term 3 Programs

Programs starting from 22nd July 2019

#### **Liverpool PCYC**

100 Cartwright Avenue, Miller  
Tuesdays 4-6pm

#### **Prairiewood Youth and Community Centre**

194-222 Restwell Road, Prairiewood  
Tuesdays 4-6pm

#### **Bankstown PCYC (Arabic Program)**

Cnr French Ave & Meredith St, Bankstown  
Thursdays 4-6pm

For more information or to register,  
contact us on 1800 780 900 or visit  
[go4fun.com.au](http://go4fun.com.au)







# ACTIVE CANTERBURY BANKSTOWN

July 2019  
Members'  
Newsletter

## Get Moving this July!

This month, Active Canterbury-Bankstown has several activities to keep everyone moving and busy! This month's edition includes two awesome school holidays clinics with the National Rugby League (NRL) as well as a local annual community event for people of all ages and abilities - the Festival of the Feet.

@activecanterburybankstown  
Like & Follow us



## JULY RUGBY LEAGUE SCHOOL HOLIDAY CLINICS

Would you like to try rugby league, or improve your skills these school holidays?

Active Canterbury-Bankstown has teamed up with the National Rugby League (NRL) to provide two FREE school holiday clinics for children aged 5-13 years:

**When:** Wednesday 10 July, 10am - Nepean Park, Revesby

**When:** Wednesday 17 July, 10am - Roberts Park, Greensacre

All equipment is supplied, please wear comfortable shoes or boots and don't forget to bring a bottle!

To register visit [cb.city/active-school-holiday-clinics](http://cb.city/active-school-holiday-clinics) or, for more information, call Council's Recreation Officer on 9707 9256.



## HAVE FUN, MAKE FRIENDS AND PLAY RUGBY LEAGUE!

The festival is hosted by the Western Districts Joggers and Harriers, also known as Westies Joggers. They're a friendly, family-orientated running club that will introduce you to the beautiful traffic-free green pathways of the park.

To enter as an individual, a team or family group, visit [westiesjoggers.com](http://westiesjoggers.com) and search for "The George's River Festival of the Feet". Registrations close on Saturday 13 July Westies Joggers also have great weekly events for all runners, including:

- A 10 kilometre race, using a handicap formula, on the first Saturday of each month;
- A 3.5 kilometre handicap race on the second Saturday of each month;
- The 50th Lake race on the third Saturday of each month; and
- Training exercises run by Club Captain, Ben Swinfield, on the fourth Saturday each month.

For more information, visit [westiesjoggers.com](http://westiesjoggers.com), or visit their Facebook page.



## FESTIVAL OF THE FEET

Join a fun day of running and fitness at the 2019 Festival of the Feet on Sunday 14 July.

The event offers three, seven, 14 and 21 kilometre off-road runs, which wind their way along Georges River and around Lake Gillawarra, in the beautiful Mirani Beena Regional Park, Georges Hall.

## UPCOMING EVENTS

### MISC SCHOOL HOLIDAY PROGRAM

**When:** July School holidays  
**Time:** 8-9am - Drop off  
12-1pm - Lunch break  
4-4.30pm - Pick up

**Where:** Morris Iemma Indoor Sports Centre,  
150 North Belmore Road,  
Riverwood

**Details:** A variety of activities to keep the children entertained during the school holidays.

**Cost:** \$40 full day, \$25 half day  
**Contact:** Call 9153 0441 or email [cb.city/missschoolholidays](mailto:cb.city/missschoolholidays)

### BANKSTOWN ARTS CENTRE SCHOOL HOLIDAY WORKSHOPS

**When:** July School holidays  
**Where:** Bankstown Arts Centre,  
5 Olympic Parade  
Bankstown

**Details:** Come and join us for a range of fun activities during the school holidays. We update our workshops each school holiday session, so make sure to check back to find out what's going on!

**Contact:** [cb.city/artscentre-schoolholidays](http://cb.city/artscentre-schoolholidays)

### WELLBEING CLASSES - YOGA, QIGONG, MEDITATION AND WELLNESS TALKS

**When:** CBCity's Library and Knowledge Centres  
**Where:** CBCity's Library and Knowledge Centres

**Details:** Busy life? Feeling stressed or unwell? Learn how to heal your mind, body and heart, and develop inner calm and peace.

**Contact:** [cb.city/wellbeing-classes](http://cb.city/wellbeing-classes)

### BANKSTOWN BITES

**When:** Saturday 27 July  
**Where:** Olympic Parade,  
Bankstown

**Details:** The annual Bankstown Bites food festival returns. The popular event features exciting food from around the world, local food tours and entertainment.

**Contact:** [cb.city/new.gov.au/](http://cb.city/new.gov.au/)  
[standbybankstown-bites](http://standbybankstown-bites)