



# National Fitness Comes to Nanima

## *Happiness in Health*



Boys and girls at Nanima Reserve, near Wellington, N.S.W., had a National Fitness Free Play Centre of their own during last Christmas school holidays. Nanima Citizens' Aid Committee co-operated with National Fitness Council to provide the centre which was open each weekday from 2nd to 18th January.

Mr. and Mrs. Page came from Belmore, near Sydney, to take charge. On the opening day there were only three children but a programme of sport, swimming, hobbies, picnics and pet shows swelled the attendance to more than seventy within a week.



Pretty 12-years-old Thelma Carr (our cover girl of this issue) was one of the Nanima girls who enjoyed herself at the Play Centre. Thelma brought her sisters, Valerie (6 yrs.) and Leah (5), and brothers, Ray (10), Darrel (8) and Colin (7).



Mr. Ken Page, the supervisor-in-charge, and his wife, were amazed when they saw the quality of the mats and other articles which the Nanima children had woven from coloured wool. Mr. Page is a teacher of manual arts at Belmont High School, Newcastle. Children at the Play Centre also made cane baskets, leather belts, book marks and strings of beads. Juniors modelled in plasticine and seniors used plaster of paris. Children took home their models when the centre closed on 18th January.



Games were the most popular item on the Play Centre programme. As well as tunnel ball (pictured) there were athletic competitions with age-group races, three-legged, wheelbarrow, relay and obstacle races. An athletic carnival was held on the sandy bank of the river.