



# Alfredton News

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**RESPECT RESPONSIBILITY RELATIONSHIPS**  
**EVERY CHILD WILL FLOURISH WITH TIME, EFFORT AND SUPPORT.**

## Principals Report - 11th October 2023

Dear Parents and Carers,

Welcome back to the final term of 2023. We trust you all enjoyed the glorious weather and holiday time spending extra time with your children.

Whilst term four is always incredibly busy please remember that it is really important to finish strong! Continue to listen to your children read every night and ensure they come to school EVERY DAY so they can make the most of every single learning minute.

It seems like only yesterday that we started the 2023 school year and here we are now planning for 2024. We are currently in the early stages of organising classes for next year. If you are leaving the area and your child will not be attending Alfredton Primary School next year, please let the office know so we can plan using accurate student numbers. If you have a prep child starting next year, these enrolments should have already been finalised but if not please get these in as soon as possible.

We are starting to plan our grade structures and staffing based on our projected numbers and placing students into grades, then assigning teachers to classes. When we place students in classes we are looking to create the best learning environment for all students. Our decisions focus heavily on educational outcomes and overall group dynamics. Our criteria for placing students are:

- Educational needs/outcomes
- Behavioural needs/outcomes
- Overall group dynamics – creating a positive and supportive group
- Friendship needs – if relevant in supporting student learning

If you have any information about your child's educational needs that you have not already discussed with their class teacher please let me know in writing no later than Wednesday 18th October

This process is designed to gather information in order to create a positive learning environment for all students. It is not a process for self-selection of classmates or teachers. Thank you for your continued support of this complex process.

Our Year six students have less than 11 weeks left of primary school. We will be sad to farewell them of course, but know that we have certainly provided our students with a strong foundation for them to continue their growth and learning. The Year Six Graduation will be on Monday December 18th.

Please remember that Monday, November 6th and Friday, November 24th are pupil-free days and students are not required at school on these days.

Regards

*Nadia*



### We RESPECT:

Individual differences

Ourselves

Cultural diversity

Others' opinions

Property

Others' feelings

### We take RESPONSIBILITY for:

Our behaviour

Our actions

Our attendance

Our learning

Our belongings

Our dress code

Our school

Our environment

Doing our best

### We build RELATIONSHIPS

#### with each other by:

Being honest & trustworthy

Caring about the feelings of others

Treating others fairly

Being well mannered

Resolving differences calmly



We recognise the Aboriginal and Torres Strait Islander peoples as the first custodians of the land. We acknowledge the Wadawurrung people and extend respect to all Indigenous peoples of this continent recognising their cultures as the oldest continuous living cultures in human history.

**JULY 17 TERM DATES 2023 JULY 17**

**TERM 2:** Wed 26th April – Fri 23rd June

**TERM 3:** Mon 10th July – Fri 15th Sept

**TERM 4:** Mon 2nd Oct – Wed 20th Dec

**KEY CALENDAR DATES:**

**Monday 16th October**

Foundation Swimming Commences

**Thursday 19th October**

Healthy Minds Parent Session

**Monday 23rd October**

Year 1 Swimming Commences

Year 6 Graduation Photos

**Monday 6th November**

Student Free Day

**Thursday 16th November**

Healthy Minds Parent Session

**Friday 17th November**

Jnr School Athletics Day

**Tuesday 21st November**

Multimedia Night Screening

**Wednesday 22nd November**

Multimedia Night Screening

**Friday 24th November**

Student Free Day

**Tuesday 12th December**

Year 7 Transition Day

**Monday 18th December**

Year 6 Graduation

**Wednesday 20th December**

Last Day Term 4: 1.30 pm Dismissal



On Monday evening, our school choir was invited to perform 2 songs at an event called '**Let's talk about mental health**' at the Regent Cinemas in Ballarat. It was held in conjunction with Hand-in-hand Ballarat and The Sebastian Foundation, with special guest Guy Sebastian himself! It was a wonderful evening and the Choir certainly did us proud. Two of our students, Juliette and Ryan also had the pleasure of meeting Guy Sebastian and speaking with him about the Open Parachute program, which is run in our school.

Thank you to all choir members for their hard work over the last month preparing for this event and to all their families for your support, encouragement, and help in allowing the students to participate in this amazing opportunity.

**The choir will be performing one of their songs at this week's Assembly on Friday 13th October at 2:30pm in the hall.**



**Child safety and wellbeing at Alfredton Primary School:**

**Information for families and the school community**

The Victorian Government has Child Safe Standards to further strengthen child safety across organisations, including schools. The standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Alfredton Primary School regularly reviews and updates our child safety policies and procedures to ensure they meet the requirements of the standards. These are available to view on our school's website, or at the school's front office on request.

We welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures, and practices. If you have any suggestions, comments, or questions, please contact the Principal by emailing

[alfredton.ps@education.vic.edu.au](mailto:alfredton.ps@education.vic.edu.au)

# ReCranked Program

Some of our children have been participating in the ReCranked program which is a Y Ballarat initiative specialising in giving unwanted bikes new riders. Old, unwanted, unused or broken bikes are revamped by the students under the guidance and support of Y staff and are turned into safe and serious modes of transport for those without wheels.

We have this amazing (adult) bike to be able to give away. If you do not have a bike, and would like to register for Biketober, please email the school with your details. For more information about Biketober Please see the additional information in the Community section of the newsletter.



Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 <sup>st</sup> October Week 1	2 <sup>nd</sup> Students Return	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
8 <sup>th</sup> Week 2	9 <sup>th</sup>	10 <sup>th</sup> Year 3 & 4 Gymnastics	11 <sup>th</sup> Newsletter 	12 <sup>th</sup>	13 <sup>th</sup> Assembly 2.30pm	14 <sup>th</sup>
15 <sup>th</sup> Week 3	16 <sup>th</sup> Foundation Swimming	17 <sup>th</sup> Year 3 & 4 Gymnastics	18 <sup>th</sup>	19 <sup>th</sup> Healthy Minds Parent Session	20 <sup>th</sup>	21 <sup>st</sup>
22 <sup>nd</sup> Week 4	23 <sup>rd</sup> Year 6 Graduation Photos Year 1 Swimming	24 <sup>th</sup> Year 3 & 4 Gymnastics	25 <sup>th</sup> Newsletter 	26 <sup>th</sup>	27 <sup>th</sup> Assembly 2.30pm	28 <sup>th</sup>
29 <sup>th</sup> Week 5	30 <sup>th</sup>	31 <sup>st</sup> Year 3 & 4 Gymnastics	1 <sup>st</sup> November	2 <sup>nd</sup> Summer Sport 5-6 Cricket Parent Info Evening Foundation 2024	3 <sup>rd</sup>	4 <sup>th</sup>
5 <sup>th</sup> Week 6	6 <sup>th</sup> Student Free Day	7 <sup>th</sup> Melbourne Cup Public Holiday	8 <sup>th</sup>	9 <sup>th</sup> Newsletter	10 <sup>th</sup> Assembly 2.30pm	11 <sup>th</sup>
12 <sup>th</sup> Week 7	13 <sup>th</sup>	14 <sup>th</sup> Foundation Transition Day Session 1	15 <sup>th</sup>	16 <sup>th</sup> Healthy Minds Parent Session	17 <sup>th</sup> Junior Athletics Day	18 <sup>th</sup>
19 <sup>th</sup> Week 8	20 <sup>th</sup>	21 <sup>st</sup> Multimedia Screening @ the Regent Theatre	22 <sup>nd</sup> Multimedia Screening @ The Regent Theatre Newsletter 	23 <sup>rd</sup>	24 <sup>th</sup> Student Free Day 	25 <sup>th</sup>
26 <sup>th</sup> Week 6	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup> Foundation Transition Day Session 2	1 <sup>st</sup>	2 <sup>nd</sup>
3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup> Japanese Day / Sushi Day	6 <sup>th</sup> Newsletter 	7 <sup>th</sup>	8 <sup>th</sup> Assembly 2.30pm	9 <sup>th</sup>
10	11 <sup>th</sup>	12 <sup>th</sup> Year 7 Transition Day Foundation Transition Day Session 3	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>
17 <sup>th</sup>	18 <sup>th</sup> Year 6 Graduation	19 <sup>th</sup>	20 <sup>th</sup> Last Day of Term Students Dismissed at 1.30pm	21 <sup>st</sup> School Holidays commence 	22 <sup>nd</sup>	23 <sup>rd</sup>

# SAVE THE DATE

healthyminds™  
Parent Series

You are invited to an unmissable parent event:

## Pathways to a Healthy Mind

For parents of ELC & primary school aged children

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You can secure your child's mental health, wellbeing and resilience into the future, by learning:

- The specific ingredients to robust mental health and true wellbeing
- How to prevent anxiety, depression and eating disorders in your child
- The #1 indicator of resilience in kids
- How your child's wellbeing is linked to their academic and sporting achievement
- The 'Great Mistake' parents make and how to avoid it
- Why we have emotions and how to manage them well



Based on award-winning university research

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**Date:** Thursday 19th October

**Time:** 5.30pm

**Room:** Alfredton Primary School

**RSVP:** To the school by Tuesday 17th October



**Dr Tom Nehmy**

Clinical psychologist and corporate trainer with over 10 years' experience. Dr Tom Nehmy's passion is preventing psychological problems in people of all ages while also enhancing resilience and wellbeing.

[healthymindsprogram.com](http://healthymindsprogram.com)



# Wellbeing News

BCH, in partnership with the City of Ballarat, Golden Plains Shire and Great Ocean Road Health, is proud to announce that the Blurred Minds Academy will be hosting a series of live, online vaping webinars this month.



## VAPING DECODED:

*Empowering parents in the Vaping conversation*

**FREE** live 60 minute webinars this October

3 date options: Wednesday 11th, Thursday 19th, or Tuesday 24th October at 7pm | via Zoom

Webinar topics include:

- Understand today's vaping culture & peer influences
- Hear the most frequently asked parent questions on vaping
- Learn about how vape products are marketed to young people
- Recognise the health and environmental risks associated with vaping
- Equip yourself with strategies on how to start a conversation with your child
- Gain tips and strategies for preventing vaping among young people
- Learn how you can support young people who have started vaping

Brought to you by:



Supported by:



GREAT OCEAN ROAD  
HEALTH



Register here for one of 3 date options  
Wednesday 11th, Thursday 19th, or Tuesday  
24th October at 7pm | via Zoom

[blurredminds.com.au/webinar-parents](https://blurredminds.com.au/webinar-parents)

Secure your  
Virtual seat to  
this **FREE** webinar

Limited Spots Available!  
Don't Miss Out.

# Team 1 News

Welcome back to Term 4!

Term 4 also signals 'hats on' at all times for the children when outside. Thank you to the families who have already sent to school a clearly named, green broad-brimmed school hat for their child. Sometimes names wear off due to use, and therefore require re-labelling. With warmer days ahead, a water bottle is essential and must be brought to school on a daily basis. We also encourage children to have long-lasting sunscreen applied before the school day, to help protect their young skin from the sun.

## **Foundation:**

In Literacy, we are excitedly preparing for our Zoo trip in November. We are reading and writing about some of the animals we will see. We continue to concentrate on the sounds that letters make. Children are learning to use their spelling hands to help them to write unknown words. The children place their non-writing fists in the air and slowly sound out words, holding up a finger for each sound they hear as they write with the other hand.

We have also introduced the term Heart Words. Heart Words are a way to remember common words that do not follow usual sound patterns. Children must learn these words by heart. The focus heart words for the past two weeks are 'here' and 'saw'. We spell these words aloud using letter names to help us to recall them when needed. For example, "h-e-r-e spells here".

In Mathematics, we have been learning about positional and movement language such as; above, below, in between and through. We have enjoyed giving each other directions to navigate simple maps. We are now beginning to look at clocks and time to the hour. We are learning about the features of an analogue clock including the face, hands and numerals. You might like to note the time

## **Year 1:**

Over the next few weeks in English, children will listen to a variety of narratives, including Dreamtime stories. Children are learning about the elements of a good narrative (e.g. setting, characters, problem and solution) in the lead-up to writing their own narratives.

In Mathematics, children are revising fundamental concepts covered this year, especially the place value of numbers to 100 and beyond. Counting forwards and backward by 1s, 2s, 5s and 10s to 100 and beyond is also something children can revise at home.

## **Year 2:**

In English, children are continuing to practice their CAFÉ strategies. This fortnight when reading, they will focus on literacy elements such as the genre, plot, characters, setting and the problem/solution. These elements are linked to Narrative writing where the students will revise 'sizzling starts', backfill (orientation – when, who, where, what) and the problem followed by a series of events to solve the problem. In Grammar, the students will continue to develop their proofreading skills and revise prefixes. They are also learning the most common ways to make a long I sound, igh say "i." We can remember this sound by saying the words bright and night.

In Mathematics, the children are learning about division. They will learn that division is equal sharing and they will solve division problems using models and arrays. They will also use multiplication facts involving multiples of 2, 3, 5, and 10 to solve a range of division problems.

Kind regards,

Team 1 Staff

**Mark Cottrill, Natalie Neville, Helen Bilson, Kaitlyn Pickersgill, Mary Wood, Nicole Phillips, Keeley Throp, Alex McQueen, Anna Jackson, and Cathy Griffin.**

# Team 2 News

## Year 3 and 4

Welcome to the final term of the year. This one is a long one, but I think it will go quickly!

We are looking forward to working with you during this final term of 2023. Please don't hesitate to contact your class teachers if you have any questions.

## Gymnastics

This Term, Years 3 and 4 are participating in the gymnastics at the Aquatic Centre. This program introduces students to some of the basics of gymnastics, including safe landing and rolling techniques. The program also supports our students in developing spatial awareness and controlling their movements to perform specific tasks. Believe it or not, it can be difficult for students to do a simple star jump, or spin as they jump off an obstacle. We look forward to continuing this program over the next three weeks.

## Hats

As a sunsmart school, children are expected to wear a broad-rimmed, school hat when outside – this includes physical education lessons and recesses. Please ensure your child has such a hat; that it is named and that their hairstyles enable them to wear the hat comfortably. Thank you for your support in this. We don't want our children facing the dilemma of having to deal with melanomas.

## School Movie

We are in the process of finalising our school movie. Miss Harris is just putting the finishing touches on it. We are all very excited to see the end product. The presentation of this movie to the school community will be on 21st and 22nd of November.

## TERM 4 Dates:

10th October – Gymnastics

17th October – Gymnastics

24th October – Gymnastics

31st October - Gymnastics

6th November – Pupil Free

7th November – Melbourne Cup Holiday

21st & 22nd November – screening of school film at Regent Multiplex Theatre

24th November – Pupil Free (Report Writing)

5th December Japanese Day – Sushi Lunch

19th December – reports emailed home

20th December Last Day of term 4, Students dismissed at 1.30pm

Kind regards,

TEAM 2 Teachers

**Lynn Schuller, Jess Eddy, Tim Huglin**

**Sharon Simper, Matthew Heinrich, Teresa Wright**



# Team 3 News

## **Year 5**

In Year 5, we began our new unit "It's a small world". In the past fortnight, we have looked at the different things that make Australia a unique country, including our flag, currency, and geographical features. Students have also chosen their own country to research which will later be presented in flipbook form.

In Writing, we have begun exploring Response writing. Students spent the first week responding to several famous pieces of art, including Vincent Van Gogh's Starry Night and Claude Monet's Impression, Sunrise. This week has seen us take these evaluative skills and apply them to presentations on a famous print advertisement of their choice.

In Numeracy, we have been revisiting multiplication with a focus on building a bank of strategies to use when exposed to large and challenging multiplication problems. Some of these strategies include the algorithm(column) method, partitioning, grid method, and lattice method.

## **Reminders:**

- Homework comprises two elements – Reading for 30mins 5 times per week, Numeracy completing the weekly Math Mate sheet.
- Please ensure your child has the appropriate equipment/ stationary and books needed for their learning.

## **Year 6**

Our final term of primary school has started with a lot of excitement and some nerves! We are very keen to start our new Integrated Studies topic 'It's a Small World' where students have begun learning about the major religions of the world. Look out for more info in the coming weeks regarding a country project!

## **Year 6 - continued**

In Writing, students are exploring the abandoned Hashima Island which is located off the coast of Japan. Students are in the process of writing a narrative in first person, as they explore the island as a photographer.

In Numeracy, students are developing their understanding of the BIDMAS order of operations and have been getting creative with making their own number sentences.

## **Graduation**

On Monday 23rd October, students will be having graduation photos taken. MSP Photography will take individual portrait photos of each Year 6 student, as well as one group photo of the year level. We ask students to come to school ready as they would for usual school photos.

We also ask that families begin looking for a baby photo, as well as a prep photo of their Grade 6 child so that we can begin preparation for the presentation for Graduation Day. These photos can be emailed to your child's classroom teacher, or a hard copy can be brought in for us to scan. Thank you!

## **Reminders:**

- Devices charged and at school each day for learning
- Hats are now required to be worn - students must have a hat or will need to play in the shaded area
- Homework has begun again - Maths Mates to be returned each Monday

Kind regards,

Team 3 Staff

**John Saitta, Arlyn Harris, Candice Smith, Gabrielle Mathieson, Tim Smith and Michael Busija**



# Library News

# ISSUE 7 OUT NOW!

**ISSUE 7  
ORDERS ARE  
DUE BY: Friday  
20th October**

**ISSUE 7 2023** **ORDERS DUE BACK BY:**

## Book Club

**ACTIVITIES FOR EVERYONE INSIDE!**

*Find only the best reads in this issue!*

- BEST TEAS** (NEW!) **\$10**  
Includes 2 MFY BUBBLE TEA KITTY NECKLACES
- ODDBALLS** (NEW!) **\$13.00**  
Includes NOTE BOOK, STICKER, HIGHLIGHTER, PEN, AGES CLIPS AND BULLDOG CLIPS
- THE BAD GUYS** (NEW!) **SAVE 47% \$9**  
Includes THE BAD GUYS EPISODE 18: FORGET WHAT YOU KNOW. This book changes everything. 192 pp. AGES 7+ \$16.99
- RONALDO RULES** (NEW!) **\$45.00**  
Includes NEYMAR RULES, KANE RULES, MESSI RULES
- Dragon Eye Diary** (NEW!) **\$18.00**  
Includes DRAGON NICKELACE
- A Puppy's First Christmas** (NEW!) **SAVE 38% \$13.00**  
Includes PUPPY SQUISHY
- Dragon Girls** (NEW!) **\$10**  
Includes DRAGON SQUISHY KEYRING
- Charma the Christmas Llama** (NEW!) **\$16.99**  
Includes DRAGON SQUISHY KEYRING
- Whose Santa's Elf?** (NEW!) **SAVE 82% \$3**  
Includes DRAGON SQUISHY KEYRING

**SCHOLASTIC**

**EVERY CHILD DESERVES A BOOK**

# SCHOLASTIC Book Club

To place your order go to: [scholastic.com.au/LOOP](https://scholastic.com.au/LOOP)  
Please note: All orders must be placed online, we can not accept cash payments

Scholastic Book Club continues to offer families regular access to quality, affordable books while partnering with schools and giving back through the Scholastic Rewards program where every order gives 15% back to our school.

**50 EXTRA BOOKS on LOOP**

Look out for an **EXTRA 50 titles** available online only when you place your **ISSUE 7 LOOP** order.

# School Awards

**FA: Logan** - Welcome to Foundation A. Thank you for taking responsibility for your belongings and learning our routines so quickly. We hope you enjoy learning at Alfredton Primary School.

**FA: Evelyn** - For showing respect and responsibility by always being ready to learn. You are a wonderful role model. We are lucky to have you in Foundation A.

**FB: Sonny** - For your wonderful effort during writing time. Congratulations on using neat handwriting and writing sentences independently.

**FB: Sophie** - For working hard to become a fluent reader. Congratulations on continuing to put in your best effort in order to read more challenging books.

**FC: Patrick** - For the dedication and enthusiasm you are showing to all of your learning. Thank you for working so hard, Patrick.

**FC: Jirroshan** - For being so respectful and friendly in our classroom. Thank you for always demonstrating our school values.

**1A: Addison** - For working hard to decode unknown words by sounding out. Well done, Addison!

**1A: Lewis** - For reading with improved fluency, and answering comprehension questions with greater detail. Super work, Lewis!

**1B: Danush** - For always helping classmates when they need assistance, great job Danush!

**1B: Alexis** - For working hard to decode words in writing and reading by sounding them out and practising finger spelling. Super job, Alexis

**2A: Adwaith** - For making an excellent start at Alfredton Primary School. Congratulations on making a nice start and welcome to 2A.

**2A: Ella** - For your excellent work during show and tell. Thank you for presenting a wonderful show and tell about your holidays.

**2B: Belicia** - Congratulations Belicia on how well you have settled into Alfredton Primary School. We like having you as part of the 2B classroom.

**2B: Aria** - For your fantastic start to term 4. Your organisation and enthusiasm has been excellent. Well done.

**2C: Jeny Rose** - For making a wonderful start at Alfredton Primary School. You have settled in and quickly, learnt our routines, and are an absolute joy to have in our classroom. Well done Jeny Rose!

**2C: Noah** - For your enthusiasm and wonderful contributions during our newly learnt routines. I love hearing your confidence and enthusiasm during our sound pack practice. Your enthusiasm is infectious, well done Noah!

**3A: Noah H** - For being respectful and patient

**3A: Summer** - For the growth you have shown in your reading

**3B: Indy** - For settling in so well to Alfredton Primary School. You've joined our class with ease and everyone loves having you as a part of 3B! Well done, Indy!

**3B: Rose** - For your consistent effort this year to involve yourself in class discussions across all subject areas. You have a wonderful way of sharing your thoughts and ideas. Keep up the great work, Rose!

**3C: Ryan** - For your wonderful efforts to experiment and use new words in your writing. It is wonderful to see you continually step outside your comfort zone. Well done, Ryan!

**3C: Benita** - For always presenting your bookwork to the highest of standards. You are such a great role model for everyone in 3C. You are a star!

**4A - The Whole Class** - For demonstrating the school values when participating in Gymnastics at the Ballarat Aquatic & Lifestyle Centre

**4B: Tiernan** - For making a wonderful start to Year 4 at Alfredton Primary School. We are lucky to have you in 4B. Well done, Tiernan!

**4B: Lucas** - For making an excellent start to Term 4. Keep up the good work, Lucas!

**4C: Elizabeth** - For demonstrating the school values of "Responsibility" by working hard to improve your reading comprehension. Well done!

**4C: Hudson** - For demonstrating the school values of "Responsibility" by working hard to improve your reading comprehension. Well done!

**5A: Alex** - For maintaining high standards for your work and conduct at all times. You are a great example for others.

**5A: Maaan** - For willingly contributing your ideas and knowledge during whole class discussions.

**5B: Paige** - For the great start you have made at Alfredton Primary School. You have shown a lot of positivity since starting in our class and a friendly demeanor toward all.

**5C: Harrison** - For your persistent effort towards solving multiplication problems. Your hard work led you to success and a huge sense of accomplishment. I am so proud of you!

**5C: Maison** - For your resilience and maturity when faced with challenges inside and outside of the classroom. You set a wonderful example for your peers Maison, keep it up!

**6A: Saksham** - For taking responsibility for your learning. It has been wonderful to see you settle into the term by being organised for learning and asking lots of questions. Keep it up, Saksham!

**6A: Rhys** - For working diligently in all areas of your learning. It is great to see you collaborating with your peers, as well as striving to complete each task to the best of your ability. Well done, Rhys!

**6B: Momina** - For making a great start to Term 4. Keep striving to do your best work. Well done.

**6B: Jamieson** - For always applying yourself to your learning. You have continued to demonstrate a high standard of work. Keep it up!!

**6C: Jay** - For always demonstrating the school's values of respect, responsibility, and relationships and for being a class role model. Jay, we appreciate your positive attitude and infectious enthusiasm. Keep up the good work!

**6C: Oliviah** - For your effort and commitment to your learning and for being a valuable contributor to our class discussions. Your contributions are always well thought out and appreciated by your peers. Well done, Oliviah.

# Local Sports

## Basketball Ballarat Term 4 Community Programs

Basketball Ballarat provides children with a fun and safe basketball experience that will serve as an introduction to a lifetime involvement in the game. A wide variety of introduction to basketball programs are run by Basketball Ballarat, allowing children to start learning basketball as young as 2 years old.

Basketball Ballarat's introduction to basketball programs:

- Aussie Hoops – perfect for children aged 4 – 7 years
- Rookie Hoops – perfect for children aged 8 – 11 years
- All Abilities Rookie Hoops – perfect for children aged 5 – 18 years whom are living with a disability
- Mini Miners – perfect for kindergarten aged children, 2 – 4 years
- Next Level – suited for domestic players 2011-2013 born

Registrations are now open for all community hoops programs, with the programs starting the week beginning October 9th. For more information and to register: Community – Ballarat Basketball

For further details please contact Zack Cummins via email [programs@ballaratbasketball.com](mailto:programs@ballaratbasketball.com) or call reception on (03) 5338 1220

### COMMUNITY PROGRAMS

Meet and learn from all your favourite Ballarat Miners players

#### **Aussie Hoops ( 4 - 7 years old )**

Introductory basketball development program

#### **Rookie Hoops ( 8 - 11 years old )**

Introductory basketball development program

#### **All Abilities Hoops ( 5 - 18 years old )**

Introductory basketball development program

#### **Next Level ( 10 - 12 years old )**

Learn new concepts and build on skills

[BALLARATBASKETBALL.COM.AU](http://BALLARATBASKETBALL.COM.AU)





# BALLARAT LITTLE ATHLETICS



## 23/24 REGISTRATIONS NOW OPEN !

### Season Dates

Saturday October 7th, 2023 -  
Saturday March 16th, 2024  
(there is a Christmas break).

### U6-U17 Athletes

Multi-Class Athletes  
Welcome

### Venue:

Llanberris Reserve,  
York St Ballarat

### 22/23 Season Fees

Child 1 and 2 - \$160 each  
Child 3 or more - discounts  
apply

### Saturday Mornings

8:30-11:30 (approximately)

### Uniform

Singlet \$40 T-Shirt \$45 or  
Crop Top \$45

### Regions & State Opportunities

U9-U17 Athletes

### TRACK & FIELD SEASON 23/24

Ballarat Little Athletics are a Little Athletics Victoria affiliated club. Meaning we are part of the peak sporting body for junior athletics in Australia! Essentially we are guided by the experts to help us implement our program. With a strong focus on athlete development and personal bests, children of all abilities are welcome! BLAC operates with electronic timing gates and families can track results online. Even our littlest athletes will feel like Olympic Champions. Age groups participate in 4-5 events each program whilst our U6/7 athletes participate in "on track" skill development sessions and 3 events. With guidance from our seasoned parents and supporting officials, family involvement is encouraged. New athletes have the option to "trial" for 2 weeks prior to committing. Complimentary Sun Hat for New Members.

### New member registration:

<https://lavic.com.au/membership/new-member/>

### Returning member registration:

Please follow the link you will receive in an email. Keep an eye on our socials for further season information or email [ballarat@lavic.com.au](mailto:ballarat@lavic.com.au)



Ballarat Little Athletics

# JUNIOR CRICKET BLAST IS HERE - JOIN US AT BALLARAT-REDAN CRICKET CLUB

Ready to bat, bowl and have a ball?

- Everyone welcome - Kids aged up to 10 years old
- Over in a flash - 60 minutes of fun each session in a safe and inclusive environment
- Make pals, catch skills, throw like a boss, and teamwork like a pro!
- Kids will be able to rock the colours of their favourite Big Bash heroes with their own Cricket Blast pack
- All the gear, no fear!
- Sunday mornings, 10am to 11am



**Starting:**  
**SUNDAY 5th NOVEMBER**  
**Alfredton Oval**

**For more information and to register**

Call Shaun - 0407 904 834 - Blast Co-Ordinator  
or visit our Facebook page - Ballarat-Redan Cricket Club



Check out all the great things happening in our Local Community

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## Nurse Next Door®

*home care services*

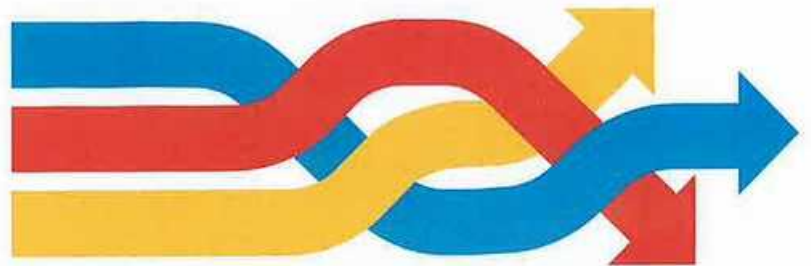
Nurse Next Door has recently launched in Ballarat, and are continuing to build a strong team of compassionate nurses, caregivers and support workers. We are currently in the process of reaching out to the community to further reach individuals who require support and assistance in order to remain in their own home. Nurse Next Door Ballarat services a range of areas including Home Care Packages, Private Pay and NDIS clients.

If you would like more information, please contact [ballarat@nursenextdoor.com.au](mailto:ballarat@nursenextdoor.com.au) or visit the website at [www.nursenextdoor.com.au](http://www.nursenextdoor.com.au) so we can further assist you.

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## BIKETOBER BALLARAT

THE NATIONAL BIKE CHALLENGE



Ride a bike this October and you could win a \$4,000 holiday, plus lots of other prizes!

Whether you ride your bike on the regular or it's been a minute, Biketober is for you.

Biketober is a fun, free, and friendly biking challenge. You can ride anywhere, anytime in October to participate. It's for you, your friends, family, and co-workers.

With the support of the local governments across Victoria and RACV, the Biketober program is free for workplaces in the City of Melbourne, Glen Eira, Banyule, Ballarat, and Bendigo, and available at a 50% discount for businesses located in other local government areas.

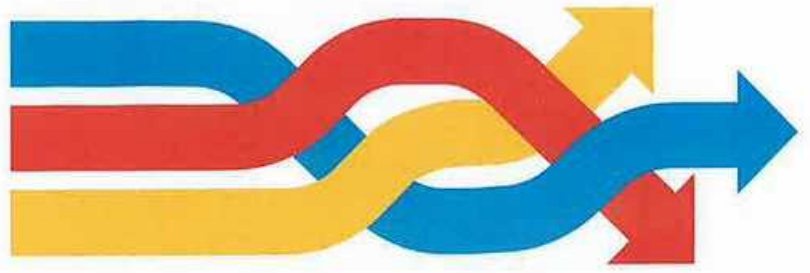
Plus, by registering for Biketober, all participants will receive their first year of RACV Bike Assist for free! It's like roadside assistance for your bike with 8 call-outs a year Victoria-wide, 24/7 assistance so you can ride with peace of mind.

Find out more

[https://www.lovetoride.net/vic/pages/info?locale=en-AU&page=1\\_challenge](https://www.lovetoride.net/vic/pages/info?locale=en-AU&page=1_challenge)

# BIKETOBER BALLARAT

THE NATIONAL BIKE CHALLENGE



## 1-31 OCTOBER 2023

**A FUN CHALLENGE OPEN TO EVERYONE!**



### WHO?

Everyone can take part, even if they haven't been on a bike for years!

### WHERE?

Anywhere, anytime throughout October

### HOW?

Sign up with your workplace and encourage your colleagues to ride. Watch your score increase and win prizes along the way!

## 5 KEY BENEFITS FOR YOUR WORKPLACE:



### HEALTHIER & HAPPIER STAFF

Healthier & happier workers = fewer sick days & increased productivity



### ENTIRELY VIRTUAL

An entirely free and virtual programme whether staff are working from home or the office full time, part time or casually



### SUPPORT MENTAL HEALTH

Staff can increase physical activity and improve their wellbeing while connecting with colleagues and friends online



### BE SUSTAINABLE

Contribute to lower carbon emissions, improved air quality, reduced noise pollution, and help ease congestion



### ENHANCE REPUTATION

Responsible leadership and safeguarding of employee health and wellbeing

Sign up at [lovetoride.net/ballaratt](https://lovetoride.net/ballaratt)



SUPPORTED BY

LOVE TO RIDE

CITY OF MELBOURNE

CITY OF BALLARAT

RACV



# Run FOR A CAUSE

19 NOV 2023

JOIN US SUNDAY 19 NOVEMBER  
ON A BRAND NEW COURSE TO  
RAISE FUNDS FOR THE  
BALLARAT CHRISTMAS APPEAL

REGISTER HERE



The Ballarat Foundation is pleased to bring Run for a Cause to a new, exciting location for 2023. This year, our Event Village will be based in Lucas Town Centre, with our courses utilising the beautiful streets and paths of Lucas as well as giving participants the opportunity to run down the centre of Sturt Street and through the Arch!

JOIN YOUR SCHOOL TEAM WHEN YOU SIGN UP FOR THE  
12KM, 6KM EVENT, OR AS PART OF THE Y KIDS' DASH.



THANK YOU TO OUR GENEROUS SPONSORS

