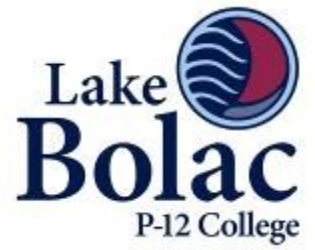


newsletter

Work hard, be nice

Term 1 Week 8 Wednesday 20 March



Friday Fun Day

diary DATES



FRIDAY 22 MARCH
>Eel Festival Workshops

TUESDAY 26 MARCH
>Greater Western Region Lawn Bowls - Ararat

WEDNESDAY 27 MARCH
>Wellbeing Day
>Student Leadership Meeting
>ILP Interviews (3:45pm-6:00pm)

THURSDAY 28 MARCH
>End of Term 1 (no scheduled classes)
>ILP Interviews (9am-12pm)

MONDAY 15 APRIL
>Term 2 commences

WEDNESDAY 17 APRIL
>Yr 7 2025 Information Evening

THURSDAY 25 APRIL
>ANZAC Day Public Holiday

FRIDAY 26 APRIL
>School ANZAC Assembly
>Kinder & Yr 3-4 Partnership

WEDNESDAY 1 MAY
>Student Leadership Meeting

THURSDAY 2 MAY
>Black Ranges Cross Country—St Arnaud

MONDAY 6 MAY
>Mid West Complex Cross Country

WEDNESDAY 8 MAY
>Lake Bolac and District Athletics (Primary)

MONDAY 13—FRIDAY 17 MAY
>Education Week

THURSDAY 16 MAY
>Education Support Personnel Day
>Walk Safely to School Day
>IDAHOBIT Day
>Kinder and Yr 5-6 Partnership

FRIDAY 17 MAY
>House Athletics



PRINCIPAL'S *report*

Term 1 has shaped up to be a busy and productive term. It has also flown by so quickly. Students are well established in their routines and are making great progress in all areas. Students have been doing some amazing work in using their voice and agency to organise activities and effect change in the school. Congratulations everyone on a fantastic term. I hope to see you all at ILP meetings next week.

SCHOOL COUNCIL AGM

Last night we had our Annual General Meeting of School Council, followed by a General Meeting. Huge thanks and congratulations to all of our school council members, particularly to our newly appointed office bearers:

PRESIDENT	Jonathan Box
VICE PRESIDENT	Virginie Woolidge
TREASURER	Justine Liston
PARENT MEMBERS	Lisa Wardlaw Justine McQualter Sue McKenzie Zena Kilpatrick
STAFF MEMBERS	Emily Michell Giselle Allgood Jessica Brady Kirralee Keilar
STUDENT MEMBERS	Student volunteers on rotation.
CO-OPTED COMMUNITY MEMBER	Position vacant.

Already our discussion have been centred around school improvement, consistency and developing engagement. Last night we welcomed Chloe and Bentley Hague as student representatives, both were able to share valuable insight into student perceptions and provide updates on the important work being undertaken by Student Leadership Group (SLG). A reminder that all meetings are open to our school community, please advise in advance that you will be attending to ensure we have adequate seating and catering provided. I am looking forward to an amazing year ahead with this team.

EEL FESTIVAL & WORKSHOP

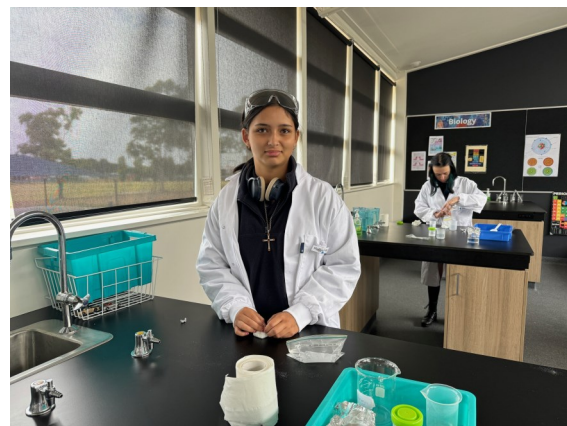
This Friday the Eel Festival team has organised a workshop for our Year 3-10 students. There will be lots of fantastic cultural information, including information on eels and their importance and instruments using animal skins. The festival is a great way to explore culture, music and art. Families are encouraged to attend the festival.

FILMSTAR FRIDAY

Our SLG encouraged students to dress up as their favourite film stars and participate in a range of activities last week. There were some amazing costumes and loads of fun had by all. The SLG met after the event to consider feedback and how they will make the next Friday Fun Day even more successful. Well done to the organising committee for all of their hard work.

GIRLS IN STEM / BOYS IN STEM

Four of our Year 9 Science students have been selected to participate in STEM programs at the Ballarat Technical School. These take place on two consecutive days per term and allow them to explore a wide range of Science opportunities. The program includes engagement with industries and specialised science equipment that isn't readily available in schools. Congratulations to Chloe, Maggie-May, Harmony and Marshall for their selection for these programs.



INDIVIDUAL LEARNING PLAN MEETINGS

These are an opportunity to meet with your child and teacher to set goals, discuss progress, successes and challenges. We encourage all families to attend and strongly encourage students to be present and lead the discussion. These meetings are open on Compass. Meetings with Miss Hill will be scheduled next term, as she is currently on leave until the end of term. Year 7-11 families will receive information about this early next term.

SCHOOL FOR STUDENT LEADERSHIP

Three of our Year 9 students, Bryce, Harmony and Grace, were fortunate enough to be amongst only 2% of students across the state to attend the School for Student Leadership. This is a term long residential experience and our students were hosted at Don Valley. They have participated in an array of cultural activities and leadership development exercises. I will be joining them on Friday to tour the facilities and to listen to community project presentations from our students and those from other schools. We are looking forward to having them return to Lake Bolac College for Term 2 and to watch their community project come to life.



UNIFORM

Most students are in full school uniform, which has been fantastic. This was a topic of conversation at school council and we will be working to ensure all students are in full uniform and meeting the expectations set for our school. Please be assured that if support is required, we are able to offer help and support in getting students into the correct uniform.

UNIFORM POP UP SHOP

Make accessing uniform even easier, by donating or collecting items from our pop-up uniform shop at ILPs. This will be set up in Room 3, just down from the main office. Please help yourself to uniform items and if you have any you wish to donate, please bring them along.

As we approach the end of term already, I would like to wish all of our families a safe and enjoyable Easter.

Giselle ALLGOOD | Principal



*Please join us for the
Lake Bolac College*

2025 Year 7 Information Evening

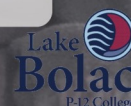
Wednesday 17th April
Lake Bolac College Library
6:00pm - 6:30pm

Dinner

A complimentary two course meal will be provided by Paula Symons Catering following the information session.

Families with students currently in Year 4, 5 or 6 are encouraged to attend.

RSVP for catering purposes by 28th March
lake.bolac.co@education.vic.gov.au or 03 5350 2302



STUDENT OF THE WEEK *Term 1 Week 6*

PREP: *Tom*

For showcasing attentive listening skills, and as a result making great gains in his academic abilities.

YEAR 1-2: *Stevie*

For being a supportive and kind classmate who always tries her best to achieve her goals.

YEAR 3-4: *Kodi*

For coming to class with a can do attitude and being a great classmate to all, Well done Kodi

YEAR 5-6: *Charli*

For always being organised, ready to learn and extremely resilient.

YEAR 7-8: *Kelvin*

For being a huge support for staff and students during the swimming sports day.



STUDENT OF THE WEEK *Term 1 Week 7*

PREP: *Manawa-Rose*

For working hard on forming letters clearly when writing. Keep up the fantastic work, Manawa-Rose.

YEAR 1-2: *Everly*

Everly has done a great job this week by being resilient in her learning, in all classes. As well as always showing staff and students respect. Great work, Everly.

YEAR 3-4: *Jack L*

For working hard at all tasks, and showing great achievement, keep up the good work.

YEAR 5-6: *Ariki*

For showing great perseverance and attitude during numeracy, applying his new strategies!

YEAR 9-11: *Saydz*

For working hard in all subjects and having a positive impact on those around her.



SLG REPORT

Firstly, thank you to everyone for their support of Friday Fun Day on the 8th of March 2024. We raised \$91.20 for the RSPCA through your donations and from buying popcorn. It was a really fun day, lots of students dressed up as a film star or character. The winner of our best-dressed competition was Sophie McLean as 'Elsa'. Her prize was to choose the lunch time movie, and it was Garfield: Live Action. Lots of students loved it and enjoyed snacking on popcorn in the gallery.

At our most recent SLG meetings, we have been discussing ways to improve our school facilities including moving the cricket nets to the bottom of the hockey oval and tidying up the cricket pitch. We also found our temporary footy goals so we can play on the oval.

Last night at School Council, I shared an update on what SLG has been working on and our new President Jono Box asked if parents and community members could join us on future 'Friday Fun Days' and he also offered to organise some community members to build a fence around the chooks to keep them safe. We will send an invitation to families to join us at our next Friday Fun Day, which is in week 6 next term. Also, if you would be interested in helping Jono with the chook shed, please contact the school.

Bentley | SLG Student Representative



Lake Bolac
P-12 College

VM
Sausage
Sizzle

Help us
achieve our
outcome

Tuesday 26th March
at the beginning of lunch.

\$2.00 per sausage or vegetable patties,
with or without onions.
Price includes a juice box.

Orders to be made via Compass, school
payments link by 13 March.

YR 7-8 ENGAGEMENT PROGRAM

On the 21st of February the 7-8's completed a modern day cooking challenge. The challenge was to create the product on the front of the cooking box to the best of their ability. For some people this was a first time cooking a packet mix. It was fair to say all designs come out looking amazing. The judge for this competition was Miss Rachel Rose it was a very hard to choose the winner but it was all based on effort and how they come out. Kaden was our over all winner with his red velvet cup cakes.

We had our first excursion for the program to Willaura on the 6th of March where we met with Pete, the owner of the Willaura Bakery. We had a tour of the bakery and were able to make our own pizzas. Afterwards we went to the Willaura Nursing Home and met with some of the residents and had a chance to sit down and talk to them. Once we got back to school, we were busy in the kitchen making chutney, jams and relish for our community cook-up.

On the 13th of March, The Year 7-8 Engagement Class went down to the lake with the Willaura Nursing Home residents. We learnt to cast a line and put a worm on our hooks. Unfortunately, no one caught any fish or eels but Axel did catch a stick fish! So it was a sausage in bread for lunch. We shared some stories, did you know Charles (pictured with Charlotte on the next page) was in a winning Premiership team for Hawthorn? It was a very good experience for everyone.

We are looking forward our trip to Ararat this week, where we will be visiting Gum San and J-Ward

Indy & Charlotte | Yr 7-8



YR 7-8 ENGAGEMENT PROGRAM



KINDER PARTNERSHIP PROGRAM

On Thursday the 7th of March the Lake Bolac and District Kindergarten came to visit the Year 1 and Year 2 classroom as part of the Kinder Partnership Program.

On the day the Kindergarten Students were able to practice their pre-handwriting skills see what life will be like for them when they attend school.

With the Year 1 and Year 2 students, the Kindergarten students listened to the book 'Elmer' which showcases the importance of being inclusive of everyone and how to be a good friend. After listening to the book the classes were able to complete two art and craft activities a 3D Elmer one to be on display in the Kindergarten and the other in the Junior school area, and a bunting with their own coloured in Elmers. The buntings will also be on display at both schools.

The Year 1 and Year 2 students had a great day showing leadership, resilience and achievement in taking care of and helping the kinder kids. We all look forward to their next visit.



BLACK RANGES SWIMMING

On Wednesday 6th March, six primary students travelled to Horsham Aquatic Centre for the 2024 Black Ranges Divisional Swimming Championships.

The Results are as follow:

- 11 Years Girls Backstroke: Minnie McDonald - 7th (58.05)
- 12-13 Boys Backstroke: Will Blackburn - Equal 7th (50.28)
- 12-13 Girls Backstroke: Mia Wardlaw - 18th (1:01.03)
- 11 Girls Breastroke: Matilda Box - 8th (1:08.96)
- 12-13 Boys Breastroke: Will Blackburn - 11th (1:09.39)
- 9-10 Girls Freestyle: Georgina Thom - 15th (55.47)
- 11 Boys Freestyle: Charlie Thom - 7th (47.62)
- 11 Girls Freestyle: Minnie McDonald - 20th (53.13)
- 11 Girls Freestyle: Matilda Box - 22nd (54.35)
- 12-13 Girls Freestyle: Mia Wardlaw - 27th (53.20)
- 12-13 Girls Freestyle Relay: Mia, Minnie, Matilda & Georgina - 8th (3:51.81)

Unfortunately Sophie Blackburn was ill and unable to attend the event

A huge thank you to Lisa Wardlaw and Jane Blackburn for attending the event as parents, and driving the students. And a massive congratulations to Minnie, Will, Mia, Charlie, Matilda & Georgina for their efforts.

MID WEST COMPLEX TRIATHLON

On Tuesday 12th March, Lake Bolac College hosted the annual MWC Triathlon. Mortlake and Derrinallum attended on the day, as Hawkesdale were unable to attend.

The Triathlon is made up of four sections: Junior Boys, Junior Girls, Senior Boys and Senior Girls. In each section school can enter up to three teams, with one person swimming 250m, one riding 7km and one running 2km.

In the Junior Girls section, our team of Indy V, Chloe H and Charlotte B finished 3rd with a time of 43.22. Our Junior Boys team of EJ P, Riley R and Kelvin H finished 5th with a time of 39.11. Next our Senior Girls team, which was made up of two Junior students, Chloe H and Charlotte B finished 2nd with a time of 47.00. And Finally, our Senior Boys team of Alex L, Mark HD and Jake H finished 4th with a time 37.37.

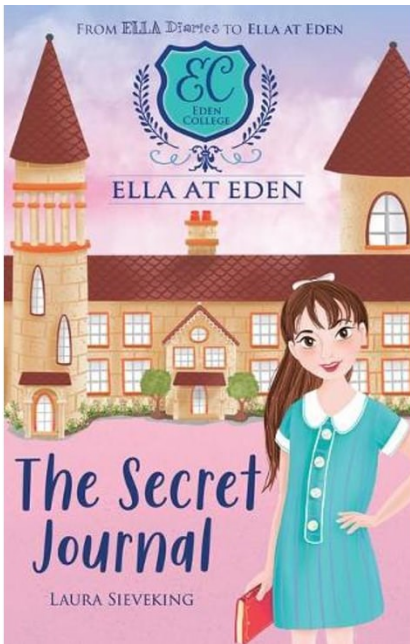
Below are the overall results:

MWC TRIATHLON						
OVERALL RESULTS						
School	Junior Girls	Junior Boys	Senior Girls	Senior Boys	Total Time	Average Time
Mortlake College	37:33:00	29:17:00	30:33:00	25:30:00	122:53:00	30:43:15
Lake Bolac College	42:33:00	39:12:00	47:00:00	37:36:00	166:21:00	41:35:15
Derrinallum College	47:55:00	38:56:00			86:51:00	43:25:30

Congratulations to all competing students and the other students who helped out with lap counting and other jobs. Also thank you to Mr Geddes, Miss Hill and Fiona for filling jobs on the day.

Dave Keating | Sports Coordinator

WHAT'S NEW IN THE LIBRARY



Ella has settled in to life at Eden College. She loves her friends and exploring her new school. When she accidentally uncovers a hidden diary, Ella's curiosity is sparked. As she follows the clues in the diary, Ella discovers there is more to Eden College than meets the eye. Can she work out who wrote the secret journal?

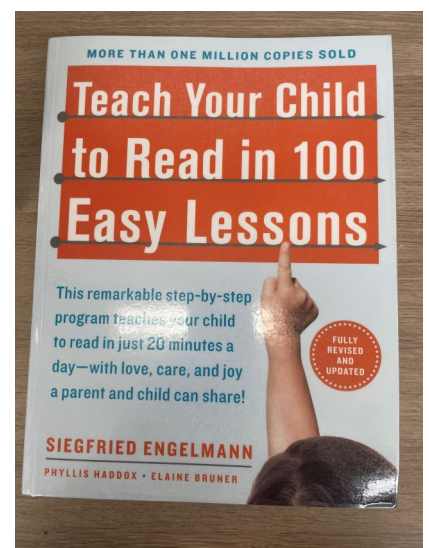
READING AWARDS

Congratulations to the following students on their Reading Awards. Keep up the great reading!

Levi	25 nights	Alex B	25 nights
Manawa-Rose	25 nights	Jasmine P	25 nights
Te Oro	25 nights	Mia	25 nights
Hamish	25 nights		

TEACH YOUR CHILD TO READ IN 100 EASY LESSONS

We have two copies of this book that we would love to share with you. Please collect from the office to borrow.



LUNCHBOX IDEAS—Mini Tomato and Cheese Quiches

Recipe from Women's Weekly Food

Ingredients

- 2 sheets frozen shortcrust pastry, thawed
- 2 eggs
- 1/4 cup cream
- 2 tablespoon milk
- 1/4 cup grated tasty cheese
- 12 cherry tomatoes halved
- 8 whole parsley leaves



Instructions

- Preheat oven to 200°C (180°C fan-forced). Lightly grease eight 8cm fluted, loose-bottom flan pans
- Cut 8 x 10cm rounds from the pastry. Press into pans. Prick the base with a fork. Chill 10 minutes. Bake 5-6 minutes, until lightly golden
- In a jug, whisk eggs, cream and milk together with a fork. Season to taste. Pour evenly into the tart cases. Sprinkle with cheese
- Gently press three tomato halves and 1 parsley leaf into the egg mixture. Bake 10-12 minutes, until set

LUNCHTIME ACTIVITIES



WEEK 9 LUNCHTIME ACTIVITIES

Monday

- Athletics
- Bowling
- Library
- Minecraft Club (Prep, Years 3 & 4)

Tuesday

- Athletics
- Bowling
- Library

Wednesday

- Athletics
- Bowling
- Library
- Minecraft Club (Years 5-10)

Thursday

- No classes—ILP's in the morning

Friday

- Good Friday

LIVING THROUGH LEARNING PROGRAM

Ms Rose runs the Living through Learning Program where students are able to build social skills and resilience. This term the groups have been working on making positive choices and teamwork skills. Today the students made smoothies and were responsible for taking the smoothie orders from staff members. The students all enjoyed their smoothies which resulted in a few milk moustaches!





Hot Shots Tennis will be held at the Lake Bolac Tennis Courts on Tuesdays during Term 1. Blue stage (pre-school kids) will commence at 3:30pm and Red/Orange stage will commence at 4pm. Sessions will be \$5 per week. Please contact Rach Howard on 0488 263 990 or Sarah McLean 0439 629 258 for more details.

TENNIS LESSONS FOR SENIOR STUDENTS AND ADULTS

Dr Bernandine Atkinson will be offering free tennis lessons on Tuesdays at 4pm for Senior Students and adults who are interested in learning to play tennis socially. Sunday morning lessons may also be arranged if there is a demand. Dr Atkinson is a qualified teacher with a Graduate Diploma in Outdoor Education. If you are interested in participating, please message Dr Atkinson on 0468 991 469. If you have unused racquets at homes that you would like to donate to the program, that would be appreciated.

2024 Festival Program

22-23 March 2024

'The little festival with the big heart'



LAKE BOLAC
EEL FESTIVAL
KUYANG LAPAKIRA
- PLENTY EELS -

FRIDAY 22 MARCH

Art Auction and Indigenous Dinner

5-7pm

At the Lake Bolac Memorial Hall. Pre-view of artworks for the 4th regional art auction and drinks, Welcome to Country and Smoking Ceremony, chamber folk music.

7-9:30pm

Auction and feast on a delicious dinner by Castlemaine's **Murnong Mummies**.

SATURDAY 23 MARCH

The Festival

10:30am til 11pm

Come camp by the ancient lake, home to the short-finned eel, where the Djabwurrung and neighbouring tribes have gathered for millennia and, today, hosts a thriving rural community.

- 11am **Welcome to Country**
- 11:15am - 1pm **Festival Forum** addressing the festival theme of 'Song, Story, Dance; Ceremony and Celebration'
- music program
- workshops to broaden your mind
- meaningful activities for children
- smoked & grilled eel, tantalising tasty food vans, craft market and information stalls.

7:30pm

Twilight Celebration

As the sun sets, the Festival centrepiece, the Twilight Celebration, will unfold as the fires are lit and the traditional dancing begins.

Andy Alberts Band led by a proud Gunditjmara man who performs all over Victoria and is a long-time Eel Festival performer. He returns with his band The Walkabouts.

Neil Murray, Warumpi Band founding member and now maverick award-winning song man. And an array of talent awaits you at the **Buskers Stage**.

WORKSHOP LINE-UP

Spend some time with Gunditjmara artist and master weaver, Bronwyn Razern, learning about traditional **basket weaving** and creating your own woven basket.

Cook your own **deadly damper on a stick** with Julie Green and Steve Verde.

Water fun with Stuart McCallum exploring **water bugs** and creating **rainbow water**.

Brett Clarke, shares his vast knowledge of local **bush foods** and their connection to the six seasons of Gunditjmara country.

Join master craftsman Eli Beke of Wedge and Edge and learn the basics of **greenwood carving** to craft your very own butter spreader. **Face painting** for the kids.

Emily Sheppard and Yyan Ng demonstrate the different stages of making an **eel-skin instrument**. Followed by a science storytelling performance on eel-skin violin and guitar with scientist Malcolm Johnson.

Let your creativity loose as you translate the mesmerising colours and patterns of native invertebrates onto paper and canvas at the **'ARTthropod'** workshop (for all ages), with local entomologist and artist, Dr. Elia Pirtle. Join in the fun with Peter Day and Amanda Perry-Bolt making your own magical and unique **head wear** and **masks using plant foliage**.

Create **'Extravagant Birds'** with Veronica Phillips and give farm waste new life by sculpting it into the form of local bird species.

iNaturalist: Your personal pocket taxonomist. Local ecologist Dr. Elia Pirtle will guide you through all the ins and outs of using the iNaturalist app. Make sure to download the app ahead of time and make a free account!

Join the **ukulele** tsunami with Bruce Watson, who knows how to make it easy and fun. For beginners and intermediate players. Bring your own uke - there will only be a few spares.

Come along and join in **painting tattoos** and **making cards** with Catherine van Wilgenburg, renowned visual artist.

Have a yarn with The Connies and collect some awesome environmental **swap cards**.

Brett Clarke invites you to join him as he shares an **Indigenous perspective** on our festival theme 'Song, Story, Dance; Ceremony and Celebration'

*Program subject to alteration

TICKETS NOW at www.eelfestival.org.au

Follow us on: Facebook Instagram



Ararat Rural City

Pitch™



Community Bank
Wilbarra and Lake Bolac



GWM Water



SOUTH WEST TAFE



REGIONAL arts AUSTRALIA

Australian Government
Regional Arts Fund

Running sheet

SATURDAY 23 MARCH

Festival Forum

11.15am-1.30pm

John Clarke, Eastern Maar Aboriginal Corporation (EMAC), will chair the forum.

Speakers

- Men's and women's Indigenous dance practice by Festival Cultural Adviser Adeline Thomas and Indigenous Cultural Artist Brett Clarke
- Tasmanian geographer, ecologist, eel advocate and PhD candidate Malcolm S. Johnson
- Deakin University's Honorary Associate Environmental Humanities Professor, Dr Rod Giblett, on environmental history of the Hopkins River
- Wergaia/Wamba Wamba Elder and Yoorrook Justice Commission chair, Prof. Eleanor Bourke

Music

1.30 pm	Brett Clarke
2.30 pm	Seal Prince and the Roof Rats
3.30 pm	Bruce Watson
4.30 pm	Skyglass
5.30 pm	Tim Scanlan & Mana Okubo

6.30 pm	Gabby Steel Band
7.30pm (sunset)	Twilight Ceremony
8.30 pm	Andy Alberts Band
9.30 pm	Neil Murray and band
11.00 pm	CLOSE

SESSION TIMES	WORKSHOP – Bookings made on arrival at festival entrance	PROVIDER
11am-5pm	Roaming/yarning/giving away biodiversity and First Nations cards	The Connies
12noon-4pm	Deadly Damper on a stick	Julie Green, Steve Verde
12noon-4pm	Rainbow water	Stuart McCallum
12noon-4pm	Water bugs	Stuart McCallum/Erin Wilson
2-3.30pm	Make a wooden butter spreader	Booking required Eli Beke
11.30-1.30pm 2-4pm	Basket weaving	Booking required Aunty Bronwyn Razem
11am-5pm	Temporary tattoos and card-making with endangered animals focus	Catherine van Wilgenburg
11am-5pm	Botanical headbands and masks	Peter Day and Amanda Perry-Bolt
1.30-2.45pm	Ukulele for beginners and intermediate players. BYO ukulele – limited spares	Booking required Bruce Watson
3-4pm	iNaturalist – pocket taxonomist. Before the workshop Download the app	Booking required Elia Pirtle
4.30-5.15pm	ARTHropod – revealing the art of the invertebrate world - for all ages	Booking required Elia Pirtle
1.30-2.30pm	Demonstration – make an eel skin instrument Performance – science story-telling with eel skin instruments	'Where Water Meets' – Emily Sheppard, Yyan Ng and Malcolm Johnson
11am-5pm	Extravagant Birds – creating sculptures using farm waste	Veronica Phillips
3-4pm	Presentation – bush foods and the six seasons of Gunditjmara country	Booking required Brett Clarke
4.30-5.30pm	Presentation – indigenous perspective on festival theme 'Song, Story, Dance; Ceremony and Celebration'	Booking required Brett Clarke
12.30-3.30pm	Face painting	Makayla



Good Friday Appeal Fundraiser Bake Sale

Sunday 24 March | Judging starts at 11am
Lake Bolac Memorial Hall | Lunch & coffee available

Gold coin donation on entry.

Event Categories:

- Children's
- Decorated Cakes
- Special Cakes
- Cupcakes & Slices
- Biscuits & Pies
- Special dietaries

Entry forms are located at:

- Lake Bolac Info Centre
- Willaura & Lake Bolac Community Bank
- Willuara Supermarket
- Lake Bolac Cafe and Diner

Prizes to 3rd place!



Wood Auction
More details to come.

For more information contact Faith:
0475891767 or faithmansbridge031@gmail.com

Carranballac State School mural



The State School mural was unveiled to celebrate 50 years of education at Carranballac, in October 1964. The mural is being remade, with as much of the original as could be salvaged. In September, anyone who is interested can attend a *working bee* to help remake the background.

The completed mural will be *unveiled* at a community gathering at the Carranballac Hall on the afternoon of

Sunday 6th October 2024

Further details will be posted closer to the date.

For information contact:

Elaine (Graham) Anderson 0478 239 500



Food relief in Ararat

Times are tough, and with the ever-increasing cost of groceries, rent and mortgages; a lot of people are struggling to put food on the table, and pay the bills.

You are not alone, and there is help available.

Ararat Neighbourhood House

56 Campbell St, Ararat

Ararat Neighbourhood House provide food relief Tuesday – Friday each week.

Individuals are able to access ANH Food Hub by contacting Ararat Neighbourhood House on (03) 5352 1551.

All welcome!



Ararat Emergency Relief

Ararat Emergency Relief runs on a rotating roster by five Ararat church groups.

Food relief, vouchers, personal items, counselling and crisis accommodation are available between 1pm and 2pm,

All welcome!

Date	Church	Location	Phone No.
3 rd – 9 th March	Uniting Church	Corr King and Barkly St, Ararat	5352 5580
10 th – 16 th March	Anglican Church	49 High St, Ararat	0407 857 378
17 th – 23 rd March	Salvation Army	Shop corner Vincent & High St Ararat	5352 2720
24 th – 30 th March	Life Links	86 High St, Ararat	5352 2435

WICKLIFFE LAKE BOLAC FNC

JUNIOR TRAINING

commences

THURS 21 MARCH, 5.30PM

Football U12

Netball U13 & U18



ALL NEW PLAYERS WELCOME

At this stage we don't have enough players to field an U15 netball team. Please contact us if your child is interested in playing.

WICKLIFFE LAKE BOLAC FNC

AUSKICK & NET SET GO

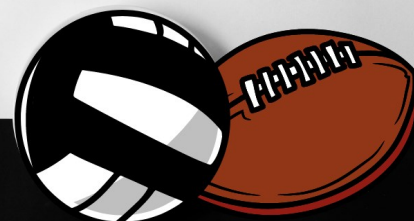
commences

TERM 2

Sessions will be held for all of Term 2 commencing Thursday 18 April at 4pm at Lake Bolac oval/courts.

We look forward to welcoming all returning and new Auskick players.

Registrations will open soon. Stay tuned for further updates



ALL NEW PLAYERS WELCOME

Seeking

NETBALLERS

**SEARCHING FOR C GRADE &
15 & UNDER PLAYERS**

Our country Football/Netball Club values respect, positivity & good sportsmanship.



For more info message us directly or come along to training; 6.30pm Thursdays at Lake Bolac Rec Reserve



2024 Season

Training will
commence at 4:30pm
on Tuesday 12th of
March @ Richardson
oval, followed by free
BBQ and can of soft
drink

Mixed league

- Girls u/14
- Boys u/13

Registration fees \$75

Register NOW on Play HQ -

<https://www.playhq.com/afl/register/776d4>

NEW PLAYERS WELCOME!!



World Oral Health Day - 20th March 2024

World Oral Health Day aims to empower people with the knowledge, tools and confidence to secure good oral health. This year, join Toothie on a transformative journey where looking after your teeth leads to better health overall.

HOW TO BRUSH AND BOOGIE!

WHAT IF OUR DAY STARTED AND ENDED WITH A SONG WE LOVE AND A FEW DANCE MOVES THAT MAKE US FEEL HAPPY?
A HAPPY MOUTH CAN BE A HAPPY START AND END OF EVERY SINGLE DAY IF WE BOOGIE WHILE WE BRUSH.

- 

1 Grab your toothbrush and toothpaste (make sure it's fluoride toothpaste).
- 

2 Turn on your favourite tune.
- 

3 Then brush and boogie like no-one is watching.
- 

4 Clean all the sides and surfaces of your teeth to the rhythm of the beat.
- 

5 Before you know it, your 2 minutes brushing time will be over and you won't want to stop!
- 

6 Create your own brush and boogie playlist and share it with family and friends to help brighten up their day too.

GET INVOLVED!
#BrushandBoogie



You may be eligible for free or subsidised dental



Ararat Dentists

East Grampians Health Service Dental Service - 5252 9327

Ararat Dental - 5352 1024

Barkly St Dental - 5352 2779

Lake Bolac Bush Nursing Centre

"a healthy & empowered rural community"

MARCH 2024



155 Montgomery St
LAKE BOLAC VIC 3351
Ph: 03 5355 8700
Web: lbbnc.org.au
Email: lbbnc@lbbnc.org.au

Mon	Tue	Wed	Thu	Fri
<p><u>PATHOLOGY</u> Mon—Fri 9:00 AM—12:30 pm</p>	<p><u>CLINIC</u> Mon—Fri 9:00 AM—5:00 pm</p>			<p>District Nursing Clinic</p>
<p>District Nursing Clinic</p>	<p>Clinic <u>PAG Ararat</u></p>	<p>District Nursing/ Clinic <u>Massage</u></p>	<p>Physio Exercises Centre lunch</p>	<p>District Nursing Clinic</p>
<p>District Nursing Clinic</p>	<p>Clinic <u>Maternal Health Nurse</u></p>	<p>District Nursing/ Clinic <u>Massage</u></p>	<p>Physio Exercises Centre lunch</p>	<p>District Nursing Clinic</p>
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<p>District Nursing Clinic</p>	<p>Clinic <u>Maternal Health Nurse</u> <u>PAG outing</u> <u>Port Fairy</u></p>	<p>District Nursing/ Clinic <u>Massage</u></p>	<p>Physio Exercises Centre lunch Easter lunch</p>	<p>CENTRE CLOSED Good Friday</p>

The Centre will be **CLOSED** over Easter

ie:

Good Friday
29 March 2024

&

Easter Monday
1 April 2024

It will reopen on

Tuesday 2 April 2024

Social Support Group Outings

- 5 March** Ararat Lunch & shopping
- 19 March** Ararat Carer's lunch
- 26 March** Port Fairy Lunch
- 28 March** LBBNC Easter lunch