



Caring



Optimism



Respect



Excellence

Friday 25.10.2024

## Principal's Report

“Our school vision is to empower everyone to learn and grow in an inclusive environment.”

**2024 Swimming Program** We are so very pleased to be able to hold swimming lessons for our students once again this year, The school and DE are covering the cost of the swimming instruction and pool entry through HV Swim School, and we are asking parents to contribute to the cost of the bus travel. Our Foundation, Gr 1 & Gr 2 & R15 & R16 students will begin their lessons on Tuesday 3rd Dec until Mon 9th Dec and our Gr 3-6 students & R17 will start their lessons on Weds 11 Dec until Tues 17th Dec .

### 2025 Booklist Ordering Process

This week our 2025 Booklist information for each year level will be distributed. Each student will receive a paper copy of their 2025 Booklist information outlining the process that families will need to follow to place an order through our nominated booklist provider, Champion Books. Booklist orders need to be submitted no later than December 13<sup>th</sup> 2025 to ensure the booklist items are delivered to the school in January so the items can be in your child's classroom ready for use on the first day of the school year. All items included on the booklist have been identified by our teachers as important to ensure the consistent delivery of the curriculum throughout the year.

To help parents manage their finances a little better at this busy time of year, School Council have approved us holding off on requesting 2025 Parent Payment Contributions until next year. All information regarding the 2025 Parent Payment Contributions will be distributed in February, with options of payment plans. An estimate of cost for each year level will vary from \$200-\$250 per student. More information will be provided at the start of next year.

## School Council

### Principal

Cindi Bruechert

### President

Kim Kohlman

### Vice President

Alex Forrest

### Finance Committee Convenor

Hamish McIntosh

### Minute Secretary

Nic Hargreaves

### Parent Members

Karlie Baker  
Crystal Baulch  
Andy Clark  
Alana McCulloch  
Kathryn McGibbon  
Carleen Pickett  
Sarah Wilson

### DET Members

Jo Grace  
Cherie Walker  
Nic Hargreaves

### BYOD Netbook Program - Portal Now Open

At Strathfieldsaye Primary School, we run a **Bring Your Own Device (BYOD)** program for students in **Grades 4, 5 and 6**, and we invite families of students entering Grade 4 next year (or students in Grade 5 or 6 who are new to our school), to purchase a netbook for their student to use at school and at home for the remaining years of their primary schooling. **If you haven't already done so, please follow the link below to the LWT Portal which outlines how this device can be leased-to-own or purchased outright through our School Council approved supplier. Devices ordered through LWT prior to Wednesday 18 Dec 2024.** <https://strathps.orderportal.com.au/>

**Major Fundraisers for 2025** School Council decided earlier this year that our major fundraisers for 2025 would be our Community Fair which will be held on Friday 28th Feb from 4-8pm, and our Colour Run which will be held in Term 4 on Melbourne Cup Day, Tue 4 Nov 2025. If you would like to help out with the organisation of our Community Fair, please let Bec Soulsby know on [Rebecca.Soulsby@education.vic.gov.au](mailto:Rebecca.Soulsby@education.vic.gov.au).

### Sun Safe Hat Policy

Just a reminder that as part of our SunSafe policy, we ask that our students wear their school hats during Terms 1 and 4, and on days that the UV rating is 3 or higher during Term 2 and 3. So please remind your child to bring their hat to school every day to ensure they are sunsmart.

### Breakfast Club

Just a reminder that all students are welcome to come and enjoy our Breaky Club each Friday morning. Breakfast is served from 8.30am. Cheese toasties, milk, fresh fruit and fruit cups are available for selection from our 'menu' on these days. A big 'Thankyou' to all our local suppliers who generously donate the food for our breaky club each week..

### 2025 Enrolments

If you have a child starting at Strathfieldsaye PS next year and you haven't already submitted an enrolment form, please do so as soon as possible. We have already started our whole school planning processes for 2025, so please let us know if you are aware of any students planning to join our school community, or any families that may be leaving SPS next year.

### 2024 Pupil Free Days

- Term 4 Friday 29 November - Common Professional Practice Day
- Term 4 Monday 2 December - Curriculum Day 4 2025 Curriculum Planning Day

Kind Regards, Cindi Bruechert [Cindi.Bruechert@education.vic.gov.au](mailto:Cindi.Bruechert@education.vic.gov.au)





# TERM 4 CALENDAR

October 11th	<ul style="list-style-type: none"> <li>Curriculum Day: Pupil Free Day</li> </ul>
October 14th	<ul style="list-style-type: none"> <li>Regional Athletics</li> </ul>
Oct 14th, 15th, 17th	<ul style="list-style-type: none"> <li>Prep Transition Sessions 2:30-3:30pm</li> </ul>
Oct 16th-18th	<ul style="list-style-type: none"> <li>Grade 6 Camp Roses Gap</li> </ul>
October 18th	<ul style="list-style-type: none"> <li>Assembly 2:40pm</li> <li>Hotshots Tennis</li> </ul>
Oct 21st, 22nd, 24th	<ul style="list-style-type: none"> <li>Prep Transition Sessions 2:30-3:30pm</li> <li>Grade 1 Puppet Making Sessions</li> </ul>
October 23rd	<ul style="list-style-type: none"> <li>Grade 3 Discovery Centre Excursion</li> </ul>
October 24th	<ul style="list-style-type: none"> <li>Grade 6 Graduation Photo</li> </ul>
October 25th	<ul style="list-style-type: none"> <li>Grade 5/6 Cricket</li> </ul>
October 27th	<ul style="list-style-type: none"> <li>Community Market 9-1pm</li> </ul>
October 30th	<ul style="list-style-type: none"> <li>Bendigo Cup Holiday - Pupil Free Day</li> </ul>
November 1st	<ul style="list-style-type: none"> <li>Assembly 2:40pm</li> <li>Regional Basketball</li> </ul>
November 7th	<ul style="list-style-type: none"> <li>Canteen Special Lunch</li> </ul>
November 8th	<ul style="list-style-type: none"> <li>Junior Sports Day</li> </ul>
November 11th	<ul style="list-style-type: none"> <li>Remembrance Day</li> </ul>
November 15th	<ul style="list-style-type: none"> <li>Assembly 2:40pm</li> </ul>
November 20th-24th	<ul style="list-style-type: none"> <li>Energy Break Through</li> </ul>
November 24th	<ul style="list-style-type: none"> <li>Community Market</li> </ul>
November 25th	<ul style="list-style-type: none"> <li>Cricket Blast Tournament</li> </ul>
November 27th	<ul style="list-style-type: none"> <li>Regional 9 v 9 Football</li> </ul>
November 28th	<ul style="list-style-type: none"> <li>Grade 2 Movie and Pizza Evening</li> </ul>
November 29th	<ul style="list-style-type: none"> <li>Curriculum Day: Pupil Free Day</li> </ul>
December 2nd	<ul style="list-style-type: none"> <li>Curriculum Day: Pupil Free Day</li> </ul>
December 3rd & 6th	<ul style="list-style-type: none"> <li>Grade 6 Robotics at Bendigo Tech School</li> </ul>
December 3rd-9th	<ul style="list-style-type: none"> <li>Foundation, Grade 1 and 2 Swimming Program</li> </ul>
December 6th	<ul style="list-style-type: none"> <li>Assembly 2:40pm</li> </ul>
December 10th	<ul style="list-style-type: none"> <li>State Wide School Orientation</li> </ul>
December 11th-17th	<ul style="list-style-type: none"> <li>Grade 3-6 Swimming Program</li> </ul>
December 12th	<ul style="list-style-type: none"> <li>Canteen Special Lunch</li> <li>Grade 1 Celebration Evening</li> </ul>
December 13th	<ul style="list-style-type: none"> <li>Grade 6 Graduation</li> </ul>
December 15th	<ul style="list-style-type: none"> <li>Community Market</li> </ul>
December 19th	<ul style="list-style-type: none"> <li>Jess West Memorial Day Teachers Vs Students Footy Match &amp; Special Lunch</li> </ul>
December 20th	<ul style="list-style-type: none"> <li>Assembly and Grade 6 Farewell 9:15am</li> <li>Term 4 Concludes at 1:30pm</li> </ul>
January 29th	<ul style="list-style-type: none"> <li>Term 1 2025 Commences</li> </ul>

# Wellbeing

To help promote student and parent wellbeing across our school we have included the article titled: 'The Case For Risky Play in an Age of Overprotection'



For further information please visit: [www.happyfamilies.com.au](http://www.happyfamilies.com.au)



## School Canteen Information

- The school canteen operates on Tuesday, Wednesday, Thursday and Friday between 11:20—12pm & 2pm-2.30pm
- Canteen orders and payments, by credit card, can be made through the Compass portal. The Canteen link is accessible under the '**Community**' icon (the 2 people) on your Compass home page
- **Online orders close at 8:30am**
- Lunch wallets are available from the school office for \$8
- **Volunteers are always welcome to help collate the orders and prepare the lunches.**

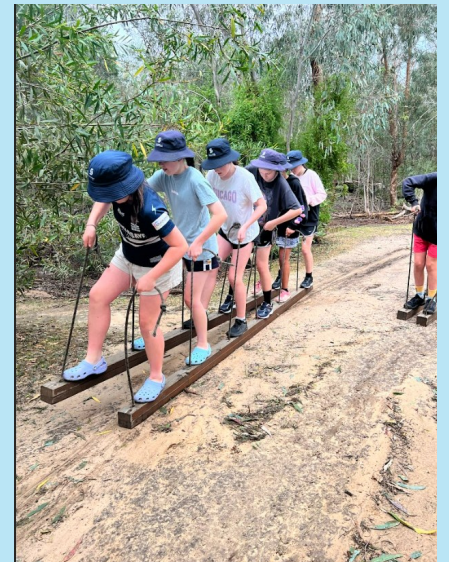
If you are willing to assist between 9 -11:30am on either Tuesday, Wednesday, Thursday or Friday please contact Jade, our Canteen Manager, on **0405 825 850**.

# Grade 6 Camp

Last Wednesday our Grade 6 students went to Roses Gap camp. The camp is located within the Grampians National Park. The activities that the students participated in included Vertical Playpen, Giant Swing, Crate Stack, Abseiling, Canoeing, Low Ropes and Beehive Falls Bushwalk. Thank you to the parent volunteers who assisted on camp. They all had a wonderful time.



# Grade 6 Camp



# Physical Education

On Monday, some of our students competed at the Regional Athletics at the Flora Hill Athletics Complex.

Congratulations to Noah K, Isaiah O, Flynn V, & Kaiden Y from the 12 year old boys Relay Team who won First Place.

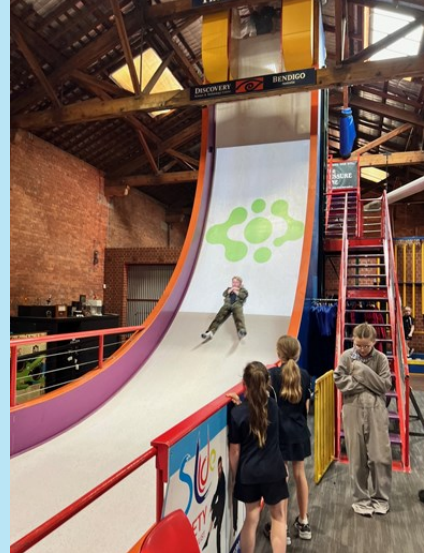
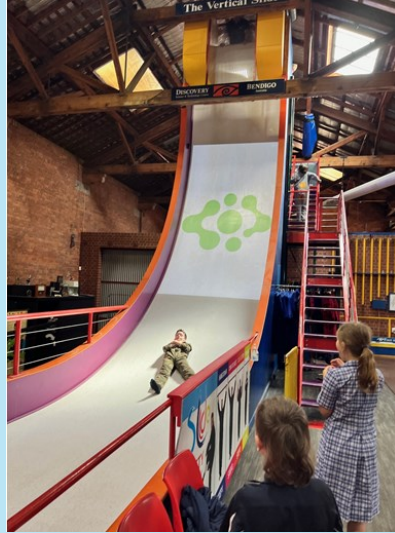
Congratulations to Angus A for winning first place in the Shotput!

Well done to all of the participants, it is an amazing achievement to reach the Regional level!



# Grade 3 Discovery Centre Excursion

On Wednesday, the Grade 3 students visited the Discovery Centre. The visit incorporated their learning with their integrated studies unit about night and day. They also experienced the Planetarium.





## Digital Technologies

It's been a busy start to term 4 in Digi Tech with students in Grades 1, 2, 5 & 6 familiarising themselves with some new resources.

**Foundation students** have been busy developing their computer skills by practicing logging-on and typing.

**Grade 1 and 2 students** have been experimenting with new Indi Robots - robotic cars that sense and respond to tiles of various colours. Students have spent time identifying and understanding the various features (LED lights, sensors, power button) and have experimented with the coloured tiles that enable Indi to perform various tasks including; moving straight, slowing down, turning right/left and stopping. In doing so, students used problem solving skills in order to create a series of steps (algorithm) for Indi to complete a challenge.

**Grades 3 and 4** have been busy creating cutting edge (space -saving/fun/functional) bedroom designs (Gr 3) and classroom designs (Gr 4) in Minecraft Education.

**Grade 5 and 6 students** have been learning how to code algorithms to Micro:bits – miniature computers that teach students how hardware and software work together. So far, students have used block coding to show messages/icons on the LED display. They have also followed a tutorial that enables them to play a Rock, Paper, Scissors game on the Micro:bit. For this project, students have learnt about conditionals and how the accelerometer is used to trigger a random icon on the LED. In other year levels,

Cheers,  
David Stevens



# Performing Arts

## What's happening in Performing Arts

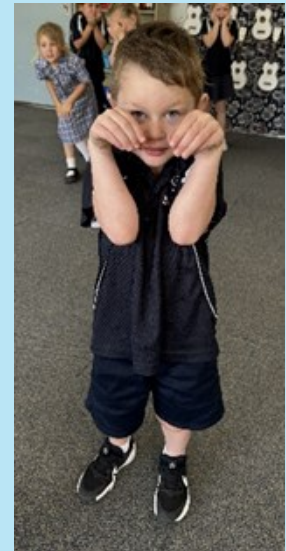
Term 4 in Performing Arts is drama. Students are always excited to start Term 4 and dive straight into drama.

### Foundation

The Foundation students are working on showing their emotions through their body language and facial expressions.



Harper, Daisy, Austin,  
Mason, Vedder, Charlie and De-  
clan showing us the emotions  
sadness,  
anger and fear.



### Grades 1 & 2

Students in Grades 1 and 2 continue developing their expressive skills vocally and physically



Farmer Alexys and her dog  
Macey are about to spot the  
kangaroos (Zoe & Poppy) in  
the paddock.

Gwen, Novalee and Jack are  
very angry that Jamie  
(Sienna) was naughty



Uh Oh! Farmer Sebastian and  
his dog Raff are not happy that  
the kangaroos ( Charlie,  
Saoirse and Xoduz are in his  
paddock.

## Grades 3 and 4

The Grade 3's and 4's are working on extended drama, creating a story that shows the journey of their characters. Students are working on staying in character and speaking as that character



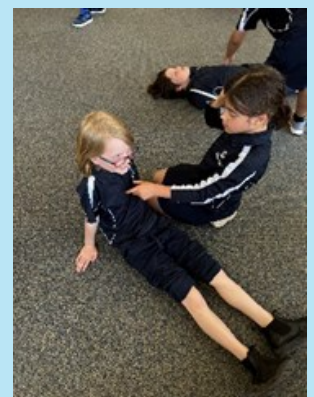
Willow, Eden, Ella, Ivy and Emilia showing the joy of winning and the despair of losing



Sienna and Jedd hard at work on the road crew



Doctor Alice is here to make sure Thea is okay.



## Grades 5 and 6

The Grade 5 and 6 students are working on scripted drama. For the Grade 5's, this has started with a duologue that they have written for themselves, and for the Grade 6's a duologue that they have chosen from various scripts. In these duologues, the students have to create the character based on what they have written or what has been written for them. Trying to make us as the audience believe that they are the characters they are pretending to be.

# Canteen Menu

## Sandwiches, Wraps, Salads & Plates

Cheese	\$4.00
Chicken & Cheese	\$4.50
Chicken, Lettuce & Mayo	\$4.50
Chicken & Salad	\$5.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.80
Ham & Salad	\$5.50
Salad	\$4.50
Tomato & Cheese	\$4.50
Vegetrite	\$3.50
Vegetrite & Cheese	\$4.00
Crazing Plate	\$7.50



## Burgers

Beef & Cheese	\$7.00
Chicken & Cheese	\$7.00



## Pasta

SMALL LARGE	
Bolognese	\$4.00 \$6.50
Mac & Cheese	\$4.00 \$6.50

## Pizza Wheels

Cheese	\$4.50
Vegetrite & Cheese	\$4.50
Bacon & Cheese	\$5.00

## Toasties

Cheese	\$4.00
Ham	\$4.00
Ham & Cheese	\$4.50
Tomato & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.80



## Other Hot Food

Steamed Corn Cob	\$1.00
Steamed Dim Sim	\$1.20
Chicken Nuggets (3)	\$4.00
BBQ Meatball Sub	\$5.00
Nachos	\$6.00



## Snacks

Anzac Biscuits	\$1.00
Choc Coconut Balls	\$1.00
Banana Chips	\$0.50
BBQ Rice Snacks	\$0.50
Muffins	
• Apple & Raspberry	\$2.50
• Banana	\$2.50
Ovalteenies	\$1.00
Popcorn	\$1.00
Pretzels	\$0.50
SSalt Chips/Crain Waves	\$1.50
Sultanas - Per Scoop	\$0.20
Weetbix Bite - Berry	\$0.10
Choc Dipped Rice Cake	\$0.50
Strawberry Jelly Cup	\$3.00
Chocolate Custard Cup	\$3.00



## Fruit

Barries & Yoghurt	\$3.50
Fruit Salad	\$4.00

## Frozen Food

Mango Yoghurt	\$2.50
Strawberry Yoghurt	\$2.50
Wildberry Yoghurt	\$2.50
Mango Slice	\$1.00
Pineapple Slice	\$1.00
Watermelon Slice	\$1.00
Milky Icy Poles (Variety)	\$2.00
Juicy Icy Poles (Variety)	\$2.50
Vanilla Ice Cream Cup	\$2.00



## Fruit Juice

Apple Juice	\$3.00
Apple & Blackcurrent Juice	\$3.00
Orange Juice	\$3.00



## Flavoured Milk

Chocolate	\$3.00
Honeycomb	\$3.00
Strawberry	\$3.00



## Juice Bombs

Apple & Blackcurrent	\$3.00
Apple Coola	\$3.00
Apple & Raspberry	\$3.00
Grape	\$3.00
Lemonade	\$3.00
Orange Passion	\$3.00
Watermelon	\$3.00



## Smoothies

Banana	\$3.50
Berry	\$3.50



# Thank you

A huge thankyou to Dough SI Dough Bakery Strathfieldsaye for their donation of bread; to Strathfieldsaye Supa IGA for the cheese they donate; and also to the McKern Foundation for donating fresh fruit.

**We really appreciate your support!**



 **mckern steel™**  
foundation

**Benefitting the health and wellbeing of our Bendigo school children**

School visits coming in TERM 4

Proudly funded by:

- 
- 
- 
- 
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  @mckernsteelfoundation





# Community Notices

**EXCITING NEWS...CRICKET IS GOING MIDWEEK....  
UNDER 11'S roll into MONDAY EVENINGS!!!**

**Master Blasters (U10s) can do Mondays &/Or Friday's..... Get on board.**

Strathfieldsaye Jets Cricket Club welcomes new and existing players to register for the 2024/25 season. Registrations are now open, please follow the following links:

## Cricket Blast Programs –

- Sunday mornings at 9:30am- 45 mins of activity for ages 5 to 7/8),
- Monday or Friday evenings - 6pm start-7:15pm finish (ages 8 to 9/10)

Junior Competitions for U11 (Monday), U12 & U15 (Saturday morning) & U16 (Wednesdays):

[Strathfieldsaye Cricket Club Registrations | PlayHQ](#)

We look forward to a fun filled summer of cricketing action for all ages.

If requiring further information, or any queries in general we would love to hear from you, please feel free to contact us via email [strathfieldsayejets@gmail.com](mailto:strathfieldsayejets@gmail.com) or the phone number below.

“Live local, Play local”

Brent Yates | Junior President | 0434 730 711

Strathfieldsaye Jets CC



**JUNIOR GIRLS**  
AGES 10 TO 16  
FROM 5:30 TO 6:30 PM  
**COME AND TRY**  
MONDAY OCTOBER 21 AND 28  
CATHERINE MCAULEY COLLEGE • JUNORTOUN

# Community Notices

MORE INFO & BOOK TICKETS



BENDIGO

## BIRTH & BABY EXPO

SUNDAY  
OCT 27TH 2024

STRATHDALE COMMUNITY CENTRE  
10 AM - 3 PM  
155 CROOK STREET, STRATHDALE

Come and connect with local services you didn't know you needed.

**\$5 entry when you book online**  
Free parking  
Wheelchair accessible

DOOR PRIZES & EXCLUSIVE DISCOUNTS

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



PASSION, METHOD, RESULTS

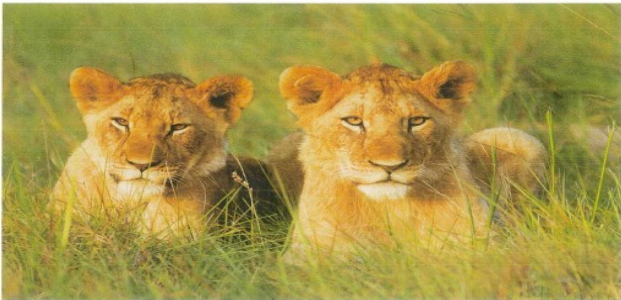
PIANO | DRUMS  
GUITAR | BASS | UKULELE  
SINGING | WOODWIND | BRASS | STRINGS  
BANJO | MANDOLIN | MARIMBA  
HARMONICA

0407 502 438  
[drewthorpemusic@gmail.com](mailto:drewthorpemusic@gmail.com)  
[www.dtmaustralia.com.au](http://www.dtmaustralia.com.au)

CONNECT WITH US ON:




### The Lions Club of Strathfieldsaye Needs You!



**Would** you like to be involved with a group of like-minded people whose main aim is to serve the community?  
**We** need people with motivation and good ideas.  
**We** support local organisations and people. We also provide support for Australian and Worldwide Disasters.  
**Would** you like to join us?

For further info: David 0438 411 892  
Jim 0494 177 159 or  
Jill 0407 339 036



SCAN ME



## PROPS THEATRE

A Stage for the ages  
5 - 21 years

**LOCATION**  
82A Mitchell Street  
[www.propstheatre.com.au](http://www.propstheatre.com.au)  
Online Enrolments OPEN

# Community Notices



*Please join us to celebrate the*

## EAGLEHAWK SECONDARY COLLEGE 60TH ANNIVERSARY

Saturday November 2nd, 2024

11am - 3pm

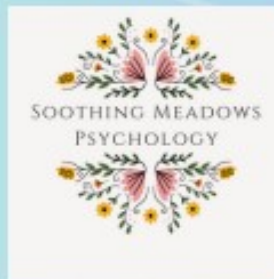
Eaglehawk Secondary College

Reserve Street, Eaglehawk VIC 3556

*PLEASE RSVP VIA OUR ESC FACEBOOK EVENT  
OR BY CONTACTING OUR GENERAL OFFICE ON 5446 8099.*



# Community Notices



## Josie Carlin – Clinical Psychologist

Soothing Meadows Psychology was recently founded by myself (currently Bendigo based) with the intention to provide people in rural/remote areas access to affordable clinical services. I aim to be a warm and supportive presence for my clients, and above all, I value the genuine relationships I am able to build with the people who I work with.

I have 8+ years experience in the field of psychological intervention and assessment across the lifespan, specialising in working with adolescents and young adults. I am a neurodiversity affirming practitioner and strive to help people to find their strengths, as well as aiding them to navigate the difficulties they face in a world that is not designed for their brains.

I have experience coordinating an assessment program within a private psychology clinic completing Autism, Attention Deficit and Hyperactivity Disorder (ADHD), cognitive, educational, and psychosocial assessment. I also currently hold an intervention role within a private psychology clinic and a Senior Lecturer role with Federation University delivering supervision within the Master of Clinical Psychology program.

## Assessment Services

Assessment for ages 12+ via telehealth or 8+ in Bendigo CBD. Children from 8-11 are only offered in person due to the need for cognitive assessment. Availability in November.

### Cost:

#### Autism

- without Cognitive Assessment - \$1300
- with Cognitive Assessment - \$2000

#### ADHD

- without Cognitive Assessment - \$1100
- with Cognitive Assessment - \$1800

#### Combined Autism and ADHD

- No Cognitive Assessment: \$1900
- With Cognitive Assessment - \$2600

Cognitive Assessment only - \$1100

Cognitive + Educational Assessment (needed to diagnose Specific Learning Disorders) - \$2000

Cognitive assessment may be able to be completed under the NDIS. Check with your support coordinator.

I am happy to travel to school locations up to 20kms from Bendigo with no added travel fee if this is more convenient for families.

This is contingent on whether the school is willing to provide an office space for testing.



Phone: 0494 084 923



Email: [josie@soothingmeadowspsychology.com](mailto:josie@soothingmeadowspsychology.com)

[www.soothingmeadowspsychology.com](http://www.soothingmeadowspsychology.com)

ABN: 16 672 637 877 – Josie Lee Carlin (Clinical Psychologist) – Trading as Soothing Meadows Psychology





# Community Notices



**OCTOBER 29, 2024**  
**2024 HALLOWEEN**  
**DUAL CODE RACE MEETING**  
LORDS RACEWAY, JUNORTOWN  
FREE ENTRY/FREE ACTIVITIES

BENDIGO PUBLIC HOLIDAY THE NEXT DAY!!

- FREE KIDS BBQ FROM THE HUNTLY LIONS CLUB
- FREE SHOWBAGS FOR THE FIRST 250 KIDS
- FACE PAINTING
- JUMPING CASTLE & LASER TAG FROM THE ZONE
- MAGIC SHOW
- GREYHOUND ADOPTION PROGRAM (GAP)
- KIDS MOVIES
- BEST DRESSED PRIZES
- SPECIAL GUESTS BATMAN, THE JOKER AND HARLEY QUINN
- FARMER DARRYL'S PETTING ZOO



**AFL PLAY**

**FOR the KICKS**

**come find your awesome**

**STRATHFIELDSAYE PRIMARY  
AUSKICK & SUPERKICK**

Auskick: Boys & Girls aged 5 - 6  
Superkick: Boys & Girls aged 7 - 12  
Starting Friday 25th October for 5 weeks  
3:45pm - 4:45pm

**nab AFL Auskick** [play.afl/auskick](https://play.afl/auskick)



# Community Notices

- ✓ SOCIAL
- ✓ FUN
- ✓ FAMILY FRIENDLY
- ✓ HEALTH/FITNESS
- ✓ ALL AGES
- ✓ ALL ABILITIES
- ✓ SOCIAL EVENTS  
Trivia night + Dinners  
+ BBQ's + more!



**KINDLY SPONSORED BY**



DESIGN. CREATE. LIVE





**MAJOR ANNUAL EVENTS**  
5K Frenzy  
Bendigo Bank Dragon Mile  
King & Queen of the Mountain

More Information  
[bendigoharriers@yahoo.com](mailto:bendigoharriers@yahoo.com)  
Bendigo Harriers Athletics Club Inc.

58 Retreat Road, Flora Hill VIC 3550



DESIGN. CREATE. LIVE




**ATHLETICS FOR EVERYONE**  
A family focused athletics club for all ages and abilities.

<https://www.bendigoharriers.org>




**CONTACT US**

For more information about what we do and the coaching and training options available contact us via:  
[bendigoharriers@yahoo.com](mailto:bendigoharriers@yahoo.com) or message us on our socials.

Facebook: Bendigo Harriers Athletics Club  
Instagram: [bendigoharriersathleticsclub](https://www.instagram.com/bendigoharriersathleticsclub)

Affiliated with Athletics Victoria.

**WHAT WE DO?**

**TRACK**  
Competition season: October to April Saturday afternoon

Club members can compete in a range of track events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10km, Race Walking, Hurdles and Steeplechase. \*minimum age 12yr.


**THROWS**  
Competition season: October to April Saturday afternoon

Club members can compete and practice in Shot Put, Javelin, Discus and Hammer Throw. \*minimum age 12yr.

**JUMPS**  
Competition season: October to April Saturday afternoon

Club members can compete and develop technical skills in Long Jump, Triple Jump, High Jump and Pole Vault. \*minimum age 12yr.

- ✓ SOCIAL
- ✓ FUN
- ✓ FAMILY FRIENDLY
- ✓ HEALTH/FITNESS
- ✓ ALL AGES
- ✓ ALL ABILITIES



**SOCIAL EVENTS**  
Trivia night + Dinners + BBQ's and more!

**CROSS COUNTRY**  
Winter season: April to September Saturday 2pm

Bendigo Harriers host club runs each Saturday in the winter season, distances include 500m, 1km and a optional long or short run between 3km to 8km. All ages and abilities welcome.

**TRAINING & COACHING**  
All year round

Coaching and training options are available and generally open to members and non-members. Contact us for more information on training times and locations.