



BushFit Mob



ISSUE 31, July 2020

NEWSLETTER

United, engaged and active!

School Holiday Roundup



communities with exciting activities such as boys fitness, various sports nights, on country excursions for both boys and girls, soccer and volleyball comps, BBQ's, art and craft, music lessons, and special events like The Amazing Race day and Sports Bash! There was something for every age and we saw a huge increase in family participation during these School Holidays.

We worked in collaboration largely with EARC Youth Sport and Rec and the Remote School Attendance Strategy staff to run these daily activities in multiple communities each day and it was great to have various activities catering to varying interests. After some very challenging months it was great to see the kids and families having fun and staying active and healthy!



The July School Holidays program has been one of our most engaged Holiday programs to date! Our calendar was jam-packed across all three Groote Eylandt

Sports Bash a Hit to Finish Up School Holidays



To finish up a very exciting month we held a Sports Bash at Alyangula Oval in partnership with YSR and RSAS. We had soccer, volleyball, softball, obstacle courses, music, special prizes and giveaways, and a free BBQ! It was a multi-service effort with many organisations such as Bush Fit Mob, Youth Sport and Rec, RSAS, and Groote Broadcasting attending to support the activities.



Kids and families came in from Umbakumba, Angurugu as well as Alyangula for a day of fun to celebrate the end of the holidays and it was a great way to cap off a busy and active month.



BFM Staff Professional Development Trip to Nhulunbuy



After a busy School Holidays and start to Term 3 the BFM Program Leaders and Coordinators jetted off to Gove for a week of Professional Development training. 12 BFM staff members gathered to update their very important First Aid and CPR course as well as complete multiple units toward their Cert II and III in Sport and Recreation with Charles Darwin University.



One special project we worked on was creating instructional fitness videos that we will translate into Anindilyakwan and take back to our communities to use in our sports programs.

Stay tuned for our August activities where we have some exciting programs coming to Groote such as Yoga and NRLNT!



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.