

Wednesday 4th September, 2019

Term 3 Week 7

Dear Parents

Orange Public always provides opportunities for our children to gain experience in varied and challenging activities. The school has again shone on the weekend with the **Tournament of Minds** competition being held at the school. Teams from across the Western Region converged on Orange Public School to participate. In what was an amazing day, the children from Orange Public School rose through the groups to be named winners of two of the five categories being the Arts and Social Science.



Both of the teams will now travel to Sydney in two weeks to compete in the State finals. Miss Ashleigh Allwood did a tremendous job coordinating the day and I would like to thank Miss Allwood, the large number of OPS staff who freely gave their time on Sunday in judging and also Mrs Bird and her team of parents who volunteered at the BBQ. It was a great event and the feedback from the children and parents has all been very favourable. Congratulations teams.

Our school is exceptionally excited to have our **Boys Rugby Union Team playing in Sydney in the State finals**. Mr Bale is leading the team with rigorous training and a belief that the boys stand a good chance of an excellent result. **THIS JUST IN THE OPS RUGBY UNION BOYS PLACED 2ND IN THE STATE! Well done boys!**

Our school has also enjoyed the **Orange Eisteddfod Choir** with the school participating in the Stage 1, 2 and 3 choir sections. Each choir performed flawlessly and we congratulate all students, Mrs Fisk, Mrs Sawyer and our wonderful accompanist Debbie Nicholls. The school received two second place awards and a third which is fitting for the tireless work put in by all.

This week we will be seeing the talents of the **school bands and string groups as they enjoy the opportunity of participating in the Orange Eisteddfod**. These students have put in hours of practise and will be ready to shine in their divisions. Good luck to all.



 Respectful
Responsible
Learners 

Weekly
focus:

Being Brave



IMPORTANT NEWS

- September 5th & 6th
Year 6 Choir to Sydney
Opera House
- September 11th
Canteen Meeting
12midday, Primary
Canteen.
- September 12th
Pie Drive Collection,
Heritage Hall 2 -3 pm
- September 17th
Year 3 Goldfields Excursion
- September 18th - 20th
Year 5 Canberra Excursion

On Thursday the school will be sending 37 students as well as 15 parents to Sydney to be part of the **Festival of Choral Music**. The students will perform at the Sydney Opera House in what promises to be an amazing experience for the children. We thank Mrs Sawyer for coordinating the excursion which will be one for the children and parents to remember.

Spectacular Socks Day

On Friday 13th September (Week 8), all students K-6 are asked to wear their most 'SPECTACULAR SOCKS' to raise money to support students attending the Sydney School Spectacular. Please make sure your child wears their sports uniform as normal with their spectacular socks. They will still be participating in sport so they need to wear their normal sport shoes. **Please bring in a gold coin donation to support our talented dancers.**



This week our school has also begun the scheduled **University of NSW Exams** that are being undertaken in English, Maths, Science, Spelling and Digital Technology. Huge numbers have been nominated by their parents to participate in the exams and we wish each student the best of luck. The exams give exposure to testing procedures to the children and provide the students the opportunity to gauge where they sit academically against other students in the state.


Next week our school is looking forward to commencing the **Footsteps Dance Program** that will be run for all grades during the week. The children will learn a host of dance moves and routines in fun and engaging lessons with the instructors and this activity will no doubt be a hit with all involved. **Please return all money and permission slips to the office by Thursday 5th September before 11am.**

Also next week our **Pie Drive delivery** will occur on Thursday afternoon from the Heritage Hall. We are asking parents to collect the pies between 2pm - 3pm from the hall and we hope everyone enjoys the pies knowing they are supporting the school.

Next week the school is looking at promoting a **community support skills program** that is being made available through Western NSW Local Health. The school is inviting parents to come along to a **workshop and discussion run by Di Gill on Thursday 12th September, in the Heritage Hall commencing at 6.30pm**. A light supper will be provided on the night with the focus of the discussion being 'Looking after your mental health and wellbeing and signs a person is struggling with their mental health'. The workshop hopes to give guidance on how to identify someone struggling, with techniques on how to talk to someone you're worried about. Discussion will also be held on when and where to find help for mental health concerns. These topics are all very relevant in today's society and highly important with children and adults alike. The school will be linking the event with a wear something yellow, R U OK day for student awareness. We are trying to ensure our school events reach our community and hope that the evening event will be well attended by our parent community.

Finally I would like to wish all the students in the finals of their sports the best of luck over the weekend.

Enjoy the week

	<p>Book Club closes 11th September 2019</p>
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*Bradley Tom
Principal*

Bush Poet Visit

Last Friday three Primary classes did a workshop with Murray Hartin the bush poet. Murray will be the poet in residence for the Banjo Patterson Festival celebrated in Orange in February next year.

The students from a Year 4 class created this poem.

Into Space

I went to Orange Public School
Where the year 4 kids are really cool
Really noisy, really smart
But they don't like eating apple tarts.

I said "We're going on a trip
In Hugh Jackman's rocket ship.
We'll meet tomorrow afternoon
And start our journey to the moon."

We packed a lot of things to chew
Smarties, fresha-vaca-does
Mango juice and cans of coke
Brussel sprouts - What a joke!

We blasted off, lots of flames
And we were in the flying game.
Saw lots of stars and flew past Mars
Where funky monkeys played guitars.

Did a loop-the-loop round Jupiter
Marky kark and Pink were getting stupider,
Tried to sing each other's tunes
As we buzzed back past the moon.

Hugh Jackman screamed "We're in trouble
My coca-cola's out of bubbles
So we got the soda stream
And used it like a laser beam.

We tell you this is not a joke
We rebubbled up Hugh Jackman's coke
He was happy, we flew home
And helped Muz the poet write this poem.

Next time Muz comes back to school
The school where all the kids are cool
We'll tell him he is really funny
And we'll give him lots of money.





Trash-Free Tuesday

Wipe out Waste

Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?

Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or back-pack

Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

All students and staff are encouraged to bring trash-free lunchboxes to school every Tuesday.



Primary Site
78 Kite Street
ORANGE NSW 2800
Phone: 02 6362 6369
Fax: 02 6361 7923

Email: orange-p.school@det.nsw.edu.au
Website: orange-p.schools.nsw.gov.au



Infants Site
Torpy Street
ORANGE NSW 2800
Phone: 02 6362 1992

Missing from the Primary Site

After the disco in Week 4, a child in Year 2 left a black bag in the hall containing his school uniform. The bag was seen the following day outside the primary hall before assembly but once the assembly was over the bag had disappeared. The bag is a black reusable shopping bag with "Jack's of Fiji" on the outside in yellow writing. It contains a pair of black school boots, grey school trousers and a long sleeve grey shirt both size 8. These items cost over \$100 and it would be greatly appreciated if they could be located. Please advise the school if you know where these items are.



Thank You,

Mr Disney

Save the date:

The OPS school show will be performed at the
Orange Civic Theatre December 4th and 5th.

Tickets will be on sale early Term 4.

Garden Club

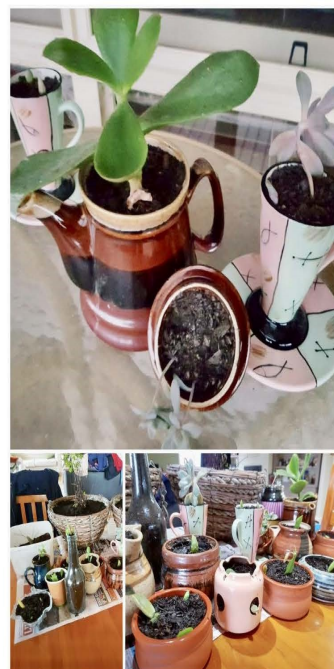
The OPS Primary Garden Club are seeking your help.

We are looking for donations of cool coffee mugs, pottery jugs, tea pots or funky glass jars as well as succulents.

Our aim is to create some succulent masterpieces that we can sell at

The OPS Open Garden.

Please drop donations into the Primary office.



OPS - 2019 School Year Dates

September 5 & 6	Year 6 Choir to Sydney Opera House
September 6	Orange Eisteddfod - Strings
September 9 - 13	Footsteps Dance Company Visit
September 10	University of NSW - Writing Test
September 11	Year 5 Cricket Gala Day 9am – 2pm
September 12	University of NSW - Spelling Test
September 12	Pie Drive collection - Heritage Hall 2-3pm
September 13	Western Athletics
September 16	University of NSW - English Test University of NSW - Maths Test, Stage 3
September 17	Year 3 Bathurst Goldfields Excursion
September 18 - 20	Year 5 Canberra Excursion
September 19	University of NSW - Maths Test, Stage 2
September 20	Year 1 Transport excursion - details to
September 23 & 24	Year 4 Dubbo Zoo Excursion
September 25 - 27	Rock wall Kids Matter Reward - details to follow
September 27	Last Day Term 3
October 14	First Day Term 4 - Students return
October 16	Kindergarten 2020 Parent Information
October 23 & 24	OHS Year 6-7 2020 Transition
October 31	Year 3-6 Bike Day
November 4	P & C Meeting, 7pm, Primary Staff Room.
November 18 - 29	Kindergarten 2020 Transition
December 2	P & C Meeting, 7pm, Primary Staff Room.



OPS Sport

K-2	Every Friday
Year 3-6	Every Friday

OPS Assemblies

Kindergarten	Tuesday 10 th September 2.30pm-3pm
Year 1	Monday 9 th September 2.30pm-3pm
Year 2	Wednesday 11 th September 2.30pm-3pm
Year 3-6	Friday 6 th September 1.00pm-1.50pm



Download our free school app!

Receive instant alerts and easily access all notes, newsletters, notices, reminders and events.



3 easy ways to get the app:

- 1) Open Safari or Chrome on your device, type in the web address: iphone.schoolenews.com or android.schoolenews.com

or

- 2) 1) Open the App Store (iPhone, iPad) or Play Store (Android)
2) Search for "Enews" and download "School Enews" app
3) Open app and search for your school name or postcode

or

- 3)    
iPhone iPad Android Web App

About emotional development

Why emotions matter

Children's responses to the different feelings they experience every day have a major impact on their choices, their behaviour, and on how well they cope and enjoy life.

Emotional development involves learning what feelings and emotions are, understanding how and why they happen, recognising one's own feelings and those of others, and developing effective ways of managing them.

As children grow and are exposed to different situations their emotional lives also become more complex. Developing skills for managing a range of emotions is therefore very important for their emotional wellbeing.

Parents and carers have an important role to play in supporting children's emotional development. They do this through responding effectively to children's emotions, through providing examples of how they manage feelings, and through talking with children about feelings and how to manage them. In similar ways, school staff can provide important support for children's emotional development.



Children's emotional development

Emotional development is a complex task that begins in infancy and continues into adulthood. The first emotions that can be recognised in babies include joy, anger, sadness and fear. Later, as children begin to develop a sense of self, more complex emotions like shyness, surprise, elation, embarrassment, shame, guilt, pride and empathy emerge. Primary school children are still learning to identify emotions, to understand why they happen and how to manage them appropriately. As children develop, the things that provoke their emotional responses change, as do the strategies they use to manage them.

Very young children's emotions are mainly made up of physical reactions (eg heart racing, butterflies in stomach) and behaviours. As they grow, children develop the ability to recognise feelings. Their emotions are also increasingly influenced by their thinking. They become more aware of their own feelings and better able to recognise and understand other people's. Thus, an emotional reaction of a 10-year-old is likely to be far more complex than that of a three-year-old.

The **experience** of emotion includes several components:

- Physical responses (eg heart rate, breathing, hormone levels).
- Feelings that children recognise and learn to name.
- Thoughts and judgements associated with feelings.
- Action signals (eg a desire to approach, escape or fight).

Many things influence the ways that children **express** emotions, both through words and behaviour.

These influences include:

- Values and beliefs about appropriate and inappropriate ways of expressing emotions that children learn from parents, carers and school staff.
- How effectively children's emotional needs are usually met.
- Children's temperaments.
- Emotional behaviours that children have learned through observation or experience.
- The extent to which families and children are under various kinds of stress.

Developing emotional skills

The table below shows the main pathways in emotional skill development for children in the preschool to primary age range. It is important to note that the rate of children's emotional development can be quite variable. Some children may show a high level of emotional skill development while quite young, whereas others take longer to develop the capacity to manage their emotions.

Skills needed	Children with beginning skills...	Children with developing skills...	Children with more developed skills...
Emotional self-awareness	<ul style="list-style-type: none"> tend to have one emotion at a time act out how they feel flip between one emotion to another quickly 	<ul style="list-style-type: none"> start to understand that they can have more than one emotion in reaction to the same event as long as they are similar (eg happy and excited) 	<ul style="list-style-type: none"> understand that they can have opposite feelings to the same situation (eg feel both happy and sad that the school year is ending)
Recognising other people's emotions (social awareness)	<ul style="list-style-type: none"> rely on physical clues to identify emotions (eg tears equal sadness) 	<ul style="list-style-type: none"> take into account clues from the situation to help explain the emotion (eg understand that a child might be sad because his or her toy has been broken) 	<ul style="list-style-type: none"> have a more complex understanding of the interaction between emotions, situations and people (eg feel sad because the thing that was broken was a gift from a loved grandparent who died recently)
Emotion regulation (the ability to manage emotions effectively)	<ul style="list-style-type: none"> are able to use simple ways to manage emotions with support from adults (eg choose a different activity to distract them from feeling frustrated). 	<ul style="list-style-type: none"> are increasingly able to choose appropriate behavioural responses (eg asks and waits for assistance with a difficult task). 	<ul style="list-style-type: none"> are increasingly able to manage emotions by rethinking own goals and motives (eg decide that there is no point being angry about something he or she can't change).

Every child is different

There are a number of reasons why children vary in the way they express and manage their emotions. These variations may be due to events that impact on children and families at times, such as severe or chronic illness, trauma, or difficult social circumstances. Variations in children's emotional expression may also be influenced by specific family or cultural values and by differences in children's temperaments.

Children learn different ways of expressing emotion based on what is regarded as normal within their family and culture. Some families and cultures encourage children to express a range of emotions while other families encourage children not to display certain emotions, such as anger or pride. These differences also influence the ways children learn to regulate their emotions.

Learning to regulate emotions is more difficult for some children than for others. This may be due to their particular emotional temperament. Some children feel emotions intensely and easily. They are more emotionally reactive and find it harder to calm down. Some of these children react to frustration by getting angry. They may act impulsively and find it hard to control their emotions. Some children who are emotionally reactive get anxious more quickly and easily than other children. It is often difficult for children with anxious temperaments to develop strategies to manage their fears. They often try to avoid situations that worry them.

Helping children learn to accept feelings and to understand the links between feelings and behaviour supports their emotional development.



How children's sense of self influences their emotions

During the primary school years, children's sense of self is strongly influenced by the extent to which they see themselves as performing well, both at school and in other activities. This affects their emotional development. Knowing that they can be successful at what they do leads children to feel competent and confident.

When children have few experiences of success, they often have to cope with disappointment and may come to view themselves in negative ways. By learning to value their own strengths and efforts, as well as those of others, children develop the emotional resilience needed to manage disappointments and frustrations. Parents and carers can support children's wellbeing and emotional development by showing understanding of their feelings and by offering encouragement and specific praise for children's efforts.



Learning to manage emotions

Helping children learn to accept feelings and to understand the links between feelings and behaviour supports their emotional development. The following example shows how Josh's mother listens carefully and asks questions that help to identify the feelings that led him to be upset.

Josh became upset when he fell off the skateboard and the other boys laughed at him. He got angry with them and told his mother they were mean. Here Josh's mother supports his emotional development by helping him to explore his feelings.

Josh: "Those boys are really mean."

Mum: "It sounds like you're really angry with them. What happened?"

Josh: "They laughed at me."

Mum: "Oh, I see. Do you know what they were laughing about?"

Josh: "I fell off the skateboard. It wouldn't turn the way it was supposed to."

Mum: "It sounds like it was really hard."

Josh: "Yes."

Mum: "And you were trying really hard too."

Josh: (Nods.)

Acknowledging and exploring his feelings helps Josh feel understood. This makes it easier for him, with his mother's help, to think carefully about what he can do to improve the situation and feel better. Josh's mother could support this next step by asking him what he thinks would make things better for him. She might also suggest some options for him to consider. Approaching Josh's difficulty this way shows him that difficult emotions are linked to problems that can be thought through and resolved.

Key points for supporting children's emotional development

Providing effective support for children's emotional development starts with paying attention to their feelings and noticing how they manage them. By acknowledging children's emotional responses and providing guidance, parents, carers and school staff can help children understand and accept feelings, and develop effective strategies for managing them.

Tune into children's feelings and emotions

Some emotions are easily identified, while others are less obvious. Tuning into children's emotions involves looking at their body language, listening to what they are saying and how they are saying it, and observing their behaviour. This allows you to respond more effectively to children's needs and to offer more specific guidance to help children manage their emotions.

Help children recognise and understand emotions

Taking opportunities to talk with children and teach them about emotions helps children to become more aware of their own emotions as well as those of others. Encouraging children to feel comfortable with their emotions and providing them with practice in talking about their feelings helps children to further develop ways to manage their emotions.

Set limits on inappropriate expression of emotions

It is very important for children to understand that it is okay to have a range of emotions and feelings, but that there are limits to the ways these should be expressed. While acknowledging children's emotions, it is therefore very important to set limits on aggressive, unsafe or inappropriate behaviours.

Be a role model

Children learn about emotions and how to express them appropriately by watching others – especially parents, carers and school staff. Showing children the ways you understand and manage emotions helps children learn from your example. This includes examples of saying "Sorry, I lost my temper" (because no parent is perfect!) and then showing how you might make amends.



This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government

Department of Health and Ageing



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Australia
Institute
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Clothing Pool 2019

**Any Donations would be greatly appreciated and can be dropped off at anytime
at the Primary front office.**

**The Clothing Pool is located at the Primary Campus— Sale Street building. The Clothing Pool does not have EFTPOS
facilities. Cash Only.**

**If you are able to volunteer in our
Clothing Pool please call Jane Howell
0414 242 823**

OPS Clothing Pool - Term 3		
Tuesdays 2.15 - 3.15 pm	Wednesdays 9 - 10am	Fridays 9 -10 am
6 August	14 August	2 August
27 August	4 September	23 August
17 September	25 September	13 September

What your P & C have been up to...


The Orange Public School P and C held a Stage 3 Pie drive which anticipate to have **raised over \$1730** selling 551 pies. Well done to Stage 3. The pies from Akehurst Bakery will be available to pick up on Thursday the 12th of September from the Heritage hall from 2-3pm.

Also the Orange Public School P and C held a Infants and Primary Disco. Thanks to the students support we **raised over \$3200** for the school. A big thank you to all of the parents, teachers and students that helped make it such a success. I appreciate all of you for giving up your time to help raise funds for the school and put on a fun night for the students to share with their peers.





ORANGE OPEN GARDENS

Explore stunning
gardens of Orange
and support
Orange Public School.



Saturday 9th November



 Find us on
Facebook @orangeopengardens



OPS Canteen

2019 TERM 3 MENU



- The OPS Slider Special** **\$3.50**
A healthy beef patty with a tomato chutney made with OPS grown tomatoes & local apples, cheese and lettuce on a brioche slider bun
Available Tuesday and Wednesday ONLY for a limited time

HOT FOOD

- Pizza Scroll *Ham & Cheese* \$3
 Hawaiian Scroll \$3
Ham, Cheese & pineapple
 Spaghetti Bolognese \$4.20
add cheese for free
 GF Penne Bolognese (GF) \$4.20
add cheese for free
 Macaroni Cheese \$4.20
 Corn on the Cob (GF) \$1
 Chickalicious Bombs (5) (GF) \$3.50
Traveller Pie \$4
Regular Chicken Tender \$2
 Hot Chicken Wrap \$5
4 chickalicious bombs, lettuce & mayo

Individual Serve Sauce/Dressing 30c

Tomato Sauce, BBQ sauce, Mayo

- SALADS** **\$5**
Garden Salad (GF)
with choice of:
Chicken, Ham, Tuna or Plain
Lettuce, cucumber, carrot, tomato & Grated Cheese

WRAPS

- Ham, cheese, lettuce & carrot \$4
 Chicken, mayo, lettuce & carrot \$4

SANDWICHES

made on wholemeal bread
toasting available at no extra cost

- Jam or Vegemite \$2
 Cheese \$2.30
 Cheese & Tomato \$2.50
 Ham & Cheese \$3
 Ham, Cheese & Tomato \$3.50
 Ham, Cheese & Pineapple \$3.50
 Shredded Chicken & Mayo \$3.50
 Chicken & Cheese \$3.50
 Ham, Cheese and Salad \$4
 Chicken, Salad & mayo \$4

Over Counter Sales

Lunch Play 11.10 - 11.30am,
Afternoon Recess 1.50 - 2.10pm

Students can purchase over the counter food at recess breaks, all snacks and some drinks are available plus freshly made specials when available

SNACKS

- Carrot Sticks (GF) 20c
 Veggie Sticks (GF) 20c
 Rice crackers x4 (GF) 20c
 Creamy Dip (GF) 40c
 Veggie sticks with Creamy Dip (GF) 50c
 Cheese & Rice Crackers (GF) 50c
 Rice Crackers with Dip (GF) 50c
 Mini Seasonal Fruit Cup (GF) 50c
 Jelly Cup (GF) \$1
 Custard Cup (GF) \$1.60
 Jelly & Custard Cup (GF) \$1.60
 Cobs Sea Salt Popcorn (GF) \$1
 English Muffin Cheeseey Melt * \$1

*afternoon recess, limited number made daily

FROZEN SNACKS

- Quelch 99% fruit juice Ice Blocks (GF) 80c

DRINKS

- Bottled Water (GF) \$1
 Hot Chocolate (GF) * \$2
 Mini Hot Chocolate (GF) * 80c

*Voucher provides for collection at recess

- Just Juice Popper (GF) \$1.60
(200ml Apple or Tropical)
 Flavoured Milk Popper (GF) \$2.50
(250ml Chocolate or Strawberry)
 Milkshake (GF) * \$2.50
200ml Chocolate, Caramel, Strawberry, Vanilla, Unflavoured
*Not available over counter, not available on Fridays

- Healthy Choice
(GF) Gluten Free
 Made at OPS Canteen
* Not Available Fridays
 Earn a sticker for Fresh for Kids Promo

Contact the Canteen 6361 7553 or search @OPScanteen on Facebook

Remember to put Childs Name and Class on a Brown Paper Lunch bag if Ordering at Canteen

ONLINE ordering available via www.Flexischools.com.au

Community News

**Charles Sturt University**

Event

Exploration Series: Sky Stories Community Observation Night

Sky Stories is a melding of Western science and Aboriginal knowledge – a chance to look at the stars and see them from two perspectives.

There will be telescopes for viewing the night sky and a free BBQ. A great family event with lots of entertainment for the kids!

Special Guest Speaker:
Trevor Leaman
PhD Researcher on the Wiradjuri Cultural Astronomy Project and Director of Dark Skies Downunder.

Astronomers:
Rod Somerville, Orange Planetarium.
Ray Pickard, Bathurst Observatory Research Facility
Tina Leaman

Tuesday 10 September 2019, 5:00 PM - Free Event

Charles Sturt University
Girinyalanha Park, Leeds Parade,
ORANGE NSW 2800.

Please register at <https://about.csu.edu.au/community/events/upcoming/orange/explorations-series-sky-stories>

School Holiday Activities



Free activities for primary school students at The Reserve Bank Museum

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Cost:
Free (Registration essential)

Booking Information:

- Expressions of interest are now open for the Spring school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 20th September at 5.00 pm.

museum.rba.gov.au
museum@rba.gov.au
(02) 9551 9743
Ground Floor, 65 Martin Place, Sydney NSW 2000

 RESERVE BANK OF AUSTRALIA

**CANOBOLAS HIGH SCHOOL**

YEAR 7 2020 PARENT INFORMATION EVENING

Come along and find out what you need to know about starting school in 2020 and enjoy a family friendly barbecue.



For further information or enquiries please contact the school.

Monday 9th September
6:00pm-7:00pm
School Hall

REGISTER NOW



Orange Little Athletics season starts this October. Register NOW to secure a place in this friendly but competitive athletics club.

Registration and payment is done online.

REGISTRATION COLLECTION	COMPETITION STARTS
Friday 11 October 4pm-6pm	Friday 18 October 5.30pm



FAMILY FUN FITNESS

orangela.org.au

Community News

ORANGE REGIONAL CONSERVATORIUM

2020 MUSIC SCHOLARSHIPS

APPLICATIONS NOW OPEN!

Instrumental and Vocal scholarship applications are now open. Application forms are available from ORC Admin or www.orangecon.org.au.

\$15 application fee is due upon submission.
Auditions to be held Saturday 9th November.

APPLICATIONS CLOSE
Friday 27th September 5pm

For more information please contact Orange Regional Conservatorium on 6361 7974 or admin@orangecon.org.au
WWW.ORANGECON.ORG.AU






Orange City Council's
YOUTH ACTION COUNCIL & **ORANGE RUNNERS CLUB**

NEON RUN

Elephant Park
Saturday, September 7
6:30 - 8:30pm

- 6pm registrations (free)
- Come dressed in your favourite 80s gear, wrapped in glow sticks
- Family friendly event, everybody is welcome
- Movie screen in the park for younger children
- DJ pumping music / Sausage sizzle
- Prizes for best dressed, most laps completed in 2hrs and minute-to-win-it stations

For more information, contact Katrina on 0403 230 236


Do you like having fun?

Do you like making new friends?

Would you like to improve your fitness?

Why not come along and give Orange Runners Club a go – walk or run and have lots of fun!

It's on Wednesday afternoon at 5pm (4.45 pm in Winter), Elephant Park, Woodward Street and/or Sunday 9am at various locations in and around Orange.

Come and have a go and race your friends at the Junior Spring Racing Carnival on:

- 25th September, 2019
- 30th October, 2019
- 27th November, 2019

(Age Groups: 1 – 3 yrs, 4-6 yrs, 7-9 yrs, 10-12 yrs & 13-14 yrs)

For more information about the Club and how to join, go to:-

www.orangerunners.com.au

or call Anthony on (0408) 249 700



Live, love, laugh Softball

New players - come and try softball with no cost or commitment to register
Current players - come and prepare for the season & bring a friend

WHEN: Saturday 28 September

WHERE: Sir Jack Brabham Oval, Forest Road, Orange

TeeBall	Ages 5-9	10 - 11.30am
Modball	10-13 yrs	11:15am - 12:15pm
Softball	14-Adults	12:30 - 2.00pm

COST: Nil, a free sausage sizzle will be available for all participants

For more information please contact:

Lisa Tracey (ODSA) 0401 975985 orangedistrictsoftball@gmail.com
Jacquie Lisle (Bletchington) 0407 934471 blechington.softball@gmail.com
Jim Gutherson (Cardinals) 0417 469778 cardinalssoftball1@gmail.com

