



Opal

YOUTH DESIGN COMPETITION

Council Community Activities Trailer

* For 12- 18 years in the District Council of Mount Remarkable

YOUR CREATIVE DRAWING OR DESIGN COULD BE CHOSEN TO 'BRIGHTEN UP' THE NEW ACTIVITY TRAILER.

\$100 WILL BE AWARDED TO THE WINNER

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Entries to be submitted on A4 paper or file equivalent by

MONDAY 11TH MARCH 2016

THE THEME OF YOUR DESIGN MUST CHARACTERISE WHAT IT MEANS TO BE...

happy, healthy & active

The winning entry will be selected by current District Council of Mount Remarkable councillors and will be printed onto both side doors of the new trailer.

Entries to: OPAL Northern Areas Council, 94 Ayr Street or PO Box 120, Jamestown SA 5491 or emma.young@nacouncil.sa.gov.au

All queries to Emma 0488 090 303



Opal

CELEBRATING OUR OPAL COMMUNITY!

OPAL work with community groups, local business, community members and schools to make being healthy easy for local kids and families in the region.

OPAL would like to recognise and celebrate the OPAL partners who have been working with OPAL in making healthy choices EASY AND ACCESABLE for the community.

CHOOK SHED PROJECT: St. James School, Jamestown

A dream come true.

St James School have been strong advocates and partners of OPAL in creating supportive environments for their students to eat well and be active.



Their most recent project engaged students in research, design and building a home for three new chooks that were kindly donated by a local family.

"The chooks laid eggs on their first day and haven't stopped since. They get out and have a run on the oval and then go straight back into their house when it's home time."

The school WON a \$500 OPAL small grant that went towards the project expenses. This project extends on the schools ongoing garden development which provides a fun, outdoor space for health and wellbeing learning within the school. We applaud St James for their leadership in engaging their students and families in innovative, rewarding and sustainable ways of developing knowledge and skills of their students.

Eggs are for sale from the front office -
\$2 for ½ dozen!

Emma Young
OPAL Program Manager—0488 090 303
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Opal pop-up Tuesday's

Pop-Up Tuesday's

Between 10am and 4pm on scheduled Tuesdays, the OPAL staff will be available as a pop-in service to meet and discuss any enquiries or ideas you may have regarding healthy eating and physical activity for kids and families in this local OPAL region.

Come and visit with us:

1st Tuesday each month: District Council of Mount Remarkable Council Office, Melrose

2nd Tuesday each month: Northern Areas Council Office, Jamestown

3rd Tuesday each month: Uniting Care Wesley Building, Peterborough

4th Tuesday each month: Northern Areas Council Office, Gladstone

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March 2016 OPAL Latest News

If you wish to keep up to date with monthly promotions:

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or be put on our OPAL distribution e-mail list by e-mailing:*

daina.mccormack@nacouncil.sa.gov.au

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CELEBRATING OUR OPAL COMMUNITY!

PETERBOROUGH YOUTH CENTRE WORKING BEE

OPAL and District Council of Peterborough have been working with local youth, Peterborough High School, Charity Link, Rural Development Australia, Thriving Communities, and now Peterborough Rotary to rejuvenate the Peterborough Youth Centre.

After a strong number of positive responses to the Peterborough Youth Centre survey, the top priority was to clean up, clear out and splash on a new coat of paint in readiness for the re-opening of a safe, fun and accessible space for the youth of Peterborough.

We have had three successful working bees so far and have achieved a great amount in a short time frame. Our many youth helpers have been cleaning, sorting, moving furniture, remove sticky tape/residue from floors and walls and providing us with valuable insight to the future of their centre.

On Saturday 20th February our wonderful partners from Rotary volunteered their valuable time and continued to prepare the centre for it's new full coat of paint. Rotary will be again assisting us to finalise preparation and begin undercoating and we hope that you can also come along and donate some of your time. See details below or contact to find out how you might be able to assist or be involved.

March Working Bee:

DATE: Saturday the 19th March 2016



Time: 10am – 12 midday

Tasks to be completed:

Undercoating and painting of walls
Undercoating and painting of skirtings

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