



ORANGE HIGH SCHOOL NEWSLETTER

5th November 2021 - Term 4, Week 5

NAIDOC WEEK

This year's theme - Heal Country! – calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

NAIDOC Week celebrations are held (nationally) across Australia in July, however Orange celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples late October/early November. This year NAIDOC Week occurs in week 5, term 4 (29 Oct - 6 Nov). NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Find out more about the origins and [history of NAIDOC Week](#).



Woodward Street, PO Box 654, Orange NSW 2800

P(02) 63623444 F(02) 63613616

<http://www.orange-h.schools.nsw.gov.au>

Principal

Kristie Anderson (Rel)

Deputy Principals

Kate Rogan (Rel)

Pauline Frost (Rel)

Alison McLennan

Head Teacher Admin

Kylie Winslade

Jo Beeby - Staff

Head Teacher Wellbeing

Kylie Winslade

Monica Peasley

Head Teacher Engagement

Aaron Routh

Year 7 Advisor

Jess Huggett

Year 8 Advisor

Kieran Bonin

Sally Cheetham

Year 9 Advisor

Jacky Lyden

Wes Lummis

Year 10 Advisor

Tammy Nash

Dan Wait

Year 11 Advisor

Lisa Phillips

Tegan Dray

Year 12 Advisor

Monica Peasley

Tim Boyle

Careers Advisor

Glen Pearson

From the Principal

Hello OHS Family,

As we enter week 6 I cannot believe how fast the term is flying by. Our school, like our town, is looking simply beautiful as Spring comes into its own.

Our thoughts and best wishes got to our wonderful Year 12 students this week as their Higher School Certificate examinations begin. Their resilience and dedication to school and study has certainly been tested throughout their senior high school journey. They have made us incredibly proud with their ability to keep focused and support each other at each and every turn. Regardless of their level of achievement we know that our Year 12 students will go on to be successful and well-respected members of the community. We will miss their energy and playfulness around the school.

As their exams come to an end we will be given a chance to celebrate at the formal graduation. For year 12 students and families detailed information about the event has been emailed to you. Please look over it carefully and sign up for your tickets as soon as possible.

Last weekend our extremely dedicated Executive Team attended our bi-annual conference. This is a time for our school leaders to focus on the important role of school leadership and improvement. Our team generously committed their Friday evening and Saturday morning to begin intensive learning around Instructional Leadership and enhancing teacher capacity. Our school leaders were able to consider research, important policies and documents and share their experiences and ideas. It is extremely encouraging to know that Orange High School is being driven forward by a team of dynamic, experienced and creative leaders.



Thank you to all our families that have helped their students make the change to Summer uniform. If you are having difficulty accessing full school uniform for your child, please contact us for support. Uniform is an important symbol of belonging at Orange High School. We want our students to proudly represent their full participation in school life and to see themselves as part of our values and practices. Please remind students to bring their masks each day. We are waiting on some new supplies, but they haven't arrived yet. Mask wearing inside is mandatory for all staff and students.

As restrictions and rules continue to change and evolve, we are very much enjoying a return to some activities. There is still a need to separate student cohorts where possible and all visitors to the school must be signed in and have the vaccination certificate sighted. We thank you for your understanding and patience with restrictions.

Kind Regards,

Kristie Anderson

Principal (rel)



MEET OUR NEW WELLBEING NURSE

We are delighted to welcome our new wellbeing nurse, Isobel King.

Isobel is a registered nurse who will be working across our school, with our learning and support team, to help connect students and families with health and community services. She is here to help support students and families in addressing health needs, coordinate appropriate assessments and assist with referrals to any needed medical or social services.

This is a new role and we will be sharing Isobel with Glenroi Public School. She will be available at Orange High School on Mondays, Tuesdays and Wednesdays. If you would like to speak to Isobel, or any other member of our learning and support / wellbeing team, please contact the front office and a referral will be made to Isobel.

This isn't a First Aid position. Isobel is employed by the Local Health District and is one of around 100 similar roles which are being introduced in schools across NSW in a partnership between NSW Health and the Department of Education. More information on the role can be accessed via the following link:

<https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/whin-coordinator-program.aspx>

Students over 14 may wish to contact Isobel directly, however we actively encourage all families to discuss concerns. The WHIN Coordinator will encourage any students who contact them to discuss their concerns with their parents/carers.



the GREATEST
WEALTH
is HEALTH.



ATTENDANCE

Thank you all again for your continued support ensuring your children are at school as often as possible.

The staff at Orange High are excited to see all of our students back in our classrooms and we are eager to help your children reach their full potential.

As we settle into Term 4 I would like to review how to justify a child's absence.

If your child is absent please do one of the following as soon as possible:

1. Enter your child's leave through the Parent Portal.
2. Ring the school and speak to one of our lovely office staff.
3. On their next day back at school, send a written note, signed and dated by you, with your child to the middle office.

If students are away for a few days in a row or for many separate days over the term, please support their leave with a medical certificate. This is a Department policy, as all absences should be justified within 7 days of the initial absence.

We have an excellent Wellbeing Team here at school, so if your child is struggling a little, please make contact with your child's Year Advisor. So we can better support your child's return to school.

If you are not set up on the Parent Portal and would like to be, contact the school and our office staff can organise this for you.

Attendance matters - staff, families and students working together for the whole child.

Thank you Mr Routh

(Head Teacher Student Engagement)



**EVERYDAY
COUNTS**



NSW Department of Education

Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

Days missed = years lost

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

When your child misses just...

they miss weeks per year

and years over their school life

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

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



WORLD TEACHERS DAY 2021

World Teachers' Day is a time to recognise and thank all our amazing teachers for the contributions they make to our schools each and every day.

In what has been an unprecedented year, our teachers, school leaders and wider school support staff have all continued to show their professionalism and resilience, striving every day to do their best for our students.

On Friday 29th October we joined together to celebrate all teachers who are making, or have made, an impact on our lives.

Thank you to our wonderful P&C for supplying each faculty with a delicious morning tea platter.



World Teachers' Day
29 October 2021

**THANK
YOU
FOR
MAKING
A
DIFFERENCE
EVERY
DAY.**

*thank
you
for
helping me
grow*

HIVE

In Year 7 HIVE, we are focussing on perspectives. Recently, students were asked to write from the perspective of someone living in poverty. Below is Chloe Griffith's piece, which is an almost poetic piece of prose.

My life in poverty...

My back burns, legs cramping up and aching. Bright sun rays shine down on me hot and merciless. It feels as though I'm walking on the sun, the heat overwhelming. Begging for a slither of shade, a place to crawl into and rest. Protected for the afternoon, I trudge along, wearing down every muscle aching in my body.

I slap away the bugs aggressively, antagonised by their presence. I hear my gentle footfalls disturbing dust, making little clouds at my feet. Searching for a home every night is tiring, I'm losing my patience, just a permanent home is all I ask for.

Children scamper past me - giggling, chattering, smiling. I can only imagine a safe place to sleep at night. A distorted image comes to mind of a nicer time, inside a cool building, relaxing. I was obnoxious and unappreciative towards what I had. Slowly, slowly, slowly it becomes harder to take each step until finally, darkness.

This piece is from Year 7 student, Laura Wood. This piece has a natural style and a fluency achieved through skilled sentence variation.

My life in poverty...

The intoxicating smell creeps into my nose. I am surrounded by so many people, barely being able to hear myself think. There is a baby crying somewhere in the house, I think. I hear it wailing from the other room as its mother tries to calm it down. I am very lucky to have a roof over my head, even though it is crowded, as I know many people don't have that privilege. Rolling out of bed, I slip on my shoes. No need to get changed as I wear my only shirt and pair of jeans. I grab my school bag and hurry out the door.

I walk to the end of my street and meet up with my friend. She lives in a small, cramped shack with her widowed mother and 7 siblings. She is the oldest. We meet and then walk the 2km to school.

I really want to finish school in the future so I will try hard. I really want to get a good job and earn some money. I wish the people who live in the fancy houses knew what life was like for people like me.





ASTLEY CUP 100 YEARS

"This excerpt is from the Dubbo HS 'Bidyite' published in 1973 at the 50yrs celebration of Astley Cup:

For fifty stirring years...Bathurst, Orange and Dubbo High Schools...have engaged in contests each year under Astley Cup Rules, save for three non-programme years in 1924, 1931 and 1940.

It is noteworthy that in 1924 Dubbo High visited Bathurst and Orange came to Dubbo, so one would reasonably expect that it was a year of Astley Cup decision. The December Bindyite does not clarify this particular aspect though it does give details of the contests. In these, Dubbo won convincingly against Orange and lost decisively against Bathurst. However, there is evidence of lack of a systemised contest e.g. six boys played in the Tennis v Orange, involving 6 sets, and only 4 boys played against Bathurst involving 8 sets, and there was no mixed contest as occurred in 1925. Also, the total Athletics points were 14 in 1924 and had become 25 in 1925. There is no mention made of Orange v Bathurst that year. One may reasonably deduce that there were "starting off" problems re co-ordination in 1924.

1931 - another "Blank" year was in the depths of "the Depression", while 1940 was in the midst of the first year of World War 2 in which of course many Astley Cup players became front line "soldiers".

Next meeting of the steering committee is Wednesday, 10th November, 5.30p.m. in the Music Centre.

Love to see you there!

Middo





PARENTS AND CITIZENS (P & C)

ORANGE HIGH SCHOOL P&C MEETING

WE WOULD LOVE FOR AS MANY INTERESTED PEOPLE AS POSSIBLE TO JOIN OUR MEETING

Wednesday 10th November - 6.30pm
OHS Music Centre

Our P&C meetings are held on the second Wednesday of each month.

**If you would like more information please email:
secretaryohspc@gmail.com**

The Orange High School P&C is a school-based organisation with membership open to parents, teachers, students and other interested citizens. The P&C meets every 2nd Wednesday of the month (during school term) at 6.30pm in the Music Centre and aims to:

- Promote the interest of the school by bringing together parents, citizens, students and teaching staff into close co-operation.
- Assist in providing facilities and equipment for the school and promoting the recreation and welfare of the students at the school, and
- Encourage parents and community participation in curriculum and other educational issues in the school.

The P&C provides an opportunity for you to participate in your child's education. Regular information sessions are held to keep you informed about the changes in education curriculum and policy.



YEAR 10 FOOD TECHNOLOGY

Year 10 Food Technology class enjoyed making some delicious grazing boxes last week .



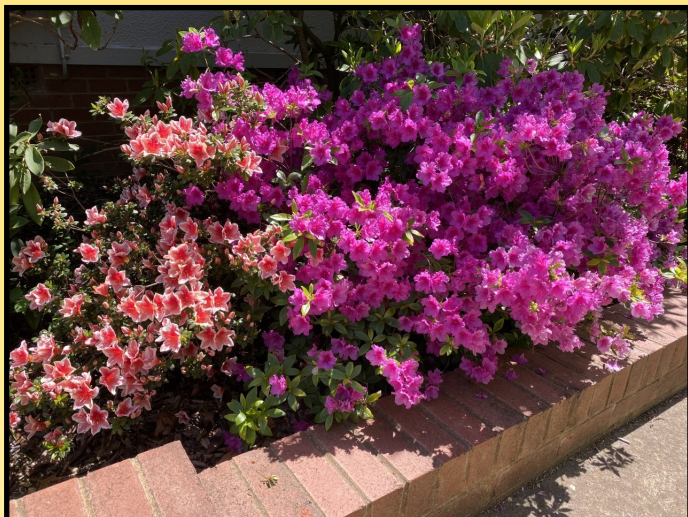


DESIGNING AND RUNNING YOUR OWN BUSINESS

As part of the Designing and Running Your Own Business, four students have formed a garden maintenance business Hard Yards.

Orange High has been employing the boys to assist in the maintenance of our lawns and garden and they are doing a remarkable job.

Beau Hartley, Ajay Isbester- Boss, Garrett Dunbar and Hugh Coady-Jiear.





WESTERN REGION ACADEMY OF SPORTS 2022

The Netball program provides high performance coaching and training opportunities to up-skill athletes and assist them in progressing to higher representation within the sport of netball. The program is endorsed by Netball NSW and provides talented netballers the opportunity to grow as netballers and people within the framework of Netball Australia's Develop a Diamond program. The program sits between local representative netball and higher order representation such as NSW state team selection.

To be eligible for selection in the 2022 program athletes must:

- be turning 15 or 16 years old in 2022
- be living or attending school in the **WRAS catchment area**
- be a current financial member of their local association and Netball NSW
- submit a nomination form before the closing date and attend a phase 1 trial day.

Our umpire Program supports identified talented umpires to access quality education and development opportunities delivered by professional and specialised service providers in a well-managed, monitored and controlled environment. The program is endorsed by Netball NSW and provides talented athletes the opportunity to grow as umpires and people. The program will allow umpires to upskill and work towards a National C or B badge depending on their experience.

To be eligible for selection in the 2022 program umpires must:

- Be aged between 14-18 years of age in 2022
- Be working towards a National C or B badge
- Display the potential to progress through the NNSW & NA Umpire pathway
- Demonstrate a dedication to improving performance
- Athletes must reside, attend school, or be employed in the WRAS catchment area.

Athlete nominations for the WRAS 2022 Greater Bank Netball Program and umpires program are now open. **Nominations will close at 9am Friday 29 October.**

Background information

Netball – [Netball – background information for nominating athletes](#)

Netball Umpire- [Netball Umpire- background information for nominating umpires](#)

Links to nominate

[Athletes](#)

[Umpires](#)

Trial dates

Phase 1 trials – Sunday 7 November (Orange)

Phase 2 trials (by invitation only) – Sunday 21 November (Orange)

All trials will be run in November 2021 in line with NSW Health advice.

More information can be found on our website <https://wras.org.au/programs/netball-2/#1448868385538-7dcaff35-aeb13>





NSW ALL SCHOOLS CHAMPIONSHIPS

We're very excited to announce that we have now opened registrations for the 2021 NSW All Schools Championships.

The dates are **Thursday, 9th December until Sunday, 12th December, 2021** to be hosted by Athletics NSW at the Sydney Olympic Park Athletic Centre.

This event is open to all high school students in New South Wales - no qualification standards are required to enter.

We have also released a DRAFT timetable of events (subject to minor change) to give all students/parents/teachers an idea of when each event will be held over the four days of athletics.

This year's Championships will be delivered in a COVID-safe environment, at the Sydney Olympic Park Athletic Centre. We are currently working on providing our network with more information - Including ticketing information, our merchandise collection for the event, and much more.



We have also opened this year's Sydney School Nitro Challenge - the perfect "warm-up" event before this year's NSW All Schools Championships, with **a fun** & welcoming team-based athletics event, to be held at Sydney Olympic Park Athletic Centre, on Saturday, 6th November, 2021.

This event is open to all high school students in New South Wales - **no qualification standards are required to enter.**





THE RESILIENCE PROJECT™

DO NOTHING CHALLENGE

There is a massive correlation between being mindful and experiencing positive mental health - and you can put this principle into practise with the Do Nothing Challenge in November.

This fundraiser encourages us to spend 30 minutes a day doing nothing to raise funds for people affected by mental ill-health. If you're keen to practise slowing down, breathing and focussing on the little things, consider signing yourself or your workplace up for the Do Nothing Challenge.

Funds raised go towards Smiling Mind, Orygen and ReachOut.com Australia.

More information: <https://www.donothingchallenge.com.au>

Why Do Nothing?

The Do Nothing Challenge

Improve Australia's mental health
Raise funds for young people affected by mental health challenges.

Improve your mental health
Having time off to yourself with no distractions has great health benefits, such as sleeping better, having more energy and managing stress.

Gratitude

Paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Empathy

Putting ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and present at any given moment. We practice this through slowing down and concentrating on one thing at a time.



Australian Government



We are holding a Pfizer vaccination clinic for Orange High School students

Let's work **together** to keep each other safe!

Dose 1 - 16th November 2021

Dose 2 - 7th December 2021

Consent forms can be collected from the Student HUB
All signed consent forms **MUST** be returned to the HUB
prior to your first vaccination.

To keep up to date with the
latest progress, and to ensure
your information is reliable, visit
health.gov.au/covid19-vaccines

COVID-19
✓ **VACCINATION**





Woodward Street
 PO Box 654, Orange NSW 2800
 P (02) 6362 3444
 F (02) 6361 3616
<https://orange-h.schools.nsw.gov.au>

Orange High School

*Honour the past,
 create the future*

UNIFORM

The wearing of school uniform is a condition of enrolment at Orange High School. We feel that appropriate school uniform is a means of fostering school pride. If you are out of uniform for any reason, you must have a note from home to explain why. This note should be presented to the Deputy Principal before school. The school can assist any student who has difficulty obtaining uniform.

	Junior Boys Uniform	Junior Girls Uniform
Summer	Regulation grey shorts	Knee length black & white check skirt OR black & white check skirt
Winter	Long grey trousers	Black, tailored slacks
Shirt	White with collar & school crest	White with collar & school crest
Junior Jumper	Black with gold bands	Black with gold bands
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Junior Tie	Black with gold stripes (Compulsory Terms 2 & 3)	Black with gold stripes (Compulsory Terms 2 & 3)
Socks	White, black or grey ankle	White ankle
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Senior Boys Uniform	Senior Girls Uniform
Summer	Regulation grey shorts	Knee length black pleated skirt
Winter	Tailored long black trousers	Long ankle length pleated skirt
Shirt	White with collar	White 'Peter Pan' collar
Senior Jumper	Black with gold school crest	Black with gold school crest
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Senior Blazer (Optional)	Black with gold school crest on pocket	Black with gold school crest on pocket
Senior Tie	Black with school crest	Black with school crest
Socks	Black socks (with black trousers)	White ankle socks or black stockings
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Sports Uniform – Boys and Girls
Shirt	Black and gold polo with collar and OHS embroidered crest
Shorts	Black, drawstring waist
Pants	Black tracksuit pants
Shoes	Joggers
Jumper	Regular school jumper

Full Winter Uniform



Full Summer Uniform



Sports Uniform



School uniforms can be purchased from:

Orange Clothing Co.

4 McNamara Street
Orange NSW 2800

6362 8572

Kingfisher School Gear

151 Summer Street
Orange NSW 2800

6361 2252

Lowes

Central Square Shopping
Centre, Shop 131,
Orange NSW 2800

6362 0573



BASAIR
AVIATION COLLEGE

OPEN DAY 2021

SATURDAY 20/11

BANKSTOWN AIRPORT

SESSION #1: 9:30 AM - 12:30 PM
SESSION #2: 1:00 PM - 4:00 PM

REGISTER YOUR SESSION NOW

RISE ABOVE
BECOME SOMETHING MORE

#AIMHIGH

E-Cigarettes

What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as cigs, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include: strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16-17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine. Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancerCouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancerCouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/



Aboriginal Women's Yarning Circle

Are you a 40yr+ Aboriginal woman?

Then you're invited to join in our
FREE Yarning Circle

WHEN: 19 NOV 2021 @ 11am

WHERE: Yilimadha Our Place Aboriginal Cultural Room

@ Orange Hospital

Informal gathering to yarn about the importance of breast screening.

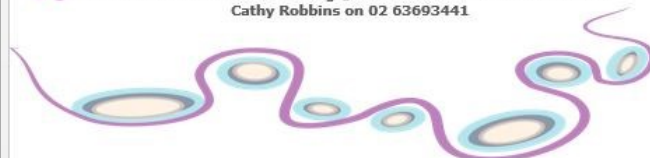
You can have a **FREE** breast screen on the day if you wish

Free refreshments, & A Goodie bag for all.



Our lovely scarves are back for ladies who get screened as well.

PLEASE RSVP TO: Christine Fing @ BreastScreen on 02 63305525 or Cathy Robbins on 02 63693441.





Webinar for Parents

of 12-18 year olds

Learn simple strategies to reduce anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening. It recommended that steps should be taken to remedy young people's anxious behaviour early-on in its development. In fact, in young people with mild-to-moderate-level anxiety, parent-led interventions have been found to be as effective as treatment by a psychologist where parents are trained to deliver a parent-led treatment across time. The mainstay for the effective treatment of teenage anxiety is cognitive behavioural therapy.



Tickets on sale \$99 per person

Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions: **Thursdays 25th November, 2nd & 9th December 2021** from 6.30-8.45 PM AEDT

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Improve your parenting confidence and family bonds.

This course includes an anxiety screening test - all parents will need to complete two short surveys prior to the course.

Register early to receive a free copy of Michael Hawton's book Engaging Adolescents.

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Recommended by child & family specialists

www.parentshop.com.au/parents/resilience-in-our-teens-for-parents

Apply for a \$1000 Youth Development Scholarship

2022 Youth Development Scholarship applications open 18 October

www.dcj.nsw.gov.au/scholarships



Variety ACTIVATE INCLUSION SPORTS DAYS

A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES

Friday, 11th February 2022
10:00am - 1:00pm
Orange PCYC

2-10 Seymour St,
Orange, 2800

Limited places available.
To register attendance [CLICK HERE](#)

Hosted by:



Delivered by:



Contact:

Kristy Rohrer
+61 2 8736 1223
aidsd@sports.org.au



VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be more active, more often!

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs.

Disability Sports Australia aims to get more Australian's with a disability sport active, more often while working nationally to support sport and active recreation participation.

Sport NSW creating healthier people, connecting communities and making a stronger NSW

