

Health and skills thrive as kids get active



CHILDHOOD OBESITY AND ITS ASSOCIATED HEALTH PROBLEMS HAS BECOME A MAJOR PUBLIC HEALTH CONCERN IN AUSTRALIA. THE CITY OF WANNEROO IS PLAYING ITS PART IN PROMOTING HEALTHY COMMUNITIES BY PROVIDING THE 'GET ACTIVE 10,000 MULTI-SPORT PROGRAM', JUST ONE OF MANY WAYS CHILDREN CAN STAY FIT AND HEALTHY DURING THE SCHOOL HOLIDAYS.

"Sporting activities are important for children's development because it helps them maintain good health, improves coordination, and encourages them to develop confidence and social skills,"

Mayor Jon Kelly said.

"Council prides itself on offering residents a range of sporting programs at a number of locations across the City, so that they can lead more active lifestyles."

Quinns Rocks resident Anne-Marie Bramwell registers all four of her children in the 'Get Active' program every holiday break at Gumblossom Reserve in Quinns Rocks.

"It's really important that my children learn to incorporate physical activity into their daily routine outside of what they get at school," she said. "This program is great because they get to learn new skills, which hopefully they'll take into their adult lives."

"It's also excellent value-for-money."

Ms Bramwell's 11-year-old daughter Sara said, "I like how you get to try something new every time. It's fun and the staff are really nice".

The multi-sport program gives boys and girls aged six to 12 the opportunity to learn how to play sports like cricket, soccer, touch rugby, karate, netball and athletics.



Jordan, Lisa, Sara and Ciaran Bramwell enjoy the vast variety of sports on offer as they participate in the City of Wanneroo 'Get Active 10,000 Multi-Sport Program'.

Preference is given to Wanneroo residents. All activities are mixed and no experience is necessary. A small cost may apply depending on program location.

Term 3 details: **6 - 10 July // 9am-12noon**
Kingsway Indoor Stadium, Madeley

13 - 15 July // 9am-12noon
Banksia Grove Community Centre, Banksia Grove

15 July // 1pm - 4pm
15 - 17 July // 9am - 12noon
Gumblossom Reserve, Quinns Rock

Registration is essential and can be made by calling the City of Wanneroo's Recreation Officer on 9405 5084.

For a list of school term activities, visit one of the City's sporting locations listed above or go to wanneroo.wa.gov.au

Future plan for your Yellagonga Regional Park



Lake Goollelal is the centre piece of the idyllic wetlands at Yellagonga Regional Park.

YELLAGONGA REGIONAL PARK IS ONE OF THE NATURAL JEWELS, MADE UP OF 1400 HECTARES OF IDYLIC WETLANDS AND OPEN SPACE.

In recent years however, the Park has been under increasing pressure from urbanisation and environmental problems are being experienced in the wetlands, causing algal blooms and midge swarms.

The Cities of Wanneroo and Joondalup and the Department of Environment and Conservation share the management of the Park, and are working together to ensure the health of the wetlands for years to come.

The Cities have developed a draft document, the Yellagonga Integrated Catchment Management Plan, which is now out for public comment. The Plan is a tool to enable the development and implementation of improved land and water management for the Park and its catchment area.

Significant community consultation identified the key threats to the Park, which included contaminants, climate change, weeds, vandalism, introduced animals and pets and lack of community education and awareness.

Wanneroo Mayor Jon Kelly said the project was jointly funded by the Cities of Wanneroo and Joondalup, to provide strategic and long-term management of the Park.

"The Yellagonga ICM planning process represents a commitment by State and local governments, community and stakeholder groups to ensure the long-term management and health of Yellagonga Regional Park," Mayor Kelly said.

Key projects coming out of the Plan include retrofitting of the Wangara Sump, significant community education, stormwater management plans and strategic planning and policy development to ensure future urban development in the Yellagonga Catchment reflects and enhances the Park environment.

The draft plan is available to view at the City of Wanneroo Civic Centre or wanneroo.wa.gov.au

Council Meetings and Events

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| 30 June | Ordinary Council Meeting 7pm Council Chambers, Civic Centre |
| 21 July | Council Briefing Session 6pm Council Chambers, Civic Centre |
| 28 July | Ordinary Council Meeting 7pm Council Chambers, Civic Centre |

WEED CONTROL NOTICE

THE CITY OF WANNEROO'S SEASONAL WEED CONTROL PROGRAM (HERBICIDE SPRAYING) IN CONSERVATION RESERVES HAS STARTED AND WILL BE COMPLETED BY SEPTEMBER 2009.

All weed spraying activities in progress will be clearly marked, with signs in close proximity.

The control program is necessary because weeds:

- Compete with native species
- Change the natural fire regime and
- Change food sources and habitats available to wildlife, which reduces native wildlife populations.

For more information, call the City's Conservation Officer on 9405 5000.

CLAYTON'S BEACH PLANTING EVENT

JOIN THE CITY OF WANNEROO AND YOUR NEIGHBOURS IN PLANTING FOR A GREENER FUTURE. HELP STABILISE THE SAND DUNES OF CLAYTON'S BEACH.

Sunday 5 July 2009 // 9am - 12noon
(Meet at Clayton's Beach carpark on Alexandria View, Mindarie)

Please bring gloves, a trowel, water bottle and your green thumbs! Remember to wear sturdy shoes.

To register for this event or for more information, please call the City's Wetlands Officer on 9405 5000.

SUMMER HOLIDAY ART WORKSHOP

THURSDAY 16 JULY 2009
9.30am - 2.15pm

City of Wanneroo Civic Centre, 23 Dundobar Road, Wanneroo. \$45 / child (6-12 years) includes materials. Bring your own lunch, snacks and hat.

Registration closes
Thursday 9 July 2009.

Enquiries:
Arts Development Officer, 9405 5000.