



Ready to  
try  
something  
new?

Falcons Hockey are holding  
"come and try hockey" days  
for kids 7-15

**Feb 21st & 28th 4:30pm**

**Uni of Wollongong  
hockey field**

Free drink & lolly bag included



No cost, no obligation, just for  
fun. Join a group of amazing kids  
learning team skills, hand/eye  
coordination and leadership -  
while getting fit!

**Register now**  
**www.fmhc.org.au**



**HELENSBURGH JRLFC**

# REGO DAY

SUNDAY 23RD FEBRUARY - FROM 4:00PM

SENIORS CLUB HOUSE

U6 - U17 LEAGUE

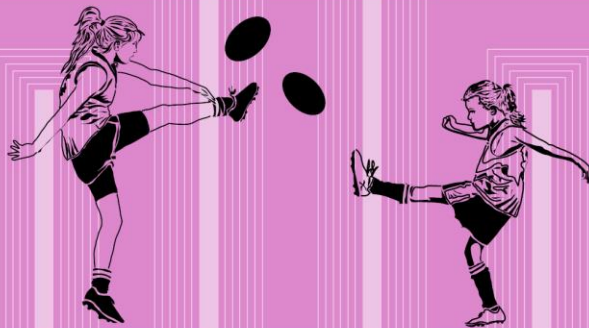
U10 , U12, U14, U16 GIRLS LEAGUE TAG



**KICK A FOOTY AROUND WITH PLAYERS AND  
COACHES | ASK QUESTIONS |  
REGISTER ON THE SPOT | BUY TIGERS APPAREL |  
BAR WILL BE OPEN**

[HTTPS://WWW.FACEBOOK.COM/  
HELELSBURGHJRLFC/](https://www.facebook.com/helelsburghjrlfc/)

## PLAY GIRLS AFL



## NORTHERN DISTRICTS TIGERS AFL REGISTRATION NOW OPEN ONLINE VIA PLAY.AFL

The Tigers will have 4 female teams in 2020 for U11G, U13G, U15G and U17G. Younger girls will play in mixed U9 and AUSKICK teams. Games are played on Sundays with training on Tues and/or Thurs at Hollymount Park Woonona. Junior registration cost \$145. New players receive free shorts and socks. All players loaned club playing jerseys. Auskickers receive a merchandise pack from AFL NSW/ACT.

To register go to play.afl, enter Woonona then select Northern Districts Junior Tigers (players turning 8 to 17 years in 2020) OR Northern Districts Auskick Centre (players aged 5 to 7 years in 2020). Players turning 18 can join our women's team. Active kids vouchers / credit cards / bank transfer accepted.



For registration enquiries please contact our Registrar Kristy Collyer  
mobile 0429 910 774 / email [northerndistrictjunortigers@gmail.com](mailto:northerndistrictjunortigers@gmail.com)

For general enquiries please contact our Secretary Kathy Turner  
mobile 0435282616 / email [ndtjafcsecretary@gmail.com](mailto:ndtjafcsecretary@gmail.com)

[www.ndafc.com/juniors](http://www.ndafc.com/juniors) [www.facebook.com/NDTJAFC](https://www.facebook.com/NDTJAFC)

## PLAY AFL



## NORTHERN DISTRICTS TIGERS AFL REGISTRATION NOW OPEN ONLINE VIA PLAY.AFL

The Tigers offer 11 junior AFL teams for males and females from age 5 to 17 years including: AUSKICK, U9, U11, U11G, U12, U13, U13G, U15, U15G, U17, U17G. Games are played on Sundays with training on various weekdays days at Hollymount Park WOONONA.

Junior registration cost \$145. New players receive free shorts and socks. All players loaned club playing jerseys. All Auskickers receive a merchandise pack direct from AFL NSW/ACT. Active kids vouchers / credit cards / bank transfer accepted.

To register go to play.afl, enter Woonona then select Northern Districts Auskick Centre (players aged 5 to 7 years in 2020) OR Northern Districts Junior Tigers (players turning 8 to 17 years in 2020). Players turning 18 can join our senior men's and women's teams.



For registration enquiries please contact our Registrar Kristy Collyer  
mobile 0429 910 774 / email [northerndistrictjunortigers@gmail.com](mailto:northerndistrictjunortigers@gmail.com)

For general enquiries please contact our Secretary Kathy Turner  
mobile 0435282616 / email [ndtjafcsecretary@gmail.com](mailto:ndtjafcsecretary@gmail.com)

[www.ndafc.com/juniors](http://www.ndafc.com/juniors) [www.facebook.com/NDTJAFC](https://www.facebook.com/NDTJAFC)

## EDMUND RICE COLLEGE PRESENTS:

**ANDREW  
FULLER**

Date: Monday 17 February 2020

Time: 7:00pm – 8:30pm

Venue: Edmund Rice College Centre

Entry via Mt Keira Rd

Free admission

Book tickets here: <https://www.trybooking.com/BHJJA>



### Identifying and Building Learning Strengths

This session with well known Clinical Psychologist & Family Therapist, Andrew Fuller is applicable to every family and will help you to enhance your child's success.



Andrew is the author of the best selling books, Neuro-Developmental Differentiation (2020), Feelings - Staying Sane in a Crazy World (2020), The Revolutionary Art of Changing Your Heart (2019), Your Best Life at Any Age (2019), Unlocking Your Child's Genius, Tricky People, **TRICKY KIDS, RAISING REAL PEOPLE, TRICKY TEENS, FROM SURVIVING TO THRIVING** and **BEATING BULLIES**.

Andrew had researched resilience & learning in over 3,000 schools with 500,000 students. He is an Hon. Fellow at the University of Melbourne.

### Identifying and Building on Your Child's Learning Strengths

Topics covered will include:

- motivation and pleasure in learning
- spatial reasoning
- number smarts
- thinking and logic
- perceptual and motor co-ordination
- concentration and memory
- people skills
- planning and sequencing
- confidence and the mindset for success

To maximise your learning from the session, please complete the learning strengths analysis at [www.mylearningstrengths.com](http://www.mylearningstrengths.com) for yourself or for your child before coming. Bring the letter or full report with you to the session.

[www.andrewfuller.com.au](http://www.andrewfuller.com.au)

Enrolling now for Year 7 2022

Limited places available for Year 7 2021



**Holy Spirit College**

A Catholic Coeducational Secondary College

**2020 Open Day**

*We invite prospective students  
and their families to attend the  
College Open Day.*

**Thursday 27 February 2020**

College Tour and Information Morning - 8.45am

College Tour and Information Evening - 5.30pm

[www.hscdow.catholic.edu.au](http://www.hscdow.catholic.edu.au)

T: 4285 2877

## Time for Healthy Habits



Do you have a child between the ages of 2-6 years and live in NSW? Do you wonder if they are eating enough of the right foods, being active enough or getting enough sleep?

We are offering a **free** program to help parents give their young children the healthiest start to life.

For more information and to register please visit [www.timeforhealthyhabitsnsw.com/](http://www.timeforhealthyhabitsnsw.com/) or contact [time-healthyhabits@uow.edu.au](mailto:time-healthyhabits@uow.edu.au)

Proudly funded by



This project has been approved by the South Western Sydney Local Health District Human Research Ethics Committee, HREC Reference HREC/18/POOL/472, and delivered in partnership with Murrumbidgee, Illawarra Shoalhaven, Southern NSW, Hunter New England, and South Eastern Sydney Local Health Districts.