



# Healthy Body, Healthy Mind

11 Year old James Tawdrous of year 6 represented our school at the annual state-level NSW Cross Country CIS (Combined Independent Schools) competition which took place at Eastern Creek Raceway on Thursday the 28th of May. Competing against 87 competitors from private schools across the state, James in 19th position. James has represented the school at this level for the past three years.



The eager St Mark's College Cross Country Team that represented the College at the 2009 regional ASSISA competition, with their coach, Mr Nicola. Leading distance runner James Tawadros went on to represent the College at state level and came 19<sup>th</sup>.

Meanwhile, as part of the College's focus on physical health, students from K-6 have been thoroughly enjoying the gymnastics clinics that have been organised for Wednesday sports. Qualified instructors teach the students how to do cartwheels and trampoline gymnastics, activities they seem to enjoy greatly. In Theotokos Term (Term 3) ARL clinics have been organised and our students are very much looking forward to learning a few rugby league skills from the hands of experts.

**Kindergarten places at St Mark's are interviewing now.**

**Contact the school for information on how to enrol: 9825-6768.**

More news and information at [www.stmarks.nsw.edu.au](http://www.stmarks.nsw.edu.au)