Art Show Opening Tomorrow 6.30pm Tickets $15.00
No EFTPOS Facilities on Friday afternoon 6th September

Principal’s Report

ART SHOW
Tomorrow evening we look forward to seeing lots of mums and dads at the opening of our 2013 Art Show from 6:30pm – 8:00pm. Thank you to the many parents who have pre purchased tickets, however, if you didn’t get a chance to put an order in for your tickets, they will also be available on the night at the door. What a wonderful opportunity for mums and dads to come up to school to enjoy the many artistic talents of our students.

The school has been a hive of activity this week in preparation for the Art Show. As we are using the main building this year to minimise the disruptions to our gym, you might find that some entrances/exits have been closed off in preparation for the Art Show. Thank you for your patience with these set up arrangements. All traffic flow will return to normal by Friday so that students can walk through the show with their mums and dads after school. Julie Kelly (Art teacher) has been coordinating all aspects of the Art Show in consultation with parents and a subcommittee of teachers over the last several weeks. On behalf of all students, parents and teachers I would like to sincerely thank Julie for facilitating this celebration of the Arts for our school community.

WALK-A-THON
Our annual Walk-a-thon last Thursday 22nd August was a great success with students enjoying fine weather conditions for the initial parade and their allocated walking times. It was terrific to see most of our students in costume and embracing the spirit of the event. All money raised from this year’s Walk-a-thon will target the construction of our new playgrounds (which will get underway at the end of this term). A big thank you to Giorgia Moss for coordinating all aspects of this event, as well as a special mention to one of our parents, Julie Noonan, for sourcing so many wonderful prizes to give out to students during the morning. It was also very pleasing to see the enthusiasm of our Year 5 and 6 students as they challenged themselves with the numbers of laps they could complete. Another wonderful Willy North team effort!

BOOK FAIR
We were thrilled to learn that we sold, in total $8883.70, of books at this year’s Book Fair. As a result of this wonderful outcome, the school will now be able to purchase in excess of $3000 worth of new books for our school library. We are so grateful for the support from mums & dads for this event and as a result of this support all students will continue to enjoy choosing from a contemporary collection of books from our main library. Congratulations again to Vivien D’Aquino (Reading Recovery teacher) for coordinating all aspects of this year’s Book Fair.
Canteen Thanks
A special mention to two of our parents who were able to step in at the last minute to run the Canteen last Wednesday in Julieanne’s absence. So, it’s a big gold star to Kelly Walker and Giana Cortese for putting the lunch orders together and overseeing the sales at recess and lunchtime. Great job ladies!!

Student Online Safety Program
Next Wednesday 4th September, we will be running a special program for all students from Years 3 – 6 called ‘Student Online Safety’. Each year level will participate in a one hour session during the school day to highlight acceptable practices that our students can use online to ensure their safety and wellbeing. Further to these student sessions, we have also organised a one hour parent session from 6:30pm—7:30pm on this important topic. If you have been concerned about your child’s use of the internet, or would like to know more about topics such as cybersafety, you might find this session to be highly relevant and informative. For any parents who would like to attend this session please complete the Electronic Reply Slip for the Parent Information Evening on Student Online Safety [link]

Enjoy your Week!
Jim Cahill—Principal

CLASS REP PROGRAM
We are thrilled by the success of the Class Rep Program and the fortnightly e-Newsletters that are going home to parents, and we thank you all for your support. Currently we have a couple of classes where there is only one representative.

As you know, ideally we would like to have two Class Reps per class, so the tasks of compiling the e-news and organising social outings would be shared between them.

The following classes would love another parent to lend a hand with either the e-news or the social activities - Year 5B, Year 2H and Year 5P. If you in these classes and are able to help out, please contact your Class Rep for more details.

WE WANT YOU!!!
As you all know, the Canteen plays an important role in the life of our school, providing healthy lunches and snacks for our kids. The Canteen is currently looking for some fun and flexible parents to help out in the canteen on a regular basis.

Duties include helping to fill lunch orders, making sandwiches and counter sales if required.

Volunteers are required for the following days/times:
• Thursday’s 9.00am—11.00am and 12noon—1.30pm (one volunteer required each week)
• Friday’s 12 noon—1.30pm (one volunteer required each week)
• Casual/emergency volunteers also required to be on standby list if required.

Unfortunately, small children aren’t allowed to be in the kitchen at any time, but the Uniform Shop is available for you to set your child up with some activities whilst you volunteer!

If you are able to help out, please contact the Office (or Julieanne direct, on Julie.noonan19@gmail.com)

Lunchbox of the Week!
Congratulations to 14 children in Year 4M for their Nude Food Lunchbox!

Lunchbox of the Week!
Congratulations to Lola in Year 3/4P for her Nude Food Lunchbox!
Father time is valuable time

On Father’s Day it’s worth reflecting on how good fathering matters. It matters to mothers. It matters to men. And importantly it matters to children.

Building up frequent father points

Prince William is typical of many modern dads. Gone are the days when the only relationship many men had with their children was through their wives. Men, increasingly, recognise that their effectiveness is dependent on first-hand interactions with their kids. That means their presence is needed far more than any presents they may provide for their kids.

For some dads first-hand interactions with children are easier said than done. Family separation, work circumstances and busy lifestyles are all factors affecting their capacity to become involved in their children’s lives.

In these circumstances it’s important that men maintain an emotional attachment to their kids; do their best to know what’s going on in their children’s lives; and respond appropriately to the developmental imperatives of their children.

The impact of fathering on children

Good fathering matters.

It matters to mothers as a supportive father makes a mother’s life easier.

It matters to girls. Good fathering has been linked to higher confidence levels in girls, particularly during the tricky adolescent years. The notion of a father who is present, available and attentive affords a sense of security to a girl, which is necessary for healthy development.

Dads are also the first introduction to the world of men for girls so it’s important that fathers treat their daughters with gentleness and respect, but also encourage them to be assertive. In a sense, fathers teach their daughters how

“He’s a bit of a rosscall!”

This is how Prince William, the Duke of Cambridge described his new born son in a recent televised interview.

Watching the interview it’s apparent that Prince William is totally smitten by his son. He is a changed man. As any dad knows, there’s no turning back.

Early indications are that the Duke of Cambridge is going to be a modern, hands-on dad who wants to be an active participant in the life of his son. It was he who carried the baby from the hospital to greet the media pack, and it was he who put the baby capsule in the back seat of the car before heading home. “I’m a hands-on dad” was the message beamed around the world. Good on him.
they should expect to be treated by males as they get older.

Good fathering matters to boys. They learn their first lessons of manhood from their dads. Early primary-aged boys usually want to spend a great deal of time with their dads. Steve Biddulph, author of *Raising Boys*, describes this phenomenon as ‘father-hunger’ and suggests that dads need to be around their sons in the primary school years so they can ‘download the software’ of how to be male.

The father-son relationship during adolescence can be problematic. While teen boys seem to be hard-wired to challenge their fathers, most desperately want their dads to be proud of them. Teen boys need a dad who can be firm when needed as they don’t always make great decisions. They need a dad who remembers the awkwardness and insecurity of being a teenage boy themselves. And they relate best to dads who don’t take themselves too seriously. The judicious use of humour, particularly with boys, is a great fathering strategy.

**Fathering matters to men**

And, of course, involved fathering matters to men. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men, as well as of life satisfaction levels. I suspect there is something relaxing and de-stressing for a man to get into a child’s space and time. There is a big kid in most men just busting to get out.

Parental well-being would be the last thing on Prince William’s mind as he attends to his young son’s needs. It is through these early forays into parenting that Prince William, like countless other men, will find his feet as a dad, and also discover his place in the life of his son.

**Five fathering tips (whether you live with the children’s mother or not):**

1. Go on dates with your daughters.
2. Have adventures with your sons.
4. Change as your child changes.
5. Discipline with firmness and compassion.
**Rosters…**

**Fresh Fruit Friday (FFF)**

The parents on the roster for Fresh Fruit Friday this week **Friday 30th August** are: - Martin Ray, Pamela Fernando, Helen Parker, Larissa Deeth, Mette Nielsen, Davena Toplis, Leisha Campbell and Anne Tobin.

If you are able to help out weekly, fortnightly or even once a month, please contact Linda Taylor at, taylor.linda.11@edumail.vic.gov.au. This is a very happy and social group.

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**Canteen—NEW HELPERS MOST WELCOME**

Julieanne Weir manages our Canteen and is always very appreciative of the time parents or family members can volunteer to help in the Canteen. Julieanne can be contacted via the General Office. New parents or family members are always needed, so, if you can spare any of your valuable time, it would be greatly appreciated.

- Thursday 29th August—Anne Tobin
- Friday 30th August—Heather & Tracey
- Wednesday 4th September—Mel
- Thursday 5th September—Kaylynn
- Friday 6th September—Georgie & Majella

Please remember that Lunch Orders are only available on Wednesdays, Thursdays and Fridays. **No Lunch Orders are available on the Last Day of Each Term.**

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**Uniform Shop News**

The Uniform Shop hours are Mondays and Thursdays from 8.30am to 9.15am. Any enquiries please contact Kara on 0413 008 185. **Size 6 and 8 tunics** are back in stock. Also, if you have recently placed an order, please check at the office, as there are a number of orders awaiting for collection. Don't forget, if you can't make it to school when the shop is open, you can always fill out an order form at the office.

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**School Banking**

School banking day is Wednesday. Don’t forget to send in your child’s bank book.

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**Student Safety**

Please take the time to regularly remind your child/ren about safety, especially when going to and from school. Here are the important points to mention:

- Do not to talk to strangers and never accept a ride from a stranger, or accept lollies or gifts from a stranger.
- Immediately report any issue or problem you may have when going to or from school, to your mum and dad, or to your teacher, the Principal, Assistant Principal or office staff.
- Always get permission from mum or dad before going to play with a friend after school and always let mum and dad know where you will be and what time you will be home.

We advise that, wherever possible, children should travel to or from school with an adult or with their friends, rather than travel alone.

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**Early Release**

All children collected from school before 3.30pm must be signed out at the Office. Parents will be handed an ‘Early Release Pass’ to hand to the supervising teacher. If a child is signed out at Recess or Lunch time, the Office staff will call the child to the Office and then ensure the Early Release Pass is given to the supervising teacher.

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**Bikes & Scooters**

Many children ride bikes and scooters to school each day. All bikes and scooters must be locked up in either the Bike or Scooter Enclosure to prevent theft. Please ensure your child has a chain and a lock. All children who ride a bike or scooter must wear a helmet which is a requirement by the Government. The school regularly reminds all children about wearing helmets for their safety. All bikes, scooters, skateboards, ribtics and helmets must be labelled, with your child’s name and class. **Children are reminded they must walk their bike, scooter, skateboard or ribtic to and from the school gates. No bikes are to be brought through the school buildings and we request, where possible, that Scooters are also not walked through the building.**

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**Working With Children Checks**

As from the 1st July 2013 the process for applying for a Working With Children Check has changed. Due to the continual changes to the forms they are no longer available at School or the Post Office. The only way to apply for a Working With Children Check is online. These forms are available at [http://www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au) This is a simple 2 step process with instructions on how to apply in today's newsletter. Reminding Parents, if you wish to assist in the Canteen, Fresh Fruit Friday, Sport, Swimming, Excursions or Camps, you must have a current Working With Children Check. If you have a current WWCC and have **not** provided a copy to the office, please bring your WWCC to the school office, where a copy will be placed on file. **Working With Children Checks remain valid for 5 years.**
Parent Information Night @ Willy North PS
Student Online Safety—Presented by Tracey Porter
Wednesday 4th September @ 6.30pm in the Junior Learning Centre
Electronic Reply Slip for the Parent Information Evening on Student Online Safety

Do you know what your kids are doing online?
Protect your kids NOW with Student Online Safety - an invaluable and relevant Cyber Safety Presentation for Primary and Secondary schools, Parents and teachers - created by Tracey Porter.

Presentations Focus On:
- Bullying/Sexting and the law.
- Dangers and relevant information regarding Apps/Chat rooms/Social Media.
- How to keep yourself safe against cyber-crimes (bullying/stalking/sexting/grooming).
- Sexual Assault – self respect and empowerment.

Information about Tracey Our Presenter:
- 23 years involvement with law enforcement.
- Extensive investigative experience into cyber-crime and sexual assault.
- Current experience within the ever changing online world.

“Tracey’s parent information night was one of the most successful and well attended nights we had for the year. Parents were still talking about the night for days after. With online media, the way of the future and the interest students have with the internet and social media, this night is a must for any school.”

Anthony Oldmeadow
Assistant Principal Laurimar Primary School

Cyber Bullying
Cyber Safety
Sexting
Online Grooming
Social Media
Apps/Chat Rooms
ART NEWS

Artist of the Week

Congratulations to Year 4R who have been awarded the Art Class Award this week. They showed great listening and creativity skills when working on their abstract collages and also showed great manners and cooperation when sharing materials.

Alison Gronow received the Artist of the Week Award, at Assembly on Monday. Alison has shown an ability to think out-side the square by using creative problem-solving skills when making her paper mache turtle for our Art Show.

A huge thank you to the helpers, who have assisted with setting up for our Art Show on Thursday evening. Also, a big thank you to those helpers, who have taken artwork home, mounted and labelled it. Finally, thank you to those families, for donations of materials to the Art Room. It is greatly appreciated.

Please see information below regarding some other ‘Art Happenings’ in our local community.

Thank you—Julie Kelly, Visual Art Teacher.

Art Show Performers on Thursday Evening

Karma Dayz

Prep Enrolments for 2014

Telephone — 9397 5722  
Website — www.willynthps.vic.edu.au  
email — williamstown.north.ps@edumail.vic.gov.au

Information regarding the Prep 2014 Enrolment process —please go to the school website or click the link http://willynthps.vic.edu.au/page/55.

If you have any enrolment questions or concerns please contact the Assistant Principal Wendy Emin on 9397 5722.

For our School Zone go to www.willynth.vic.edu.au / Our School Top Tab / Side Tab—Enrolments / WNPS Zone Map or click the link http://willynthps.vic.edu.au/app/webroot/uploaded_files/media/wnps_zone_map.pdf

For Sale—Year 6 T-Shirts

The school has the following Year 6 T-shirts available for purchase.

Two, Size 14 Short Sleeve Polo’s—$33.00 each

Contact Judy in the office on 9397 5722 if you are interested in purchasing any of the two items.
Prep Update...

In Prep, the children start to notice and discuss the different writing system and practise writing selected symbols. What better than to start with their own names! In the last few weeks, Kana sensei has generously written each Prep child’s Japanese name on a bookmark designed by them. I hope these will be great mementos of the children’s first year in Japanese. In class the children had fun having a go at writing their own names in their Japanese books. Non-Japanese names like ours are written in Katakana. It is a phonetic alphabet, with each symbol representing a sound (instead of a single consonant or vowel). So if we take the name Jim, for example, it would look like ジム in Japanese, and be pronounced ジ-ム.

The children from Prep M are delighted with their bookmarks.

Farewell to Kana sensei...

It is with sadness we have to say “sayonara” to Kana sensei at the end of this week. Kana sensei has worked tirelessly in the Japanese room for the last four weeks, and has brought so much to our Japanese lessons, preparing materials behind the scenes and participating in class activities. Kana sensei has also shared her amazing skill of Origami with us, not only in class and at the regular Origami Club each Thursday. There has been a steady stream of children in the Japanese room each day at recess and lunch times to finish Origami projects with Kana sensei. Please make sure you farewell her with a big “ARIGATOU!” before Friday is out!
Today for Maths we did how many km we did in the walkathon. I walked a total of 3.269 km. First we estimated how long one lap was. My estimate was 22 meters. Next, people went with trundle wheels to measure how many meters the track was and it was 467 meters long. I did 7 laps. To convert it to 3.269 km you have to do this time table: 7 x 467 = 3269 metres which is 3.269 km. I felt really happy. I found it really hard and easy. By Lucinda 3L

Today at school we did a walkathon to raise money for new play equipment. When I went back in the classroom Dianna said that we were doing an exciting lesson on the walkathon. First we estimated how far one lap was. I estimated 300 m and I did six laps around the school. We multiplied that together then we had some people go out with the trundle wheels and measure one lap. The total was 467 m. Then we multiplied that by how many laps we did. I walked six laps so 6 x 467 = 2802 m which converts to 2.802 km. I had a great maths lesson today and I thought it was really fun and I felt really tired after, so I was looking forward to a good sleep ahead of me. By Bonnie 3L

On Thursday for Maths we did how many km we did in the walkathon. I walked a total of 3.269 km. First we estimated how long one lap was. My estimate was 22 meters. Next, people went with trundle wheels to measure how many meters the track was and it was 467 meters long. I did 7 laps. To convert it to 3.269 km you have to do this time table: 7 x 467 = 3269 metres which is 3.269 km. I felt really happy. I found it really hard and easy. By Lucinda 3L

On Thursday I woke up excitedly and put on my Harry Potter makeup and my giraffe costume, why? because it was the school Walkathon. After, I had toasted cheese for breakfast and left for school. When I arrived at school and went to my classroom Dianna said we are going to the costume parade and then start the walkathon. I walked nine laps and calculated those laps were 4203 metres which I converted into 4.203 Kilometres. I knew how to convert it because I know that 1000 metres was 1 kilometre. So, altogether I walked 4.203 km which is basically 4 kilometres and 203 metres. I was really puffed out when the walkathon finished. Overall, I really enjoyed the walkathon. By Leila 3L

On Thursday the 22nd of August it was the Williamstown North Primary School Walk-a-thon. After a long run my class maths session was based on the Walk-a-thon. First we guessed how long one lap of the track was. Next we measured one lap of the track with the trundle wheels. It was 467 m. After that we worked out how many metres we ran, and converted it into Kilometres. I ran 2.802 km. I had heaps of fun during this session. YAY!! By Amy 3L

On Thursday, we had the Costume Parade and the Walk-a-thon. For Maths after lunch, we had to write down the amount of laps of the WNPS Grounds (I did ten). Then we had to estimate how many meters each lap was, and I guessed five hundred and seventy five. I thought of the lap circuit turning into a straight road and how far it would be, it would be if I was in my car and watching on the navigator how far it would be to the next left. So, basically I was trying to think of how long the distance would be. I was going to choose the average distance: 500 m, but people started doing 550 m and other stuff. This made me think I’d estimated something too small so I went with 575 m. Then we had to multiply the amount of laps we did by our estimated distance. I had to do 10 x 575, which is easy because you switch the sum around: 575 x 10 and of course the answer is 5.75 km. Then, I did everyone else’s in the class. Everyone had to convert their answer to kilometres. (e.g. 1840 m • 1.84 km) and then finally Dianna sent six people out with Trundle Wheels to measure how far the distance actually was. But, the problem was they all got different answers, so Dianna did long division and totalled the average amount and all that messy stuff. Turns out, the average was 467 m per lap. To finish we had to figure out our real distance that we ran. I ran 10 laps and the distance was 467 m. This is easy because I was multiplying by tens. I ran 4.670 km’s (or 4.67 since the zero doesn’t count). And that was my Maths Session on Thursday 22nd

FOOTNOTES
1: Wheels that you hold onto. They roll around and click every one metre. By Joshua O’Neil 3L
Community Notice Board

Tutor—Struggling at school? Want to be ahead of class? John Nguyen provides tutoring for small groups of 10 students in English and Maths. If you would like more information contact John on 0422 120 070 or take a look at the flyer on the school notice board.

Cleaner Required For local accommodation business. Flexible Hours. Maximum 10 hours/week Great rates. Call Lynne 0422 932 113

Holiday Art for Kids! - Your child can create their own masterpiece with Acrylics, 3D decals and more. When: 24th September in Melton and 1st October in Yarraville. Cost: $50.00 per child per session and we supply all art materials. Bookings: contact Gaye Boltong on 0415 469 225 or gayeboltong@gmail.com, Leianne Ivankovic on 0419 508 380 or leianne_ivankovic@hotmail.com

Connectedness to Nature and Subjective Wellbeing: A Family Perspective
We are interested in how it is that parents and their children connect with nature, or not, and what impact this has on their wellbeing. We desperately need participants for this survey! This research is being conducted by Josh Armistead (B.AppSci) at RMIT University, under the supervision of A.Prof Andrew Francis. This survey is targeted at children between 8 – 16 and their parents. If you would like to find out more, please visit our Facebook page, or go straight to the survey. All participants have the option to go into a draw for an iPad-mini The face book page is www.facebook.com/ConnectednessToNatureAndWellbeingSurvey
The direct link to online survey is https://rmit.asia.qualtrics.com/SE/?SID=SV_bCmFec8bb9d0Ryl

Robina Scott Kindergarten Presents "The Mudcakes" in concert for children's fundraising. The Mudcakes play parent friendly music and bring a holistic approach to children's entertainment! WHERE: St. Stephens Uniting Church Hall, Williamstown North (197 Melbourne Rd) WHEN: Sunday 8th September TIME: 3.00pm ACTIVITIES: Face-painting, food, give aways, balloons, Mudcakes signing posters and CD's COST: Family Ticket Price: $50 (Up to 5 adults/children) Single Tickets: $15 per person FREE: Children 2yrs and under. Tickets sold at Robina Scott or www.trybooking.com/DTFO or at the door but places are limited - don't miss out!!

classes on at the Louis Joel Community Centre and Gallery – Altona
Creating Art with Natural Found Materials
Tues 3:45pm - 5.00pm $12.00 for the 1st child and $8.00 for the 2nd child.
Contact Mairead Ashcroft for bookings and information 0401 649 967 artoflifewithmairead@gmail.com artoflifewithmairead.blogspot.com.au
Children’s Art – Saturday mornings with Sandra D’Lisio. Phone 9398 5279
Spring Exhibition Hobson’s Bay Artist Society, 12th to 15th September.
This beautiful exhibition celebrates the joy of Spring after a cold winter. hobbonsbayartsociety.weebly.com/

District Athletics Training
A reminder that we are training this week on Thursday and Friday after school from 4:30pm till 5:15pm at the Newport Athletics Track.
Thursday’s session will be focussing Relay.
Cheers—Sarah Nobbs—Sports Coordinator
The fire-fighters names are Phil, Noel, Mick, Dean, Mark, Chris and Craig.
Williamstown CYMS Cricket Club
2013 / 2014 REGISTRATION DAY

Saturday, 31st August
10 am - 12 noon

Fecron Reserve, Osborne Street
Williamstown

Under 17, 15, 13 & 11
players welcome!

Cost $95
(Incl playing fees and some clothing)

CYMS also runs a "Milo In2Cricket" program.
Available on registration day or later online.
Cost $70

For more information contact Michael 0407 051 450
Please bring proof of age with you


Willy French Club!

Term 3
Wednesdays 3.50pm – 4.50pm
Williamstown Community Centre
14 Thompson St

Now in its 3rd year!

✓ Stimulating, supportive and fun
  approach to learning French for 4-12 yr olds

✓ Games, role-play, intimate small group
  environment

✓ Native French speaker

✓ Includes subscription to our cool website
  for kids

✓ Come along for a try-out

jim.callahan@lcfclubs.com.au
Telephone 0432 719 034
www.lcfclubs.com.au

LCF Fun Languages

50TH ANNIVERSARY

GALA BALL
Saturday Sept 14th
The Substation

Dress to impress for a great night
celebrating the Club's history

WILLIAMSTOWN JUNIORS FOOTBALL CLUB
CELEBRATING 50 YEARS OF JUNIOR FOOTBALL
1963 - 2013

Your entry includes:
- Glass of champagne on arrival
- Water served Canapes
- "Love & The Party Boys" - Melbourne's
  premier party band
- Silent Auction
- Raffle Door Prizes
- Special Guests
- A salute to our Life
  Members & Club Champions
- Drinks at bar prices

50TH ANNIVERSARY}

Father's Day Family Night

Thursday 29th August 6pm – 8pm

Join us for a great night of fun for the whole family!

- Make a gift for dad
- Hands on product demonstrations
- Free gift wrapping
- Light refreshments provided

Bookings recommended. For more information or to book call one of our team in-store visit www.bunnings.com.au
ADVERTISEMENTS

Domestic • Commercial
Data & Phone Cabling • Landscape Lighting

Hairhouse Warehouse
18 Douglas Parade, Williamstown
Telephone 9397 1655
Hair & Beauty Product
Hair Salon, Nail Bar
Body Piercing, Waxing, Spray Tanning
Come in and say Hi to Julie and the Team.
There are heaps of fun and free ways to be active in Hobsons Bay! Spring into some of these quick and easy walks in your own neighbourhood!

Share a photo of your walk with us on Facebook for your chance to win a $100 fruit and vegetable voucher.

15 mins
100 Steps to Federation
Truganina Coastal Parklands
Altona Meadows

McCormack Park
Short circuit around the park
Laverton

Altona Pier
Altona

Walk 15 mins, burn 75 calories
= 1 x Freddo Frog or
1 x slice of low-fat cheese.

30 mins
Newport Lakes
Newport

Altona Beach
Along The Esplanade
Millers Road to Maidstone Street,
Altona

Bruce Comben Reserve
Along Skeleton Creek
Altona Meadows

Walk 30 mins, burn 150 calories
= 1 x regular cafe latte or
1 x muesli bar.

1 hour
Williamstown Beach
Gem Pier along the Bay Trail
to the little harbour at
Bayview Street

Cherry Lake
Altona

The Bay Trail
From JT Gray Reserve in
North Williamstown to Altona
Beach

Walk 1 hour, burn 300 calories
= 1 x croissant or
1 x medium cupcake

Follow Hobsons Bay City Council on Facebook for healthy recipes and useful apps throughout September.

If staying indoors is more your thing, head to BayFit Leisure Centre in Altona North and quote “Spring into Life” for a free seven day trial pass or a reduced joining fee of $49 if you become a member (saving you $100).

Walks and equivalent calories are an indication only and based on walking at a moderate speed. You may want to talk to your doctor before starting a new exercise routine.

Hobsons Bay City Council
www.hobsonsbay.vic.gov.au
WILLIAMSTOWN CRICKET CLUB
JUNIOR REGISTRATION DAY
Saturday September 7 (10:00am to Midday)
Bayside College Sports Oval (Bayview St, Williamstown)

Play and train at the premier cricket facilities in the Western Region

Receive coaching from experienced senior cricketers such as:

- **Matthew Inness** (former Victorian Fast Bowler)
- **Craig Sheedy** (19 XI Captain and 2011 R.M. Hatch Medalist)
- **Brenton Hodges** (Club Coach and representative of the VSDCA Team of the Year)

Fees:
- $50 (Under 11s)
- $70 (Under 13s)
- $90 (Under 15s)
- $110 (Under 17s)

Fees include:
- A playing shirt for all new cricketers to Williamstown; or
- A choice of playing cap or training shorts for all renewing cricketers.

Anyone interested in registering for the Williamstown Milo In2Cricket programme can also do so at the Junior Registration Day. Cost is $65 per child and includes a plastic or wooden cricket bat, ball, hat, carry bag, and drink bottle. The Programme will run on Sunday mornings starting October 6.

For any queries contact either:

**Jordan Doyle (President)**
Email: jordandoyle@live.com
Phone: 0403 210 709

**Jacob Smith (Secretary)**
Email: jacobsmith@kpmg.com.au
Phone: 0448 342 963