



# Belconnen High School

## Term 4, Week 10 School Newsletter



**Principal:** Rebecca Pearce

111 Murrarji Street HAWKER ACT 2614

**Front Office:** 6142 1690     **Student Absences:** 6142 1698

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## Principal News



This year has been a challenging, productive, rewarding and extremely busy year for our whole school community. We have all consistently risen to each new challenge and demonstrated great resilience. I would like to take this opportunity to thank all of the staff, parents and students for all of your hard work and commitment to Belconnen High School and for helping us all to be proud of our school.

### Year 10 Formal

On the 1st of December the school hosted the Formal for our year 10 students. It was held on the school grounds, where we were treated to a pre-formal thunderstorm, a quick dash to move everything into the hall ready for the arrivals of our fabulous Year 10 students. I wish to thank Ms. Mayalvahanan and the staff that supported the event and attended for their efforts in making this a great celebration for our year 10 students.





### **Year 10 Graduation**

We had a wonderful celebration of learning and community contribution at our Year 10 Graduation Ceremony on Friday 4th December. Students were presented with their Year 10 Certificate as well as Belconnen High School Graduation Certificate. The following students also received our major awards for the year. Congratulations to these students and all students on successfully completing Year 10. We wish you all the best.

### **Our House Champions**

These are awarded for receiving the highest number of house points during 2020. These points are awarded for academic achievement, sporting, cultural, community and school service.

Our *Freeman House Champion* is **Charlotte Craig**

Our *O'Neill House Champion* is **Lucy Selmes**

Our *Perkins House Champion* is **Kelly Chen**

Our *Thorpe House Champion* is **Justin Wilson**



**Champion House O'Neill Freeman Perkins Thorpe House.**

4th place with total of **5934** points is **Freeman**

3rd Place with a total of **6653** points is **Perkins**

2nd Place with a total of **7019** points is **Thorpe**

1st Place **2020 Champion House** with total of **8107** points is **O'Neill**

This year there have been many outstanding achievements in all areas by students at Belconnen High School. The ceremony enabled us to acknowledge these successes through the presentation of prizes, trophies and certificates.

**Youth Achievement Award** is given to an outstanding Year 10 member of our school who, whilst overcoming adversity in their life, has worked consistently on their academic improvement during their time at Belconnen High School.

This award was won by **Marium Elsergany**.



1 - *Marium Elsergany*

### **Rotary Club of Belconnen Scholarship**

This year the Belconnen Rotary Club has awarded a scholarship of \$1000 to be offered to develop one student's personal potential in either academic, cultural, arts or sporting areas.

The 2020 winners of the *Belconnen Rotary Club Scholarship* are **Tahlia Baker** and **Emily Dias**

### **Excellence in Band Award**

This award is given to a student who has excelled in leadership and commitment throughout the year as a member of the Belconnen High School Band.

The Winner of the 2020 Excellence in Band Award is **Ruby Fusca**



*2 - Ruby Fusca*

### **Excellence in Performing Arts Award**

The winner of the Performing Arts Award is **Cassandra de Jong**

### **Leadership Award**

This award is given to a student who displays exemplary leadership throughout all aspects of their time at Belconnen High School.

The winner of this award is **Hanna Do**.

### **ACU Citizenship Award**

This award is given to a student who has displayed outstanding commitment to the corporate life of the school throughout their four years at Belconnen.

This year's recipient is **Lucy Selmes**.



*3 - Lucy Selmes*

### **Australian Defence Force Long Tan Award**

This award was created to acknowledge the achievements of young people who have demonstrated outstanding qualities in Leadership and Teamwork within our school and wider community.

Leadership and Teamwork is underpinned by qualities such as supporting others and doing the best you can, which are values the ADF shares with the wider community.

The winner of this Award is **Jessica Weston**



*4 - Jessica Weston*

### **Caltex All Rounder Award**

This is one of Australia's most prestigious secondary school prizes, The Caltex Best All Rounder Award. The award has earned a reputation over the past 30 years for being one of Australia's most respected education recognition programs. As its name suggests, it acknowledges students who have excelled in areas including study, sport, community work, conduct and leadership.

This year's winner is **Kieren Truelsen**.



### **Department of Education Year 10 Excellence Awards**

These awards have been created by the **Department of Education and Training** and are awarded for outstanding achievement during high school years. These awards were all presented to these students at a special awards ceremony in week 8 at the Canberra Theatre.

The first award is for the student who is our most successful learner, a student who has demonstrated excellence in academic achievement

The successful recipient of this Year 10 Excellence Award is **Ruby Fusca**

The next award is for a confident and creative individual who has been demonstrating the pursuit of excellence in the setting of personal goals.

**Our successful recipient of this Year 10 Excellence Award is Kelly Chen**

The last of the Department of Education Excellence Awards is for an active and informed citizen who has continually contributes to the corporate life of the school and the broader community

The recipient of this award is **Wren Barbour**

Education Excellence Awards is for an active and informed citizen who has continually contributes to the corporate life of the school and the broader community

The recipient of this award is **Wren Barbour**.

Our Sporting award is a very prestigious Australian Sporting award, the **Australian Olympic Changemaker Award**. This is given by the Australian Sports Commission and recognises and rewards students who are demonstrating the Olympic spirit through leadership and driving positive change in their communities.

The first successful recipient of this year's award is **Grace Redfern-Elliot**.

The second successful recipient of this year's award is **Oscar Xirakis**.



*5 - Grace Redfern-Elliot*



*6 - Oscar Xirakis*

**Principal Award for Academic Excellence**

This award is given to one student who has excelled through each semester at Belconnen High School.

The winner of this award is **Justin Wilson**



## **Year 7 - 9 Ceremonies**

Our Year 7 - 9 graduation certificates and awards were presented on Friday 11th December in intimate Year Group ceremonies. It was wonderful to see the students share in their fellow year groups achievements and efforts in these ceremonies.

Thank you to PJ Morris and Roxy McKay for organising and running all of these ceremonies. They were all highly successful events.

## **Staffing**

A small number of significant staff will be moving on from the school this year. Each of these staff members have made a rich and valuable contribution to Belconnen High School and will be missed. These staff are:

- David McCarthy
- Cameron Foster
- Samira Saani-Adams

I would like to thank each of them for their contributions to the school and wish them well in their new endeavours.

## **Staff joining us or returning to our school in 2021**

- Ellie Robinson (Sharing SLC Student Services)
- Katie Beattie (PE/LS)
- Ben Mudie (Maths/Science)
- Allan Wylie (Humanities)
- Laura Hayden (Humanities)
- Cate Walker (PE/LS)

## **School Board and the P&C**

I wish to thank both the School Board and the P&C Committee for a very productive year. I wish particularly to thank both Petrina Olds, Marka Selmes and Julie Marshall for their leadership of the Board and P&C this year. Their work has significantly enhanced our school; particularly the learning opportunities for students.

The 2021 School Board will have vacancies for parent members and I urge all parents and carers to take up these opportunities next year. Further information about these vacancies will be sent home in week 1 next year.

## **Start Dates for 2021**

The front office will be open from the 28th January

Year 7 and new students – Monday, 1st February

All other students – Tuesday, 2nd February

I again would like to thank everyone for their support this year. We should all be proud of our young people and each other. I wish all of the Belconnen families a safe and happy Christmas break and look forward to working with you in the New Year.

## Farewell from Mr. McCarthy

Students and Parents,

I will be permanently continuing in the role that I have been doing in the Directorate since the beginning of Term 2 this year. The role, with the Infrastructure section, enables me to help many existing schools and the schools that will be built in the future to have the facilities and opportunities that Belconnen High now has. Hence, I could not really say no.

It has been my privilege for the past nearly ten years to serve the Belconnen High School community as the Principal of the school. The highlights too many to list as are the people to thank who supported me throughout that time. However, I will thank you collectively. Firstly, to the parents and community members, who from the first day I arrived (it was probably the second, they were waiting to see if I was still there) right through until now, supported the school's direction through a clear understanding of the importance of learning for their children. This is a prime reason for where the school is now.

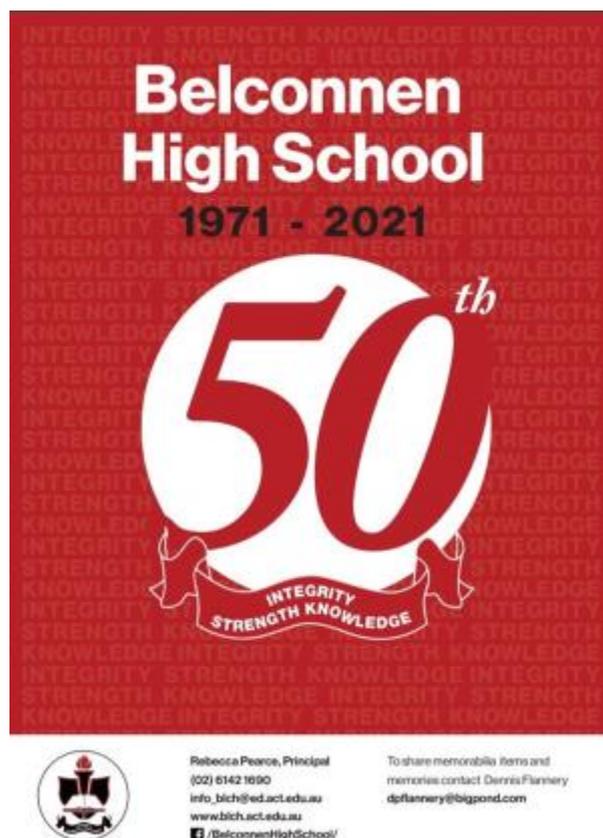
Secondly, I again have had the privilege to work with ten years of staff, Administrative and Teaching, dedicated to providing the best public education for any student who has attended the school. This was at times not easy, such as during the construction. They never faltered, for this they will always have my admiration and pride as Principal. It is also the reason for my unfaltering confidence in the current staff to continue to provide the highest quality of education for the Belconnen High community.

Lastly, at the end of each year the school celebrated the achievements of our students and graduated the Year 10 students. At this celebration I thanked all students for their work and their contributions to the growth of the school. These were sincere words that I echo again now. I would also leave the graduating class with a quote I had used on a school assembly, so I will do this again and this time quote myself.

To all the students who have attended the school since the end of 2010 remember: "You did not just go to a good school, you went to a great school that you helped create. Be proud of that, as we are proud of you."

Thank you, it has truly been my pleasure.

David McCarthy



### **BHS's 50th Birthday in 2021 - From the Archives**

Find below two articles from The Canberra Times from 1971. One is an article about BHS's first Principal appointed in 1971, Frank Mckenzie and the second one shows a photo of the first students (300 first and second year students/Year 7 & Year 8) who moved to BHS from Lyneham High School where they had been temporarily enrolled until BHS officially opened.

These items from were found on the National Library's TROVE site. The 2 links below will take you to specific BHS sites on Trove which have been created by Glenys Blair a retired School Librarian who is helping our **BHS 50th's Planning Group**.

<https://trove.nla.gov.au/list/148784>

<https://trove.nla.gov.au/list/148785>



If you have a copy from any of these years or know anyone who was at BHS during any of these years who may have a copy and are prepared to donate them to the school or lend them for the duration of 2021 please contact the school.

## Buroinjin Competition





*8 - Winners*



*9 - Winners*

## Connecting to Country



### Aunty Elaine Visit

The Year 9/10 Aboriginal Languages class was lucky enough to have Aunty Elaine visit the class in week 6. Aunty Elaine showcased the book *Nginha Yiing Durrulgali* (Where Happiness Hides) and read the book in Wiradjuri to us. She encouraged the students to try the sentences to develop their language skills and was impressed with the students' ability and pronunciation. The book was created by Dirt Lane Press Inc and is available in 29 languages including Wiradjuri and English. Dirt Lane Press created the initiative to be a gift to the children of the world during social isolation for the duration of the 2020 Covid-19 pandemic, translated into multiple languages. For more information use the link below: <https://www.dirtlane.com/where-happiness-hides>



## Indigenous Garden

On Tuesday of Week 8 the 9/10 Aboriginal Languages class with the help of some other students, created an Indigneous garden to the left of the Futsal court. We were lucky enough to have Ngunnawal & Kamilaroi man, Aaron Chatfield visit the school to help us create the garden and teach us about the plants. Aaron also brought in some local native plants for us to taste and showed us some of their other uses (the soapbush was a real highlight!).





### New Face in Connecting to Country

Introducing Josh White as a preservice teacher from the University of Canberra in Aboriginal Studies. He joined the Connecting to Country classes in week 6 and is here through to the end of week 9.

### Indigenous Games

This week the Connecting to Country classes are participating in an Indigenous Games unit designed by Mr White. The students are trying a range of Indigenous games throughout the week and exploring how these games develop skills that are useful for the community. So far the students have played two kicking and catching games called *Parndo* and *Marngrook*, with great results and high levels of participation and enjoyment.



The next games the students played were *Arrkene Irreme* and *Buroinjin*. Many thanks to Mr White for organising these Indigenous Games and coming to Belconnen High School, you have been great.





### **Aaron Chatfield visiting the Woodworking Group**

On Monday 7th December Aboriginal and Torres Strait Islander students and Woodworking club students were invited to join Mr Billington, Aaron Chatfield, Josh White and Anne O'Neill in working with timber to make cultural items including clapsticks and a digging stick. All the students really enjoyed being involved, working with tools to make the clapsticks. Many returned the following day to complete their items.



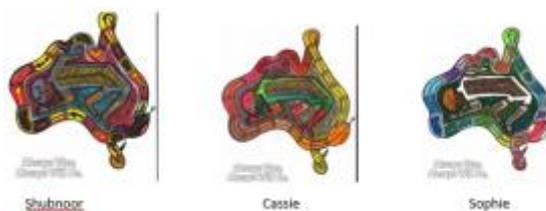


### ACT Council of Parents & Citizens Associations NAIDOC Week Colouring Competition

Recently, many of our wonderful students had the opportunity to enter the NAIDOC Week colouring competition and the ACT council of P&C associations commented on the strong response from Belconnen High School.

We can proudly report that the judges have awarded Shubnoor Kaur (Year 8) a winner's certificate and prize, and highly commended certificates and prizes to Cassie de Jong (Year 9) and Sophie de Plater (Year 8).

The winning entries:



*10 - Congratulations to all of our students.*

## Arts & Technology Faculty News



This Term the Year 7 3D Art class have been experimenting with Paper Sculpture using the art movement *Pop Art* for inspiration.

The unit concluded with students taking their own photos in a site specific location to enhance their understanding of audience connection to meaning.









## **Extracurricular Music Groups**

### **2020: THE WASH UP**

#### **PERFORMANCE**

Without our routine annual performance opportunity of Floriade, and the interruption and remote learning of Coronavirus (C-19), the extracurricular music performances were held in our school's Belconnen Learning Common (BLC) to an audience of students and staff. Where possible, performances were aligned to formal end-of-fortnight morning teas whereby staff were assembled in the school café and the BLC was crowded with students. It was not uncommon for an audience of more than 100.

#### **Monday rehearsals: CHOIR**

We had 20 members with a solid rehearsal attendance of 12 or more throughout the year. The format was generally three-part choir and teacher on guitar backing. With two of only three boys in the choir graduating to college, the choir may well be an all-girls proposition in 2021. We launched into this year, carrying on from 2019 with our best couple of songs; Hallelujah (Leonard Cohen) and Can't Help Falling In Love (Elvis Presley). We pushed ahead with two new songs for 2020. Firstly, California Dreamin' (Mamas & Papas), which we performed along with our old 2019 repertoire just to get out there and perform something! California Dreamin' is by far our most complex and rewarding song harmonically with notes falling in the strongest part of the vocal range, plenty of call and response, and stunning sustained three-part harmony, especially the final chord (Amaj7). And we hit that last note confidently, tunefully & balanced. It was an exhilarating musical pleasure to share that experience on each occasion we sang. Flutes had prepared and rehearsed with the choir to enhance the song with feature passages but conflicts in the groups' availability meant flutes never accompanied the choir in performance. Secondly, was I Will Follow Him (Sister Act) that proved a little too demanding. Our arrangement of the song involved choral techniques that tested our metal. Although we persisted in rehearsal for months and were close to performing, we did not get to present it. We finished the year with a few Mondays singing Christmas Songs in rehearsal only. The core of the choir is Year 9s, so we head into 2021 with a group of our most senior students. Big things are predicted for next year!

#### **Tuesday rehearsals: FLUTES**

We started the year with five members; 4x flautists and a piccolo player. The flute group was our only fine-music ensemble, which placed extraordinarily high demands on individual instrumentalists to get their part note-perfect for performance to sound as it should. In a symphonic ensemble, the

level of performance is heavily reliant upon the pureness of the written work, the unforgiving structure of the notation, and the players' advanced level of technical expertise. As the year progressed, the rigors of rehearsal weighed heavily and we lost a flute and a piccolo, leaving just the three Year 10 flautists and teacher on clarinet. Our repertoire was The Nutcracker Ballet/Suite with a short medley of the three famous flute themes and arguably the most famous of all ballet numbers, Danse of the Mirlitons. We did not get to rehearse the Mirlitons, instead opting to prepare the medley for performance. Unfortunately, the break from rehearsals due to C-19 remote learning left us a few rehearsals shy of being able to fully prepare for performance. Despite our best efforts, we ran out of time and did not get to play-out our long-rehearsed masterpiece. All that work in rehearsals was not for nothing, of course. Everyone's instrumental technique and musicianship developed exponentially, but to have fallen at the last hurdle was disappointing in the extreme. For the flutes to perform such fine (pure) music within the time afforded was on this occasion, to use the title of a classic motion picture, "a bridge too far".

#### Wednesday rehearsals: GUITARS

Potentially the most popular music group at school, the rewards were rich and plentiful for those who joined, whatever their skill level. The group included a drummer and bass guitarist. We had as many as 20 students of various expertise from rank beginner to quite accomplished attend rehearsals to start with and a solid core of 14 attend most of the earlier rehearsals. But before our first performance, which was after our return from C-19 remote learning, we had lost a few key personnel. The music remained appealing and without exception the guitar group members and audience alike openly appreciated the short performance of instrumental versions of two songs; Don't Start Now (Dua Lipa) and Superstition (Stevie Wonder). We finished the year rehearsing Jump (Van Halen) and had a few loose jam sessions; as guitarists do.

#### Thursday rehearsals: JAZZ BAND

The Jazz Band is based on Big Bands of the 1940s. The music sounds great with its tight instrumental harmonies and rhythm section support, but the vocals sung over the instruments set it apart from the other extracurricular ensembles. The combination of rhythm section, wind instruments and vocals is a complex style and challenging for high school music students to attempt. When accomplished, the music is appealing and it is the most complete musical setting of the extracurricular music groups. Everyone involved must have a minimum level of musicianship to contribute to the overall sound. This year we were fortunate to have a saxophone line of two alto saxes, a tenor sax and a baritone sax plus a touch of brass (one trumpet). Our first performance was as soon as possible after the return to school from C-19 remote learning. We played three tunes, Sway (Dean Martin / Michael Bubl ), Opus One (Sy Oliver) made famous by Tommy Dorsey, and At Last (Etta James). Sway & At Last were vocal arrangements with girl(s) stepping up and fronting the band, microphone in hand. Our second and final performance towards the end of the year was At Last (vocal) again and American Patrol (Glenn Miller). Because this ensemble relies on our most advanced musicians, most are Year 10 therefore we are losing the core of the group to college next year and will rebuild using a completely different instrumentation in 2021. Watch this space.

## Production News



### NOT Bill & Ted's EXCELLENT adventure

We rehearsed our school production this semester and will perform it next Year in 2020. That meant our Year 10's needed to be showcased before they left. Our Showcase performances on Friday 27th November included musicians, singers and actors enabling the huge amount of talent we have in Year 10 to be shared with the whole school. Thank you so much to the Year 10's and all those that supported them, for their commitment, reliability and talent. They will all be missed! Also, a big thank you to the Media team who recorded the event and a huge thank you to Lucy Selmes who edited the performance so we can provide all the Year 10's with a USB copy. Great job all round!

Many thanks,

Ms Rowe and Ms Herrick  
(Drama/Media) (Music/Band)



## Year 9 & 10 Northern Territory Trip 2021



Well the preparations for the Northern territory trip next year are progressing. However, a place on the trip has become available. If there are Year 9 or 10 students for 2021 who would like to attend the trip, a deposit of \$150 can be to the Front Office using the payment information below. At this stage, as we don't have a waiting list and sometimes students' ability to attend changes in time, we would encourage students who still wish to attend to pay a deposit so that they can join the waiting list.

The dates of the trips are:

Trip A - September 12 – 27

Trip B - September 15 to 30

The total cost of the trip is \$3325.

If your child is going on the trip, there is a Google Classroom page with all the information on it that you can access through your child's account. If you have any questions, please don't hesitate to contact me.

Kind Regards, Richard Erlandson

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**Name of Excursion: Northern Territory Trip 2021**

**Child Name:** \_\_\_\_\_ **Year in 2021:** \_\_\_\_\_

**PLEASE NOTE - Due to COVID-19 we are doing CONTACTLESS payments only.**

**Payments are to be made via Quick Web.**

### ***Payment information for QuickWeb are below***

Go to Belconnen High School website [www.blch.act.edu.au](http://www.blch.act.edu.au) and **select** the **Payment tab**. Here you will see a link to the QuickWeb (click here). Complete the details for your student.

- Student key is the first 5 characters of the student's surname and the first character of the given name
- Family key is the first 5 characters of the student's surname and the first character of the given name *This is a Westpac online payment option accessed through the school website that makes a payment direct to the school's bank account. Payments can be made using a Visa or Mastercard for any school event or contribution. Please use the above FEE CODE: **NT 2021** and **child's name**.*

## **Belconnen Learning Commons News**



One last reminder regarding overdue library books. Reminders were sent to parents, carers and students on 24th November. If your student is not attending this week and you have books to return, you can drop them at the front office or keep them in a safe place until next year.



## COVID-19 NEWS *Important Information*



The ACT continues to respond to the COVID-19 pandemic. For advice and information on the response and recovery, see the [ACT Government's COVID-19 website](#).

You can find up to date information about the COVID-19 roadmap for ACT public schools on the [Education Directorate website](#).

The pandemic has brought many changes to our personal and working lives. This page brings together information and resources to help our staff.

## FINANCE - Contactless Payments



### **CONTACTLESS PAYMENTS**

Due to unprecedented times with Covid 19, Belconnen High School will only be accepting contactless payments until further notice. We welcome your payments via QuickWeb which can be located on the "Payments tab on our website" <http://www.blch.act.edu.au/payment>

### **Family Contact Details- Have you changed your details recently?**



It is important that the school maintains an accurate and up to date record of family/carer email addresses, home addresses and telephone numbers for all student. Please let us know if there are changes to your contact details by sending an email to [info BLCH@ed.act.edu.au](mailto:info.BLCH@ed.act.edu.au) or phone the front office on 6142 1690. We are always grateful to receive this information.

## IMPORTANT INFORMATION: Student accident/incidents



Ambulance transport for students at school This information is from the ACT Department of Education policy on Student accidents/incidents:

### 6. AMBULANCE TRANSPORT

6.1. The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during approved school activities within the ACT. Free ambulance cover does not apply to students who attend Jarvis Bay School.

### 7. STUDENT ACCIDENT/INCIDENT

7.1 Schools collect information about injuries and incidents, which occur at school or on school organised activities, on behalf of the Education and Training Directorate. Some of the information may be personal information as defined in the Privacy Act 1988 and the Health Records (Privacy and Access) Act 1997.

The information is usually included in a Student Accident/Incident Report together with any accompanying witness statements or the Notification of a Critical Incident

## P&C NEWS



**P&C Annual General Meeting**

Please note that the next Annual General Meeting (AGM) of the BHS P&C will be held on Monday 8 February 2021 at 6.00 pm (week 2 of term 1). Mark it in your calendar now!

The AGM will include the election of the executive committee (president, vice president, treasurer, secretary) and office bearers (including uniform shop coordinator, public officer, P&C Council delegate, P&C school board representative).

If you are thinking of nominating for a position in 2021 and would like more information about what it might involve, please contact me at [bhspnc@gmail.com](mailto:bhspnc@gmail.com).

Please note that **all parents of BHS students** are automatically members of the P&C and are welcome and encouraged to attend the AGM and regular meetings throughout the year.

There are many advantages to getting involved with P&C including:

- meeting other parents at the school
- getting to know the principal and other teachers better
- knowing more about all the great things happening or being planned at the school
- having the opportunity to ask questions and share your thoughts on school issues
- acquiring new skills, and
- the satisfaction of making a positive and practical contribution to the school and your children's education.

Please send an email to the [bhspnc@gmail.com](mailto:bhspnc@gmail.com) if you would like to be added to our P&C email list.

The AGM on 8 February will be followed by an Ordinary General Meeting.

Sam Holthouse

BHS P&C Secretary

## UNIFORM SHOP NEWS



### BHS UNIFORM SHOP NEWS

A huge thankyou to our wonderful and generous community this year.

Highlights for 2020 include the new email wish list system –try it out via [uniform.shop.bhs@gmail.com](mailto:uniform.shop.bhs@gmail.com) and transitioning to direct deposit and EFTPOS.

As a result of the rummage sale last week , where some of you grabbed a BARGAIN, we now have a shop full of super high quality second hand uniforms ready for 2021.

Thank you to all the generous uniform donators throughout the year.

Shop will be open for Year 7 families on February 1st 2021 830-9am and 230-3pm and then every Thursday 230-3pm.

## CANTEEN NEWS



Download the app and register with [FlexiSchools](#)

## COMMUNITY NEWS



**JUNIOR TRIALS  
2021 WINTER SEASON**



BELCONNEN HIGH SCHOOL, MURRANJII ST HAWKER



U14 ANKON BOYS	MONDAY 1 FEBRUARY: 5.25PM - 6.45PM	PLAYERS BORN 2006, 2009	SIZE 6
U14 ANKON BOYS	MONDAY 1 FEBRUARY: 7.00PM - 8.20PM	PLAYERS BORN 2006, 2007	SIZE 7
U12 ANKON BOYS	TUESDAY 2 FEBRUARY: 5.25PM - 6.45PM	PLAYERS BORN 2010, 2011	SIZE 6
U12 ANKON BOYS	TUESDAY 2 FEBRUARY: 7.00PM - 8.20PM	PLAYERS BORN 2002, 2004, 2005	SIZE 7
U10 ANKON GIRLS	WEDNESDAY 3 FEBRUARY: 5.25PM - 6.45PM	PLAYERS BORN 2010, 2011	SIZE 6
U10 ANKON GIRLS	WEDNESDAY 3 FEBRUARY: 7.00PM - 8.20PM	PLAYERS BORN 2006, 2007	SIZE 6
U10 ANKON GIRLS	THURSDAY 4 FEBRUARY: 5.25PM - 6.45PM	PLAYERS BORN 2006, 2009	SIZE 6
U10 ANKON GIRLS	THURSDAY 4 FEBRUARY: 7.00PM - 8.20PM	PLAYERS BORN 2002, 2004, 2005	SIZE 6

PLEASE ARRIVE 15 MINUTES PRIOR FOR CHECK IN. BRING A WATER BOTTLE AND BASKETBALL (CORRECT SIZE). FOR MORE INFO AND TO REGISTER YOUR INTEREST PLEASE EMAIL: [RATS.JUNIORREGISTRAR@GMAIL.COM](mailto:RATS.JUNIORREGISTRAR@GMAIL.COM)

[WWW.GINNINDERRATS.COM.AU](http://WWW.GINNINDERRATS.COM.AU)

[i](#) [f](#) [t](#) @GINNINDERRATS



**UNDER 10  
COME N' TRY**

**TUESDAY 9TH FEBRUARY 2021, 5-6PM  
TUESDAY 16TH FEBRUARY 2021, 5-6PM**

BELCONNEN HIGH SCHOOL, MURRANJII ST HAWKER

**FOR GIRLS AND BOYS BORN 2012, 2013 AND 2014  
COME MAKE RATS MISCHIEF WITH US!!**

FOR MORE INFORMATION AND TO REGISTER YOUR INTEREST IN THESE FREE ACTIVITIES PLEASE EMAIL [RATS.JUNIORREGISTRAR@GMAIL.COM](mailto:RATS.JUNIORREGISTRAR@GMAIL.COM)

[i](#) [f](#) [t](#) @GINNINDERRATS

[WWW.GINNINDERRATS.COM.AU](http://WWW.GINNINDERRATS.COM.AU)





## healthy headspace workshops

**Dealing with holiday stress -  
Thursday 17th December  
5:30pm-8:30pm**

**A skills-based workshop designed to  
provide you with tools for  
maintaining your wellbeing.**

**WHO:** Young people between 12 and 25 years of  
age. Parents & carers welcome  
**WHERE:** headspace Canberra  
**Please RSVP:** 02 5109 9700

You will learn about:

- Strategies for communicating with confidence  
and the role of emotions in communication.
- Identifying your emotions and managing them.
- Building coping strategies for holiday stressors.



HeadSpace is a not-for-profit organisation supported by the Australian Government Department of Health