Dear Parents and Caregivers

Being part of a group, be it in family, social settings or career/work areas, is vital for us all. The term ‘fear of missing out’ (FOMO) is now part of our emotional and spoken language. The following extract appeared as part of a longer article in The Age newspaper.

“The dangers for teens when living a virtual life

Do they go to better parties than you, or have more friends? If a scan of your friends’ Facebook or Instagram leaves you feeling like you might be missing out on the good things in life, you’re not alone, and you’re not imagining it. Fear of Missing Out, or FOMO, is a recognised cause of stress and anxiety and it hits teenagers hardest.”

While all age groups feel stress and worry caused by FOMO, the problem affects about 50 percent of teens and 25 percent of adults.

For teenagers, the key worries driven by social media are feeling bothered when they miss out on social gatherings, worrying when their friends are having fun without them and fearing their friends are having more rewarding experiences. While FOMO has been tossed around in conversation for some time, this year the Australian Psychological Society took it seriously enough to include questions on the topic in its annual Stress and Wellbeing Survey.

What they found confirms that social media - and the FOMO it can cause - are significant drivers of stress in both adults and teens.

In findings that raised red flags for psychologists, a significant number of teenagers reported using social media while they eat, just before they go to sleep and within minutes of waking.

One in four teenagers surveyed, reported using social media while they were eating both breakfast and lunch, seven days a week. More than half were connected to social media 15 minutes before sleeping every night.

While adults spent an average of 2.1 hours a day connected to social media, teens spent an average of 2.7 hours. The survey found that more than half the teens surveyed, found it hard to sleep or relax after spending time on social networking sites and 60 percent felt ‘brain burnout’ from being constantly connected to social media.

Heavy social media use has a proven impact on teenagers’ ability to relax and the quality of their sleep, its effect on stress and anxiety is less well documented.

The APS Report found that social media has a far greater impact on teens than previously thought, playing a key role in their identity formation and search for a sense of self. Psychologist and author Andrew Fuller says there are a significant number of young people who immerse themselves in social media to such an extent that it affects their mental health and general wellbeing.
**Term One Fees**
A reminder that Term One fees are overdue. Please pay by cash, cheque, eftpos (at front office), Bpay or direct deposit. Alternatively, you can fill in a direct debit form and return to: romaccounts@twb.catholic.edu.au.

**Dropping Off/Picking Up Students**
Parents please note:
Students should not be dropped off or picked up in the staff carpark. They should be picked up and dropped off from the designated drop off zones in McDowall Street, Duke Street or Bowen Street.

**Full School Assembly**
There will be a Full School Assembly this Wednesday March 9.

**Grandparents Day**
If parents have any photos they would like to include in the Grandparents PowerPoint, please email in photos to roma@twb.catholic.edu.au

**School App**
P & F Committee are looking for a St John’s Race Day Coordinator to organise one of our successful fundraising events for the year in August 2016.

“We live in a world where relationships are changing quite dramatically, connections are more virtual, and we need to think about the effect of that. Given much of our life’s happiness is dependent on the quality of our relationships, we need people with good relationship skills.” Fuller says teens who spend too long online are missing out on face-to-face connections with family and friends as well as conversation skills and learning to consider others’ points of view. He says online, it is easy to only associate with those who share your opinions.

“The loss of conversation, quality conversation, is alarming. A sense of belonging is incredibly protective and one of the ways we form those connections is through conversation. People don’t have the same emotional response with you online as they do face-to-face.”

For parents of teenagers who are spending too much time online, Fuller advises to slowly wind this back, set limits and introduce more face-to-face activities. He warns that it is a mistake to threaten to ban social media outright as this could leave teens feeling even more isolated and vulnerable.

“It’s not all bad or evil but we need to be aware and mindful - otherwise it can dominate us. It’s an easy way to distract ourselves and withdraw, to dive into virtual relationships - they tend to be less problematic.”

**Tips for Parents of teens:**
• Set time limits and encourage other activities.
• Stay involved in your child’s online activities.
• Don’t threaten to ban all access to the internet (the main reason teens don’t tell their parents when they are bullied online is fear of losing computer access).
• Put devices, including Smartphones, out of the room at night.
• No technology for at least half an hour before sleeping.
• Websites such as Cold Turkey allow students to block all distracting websites for a set period while they study.

**Reflection**

The Arabic Proverb teaches, “Get closer to the seller of perfumes if you want to be fragrant. The friendships we develop determine the quality of our own souls. What kind of friends do we choose?”

Yours sincerely,

Nicholas Lynch
NEWS

MOVERS & SHAKERS - 29
March to 2 April 2016

NOTE: The students from our school who have attended in the past have found it a very valuable experience. Contact All Saints Parish for information about sponsorship available for someone to attend the event.

Movers and Shakers has been operating for over 25 years in Queensland and is a key strategy for helping foster young leaders. This program is a fantastic opportunity to help young leaders in schools, parishes and the community to grow and fulfill the leadership role entrusted to them. It is an opportunity to invest, through quality training, in their potential.

This year’s program will run from 29 March to 2 April 2016 at the James Byrne Centre in Toowoomba. We are very fortunate to have Movers and Shakers within our diocesan borders; don’t miss out on this opportunity in such close proximity!

Term One Interim Reports will be issued to parents/caregivers on April 21. (Thursday Week Two Term Two). The Parent / Teacher interviews that were scheduled for Tuesday March 22 in Week Nine of Term One have been changed to Tuesday April 26 (Week Three of Term Two).

Due to the fact that there is a Public Holiday on Monday April 25, there will be limited time to make interview times between when the reports are distributed on Thursday April 21 and Parent /Teacher Interviews on Tuesday April 26.

Summary
April 11 - 22 - Parent Teacher Interview times to be booked through front office (Weeks One & Two)
Thursday April 21 - Interim Reports distributed via students
Friday April 22 - If the Interview Requested box has been ticked and parents have not already made an interview time, it is important to ring the school office and book an interview time on this day.

Monday April 25 - ANZAC DAY HOLIDAY
Tuesday April 26 - Parent / Teacher Interviews 3.15pm – 7pm

Rugby League News

U12 Draw Changes
For the first two weeks, the St John’s Under 12s team will be combining. So, the combined St John’s team will play at 9:45am on Saturday 12 March and 10:30am on the 19 March. This information was missed off the letter that went home yesterday.

Registrations
All rugby league players must be registered on Play NRL before Saturday.

Please see the St John’s app message for step by step instructions.

Finally, as of this Friday, I will be on leave, so will no longer be the contact for rugby league for St John’s. If you have any concerns throughout the season, please see Thomas Moore or Danielle Gillam.

Michaela Wehl
On Friday the 18th of March, St John’s will be participating in the National Day of Action against Bullying and Violence. During Week Eight, all students will have the opportunity to learn more about bullying, how it impacts and ways in which everyone in the community can TAKE A STAND TOGETHER against bullying. Various activities will occur throughout the week. Resources for students, teachers, parents and the community about bullying can be found at www.bullyingnoway.gov.au. The following information is from this website and gives us an overview of bullying.

1.1 What is bullying?
The national definition of bullying for Australian schools says: Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Online bullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying. In short, bullying is an ongoing misuse of power in relationships involving a pattern of harmful verbal, physical or social behaviour.

1.2 Is every conflict between students bullying?
Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying. The definition of bullying has three critical aspects: it is a misuse of power within relationships, it is repeated and ongoing, and it involves behaviours which can cause harm. All three aspects need to be present in order for behaviour to be called bullying.

1.3 What does the ‘misuse of power’ mean?
In a situation where there is a power imbalance, one person or group has a significant advantage over another, and if this power is misused, this enables them to coerce or mistreat another for their own ends. In a bullying situation this power imbalance may arise from the context (e.g. having others to back you up), from assets (e.g. access to a weapon) or from personal characteristics (e.g. being stronger, more articulate or more able to socially manipulate others).

1.4 How is bullying different from violence, harassment and discrimination?
The critical aspect that distinguishes violence, harassment and discrimination from bullying is that bullying happens within social relationships, featuring repeated and harmful behaviours that stem from a misuse of power. Violence, harassment and discrimination can occur as part of bullying, but also can occur in one-off conflicts or between strangers. It is important to know the difference as the effect on the individual or group may be different and the responses to each may need to be different.

Violence is the intentional use of physical force or power, threatened or actual, against another person/s that results in psychological harm, injury or in some cases death. Violence may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time. Harassment is behaviour that targets an individual or group due to their race, culture or ethnic origin; religion; physical characteristics; gender; sexual orientation; marital parenting or economic status; age and/or ability or disability, and that offends, humiliates, intimidates or creates a hostile environment. Harassment may be an ongoing pattern of behaviour, or it may be a single act.

Discrimination occurs when people are treated less favourably than others because of their race, culture, or ethnic origin; religion; physical characteristics; gender; sexual orientation; marital, parenting or economic status; age and/or ability or disability. Discrimination is often ongoing and commonly involves exclusion or rejection. Intervening early can often prevent harassment, discrimination and more serious negative behaviours from becoming part of a bullying pattern.
1.5 Why is the definition of bullying important?
A clear, comprehensive and shared definition is essential to enable schools to identify bullying, and distinguish it from other types of conflicts or violence, so that appropriate strategies and interventions can be used. Positive solutions to bullying are relationship-based, and not only focused on the behaviour of individuals.

The way that schools and the community respond to bullying, conflict, violence, harassment and discrimination will be influenced by their underlying understanding about them.

1.6 What are the different types of bullying?
The types of bullying behaviours are physical, verbal or social. Bullying can be obvious (overt) or hidden (covert). Bullying can take place in person or online.

1.7 What is covert bullying?
Covert bullying is a subtle type of non-physical bullying which usually isn't easily seen by others and is conducted out of sight of, and often unacknowledged by adults. Covert bullying behaviours mostly inflict harm by damaging another's social reputation, peer relationships and self-esteem. Covert bullying can be carried out in a range of ways (e.g. spreading rumours, conducting a malicious social exclusion campaign and/or through the use of internet or mobile phone technologies).

Covert bullying includes social exclusion and intimidation. The term ‘covert’ highlights the fact that not all bullying is physical or obvious to others. Covert bullying can have the same harmful impacts as more obvious bullying, as it can be more isolating, can go on for longer before other people become aware of it, and can be more easily denied by the other person.

1.8 What is online bullying?
Online bullying (sometimes called cyberbullying) is bullying that is carried out through information and communication technology, including the internet (e.g. on social media sites) and mobile devices. Research indicates that the majority of young people who bully online also bully others in person.

Covert bullying includes social exclusion and intimidation. The term ‘covert’ highlights the fact that not all bullying is physical or obvious to others. Covert bullying can have the same harmful impacts as more obvious bullying, as it can be more isolating, can go on for longer before other people become aware of it, and can be more easily denied by the other person.

1.9 What is online aggression, and how is it different from online bullying?
Online aggression includes a number of behaviours that occur as single or untargeted acts between people who don’t know each other. For example, ‘trolling’ is intensive verbal abuse of an individual online done anonymously and by strangers. The difference between online aggression and online bullying is that bullying occurs within the context of an existing social relationship.

Cathy Perkins
School Counsellor
This term in Year One Mathematics, we have been using number lines, hundreds boards, tens grids, counters, paddle pop sticks and Unifix cubes to help us learn the numbers zero to 100. The students have been practising counting in twos, fives and tens. We have been exploring the teen numbers and learning how to write them in numerals and words.

Our rooms have been alive with the sound of music while learning the days of the week through the Days of the Week song. The tune helps us remember the order of the days of the week. We have also been learning about time and when different events occur during the day.

During measurement activities, students measured objects using different materials such as their hands, paddle pop sticks and pencils. Some students were very keen to estimate how many Mr Brennan's long the classroom was. Mr Brennan had to lie on the floor so the students could mark how tall he was!

The Year One students have just started exploring Mathletics on the iPads. All Year One students have their own Mathletics accounts and complete different Mathematics-related activities on the iPads. This allows students to investigate concepts in a different and interesting way.

We are looking forward to the students expanding their knowledge in the area of Mathematics this year.

Mark Brennan, Claire Angus and Toni Densley
Opportunity for Fundraising
Roma's Easter In The Country

An opportunity for fundraising is available to a small group or individual who would like to run a canteen at the Maranoa Performance Poetry and Song at the 2016 festival. The program for the bush poetry and ballads runs on Good Friday, Easter Saturday from 10am to 4pm and on Easter Sunday from 1pm to finishing time. The finals will be held on Easter Sunday. It is not anticipated to go into the evening. The venue is the Cultural Centre Bungil Street, Roma so there are excellent kitchen facilities and refrigeration.

The requirements are for canteen style food – tea, coffee, sandwiches, cakes and slices and a range of cold water and minimal soft drinks. The person who runs the canteen is required to provide the supplies and receives all of the money and profit.

We anticipate at least 1000 people attending over the three days and it is likely that people will come and go during the day. This aspect of the festival has been promoted by the bush poets at several events over the past year and it is anticipated that a number of visitors will come to Roma for this element of the festival. If you would be interested or like to discuss this further can you please email info@easterinthecountryroma.com.au or phone 0459521196 as soon as possible.

Student Achievement
Ella O’Brien

Ella O’Brien – Year Eleven was one of five people nominated by Zonta to receive an award at International Women’s Day for her involvement in the community. On a school level, Ella is involved in Stage Traffic, Moonlight Fair, Rostrum Voice of Youth, Eisteddfod, Opti-MINDS and on a community level – Roma Performing Arts, is in the Australian Air Force Cadets and is participating in Lions Youth of the Year 2016.

Years Five/Six PE

This term, Years Five and Six students are participating in a basketball unit. The students have been learning different skills, such as passing, dribbling, shooting and defence. The buzz word for this term has been ‘control’! All of our skills need to be done with control. All students have been showing excellent teamwork and displaying great skills during game play. The students are looking forward to participating in a round robin competition over the next couple of weeks. We have some superstars in the making. Keep up the great work.

Meg Lyons
HPE/Science Teacher
Science has been very busy and quite a lot of fun in the last two weeks. In Year Four, we have been looking at how plants grow. We started by dissecting seeds and finding an embryo inside; then we compared dried and wet seeds and after that we started our own seed growing experiments. We are learning about how a seed germinates, what makes roots go down deep into the ground and shoots reach up in search of sunlight and just how that tiny embryo inside a seed can grow into a plant and produce food for us to eat. We began our experiment last week by lining a clear plastic cup with paper and placing the seed in the cup so it was visible from the outside. We then filled our cups up with some water and left them on the windowsill to germinate. We quickly found out that even with such a simple experiment there are lots of variables that can affect the optimum growing conditions!

At the end of the experiment we will be transplanting our seeds into soil and hopefully we will be able to keep them growing and producing beans. After 2-3 days of planting our seeds they started to show some changes as the seeds went from white to green and roots and shoots started to develop. Within a week there were some very impressive bean shoots growing in our plastic cups. Thanks to the wonderful Benson family who kindly donated 65 domed McDonald's cups so we could undertake this fantastic Science project.

Patrick Herrod
Year Four Teacher
This term, St John’s Year Eight Visual Art students have been learning about the elements of design which are considered the building blocks of art (ie. line, shape, colour, texture and tone).

During their artistic journey, students have created continuous line, gesture and contour drawings, explored the art movement Op Art, studied colour theory and applied tonal drawing. They have explored a range of media whilst completing all practical tasks and have learnt about famous Australian artists who have made a significant contribution to the visual arts.

Sue Tiley
Art Teacher
Turning up the heat in Year Ten Hospitality!

This term in Year Ten Hospitality we are learning about the different cooking methods used in the kitchen. So far we have put our theory into practise for the following methods of cookery; we have boiled, poached, stewed, baked and shallow fried.

In Week Three, we ran our first ever mini function - Valentine’s Day cupcakes. We used our baking skills to bake hundreds of cupcakes to sell to the Years Seven-Twelve students during lunch time on Friday. This was a bigger task than we thought as we tried to work out the quantities of ingredients we would need to bake all the cupcakes. We advertised to students using corny pick-up lines in the notices and then watched as the students lined up to get their sweet treats. This was a fun experience and we are ready for our next venture!

We have also been working hard to complete our other cooking and are starting to plan for our first assignment. Here we must use different techniques that we have learnt to create a dish to serve at a restaurant. Hope Miss Nelson can handle all of our creations!

*Year Ten Hospitality*
MARIAN HOUSE REPORT

SPORTS AND CULTURE UPDATE
Hello everyone and welcome back to Term 1 2016! We hope that you all enjoyed your long Christmas break and are ready to get back into the hard work for this year! It's already March and Marian has participated in some pretty big events so far this year! First was the swimming carnival … although Marian did not win this year the participation and support from every Marian student on the day was sensational and that's what raked in the points from the day! Big shout out to the several students who stepped up and showed excellent leadership skills and ran our Mighty Marian house with pride!

Our next big event coming up in the calendar is Cross Country where Marian can step up and climb back up that leader board for the Spirit Cup! We can definitely make Marian three-time Spirit Cup winners! As long as everyone gets involved and gives it their best shot, we can definitely make it! Also, to reach our goal for points cards this term, don’t forget to keep getting your cards signed and showing initiative in getting this done. Point’s cards can be signed for any extracurricular activities, such as netball, football, basketball, soccer/ futsal, musical, choir, and cultural events such as masses. Keep up the good work with point’s cards so we can continue climbing up the leader board!

ACADEMICS
Term One is straight back into school work with upcoming assessments and deadlines. Exam block for Year Eleven and Twelve is fast approaching as well. However, don't be afraid to ask for help from your teachers and friends! Since it is only a nine week term there are only two weeks left so make them count! Try your best and don't be afraid to ask questions!

At our last house assembly we introduced Marian to our three new student councilors in the primary school. We asked these students a few questions and they then had the opportunity to present the P-6 awards for the week. They did a great job! Our 2016 student councilors are: Year Four - Amy Lorenz, Year Five – Mia Otto and in Year Six, Matthew Moloney. We wish these three all the best for their year ahead and as they grow into great young leaders. Also in our house meeting, Michael Walsh from Marian Four showed us his awesome skills in our game of the day, ‘Scoop it Up.’ Michael will be representing Marian in our full school assembly this week and we hope he can show up the other two houses!

UP COMING EVENTS
Keep an eye out for Xaverian fundraising for Caritas this term. Zooper Doopers and raffle tickets are sold every Friday. As well, a house dress up day will occur in Week Eight on the Friday! Come dressed in yellow! Also coming up is the Year Eleven Leadership camp so good luck to the Marian Year Elevens, especially with the transition coming up soon! Keep up all your great work as a house Marian! Don't forget; “Failure will never overtake me if my determination to succeed is strong enough.” Stay Mighty Marian!

ABC + Miss Topic
**Teacher Profile**

**Rebecca McPake**

_Tell us a little about your background prior to coming to St John’s?_
I have lived for four years in Tasmania. I was teaching in Tasmania and also was the Education Officer of a Science Centre. I was responsible for promoting Science and teaching many people about Science. Prior to my move to Tasmania I lived in remote areas of Western Australia.

_Why did you want to become a teacher?_
I have always wanted to be a teacher and I feel that teaching is a privilege. I love learning and teaching allows me to help others to learn and I also learn something new everyday.

_What is the best part of your job?_
Seeing my students achieve and seeing their excitement when they have learnt something new.

_What interests do you have outside of school?_
Music and singing, drawing, gardening and cooking.

_What are you most excited about in 2016 at St John’s?_
Working with my fantastic students in Four Blue and our learning journey together.
Easter in the Country

BE PART OF THE ST JOHN’S FLOAT –
LET’S MAKE IT GREAT!

This year we have chosen to use the float as a way to advertise the upcoming (and very popular) school musical, “The Wizard of Oz”. However, we really want to involve the whole school in the float, not just the students who are planning to perform in the show.

In order for us to ‘tell’ the story of “The Wizard of Oz” we need students who are prepared to dress up as any of the characters from the play. Please have a look, and check your dress-up box from home to see if you would be able to help us make this year’s float amazing!

We need students to play these parts -
1. Dorotheys
2. Tinmen, Lions, Scarecrows
3. Munchkins
4. Wizards
5. Good and bad witches
6. Monkeys
7. Winkie Guards
8. Ozians

Please return the form below to the school office, your Form teacher or to Mrs Anne Moloney to help us plan this special Roma event. We hope to see as many students as possible involved with this year’s Easter in the Country parade!

The _____________________________ Family will be in Roma for Easter, and our children would like to be part of the St John’s parade.

Student name: _______________________ Year: ___ Part: ______________________

Student name: _______________________ Year: ___ Part: ______________________

Student name: _______________________ Year: ___ Part: ______________________

I would like to assist decorating the float on Fri Sat? Yes/ No

Signed _____________________________________________________________________
St John’s School Roma is a Catholic School from P-12.

Applications are sought for the following Position:

SCHOOL OFFICER (Teacher Aide)

Starting Term 2, 2016

Up to 30 Hours per week

Years P-10

Role Description: To assist students with disabilities and learning difficulties: in classrooms, small groups and individually.

Requirements:

- Willingness to support the Catholic Ethos
- Willingness to abide by the St John’s Code of Conduct
- Blue Card
- A sound level of literacy and numeracy and the ability to work independently.
- Completion of online Child Protection modules

**Please submit your resume and cover letter by email (preferred) or submit to the school office by Friday 18th March 2016**

The Principal - Nicholas Lynch, PO Box 41, Roma 4455

Email: roma@twb.catholic.edu.au
ST JOHN’S RACE DAY COORDINATOR

St John’s P & F are looking for a Race Day Co-ordinator to organise one of our successful fundraising events for the year in August 2016. This position will come with the full support from the P & F Committee along with a handover from our previous Coordinator, Debbie Green.

If you are interested and would like more information please contact the P & F Secretary, Ange Millard on 0407 181 092.

NEXT STEP SURVEY 2016

The Queensland Government is conducting its annual statewide survey of all students who completed Year Twelve in the previous year. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year Twelve. Between March and June, all our students who completed Year Twelve last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate.

Thank you for your support of the Next Step survey in 2016. Further information on Next Step is available online at www.education.qld.gov.au/nextstep/ or on toll free telephone 1800 068 587.
St John’s Meet and Greet
We acknowledge the original inhabitants of this land, the Mandandanji people, and show our respect for their ancestors and traditions.
MACCA’S® ROMA CELEBRATES EASTER IN THE COUNTRY 2016

3PM FRIDAY 25 MARCH
RONALD MCDONALD® & FRIENDS SHOW AT BIG RIG PARKLANDS

6PM
RONALD MCDONALD® MEET & GREET AT MCDONALD’S® ROMA

11AM SATURDAY 26 MARCH
AFTER THE STREET PARADE MEET AYDEN & JESS FROM THE BLOCK AT MCDONALD’S® ROMA

McDONALD’S ROMA 24-26 Bowen Street (Cnr Hawthorne St)
ROLL UP TO ROMA FOR EASTER IN THE COUNTRY 2016

Maranoa Performance Poetry and Song
March 25, 26 & 27 2016, Roma Cultural Centre

Fancy yourself as a Poet, Performer or Songwriter? See ya at Roma’s Easter in the Country in 2016. Walk Up’s Welcome. There is plenty of camping over the weekend. Come one come all as the audience will be part of the judging panel.

There will be a number of categories and there will be prize money of each category.

Special Guests Include:
Keith & Caitlyn Jamieson, Alisha Smith, Alan Luscombe & Gary Fogarty

www.easterinthecountryroma.com.au
**RACE TIMES**

**RACE DIVISIONS**

* To be eligible for major prizes 2 competitors must be employees of the business.

**PRESENTATION**

Presentations will be held at the **White Bull Tavern** at approx. 11:30am. All participants have the chance to win from the fantastic random draw prizes.

For more information or to register visit:

or contact; The Race Director: Wayne Bryant Ph: 0428 221 334
	email: maranoatriathlonandmultisport@hotmail.com

- **Maranoa Triathlon and Multisports**

**REGISTRATION & INFORMATION**

- **Maranoa Regional Council**
- **VitalHealth**
- **BE HEALTHY & SAFE MARANOA**
- **TRIATHLON QUEENSLAND**