



# St Patrick's School

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Email: principal@spwangaratta.catholic.edu.au

St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional Custodians of the land on which our school is situated.

This school supports the CHILD Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.

## ST. PATRICK'S SCHOOL NEWSLETTER

11<sup>th</sup> September 2019

### "R U OK"

Tomorrow is RUOK day and we've encouraged the students to come to school wearing an article of yellow clothing as a show of support. This is not mandatory and completely up to the parents.

I was thinking when this "floated" over my desk... not another "Something Day" day. We seem to have lots of different awareness groups wanting to claim a day for this and that. Most are highly worthwhile with only a few skirting around wanting to sell you something to make it all better.

In this day and age, where life has become a little more complicated as compared to my childhood, then I think these "days" are worth the attention.

RUOK is a fantastic way to ensure that those around us feel worthwhile and cared about. We can never know everyone's story and a person that may appear calm and in control on the outside, may very well be a smouldering mass of "hot lava" on the inside. RUOK teaches us to care for others, to not ignore signs of stress in others. It's a great way of helping others cope with anxiety and other mental health conditions. To show we care.

I wonder how you would say "R U OK" in Aramaic (the language spoken by Jesus in Judea at the time). I couldn't tell you, but I do know, at least in my heart, that Jesus would have had similar conversations many times because he cared deeply for others.

So, on "R U OK" day and in the months and years ahead, if we can have the courage to ask or answer truthfully, then we are spreading a message of love and care that is at the heart of our Christian tradition.

Incidentally, I am okay today but there are times when I'm not and I am so lucky to work with a staff that care. Sometimes just talking about things just eases the burden. I hope that I do the same for them sometimes.

Dear Parents,

Well the end of term is fast approaching. Term three finishes at 2.30pm on Friday, 20<sup>th</sup> September.

## Festival of the Sacred

Today, our Year 5/6 Classes travelled to Galen College to participate in the Festival of the Sacred. This is a Diocesan wide group of performances. Our students have been working with the Australian Girls' Choir coaches (A3 – Australian Arts Alive). At the time of writing this I haven't been to watch their performance but, knowing these students as I do, I'm sure they will shine.

THANK YOU PARK LANE NURSERY FOR SUPPORTING OUR SCHOOL

## Mrs Katie Higgs

Katie has been with us since the beginning of the year as a teacher in Year 6 Ackerly /Higgs. She has been a magnificent teacher at our school. Unfortunately for St Patrick's, Katie has been offered a significant promotion in her other role at NE Health and she will be leaving us at the end of the term. I wish her well in her new role and I know that she will shine brightly.

Replacing Katie next term will be Caitlin Elliott who not only comes to us with a wealth of experience but with a good knowledge of life here at St Pats. Thank you Katie for all you've done and welcome Caitlin.

## End of Year Reports –WE NEED YOUR EMAIL ADDRESS please

This year St Patrick's will be offering parents the opportunity to view and download student's **End of Year Reports** electronically, using our reporting software **nForma** and its Parent Portal. We are currently setting this up and will let you know when it is ready to go.



To take advantage of this environmentally preferable alternative we will need an email address to which we can send the secure log in detail. Please update your email contact details (along with any relevant phone number or address updates that we may need to know) by contacting the office or completing the form below. Alternatively you can email Annette ([abeitzel@spwangeratta.catholic.edu.au](mailto:abeitzel@spwangeratta.catholic.edu.au)) or Rosie ([rpane@spwangeratta.catholic.edu.au](mailto:rpane@spwangeratta.catholic.edu.au)) and in doing so, we will have your address that we can add to our data base. Your contact details will not be shared with anyone and it is simply to allow parents to have access to the secure Parent Portal on "nForma".

## Lunch Orders

Some parents have expressed difficulty finding the lunch order sheet. There is one posted on our website for your convenience ([www3.spwangeratta.catholic.edu.au](http://www3.spwangeratta.catholic.edu.au)).

## Nits

There have been a few cases of nits reported to the school, please check your child/rens hair.

## Vacation Care – Booking form

Our Vacation Care service is now **completely booked for Wednesday** and there are only a few places left on the other days (Monday, Tuesday and Thursday). If you wish your child to utilise this service, could I ask that you contact Rosie in the office (57 21 5795) or email her on: [rpane@spwangeratta.catholic.edu.au](mailto:rpane@spwangeratta.catholic.edu.au) as soon as possible to avoid disappointment. As the Friday of that week is a Grand Final Day holiday, it will run for the four days (from Monday to Thursday 23<sup>rd</sup> Sept to 26<sup>th</sup> Sept). Cost will remain the same at \$42.00 per day (or part thereof).

## Assembly – Friday

This Friday's assembly will be run by Year 5/6 classes. Parents and friends are always welcome to our assemblies. It begins at 9.00am in our school hall.



### EMAIL ADDRESSES FOR REPORTS

Name ..... Email Address .....

THANK YOU **LONDRIGAN MEATS** FOR SUPPORTING OUR SCHOOL

## School Hats



As we are only a few weeks away from Term Four, I thought it wise to remind parents that students are expected to wear a hat at recess and lunch times in Terms One and Four. This is in keeping with our SunSmart policy. Children without a hat are required to restrict their play to under the pavilion to avoid excessive sun exposure. Children with a hat are free to roam at will (so to speak!).

## Things coming up (in the next few weeks):

19<sup>th</sup> to 20<sup>th</sup> Sept      Year 3/4 Camp to Lake Nillahcootie  
20<sup>th</sup>                      Term Three ends at 2.30pm

## Web Calendar

If parents access the school's website ([www3.spwangeratta.catholic.edu.au](http://www3.spwangeratta.catholic.edu.au)) you will have access to a calendar of events as they come up. A calendar of events is also published in our newsletter.

I will have as many available dates as possible on this site within the next week or so. Please check it periodically as I also add dates as they become known.

## St. Patrick's PS APP REMIND

If you want to keep up with what's happening around the school, you can join REMIND.

It can be downloaded from the app stores to your devices using either of these links:

Apple - <https://goo.gl/IHQHGn> or Android - <https://goo.gl/FJWEv>

You will need to join our "Class" after you install and sign up - @spatwang, or St Patrick's Primary School Wangaratta



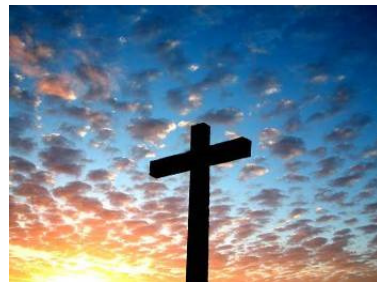
## Newsletter

Our newsletter can be accessed on our website and our Facebook page. Annette (in the Office) also has a mailing list that she is happy to include you on. Simply email Annette on:

[abeitzel@spwangeratta.catholic.edu.au](mailto:abeitzel@spwangeratta.catholic.edu.au) or phone the office (0357215795) and Annette will put you on the list. If all else fails, you can request a hard copy from the office.

## Mass Times

- \* Saturday 6.00pm St Patrick's
- \* Sunday 8.00am St Patrick's
- \* Sunday 9.00am Our Lady's
- \* Sunday 10.30am St Patrick's
- \* Sunday 10.00am Moyhu
- \* Sunday 10.30am Whitfield (1st Sunday)



*Terry*

THANK YOU PAULIE'S CORNER FOR SUPPORTING OUR SCHOOL

# DATES TO REMEMBER

SEPTEMBER	18 <sup>th</sup>	-	3.00pm – 3.45pm Secondhand Uniform Stall
	19 <sup>th</sup> -20 <sup>th</sup>	-	Year 3/4 Camp – Nillahcootie
	20 <sup>th</sup>	-	2.30pm END OF TERM
OCTOBER	7 <sup>th</sup>	-	9.00am Term 4 Commences
	7 <sup>th</sup>	-	6.00pm P & F Meeting
NOVEMBER	4 <sup>th</sup>	-	Bishop’s Holiday – <b>NO SCHOOL</b>
	5 <sup>th</sup>	-	Melbourne Cup Day Holiday - <b>NO SCHOOL</b>
	7 <sup>th</sup>	-	9.15am – 10.45am Foundation Transition Day
	20 <sup>th</sup>	-	9.15am – 10.45am Foundation Transition Day

## **CHATTER MATTERS**

### Pragmatics and Social skills

*Focus: Describe ways of making and keeping friends, including how actions and words can help or hurt others.*

Check out the following youtube clip with your child.

<https://www.youtube.com/watch?v=NLm2BuW73m4>

Follow the guided questions. Discuss whether there are times when this has happened to them, how did they feel/how did their friends respond? What could they do so they are more respectful next time?

The movie “Inside Out” is an excellent one to watch with your child. It looks closely at emotions and what we might need to do to get along with others. It’s great social skills movie to review with your child.

## **CONTACT DETAILS**

### Everyday counts – school attendance



We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school.

There is no safe number of days for missing school – each day a student misses puts them behind and can affect their educational outcomes.

Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up. Remember, everyday counts.

THANK YOU **BOOKTIQUE** FOR SUPPORTING OUR SCHOOL

## St Patricks Wangaratta

NAME: \_\_\_\_\_

YEAR/CLASS: \_\_\_\_\_

TOTAL PRICE: \_\_\_\_\_

PARENTS PHONE: \_\_\_\_\_

ITEM	PRICE	QTY
		lunch only
Small Lemon Slice	2.00	
Cinnamon Donut	2.20	
Lamington	2.60	
Party Pie	1.00	
Party Sausage Roll	1.00	
Pie	3.70	
Sausage Roll	3.20	
Tomato Sauce	0.30	
Cheese & Bacon Roll Buttered	2.00	
Chicken & Salad Roll <i>W'Meal / White (please circle)</i>	5.00	
Ham & Salad Roll <i>W'Meal / White</i>	5.00	
Ham & Cheese Sandwich <i>W'Meal / White</i>	4.50	
Egg & Lettuce Sandwich <i>W'Meal / White</i>	4.00	
Chicken & Mayonaise Sandwich <i>W'Meal / White</i>	4.00	
Roast Pumpkin & Sweet Pot Soup with buttered dinner roll (winter only)	5.00	
Small Chick & Quinoa Salad	4.50	
Large Chick & Quinoa Salad	8.50	
Mayonaise Dressing	0.30	
Orange & Poppyseed Dressing GF DF	0.30	

Please note any allergies here \_\_\_\_\_

## MAYFAIR SHOWBAGS



WANTED PLEASE –

McDonald's Toys (in the wrappers),  
COLES Minis,  
SAFEWAY Lion King Ooshies,  
Keyrings, Lanyards  
Woolworths Tiles (in wrappers) for  
Mayfair 2020 showbags.

Please deliver to the office, thank you.



**THANK YOU THE UNIFORM ZONE WANGARATTA FOR SUPPORTING OUR SCHOOL**

## St Patrick's Vacation Care – Mon - Thurs 23<sup>rd</sup> – 26<sup>th</sup> September

Please complete the form and return to the office.

Name and Age of Children

- 1).....
- 2).....
- 3).....

Please indicate the day/s of interest

Days of attendance for Week One (please tick)

Monday 23<sup>rd</sup> September       Tuesday 24<sup>th</sup> September  
 ~~Wednesday 25<sup>th</sup> September~~       Thursday 26<sup>th</sup> September

Please know that all activities and any excursions will be told prior to commencement of the holidays.  
All meals will be provided by parents.

Signature of Parent.....  
(Mother/Father/Guardian)

NOTES.....

### Play Australia's greatest game

Are you aged between 5 and 16? Have a passion for sport?  
**City Colts Cricket Club** wants to hear from you!



We're inviting all kids to join us for season 2019-20 at our muster night on Tuesday September 17<sup>th</sup> from 5.00pm to 6.00pm at the Bill O'Callaghan Oval.

If you're aged 5 to 9, come along to find out more about our Woolworths Blaster program, or for those ready for junior league action, we field under 12's, under 14's, under 16's, under 18's and girls' teams in the Wangaratta and District Cricket Association, with accredited level 1 coaches on hand to aid in player development.

You can also register now by visiting [playcricket.com.au](http://playcricket.com.au) and searching 'City Colts Cricket Club', or get further details on the Blaster program from Ross Moore (0409 186 640 , [rmmoore@esc.net.au](mailto:rmmoore@esc.net.au)), or talk to Andrew Lovett about our junior underage or girls' competition (0458 175 951, [Lovett.andrew@gmail.com](mailto:Lovett.andrew@gmail.com).) Our junior club philosophy is 'everyone gets a go', so why not take your passion to the next level, and have a go with us?

# PAT ON THE BACK

- Foundation**  
Mrs Levesque  
Congratulations to *ZOE THOMPSON* for working enthusiastically through a variety of challenging tasks. Zoe thinks about the question and works through a variety of strategies to work out the correct answer.
- Foundation**  
Mrs Shaw  
Congratulations to *ELSA WINTER* for the wonderful writing she is producing in class. She always works very hard to produce well written and beautifully presented work. Keep up the excellent work, Elsa!
- Year 1/2**  
Mrs Bray  
A big pat on the back to *CHARLIE ACKERLY* for the wonderful way he has settled into his detailed writing – we are so proud of your super dooper work. Keep it up Superstar!
- Year 1/2**  
Cassidy/Barry  
Congratulations to *HUGH SHARP* for the way in which he has been tackling problem-solving tasks in Mathematics. Hugh persists when tasks are challenging and can confidently justify his strategies and answers to his peers and teachers.
- Year 1/2**  
Ms Rinaldi  
Congratulations to *CAITLYN BARNDEN* for always reading with fluency – it is a pleasure to listen to you read, Caitlyn!
- Year 1/2**  
Mr Capper  
Congratulations to *FRANKLIN FLETCHER* for being a very flexible learner, adapts and enjoys new challenges. He consistently puts forth his best effort in all areas of his schooling which is wonderful to see.
- Year 3/4**  
Nicoll/Lynch  
Congratulations to *MITCHELL CROWHURST* for the considerable time and effort that he has placed into developing his handwriting, ensuring that it is neat and legible. A super effort, Mitchell!!
- Year 3/4**  
Mrs Newton  
A big pat on the back to *DAEMON WHYBROW* for trying really hard to stay focussed in class to complete his set tasks.
- Year 3/4**  
Mrs Rizzo  
A big pat on the back to *YEAR 3/4 RIZZO* for their positive attitude and wonderful sportsmanship at the Athletics Day last week. It was great to see so many of them “have a go”. Love it!!
- Year 3/4**  
Mr Levesque  
A big pat on the back to *JENSEN PERNA* for reading fluently and with expression. Well done!
- Year 5/6**  
Mrs O’Connor  
Congratulations to *YEAR 5/6 O’CONNOR* for their amazing performance at the Festival of the Sacred. You should all be very proud!
- Year 5/6**  
Ackerly/Higgs  
Congratulations to *LUCY DWYER* for the outstanding slam poem she has written for the “Care for the Kids” Inquiry Unit. Well done!
- Year 5/6**  
Mrs Rickard  
Congratulations to *JOHN BLAKE* for the very mature way he approaches all work tasks within the classroom, part of the AG&T program and as one of our school captains. His enthusiasm and commitment to learning is setting him up for a great finish to his Primary School years at St. Patrick’s. Well done!

# WHAT'S HAPPENING IN THE CLASSROOM

## FOUNDATION – Caz & Trish

Welcome back to week 9!

We welcome Mrs Ros Capper and know that Mrs Levesque has landed in England and is safely with her daughter Zoe, traipsing the English countryside.

### **Religion:**

This week the students will continue the unit, 'I am special, so are you.' The students have been busily defining what each member of their class brings to their classroom in their talents and gifts as an individual.

**Literacy:** This week's fiction books.

Foundation Levesque - 'Possum Magic'.

Foundation Shaw - 'Possum Magic'.

Our literacy focus big book will be Possum Magic to follow up from seeing the wonderful performance at the PAC today.

Students will create words that have the short 'o' vowel sound, focussing on 'ong' and 'ock'.

### **Mathematics:**

The students will be exploring patterns and sorting and classifying objects. They will copy, continue and create patterns with objects and drawings. Ask your child to look for patterns around the house.

**Inquiry:** Students will make a friendship goal. They will draw a picture about what this will look like.

**RRRR's:** Students will discuss

**Show and Tell:** -

**This week** - A joke or a poem

**Next week** - An interesting item found in the environment.

**Dates to remember-**

**Friday** - **20th September**, last day of Term 3, 2.30pm finish

**Monday** - **7th October** Term 4 begins.

**Friday** - **1st November**, Grandparent's Day

Have a great week,  
Ros and Trish

## YEAR ONE/TWO – Janina, Amanda, David & Karen

This week, we welcome Trent Cremin, replacing Ms Rinaldi. We hope Ms Rinaldi experiences sunny weather on her travels.

Our learning focus for the week -

THANK YOU **NUFRUIT** FOR SUPPORTING OUR SCHOOL



Religion - We continue with our unit 'Grief and Loss' by looking at life cycles of different animals and discussing the changes that occur. The students will look at their own life, discussing the stages they have been through and the responsibilities they have had and expect as they get older. Using the story 'Wilfred Gordon McDonald Partridge', the students will discuss what 'memories' are.

Literacy - our spelling topics this week, are 'all as in 'ball' and 'ull' as in 'bull'. We will also further explore short and long vowel sounds in words - that is, looking at sound patterns when reading and using this knowledge, when writing. This week, we will continue to explore 'prefixes' and their meaning and use. Through the listening to and discussing picture story books around our Inquiry theme 'Celebrating differences', the students are encouraged to predict, make inferences and personal connections to the text. Our writing for the remainder of the term will focus on 'Narrative writing'.

Mathematics - our topics this week, focus on 'equal shares' and 'number sentences'. Through activities such as planning for a birthday party and planting garden beds, students will use maths in context to model sharing, represent and solve mathematical operations involving division eg. There were 5 children at the party, and they had 20 balloons between them, how many balloons did they have each? Activities will centre on grouping into equal sets and solving simple problems using these representations.

Inquiry - we will continue to explore our unit 'Celebrating differences' by looking at different cultures through their music and celebrations. We will be encouraging the students to think about a culture that they would like to explore, culminating with them creating their own musical instrument. **We would greatly appreciate any boxes, cardboard tubes and other craft materials that could assist us with this project.**

**Dates to remember -**

Next week -

Week 10 - Friday 20<sup>th</sup> September - Last day of term

**YEAR THREE/FOUR – Sarah, James, Karen, Paul & Nara**

**YEAR THREE/FOUR – Sarah, James, Karen, Paul & Nara**

**Some dates to remember:**

**19th - 20th September – 3/4 Camp to Nillahcootie**

**School Camp:**

As our 3/4 camp to Nillahcootie draws closer please remember to see Mrs Newton for a medical form if your child is taking any medication on camp. **Medication is not to be left in your child's possession.** All medications are to be given to the child's teacher on the day of camp, with the relevant form filled out. ***This also includes travel sickness medication.*** Please email Mrs Newton at [snewton@spwanganaratta.catholic.edu.au](mailto:snewton@spwanganaratta.catholic.edu.au) if you require a medication form via email.

**Please also remember that your child will need to take a fruit snack, recess, lunch and a refillable drink bottle for the first day of camp.**

THANK YOU **SPOTLIGHT** FOR SUPPORTING OUR SCHOOL

### **3-6 Athletics:**

A very big thank you is extended to Mrs Rickard and all those involved in organising the 3-6 Athletics at the Appin Park Athletics Track last Wednesday, 4th September. The 3/4 children had a wonderful day both catching up with and getting to know their peers from Our Lady's. We were extremely proud to observe our students participating with enthusiasm and great sportsmanship. **This week's homework task will involve students reflecting on their 3-6 Athletics experience.**

### **Religion:**

This week the 3/4 classes are continuing to explore the new Religious Education unit, **Community of Believers**. Over the next couple of weeks students will be researching the key events that shaped the early Church. These key events include 1. Jesus' birth, 2. The work of John the Baptist, 3. Jesus' teaching, 4. The death and resurrection of Jesus and 5. Pentecost.

### **Literacy & Inquiry:**

This week students are continuing to research a well known person with a disability as part of our Inquiry unit, **Someone Else's Shoes**. During Reading sessions, students are practising the skills of locating specific information and note-taking. In Writing sessions they are learning how to organise their research notes into sentences and paragraphs using a biography scaffold. This includes an **'introduction'** which covers biographical facts about the person and what they are specifically known for, followed by the **'series of events'** which documents achievements over time, and a **'conclusion'** which sums up the life of the person.

### **Spelling focus:**

**This week we are focusing on the final blend digraphs:** \_lt, \_ld, \_lk, \_lf, \_lb, \_lm and \_lp as in *adult*, *build*, *talk*, *itself*, *bulb*, *calm* and *gulp*.

### **Numeracy:**

This week in Numeracy students are developing their understanding of the written forms of multiplication, including how to solve algorithms using the split strategy, the grid method and formal vertical multiplication. They will apply these strategies to problem solving scenarios.

### **Uniform:**

Please ensure that students come to school in correct school uniform, including appropriate footwear and the correct sock colour. We do understand that there will be times when children have outgrown footwear and that this is an expensive uniform item. If your child is required to be 'out of uniform' for some reason, please advise Mr Corrigan and your child's teacher. This can be done with a note or a phone call. Thank you for your understanding.

### **Absences/Late Arrivals:**

Please be advised that if a student is absent due to illness, an appointment etc. or if he/she will be arriving to school late, the school office or the classroom teacher must be notified either by phone, email or a note. A verbal notification of absence by the student or a sibling cannot be accepted for legal reasons.

## **YEAR FIVE/SIX – Andrea, Helen & Sharyn**

Events Coming up this term:

**September 19th:** Slam Poetry Contest for nominated entrants

Curriculum News:

### **Numeracy Focus:**

Students continue to apply their understanding of the BAR Model to solving multi-step problems that involve fractions and all four processes. We are working with Base 10 blocks and counters to further consolidate understanding of fraction concepts. The students are working on the strategies for our 5th contest in the Maths Games competition. The strategies we are practising are Divide a Complex Shape and Convert to a More Convenient Form.

### **Robotics:**

This term the Year 6 students will be participating in the Robotics program conducted in conjunction with GoTAFE Wangaratta. The students were introduced to the build design by Justin McMahon and have commenced the build stage of their robots.

### **Reading Focus:**

Students continue to develop reading skills through Literacy Circles and are working on their Slam Poetry piece which will be presented to their own class and then to a panel of judges including Jodi Gibson and Councillor Ashlee Fitzpatrick.

### **Writing:**

To key into our reading focus the students will embark on developing their own Slam Poetry pieces using various writing devices like similes, metaphors, alliteration, personification etc.

### **Inquiry:**

Students are writing a Slam Poetry piece from the topics we have been investigating during our Care for the Kids unit. They will attempt to incorporate some elements of poetry that we have been learning about in class. These will then be presented to their classmates and then a select number will then present to a judging panel.

**RE** – We will continue with our Life Relationships for the remainder of the term. The Parent night will be held early in Term 4.

**Radio** - Emily & Milla will be presenting the St Patrick's Radio Hour on Thursday from 2.00pm on Oak FM.

**RRRR'S** - This term we are exploring issues relating to Gender and Identity.

**Assembly this week is being run by 5/6 Rickard**

Communication:

To contact your classroom teachers, we encourage you to use the school emails or call the school directly (57215795). As always you are also welcome to visit the classroom.

[aconnor@spwangaratta.catholic.edu.au](mailto:aconnor@spwangaratta.catholic.edu.au)

[sackerly@spwangaratta.catholic.edu.au](mailto:sackerly@spwangaratta.catholic.edu.au)

[herrickard@spwangaratta.catholic.edu.au](mailto:herrickard@spwangaratta.catholic.edu.au)

[khiggs@spwangaratta.catholic.edu.au](mailto:khiggs@spwangaratta.catholic.edu.au)

THANK YOU **GABBY HANDMADE RESIN JEWELLERY** FOR SUPPORTING OUR SCHOOL



# FREE

## School Holiday Program

The School Holiday Program is a great way for all primary school aged kids to try a fun new sport while getting active!

**Come & Try:**

Pickleball - Wangaratta

Lawn Bowls - Moyhu

Cricket - Greta

Cricket - Gapsted

Little Aths - Rutherglen

Softball - Rutherglen

BMX - Wodonga

Waterpolo - Wodonga

& more...



To register your spot today, please head to [www.sportnortheast.com.au](http://www.sportnortheast.com.au)



**When you notice a change,  
no matter how small**

**Trust the Signs, Trust your Gut  
& Ask R U OK?**

Learn the signs and how to ask at [ruok.org.au](http://ruok.org.au)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.