

— The Spring Issue 2024 —

# SHEN Athletics Carnival

*A newsletter made for homeschool families where  
fun, family and community intersect.*



## FUN FACTS

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218 participants with  
250+ spectators

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Total cost of Athletics  
Carnival amounted to  
\$4,293.50

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For 50% of the 9 year age  
group, it was their first  
carnival experience

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8 year olds made up the  
largest age contingent,  
with 15 boys and 20 girls

## And they're off!

Monday 16th September, 2024  
Dunbar Park, Marsfield

Dear Families,

We are thrilled to share the highlights of our recent Athletics Carnival on Monday 16th September, a day filled with excitement, competition, and the ever vibrant homeschool community spirit!

Under sunny skies and a refreshing cool breeze, our kids showcased their talents in various events, including the 100m, 200m, discus, shotput, high jump, long jump, and a variety of games.



It was heartwarming to see so many kids who were participating in their very first athletics carnival, give each event their best effort. Their sportsmanship and encouragement for one another truly made the day special.

*“It’s about effort, not outcome.*

*It’s about enjoyment, not pressure.*

*It’s about the friendships and life skills, not trophies.”*

*Jemima Montag*

## Have a go!

This year, we chose to prioritize a positive attitude toward sports by focusing on each child's individual performance rather than rankings.

The carnival beautifully showcased their determination and spirit as they worked on improving their technique and striving for their personal best. It was heart-warming to witness the joy and pride on their faces as they pushed their limits and celebrated their achievements, both big and small. We hope every child felt encouraged to explore new activities in this fun, low-pressure environment!



# Special thanks

Special thanks to **Shaheen Aumeer-Donovan, Fiona McGowan** and the **Carnival committee** for the countless hours they invested in organizing this event behind the scenes. Your hard work and commitment have not gone unnoticed!

A heartfelt thank you goes out to our incredible **volunteers**, particularly our **age group volunteers, teen volunteer coaches (Yasmin), UNSW student coach (Yifei), and parent coaches (Jodie, Rebecca, Vivienne and her daughter Ellie, and Philip)**, who stepped in, often at the last minute, to ensure everything ran smoothly. We are so grateful to **Jess** for ensuring that the facilities were clean for everybody to use. Your dedication and support were invaluable, and we couldn't have done it without you.

Thank you **Birsan, Fitzgerald and Kenan** from **Shred Physio and Recovery Clinic** in Blacktown and **Ciara and Ellie** from **True PT**, in Randwick for closing their doors for the day to give us a hand. We greatly appreciate **Ian Landow** from UNSW for connecting us with their Education students who so willingly assisted us on the day.



Lastly, we appreciate **each and every one of you** for making the journey to be with us. Whether you travelled from the Central Coast, Blue Mountains, or the suburbs of Sydney, your enthusiasm and participation contributed to the carnival's tremendous success.

*"Alone we can do so little;  
together we can do so much."*

*Helen Keller*



# SNAPSHOTS

*from the track*



# SNAPSHOTS

*from the track*





**WE WANT  
YOUR FEEDBACK**

We'd love to hear your thoughts on the recent athletics carnival!

Your feedback is essential in helping us improve future events and make them even better.

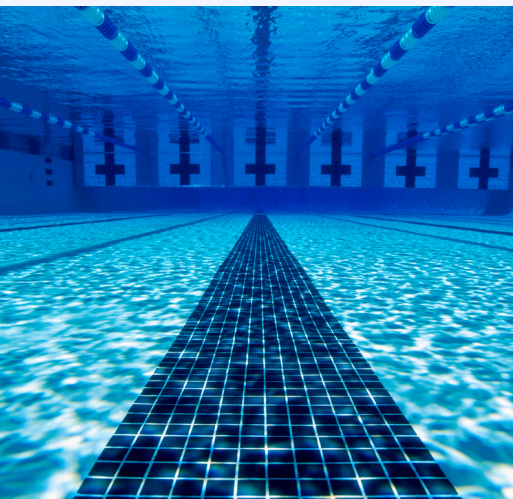
Please take a moment to share your experiences and suggestions on the [2024 Athletics Carnival Feedback Form](#).

Volunteer to join the **Carnival Organising team** for next year's Swimming and Athletics Carnival! The focus for our carnivals is on fun and community. There is plenty of support for our volunteers and you will be part of a lovely team! If you would like to join our committee please email [shen@shen.org.au](mailto:shen@shen.org.au)

Following our Child Safety Policy, all volunteers will be required to provide a Working With Children Certificate (WWCC). A Volunteer WWCC can be obtained free of charge through [Services NSW](#).



**VOLUNTEERS  
NEEDED**



## Swimming Carnival

**When:** 18 March 2025

**Where:** Wentworthville Memorial Swim Centre