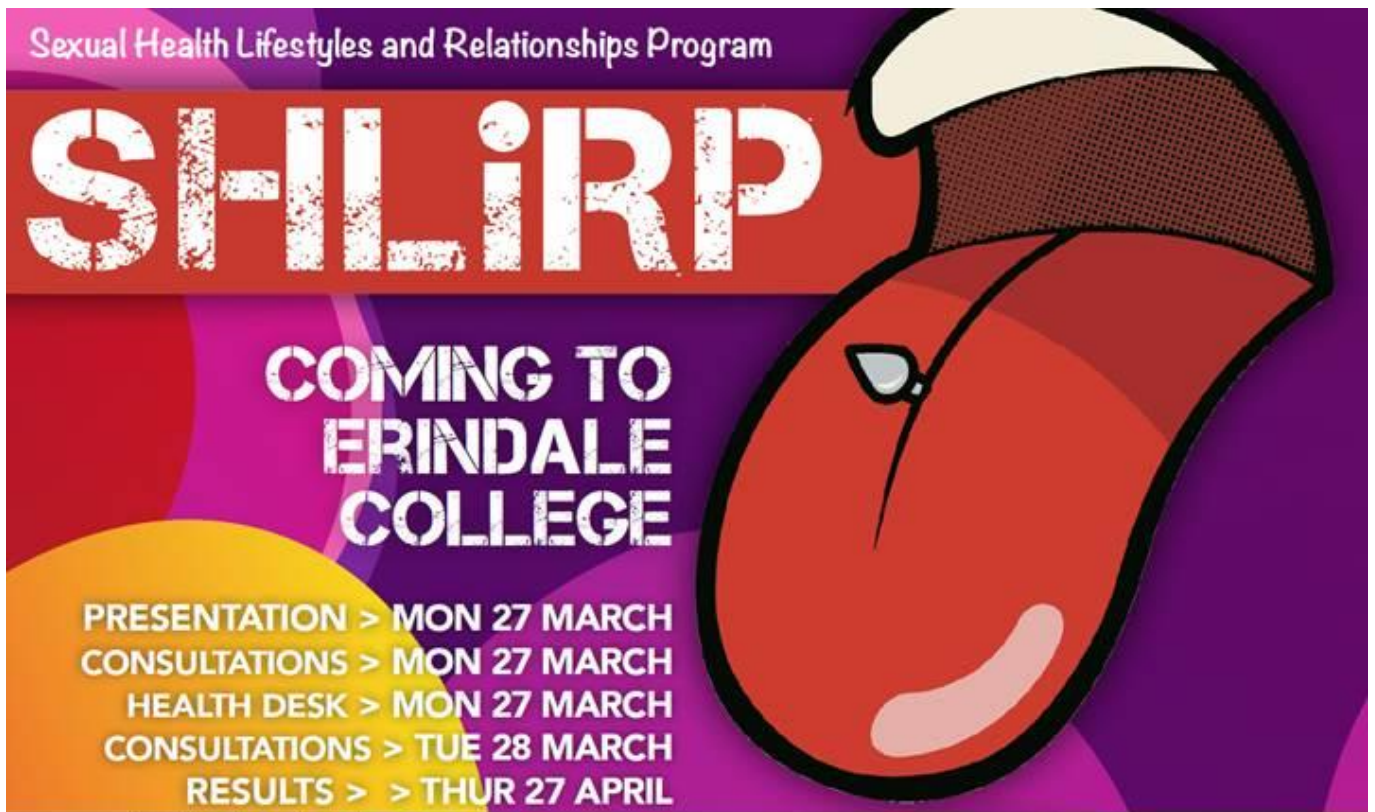


Issue Date: 27th March 2017

FOCUS:



SHLiRP ASSEMBLIES IN ERINDALE THEATRE

STUDENTS MUST GO TO THEIR CLASSES FIRST TO GET THEIR NAME MARKED OFF

GIRLS ONLY LINE 1

BOYS ONLY LINE 2

THERE WILL BE NO LINK

PARENT TEACHER INTERVIEWS

Parent Teacher Interviews will be held on the 6th of April between 4pm and 7pm

Login details to book an appointment have been sent out via email.

If you have not received an email please contact us via email: info@erindalec.act.edu.au or

Phone : 6142 2977.

ESA UNIFORMS

Additional ESA uniforms have arrived. If you require more uniforms or were owed a piece of uniform please see your squad leader. Additional items need to be paid for at the front office.

ELITE WOMEN'S SPORT TRIP

On April 4/5 the TSP is running an Elite Women's Sports Trip in Sydney. The trip is designed to expose our female athletes to the world of professional sport for women. We will meet coaches, players and administrators. In addition we will see some training and tour facilities. Visits will include AFLW Giants, 7's Rugby (Olympic Gold 2016), NRL Penrith Panthers, W-League Sydney FC, and Giants Netball. Limited places are available for this trip. Cost \$150. See your squad leader for additional information.

MARKET DAY



Thank you to everyone for supporting the Business market day this morning. The students did themselves and the college proud and it was a great atmosphere. All in all after just calculating all of the money they made just over \$122.00 profit. Not bad for the first one.

QCITY BUS PASSES

Bus passes have now arrived, please come to the front office to pick your pass up.

PAYMENTS

Please remember that payments to the front office **MUST** be made by 2pm

CHOIR

If you are interested in joining the Choir they meet each Friday in the music room

CAFÉ

The Class Act Training Café will be open on Wednesday the 29th at first break (10.45am). We hope to see you there for a cup of coffee, a bite to eat and a chat.



Menu

Shaking Beef Stir fry with garlic rice	\$6.00
Egg and Bacon Wholemeal Rolls	\$5.00
Oven Baked Wedges with sour cream and sweet chilli sauce	\$3.50
Apricot Coconut Balls	\$1.00 each

Weekly Special

A sweet deal (coffee and two apricot balls)	\$4.00
Wedges and a Milkshake	\$6.00

ANTIPODEANS MINDFUL LEADERSHIP ADVENTURE TO PERU

January 2018 Antipodeans Mindful Leadership Adventure to Peru is going ahead and if any other students would still like to join up please see Brad Wilken, or email him on brad.wilken@ed.act.edu.au & join the google classroom (code 9fnbc5x) to submit an expression of interest ASAP, as flights will be booked soon. Remember this trip can help you obtain a Duke of Edinburgh Award by completing a community project and going on a trek in the Andes around Machu Pichu as well as all the amazing sights of Peru.

ANTIPODEAN MINDFUL LEADERSHIP ADVENTURE TAKE 2

Are you interested in an Antipodean mindful leadership adventure but can't make the trip to Peru? Would you be interested in preparing an alternate trip for Sept 2018?

If you are currently a year 10 or 11 student and would like to plan your own adventure for September 2018 please see Brad Wilken, or email him on brad.wilken@ed.act.edu.au & join the google classroom (code 9fnbc5x) to submit an expression of interest. Remember this trip can help you obtain a Duke of Edinburgh Award, you will complete a community project and engage in a trek of some kind as well as some general sightseeing of your own choosing.

You will need to decide on a location for the trip. Countries include Borneo, Cambodia, India, Thailand, Vietnam, Argentina, Costa Rica, China, Ecuador, Galapagos, Indonesia, Laos, Malaysia, Maldives, Morocco, Nepal, Nicaragua, Swaziland, Tanzania & Timor-Leste.

EXERCISE SCIENCE



On Friday 17th March the Year 12 Exercise Science students had the opportunity to visit the Australian Catholic University's new Exercise Science laboratory. They are currently studying fatigue and the physiological responses to exercise. The students participated in a windgate test which laboratories use to measure peak power and muscular endurance as well as a tour of their facilities. Thanks very much for the team at ACU for having us it was an awesome experience.

ACT CRICKET

Softball/ Baseball/Cricket squad working with Michael O'Rourke from ACT Cricket





CIT MESSAGE CLINIC: SPORTS MASSAGE CLIENTS NEEDED FOR TREATMENTS!

Are you an athlete or sports person participating in high level exercise at least five times per week? If so, you may benefit from sports remedial massage and soft-tissue therapy treatments at CIT Fit and Well Massage Clinic!

Treatments will be conducted by students in their final stages of the Diploma of Remedial Massage (HLT52015) under the supervision of fully-qualified and experienced practitioners. Treatments will consist of a thorough musculoskeletal assessment, hands-on remedial massage/soft tissue therapy treatment, strength assessment and the provision of home care advice.

All clients are expected to actively participate in the exercise and home care aspects of their treatment plan as it will be crucial to achieving therapeutic outcomes.

Clinic sessions available:

Thursdays from 4 May to 15 June, 1:15pm OR 2pm sessions

Cost: \$25 per 45 minute session

Location: CIT Fit and Well Massage Clinic, Room B005, B Block, [CIT Bruce](#).

Limited places are available, bookings essential.

To apply for an appointment/s please send a brief description of your sporting background to Kelly Christensen: kelly.christensen@cit.edu.au so your suitability can be assessed.

RTO 0101.

Authorised by Carolyn Grayson, Deputy Chief Executive, Canberra Institute of Technology



WEEK 9

- 27th – 28th March: SCHLiRP
- 30th March: Yr12 T AST trial lines 7 + 5a
- 30th March: Term reports mailed

WEEK 10

- 6th April: AST training lines 3+8
- 6th April: PARENT TEACHER EVENING 4-7pm
- 7th April: AST training lines 3 + 2
- 7th April: Last day Term 1