





**ATHLETICS SOUTHLAND**

## ATHLETICS FOR EVERYBODY

Athletics is a fundamental sport. It teaches skills that can be transferred into other sports - running, jumping and throwing.

Everyone loves the Primary schools champs in March - get involved now and work on those events and make it even better!

- Clubs across Southland
- Regular club nights
- Bring your Mates
- Regular interclub events
- Have fun and learn new skills

Club nights starting week 1 in term 4

For more information contact us  
<http://www.athleticssouthland.co.nz/SOUTHLAND-CONTACTS>

Follow us  
 Athletics Southland Facebook

Contact Us  
 Chris Knight 0276518001

**ATHLETICS SOUTHLAND**

## FUNDAMENTAL MOVEMENTS PROGRAMME

Where: ILT Stadium Southland - Surrey Park  
 Time and Day: Monday 3:30-4:30pm  
 Starting 20<sup>th</sup> October to 15<sup>th</sup> December  
 (no session on the 27<sup>th</sup> October or 8<sup>th</sup> December)

- Skipping
- Hopping
- Running
- Balance
- Jumping
- Throwing

For more info contact Chris Knight - [chris.knight@athleticssouthland.co.nz](mailto:chris.knight@athleticssouthland.co.nz) or 0276518001

Ages 4-7 years  
 Cost: \$25 per child for the term  
 3 or more children from 1 family \$60 per family  
 Please copy and paste the link below to register  
<https://forms.gle/ejNvoZZTWGd6YvTz6>

## AFFORDABLE INTERNET FOR INVERCARGILL FAMILIES IN NEED

Join the Digital Equity Trial Today

Prologi, in partnership with Chorus, is offering heavily discounted fibre internet for eligible households through a Digital Equity Proof of Concept (POC).

To Qualify you must:

- Hold a community services card + have no recently active fibre internet
- Live in a Kainga Ora property
- OR
- Have a child enrolled at a school with a School Equity Index of 490+ (see reverse for list of schools) (Child must live at the service address)

You could receive these discounted rates:

- Fibre 100: \$6/week (\$26/month) incl. GST
- Fibre 500: \$7/week (\$30/month) incl. GST
- FREE Router & Installation

No hidden costs. Fully functional broadband ready for school, work, and life.

**Important Dates**  
 Signups open until 30 Sept 2025  
 Discounted pricing continues until at least 31 Dec 2025 for connected households  
 After 30 Sept 2025, we will begin a waitlist for interested households in case the offer is extended - it's very likely but there are no guarantees.

**Payment Options**  
 Weekly or Monthly in advance  
 Direct debit (no fee) or credit/debit card (1.6% fee)  
 Missed payments? We'll try to help, but the service may pause after 3 days, disconnect after 14.

Asking our Schools & community leaders to Spread the Word:  
 Refer eligible families  
 Share this flyer  
 Help gather documents (CSC + school enrolment proof)

**Whānau Link**  
 Prologi.nz

Contact Us to Sign Up or Learn More  
[www.whanaulink.nz](http://www.whanaulink.nz)  
 0800 GET NET (0800 438 638)  
[kiaora@whanaulink.nz](mailto:kiaora@whanaulink.nz)

## LOOKING FOR SOMETHING TO DO THESE SCHOOL HOLIDAYS

Visit our interactive Eutopia at Toot Sweets.

**FREE ENTRY**

Toot Sweets offers a range of fun and creative activities for children of all ages during the school holidays.

SCAN the QR code for more information

49 TAY STREET, INVERCARGILL

**SOUTHLAND FOOTBALL**

## Summer Football 2025

**Juniors**

- Year 1-2, 4 A-Side
- Year 3-4, 4 A-Side
- Year 5-6, 5 A-Side
- Year 7-8 and 9-10, 5 A-Side

- Monday 20<sup>th</sup> October to 8<sup>th</sup> December (7 Weeks) (no games on 27<sup>th</sup> October)  
 - \$300 per team for Term 4 or \$520 for Term 4 2024 and Term 1 2025.  
 - Entries close 8<sup>th</sup> October

enquiries to: [ryan@southlandfootball.org.nz](mailto:ryan@southlandfootball.org.nz)  
 or visit [southlandfootball.org.nz](http://southlandfootball.org.nz)

## SCHOOL HOLIDAY BAKING CHALLENGE

HAVE YOU GOT WHAT IT BAKES?

- Learn to bake 3 delicious recipes these school holidays.
- FREE fun from the comfort of your own home.
- \$200 worth of prizes to give away!
- Suitable for all ages and skill levels.

**Tue 30<sup>th</sup> Sep to Thur 2<sup>nd</sup> October**

**REGISTER NOW:**  
[www.bakewithme.co.nz/schoolholidaybaking](http://www.bakewithme.co.nz/schoolholidaybaking)

## Parent Education Programmes

Parenting and caring for children can be challenging and we all need support and encouragement to be the great parents we want to be. Family Works has a range of free programmes that can do just that.

Our Parenting Programme gives parenting strategies and other useful information in a fun and positive way.  
 For parents/caregivers who have children aged 0 - 18 years, 8 sessions.

Starting 15<sup>th</sup> October, Wednesdays, from 10am - 12pm morning tea provided.

Contact: 03 211 8272 or email [pp@familyworkssld.nz](mailto:pp@familyworkssld.nz) 027 223 1417

**Family Works**  
 SOUTH LAND

**Parenting Programme**

**LEARNING OUTDOORS**

## TRUE IN NATURE

## SPRING HOLIDAYS

SEPTEMBER / OCTOBER

**CHILD VS WILD (7-13)**  
 A three day adventure quest  
 22<sup>nd</sup> September - 24<sup>th</sup> September Invercargill  
 29<sup>th</sup> September - 1<sup>st</sup> October Invercargill

**A WILD DAY OUT (11-16)**  
 A Wild and Game cooking experience  
 Friday October 3<sup>rd</sup> - Invercargill

**BUSH KIDS (7-16)**  
 One day of bushcraft and survival skills  
 Monday September 22<sup>nd</sup> - Invercargill  
 Tuesday September 23<sup>rd</sup> - Invercargill  
 Thursday September 25<sup>th</sup> - Gore  
 Friday September 26<sup>th</sup> - Gore  
 Monday September 29<sup>th</sup> - Invercargill  
 Tuesday September 30<sup>th</sup> - Invercargill

**BUSH, MAKE & BAKE (5-16)**  
 Bushcraft, Crafting & Damper Making  
 Thursday October 2<sup>nd</sup>

**WILD WOMEN**  
 A wild evening for the ladies, mums and grandmums. A night around the fire and some fun night orienteering!  
 Friday October 10<sup>th</sup> 6pm-8pm

LIMITED TO 15 PLACES EACH DAY!

Gareth and Katie Oliver at: [GarethandKatie@trueinnature.com](mailto:GarethandKatie@trueinnature.com)  
[www.trueinnature.com](http://www.trueinnature.com) Phone: 0226381497



