

On Tuesday, 1 March Indigenous girls from Stage 1 and 2 participated in a Lismore District Netball Gala Day held at Goonellabah Sports and Aquatic Centre. The day was organised by *Netball NSW* and *Solid Mob* to showcase netball to students and encourage them to have active and healthy lifestyles.

Students participated in a whole group dance warm up before breaking into age groups. Throughout the day, there were a range of activities to help develop skills in netball such as passing, teamwork, defending and attacking.

*Solid Mob* conducted one of the rotational activities, sharing knowledge on healthy lifestyles and discussing the harmful effects of smoking and high sugar consumption.

We had a great day interacting with students from other schools and proudly represented WRPS.

