



# COBDEN TECHNICAL SCHOOL

McKenzie Street, Cobden Vic 3266  
P ♦ 5595 1202  
E ♦ cobden.ts@education.vic.gov.au

*Committed to Students, Committed to Success*

Be sure to check out the website for our school  
<https://www.cobtech.vic.edu.au/>

## Term 3 Week 9 September 2025

*We are committed to find and celebrate successful outcomes for students, whether that is in the pursuit of high-level academic achievement, or the development of specific vocational skills.*

*The values we strive to develop and promote through our interactions with students, parents and other members of our community are Honesty, Excellence, Accountability, Respect and Teamwork - HEART*

### Inside this Issue

Principal’s Desk.....	1
Assistant Principal Report .....	2
Junior Subschool Report.....	3
Sports Report.....	4
Wellbeing Report.....	5
School TV .....	7
<b>Calendar.....</b>	<b>10</b>
Community News .....	11

**School Council Parent:** Anita La Franchi ♦ Rebecca Armistead ♦ Fiona Dobbins ♦ Amanda Weel ♦ Simone Hayes ♦ Greg Suter

*In the spirit of reconciliation, Cobden Technical School acknowledges the Traditional Custodians of this country the Djargurd Wurrung and Kirrae Whurrung peoples of the Eastern Maar nation. We pay our deepest respects to the Elders past, present and emerging, for they hold the memories, the tradition, the culture and identity of the Indigenous peoples of Australia.*

### Principal’s Desk



Narelle Holliday – Principal

As I write this, 4 Staff and 20 students are in Indonesia on their study tour. I hope they are having a great time and that they are making the most of the trip. I can’t wait to hear the stories of this camp when we come back to school next term.

Last week, we participated in R U OK? Day, with cohort-based activities promoting mental health awareness and the importance of checking in on one another. Thanks to the VCE VM classes and the food students for preparing and organising this event.

This year we have two classes of building students making cubby houses. If you would like to purchase one of these please reach out before they sell out.



Thanks to the parents who took the time to complete the Parent Opinion Survey. Kai’s family were the winners of the hamper that was raffled for the survey completers. The survey can still be completed until end of tomorrow.



Our food classes recently hosted the October Senior’s Lunch, where students catered for and connected with local seniors. This program continues to be a highlight, fostering intergenerational relationships and giving our students the opportunity to showcase their hospitality skills. The students will again be cooking for our seniors in November and December. It’s been a true success, and we’re proud of the positive contributions our students are making to the community.

Before we know it Term 4 will be here and final exams for our Year 12 VCE students. As we approach the busy exam period, I encourage students to keep up with their revision and seek support from their teachers. It's never too late to ask for help, and your teachers are here to support you every step of the way.

On a creative note, our new music program has been off to a fantastic start! Students have embraced this opportunity to explore their musical talents while developing important collaboration and self-expression skills. We can't wait to see and hear their progress.

Finally, an exciting facilities update – our school rebuild has now gone to tender, with the expectation that works will commence before the end of this calendar year. This is a major milestone for our school and we look forward to sharing updates as the project moves forward.



As we head into the holidays, I encourage everyone to take some time to relax, recharge, and do something you love. Enjoy your break, and we look forward to seeing you all back for Term 4.

## Assistant Principal Report

---

Sarah Cook – Assistant Principal

Thanks to all parents and carers who attended and actively participated in our recent **Family Conferences**. Your engagement plays a vital role in supporting student learning and wellbeing, and it was wonderful to see such strong collaboration between families and staff. These conversations are key to building a shared understanding of each student's progress, goals and growth areas. We value your time, insights and ongoing support in helping our students thrive.

As we approach the upcoming break, I'd like to remind all students to prioritise their safety, wellbeing, and preparation during this time.

### Stay Safe

Whether you're travelling, catching up with friends, or relaxing at home please make safe and sensible choices. Look after yourself and others. Remember if you are out on your bike to wear your helmet, stay safe when gaming and communicating online and reach out for support if you need for your wellbeing - the Wellbeing Team have provided a list of services and supports in this newsletter.

### Refresh and Reorganise

This is also the perfect opportunity to:

- Catch up on **rest** and **recharge** your energy
- Reorganise your **school supplies** - check that your pencil case is stocked with necessities including pens, scissors and glue
- Ensure your **school uniform** is washed and check for any items that need replacing or mending
- Find your **hat** or purchase a new one if needed- our **SunSmart** policy is enacted in Term 4 meaning no hat no play!
- Ensure you're ready to return to Term 4 feeling **prepared** and **focused**

### VCE Students – Exam Preparation

For our senior students preparing for VCE exams, now is the time to establish a productive routine:

- Use the break to **revise** key content
- **Practice past papers** under timed conditions
- **Seek clarification** on any difficult areas and add to your notes and resources



Every small effort now can make a big difference come exam time.

I look forward to seeing everyone back, refreshed and ready for a strong finish to the school year with Year 9 Melbourne Camp, State Athletics, Year 12 Celebration Assembly and our 2025 Presentation Afternoon just a few of our Term 4 highlights to look forward to. Also our **assembly** to celebrate Term 3 achievements will be held **Tuesday 14<sup>th</sup> October at 9am**. We welcome all families to attend.

I wish all our CTS community a restful, safe and productive break.

## Junior Subschool Report



Jen McLennan – Junior Subschool leader

Holidays are upon us again, and after a short and busy term we are all looking forward to a restful break – and hopefully a win for our team come grand final!

Many of our Year 8 and Year 9 students have recently started or are anticipating getting their first casual job. At school, our HEARTs values – **Honesty, Excellence, Accountability, Respect, and Teamwork** – play an important role in preparing students for success in the workforce. What does this look like?

- **Honesty** – seeking and using feedback to improve
- **Excellence** – attempting all tasks to the best of our ability and using breaks appropriately
- **Accountability** – being punctual and showing up ready to work
- **Respect** – being considerate of others and valuing differences
- **Teamwork** – working cooperatively to achieve goals

These are the same qualities that will help students become productive, reliable and respectful employees, and we encourage our students to practice and demonstrate these every day in the class and in the yard.

Over the past few weeks, we have been focusing on **Respect**, particularly the importance of respecting other people's personal space. This means keeping our hands to ourselves and avoiding playfighting. By doing so, we can prevent accidents, stop situations from escalating, and make sure everyone feels safe and comfortable at school.

Finally, a friendly reminder that as the weather warms up in Term 4, **sun safety is a must**. School hats are required whenever students are outside during the day.

Looking forward to seeing all our students back rested and ready to go in Term 4.

<b>H</b>		<b>HONESTY</b>
<b>E</b>		<b>EXCELLENCE</b>
<b>A</b>		<b>ACCOUNTABILITY</b>
<b>R</b>		<b>RESPECT</b>
<b>T</b>		<b>TEAMWORK</b>

## Teaching & Learning Update



Gill Hampson – Learning Specialist

Have you looked at your child's learning tasks for the term? Login to Compass and checkout the feedback teachers have provided on your child's learning and assessment over the term. If you have any questions, we encourage you to contact the teacher, Sub-School Leader or myself.

School holidays have arrived, and it is important that whilst students take a break from class activities, that they continue to read and set time aside to review work from the term, so it is not all forgotten. Tips for studying include creating a realistic, structured study timetable that includes practice exams or review questions, use active study techniques like flashcards and summarising, maintain a healthy lifestyle with exercise and balanced meals, utilise teacher support and materials, and practice, where applicable, on past exams and read VCAA assessors' reports to identify and address weaknesses.

Early next term, the 2026 Year 9 and 10 students will be selecting their electives. These will include subject offerings from the Technology, Arts, Languages and Health/PE domains. Electives are designed to support students with their future pathways, whilst keeping a balanced course of study to continue to try other areas. I encourage families to start having these conversations and exploring what areas interest them. The Year 9s should consider reviewing their Morrisby test results for guidance.



Stay safe over the holidays and enjoy.

Go Pies!!

## Sports Report

Belinda Savage – Sports Co-ordinator



### Upcoming Events

Thursday	Oct 9 <sup>th</sup>	GWR Track and Field Athletics (Ballarat)
Monday	Oct 20 <sup>th</sup>	School Sport Victoria State Athletics (Melbourne)
Monday	Oct 27 <sup>th</sup>	South West Middle Years Clay Target (Lake Gilllear)
Monday	Dec 1 <sup>st</sup>	Summer Sports Day (Years 7 -9)

### South West Zone Clay Target Championships (Noorat) – Thursday August 28<sup>th</sup>

Well done to our nine students who competed at the South West Zone Clay Target Championships in Noorat. Lenny D, Katie H, Jack K, Xander M, Riley B, Ryan B, Seth M, Angus M and Randy A. Some of our students were shooting at their first event. The weather conditions were very challenging, but it was great to see all students' dedication and perseverance truly paying off.



Special mention to Lenny D on his remarkable accomplishment of finishing overall Champion Senior Boy. Three students tied on 19/20 with a shoot off to determine the overall winner which makes this achievement even more impressive. Well done, Lenny. By winning this event Lenny then qualified to shoot at the State Championships in Echuca on Monday 1<sup>st</sup> September.

### Victorian State Clay Target Championships (Echuca) – Monday 1<sup>st</sup> September

Congratulations Lenny representing CTS and the South West Zone in the Senior Boys Clay Target Championships in Echuca. Lenny shot a 29/30 single barrel to tie in first place, so then had to compete in a shoot-off and it then took another 30 targets before a winner could be determined, with Lenny finishing second overall in the State. Fantastic achievement Lenny. Lenny finished the day on 57/60 possible targets.



### Netball Victoria Senior Boys Netball (Melbourne) – Wednesday Sept 3<sup>rd</sup>

What an amazing day and experience. The Senior Boy's Netball team competed at the Netball Victoria Male Championships held at the Knox Regional Netball Centre. Kayden D, Bradey F, Brodey M, Felix N, Zac S, Alan W, Noah B, Adam J, Bailey C and Riley B can hold their heads high playing netball against some very big colleges/schools in Aquinas College, St Francis College, Haileybury College, Beaconhills College, Penleigh and Essendon Grammar and Moama Anglican Grammar.

Despite a very early start to the day, our team began with lots of energy and enthusiasm, although they lost their first two games by two and three goals. They later achieved a win, a draw and two additional losses by one and eight goals. We appreciate the efforts of Melissa Benson our umpire, Ms. Hampson for her support and supervision and Ms. Formby for her lunchtime coaching.



### HSSSD Interschool Junior (Boys and Girls) Basketball – Thursday Sept 4<sup>th</sup>

Thank you to Mrs. Cook for coaching and assisting our Year 7 boys (and Harry) basketball team - Ryan B, Angus M, Lenny M, Ely T, Oscar U and Hunter W.

They took to the courts in Terang and played three games against Mercy Regional College, Camperdown P-12 and Timboon P-12. Despite their commendable teamwork, positivity and spirit, they unfortunately did not achieve any victories, but a great day was had from the experience.



## Volleyball

The Corangamite Volleyball Association recently held their finals night, and a team of our students came away with the grand final win. Well done to the “freeballers” team, who won the A Grade final and well done to Brodey M on receiving the MVP award in the final.



Congratulations also to our Year 10 student Ewen R being part of the B Grade team called “the champs” winning the B Grade section and winning the overall MVP in the B Grade competition.

The next Corangamite Volleyball competition will start on TUESDAY October 7<sup>th</sup> at 7.15pm. If you would like to play or have any questions, please contact 0429 921 876 – or speak to Ingrid Bellman. You do not have to enter as a team; you can enter as an individual and will be placed in a team.

## Wellbeing

Kayla Horan (Wellbeing Coordinator)



♥♥♥♥♥ R U OK Day ♥♥♥♥♥

Today, our school community came together to recognise R U OK? Day, a national day of action dedicated to reminding everyone to check in with those around them and ask a simple but powerful question: “Are you OK?” Everyone was invited to wear a touch of yellow to help promote the day.

♥🌸 This week, Mentors have shared with students the positive message and a focus on the importance of connection. Together with the Wellbeing Team, they shared important information about mental health, how to have meaningful conversations, and where to go for help if someone is struggling.



♥🍰 A whole school morning tea today created an opportunity to promote kindness, empathy and peer support. Mrs McLennan’s food classes cooked and prepared the food, whilst Mr Beveridge’s VCE VM class promoted the event and set it all up. The Wellbeing Team provided resources with phone numbers, websites and other local supports on a card for students to keep and encouraged everyone to look out for one another—not just today, but every day. Special thanks to Kayla and Mel.

♥☀️ R U OK? Day is a valuable reminder that a conversation could change a life. We're proud of our students for embracing this message and creating a culture of care and compassion in our school.



**Food Hampers:** There are still a couple of dry food hampers available for families, heading into the school holidays. If your family requires some support, please call the school on (03) 55951202 and speak to the Wellbeing Team.

**Resilience Project** – Monday 15<sup>th</sup> September, Years 9-12 had the opportunity to watch a Resilience Project presentation. The Resilience Project focus on the key pillars proven to cultivate positive emotion: Gratitude, Empathy and Mindfulness along with Emotional Literacy, Connection and Physical Health.

## Youth Mental Health & Wellbeing

Lifeline – 13 11 14

Kids Helpline – 1800 55 1800

Beyond Blue – 1300 22 4636

Headspace – 1800 650 890

National Alcohol & Other Drug Hotline – 1800 250 015

Victoria Youth Support

Headspace Centres – [headspace.org.au](http://headspace.org.au)

Aboriginal & Torres Strait Islander Support: 13YARN – 13 92 76 (24/7)

QLife – LGBTIQ Support – 1800 184 527

Text: Lifeline – 0477 13 11 14

Online chat: [kidshelpline.com.au](http://kidshelpline.com.au) | [beyondblue.org.au](http://beyondblue.org.au)

### **Remember:**

- Talking to someone can help things feel lighter.
- It's okay to not be okay.
- You don't have to go through this alone

**You matter. You are important. There is always someone ready to listen**

## Anxiety & Young People

Anxiety is a natural and expected part of growing up. In fact, it plays an important role in helping young people prepare for challenges, stay alert to potential dangers and adapt to new situations. It can motivate them to study for a test, practise before a performance, or tread carefully in unfamiliar settings. However, for many children and adolescents today, anxiety can shift from being a helpful response to becoming intense, persistent and disruptive.

The world young people are growing up in is fast-paced and often demanding. Academic pressures, social expectations, family changes and the constant presence of digital media, can all contribute to heightened stress and worry.

When anxiety is left unrecognised or unsupported, it can begin to affect a young person's wellbeing, learning, friendships and self-confidence. That's why it's so important for adult carers to understand how anxiety may present in children. Everyone experiences anxiety differently, and there's no one-size-fits-all solution.

This edition of SchoolTV raises awareness and provides families with practical strategies to help young people manage anxiety in healthy, constructive ways.

**Click here:** <https://cobtech.vic.schooltv.me/newsletter/anxiety-young-people-au>



## Parenting Styles

There's no such thing as perfect parenting. But by understanding different parenting styles, we can better support our children in healthier and more effective ways.

Most of us parent as a blend of our own upbringing, lived experiences and external influences such as books, podcasts or parenting websites. And while parenting is always a challenge, it can become even more complex through divorce, separation, blended families, trauma or bereavement. Not to mention life's many other hurdles.

The concept of "parenting styles" was first introduced in the 1960s by Diana Baumrind, a clinical and developmental psychologist. She identified four main categories of parenting. Each style shapes a child's development in different ways and comes with both strengths and challenges.

Although well-intentioned, each parenting approach can have drawbacks in a child's development. Every child is unique, and their needs change as they grow. An authoritative style may suit younger children, but teenagers often require a greater balance of guidance and independence. The goal is to create a secure environment where children feel respected, heard, and supported.

By learning more about the different styles and how they influence children, you can make informed choices about the approach that best suits your family. And remember, styles are not fixed. They can evolve over time as your child grows and their needs change.

We invite you to watch this Special Report and complete the quiz to discover your own parenting style. You might also like to compare your results with your partner's and reflect together on the different approaches you each bring to parenting.

**Click here for your Special Report** [https://cobtech.vic.schooltv.me/wellbeing\\_news/special-report-parenting-styles](https://cobtech.vic.schooltv.me/wellbeing_news/special-report-parenting-styles)



# Wellness Bowls

Year 9 & 10 students

## Wellness Bowl Recipes

Year 9 and 10 students completed a Wellness Bowl task. They were required to research the components of a wellness bowl (Grain, Protein, Vegetables/ Fruits/ Dressing or sauce) and come up with some different designs. Here they are- We hope you find some inspiration for your own.

### Breakfast Wellness Bowl

#### Ingredients

- ½ teaspoon of honey
- 1 cup of yoghurt
- 1 apple
- ½ punnet of Strawberries, blackberries and blueberries
- ½ cup rolled oats

#### Equipment

- 1 bowl
- 1 sharp knife
- 1 chopping board
- ½ teaspoon
- 1 cup



#### Steps

1. Slice your apple, strawberries and blueberries into little pieces.
2. Add your cup of yoghurt into a bowl and then add your oats to the side of your bowl on top of your yoghurt.
3. Align your fruits on top of your yoghurt in rows.
4. Drizzle the honey on top of your fruits and oats

### Honey soy chicken

#### Ingredients

- ¼ cup white rice
- 2 tab of honey soy
- 1 chicken breast
- 1 avocado
- ½ tomato
- ½ cucumber
- 1 carrot
- 1 avocado



#### Equipment

- Chopping board
- 6 containers/ bowls
- Pot
- Grater
- Tablespoon
- Knife
- 1 or 2 serving bowls
- Pan
- ¼ cup

#### Steps

1. Place your rice into a pot with second knuckle deep water and put on a low heat.
2. Slice your cucumber, tomato into slices and put into separate bowls.
3. Grate your carrot and put it in another separate bowl.
4. Cut your chicken into cubes.
5. Place your chicken into a bowl with your honey soy and make sure its well coated and let rest for 5 minutes.
6. Place your chicken into a pan on medium heat for 6-7 minutes or until cooked through.
7. Get your bowl and place cooked rice, chicken and assemble you avocado, cucumber, tomato and carrot to make it look presentable.
8. Enjoy!

### Steak and veggie wellness bowl

#### Ingredients

- ¼ cup rice
- ½ cup water
- 100g steak
- Salt + pepper
- Butter
- Fresh thyme

#### Equipment

- Measuring cup
- Saucepan
- Plate
- Chopping board
- Knife
- Medium pan



1 potato  
1 carrot  
Chopped broccoli  
¼ cup pumpkin seeds  
¼ cup soy sauce

Stove  
Paper towel  
Skillet  
Tin foil

### Steps

1. Place ¼ cup of rice + ½ cup of water into a saucepan
2. Bring to a boil over medium high (no lid)
3. Turn heat to low, cover with lid, leave for 12 minutes
4. Remove saucepan from stove & let rest for 10 minutes
5. Put on the base of the plate
6. Pat dry & season steak with salt + pepper
7. Put butter and thyme in the skillet until butter is melted
8. Cook steak on both sides for 5 minutes
9. Cover steak with foil & let rest for 5-10 minutes
10. Cut into cube shapes & put in the middle of the plate
11. Cut veggies into small chunks
12. Fill medium pan with around two inches of water & bring to a boil
13. Add potato first & add other veggies a few minutes later
14. Cover & cook for 5-10 minutes
15. Plate up veggies by surrounding the steak with them
16. Add dressing + pumpkin seeds



### Rump steak & vegetable bowl

#### Ingredients

White rice ½ cup  
Garlic powder  
Zucchini ½  
Sweet potato ¼

Spring onion two stems  
Salt and pepper  
Avocado ½  
Rump steak 100g.

#### Steps

1. Fill ½ cup rice with water.  
Bring to simmer on medium heat.  
Turn down to low, cover with a lid, cook for 13mins, and let it rest for 10mins, place to the side once cooked.'
2. Dice ¼ sweet potato into mini cubes, and slice the zucchini into circles, add salt and pepper to both to add more flavor.  
On a separate chopping board, cut the rump into cubes.  
Heat up the sweet potato in the microwave for 10mins
3. Fry each of the vegetables and the meat in 3 separate groups, when cooking the rump sprinkle some garlic powder on top, deep fry the sweet potato.
4. Once cooked, place rice into a round bowl, and put the cooked ingredients on top of rice.  
Slice the spring onion stems, and cut half of the avocado in half, then carve out one side, and cut into long strips to garnish.



TERM 3 2025		
WEEK 9	DATE	EVENT
Friday	19 Sep	<ul style="list-style-type: none"> <li>➤ Last day of term – 2:25pm finish</li> <li>➤ Footy Colours Day</li> </ul>
TERM 4 2025		
WEEK 1	DATE	EVENT
Monday	6 Oct	➤ Term 4 commences
Thursday	9 Oct	➤ GWR Interschool Athletics (Ballarat)
WEEK 2	DATE	EVENT
Tuesday	14 Oct	➤ Celebration Assembly @ 9:00am
Thursday	16 Oct	➤ Corangamite Youth Leadership Summit
WEEK 3	DATE	EVENT
Monday	20 Oct	➤ SSV State Track & Field Championships (Melbourne)
Thursday	23 Oct	➤ Year 12 Final Assembly @ 10:00am
WEEK 3	DATE	EVENT
Monday	27 Oct	➤ Lake Gilliear Clay Target Shoot (middle years)

## Cubby houses for sale

Made by the Building and Construction class.

They are 2.7m long, 1.4m wide and 2m high.

Cost - \$1,200.

Please contact our General Office on ☎ 5595 1202.



## CAMPERDOWN SHOW CREATIVE KIDS

### ARTS DISPLAY

THEME: FROM PADDOCK TO PAVILION  
2D ART, A3 OR SMALLER READY TO HANG OR BACKED WITH CARD, 3D ARTS TO BE DISPLAYED

### POETRY/WRITING

PROMPT: OUT MY WINDOW...  
ACROSTIC POEM, IMAGINATIVE, RAP, HAIKU, LIMERICK OR A SHORT PIECE OF WRITING

### JUNKYARD ANIMALS

DESIGN AND BUILD A CREATURE OR ANIMAL USING RECYCLABLE MATERIALS, BOTTLE CAP, BOTTLES, FISHING LINE.. MORE CREATIVE THE BETTER!!

### COOKIE CANVAS

DECORATE 3 BISCUITS USING ICING AND YUMMY EDIBLE TOPPINGS. YOU CAN BAKE THEM YOURSELF OR USE PREMADE

### VICTORIAN AGRICULTURE SHOW COMPETITION

COMPETE IN THE VICTORIAN AGRICULTURAL SHOW COMPETITIONS. ENTER ONE OF THE TWO CATEGORIES TO WIN:  
A) CARROT & SULTANA MUFFINS,  
B) JUNIOR PHOTOGRAPHY - ARCHITECTURE - BRIDGE, BUILDING OR STRUCTURE WITHIN AUSTRALIA, SEE ATTACHED GUIDELINE

OCTOBER 11, CAMPERDOWN SHOWGROUNDS

ENTRIES TO BE SUBMITTED THURSDAY 9<sup>TH</sup> 3-6PM OR FRIDAY 10<sup>TH</sup> 9-12AM

## CORANGAMITE CREATE & SUSTAIN YOUTH FEST

SUN 21 SEPT  
1 - 3 PM  
THEATRE ROYAL  
CAMPERDOWN

- MUSIC AND DANCE PERFORMANCES
- ART EXHIBITION
- CLOTHING SWAP
- YOUNG MAKERS MARKET
- SUSTAINABLE ACTIVITIES
- FOOD VANS (AT OWN COST)

Learn more via the QR or visit:  
[corangamite.vic.gov.au/youthfest](http://corangamite.vic.gov.au/youthfest)

This is a fully-supervised event which is drug, alcohol, smoke and vape free.

## NIRRANDA & DISTRICT NETBALL ASSOCIATION INC 2025/2026 TWILIGHT SEASON.

Now taking Names and Teams in all Age groups for an amazing social and affordable competition. Girls and Boys of all ages welcome. Competition to start on the **20/10/2025 ending in March 2026** (No school holiday games) . Will be played Monday nights starting with Mini's at **6:15pm**. Also, a chance to learn to umpire and have a mentor.

**Flexible age groups depending on abilities.**

**Mini: Prep to 5 / Individual entries only Skill's/Game**  
**Junior: Grade 5 to Year 9 / Individual or Team Entries**  
**Senior: Year 9 to Open / Individual or Team Entries**

To register Facebook message our Nirranda & District Netball Association Inc or contact **Samantha on 0400 734 679** with:

**Player's name –**  
**School Year level/ Age/ Playing group –**  
**School attending -**

Mini Fee \$40

Junior Fee \$60

Senior Fee \$80

Family discount for 3 or more junior and mini family members

Enquiries Via our Facebook page  
Entries close – **10/10/2025**



Cobden Tennis is starting soon so we are holding our Annual General Meeting to organise both Senior and Junior tennis competitions and coaching. The AGM will be held this Sunday 21<sup>st</sup> September at 6pm upstairs at Fonterra Community Function Centre at Cobden Community Bank Recreation Reserve.

All players and parents are welcome.

More details on what we can offer will be advertised after school holidays.



# Let's Talk about Mental Health





**Timboon Community – you spoke, we listened!**  
**Mental health and wellbeing will be the focus of our upcoming Health Night**

**Lived Experience stories**



My name is Jack Wright, 27, husband to Katelyn and proud dad to Noah and Blair. Mental health advocacy has always mattered to me, but it became deeply personal when I lost my brother Simon to suicide on 21-05-24. That day, I didn't just lose my brother—I lost my best friend, role model, and father figure. I'm passionate about breaking the stigma, starting conversations, and driving change so no one else has to go through what I did.



My name is Liam (Fitzy) – a dad, husband, son, and proud business owner of Fitzmedia. Over the past year, I've been open about my battles with mental health. I believe there's still so much work to be done, especially for people like me who often feel like they're just making it up as they go. I hope that by sharing my story, I can help others who face daily mental health challenges.

**Plus Experts from LETS TALK**  
**discussing breaking the Stigma of Mental Health**

- **Thurs 9<sup>th</sup> Oct. 6.30 – 10pm**
- **Timboon & District Hall**
- **\$20 includes Finger Food and non-alcoholic drinks**

**BOOK NOW by Monday 6/10**

scan QR code to book 



Resources available on the night from:







# Camperdown Basketball Association Inc.



Player registrations for 2025-26 Basketball season are now **OPEN!!**

Please register via **PlayHQ** link (**JUNIORS ONLY**):  
<https://www.playhq.com/basketball-victoria/register/88bafic>

### CABA Registration costs

U9 (7 & 8 year olds) & U12 (9-11 year olds) - \$90  
 U17 (12-16 year olds) - \$100  
 Senior - \$110

BVC Insurance is \$32 for 17 & under and \$46 for seniors.

### PLAYING NIGHTS

Tuesday's - U12 Girls, U17 Girls & U17 Boys  
 Wednesday's - U9 mixed, U12 Boys, Senior Men & Women

### DATES:

Season starts Tuesday 7th October and finishes on Wednesday 10th December for the Christmas break.

It will then restart Tuesday 27th January and finish up with the Grand Final on Friday 6th March.

**\*SENIORS** - if you are registering with a team - please have your captain register the 'TEAM TO SEASON' first via this link <https://www.playhq.com/basketball-victoria/register/cf5d32>  
 You will then be given a link to send to your teammates for them to register.

# U17S PLAYERS WANTED



We are looking for u17 boys or girls who are wanting to play cricket.

Games are Tuesday nights 4:30 pm

Trainings - Thursdays 4:45 pm @ Simpson Rec Reserve

Contact Kelsey - 0407456145



## Camperdown

LITTLE ATHLETICS

October 10th

FRIDAY NIGHTS

Early Bird Registration NOW OPEN

5-16 YEAR OLDS ALL ABILITIES

FRIDAY NIGHTS 4:15 COMMENCING 10<sup>TH</sup> OCTOBER

★ EARLY BIRD DISCOUNT CLOSE 1<sup>ST</sup> SEPTEMBER 2025 ★

Full Fees Apply From 1<sup>ST</sup> September 2025

FIND US ON FACEBOOK OR <https://camperdownlittleathletics.com/>

FOR FURTHER INFORMATION PLEASE CONTACT

★ KRISTY 040828044 ★  
★ KRISTAL 0438841155 ★  
CAMPTIDOWN@LAVIC.COM.AU ★

FOLLOW US ON FACEBOOK AND INSTAGRAM

# ROLLER DISCO

\$10

CASH & EFTPOS

CAMPERDOWN STADIUM

1 FULLER STREET

5+

MINIMUM AGE

LAST DAY OF TERM 3

FRI 20 SEPT 6PM - 8PM

PLEASE FILL OUT AT VENUE

SKATES & SAFETY GEAR PROVIDED

[www.membersbookrollerderby@gmail.com](http://www.membersbookrollerderby@gmail.com)