Dear Parents,

Welcome back to the new term. It is very exciting to be back into full swing so quickly. I hope everyone had a refreshing break.

**Visible Wellbeing Training**

All staff were involved in the last Visible Wellbeing training session on Monday. This has been excellent training, supporting us on our Wellbeing journey and provided for us by the generosity of the Where There’s a Will Foundation. We have benefited a great deal from this training and the valuable opportunity to be trained in this area. The strengths-based approach is reaping rewards for our whole community.

**Vanuatu**

I have returned from Vanuatu having enjoyed sharing a life-changing experience with the team. I value enormously the growth opportunities for the students who have been able to participate in and contribute to the experience. They have been very open to learning and fully contributing to the mission/service opportunities, while also enjoying the very different culture of Vanuatu. The opportunity to engage with other Christians, and consider God’s love, is a powerful aspect of the trip. The team returns tomorrow and will be excited to share their experiences.

Although we have enjoyed a three-week break, many aspects of school life do not stop. A variety of Year 12 classes were run by staff, we had teams represent at the National Primary Games in Tamworth and, of course, we had the Vanuatu trip. All of these things add value for the students of SGS and reinforce that learning isn’t limited to term time or class time!

Please remember to book in for the Parent Teacher Interviews which are scheduled for Monday and Wednesday next week for K – 11 students. Remember, there is a Parent Teacher evening for Year 12 after the Trial exams.

Paul Smart

**Principal**
Welcome back to Term 3. This was once considered the term where you could settle in and get your schoolwork done. Not anymore. Term 3 is now equally as busy as every other term, if not more! And that’s ok. For me, a highlight of Term 3 is the impending ‘Camp Season’.

School camps provide children with the opportunity to work with a variety of adults, that will nurture experiential education, build relationships and result in a different style of learning. Teacher involvement is, of course, vital to every successful camp, with the bonds between students and teachers strengthened away from the classroom. Our students have the opportunity to form relationships through first-hand experiences with trained, caring adult role models and experience a sense of achievement in a supervised, safe and positive environment as a result. There are many benefits to the experience of a school camp, and I have included some of the ones that we as a school, feel are of vital importance.

1. **Social skills**
   Great opportunities exist to develop a wide range of social skills that strengthen established relationships and develop new ones.

2. **Independence skills**
   For some children school camp may be their first time away from home where they have to remember to brush their teeth or finish the vegetables on their plate. Camp provides an opportunity for kids to take care of themselves by appreciating the importance of interaction and connections to the physical world. Most children rise to this challenge, they enjoy this new-found independence and recognise the need to look after themselves, each other and their environment.

3. **Team building and development of leadership and decision-making skills**
   Camp leaders and teachers are active participants in all aspects of camp life, it would not be successful if this was not the case. However, children will often be expected to take on leadership roles and work together as a team to encourage positive decision making.

4. **Encouragement of physical fitness and active lifestyles**
   During camp, children will be exposed to a variety of experiences. These experiences are active and facilitate learning in a variety of forms, providing a greater awareness of skills and capabilities that may be new for many.

5. **Personal challenges**
   At camp, children will be exposed to a range of activities that they may not have tried before. Often when children are not under the direction of their parents or carers, they will display a more adventurous spirit and will be willing to have a go at things that they may not have tried before.

"When you win, say nothing. When you lose, say less." – Paul Brown

**Fortitude** e.g. he showed fortitude in the face of hard times.

**Meaning:** courage in pain or adversity.

**Etymology:** early 15th century middle French

**How we can use it this week:** when embracing challenges, don’t give up and show courage by doing so.

Congratulations to Rory Gorton (3 Blue), Caitlin Atkinson (6 Gold), Archie Adkins (5 Gold), Bear Hinds (K Gold), Yasmin Miller (6 Blue) and Katrina Hinds (1 Blue) who are celebrating birthdays this week.
From the Dean of Students P-12

On Monday our staff team spent time training about the value of habits and goals when it comes to achieving in life. This is a significant element of having positive well-being and growing and learning.

At this mid-point of the year, it is important to ask yourself, ‘How are you progressing with your 2019 goals?’ I am determined to ask as many students and teachers as possible how they might be progressing with the achievement of their 2019 goals and the roles that various people play in their development.

When it comes to student goals, the foundations of having a growth mindset and the principles of positive education suggest that when their teachers and parents hold high aspirations for them, they achieve at a higher level. Aspirations are hopes, dreams, aims or ambitions. When we believe in their potential and tell them that we know they can succeed, it can help our young people build confidence and set higher expectations for themselves.

As parents we can let our young people know that we think it’s important that they capitalise on their signature strengths to thrive in and out of the classroom. We can talk to our young people often about the dreams and plans they have for their future. We desire to partner with you in assuring them we know that we believe in their potential and abilities. When we hold high aspirations for students, they do better at school!

What are God’s goals for us?
God has hopes and dreams for us! He has a perfect plan for each of us. I like the Bible verse from Jeremiah 29:11 that says ‘For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.’ In the very next verse, we learn more of what God’s hopes, dreams and ambitions are for us. It says ‘Then you will call upon me and come and pray to me, and I will hear you.’ God hopes that we will call on Him, pray to Him, seek Him and search for Him with all our hearts. It is in responding to Jesus that we can realise these hopes and dreams that God has for us.

In Prayer this week:
Reflect on: Jeremiah 29:11
Give thanks for: The gifts, such as our mind, that God has given us; God’s goodness in sending us Jesus, the resurrection and the life, so we can have a way to be friends with God; Parents, teachers and supporters who truly care for us;
Pray for: Our Vanuatu Mission Team, presently in Vanuatu; Gods leading in the setting and accomplishment of our goals this term; For rain; families and students who are ill or struggling at the
Head of Secondary

Normally I would end my newsletter piece with a quote of the week, so just for a change this week I will start with it.

"Mathematics is not a careful march down a well-cleared highway, but a journey into a strange wilderness where the explorers often get lost.” W S Anglin

With ten other staff, I ventured to Tamworth on Tuesday night to listen to Eddie Woo speak and this was the quote he used to start. It was a great night that reinforced for me that we are on the right path with our learning practice. At the end of last term, staff spent an afternoon discussing Resilience and the idea of being stuck, as part of our work with Grammar Minds. Students will become familiar with terms like the Learning Pit and the Not Yet Yeti. We are working hard to show them that success doesn’t always come easily, that sometimes you get stuck and you need strategies to help yourself get unstuck.

What Eddie Woo reminded us all is that as teachers we should be explorers and so should our students and to be an explorer you need to get lost, otherwise you are just following someone else’s path. Letting somebody get lost is fine as long as you have taught them how to get back on the right track and that is one of the things Secondary are focusing on this term.

It is great to see everyone back and enjoying the new term. I would also like to welcome the new faces in Secondary this term.

I would like to encourage as many as possible to come to school next Tuesday afternoon to watch the House Music competition; it is sure to be a great spectacle.

Year 10 Science students through to the NSW Super Challenge Final

Well done to our Year 10 students who are through to the NSW final, based on the number of points they earned from the Muswellbrook competition. We will be cheering for them on Wednesday 28th August at the Forum Sports and Aquatic Centre, University of Newcastle, Callaghan.
Thinking about Year 7 in 2020 or 2021? Come & experience our Secondary Education.

PARENTS  
of yr 4–6 students  
Information night  
Thursday 25 July 2019  
6-7.30pm, STLC building

STUDENTS  
Years 5 & 6  
Secondary Experience Day  
Friday 26 July 2019  
9.15am - 2.30pm, incl lunch

Please RSVP by Friday 19 July 2019  
Mrs Amanda Darling, Registrar  
P: 6545 3131  
E: adarling@sgs.nsw.edu.au  
www.sgs.nsw.edu.au
Tales from The Yellow Cottage

We would like to welcome everyone back to Term 3. This is already shaping up to be a term full of rich learning and development opportunities.

In early childhood we see our learning environments as the third teacher. We spend hours planning and setting up our preschool environments. We place a huge importance in providing inclusive and sustainable learning environments that maximise and promote children’s learning and this is reflected under Quality Area 3 of the National Quality Standard.
Kindergarten 2020 enrolling now

Small classes, max 18 per class  |  Engaging academic classes
Year 5 ‘buddies’ help with school transition  |  Nurturing & caring school community  |  Positive education & wellbeing focus  |  Specialist classes - music, Christian Studies, sport  |  Building relationships with students & teachers across years from preschool - Year 12

Call our enrolments office.
P: 6545 3131
E: registrar@sgs.nsw.edu.au
www.sgs.nsw.edu.au

Scone Grammar School
**Sport News**

**Netball Primary Games**

We had two teams of girls playing in the 10’s and 12’s netball divisions of the National Primary Games. Both teams played brilliantly and showed wonderful sportsmanship. Each team were Runners Up, winning 10 out of their 11 games.

The winning team in the 12’s Division was the North West Primary Schools (PSSA) team, the equivalent of a CIS team, and the winners of the 10’s were the Narrabri Rep team, so the standard was extremely high. Well done, girls for a great effort.

**Hockey equipment donation**

We’re very grateful to Ascham School for their donation of sporting equipment to support drought relief. Thanks also to Florence M for help in co-ordinating this.

Please see Mrs Edwards if you’re interested in any gear, especially if it will help any of our families affected by drought.
News from the School Counsellor

Week 1: Well-being Challenge

Welcome back! I hope you all had a fabulous holidays and feel restful and refreshed for the term ahead. If you look at this photo, you will see that Bee had his first camping experience! He and his mate Sophie had a great time, even if it was a little frosty.

This term, I am going to challenge families with weekly well-being tasks. Activities you can do as a family around the dinner table, in conversation, where ever it suits. These challenges will help you understand, communicate and share aspects of yourself with those you care about.

Exploring Empathy Challenge: You have 3 days to capture a moment in time that is special. It could be a photograph or a drawing. Focus your attention on the things around you, be mindful of the present and dial up your Appreciation of Beauty and Excellence. On Sunday, share your picture with your family or friends and explain why it was a significant moment for you.

Kat Moore
kmoore@sgs.nsw.edu.au
Ext: 1220

Health Careers Expo

Interested students in Years 9 and 10 were invited to attend an expo of various health disciplines at Scone High on Wednesday July 24. The event was coordinated by Newcastle University’s Department of Rural Health and featured students in each discipline running hands-on workshops for each of the following: 1. Medicine, Physiotherapy, Speech Pathology, Podiatry, Nutrition & Dietetics, Medical imaging and Occupational Therapy.

Scone Grammar School ex-student, Rachel Henderson, who is in her last year of medicine, was instrumental in the provision of such a fun and informative morning.
MANSW HSC Mathematics Lectures

Year 12 will soon be undertaking their Trial and HSC exams. As part of their preparation for the Maths exams, eight students travelled to Sydney in the recent school holidays to attend a series of lectures organised by the Mathematical Association of NSW (MANSW), which were presented over three days at the University of Technology (UTS).

These lectures are an annual event and are given by very experienced teachers, many of whom are also HSC markers. Olivia H, Tegan F, Aspyn T, Alex C, Will P and I attended both days of the 2U Mathematics “Basics” and “Beyond the Basics” lectures. Lachlan B, Millie F and Matt S attended one day of the Standard Mathematics lectures. All students agree that the experience was very worthwhile, even though the days were completely “brain-draining”. To quote one student, “Oh boy, this is such a wake-up call!”

The 2U Mathematics lectures were given by Eddie Woo, who most people would know as the recipient of the 2018 Australia Day Local Hero award. We all felt quite inspired; he has an amazing ability to really engage the students and his passion for mathematics is contagious.

I would like to congratulate the students for making such a great effort to attend the lectures and for the mature way in which they conducted themselves. They organised their own accommodation and transport and can be very proud of themselves. I sincerely hope that their efforts will be justly rewarded in the Trial and HSC exams. Sally Sim
U14 Rugby girls winners

Our Scone Grammar School rugby girls were part of the successful SJRU U14 Fillies team who came away convincing winners from the Friday night 10's Rugby competition. The team had been undefeated all comp. and put on an impressive performance in the final defeating Oxley High 64–14 last term. The team played some great attacking rugby with many tries scored but it was their brilliant defensive work that kept Oxley to only 2 tries.

A big thank you to Evan, Ben & Tim who have helped Kate & Michelle out so much during the comp.

7's Friday night comp starts this Friday.

The SGS girls in the team were: Caryss P; Bridie C; Georgie M; Eliza B; Millie C; Amory M; Sarah C; Emme M; and Ally T. Well done team!

Scone Rugby Union Club Playing Field Lighting Upgrade

The Scone Rugby Union Club and our players want to upgrade the aging light poles and lighting at the Scone Rugby Union Club playing field. We need as many votes as possible through Service NSW in order to secure funding.

We need your vote

- Visit www.service.nsw.gov.au
- Log in or create a MyServiceNSW Account (To find out if you already have an account, or to create one, go to www.service.nsw.gov.au or call 13 77 88)
- Shortlist your favourite projects. Go to Browse projects. Click on a project to read about it. Click on the star icon to shortlist. You can shortlist as many projects from your electorate as you like, but you can only vote for between 3 and 5 projects. Arrange your top 3 to 5 projects
- When you have at least 3 projects in your shortlist: Go to 'My shortlist'. Arrange between 3 and 5 of your favourite projects in order of preference. Submit your vote.
Indian exchange students

The Scone Grammar School has extended invitations to 2 female students, Prisha Manocha and Khushi Goel from India, to experience school life at Scone Grammar. They are both in Year 11. They would be in Australia from the 20/21st October until the 9/10th November for 3 weeks.

We would like to ask if there are any families that would be interested in billeting Prisha or Khushi?

This is a unique and exciting opportunity for a family to introduce new experiences to a visitor from another country, whilst at the same time giving us an opportunity to ‘Open our Lens’ by learning about a different culture.

Read about the Buckleys’ experience hosting exchange students

Can you imagine coming from India with population of 1.35 billion to Australia where we only have 25 million people that’s 54 times less people? Imagine what that difference means. Less noise, less pollution, more space.

To me that was just facts, until we hosted one of two exchange students from the Welham School in India. Now I truly have a better understanding of these differences.

Our family hosted Manya for 2.5 weeks and had Kyati stay with us for a weekend as well. During that time we saw their wonder at the peacefulness in Scone when back home there is constant noise (engines humming and horns honking) and pollution from vehicles. One night we came home after dark, we stopped on a country road outside of Scone and got them to look up, neither of the girls had seen the stars so bright and so many because of the pollution. That night they saw the Milky Way, the Southern Cross, The Big Dipper and they were in awe of the beauty and the size of our night sky.

On the weekend the girls both stayed with us, we were planning to go to Newcastle and found out that Kyati had never seen the ocean before. Kyati is from Cashmere which is a state in the northwest mountainous region of India. So, of course we went to the beach. She was so excited to see it for the first time and when we came over the hill from Charlestown there was a gasp in the backseat as she caught her first glimpse. When she first stepped onto the sand she exclaimed at how soft it was, and then we got her to take her shoes off. She and Manya waded in the shallow waves and the grin and giggles meant that this was a memory and experience she would hold in her heart all her life.

On the other weekend we took Manya out to Tegan Ferries’ home and Manya got to hand feed cows and pat chickens for the very first time. In India many of the animals have diseases and they don’t have the veterinary care we have in Australia, so with that background Manya was very timid and frightened of animals including our pets. Over the couple of weeks of her exchange Manya developed the courage and the trust to pet our cat, and feed farm animals, such a lovely and unexpected experience to share with her.

I can’t wait to be able to share our home and lives with more exchange students would recommend it to everyone. Before we went on this journey we were quite nervous that we would not have time to take them to all the iconic landmarks to show them Australia but what we found was the true Australian experience is our everyday life and the conversations about how we live and what we believe.

Story by Lyndal Buckley
Book your tickets and get your glad rags on. The Scone Grammar School Foundation has organised a fundraiser for Saturday 10 August (from 6.30pm at our STLC building, although you’ll barely recognize it)! Tickets are $55 each and can be booked online. Ticket price covers your meal, entertainment & $20 worth of gambling chips. A cash bar will be available.

Grab a group of friends or fly solo. It’s a fun way to catch up with friends or meet new people, whilst supporting the school. www.trybooking.com/506990

There will be live croupiers running casino games with play gambling chips provided upon entry. All gambling chips will go back into raffle tickets to increase your chances of winning raffle items.

A huge thanks to Elena Wilkinson for organizing the night. Our talented Tori Saunders will be entertaining us and we have some great silent auction and raffle prizes up for grabs.

Damien Leith has donated a song writing recording session. Linda MacCallum will be providing either a cutting instruction or a cover by Metallic Storm. There will be a painting by Sarah Bishop, a vibrant, rainbow coloured quilt and more.

If you have something you’d like to donate to our silent auction or raffle, please contact Elena Wilkinson on 0410 602 858.
Cross Trainers helping the environment
Plastic bottle lids => Prosthetic hands

Bring any (rinsed) plastic lids from your milk, water, juice and soft drink bottles and drop them in the boxes set up in the secondary breezeway, down near the primary sports cupboard or at The Yellow Cottage. The Cross Trainers and The Yellow Cottage are collecting this lids to convert them into prosthetic hands.

Community news

The Little Mermaid

We’re very proud of our students: Holly Mc, Kristen M and Andrew C will be performing in The Little Mermaid and are putting a lot of effort into rehearsals. It looks like a great musical.

Tickets are now on sale for performances from tomorrow, 26 July – 10 August.
Do you have a child starting Kindergarten in 2020?

You are invited to Muswellbrook’s Transition to School Evening

Tuesday 30th July 2019
5.30-8pm - Muswellbrook RSL Club

Everyone in the Muswellbrook community with a child starting school in 2020 is invited and encouraged to attend.

Muswellbrook Public, Muswellbrook South, St James Primary, Pacific Brook Christian School and Scone Grammar will be presenting topics of interest on the evening and will have a stall available for you to visit.

Light refreshments provided!!!

The first 80 families on the evening will receive a fantastic goodie bag full of school readiness resources!

Proudly sponsored by BENGALLA and muswellbrook shire council

Hosted by: Muswellbrook Preschool, Muswellbrook Child Care Centre, Goodstart Early Learning, Tillys’s Play and Development Centre and Little Kindy

For more information - Ph: 65 432 637
FREE ENTRY

Join Professor Lea Waters as she launches the Strength Switch Family Facilitation Project that she has gifted to the Upper Hunter community.

JOIN US TO LEARN

- What is The Strength Switch?
- How Strength-based parenting can help your child and teen to flourish
- Why you need to do the Strength Switch Parenting Course
- Why you need to read The Strength Switch

Monday 12 August 2019
7.00pm - 9.00pm
Scone RSL, 71 Guernsey St SCONE

Purchase your copy of The Strength Switch on the night and have it signed by Professor Lea Waters

RSVP (click this link)
www.strengthswitch.com
www.uhwheretheresawill.com.au
**UPDATED Canteen Menu**

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<thead>
<tr>
<th>Sandwiches</th>
<th>Salad Tubs</th>
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<tr>
<td>Wholemeal, white or grain bread (made on brown bread unless other requested)</td>
<td>Chicken</td>
<td>6.00</td>
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<td>1 x filling</td>
<td>Ham</td>
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<td>2 x fillings</td>
<td>Plain</td>
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<td>3 or more fillings</td>
<td>Salmon</td>
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<td>Fillings available: Chicken, ham, cheese, lettuce, capsicum, cucumber, beetroot, avocado, tomato, onion</td>
<td>Drinks</td>
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<td>Wraps</td>
<td>Classic 500ml (large)</td>
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<td>Chicken/Ham Salad Wrap</td>
<td>Classic 300ml (small)</td>
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<tr>
<td>Salad Wrap</td>
<td>Juice 500ml (large)</td>
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<tr>
<td>Chicken Chilli Wrap</td>
<td>Juice 250ml (small)</td>
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<tr>
<td>Hot Food</td>
<td>Play Water – Lemonade &amp; Fruit Tingle</td>
<td>3.00</td>
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<td>Cheese Burger (Beef)</td>
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<td>Chicken Nuggets (6 per serve)</td>
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<td>S/V Chicken Tenders (2 per serve)</td>
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<td>Low Fat Lasagne</td>
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<td>Low Fat Cheese &amp; Macaroni</td>
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<td>Low Fat Pie</td>
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<td>Low Fat Mini Pie</td>
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<td>Low Fat Sausage Roll</td>
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<td>Pizzas – Hawaiian / Cheese &amp; Bacon</td>
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<tr>
<td>Garlic Bread</td>
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<td>Quiche</td>
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<td>Potato Wedges</td>
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<td>Pizza Rounders – Cheese &amp; Bacon</td>
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<tr>
<td>Sauce Sachets</td>
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<td>Nachos – Tuesday only</td>
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<td>Beef, bean and sour cream</td>
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<tr>
<td>Gluten Free: Chicken Nuggets</td>
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**Please Note:**
- no Sandwiches, Salad Wraps or Salad Tubs available
- Still available are: Chicken Chilli Wraps and Cheese Burgers (Beef)
- Due to WHS restrictions, we are not permitted to heat food or toast sandwiches brought in by students

**PARENT HELPERS NEEDED**

4 hours 9.30am - 1.30pm

Please email canteen@sgs.nsw.edu.au if you can help.
# For Your Diary

## JULY
- **25 July** Secondary experience parent night
- **26 July** Year 5&6 Secondary experience day
- **29 July** HRIS Secondary athletics
- **29/31 July** Parent teacher interviews
- **30 July** House music competition

## AUGUST
- **1 August** Independent & Catholic Cup Rugby League
- **5-9 August** Year 5 school camp
- **7 August** HRIS Cultural Festival (music)
- **10 August** SGS Foundation Casino Night
- **12 August** Strength based parenting talk
- **13 August** P&F Meeting
- **15 August** Year 9 & 10 Secondary experience day
- **15 August** HRIS Primary Athletics
- **20 August** HRIS Soccer Gala Day
- **21 August** Book character costume parade
- **19-23 August** Scholastic book fair
- **28 August** NSW Super Challenge (Science Comp)
- **28 August** School Council Meeting
- **28-30 August** Year 3 & 4 school camps
- **25-30 August** Year 11 Ski camp
- **28-30 August** Year 3 & 4 school camps

## SEPTEMBER
- **10 September** – P&F Meeting
- **24 September** – P&F School Colour Run
- **25 September** School Council Meeting
- **27 September** – Last day of term 3

# Canteen Roster

## WEEK 2
- **Monday 29/7** Jen Crackett
- **Tuesday 30/7** Jen Crackett
- **Wednesday 31/7** Jen Crackett, Timea Brayley
- **Thursday 1/8** Fee Bailey, Kelly Birch
- **Friday 2/8** Fee Bailey, Erryn Day, Tania Dart

## WEEK 3
- **Monday 5/8** Jen Crackett
- **Tuesday 6/8** Fiona Bailey
- **Wednesday 7/8** Fee Bailey, Debbie Sadler
- **Thursday 8/8** Jen Crackett, Sharunia Khan, Tracey Stewart
- **Friday 9/8** Jen Crackett, Sarah Crouch, Jo Fernandes

## WEEK 4
- **Monday 12/8** Jen Crackett
- **Tuesday 13/8** Jen Crackett
- **Wednesday 14/8** Jen Crackett, Elizabeth Henderson
- **Thursday 15/8** Jen Crackett, Brownyn Redgate
- **Friday 16/8** Fee Bailey, Vanda Mikuckiene

## WEEK 5
- **Monday 19/8** Jen Crackett
- **Tuesday 20/8** Fee Bailey
- **Wednesday 21/8** Fee Bailey
- **Thursday 22/8** Jen Crackett, TBC
- **Friday 23/8** Jen Crackett, Tania Dart

## WEEK 6
- **Monday 26/8** Jen Crackett
- **Tuesday 27/8** Jen Crackett
- **Wednesday 28/8** Jen Crackett
- **Thursday 29/8** Fee Bailey, Charlotte Parry-O'Keden
- **Friday 30/8** Fee Bailey, Louisa Bragg