

DARANNEWS

7 June 2024



WEBSITE

DARANET

Upcoming events

- 10 June**
Sovereign's Birthday Public Holiday
- 13 - 20 June**
Yrs 11 - 12 Examinations
- 24 June**
Year 7 Grandparents Day
- 28 June**
End of Term 2
Daranews Published
- 1 - 5 June**
Staff Professional Learning Week
- 22 July**
Students return
Year 12 Reflection Camp
- 26 July**
P1 Whole School Assembly
Rescheduled Heart Photo



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From the Principal



**Dear Parents/
Carers, Staff and
Students,**

We are already more than half-way through the term, and it is pleasing to see the way that students are engaged in their learning and making the most of the opportunities both inside and out of the classroom. Since the last edition of Daranews, I have had the pleasure of attending the Hospitality Parent Dinner, the finals for the Spelling Bee, Year 7 and 8 Reflection Days, purchased plants as part of the Environment Group's World Environment Day stall, as well as watching weekend sporting teams in their respective competitions and 'friendly' games. In addition to this, our Social Justice Group has been actively fundraising and collecting

warm items for the Vinnie's Winter Appeal, and our House Captains have been creatively raising awareness and funds for their respective House Charities. While it is a busy time, it is important that students maintain a good balance in their lives to reduce anxiety about meeting the deadlines associated with the inevitable assessment that comes at this time of the semester. For many students who have planned their work and time well, they will find their efforts have paid off in terms of being well-placed to meet all deadlines successfully. We wish our Senior students all the best when their formal examination period begins next Thursday.

Unfortunately, Covid-19 is well and truly back within our community, and as we have moved further into Term 2 the cold and flu season has certainly taken hold with the emergence of RSV infections and influenza. I would ask that families please keep your student



Daramalan College and Chevalier College Leaders for Sacred Heart Day

From the Principal

at home should they be unwell. Thank you to those families who have continued to follow our protocols and procedures in relation to both Covid-19 and cold and flu to enable us to ensure that the impact upon our community is minimised. We have a number of staff and students who are immunocompromised as well as those in our broader community and families, so it is important that we are not complacent.

Sacred Heart Day

Today we gathered to celebrate the Feast of the Sacred Heart with our Sacred Heart Day Mass and community activities. It is unusual for our celebrations to coincide with the actual Feast Day, so this made our celebrations even more special. It was wonderful to be able to welcome back **Fr Bob Irwin MSC** to celebrate Mass with us together with our College Chaplain, **Fr Tru Nyugen MSC**. As always, our Mass culminated with Fr Bob's rousing rendition of "Shout out to my soul". The theme of our Mass was "The Heart of Compassion" acknowledging not only the Feast Day but also that we are currently in our Year of Compassion. The focus of our Mass centred on the embodiment of love and compassion that Jesus, Jules Chevalier, and our faith inspire in us. We were reminded throughout the Mass that as an MSC School we are called to spread compassion through genuine acts of kindness, service, forgiveness and self love. A number of staff and students shared their reflections of examples where they have been the recipient of these acts of compassion as members of the Daramalan community. I would like to acknowledge, in particular **Ms Amy Thomas**, and all of the students and staff who contributed to making our Mass the wonderful celebration that it was. We were joined by **Mr Greg Miller**, Principal of Chevalier College, who travelled from Bowral with representatives of their

student leadership team; the Director of MSC Education, **Mr Chris McDermott**; a number of former staff, including former College Principal **Ms Rita Daniels** and members of the College Board.

Unfortunately, the weather was against us, and we were not able to take our annual Heart photograph as we had planned. This will be rescheduled for the beginning of next term when we next gather as a whole community. The afternoon still included a shared BBQ lunch cooked and served by our House Captains and staff followed by Dara's Got Talent in the Sports Centre. Images of the afternoon's activities will be included in the next edition of Daranews. Thank you to **Ms Jane Waddleton's** Senior Business class for their organisation and planning of the shared lunch alongside the College Events team. The event provided them with the perfect opportunity to put into practice the real-life application of what they have been studying in class. Thank you also to the members of the P&F Committee who braved the conditions to volunteer their time to help with our shared lunch.

MSC Visit

As I mentioned in the last edition of Daranews, for several days in Week 13 we hosted a large number of guests from the three other MSC schools in Australia as well as the MSC Provincial Superior and other members of the Provincial's leadership team. The meetings which are held over three days provide a great opportunity for representatives from each of the Colleges, MSC Education and the Chevalier Institute to discuss issues and share ideas. The visitors were treated to a lunch provided by our Hospitality staff and students. They were very complimentary about the warm welcome that they received during their visit and the quality of the meal prepared and served by our students! As



Sacred Heart Day



MSC Visit



Sacred Heart Day



Fr Bob Irwin MSC singing 'Shout out to my soul'

From the Principal

part of the meetings, the visitors were also able to tour the Issoudun Performing Arts Centre, prior to the handover to the College which is scheduled for the coming week.

Parking, Blocking Driveway Access, No Stopping Zones and Supporting Student Safety

I continue to receive concerns from the general public and our neighbours about student safety and traffic around the College. To keep our students safe when making their way to and from school, please ensure you drive and park safely and legally around our school. Unfortunately, the increase in unsafe driving observed around our school earlier in the year continues.

Access Canberra will continue to monitor speeding and parking by mobile speed vans and licence plate recognition vehicles. Unsafe and illegal parking can reduce visibility of our students and motorists to see each other, creating a significant hazard when students cross the road. Please remember not to park across pedestrian crossings, in no stopping zones, on corners, verges or double parking.

I would like to reiterate my previous requests that people who are dropping off their students in the morning, and/or picking up students in the afternoon do not park on the nature strips of houses near the College or across driveway entrances. Unfortunately, we continue to receive complaints from our neighbours about damage done to grass and trees as well as access being blocked when they have attempted to exit or enter their property. We wish to maintain positive relationships with our neighbours, so we ask that you assist by respecting their space and their requests in relation to access to their properties. Please also be mindful when picking up students that you are not parked or stopping in a designated bus zone or a signposted no parking/stopping area.

Enrolments

The official enrolment period for Year 7 and new Year 11 families for 2025 closed last Friday 31 May. Once again, this year we have received a significant number

of applications for places in Year 7, 2025. Our enrolment policy provides a clear guide as to the process that we follow when determining the offers of places. Offers of places are scheduled to be made, in line with those made for other ACT Catholic Secondary Schools, by the end of this Term. Families with students currently enrolled in Year 10 are reminded that the Notice of Intention forms for Year 11 2025, emailed to families earlier this term, are due to be returned by **Friday 14 June**.

Uniform

As the weather has turned colder and the foggy mornings have become more frequent, can I take this opportunity to remind families that hoodies, including Daramalan sports hoodies, and 'puffer' jackets do not form part of the Daramalan uniform and should not be worn to school, at school or from school. Unfortunately, we are seeing these items creeping in as the weather has changed. There is the option for our female students to wear trousers during the Winter months to alleviate the cold associated with wearing a skirt in the Canberra Winter. Thank you for your support in ensuring that our students wear their uniform with pride as ambassadors of the College.

College Board Changes

There have been several changes to the College Board in the first half of this year. Appointed as Directors of the College Board at the March meeting were **Ms Carolyn Beake** and **Ms Petrina Cole**. Both Carolyn and Petrina are current parents and possess a wide range of expertise and experience. Carolyn is also a former student of the College and has a background in Finance, Audit and Project Management. Petrina brings to the Board her background in Education, Human Resources, Governance and Public Policy. Also joining the Board in his role as Director of MSC Education is **Mr Chris McDermott**. Chris brings his wealth of experience from working in Catholic education, most recently as Principal of our MSC sister school Chevalier College for 15 years prior to his retirement in 2022. The Director of MSC Education is the Provincial Superior's representative on each of the four MSC School Boards.



Earth and Environmental Science: Bantry Bay Field Trip
Looking at one of the Aboriginal engraving sites

From the Principal

Scholarship Fund

Application forms for Scholarships for the 2025 school year will be available on the College website in the coming weeks and will be located under Enrolments/Scholarships. Daramalan Scholarships are awarded on the basis of financial need rather than on academic, sporting or cultural excellence. Their purpose is to provide the opportunity for students to attend Daramalan who may not otherwise have the opportunity due to financial hardship.

With the 2023-24 Financial Year ending on 30 June, some families may be interested in giving a donation to the Scholarship Fund as donations are tax deductible. For information about donating to the Scholarship Fund, please contact the College Accountant, **Ms Rachael Axford**, on 6163 6509 or email her Rachael.axford@daramalan.act.edu.au. There is also the option of making a donation through the Qkr! App/Portal.

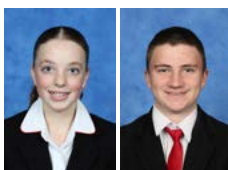
Financial Assistance

Families who are experiencing changed financial circumstances are encouraged to contact the College Business Manager, **Mr Hugh Boulter**, to make an appointment to discuss support that may be available to you. He can be contacted via email on hugh.boulter@daramalan.act.edu.au.

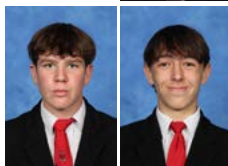
Student Achievements

Congratulations to:

Riley Bransdon (Year 8), **Rylen Campbell** (Year 10) and **Ryan Birrell** (Year 12) who have all been selected as members of the ACT squad to compete at the National Schools Swimming Championships in July.



Max Lundy (Year 9), **Owen Jones** and **Jack Brown** (Year 10) who have all been selected as members of the ACT U15 Rugby League squad competing at the National Championships.



Ella Higginbotham and **Evelina Tuipeatau** (Year 9) who have been selected as members of the ACT U15 Netball squad. **Neve Luckie** has also been selected as a shadow player for the squad.



Lachie Higginbotham (Year 7) for his selection as a member of the ACT U12 Boys AFL team who will be competing in Geelong in August.



Aleksander Sestic (Year 10) who will be participating in two European Handball training camps in Europe in July.



Bonnie Young (Year 10) on her selection as a member of the NAIDOC NSW Football squad.



Our congratulations are also extended to the members of the various College bands and ensembles who recently competed at the National Eisteddfod and achieved the following outstanding results:

- Junior and Senior Concert Bands both won a Silver medal
- Jazz Band won a Gold medal
- String Ensemble won a Silver medal

I wish our Senior students much success in their examinations which begin next week. For our Year 7-10 students, I encourage you to make the most of the final weeks of term and the learning opportunities offered during this time.

Best Wishes,

Rachel Davies
Principal



The Jazz Band at the Eisteddfod

Counselling Team

Wellbeing Focus – Preparing for End of Semester Assessment and 11/12 Exams

Exam and assessment period is upon us once again and although we all have our own way of interpreting what that means, it generally is an opportunity to show our understanding of what we've been taught. Whether we like it or not, exams are a significant part of academic life and mastering the art of exam preparation can make a substantial difference in performance.

Although I am a member of staff, I found myself preparing for exams as recently as last year and here are some tips I believe will be helpful for students, parent and teachers.

For students:

Goal setting: one of the most effective ways to prepare and stay focused during exam/assessment period is by setting goals. Numerous research has found that setting goals is an effective way to persevere, put in extra effort, and sometimes negate the anxieties that generally come with the expectations attached to exams and assessment tasks. Goal setting will help you create positive feelings that will help you stay excited and motivated about achieving those goals. One of the most effective ways to set and focus on our goals is by creating a study plan. This will help you prioritise more challenging subjects and most importantly encourage effective time management.

If you need help creating a study plan, please make use of our very knowledgeable Librarians.

Active Learning Techniques (ALT): passively reading your notes and PowerPoint slides may not be enough to learn and revise effectively. Here are some ALT's that you may find helpful:

- Summarise your notes: writing summaries in your own words will not only aid your memory but will help you identify your areas of strength and areas that require more work.
- Teach someone else: explaining concepts, problems and theories to another person will reinforce your own understanding and will also help you identify gaps in your knowledge.
- Use flashcards: this will help you memorise facts, definitions and key theories.
- Practice problems: applicable to Maths and Science classes. This will help you familiarise yourself with formulas, methods and equations that may be present in the exam.

Exercise as much as possible: those of you who have worked with me would have heard me talk about how important physical activity is for your mental state. Exam period can be very stressful so we must seek out as much stress relief as possible. Engaging in physical exercise releases endorphins that trigger positive feelings; exercise such as dancing, running, boxing and yoga will help keep you positive and motivated. Apart from helping our motivation levels, exercise also helps

Joyful June 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	
3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	
10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	
17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	
24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)	

ACTION FOR HAPPINESS

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Counselling Team Cont...

with reducing anxiety and depression symptoms. You will also find that you sleep better when you exercise, and this will ensure you are well rested and wake up with a positive mindset.

Find additional and helpful study tips here:

[Tips from former Year 12 students \(NSW\) on study](#)
[ReachOut: Exam Stress](#)

For parents/carers and teachers:

Although the students are going to be sitting the exams, it is important that our teachers and parents play a vital role in fostering a positive and supportive environment.

How can teachers help?

This one is simple. Our teachers have done a great job preparing their students all semester for this period and at this point my only tip will be to, as much as possible, offer constructive feedback and encourage the above strategies with all your students. Constructive feedback is essential as it helps students understand what they are doing right and where they need to improve. Although most students won't tell you, outside their parents/carers and themselves, they seek to impress their teachers the most as they recognise the work that they have all put in. So, please, provide that feedback as I know you also foster a sense of achievement when your students are able to accurately reflect what you've taught them! Also, please **be extra approachable** during this time - you don't want your students to be scared of you! Help them understand that you were once in their shoes...you never

Respectful Relationships

Year 10 Students Attend Impactful Respectful Relationships Seminar

On Tuesday 28 May, our Year 10 students participated in a full-day seminar on Respectful Relationships, presented by Your Choicez. This engaging and thought-provoking seminar encouraged students to reflect on their beliefs, behaviours and values, through various interactive topics.

Key areas explored on the day included:

- **Building Respectful Relationships:** Students learned how to cultivate respectful relationships and identify red flags in unhealthy ones. The seminar addressed the hookup culture, aiming to reintroduce love and connection into the conversation about relationships.
- **Stereotypes and Pressures:** An empathetic examination of the pressures and stereotypes that young people face, along with strategies to navigate these challenges.
- **Sexual Ethics and Values:** Tools were provided to help students develop strong sexual ethics and values and understand current consent laws in their state/territory.

know - you may be training future teachers, and every student remembers how their teachers made them feel!

As parents/carers, your job is simple!

You have all worked very hard to ensure that your children are where they are today. What you can do from here is to **offer encouragement** and **positive affirmations** as well as validate their concerns. A few words of acknowledging how it can indeed be a stressful and overwhelming time for your child, followed by words of encouragement can make a huge difference in the morale of your child. It helps them put in effort and maintain performance because, guess what? They want to make you proud! A word or two of praise will go a long way. Ensure your children are aware of how valuable, successful and important they are regardless of the results of their exams. Although we want the students to perform to their best, they also need to be reassured that they are loved, cared for and accepted unconditionally. In a period where they all feel stressed, overwhelmed and nervy, your words of affirmation are a must.

All in all, effective exam preparation is a combination of strategic planning, active learning, maintaining a healthy lifestyle and resting. Implementing these strategies will not only increase your confidence, but it will also increase your chance of success.

Don't forget your amazing and ever-present counselling team is here to help...when in doubt, contact us and we can arrange for a chat.

Mr Promise Igba - School Counsellor

- **Defining Love:** A session dedicated to understanding what love is and what it isn't, including the science of love and oxytocin.

Many students remarked on the seminar's well-informed presentation and stayed engaged throughout the day. This seminar proved to be highly valuable, especially in today's context of social media addiction, cyberspace concerns, and the confusing messages surrounding gender roles and identity. It was a truly worthwhile experience for our students, equipping them with essential knowledge and skills for their personal development.

Mr Dean Parkes and **Mr Shaun Warren**



Performing Arts

Music News

It was all systems go last week in the Music department! On Tuesday night, all the ensembles performed at the Music Performance Evening, this being the last one in McCowage Hall as we anticipate our imminent move to the beautiful Issoudun Building. We had an appreciative audience who were entertained with a variety of music

from the String Ensemble, Choir, Junior and Senior Bands, and the Jazz Band. This was a great opportunity to perform before the Eisteddfod which started on Thursday night. All the ensembles performed extremely well. The String Ensemble, Junior and Senior Bands were awarded Silver medals. The Jazz Band was awarded a Gold medal. Not only did all the students work hard preparing for these events, but they were also fantastic representatives of Daramalan College. I would like to thank **Ms Michelle Coggan** for all her great work behind the scenes.



The Jazz Band at the Eisteddfod

Social Justice

In recent weeks, the Social Justice Team (S.J.T) led by **Cushla Donovan** has been making waves with their proactive initiatives aimed at supporting the community, particularly its youth and those in need during the harsh winter months.

Two successful BBQ fundraisers orchestrated by the SJT have not only provided warmth but also vital funds. For our students, these events have been a welcome delight on these cold lunchtimes.

With the Vinnies Winter Appeal in full swing, the SJT has been relentless in their efforts to raise funds, resulting in a substantial sum allocated towards the purchase of sleeping bags. These essential items are invaluable to those experiencing homelessness on the streets during a Canberra winter.

“If you would like to donate to the appeal, you can donate items through the PT teacher or jump on to the QKR app and make a monetary donation,” urged Cushla, highlighting the various avenues available for community members to contribute.

In addition to aiding the local community, the SJT has extended its reach to support global initiatives, such as the UNICEF Children’s Fund, particularly focusing on assisting young people impacted by war. Their commitment to addressing both local and global issues highlights the team’s dedication to social justice on multiple fronts.

The impending conclusion of the Vinnies Winter Appeal this term serves as a reminder for those yet to contribute to seize the opportunity to make a difference. “If you are yet to donate – PLEASE spend some time this weekend looking at items to donate. It is such a valuable and important charity drive.” **Mr Ben McGee**

The tireless efforts of Cushla and the SJT, alongside the generous support of the community, demonstrate the power of collective action in fostering positive change and promoting social justice at both the local and global level.



Earth and Environmental Science

Earth and Environmental Science: Bantry Bay Field Trip

In Earth and Environmental Science, we love a good field trip and any excuse to get our hiking boots on. Year 11 and 12 students headed off in the wee hours of the morning last term to Ararat Reserve, in Bantry Bay Sydney.

After an overview of the geology and history of the area, students got to work testing the soil and water of estuarine creek systems. A student favourite was determining pollution levels by catching and identifying invertebrates in the river. There were many selfies taken

with crayfish, the leeches didn't quite receive the same enthusiasm.

Our fieldwork provided practical experience and crucial data for their upcoming investigation reports, exploring how Earth's spheres interact and the impact human activities have on the environment.

These experiences not only enrich our students' understanding but also equip them with essential skills for their scientific studies and future careers.



Lily Jahne, Diella Jagoda and Molly O'Keefe



Looking down on Bantry Bay



James Harmer and Crayfish



Year 12 collecting invertebrates

Hospitality

Hospitality Parent Dinner

On Thursday 16 May, Year 12 Hospitality students themed the Garratt Function Room into a 'Night at the Olympics'. Hospitality students invited their parents and families along for an evening of fine food, serving 70 guests a 3-course menu comprising of pork belly, cauliflower cream and caramelised apple arancini, fillet of beef with red wine jus, and white chocolate pannacotta with raspberry sorbet. The evening started with our very own Daramalan Olympic Torch relay and student led Trivia with a selection of Olympic, Hospitality and general knowledge questions. The event was not only a night of fine dining and entertainment but a celebration of the skills the Hospitality students have learned this semester, providing them with an opportunity to demonstrate their talents for our guests.



Something's Fishy

Our Year 11 Hospitality class was fortunate to venture to the FishCo Fish Market in Fyshwick. This was an incredible experience for all students involved as we were immersed in one of Canberra's largest seafood and fish suppliers. We arrived at the FishCo Markets and were greeted by the enthusiastic and passionate Managing Director **Mr John Fragopoulos**. John immersed the students in the world of marine life and demonstrated his extensive knowledge and his views on ensuring a sustainable seafood industry. He briefly explained the logistics of running a fish market and how FishCo has had to adapt due to the Covid-19 pandemic in recent years.

As we toured the store, the students were encouraged to try a variety of seafood which resulted in some exciting and amusing experiences. During this process, students were encouraged to try freshly shucked oysters and to interact with marine life by handling live mud crabs and lobsters and fishing by hand for barramundi in the tank. If you caught it, you could keep it!

John explained how to ensure perishable seafood remains at its freshest through correct transportation and storage practices. He showed us the large walk-in fridges where all the seafood is stored before being displayed for purchase. He also taught the students how to peel the largest, freshest prawns using the best technique.

Overall, this visit provided the students with a comprehensive and hands-on understanding of the seafood industry. It was not only an educational experience but also an opportunity to appreciate the intricacies of sustainable seafood practices. The enthusiasm and generosity of Mr John Fragopoulos left a lasting impression, inspiring many of us to consider careers in marine biology or fisheries management. This unique exposure to the inner workings of FishCo Markets will undoubtedly remain a highlight of our educational journey.

Jasmine Reid (Year 11)



Languages

Tag der deutschen Sprache – eine Reise nach Deutschland

On Thursday 16 May, the Years 10 - 12 German students celebrated the 'Tag der deutschen Sprache' (Day of German Language) together with students who also learn German in other ACT colleges. The day had been especially organised for our students by the German, Swiss and Austrian embassies and this year was held at the residence of the German Ambassador. After the official welcome by the German Ambassador, her Excellency **Ms Beate Grzeski**, the Deputy Ambassador of Switzerland, **Fabian Grass** and the Austrian Attaché, **Ms Klara Wuketich**, students completed a variety of activities which tested their cultural knowledge of the countries. We also had the opportunity to talk to representatives from different Canberra German community groups. Before leaving with lots of new knowledge and our goodie bags, we enjoyed a buffet lunch which consisted of yummy Swiss, Austrian and German delicacies. We can't wait to visit the Austrian Embassy next year.



German Film Festival

Kino for Kids arrived alongside the German Film Festival. Year 9 and 10 German students were lucky to fit in the movie *Das fliegende Klassenzimmer* at the Palace Electric Cinema in New Acton. The Year 11 and 12 students enjoyed the *Skater Girls – Get Up* movie a week later. In the movie *Das fliegende Klassenzimmer*, 13-year-old Martina receives a scholarship to a school in the Alps which is attended by both boarders and day students. From the beginning it is clear there are conflicts between the two sides – they don't mix! As expected in a comedy, a lot of things go wrong but in the end friendship prevails. *Skater Girls – Get Up* also deals with friendships, challenges and a love for skateboarding. Four girls must unite and overcome obstacles to win a skateboarding contest. While the subtitles of both movies were very useful, students noticed that they can already understand quite a bit of German.



Religious Education

Year 9 Religious Education classes visited the National Gallery of Australia as part of their investigation into Social Justice issues and how they can be responded to in a creative way.

After an hour of being guided through the gallery and discussing various works from First Nations artists and immigrant artists, the class reunited with the Art educators in the gallery's workshop. There the educators helped our students develop their ideas around Immigration, Domestic Violence, Climate Change and other themes.

All the students walked away knowing they had an idea for their creative task, with some having most of it completed. This semester was the first time all five classes visited the NGA and there are plans to make this excursion a regular part of the programme in the future.



Environment Group

The past Wednesday 5 June, the Environment Group once again celebrated World Environment Day with a plant and bake sale. With wonderful donations from our students and staff, students were able to sell the majority of plants throughout the lunch period and all of

the cupcakes were quickly snatched up. Thank you to **Ms Janette Kline** for facilitating decorating sessions for the cupcakes – they were beautifully adorned with fondant flowers and leaves to celebrate the occasion. With many of the plant donations left over, we look forward to taking them out to the Sustainable Market Day stall in August – all proceeds from these sales will be going towards the ACT Conservation Council who we hope to partner with some more in the future.



P&F Online Workshop

Daramalan P&F in cooperation with APFACTS is hosting an online workshop: Empowering our Children, Preventing a lifetime of Imposter Syndrome

Thursday 20 June from 7pm to 8pm.

In today's competitive and fast-paced world, many children struggle with feelings of self-doubt and inadequacy, leading to the phenomenon known as Imposter Syndrome. This topic is particularly relevant as we aim to support and empower our children to overcome these challenges and reach their full potential.

This interactive workshop will also include a Q&A session where you can ask specific questions and share your experiences, allowing you to connect with other parents facing similar challenges. Begin the journey of equipping yourself with the knowledge and confidence to help your child navigate their feelings of Imposter Syndrome and cultivate a healthy, positive self-view.

In this session, you will learn:

- Understanding Imposter Syndrome: What is it and why does it affect our children?
- Identifying Signs: Recognising the symptoms of

Imposter Syndrome in children and adolescents.

- Effective Communication Techniques: How to talk to your child about their fears and reassure them of their abilities.
- Building Confidence: Activities and daily practices to boost your child's self-esteem.
- Creating a Supportive Environment: How to nurture a mindset that celebrates effort and growth, rather than perfection.

Presented by Melanie Greenhalgh from Collective Wisdom Coaching

<https://collectivewisdomcoaching.com/>

Step into the world of Mel, a living testament to the incredible power of resilience, compassion and personal growth. With over 25 years of experience, Mel's journey has been a rich tapestry of dedication to helping those in need. From her beginnings as a youth worker, her passion for making a positive impact has guided her through various paths, including health promotion, community development, and advisory roles in crucial areas like Domestic and Family Violence, Sexual Assault and Sexual Harassment.

Mel's story is one that showcases triumph over adversity, a living embodiment of resilience and personal growth. Her unwavering dedication to empowering others stands as a beacon of hope and inspiration. If you're ready to embark on a journey of transformation and self-discovery, Mel is here to walk alongside you as your trusted guide.



Basketball

As the BACT Winter season progresses, the excitement around Daramalan College's Basketball program continues to grow. Our talented students have been showcasing their skills, dedication and sportsmanship on the court, and we couldn't be prouder of their efforts and achievements. Here are some highlights and upcoming events that are sure to keep the momentum going.

Continuation of the BACT Winter Season

The BACT Winter season has been in full swing, with our teams putting in impressive performances week after week. Our players have demonstrated outstanding teamwork, resilience and a passion for the game that is truly inspiring. As the season continues, we look forward to more thrilling matches and the opportunity to see our teams climb the rankings.

Daramalan College versus Erindale College

In a spirit of camaraderie and healthy competition, Daramalan College recently played a friendly match against Erindale College. This event was not only a chance to test our skills against a formidable opponent but also an opportunity to strengthen the bonds between our schools. The game was filled with intense action, strategic plays and moments of brilliance from both sides. It was a fantastic display of sportsmanship and mutual respect, with Erindale College coming up victorious.



Coaching Workshop

On Tuesday 4 June, we had the pleasure of having the BACT Head of High Performance, **Leonard King**, come to school and conduct a coaching workshop for our coaches. The 2-hour session was drills-based and included explanations and demonstrations of drills suitable for all ages from JPL to the lower divisions. Leonard's mantra is to develop talent and maximise participation and the drills he introduced the coaches to were aligned to this philosophy. Coaches were shown numerous offensive drills and some exciting new defensive options that our teams can use. The Daramalan coaches were actively involved and were demonstrators of drills, asked questions and were able to seek Leonard's assistance for specific skill and mindset development. Leonard also chatted extensively to interested coaches after the session.





BASKETBALL TRAINING CAMP

WEDNESDAY 10 AND THURSDAY 11 JULY

LOCATION: Daramalan College Canberra, 121 Cowper St, Dickson

AGE GROUPS: Students in Years 4,5,6 and 7

Drop off and pick up is in the foyer of the Daramalan College Sports Centre. Please enter the school via the Morphet St entrance and park closest to the oval. Then enter the school via the closest quad which will lead you to the sports centre. All instructors are highly experienced, many currently playing in the premier league BACT competition.

ARRIVAL & PICK UP TIMES

- Arrive: Between 8.30am - 9am
- Pick up: 4pm sharp

WHAT TO BRING/WEAR:

- Basketball training attire, rubber soled shoes
- A basketball
- Packed lunch. (similar to school, please bring your own lunch and snacks every day in a clearly named lunch box or bag. Lunch shouldn't include any nuts or nut products)
- Drink bottle. (Please make sure it is named)
- A small amount of cash. A small canteen will be set up to sell lollies and soft drink.

WHAT NOT TO BRING: Avoid bringing items that you wouldn't want to get dirty, lost or broken. These items include iPad's and other electronic devices, watches and jewellery.

TYPICAL SCHEDULE

8.30-9am – Arrival/ Casual shootaround
 9.00-9:20 – Introduction/ warm up and group allocations
 9:20-10.00 – Session 1
10.00-10.30 – Recess
 10.30 – 11:10 – Session 2
 11.10 – 11.20 – Drinks break (instructors game)
 11.20 – 12.00 – Session 3
12.00-1.00 - Lunch
 1.00 – 1.40 – Session 4
 1.40 – 1.50 – Drinks break (instructors game)
 1.50 – 2.30 – Session 5
2.30-3.00 – Afternoon tea
 3.00 – 3:45 – Full court games
 3.45 – 4.00 – Warm down/ tidy up
 4.00pm sharp – Pick up

SESSIONS (order may vary on the day)

Session 1: Shooting clinic using our Dr Dish Complete Trainer
 Session 2: Fun basketball games
 Session 3: Non active session - NBA games on the big screen/ board games/ card games etc
 Session 4: Ball Handling and passing workshop
 Session 5: Small sided games

PAYMENT

\$65 per day, payments can be made using the following link:



Cricket

ACT Cricket Awards

Daramalan was recognised twice in the recent Cricket ACT Junior Awards for outstanding Player of the Week:

Alessia Montefiore-Gardner (Year 11) from Stage 3 Black for her Round 5 innings. She scored 89 from 29 deliveries including 13 fours and three sixes. **Liam Inwood** (Year 10) from Stage 3 Gold team was also rewarded for his Round 6 knock of 80 from 44 deliveries featuring six fours and five sixes.

Winter T20 Tournament and Holiday Camps

Pro Performance Cricket, supporter of Daramalan Cricket, is running a T20 Smash Cup Tournament on **Monday 15 July** and **Tuesday 16 July** at the Dickson Oval. Any keen cricketers are welcome to register as an individual or create their own team. There are also holiday camps taking place on various dates which are

excellent for those looking to expand their skills in the off-season.

If you are looking for any information regarding playing Cricket at Daramalan as part of our Girls or Boys squads, please contact Cricket Coordinator **Mr Callum Brown**: callum.brown@daramalan.act.edu.au



Throughout the day, both teams exhibited exceptional moments of teamwork and sportsmanship. Their dedication and hard work paid off securing wins in all matches and advancement to the Grand Finals.

Oztag

Years 7-10 ACT Oztag Gala Day

On Wednesday 15 May, the Years 7-10 ACT Oztag Gala Day at Southwell Park was a rewarding day showcasing exceptional talent and teamwork. Daramalan College was represented by Years 7-8 and Years 9-10 Girls teams, both of whom demonstrated outstanding skills that were remarkably stronger than their opposing teams.

Both the Years 7-8 and Years 9-10 Girls continued their impressive performance. They played with persistence and determination, both teams winning their Grand Final. The success of both teams was a testament to their Oztag and ball skills, a unified team effort and their coaches. Congratulations to both teams on their well-deserved victories!



Rugby

As Round 4 of the ACTJRU competition draws to a close, Daramalan Rugby finds itself in a favourable position, boasting 23 wins, 17 losses and 3 draws across all grades—a testament to the team’s dedication and skill.

“Our current standing is quite positive”, reflecting on the Club’s performance thus far. For more updates and insights into Daramalan Rugby, I encourage our community to follow our social media pages, where you will find “The Eagle Eye,” your go-to source for all things Dara Rugby.

Beyond the scoreboard, Daramalan Rugby celebrates the success of several players selected to represent the ACT in the junior Brumbies programs. We extend our best wishes to these players, hoping their experiences will enrich both their individual journeys and the collective strength of the club.

As June unfolds, the Dara Rugby calendar brims with activity, including four gala events at home. I would like to take a moment to acknowledge the invaluable contributions of **Corinne Kelly** and **Simone Woods**, who have taken on the responsibility for the Rugby Canteen this season. Their dedication and meticulous planning ensured that the club delivered exceptional service to the community during last weekend’s games—a feat worthy of praise and recognition, especially alongside the supportive Under 15 parents who share the spotlight as recipients of the coveted “Player of the Day” award.

But the spotlight doesn’t dim with the conclusion of matches; it shines brightly on the talented individuals who comprise Daramalan Rugby across various age groups. We are proud to announce the following representatives:

Under 12’s
Uasi Tuipeatau
Gus O’Connor
Jack Lundy (injured not playing)

Under 13’s:
Hamish Eves
Will Patterson
Malakai Tu’ifus

Under 14’s:
Maanaima Segal
Reuben Brits (South Coast Monaro)
Luke Cullen
Lucy O’Connor
Freya Cole
Annabelle Campbell
Matilda Primmer (Country Brumbies)

Under 15’s:
Sam Rinaudo
Max Lundy
Harry McIntyre
Owen Jones
Tray Souter
Tom Kelly
Cooper Leslie

Under 16’s:
Ethan Armstrong
BJ Pumpa
Will Scarlett
‘Uhila Tai
Aidan Wunsch
Adelaide Norris
Charlotte Nicholson
Frankie Cappello

Paua-Lee Going
Evelina Tuipeatau
Kira Morrison
Ema-Luisa Finau
Imogen Vickery
Leila Innes
Mila Cappello

Under 18’s:
Annabelle Mickelson
Daisy Goodwin
Jasmine Reid
Makenna Ravouvou
Brad Patmore (ASC)
Pat Edwards (ASC)
Cam Valadez (ASC)
Denzel Veikune (ASC)
Jeziel Segal (CSC)
Henry Laidler (CSC)
Jordan Lehelma (CSC)
Brodie Preston (CSC)
Toby Klem (CSC)
Grady Wooley (CSC)
Nate Pfitzner (CSC)
Lebron Alifipo (CSC)
Moses Kaufusi (CSC)
Rhys Chapman (Presidents XV)
Tyla Hope (Presidents XV)
BJ Pumpa (Presidents XV)
Aidan Wunsch (Presidents XV)



Volleyball

Year 7 - 8 Girls Volleyball

On Wednesday 15 May, Volleyball ACT hosted the Years 7-8 Girls Volleyball Day at the Hockey (and Volleyball) Centre in Lyneham, with many schools competing. Our team consisted of nine players: **Sienna Rosser, Naomi Chew** (Year 7), **Phoebe Needham, Kayla Sisourath, Lily Hynd, Brianna Heaton, Jade Krsteski, Antonija Kovac** and **Georgia Morris** (Year 8). It was the first time our team had played together after a very rushed trial. Each team was guaranteed four matches, to be strictly no longer than 25 minutes on a tight schedule.

The first game against Belconnen High was an opportunity for us to figure out our strengths and weaknesses. We learnt a lot and by the end of the game we were much more cohesive. Immediately after the first game we had a duty to look after the refereeing and scoring of the second game. A good break followed.

In the second game against St John Paul II College, we were stronger and won 2 sets to 1. In the downtime,



we took the opportunity to hone our skills by playing a fun game outside where the players were eliminated if they let the ball touch the ground. This led to much more confidence for the final game. During the last break between games, we found ourselves playing a “scratch match” against Belconnen High and we could hold our own against a team that looked much stronger than ours. Maybe because we were playing for enjoyment rather than points, we had a better focus.

The last game was just before a break for lunch, taking on Campbell High. While our opposition was more successful in their previous games, serving let both teams down in this match. Our team held their own against a stronger team, however Campbell prevailed. After the lunch break, we had another duty followed by our final game which gave us another opportunity to defeat St John Paul II College. We were then free to leave having had a satisfying and social day. We thank Volleyball ACT for hosting the event and keeping the schedule running on such a busy and noisy day.

Mr Steve Colbert



Year 9 - 10 Girls Volleyball

*May 22nd was the 9-10 Girls' Volleyball comp did you know?
Read on if you're interested in how our Dara team did go.
Perhaps not the day for triumphant glory,
Yet still had plenty of feel-good stories.
Like Captain **Andie MacFarland** and her bullet serve aces
bringing shock and dismay to opposing team's faces.
Or several of the carnival's most exciting rallies,
with touches from both teams reaching exceptionally high tallies.
The girls had a great time and improved with each game,
And who knows, with more practice may reach volleyball fame.
Despite going winless which they took in their stride,
through fun and great sportsmanship represented Dara with pride.*



DARAMALAN CAREERS WEBSITE

Please contact Annette Brady on 6245 6394 or careers@daramalan.act.edu.au

On Wednesday 22 May, a group of Year 12 students attended the University of Canberra Explore Day to experience a taste of campus life and the study programs the university offers. They had a fun day of exploring the campus and attending mini lectures with other ACT and NSW students.



Upcoming Events

Thursday 8 August Year 10 excursion to the Canberra CareersXpo. (Students in other years are encouraged to attend in their own time.)

Book an Appointment with the Careers Advisor

Students can now book a meeting time online through the [Daramalan Careers website](https://daramalan.act.edu.au). If parents or guardians would like to attend for appointments outside of school hours, please email careers@daramalan.act.edu.au

High School Subject Selection – A Guide for Parents

Study Work Grow have put together a [Subject Selection Guide for Parents](#), with simple tips to help you support your teens while they make a decision.

2025 Universities and Undergraduate Course Guides

Check out the [Daramalan Careers website](https://daramalan.act.edu.au) here to find information on universities in Australia and many other institutions. Just click on a logo to get information on that institution including: a link to their website, scholarships, early entry schemes, alternate entry schemes, application information, adjustment factors and course guides.

Applying to University in 2024 – Early Entry schemes

Many universities have programs in place that allow them to accept applications and make offers based on criteria other than ATAR. Each program has its own eligibility criteria but often include Year 11 results, soft skills, community involvement and school recommendation. Key dates and application processes also differ based on which university and which course the student is applying for.

Canberra region institutions:

[UC Early Entry Scheme](#) – Open now, closes Friday 9 August
[Charles Sturt Advantage](#) – Open now, closes Saturday 31 August

[UOW Early Admission](#) – Opens Monday 17 June
[ACU Guarantee](#) – Open Monday 22 July

For more information, use the university and course guide link above or contact **Ms Annette Brady** in the Careers Hub.

University of Canberra Future Undergraduate Student Information Sessions

UC is running a series of course-specific webinars throughout June that parents and students are invited to join. In these webinars you'll have the opportunity to hear from teaching staff and from a current student about what you can expect from the courses and the exciting career possibilities. Can't make it to a webinar? To get on-demand access to the presentation, simply register via the links and you'll receive a recording post-event. [Register here](#).

ACU New Courses and Guided Visits

Do you want to explore the campus and discuss your study options, including the new Speech Pathology and Occupational Therapy courses at ACU Canberra? [Book here](#)

UNSW Co-op Program Scholarship Applications Now Open

Applications are now open for 2025 UNSW Co-op Program scholarships. [See here for more information](#).

The CIT Hairdressing and Beauty Therapy Department

CIT are now taking enrolments for the July intake for the Hairdressing, Barbering and Beauty Therapy qualifications. Information session: **Monday 17 June** from 5pm – 6pm at CIT Reid (C Block)

Qualifications available:

- SHB30221 Certificate III in Makeup
- SHB40121 Certificate IV in Beauty Therapy
- SHB30416 Certificate III in Hairdressing
- SHB30516 Certificate III in Barbering

Celebrating Women in Engineering Day - Panel Session for Parents

Friday 21 June 9.30am-10.45am

To celebrate International Women in Engineering Day, University of Technology Sydney is asking "Why do we think it is just for the boys? Why is diversity so important? What does the future look like? What does it take to be a good Engineer?" Meet female Engineers from various areas of Engineering; UTS Building 1, Lecture Hall - Or via Zoom – Contact **Ms Brady** for more information.

Sydney Design School Designer for a Day Workshop Thursday 11 July

Know what an Interior Designer does? Join Sydney Design School for an insight into their inspiring world. Get creative and design your own interior space, create a mood board, play with colour and materials, and visualise space in 3D using the latest computer software. Designer for a Day Workshop for High School students, \$99 per person Book at: <https://sydneydesignschool.com.au>.

Quantity Surveying Scholarships

The Australian Institute of Quantity Surveyors is pleased to announce that entries are now open to Year 12 students who qualify for entry into an AIQS accredited Construction Management degree in Australia. The value of the scholarship is AU\$5,000. For more information, please visit www.aiqs.com.au/scholarships.

Jenza Summer Camps USA

Working at a summer camp in America allows students to earn money, enhance employability and explore a new country – all in one life-shaping experience. From visa support to a pre-arranged job, JENZA Summer Camp experts help take care of everything. Join the info session

Careers News Cont...

where they will be chatting all things camp - including how to get hired, what to expect when you get there, and how to prepare to have the ultimate camp experience. [Register here](#)

NIDA Open Day - Saturday 15 June

Open Day is an opportunity to learn about NIDA's courses in the [Bachelor of Fine Arts](#) and [Diploma programs](#), meet our expert teaching staff and our talented students and alumni, tour the world-class facilities, see our students in live productions on stage and in behind-the-scenes roles, and discover why NIDA produces some of the world's most in-demand storytellers across stage, screen and beyond. If you are interested in a creative career and want to explore possibilities in the performing and dramatic arts, then don't miss NIDA Open Day 2024 – [register now](#)

PECAN+ 2024 Registrations Now Open

Registrations for Canberra PECAN+ 2024 are now open – [register here](#). PECAN+ is a free two-day event where students in Years 10 to 12 learn cyber skills from leading cyber professionals, then put them to the test in an Australia wide capture the flag competition. This event aims to highlight cyber career paths in a fun and engaging way. Register your team ASAP as places this year are limited.

UCAT NIE Free Webinar - UCAT, Interviews, Pathways into Medicine and Dentistry

Monday 17 June - The National Institute of Education will be presenting a webinar about UCAT, Interviews, Pathways into Medicine and Dentistry. The session is packed with invaluable information. [Register here](#)

NIE Careers: Future Doctors Australia Program (Age: 14-18)

18 – 21 July and 10 - 13 October: Future Doctors Australia Program is an engaging and high-impact 4-day program that provides young people (Age: 14-18) with a unique opportunity to gain medical work experience in a safe and structured environment. [Details here.](#)

Projects Abroad - Medical Experience in Cambodia

For students keen to pursue further studies in Medicine and healthcare, Projects Abroad has launched a new program in Cambodia. It combines hospital and community health experiences with workshops, cultural insight and sightseeing. Open to students aged 15 and over. [More information here.](#)

UC FAD Short Courses

The University of Canberra's Faculty of Arts and Design (FAD) would like to invite Year 10 - 12 students to attend our DiscoverFAD short courses these winter school holidays. Our short courses are facilitated by our talented academics and are a great way for High School students to experience what life is like at university and gain an understanding of their pathways to get there. [See here for more information.](#)

Daramalan Work Experience Program

Students in Years 10 to 12 can undertake work experience placements with the approval of the College. Finding an employer is the responsibility of the student and there must be a meeting with **Ms Brady** to discuss the timing, legal requirements and documentation. Students may only attend work experience for one week during the semester. The completed 4-Way Agreement must be received by the College at least 7 days prior to the placement commencing.

Contact careers@daramalan.act.edu.au for more information.

Nursing and Paramedicine Work Experience – Floriade 2024

The First Aid provider for Floriade 2024 has offered Daramalan students the opportunity to work alongside qualified Nurses and Paramedics at this year's event. The opportunity is open to students in Years 10 to 12. Please contact **Ms Brady** in the Careers Hub to register your interest.

ADF Careers and Work Experience

See [here for upcoming events and info sessions](#). See [here for information on available Defence Work Experience opportunities](#).

News and Information from [Study Work Grow](#)

[ATAR cut-offs and how they work](#)

How do universities decide who gets a place in their courses? Let's go over ATAR cut-offs and find out what they're really for.

[7 careers that celebrate bees](#)

World Bee Day on 20 May was all about raising awareness about the important roles that bees play in our every day lives and finding ways to benefit our bee populations. If you have a soft spot for bees, are a citizen scientist, or you just want to make a difference in the world, one of these careers with bees could be perfect for you.

Competitions

[The Best Australian Yarn 2024](#)

The Best Australian Yarn celebrates the art of storytelling by giving writers across the country a platform to share their short stories.

[Future Leaders Awards 2024](#)

The Future Leaders Awards recognise and reward young Australians who have shown strong leadership and potential. The Awards also aim to inspire others to engage in environmental and community issues and make a difference.

[Elevate: Boosting Women in STEM](#)

ATSE's Elevate: Boosting Women in STEM program will award more than 500 undergraduate and postgraduate scholarships to women and non-binary people in STEM.

JOBS BOARD

Pups4Fun ASBA

Students learn and work in the animal care industry experiencing a fully operational pet industry workplace, while completing a Cert II in Animal Care (ACM20121).
Contact – <https://pups4fun.com.au/australian-school-based-apprenticeship/>

Essential Energy 2025 Apprenticeship Program

Regional NSW including Queanbeyan, Yass, Goulburn, Braidwood
Applications now open – [apply here](#)



Employment.
For All.

Invitation to School Leavers Mini Expo

Finishing School? Unsure what's next?

Come and meet providers and explore your options for study, work, social and Independence

Date: Friday the 28th of June

Time: 9:30pm- 3:30pm

Location: Omnia Inclusive Employment Solutions,

Level 3/ Suite 3.01 64 Northbourne Av, Canberra ACT

RSVP: By 21st of June 2024

nicki.lihou@omnia-inclusive.com.au or sarah.kingwell@omnia-inclusive.com.au

Attendees: School leavers with a disability, Families, Carers, teachers etc

Free Event

We look forward to connecting with you



Employment.
For All.

Invitation to Online Information Session

Finishing School?
Unsure what your options are?

Join us online and find out how we can support your
employment, social and Independence goals!

Dates:

Monday 13th of June 5:30pm – 6pm

Friday 14th of June 1:30pm – 2pm

Tuesday 18th of June 5:30pm – 6pm

Thursday 20th June 1:30pm – 2pm

Time: 9:30pm- 3:30pm

Location: Microsoft Teams (Link will be provided)

RSVP:

nicki.lihou@omnia-inclusive.com.au or sarah.kingwell@omnia-inclusive.com.au

Attendees: School leavers with a disability, Families, Carers, teachers etc

Free Event

We look forward to connecting with you

COMMUNITY BUSINESS DIRECTORY

The College invites members of the Daramalan family to use this Business Directory to locate businesses and services provided by the Daramalan College Community, including former students, Alumni, former staff and other supporters.

If you are in business, and would like to advertise in our Directory, please contact arina.yakovtseva@daramalan.act.edu.au or phone 6163 6523 for more information. Your small fee will go a long way to supporting our Scholarship Fund and your business will be promoted to the wider Daramalan College Community.

This week we are delighted to present the following businesses. [To search all advertisers, please use this link.](#)

Thank you for supporting our community!



Allclass Carpet & Upholstery Care Pty Ltd

Carpet and upholstery cleaning, flood restoration, tile and grout cleaning including domestic and commercial properties.

PO Box 287, Gungahlin ACT 2912

T: 0418 242 013

E: peter@allclasscarpetcare.com.au

W: www.allclasscarpetcare.com.au

C: Peter Nassar

F: [Facebook](#)



Pacific Facilities Maintenance

Specialising in electrical, air conditioning, fire protection, plumbing and building maintenance.

Unit 3, 125 Lysaght St, Mitchell ACT 2911

P.O. Box 891, Mitchell ACT 2911

T: 02 6262 4673

E: info@pacificfm.com.au

W: www.pacificfm.com.au

C: Justin Hyland

F: [Facebook](#)

I: [Instagram](#)



CBR Recruitment Pty Ltd

CBR Recruitment provides specialist Recruitment and HR Solutions

T: 02 6103 7000

A. Level 2, 222 City Walk, Canberra ACT 2601

E: hello@CBRrecruitment.com.au

W: www.CBRrecruitment.com.au

C: Adam Kowalski

F: [Facebook](#)

COMMUNITY BUSINESS DIRECTORY CONT...

ACT Cabs	Hamza Muhammad	www.actcabs.com.au
AllClass Carpet & Upholstery Care	Peter Nassar	www.allclasscarpetcare.com.au
Australian National Character Check	Hamza Muhammad	www.australiannationalcharactercheck.com.au
Avanti Football Academy	Vince Cosentini	www.avantifootball.com
Bridge Strata	Craig Bowditch	www.bridgestrata.com.au
Brilliant Stars Early Learning Centre	Riccardo Martiniello	www.brilliantstarselc.com
Canberra Spine Centre	Rebeckah Reynolds	www.spinecentre.com.au
CBR Recruitment	Adam Kowalski	www.cbrrecruitment.com.au
Corver and Co Chartered Accountants	Trevor Corver	www.corverandco.com.au
Country 2 City Metal Roofing	Chris	www.country2citymetalroofing.com.au
Delta Building Automation	Tim Davis	www.deltaba.com.au
Element Building Projects	Dennis and Aldona Stravopodis	www.elementbuildingprojects.com.au
FERST	Gary Cheeseman	www.ferst.com.au
Fortis Physiotherapy	Gavin Malouf	www.fortisphysio.com.au
Griffin Legal	Claire Carton	www.griffinlegal.com.au
Holly Komorowski – home.byholly	Holly Komorowski	www.homebyholly.com.au
Kevin's Auto Repairs	Mark Nuessler and Liesl Hussey	Phone: 6280 6994
Live Better Nutrition	Jeanette Ryan	www.livebetternutrition.com.au
Orthodontics Canberra	Vicki Boyd	www.ortho.net.au
Pacific Facilities Maintenance	Justin Hyland	www.pacificfm.com.au
Pinnacle Driving School	Lisa Murphy	www.Pinnacledrivingschool.com.au
Q1 Dental Care	Dr Susan Leonera-Salazar	www.q1dentalcare.com.au
Ray White Rural Canberra-Yass	Simon or George Southwell	www.raywhiteruralyasscanberra.com.au
Scooby Doodles Art Club	Arina Yakovtseva	scoobydoodlesart@gmail.com
Sentinel Security & Technology Group	Aaron Butt	www.sstg.com.au
Small Friends Vet	Matt Almond	www.smallfriends.com.au
The Athlete's Foot	Ashleigh Hogan	www.theathletesfoot.com.au
Tint A Car Canberra	Chris Baekalia	www.tintacar.com.au