

Kootingal Public School

STAR NEWSLETTER

"Caring, Learning and Achieving Together."



Phone Number for Absentee's: +61427969513 Phone: 02 6760 3332

School Mobile: 0436 424 131 (Emergencies) Email: kootingal-p.school@det.nsw.edu.au

Website: <https://kootingal-p.schools.nsw.gov.au> Facebook page: <https://www.facebook.com/kootingalpublicschool>

Term 3 Week 10

Wednesday 24th September 2025

Student of the Month

Martin Fenner

Martin is a kind and supportive student who consistently embodies the values of Kootingal Public School. He approaches all Key Learning Areas with enthusiasm and applies himself to the best of his ability. A reliable and inclusive member of our class, Martin consistently models our PBL values of being a safe, supportive and effective learner.



Martin collaborates effectively in group activities and demonstrates respect in all interactions with peers and teachers. His kindness shines through every day in the classroom. Martin always helps his peers tie up their shoelaces and pack away. He asks for help when needed and happily takes on feedback.

Martin takes pride in wearing the correct school uniform every day. He displays his best effort when participating in all school events and enjoys taking on new challenges. Since starting at Kootingal Public School this year, Martin's kind, caring and hard working attitude has been noticed by both his peers and staff. For these reasons, Martin is a most deserving recipient of the Student of the Month award. Congratulations Martin.

Gold Awards

Theodore Dubois and
Jamie Perkins



Silver Awards

Harris Clarke, Fraser Clarke,
Beau Roser, Byron Squires,
George Bennett,
Theodore Dubois,
Jax Seymour, Jax Semmler
and Jack Lawson



PBL Awards

Charley Moxon, Idah Lynch,
Samuel Evans, Cooper Baily,
Emillia Stevens, Jayda Kaluza,
Lilliana Johns, Heidi King,
Ella Seymour, Zoe Lye,
Harlow Pipe, Leila Higgins,
Beau Caterer, Charlotte Hunt, Kieran Perkins,
Rylie Sheumack and Havanah Williams



Caitlin Cwach

Caitlin is a quiet, capable student who works hard each day. She consistently conducts herself in a kind and inclusive manner. She demonstrates excellent independent work habits and works well as part of a group. Caitlin will happily assist others when she notices they need assistance. She is organised in her learning and strives to achieve her best in all she does.



She is polite, empathetic and kind in her interactions with peers, teachers and community members. She is humble in her achievements and does not seek recognition for her efforts.

Caitlin enjoys learning and thrives when faced with a challenge or a chance to extend herself, although she always takes time to revise foundational concepts carefully. She is proud of her efforts in maintaining neat bookwork and beautiful handwriting.

Caitlin follows PBL expectations in all environments and is an excellent role model for younger students and her peers. She enjoys sharing her great sense of humour with her peers.

Caitlin is a deserving recipient of the Student of the Month award and she should be very proud of this achievement.

Uniform Awards

Sonny Glover, Ellis Williamson, Lacey Hunt, Indie McIntosh,
Emillia Stevens, Isabella Walsh, Mitchell McGrath,
Lilah Blackwood, Peyton Sampson, Lucas Sneesby,
Ciara Cwach, Abby Hogg, Hunter Barnett,
Regardt Janse van Rensburg, Joshua Adams
and Elliot Douglas

Executive Team - Relieving Principal - Rebecah Higgins
Assistant Principal - (Kinder to Year 2) - Nicole Chegwyn
Relieving Assistant Principal (Yr 3 to 6) - Miss Bennett
Assistant Principal Curriculum and Instruction - Michelle Lord

P & C Executive

President: Maree Merry Vice President - Nicole Chegwyn and
Secretary: Scott Tulley Rebecca Vanella
Treasurer: Anne-Maree McGrath

Fortnightly Bronze Awards

Ellis Williamson - His excellent effort in writing and using technology to type and publish his stories
 Chayce Brinkman - His excellent effort in writing and using technology to type and publish his stories
 Eshanna Brijesh - Her independent writing skills
 Percy Bradshaw - His enthusiasm in reading group
 Kaiden Rosier - A settled start to Kootingal Public School, Welcome
 Parker O'Brien - Working hard to discover number patterns
 Isaac Bennett - His engaging enthusiasm presenting his class project
 Frankie Brooks - Always trying her best and improving in completing all class tasks
 Thomas Keen - Beginning and finishing work independently
 Lilly Warner - Trying her best and improving in completing all class tasks
 Joshua Adams - His effort and participation in Spellex lessons
 Thomas Steers - Working hard to show working to justify his answers in Mathematics lessons
 Lexi Byrnes - Excellent effort and participation in Gamilaraay Language lessons
 Phillip Coonan - Demonstrating great problem solving skills in Mathematics lessons
 Mitchell Kennedy - Working hard to solve problems and show working to justify his answers in Mathematics lessons
 Olivia Hogg - Excellent participation at tennis for sport
 Edward Glover - Consistent borrowing from the library
 Levi Hazell - Excellent participation at tennis for sport
 Jack Lawson - Consistent borrowing from the library
 Lucas DeVries - Improved effort in editing and proof reading
 Isabela Robinson - Increased effort and attendance
 Abby Hogg - Working hard to ensure she accurately completes all set tasks
 Noah Davis - Great engagement in our drama unit
 Madelyn Witchard - Showing great engagement in our drama lessons
 Nevayah Donaldson - Trying hard to improve her spelling across all key learning areas

Silver Assembly Awards - Monday 22nd September

Emmett Curry - Being an attentive, co-operative and well mannered member of KL
 Lily Squires - Always taking pride in her neat bookwork and for improved application in class
 Indie McIntosh - Her Excellent InitialLit results
 Harlee-Rose Reilly - Her sound and digraph knowledge
 Olivia Hunt - Huge effort in working independently on writing tasks
 Shelby Fenner - Always striving to do her best work in all learning activities
 Lilah Blackwood - Showing pleasing improvement in reading and comprehension
 Phoebe Brinkman - Showing improvement in answering comprehension questions in detail using here, hidden and head strategies
 Patrick Lye - Effort in reading and comprehending more complex tasks
 Bentley Brown - Working hard to improve his writing skills
 Jasmine Harris - Striving to achieve her best in English lessons
 Abeer Malik - Being a kind and cooperative classmate when completing group tasks
 Kya Kaluza - Demonstrating independent work habits
 Rubie Warner - Asking questions and seeking clarification to be an effective learner
 Jack Lawson - Effort when writing and typing his Fire texts
 Evanna Brijesh - Showing continual improvements across all learning areas
 Holly Elliott-Crowley - Beginning to show persistence in learning new tasks
 Hudson Hurley - Improved effort towards writing tasks
 Oliver Towler - Fantastic poetry writing about his bookweek character, Thing 1
 Ruby Rule - Outstanding effort and improvement in English
 Angela Hobbs - Her commitment to completing all learning tasks
 Indi Maher - Improved attitude towards her learning
 Beau Roser - Continued effort in English this term
 Aria Dean - Improvement engagement in her learning





Enrolments now open for Kindergarten 2026

Contact 0267603332 for more
information



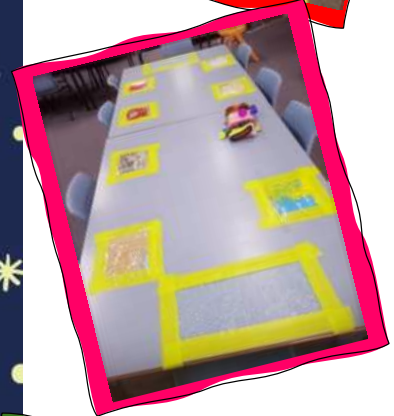
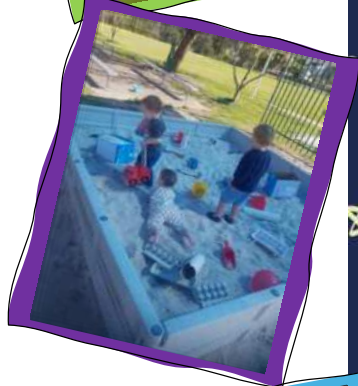
Clothing Pool will be open on
Tuesday and Wednesday
from 9:30am to 3pm.

Please come to the office.



Kootenai Public School

JUST a very small SNAPSHOT OF TERM 3 at KOOTINGAL PLAYGROUP



Monday
9.30am – 11am
Kootingal School
Library
Ph 67 603 332

*Thank you to our families for a fun filled Term 3.
We are looking forward to seeing you all in Term 4.*

**Playgroup will return on Monday 20th October,
in the School Library. (Week 2)**

New families are always welcome. Wishing you a safe, happy holidays.

NSW Department of Education

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = **4** weeks = Over **1** year missed

1 day per week = **8** weeks = Over **2.5** years missed

Mrs Higgins Principal's Message

Hello families and students,

As we approach the final week of Term 3, it's wonderful to reflect on the incredible learning, growth, and achievements our school community has shared over these past weeks. From exciting classroom projects to memorable events, Term 3 has been filled with opportunities for everyone to shine.

I have been fortunate enough to teach some classes recently and greatly enjoyed delivering the wonderful lessons our teachers have planned. From Kindergarten learning about celebrations and Chinese New Year to Stage 3 planning their own fractured fairytale delivered in a script form. I was delighted to be invited to 1/2W to watch them perform their scripts they had created around fairy tale characters with accompany masks for their characters. They did a fabulous job and were very entertaining. Stage 2 have also been busy learning about the explorers of Australia which has been matched wonderfully with their feature text and author 'The Goat Who Sailed the World' by Jackie French. I wish to thank our teachers for their dedication as we wrap up another successful term together. We look forward to the adventures Term 4 will bring!

Term 4 – Students return to school on Tuesday 14th October as Monday is a Staff Development Day. We look forward to seeing them all back then.

Parent Teacher Meetings – Thank you to the parents that attend our parent catch up meetings yesterday and last Tuesday. These meetings are a valuable opportunity to strengthen the partnership between home and school. I strongly encourage if you were unable to attend to please reach out to your child's teacher about any concerns you may have.

Excursions – Just a reminder that all paperwork and payments need to be completed by 3pm this Friday to secure your child's participation in our excursions. If you have any concerns with this, please contact the school.

Come and Try Kindergarten 2026 - Today is the final session of our Come and Try days. It has been wonderful getting to know all these amazing students for next year. We hope to see them all for next term when our transition days will begin.

Upcoming events Term 4

- * Kindergarten Transition - Fridays Week 1 to 5 at varying times
- * Silver Assemblies
 - * Week 2 - Monday 20th October - Hosted by KL, performance by 3/4B
 - * Week 6 - Monday 17th November - Hosted by KS, performance by 5/6B
 - * Please note change of class performance due to Intensive Swimming
- * Musica Viva Performance - Thursday 23rd October - Information early next term
- * CAPERS
- * Stage 2 and 3 Excursions
- * Intensive Swimming

As the holidays approach, we hope everyone gets a chance to relax, recharge, and enjoy some quality time with family and friends. Stay safe and have a wonderful break - we can't wait to see everyone back refreshed and ready for Term 4!

Take care, Mrs Higgins

Message from the front office

Parents are able to make payments online through the Sentral Parent Portal. If payments are made online, signed permission notes must still be returned to the front office.

- * Voluntary contribution fees can be paid at the front office or online. They are \$50 per year per student.
- * Stage 2 and Stage 3 excursions to be paid in full by 26th September 2025.



FOOTY COLOURS & JEANS FOR GENES DAY!

FRIDAY SEPTEMBER 26

Raising funds for Children's Medical Research and to help Aussie kids kick cancer.

Please bring along a gold coin donation to support these worthwhile causes!



WEAR YOUR FOOTY COLOURS FOR KIDS WITH CANCER.



Kootingal Public School

Invites all 2026 Kindergarten students

to our

Bright Stars Transition Program

Transition Days

To attend these sessions, students must be enrolled at Kootingal Public School for 2026

- Friday 17th October 9.30 – 12.30pm
- Friday 24th October 12.30pm – 3.00pm
- Friday 31st October 9.30am – 3.00pm
- Friday 7th November 9.30am – 3.00pm
- Friday 14th November 9.30am – 3.00pm

Kindergarten Orientation Parent Information Morning

Friday 17th October 9.45am – 11.30am

In the Library

Please note: Students will be collected at the large front gates at the beginning of the Transition time.
Students will then be delivered back to the large front gates at the end of the session time.

Students require a hat, drink bottle and wear sleeved shirts and closed in shoes for all Transition sessions.

Please also provide:

- Lunch for Friday 17th October
- Afternoon tea for Friday 24th October; and
- Lunch and afternoon tea for Friday 31st October, Friday 7th November and Friday 14th November.

Thank you



Oxley High 2026 Year 7 Transition Day

Save the Date

Thursday 20th November 2025

9:30am - 2:30pm

For students who have received an offer of placement at Oxley High School.

Students will get to experience a day in the life of Oxley High School. This will involve attending three classes, some fun activities & a BBQ lunch!

Please bring food for your recess & a water bottle.

Contact your primary school regarding transport arrangements.



Quality education for all students
in a safe and caring environment

2026 Year 7 Orientation Day

Save the Date

Tuesday 2nd December 2025

Birthday Buckets

Make your child's birthday special with a birthday bucket. \$20 will get a light up bucket of zooper doopers that will be delivered to your child's classroom with a helium balloon for the birthday child to take home. Please pre-order at least one week in advance at the front office along with payment. Payment can be made online to the P & C Bank Account - BSB 932-000, account number 789117 or cash. Please SMS confirmation of payment to 0461 309 495. A photo of your child receiving the Birthday Bucket can then be sent to you.

Parent Helpers

If anyone wants to help in the canteen on a Wednesday or Friday from 9am till 12pm please email the P&C email with your availability and we will add you to the roster.



Kootingal Public School P&C Canteen Menu 2025

Canteen open first break Wednesday and Friday



Hot Food

Cheese Pizza	\$ 3.00
Ham & Cheese Pizza	\$ 3.50
Chicken & Cheese Pizza w/ bbq sauce....	\$ 3.50
Sausage Roll	\$ 4.00
Meat Pie	\$ 5.00
Grilled Chicken Burger	\$ 5.00
<i>Grilled chicken fillet, lettuce, cheese & Mayo</i>	
Cheeseburger	\$ 5.00
<i>Lean Beef Pattle, cheese & tomato sauce</i>	
Fish Burger	\$ 5.00
<i>Crumbed fish fillet, lettuce & mayo</i>	
Chicken Breast Gravy Roll	\$ 5.00
Lasagne	\$ 5.00
Macaroni & Cheese	\$ 5.00
Spaghetti	\$ 5.00
Butter chicken & Rice	\$ 5.50
Fried Rice	\$ 5.00
Chicken Nuggets	\$0.80each
Ham & Cheese Toasted Sandwich	\$ 3.50
Chicken Breast & Cheese Toasted Sandw	\$ 3.50
Cheese Toasted Sandwich	\$ 3.00
Hash Brown	\$ 1.00
Corn Cob	\$ 0.50
Chicken noodles	\$ 2.00
Cheesy Garlic Bread	\$ 2.00

Drinks

Bottled Water	\$ 2.00
Assorted fruit poppers:	\$ 1.50
<i>Apple, Tropical, Orange & Apple/Blackcurrant</i>	
Chocolate & Strawberry Milk	\$ 2.50
Chill J:	\$ 3.00
<i>Raspberry, Lemonade, Apple Cola, Watermelon, Grape & Orange/Passio</i>	

Extras

Tomato Sauce	\$ 0.70
BBQ Sauce	\$ 0.70
Cheese	\$ 0.70

Sandwiches, Salads & Wraps

All salad contains - lettuce, grated cheese, grated carrot, tomato, beetroot, cucumber & mayo

Salad Tub	\$ 5.00
Chicken Breast Salad Tub	\$ 5.50
Ham Salad Tub	\$ 5.50
Chicken Tender Wrap	\$ 4.50
<i>Chicken tender, lettuce, grated cheese & mayo</i>	
Fish Wrap	\$ 4.50
<i>Crumbed fish fillet, lettuce, grated cheese & mayo</i>	
Chicken Breast Salad Wrap	\$ 5.00
Ham Salad Wrap	\$ 5.00
Salad Wrap	\$ 4.50
Salad Roll	\$ 5.00
Chicken Breast Salad Roll	\$ 5.50
Ham Salad Roll	\$ 5.50
Salad Sandwich	\$ 4.50
Chicken Breast Salad Sandwich	\$ 5.00
Ham Salad Sandwich	\$ 5.00
Chicken Breast, Lettuce & Mayo Sandw ...	\$ 4.50
Cheese Sandwich	\$ 2.50
Vegemite Sandwich	\$ 2.50
Egg, Lettuce & Mayo Sandwich	\$ 3.00

Frozen Snacks - available after lunch orders eaten

Chocolate Moosies	\$ 2.00
Frozen Juice Cups	\$ 1.00
Quelch	\$ 0.70
Frozen Yoghurt	\$ 2.50
TNT.....	\$ 1.50

Snacks - available after lunch orders eaten

Milo (cold or warm).....	\$ 2.00
Popcorn	\$ 1.00
Sunbites	\$ 1.00
Cheese Stick	\$ 1.00
Apple Slices Bag	\$ 1.00
Carrot Sticks Bag	\$ 1.00
Cucumber Sticks	\$ 1.00
Assorted Fruit	\$ 1.00



Please clearly label your child's name and class on a brown paper bag or lunch bag.



Term 4, 2025

Please be aware dates many change due to unforeseen circumstances throughout the term.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Oct 13 School Development Day	Oct 14 Student return to school K-2 Sport Leadership nominations due	Oct 15	Oct 16 3-6 Sport	Oct 17 Bright Stars Transition - Kindy 2026 9:30am to 12:30pm Kindergarten 2026 Parent Information morning 9:45am to 11:30am
Week 2	Oct 20 Playgroup 9:30am to 11am Silver Assembly 2:30pm - Host KL and item by 3/4B	Oct 21 K-2 Sport	Oct 22 CAPERS Rehearsal	Oct 23 3-6 Sport Musica Viva 2:20pm to 3:20pm	Oct 24 Bright Stars Transition - Kindy 2026 12:30pm to 3pm
Week 3	Oct 27 Playgroup 9:30am to 11am Leadership interviews	Oct 28 K-2 Sport Leadership interviews	Oct 29	Oct 30 3-6 Sport	Oct 31 Bright Stars Transition - Kindy 2026 9:30am to 3pm
Week 4	Nov 3 Playgroup 9:30am to 11am Bronze Assembly	Nov 4 K-2 Sport Stage 2 Thalgarrah Excursion	Nov 5 Stage 2 Thalgarrah Excursion	Nov 6 3-6 Sport CAPERS Rehearsal	Nov 7 CAPERS Bright Stars Transition - Kindy 2026 9:30am to 3pm
Week 5	Nov 10 Playgroup 9:30am to 11am Stage 3 Lake Keepit Excursion Intensive Swimming	Nov 11 K-2 Sport Stage 3 Lake Keepit Excursion Intensive Swimming	Nov 12 Stage 3 Lake Keepit Excursion Intensive Swimming	Nov 13 3-6 Sport Intensive Swimming	Nov 14 Bright Stars Transition - Kindy 2026 9:30am to 3pm Intensive Swimming
Week 6	Nov 17 Playgroup 9:30am to 11am Silver Assembly at 2:30pm - Host KS, item 5/6B Intensive Swimming	Nov 18 K-2 Sport Intensive Swimming	Nov 19	Nov 20 3-6 Sport Oxley High Taster Day	Nov 21 Intensive Swimming Leadership speeches and voting
Week 7	Nov 24 Playgroup 9:30am to 11am Intensive Swimming	Nov 25 K-2 Sport Intensive Swimming	Nov 26	Nov 27 3-6 Sport	Nov 28

SCHOOL HOLIDAY PROGRAMS

SPRING INTO THE SCHOOL HOLIDAYS AT PCYC



Book 3 Days and Get the 4th Free (T&Cs apply)
 Check out your local School Holiday Program below



MORE
INFO



PCYC



SCULLY PARK SWIMMING CLUB

Summer
Season starts
Soon!!!!

Ready to move on from "Learn To Swim?"

- Scully Park offers 45min-1hour Stroke Development sessions 7 times/week.
- Choose your time.
- Choose your session.
- Come as many times as you like.

For details email:
secretaryspsc@outlook.com



I AM A GIRL
Come 'N' Try



GAME-BASED LEARNING

I AM A GIRL - COME 'N' TRY!

COST: FREE
AGES: ALL GIRLS AGED 5-10 YRS
DATE: THURS 2ND OCTOBER 2025
TIME: 9.30AM - 11.30AM
WHERE: TAMWORTH SPORTS DOME
 7/9 Jack Smyth Dr, Hillvue

SIGN UP NOW

BNSW.COM.AU/EVENTS/



A Farrer student embodies confidence character and a sense of community

FARRER 2025 EXPERIENCE DAY

Join us

Year 5 boys interested in applying at Farrer Memorial Agricultural High School for Year 7 in 2027 are invited to join us for our Experience Day.

This is a great day to discover what it's like to be part of Australia's only selective agricultural high school for boys.

Students will engage in interactive classes, explore state-of-the-art facilities, make new friends and see what's possible. Learn about our broad curriculum which encompasses many career-focused opportunities in addition to agriculture.

Register on the **Farrer website**.
 Limited spots available!

For more information email
farrer.enrolments@det.nsw.edu.au
 or phone 02 6764 8607.
 585 Calala Lane Tamworth 2340.

www.farrer.nsw.edu.au

DATE:

FRIDAY, 26TH SEPTEMBER 2025
FROM 8:30 AM TO 2:30 PM
MORNING TEA AND LUNCH PROVIDED



REGISTER FOR OUR
 2025 EXPERIENCE DAY
 TODAY!



585 CALALA LANE, CALALA NSW 2340 T: 02 6764 8600 www.farrer.nsw.edu.au

PICKLEBALL SCHOOL HOLIDAYS KIDS CAMP



AGES
8-10YRS (430PM)
11+YRS (530PM)

@THE PICKLE PIT
\$10 PER HEAD PER DAY
LIMITED SPOTS AVAILABLE

**29&30
SEPTEMBER**

Keep your kids active these school holidays with coached pickleball camps.

Registration

PIVOT SPORTS APP - THE PICKLE PIT




KOOTINGAL KIDS CLUB

FREE

YEARS K-5

ACTIVITIES
AFTERNOON TEA, GAMES, MUSIC AND SINGING, BIBLE STORIES, CRAFT AND MORE

3.30-5.00PM
EVERY THURSDAY TERM TIME

ST ANDREWS CHURCH
CNR DENMAN AVE & GATE ST
KOOTINGAL

TO REGISTER: 6760 3361 | 0407 466 459
OFFICE@KOOTINGALMOONBIANGLICAN.COM
WWW.KOOTINGALMOONBIANGLICAN.COM




Enrolments Now Open!

Enrolments are now open for families to enrol.

Enrolments are completed online at www.theircare.com.au and usually takes approx. 15 to 20 minutes to complete.

See FAQs on our website theircare.com.au/families

Up to 90% of Child Care costs can be covered by Child Care Subsidy!



How to Enrol

GUIDE



Enrolment and bookings are completed online at www.theircare.com.au and takes around 15 to 20 minutes.



When doing your child's enrolment there will be some information and documents that you will need on hand to complete the process.

These include

- 1 Centrelink CRNs for yourself and the child you are enrolling
- 2 Credit card or bank account details for direct debit purposes
- 3 Emergency contact details in case you are not contactable in an emergency
- 4 Authorised nominees for drop off and collection
- 5 Doctor, Medicare, immunisations details for your child
- 6 Any medical or health details for your child



Enrolment takes approximately 15-20 minutes



See FAQs on our website theircare.com.au/families



FREE FAMILY FUN DAY
AT THE PARLIAMENT OF NSW

Free activities for children up to 12 years at the Parliament of NSW

Friday 10 October 9.30am – 3pm

Visit Australia's oldest Parliament, step inside history and get creative in workshops and role plays.

- Visit our heritage rooms
- Make craft animals and objects
- Play music and draw with Blak Douglas
- Have your say in a committee role play
- Learn how to vote
- Enjoy live music and more...






Junior Cricket
South Tamworth Cricket Club

Registrations open

Cricket BLAST 5-7 yr olds

Junior Cricket u9, u11, u13, u15

Junior cricket is being revamped South Tamworth Cricket Club is proud to embrace the transition to a Club based format

All skill levels welcome All age groups - 5-7yrs, u9, u11, u13, u15 Experienced and qualified coaches

Souths have a proud history dating back to 1948.

When your child becomes part of the South Tamworth Cricket Club 'Two Blues' family, they're joining a welcoming and supportive club where they will make friendships that last a lifetime.



FREE ENTRY
Activities 9.30am to 3pm

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place
The public café will be open.

BOOKINGS ESSENTIAL

P: (02) 9230 2047 or
E: dps.education@parliament.nsw.gov.au



Summer Season Commences 13 October 2025

A range of squads to suit all swimming ability and interest

Stroke development to senior competitive squad

For more information contact
tcscinformation@gmail.com

or go to
tamworthcityswimmingclub.com




TAMWORTH (SWANS ALL GIRLS) AFTER SCHOOL CENTRE

TAMWORTH NUMBER 1 OVAL
4 WEDNESDAY SESSIONS + HALF TIME
17TH & 24TH SEPTEMBER, 15TH & 22ND OCTOBER
4:00pm - 5:00pm

AFLW HALF TIME EXPERIENCE ROUND 12 IN COFFS
SYDNEY SWANS VS ESSENDON BOMBERS

REGISTRATION ONLY \$15
USING CODE 06C860F0- RECEIVE FULL COMMUNITY PACK DELIVERED TO DOOR

4-7 years old

8-12 years old

AFL PLAY

AFL Superkick

nab AFL Auskick



Following extensive consultation with Cricket NSW and community members, the upcoming 2025/26 season will be seeing junior cricket in Tamworth move from a schools-based competition to a club-based competition.

The competitions will be transitioned into age-based competitions to align with junior representative and pathways cricket competitions. Furthermore, the change to club-based cricket will also provide a clearer pathway for cricketers to move through the junior space into senior cricket as they continue to grow and enjoy the game of cricket.

Currently in Tamworth there are 6 clubs that children can register with. To make for fun competitive competition, ideally, we would like all of the clubs to have good representation in all areas of participation and all age groups.

For those starting out in cricket, all of the clubs are going to continue to run a combined Saturday morning **Cricket Blast** program. As per previous years, the youngest group will commence at 08:00, with the older group commencing at 09:30. Each club only has one registration point as per the links below:

Bective-East Cricket Club	https://www.playhq.com/cricket-australia/register/ecd5ce
North Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/85ff4b
Old Boys (Stars) Cricket Club Tamworth	https://www.playhq.com/cricket-australia/register/606f94
South Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/66da79
Tamworth City United Cricket Club	https://www.playhq.com/cricket-australia/register/7eb77e
West Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/779309

In the Junior Cricket space (under 9s, under 11s, under 13s, under 15s and under 17s), competitions will be run in a similar fashion to last year. Under 9s and 11s will be played on Saturday mornings, under 13s and 15s will be played Friday nights, and under 17s will be played on Monday nights. Currently in Tamworth there are 6 clubs that children can register with and each club only has one registration point as per the links below:

Bective-East Cricket Club	https://www.playhq.com/cricket-australia/register/62d5dc
North Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/8c6497
Old Boys (Stars) Cricket Club Tamworth	https://www.playhq.com/cricket-australia/register/386672
South Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/b7d5fc
Tamworth City United Cricket Club	https://www.playhq.com/cricket-australia/register/f0e5c3
West Tamworth Cricket Club	https://www.playhq.com/cricket-australia/register/9910a9

If you have any questions, please do not hesitate to contact me.

Kind regards,

Chris Skilton

Chris Skilton

Email: tjca_2340@outlook.com

Mobile: 0402 136 206

THE
RESILIENCE
PROJECT

TAKE IT HOME ACTIVITY

EMPATHY | LESSON #3



Hi Families,

This week in our Empathy lesson, we explored how meaningful and heartfelt compliments have the power to uplift and empower others. We learned ways we can compliment the character strengths of others, and then described the emotions we experienced when giving and receiving compliments.

Developing empathy helps us to identify, understand and feel what another person is feeling. When we practise empathy by doing something kind for someone else, our brain releases oxytocin. This results in an increase in our self-esteem, confidence, energy levels, positivity and overall happiness.

TRY IT AT HOME FAMILY ACTIVITY: KINDNESS TREE

WHAT TO DO:

- As you are sitting around the dinner table, give each family member a leaf template to write something kind about another family member. You may choose to do more than one leaf each.
- When complete, share the leaves with each other.
- Discuss how it felt to hear the kind messages and how it felt to write kind messages for others (showing empathy and kindness).
- Use the leaves and brown paper to create your own family tree of kindness to display in your home. You could continue to add or replace leaves over time.

YOU WILL NEED:

- Time together as a family.
- Leaf template or create your own.
- Brown paper (could be brown paper bags crunched up).
- Pencils and textas.

Family Empathy habit builder:

When you are sitting around the dinner table, discuss what acts of kindness each family member has done that day or week. Talk about how it made them feel.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.

THE
RESILIENCE
PROJECT

TAKE IT HOME ACTIVITY

GRATITUDE | LESSON #6



Hi Families,

This week in our Gratitude lesson, we practised the attitude of gratitude by noticing and celebrating what is right in front of us. We reflected on the emotional significance of our possessions, experiences and relationships, tuning into the feelings of joy, appreciation and love that accompany them.

Engaging in gratitude practices helps us cultivate thankfulness and appreciation for what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression, and we are less likely to get sick. There are so many benefits – let's all try to be grateful for the things and people in our lives every day!

TRY IT AT HOME FAMILY ACTIVITY: GRATITUDE JAR

WHAT TO DO:

- Decorate a jar or container to use as a gratitude jar.
- As a family talk about the things and people you are grateful for in your lives.
- Every day this week, encourage each family member to write down a thing or person they are grateful for, then place this in the gratitude jar.
- Don't forget to include the reason why you are grateful for this thing or person.
- At the end of the week, sit around as a family and read out all the things and people your family are grateful for.
- This can be something you continue to do as a family and do a check in weekly to read these out.
- This can also tie in very nicely with writing kind things about people in the family (practising empathy).

YOU WILL NEED:

- Time together as a family.
- Recycled jar or container.
- Blank piece of paper.
- Pencils and textas.

Family Gratitude habit builder:

While sitting around the dinner table, invite each family member to share three things from their day that they are grateful for.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.