



NEWSLETTER GRAFTON HIGH SCHOOL

TERM 1 WEEK 10

Can you believe it?

We've reached the end of Term 1 2024 and what a fantastic term filled with tons of fun, learning, and growth it has been!

In this issue of our school newsletter, you'll find key updates and information on:

- **Upcoming Events**
- **Principal's Message**
- **Sport News**
- **School Based Apprenticeships & Traineeships & Careers News**
- **Excursion News**
- **WISE & SLIP News**
- **GHS PBL News**
- **Meet our Student Representative Council**
- **Around the School**
- **Reminders for Uniform, Attendance & Immunisations**
- **Bus Rules**
- **P&C Meetings**

ON THIS MONTH - April

Smashed Production Alcohol Education Show	9
• Year 8 & 9	
Year 10 Immunisation	10
YAM Year 10	10
Last day of Term 1 - Friday	12
Pupil Free Day - Monday	29
Students return for Term 2 - Tuesday	30

ON NEXT MONTH - May

Selective High School Placement Test	9
South Cares - Rabbitohs Wellbeing Day	9
Cross Country - Grafton Showground	10
Junior AECG in MPC	14
P&C Meeting 6pm	15
Walk Safely to School Day	17
Year 7 Questacon Visit	17



**HAPPY
MOTHER'S
DAY**



FROM THE PRINCIPAL'S DESK

Term 1 has been another busy and successful term for us here at Grafton High School. We have continued to strive for improvement across all areas of our school. There are always challenges that lie in wait and hinder our progress, but we have and will continue to overcome these. Our students continue to do us proud in academics, cultural activities, sports and leadership. As just one example, we enjoyed a wonderful day of soccer on our school grounds last week, which brought great positivity and school spirit to our site for all those involved, which included players, coaches, visiting parents and school spectators. Win or lose, our teams did us proud in the way they conducted themselves.

At the time of distribution of this newsletter on Friday 5th April, I will be enjoying working with our Student Representative Council on their leadership development day. There will be many interesting sessions on the day from team building to connecting with previous Grafton High School students who are now leading their field of expertise. We are very proud to have a full cohort of SRC representatives, and I thank and congratulate the staff that make this happen.

In mid-March, I had the opportunity to attend the Sydney Morning Herald Schools Summit, having been invited to speak as part of a panel of four principals from all education sectors. I used this opportunity to present both the wonderful things that students and staff at Grafton High School achieve and do every day, but also highlighted the struggles and challenges that they have to overcome to do this, which are not always faced by their fellow students in the city and called for more to be done to address this. It was a great opportunity to bring a regional voice to an important event, and I hope to have done our school proud.

As we near the end of this term, our attendance rate for all students in all years is slightly lower than the same time last year. It is timely that I highlight the importance of attending school on every day possible. Of course, there are times that illness or emergencies prevent this, and it is important to explain absences in this situation in one of the various ways available to contact the school. Regular absences over time can add up to significant periods of learning being missed. If you have concerns or need some assistance or advice around attendance for your child, please be in contact early with the relevant year adviser, or our relieving Head Teacher Wellbeing, Kelly Blanch.

The initial stage of our strategic improvement plan for 2024-2027 will be completed by the end of this term, and will build on our previous positive progress. Our three areas of focus will be student growth and attainment, high expectations, and sense of belonging. We believe these three areas complement each other, and will continue to serve our students well in preparing them for happy and prosperous adult lives.

I wish all students, families and staff a safe and enjoyable school holiday break, and we look forward to working together in Term 2.

Scott Dinham
Principal
Grafton High School



SYDNEY MORNING HERALD SCHOOLS SUMMIT



Congratulations to our Principal, Mr Scott Dinham, who had the opportunity to speak last week at the Sydney Morning Herald Schools Summit, after being invited late last year. It was an opportunity to put forward both the positives of Grafton High School, and highlight the struggles and disadvantage faced by regional and rural schools at an event that was well attended by all education sectors and included both the federal and state education ministers on the agenda, as well as the secretary of DoE.

Mr Dinham highlighted what we already know, that Grafton High School has wonderful students that are as capable as any, and has many highly capable staff that would not have been misplaced participating in the 'expert panels' that were part of the day. He also highlighted the importance of advocating for regional and rural schools at every opportunity.

Thank you Mr Dinham for representing both our school and regional/rural areas, you have certainly done us proud!

Congratulations!



SPORT NEWS

HOCKEY TRIALS - GHS GIRLS AND BOYS SQUADS

Thank you to all students who have attended the girls and boys open team hockey trials in Week 8. (Thanks also to families for appearing at Fisher Park on a dark Wednesday morning!).

We had an excellent turnout with many keen young players.

Before-school Training will commence again in term 2. Notice will be given to all players and families of when these training sessions will start again, (possibly week 2). All students who attended the trials in week 8 will be welcome to attend ongoing training, as both the boys and girls groups aim to continue to build a larger player base and depth of experience throughout these school squads.

We believe that the first Knockout matches will not take place until after week 4, so team selections for the initial matches will be finalised just prior to then.

Congratulations also to students who participated in the Zone Hockey trials recently in week 9. Several girls and boys have been selected to attend Regional trials to be held in Murwillumbah during week 1 term 2.

We also wish Shanae all the best as she represents NSW at the National U/16 Tournament in the coming weeks in Tasmania. Congratulations Shanae and all the best for a successful tournament.

Ms Baker. Co-Coach Girls Hockey, Grafton High.

U15s BILL TURNER CUP

Grafton High hosted Maclean High for the 1st round of the U-15s Bill Turner Football Competition on Thursday 28th March. The girls played very well and showed lots of promise against a much more experienced team, but ultimately lost 2-0. The boys played some excellent football to beat a very tenacious Maclean team 6-0.

They will now play an away game in the second round against McAuley Catholic College at a date to be determined in Term 2.



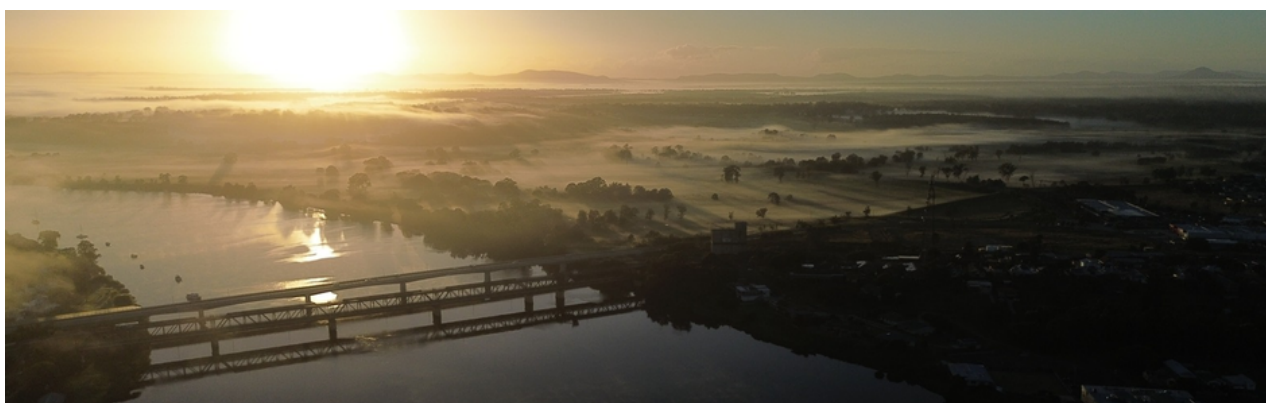
NORTH COAST SWIMMING



Congratulations to all swimmers who represented GHS at the North Coast swim championships. Well done to Riley, Robert and Jack who will represent Grafton High School at the NSW CHS Swim Championships, 2024. Congratulations to Jack achieving the North Coast Open Boys Swimming Champion. We wish you all the very best for PB swims at the event.

GHS ROWING - MORNING ON THE CLARENCE

Sunrise on the Clarence as experienced by Grafton High School Rowers.



We are excited to announce that we have been successful in gaining a Rowing Sports Grant to help increase female sports participation! If you have a female student in year 7-10 who may be interested in being involved in a fully funded rowing program, it is the perfect time of year to be on the river. Please contact Mr Smith to discuss.

A big thanks to the PDHPE staff for their expertise in capturing the drone footage for athlete feedback and development. Absolutely an awesome morning on the river. Thank you to all the rowers and their families for your continued support of this program. What a sensational place and way to start the day.



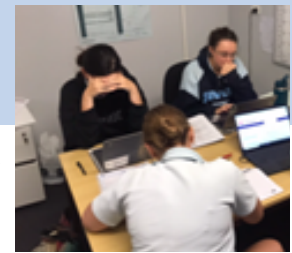


SBAT

School Based Apprenticeships and Traineeships

A DAY IN THE LIFE OF AN SBAT STUDENT AT GHS

At GHS, our School Based Apprenticeship and Traineeship (SBAT) students enjoy a dedicated support area nestled within the senior common area of our library. Here, they have exclusive access to a designated workspace tailored for completing the training course component of their SBAT. Whether it's tackling tasks on paper, online, or engaging in Microsoft Teams video calls, students can comfortably leave their work in the room and come and go as their existing class timetable permits.



Furthermore, students have the advantage of accessing staff members and know when staff are available to help them work through any of their SBAT-related needs.

The students have a GHS support staff person available 3 days a week as well as our visiting SBATEO Rachel Copeland who attends every Friday. Additionally, Mr. Hartmann, the HT Transition, utilises this space as his base to ensure easy accessibility for his SBAT students.



The best thing about this area is that it is conducive to the students providing informal mentoring and support to each other. It makes it a more positive learning experience for them with the students all helping and encouraging each other. Quite often the students congregate and love talking about their workdays to each other.

We prioritise creating a welcoming, and a fun place to learn and have even created an SBAT music playlist!

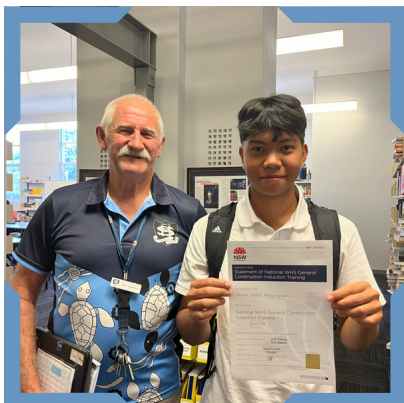
GET YOUR CAREER STARTED BEFORE YOU LEAVE SCHOOL



GHS CAREERS NEWS

WHITE CARD CERTIFICATION!

Congratulations to the 20 students from Year 9 to Year 11 who have successfully completed their White Card Safety induction course, facilitated by CHS Training. The White Card certification allows students to work on construction sites safely and responsibly. For those who missed this opportunity, the next course is scheduled for May 8. Students keen on acquiring their White Card are encouraged to reach out to Mrs Piper, The Careers adviser.



CHARLES STURT ONLINE PARENT INFORMATION SESSION!

Charles Sturt is excited to let you know about their upcoming free Online Parent Information Session on 17 April (6:30pm– 8:00pm).

The information session is designed to give parents the knowledge they need to support their child as they navigate the transition from high school to university. During the session we will cover all things university – including:

- the application process
- how to apply for our early offer program, [Charles Sturt Advantage](#)
- scholarships
- on-campus accommodation
- student life (hearing from our Student Ambassadors)
- plus, much more!

The link to register is [available here](#).





OUT AND ABOUT

Excursions

YEAR 12 - KING HENRY IV EXCURSION

In Week 7, Year 12 English Advanced students, Mr Smith and Ms Hubbard, travelled to Sydney to see a production of Shakespeare's King Henry IV Part 1, which we have been studying in class. We travelled overnight by train (which was an experience in itself!) arriving in the city quite early in the morning. After breakfast we walked to the Uni of Sydney to see the show at the Seymour Centre, joining hundreds of other Year 12 students to see this fantastic production, which provided valuable new insights into the play.

After the show, we travelled to the Art Gallery of NSW to see several exhibitions which will inspire our creative writing. We had dinner in Spice Alley, then a last minute change to our accommodation before, settling in for the night. The next morning after a spot of retail therapy, a light rail breakdown and a power walk across the city lugging luggage, we were back on the train on the way home. We packed a lot into our 48 hour trip, and the students represented themselves and the school well.



Year 12 Advanced English class in front of the Archibald Memorial Fountain in St Leonards Park



Some of our class in front of an artwork at the Louise Bourgeois exhibit at the Art Gallery of NSW



The Year 12 English Advanced students (with Mr Smith and Ms Hubbard) having breakfast in Sydney, before heading to the theatre.

YEAR 12 - HSC MUSIC EXCURSION

Year 12 Music students visited Sydney to watch ENCORE at the Sydney Opera House.

ENCORE is a collection of outstanding performances and compositions from the previous year of HSC Music students in NSW.

The students had a great time and were amazed by some of the talent on display.



Lennox, dazzled audiences at the Saraton in Grafton on Wednesday night with the premiere of 'Windcatcher'. Be sure to catch this captivating film on Stan.

Congratulations, Lennox!
Your stellar performance has made us all incredibly proud.



PULSE ALIVE

Year 8 student, Vinh represented GHS at Pulse Alive, in Sydney. Pulse Alive is a state-wide show performed at The Ken Rosewall Arena at Olympic Park.

Vinh was selected, via audition, to play flute in the live orchestra.



Congratulations Vinh on this incredible achievement!

PICTURE PERFECT - HERON ISLAND



Both students and teachers had an amazing time at the recent Year 12 excursion to Heron Island which was originally cancelled in 2023 due to a cyclone.

It sounds like despite the disappointment of the cancellation, the eventual excursion to Heron Island was well worth the wait. Witnessing baby turtles hatching must have been a truly magnificent highlight and because of the time of the year it is an experience the GHS students wouldn't normally witness.

The students had many adventures including, snorkelling, swimming and walking across the island to fully explore this unique ecosystem. The students learnt a lot during lab sessions and overall, it was a fantastic excursion and an experience that students will never forget!





WISE & SLIP NEWS

SUPPORT SWIMMING PROGRAM

Our students in the Support Unit have been making great progress over the past few weeks with their swimming skills. Lachie showed us how he likes to hold his breath and swim under the water, whilst Chelsea and Kaiden were practicing swimming on their backs.

Back at school, Faris and Brodey were making the most of the cooler weather by using the outdoor gym to help stay fit.





GHS PBL

SHARE AWARDS

Students recognised through assemblies and Year Meetings

PBL Assembly Awards, Year Adviser Certificates, Postcards and Bronze, Silver, Gold Awards

There have been a multitude of students recognised each fortnight at our school assembly, with PBL achievement awards. Every fortnight we have had more than 1500 positive referrals entered by staff, recognising how our students are engaging with school values and expectations. From the students who have received positive referrals, draws have taken place and our lucky recipients of the draws have been acknowledged for their efforts at each assembly. Again our school would like to thank the local businesses who have contributed many vouchers for our school to use as prizes for students.

Particular thanks to the Saraton Theatre, Toast Espresso, Heart & Soul Wholefood Café, our school canteen and awesome staff, and also our school coffee shop (Spot on Coffee) who fund a staff voucher each fortnight also.

We are extremely proud of our students being acknowledged through the receipt of a positive referral entered by staff and also for those who have received the vouchers throughout term 1.

In our upcoming week 11 Year Assembly we will again have Year Advisers reward a student with a Year Adviser Award. This has also occurred each fortnight throughout term 1 with Year Advisers being able to recognise a student in their year group for participation, progress or consistent practice of effort and achievement. Students across the school who have also accumulated 30 or more positive referrals for the term will also receive a GHS Bronze Certificate, recognising their commitment to school values throughout term 1.

Many families would have already received a GHS "Postcard" arriving at their homes. There have been more than 250 students across the school who have already received 15 positive entries for the year. A postcard is sent home to recognise this initial achievement.

We also hope to have special assembly to issue more bronze and hopefully silver certificates at the end of term 2, and invite parents and guests to a special ceremony.

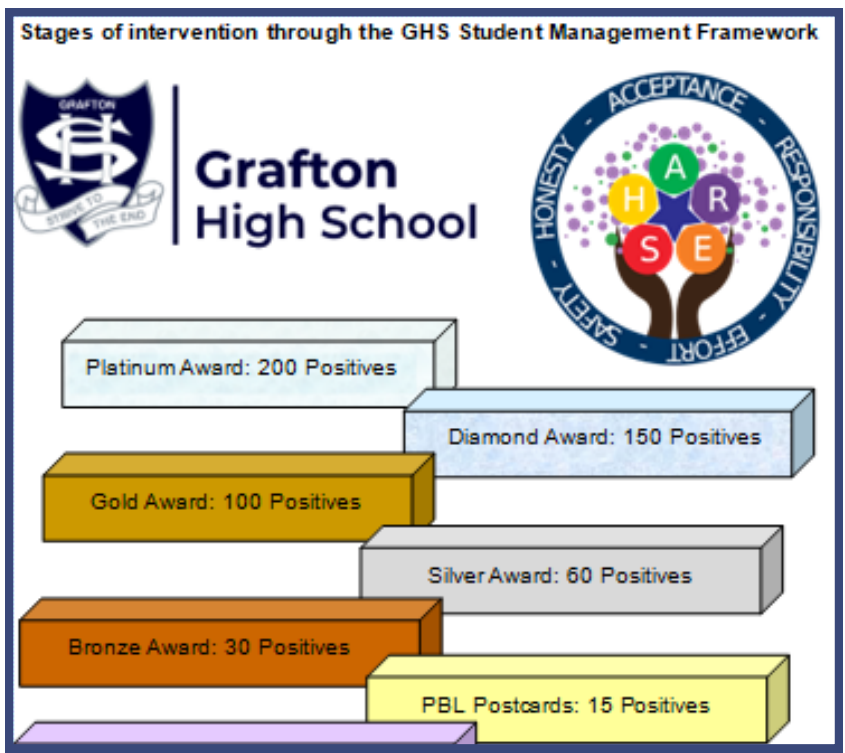
The GHS PBL Team.

A HUGE THANK YOU TO OUR PBL SPONSORS

including GHS Canteen & School Coffee Shop - Spot On



CONGRATULATIONS TO OUR SHARE AWARD RECIPIENTS





AROUND THE SCHOOL

MEET OUR SRC FOR 2024

Captains



Congratulations to our wonderful SRC students for 2024! All of you do us proud and our School is so privileged to have such wonderful leaders for 2024!

Vice Captains



PREFECTS



Year 11

Year 10

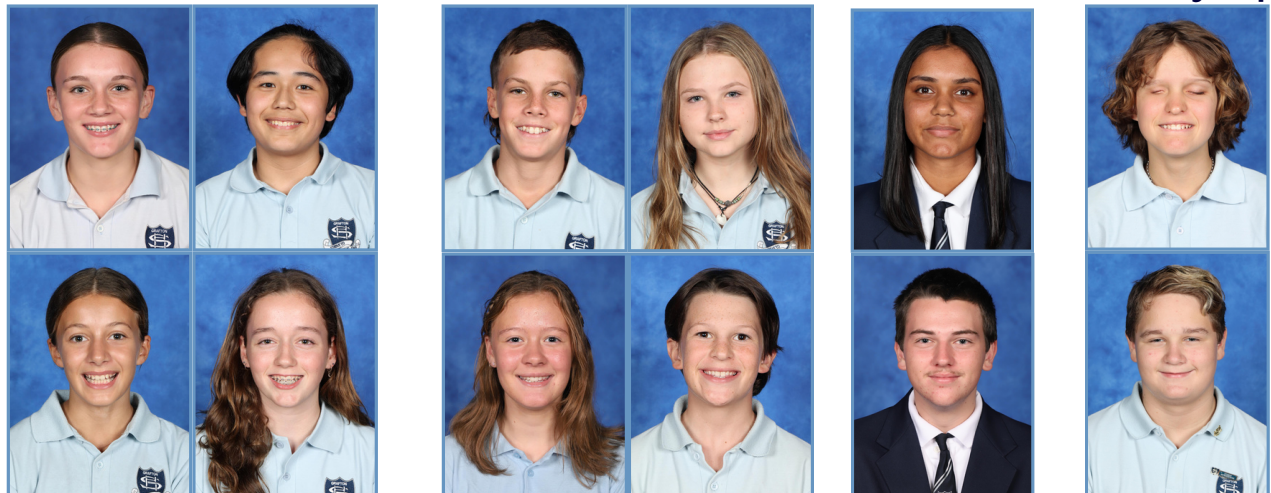
Year 9



Year 8

Year 7

First Nations Disability Rep





HARMONY WEEK



Grafton High School celebrated Harmony Week from 18th - 24th March, recognising the diversity that brings together Australians from all different backgrounds. It's about inclusiveness, respect, and a sense of belonging for everyone.

To celebrate, Grafton High School held an Orange Mufti Day for 'Harmony Day' on Thursday 21st March, where Students and Staff showed their support by wearing an item of orange clothing or an orange accessory.

The school SRC also ran a fundraiser in conjunction with Harmony Day, raising money for fixed sports equipment and updating the school representative blazers.



GHS ENVIRO CLUB



EARTH HOUR

Students and staff turned the lights out and air conditioners off during Period 1 on Friday 22nd March, as they participated in School's Earth Hour. Thank you to the members of the School Enviro Club who visited every room at GHS to remind staff to switch off. The Enviro Club hopes that by participating in Earth Hour, everyone at GHS will be inspired to take action on climate change and protecting our amazing planet.



THANK YOU ENVIRO CLUB!

Recently, the GHS Enviro Club replanted and weeded the Year 12 area, including the vertical gardens. This green space is now looking fantastic thanks to their hard work. It is great to have some keen Year 7 students join the Enviro Club this year; if you are concerned about the Environment and want to make a change, come along to our Friday lunch time meetings and get involved!

Mrs Robertson



STUDENTS CONCERNED ABOUT THE ENVIRONMENT ARE WELCOME TO ATTEND OUR MEETINGS HELD DURING LUNCH TIME ON FRIDAYS!

T BLOCK TUNES (MPC VERSION)

LAST NIGHT, THURSDAY 4 APRIL GHS HAD OUR FIRST T BLOCK TUNES EVENT!



The event showcased works from talented students of CAPA & TAS, with live music, works on display and food and beverages provided by the Hospitality students.

Unfortunately, the weather did not want to play nice for us and we had a late change of venue to the MPC. This didn't stop the night going ahead and being a massive success.

The students had an excellent time performing and sharing their cooking. A massive thank you to all involved from the TAS and CAPA/Languages teams, the team work really brought the night together.

We are looking forward to seeing you in Term 2 for another round of T Block Tunes, next time hopefully in T Block.





REMINDERS

Uniforms, Attendance & Immunisations

UNIFORM must be worn every day at Grafton High School.

If unable to wear uniform, students are expected to bring a dated note from home explaining the reason for each day out of uniform.

Attendance matters means explaining all absences

If your child is:

- Sick
- Has a medical appointment
- Has to travel for family business
- Involved in Sorry Business

Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online



Scan the QR code to give your consent now



To provide online consent visit:
<https://engage.health.nsw.gov.au/engage>

For more information visit:
health.nsw.gov.au/schoolvaccination

November 2023 © NSW Health.
SHPN (HP NSW) 220990.

NSW Health

Please register your Year 7 or 11 Student online!

**Year 10 Immunisations
Wednesday 10 April 24**

**Year 7 Immunisations
(and year 8 catch up)
Wednesday 19 June 2024**



BUS RULES

Code of conduct for school students travelling by bus
The Student Code of Conduct exists to ensure you travel safely and show respect for others.

Students must follow regulations when travelling between home and school using public transport. All students must behave in a manner that ensures both their comfort and safety and that of other passengers.

Behaviour on buses



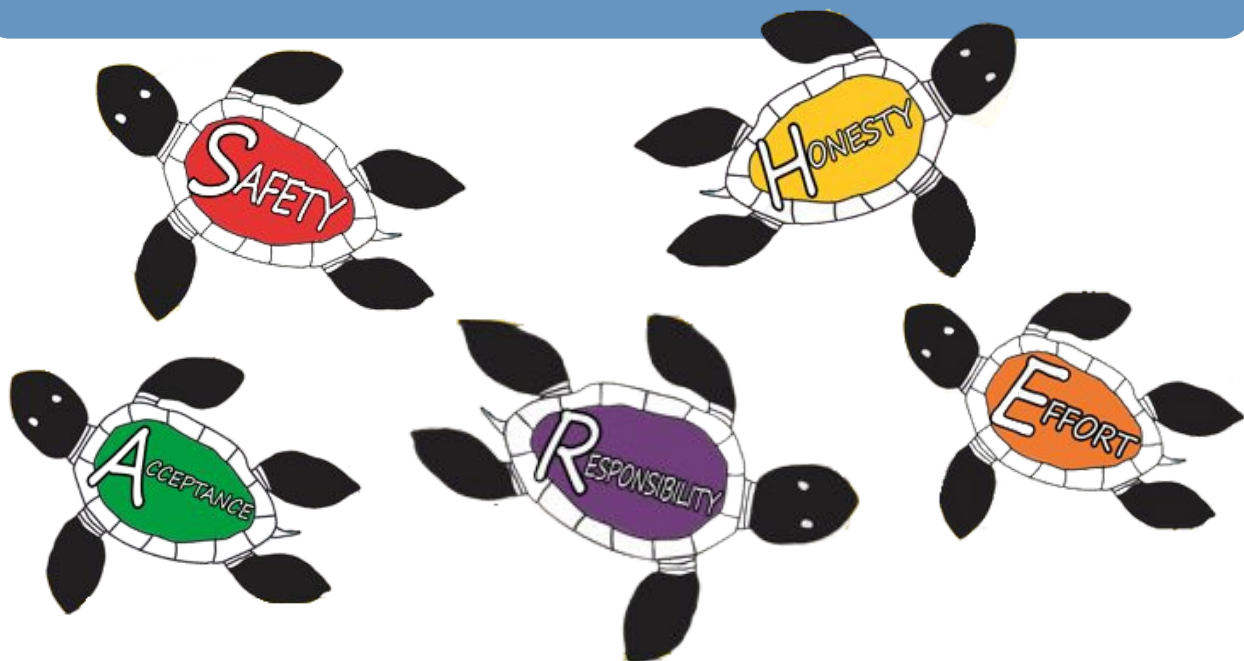
- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency
- Do not play music at such volume that it may distract the bus driver or other passengers.

Safety on and near buses

- Obey reasonable directions from the driver (for example, where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and always keep a secure hand hold
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available.

Legal considerations on buses

- Wear the seat belt properly adjusted and fastened, if one is available
- Obey the law that bans smoking on buses
- Ensure that buses are not vandalised - report any damage, graffiti and window etching, to the driver
- Do not interfere with bus property, equipment and signage
- Do not leave rubbish on the bus, or at bus stops or interchanges.



P & C MEETINGS

SAVE THESE DATES

Term 2

Week 3: Wednesday May 15 2024 - General Meeting

Week 8: Wednesday June 19 2024 - General Meeting

All meetings start at 6pm held in the Common Room at Grafton High School.

Meeting dates can also be viewed on our Facebook page events.



GHS SCHOOL CANTEN

VOLUNTEERS NEEDED

*Calling All Parents/Carers
We Need Your Help*

At GHS we are so grateful for the lovely ladies who work in our school canteen, every day they are serving our students and staff delicious healthy food.

The canteen also sell stationary items and can help you with school uniform purchases.

We would certainly appreciate any new additional volunteers to help prepare food for a few hours, once or twice a month.



Find out what really goes on in the school!

Don't hesitate to contact us



grafton-h.school@det.nsw.edu.au



02 6642 3355

You can find important updates and further information on our website, parent portal app and social media channels



www.grafton-h.schools.nsw.gov.au



facebook.com/GraftonHighSchool



Parent portal - grafton-h.sentral.com.au/portal/login



CLARENCE YOUTH SCHOOL HOLIDAY PROGRAM

FREE ACTIVITIES FOR YOUNG PEOPLE 12-18!

WEEK 1

BASKETBALL TOURNAMENT

Monday 15th April, 10am to 3pm
Jabour Park, South Grafton
Just turn up!

WEARABLE ART WORKSHOP

Monday 15th April, 10am to 12noon
Dundurrabin School, Dundurrabin
Bookings essential text – 0414 284 150

FLOWER CROWN WORKSHOP

Monday 15th April, 2pm to 4pm
Iluka Community Hall, Iluka
Bookings essential text – 0478 099 905

COMMUNITY CULTURAL CONNECTIONS DAY

Tuesday 16th April, 11am to 2pm
Lawrence Memorial Park, Lawrence
Just turn up!

LASER SKIRMISH

Tuesday 16th April, 3pm to 5pm
Bailey Park, Ulmarra
Just turn up!

ART IN THE PARK

Wednesday 17th April, 10am to 2pm
Memorial Park, Grafton
Just turn up!

LASER SKIRMISH

Wednesday 17th April, 3pm to 5pm
Nip Welsh Park, Minnie Water
Just turn up!

LASER SKIRMISH

Thursday 18th April, 2pm to 4pm
Woombah Park, Woombah
Just turn up!

LIVE 'N' LOUD

Thursday 18th April, 5pm to 9:30pm
Grafton Library, Grafton
Just turn up!

WEARABLE ART WORKSHOP

Friday 19th April, 10am to 12noon
Glenreagh Hall, Glenreagh
Bookings essential text – 0414 284 150

KICK FLIPS & TAIL WHIPS

Skate & Scooter Competition
Friday 19th April, 11am to 3pm
Yamba Skate Park, Yamba
Registrations - <https://ow.ly/by3m50QWkk>

OUT OF THE BOX YOUTH SESSION

Art & Tunes
Friday 19th April, 3:30pm to 5pm
Out of the Box, Yamba Skate Park, Yamba
Just turn up!

CLARENCE YOUTH SCHOOL HOLIDAY PROGRAM

FREE ACTIVITIES FOR YOUNG PEOPLE 12-18!

WEEK 2

3 X BASKETBALL TOURNAMENT

Monday 22nd April, 10am to 2pm
P.CYC, Grafton
Bookings essential - (02) 5622 4020

DROP-IN - MILKSHAKES & CAPTURE THE FLAG

Monday 22nd April, 3:30pm to 5pm
Coutts Crossing Skate Park, Coutts Crossing
Just turn up!

DRUMMING & PIZZA DAY

Monday 22nd April, 11am to 1:30pm
Leadspace, Grafton
Bookings essential – 6642 1520

GRAFFITI ART WORKSHOP

Monday 22nd April, 2pm to 4pm
Lawrence Memorial Park, Lawrence
Bookings essential text – 0423 134 173

WOODBURNING WORKSHOP

Tuesday 23rd April, 10am to 12noon
Nymboida Hall, Nymboida
Bookings essential text – 0475 428 003

GRAFFITI ART WORKSHOP

Tuesday 23rd April, 2pm to 4pm
Copmanhurst Skate Park, Copmanhurst
Bookings essential text – 0423 134 173

FLOWER CROWN WORKSHOP

Wednesday 24th April, 10:30am to 12:30pm
Grafton Regional Gallery, Grafton
Bookings essential - <https://events.humanitix.com/make-a-flower-crown-workshop-for-youth>

SKATE & CREATE

Wednesday 24th April, 2:30pm to 5:30pm
Iluka Skate Park, Iluka
Just turn up!

OUT OF THE BOX YOUTH SESSION

Arts & Tunes
Wednesday 24th April, 3:30pm to 5pm
Out of the Box, Wherrett Park, Maclean
Just turn up!

SURF LESSONS

Friday 26th April, 9am to 12noon
Main Beach, Minnie Water
Bookings essential – 0447 693 863

OUT OF THE BOX YOUTH SESSION

Games & Art
Friday 26th April, 3:30pm to 5pm
Barrier Park, Junction Hill
Just turn up!

For more information and updates, check out our Facebook page Clarence Valley Youth*. Please call 0428 420 908 if more details are required. Outdoor activities will be postponed in the case of wet weather. Programs proudly sponsored by:



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REGIONAL ATHLETE SPONSORSHIP PROGRAM

WE ARE LOOKING FOR TALENTED LOCAL ATHLETES TO SPONSOR!

Do you want to train like a pro? Get the support and health and performance experts to reach your goals? Is 2024 the year you take your performance to the next level and smash your goals? If so, we're here to help!

The team at Mid North Coast Allied Health, partnered with ACE Performance and Food Culture Nutrition, are looking for 10 talented athletes in the Coffs Coast region to sponsor in 2024. Better still, this year we're opening this opportunity to everyone, not just junior athletes!



If this sounds like you, please apply via the QR code or link below.
<https://forms.office.com/r/KOSBVWIASe>

Applications Close: 7th of April 2024
Email: nathan.oconnor@mncalledhealth.com
Phone: 1300 27 37 47



REGIONAL ATHLETE SPONSORSHIP PROGRAM

Applications are now open for you to be our next sponsored athlete in 2024!

Mid North Coast Allied Health is dedicated to helping local athletes be the best they can be by helping them achieve their health and performance goals. MNCAH believes that all athletes deserve the support of an expert team to perform at the highest level, regardless of their geographical location.

The team at Mid North Coast Allied Health, partnered with ACE Performance and Food Culture Nutrition, are looking for 10 talented athletes in the Coffs Coast region to sponsor in 2024. Better still, this year we're opening this opportunity to everyone, not just junior athletes!

What we are looking for are individuals that are passionate about their chosen sport, committed to improve in their chosen sport, have a willingness to challenge themselves and a desire to take their performance to the next level. Our team of experts will provide you with the support to help you maximise your potential. To be eligible you must live in the Mid North Coast region.

If this sounds like you, please follow the link below to complete your application before the 7th of April, 2024.
<https://forms.office.com/r/KOSBVWIASe>

What the program will offer:

- A \$1000 budget to use towards physiotherapy services at MNCAH
- 50% off ACE Performance memberships.
- 50% off an initial assessment with Accredited Sports Dietitian, Jacqui Heward from Food Culture and Nutrition.
- Combined value of almost \$2000 per athlete
- Early access to tickets for Coffs Harbour High Performance Centre education seminars.
- Coverage of your Journey on our social media platforms.
- Mid North Coast Allied Health sponsored athlete training kit.

Shortlisted applicants will be contacted to conduct a short interview over the phone with our program coordinators so that we can get to know you a little more prior to final offers being made.

If you have any questions, please contact our 2024 RASP coordinator Nathan O'Connor



nathan.oconnor@mncalledhealth.com
Clinic phone: 1300 27 37 47
Website: <https://mncalledhealth.com/>
Clinic email: info@mncalledhealth.com



Volunteers needed Wesley Aunties & Uncles

Wesley Aunties & Uncles offers children up to 12 years old from disadvantaged homes an extra family environment through 'aunties' and 'uncles' who invest in their lives and provide mentoring, care, and guidance.

Volunteer Role

Volunteering as an aunt or uncle is rich and rewarding work. It requires mentors to open their heart and home to a child in need for one day or weekend a month in a spirit of acceptance, friendship and understanding for both the child and their parent/s.

These children are living with challenging family circumstances which may include a parent or sibling struggling with chronic illness or addiction, emotional trauma, social and financial disadvantage, isolation and limited extended family support.

It is essential that volunteer mentors are willing to make this commitment for a minimum of 12 months. Many of the children referred to the program have had lots of disappointment and rejection in their life and need to know they are accepted.

Tasks & Duties

Spending time with each other for one weekend a month, as an Aunt or Uncle you will:

- ✓ spend one day or weekend with your child each month, participating in a range of activities that build their confidence and life skills.

Requirements

- ✓ Commit to a minimum of 12 months
- ✓ Be over the age of 21
- ✓ Attend training
- ✓ Hold a current drivers licence
- ✓ Undergo a National Criminal History Check and NSW Working with Children Check

To learn more about becoming an Aunt or Uncle simply scan the QR code, or contact us via the details below

Phone: 02 9638 2480

Email: wesleyauntiesanduncles@wesleymission.org.au



Do all the good you can
because every life matters