



## Monday July 23<sup>rd</sup> - African Drumming Grade Prep - 6

**Thursday, 19<sup>th</sup> July, 2018**

**TERM 3 WEEK 1**

### KEY DATES

#### JULY

- Mon 23      African Drumming GP-6  
Wed 25      Step into prep 9.15-10.15

#### AUGUST

- Fri 3      Jeans for Genes  
Thu 9      Science Works Excursion G3-6  
Fri 10      Hoop time  
TBC      Father's Day Stall  
Wed 22      Step into prep 9.15-10.15  
Thu 30      District Athletics  
TBC      Book Week

#### SEPTEMBER

- Sunday 2      Father's Day  
Mon 10      Curriculum Day - Student Free Day  
**Fri 21**      **End of Term 3 - 2.30 Dismissal**  
Fri 28      Grand Final Public Holiday

#### OCTOBER

- Monday 9      **Term 4 Commences**  
Wed 10      Step into prep - 9.15-10.15  
Thu 11      Division Athletics  
Thu 18      Art show

#### NOVEMBER

- Mon 5      Curriculum Day – Student Free  
Tue 6      Melbourne Cup Day Public Holiday  
Wed 7      Step into prep - 9.15-10.15  
Wed 7      Parent Information Session  
2019 Prep Students - 6.30  
Wed 7      Gr 3&4 Camp Oasis Mt Evelyn  
Thu 8      Gr 3&4 Camp Oasis Mt Evelyn  
Fri 9      Gr&4 Camp Oasis Mt Evelyn

#### CURRICULUM DAYS

- Term 3:      September - Monday 10th  
Term 4:      November - Monday 5th

#### TERM DATES 2018

- Term 3: 16 July to 21 September**  
**Term 4: 9 October to 21 December**

**Term 1: 30 January - 5 April, 2019**

#### TIMETABLE

Commences	9.00am
Recess	11.00 - 11.30pm
Lunch	1.40 - 2.30pm
School Finishes	3.30pm

### From The Principal

**"To do things right, first you need love, then technique."**

**Antonio Gaudi**

**WELCOME BACK** from what I hope was an enjoyable break. As you are no doubt aware, I have enjoyed some long service leave with a family holiday to Europe. During this time, I was privileged to see many of the works of Antonio Gaudi. The man is a genius and his use of light and colour are an inspiration, not to mention the influence of nature on his work. In Australia we are very fortunate to live in a land of rugged beauty, where the natural environment is second to none. Throughout my vacation, I was reminded of how lucky we are to be Australian. A great climate (for the most part), an exceptional standard of living, excellent infrastructure, a quality education system and opportunity for anyone who wants to make something of themselves. By the time my holiday was coming to an end, I could not help but think of what lay ahead for Mulgrave Primary School. Some might say that I am crazy to be thinking of work whilst on holiday, but it is because I love what I do and I am very thankful for the opportunity to lead this great school. I have always loved working in education and I hope that each and every staff member feels the same way, as if you have that, the technicalities of our work come easily. That goes for anything we do in life, be that a sporting pursuit, music, relationships, or our work. So I am reminded that it is our job to prepare every student so that they can experience all that the world has to offer, then find the right path for themselves. My education made my trip to Europe possible and it is my goal to provide all of our students with the skills to do likewise. At the recent principal's conference, we were also reminded that 65% of the jobs that this year's Foundation class will undertake do not exist yet. As educators, we have to provide a broad base of skills and the ability to think creatively and critically to ensure that we prepare every student for this future. Whilst I still believe that it is important to be able to remember facts such as times tables and basic grammar, much of what we know is easily found through a variety of resources and it is our ability to interpret this information that is becoming more and more critical over time. As our students develop, they will determine what knowledge is important to their future and what knowledge can be accessed on a needs basis. It is a changing world no doubt. All of this may appear challenging for parents and the students themselves, but with the help and support of a loving family, every child can learn and be successful.

#### **Dr. Andrew Fuller**

On Thursday July 26<sup>th</sup>, Dr. Andrew Fuller is presenting a parent information evening at Pinewood Primary School, in conjunction with MPS. Attached to this newsletter is a flyer that Mr. Hattwell sent out last term, I strongly urge parents to attend this free information session and make the most of Dr. Fuller's expertise as he discusses resilience and the challenges that face children and families today.

*Principal's message continues pg 2*

*Values: Motivated • Persistent • Successful Est. 1879*

As an added bonus, our Year 6 leaders will be joining the students of Pinewood to hear Dr. Fuller speak directly to them earlier on the same day. Following these opportunities, Dr. Fuller will then be speaking to our staff and some representatives from Pinewood during our curriculum day on September 10<sup>th</sup>. This is in response to student feedback that indicates they would like to know more about resilience strategies and how to cope with the challenges of different personalities in the classroom and will build staff capacity to develop stronger relationships with every student in the future. Part of our school vision is to create a resilient learning environment through a supportive social, emotional and academic learning community. Dr. Fuller will help all of our staff to develop their ability to connect with students and families as we continue to seek ways to improve our school.

### **Staff news**

A special welcome to Miss Stephanie Illing (4D) who will be taking over from Mrs Di Iorio as she begins her family leave. We are very fortunate to have Stephanie joining us, as she comes highly recommended and with experience both in Monash and overseas in the US. As our families will know, later this year we will also farewell Mrs Hay and Mrs Jarvis as they take their family leave. These positions are currently being advertised and we will inform the school community of the outcome as soon as possible.

### **We Want Our Parents to Tell Us What They Think!**

Our school is conducting a survey to find out what parents think of our school. The **Parent Opinion Survey** is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents (that is around 111 parents) will be invited by email and letters home, to participate in this year's survey. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 23<sup>rd</sup> July to Sunday 26<sup>th</sup> August**.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakka), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results will be reported back to the school at the end of September. Last year we used previous survey results and community consultation to develop our new Strategic Plan and Annual Implementation plan. As such, we are very interested to hear how we are progressing towards our goals (refer our website for the SSP and AIP).

Please feel free to contact myself or Stuart if you would like more information.

### **2019 Enrolments**

As I write this, the school already has met our enrolment target for 2019. Our goal is to provide small classes and to do this we will soon need to cap our enrolments. If you have not yet enrolled your child for next year, please do so as soon as possible, as spaces are now very limited. For those looking to enrol from outside of our designated area, we will need to prioritise those from within our boundary, prior to confirming a place at MPS for 2019. It is our aim to confirm all places by Friday October 12<sup>th</sup>.

In addition, a reminder that our first Step Into Prep transition session is next Wednesday, July 25<sup>th</sup> at 9:15am. We look forward to welcoming our newest students to our school.

### **And a bit more from the trip!**

Just a couple of happy snaps to share my adventure. Gibraltar is home to the only European colony of apes, the Barbary Macaques. They are very cute and quite friendly when they are young, but I wouldn't suggest getting a big one angry! The rock is an amazing natural feature and has been fought over for centuries, due to its amazing vantage point over the entry to the Mediterranean Sea. The other snap is from the Colosseum. I was fortunate enough to venture out onto the surface and it was an absolute thrill, especially for one who loves to visit the MCG on a regular basis. To think they built this back in 72-80AD in just 8 years!

*Charles Spicer - Principal*

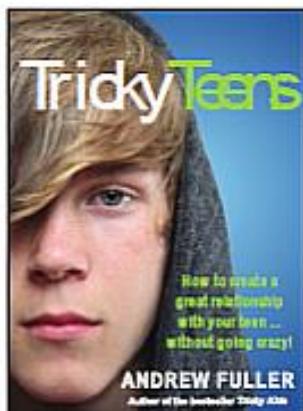


# School News



## Building Resilience

Andrew Fuller is a Clinical Psychologist who has developed the resilience of over 193,000 young people and works in over 600 communities nationally.



Andrew is the author of *Unlocking Your Child's Genius* (now available in ten languages); *Tricky Teens*, *LIFE: A GUIDE*, *TRICKY KIDS* (Finch), *TRICKY PEOPLE*, *RAISING REAL PEOPLE* (ACER), *FROM SURVIVING TO THRIVING* (ACER), *WORK SMARTER NOT HARDER* and *BEATING BULLIES*.

Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called *THE HEART MASTERS*.

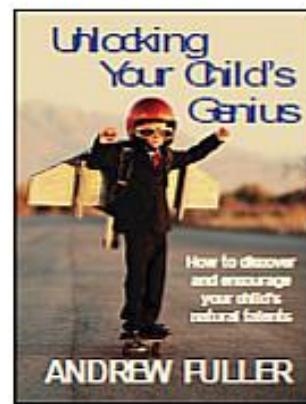
He is a Fellow at the University of Melbourne.

### RAISING RESILIENT KIDS

Resilience and emotional intelligence are essential life skills that set kids up for happy great lives. Developing resilience is the most powerful way to protect kids from drugs, violence and misery.

#### Topics covered will include:

- The active ingredients of resilience and how parents and grandparents can develop it in young people
- How parents can develop these in their children
- Friendship skills
- Parenting tricky kids
- Creating happy, confident and empowered young people
- Building self-esteem and dealing with set backs
- The essential conversations to have with your boy or girl



### Come and have a great evening!

DATE & TIME : THURSDAY 26 JULY @ 7.00 PM

VENUE: PINewood PRIMARY SCHOOL HALL, MT WAVERLEY

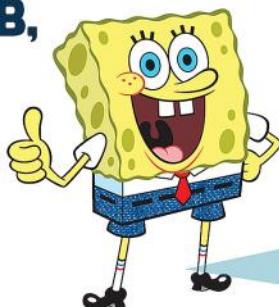
THIS IS A FREE SESSION FOR ALL INTERESTED PARENTS.

# School News

**JOIN SPONGEBOB,  
WEAR YOUR  
JEANS AND  
CHANGE LIVES!**



JEANSFORGENES.ORG



Please join us in wearing Jeans to show your support on Friday the **3rd** of August and bring a gold coin donation. Our goal as a school is to raise \$500. You can donate at school and also online. Remember to wear a normal school uniform top with your jeans.

Who is 'Children's Medical Research Institute'?

Most babies are born healthy, but sadly 1 in 20 children is born with a birth defect or genetic disease. On average, that's one in every classroom.

Children's Medical Research Institute is dedicated to finding ways to treat or prevent childhood cancer, epilepsy, birth defects and genetic diseases in order to create brighter futures for all children including those who are with us today & those yet to come in to this world.



Friday 3rd August

## SICKBAY LINEN ROSTER

TERM 3		
Week	Date	Name
Week 1	20th July	Monita Sabtos 3T
Week 2	27th July	Leeanne Boyson 3T & 6L
Week 3	3rd August	Jackie Hajj 1B & 4D
Week 4	10th August	Giao Kruschina Nicolas 3T
Week 5	17th August	Laura Cain 1W
Week 6	24th August	Holly Oaks - 1B & 3B
Week 7	31st August	Joanna Tartaglia - 6J
Week 8	7th September	Lucy Meszaros - 3T & 1T
Week 9	45th September	Anne McNee 2L
Week 10	21st - September	Jenny Moolenaar PL & 2H



**Book Week will be in August, 2018.**



## Greetings from the Parents & Friends Association!

### Welcome to term 3!

Congratulations on successfully juggling work, managing a household and children home for the holidays! Thankfully we can all settle back into the term routine of juggling work, managing a household, extra-curricular activities and school drop off/pick-ups!!

### First School Fun Night

Friday the 13<sup>th</sup> saw the PFA host the first whole school fun night at Lollipops Crazy Climb Centre. It was a great success with 48 families attending to meet and get to know other families. The kids enjoyed free run on all the equipment and climbed themselves to exhaustion, whilst the adults relaxed and chatted with others. Some lucky adults also got the opportunity to don a high vis vest!



Thanks to everyone who attended, we hope you enjoyed the evening. Look out for future social nights in Term 3.

### Get in touch....

If have questions or ideas you'd like to share, feel free to email us at  
[mulgravepspfa@gmail.com](mailto:mulgravepspfa@gmail.com)

**OUR NEXT MEETING – All Welcome  
7.30pm THURSDAY 9th August in BER building**

**Upcoming events**  
**Term 3 - Dates for your calendar**

- 26 July - Building resilience talk Pinewood Primary 7pm
- August ? - Father's Day Stall TBC
- 31 August – Mum's night out - TBC



## How to Help Children Calm Down

Techniques for helping kids regulate their emotions and avoid explosive behaviour

### **Positive attention**

The most powerful tool parents have in influencing behaviour is attention. As Dr. Giller puts it, "It's like candy for your kids." Positive attention will increase the behaviours you are focusing on. When you're shaping a new behaviour, you want to praise it and give a lot of attention to it. "So really, really focus in on it," adds Dr. Giller. "Be sincere, enthusiastic and genuine. And you want it to be very specific, to make sure your child understands what you are praising." When helping your child deal with an emotion, notice the efforts to calm down, however small. For example, if your child is in the midst of a tantrum and you see him take a deep inhale of air, you can say, "I like that you took a deep breath" and join him in taking additional deep breathes.

### **Clear expectations**

Another key way to help prevent kids from getting dysregulated is to make your expectations clear and follow consistent routines. "It's important to keep those expectations very clear and short," notes Dr. Samar, and convey rules and expected behaviours when everyone is calm. Dependable structure helps kids feel in control. When change is unavoidable, it's good to give advance warning. [Transitions](#) are particularly tough for kids who have trouble with big emotions, especially when it means stopping an activity they're very engaged in. Providing a warning before a transition happens can help kids feel more prepared. "In 15 minutes, we're going to sit down at the table for dinner, so you're going to need to shut off your PS4 at that time," Dr. Giller suggests. It may still be hard for them to comply, but knowing it's coming helps kids feel more in control and stay calmer," she explains.

### **Give options**

When kids are asked to do things they're not likely to feel enthusiastic about, giving them options may reduce outbursts and increase compliance. For instance: "You can either come with me to food shopping or you can go with Dad to pick up your sister." Or: "You can get ready for bed now and we can read a story together — or you can get ready for bed in 10 minutes and no story."

"Giving two options reduces the negotiating that can lead to tension," Dr. Samar suggests.

### **Coping ahead**

Coping ahead is planning in advance for something that you predict may be an emotionally challenging situation for your child, or for both of you. It means talking, when you are both calm, about what's coming, being direct about what negative emotions can arise, and strategizing how you will get through it.

If a child was upset last time she was at Grandma's house because she wasn't allowed to do something she gets to do at home, coping ahead for the next visit would be acknowledging that you saw that she was frustrated and angry, and discussing how she can handle those feelings. Together you might come up with something she is allowed to do at Grandma's that she can have fun doing.

Talking about stressful situations in advance helps avoid meltdowns. "If you set up a plan in advance, it increases the likelihood that you'll end up in a positive situation," Dr. Samar notes.

### **Problem solving**

If a child has a tantrum, parents are often hesitant to bring it up later, Dr. Samar notes. "It's natural to want to put that behind us. But it's good to revisit briefly, in a non-judgmental way."

Revisiting an earlier event — say a meltdown at the toy store — engages the child in thinking about what happened, and to strategize about what could have been done differently. If you can come up with one or two things that might have led to a different outcome, your child might remember them next time he's starting to feel overwhelmed.

### **Five special minutes a day**

Even a small amount of time set aside reliably, every day, for mum or dad to do something chosen by a child can help that child manage stress at other points in the day. It's a time for positive connection, without parental commands, ignoring any minor misbehaviour, just attending to your child and letting her be in charge.

It can help a child who's having a tough time in school, for instance, to know she can look forward to that special time. "This five minutes of parental attention should not be contingent on good behaviour," says Dr. Samar. "It's a time, no matter what happened that day, to reinforce that 'I love you no matter what.' "



## How to Help Children Calm Down

**Techniques for helping kids regulate their emotions and avoid explosive behaviour**

Many children have difficulty regulating their emotions. Tantrums, outbursts, whining, defiance, fighting: these are all behaviours you see when kids experience powerful feelings they can't control. While some kids have learned to act out because it gets them what they want — attention or time on the iPad — other kids have trouble staying calm because they are unusually sensitive.

The good news is that learning to calm down instead of acting out is a skill that can be taught.

### **What is dysregulation?**

"Some children's reactions are just bigger than their peers or their siblings or their cousins," explains Lindsey Giller, PsyD, a clinical psychologist at the Child Mind Institute. "Not only do they feel things more intensely and quickly, they're often slower to return to being calm." Unusually intense feelings can also make a child more prone to impulsive behaviours.

When kids are overwhelmed by feelings, adds Dr. Giller, the emotional side of the brain isn't communicating with the rational side, which normally regulates emotions and plans the best way to deal with a situation. Experts call it being "dysregulated." It's not effective to try to reason with a child who's dysregulated. To discuss what happened, you need to wait until a child's rational faculties are back "online."

### **Rethinking emotions**

Parents can start by helping children understand how their emotions work. Kids don't go from calm to sobbing on the floor in an instant. That emotion built over time, like a wave. Kids can learn control by noticing and labelling their feelings earlier, before the wave gets too big to handle.

Some kids are hesitant to acknowledge negative emotions. "A lot of kids are growing up thinking anxiety, anger, sadness are bad emotions," says Stephanie Samar, PsyD, a clinical psychologist at the Child Mind Institute. But naming and accepting these emotions is "a foundation to problem-solving how to manage them."

Parents may also minimize negative feelings, notes Dr. Samar, because they want their kids to be happy. But children need to learn that we all have a range of feelings. "You don't want to create a dynamic that only happy is good," she says.

### **Model managing difficult feelings**

"For younger children, describing your own feelings and modelling how you manage them is useful," notes Dr. Samar. "They hear you strategizing about your own feelings, when you're nervous or frustrated, and how you're going to handle it, and they can use these words."

For kids who feel like big emotions sneak up on them, you can help them practice recognizing their emotions, and model doing that yourself. Try ranking the intensity of your emotions from 1-10, with 1 being pretty calm and 10 being furious. If you forget something that you meant to bring to Grandma's, you could acknowledge that you are feeling frustrated and say that you're at a 4. It might feel a little silly at first, but it teaches kids to pause and notice what they are feeling.

If you see them starting to get upset about something, ask them what they are feeling, and how upset they are. Are they at a 6? For some younger kids, a visual aid like a feelings thermometer might help.

### **Validate your child's feelings**

Validation is a powerful tool for helping kids calm down by communicating that you understand and accept what they're feeling. "Validation is showing acceptance, which is not the same thing as agreement," Dr. Giller explains. "It's nonjudgmental. And it's not trying to change or fix anything." Feeling understood, she explains, helps kids let go of powerful feelings.

Effective validation means paying undivided attention to your child. "You want to be fully attuned so you can notice her body language and facial expressions and really try to understand her perspective," says Dr. Samar. "It can help to reflect back and ask, 'Am I getting it right?' Or if you're truly not getting it, it's okay to say, 'I'm trying to understand.'"

Helping kids by showing them that you're listening and trying to understand their experience can help avoid explosive behaviour when a child is building towards a tantrum.

### **Active ignoring**

Validating feelings doesn't mean giving attention to bad behaviour. Ignoring behaviours like whining, arguing, inappropriate language or outbursts is a way to reduce the chances of these behaviours being repeated. It's called "active" because it's withdrawing attention conspicuously.

"You're turning your face, and sometimes body, away or leaving the room when your child is engaging in minor misbehaviours in order to withdraw your attention," Dr. Giller explains. "But the key to its effectiveness is, as soon as your child is doing something you can praise, to turn your attention back on."

By [Caroline Miller](#)



# TERM 2 - WEEK 11 - AWARDS

## Student of the Week Awards

Class	Name	Reason
PB	Milo K	For working hard to improve his handwriting and colouring.
PL	Raynaaz D	For her detail in her Big Write on her favourite fruit.
PM	Anthony C	For consistently making good choices during learning tasks this week.
PS	Isabel M	For great reading and writing this week!
1B	Stella C	For completing her work with effort and enthusiasm this term!
1T	Ella V	For being brave and joining in our game of T-ball and Skittle Soccer this week.
1W	Johnny F	For participating so well in Skittle Soccer!
2L	Shubahnaaz D	For being a positive, hardworking member of 2L.
3B	Harry G	For putting in a massive effort in his handwriting.
3T	Andrew S	For always bringing a positive energy to the classroom.
4D	Cassandra K	For being an inclusive member of 4D.
4F	Alexis S	For creating and presenting her learning achievements booklet
5P	Matthew K	For being more persistent and determined to complete his work.
6J	Chris D	For working well with our 10 buddies from Wheelers Hill Secondary College.
6L	Shelby H	For showing great resilience and persistence creating another clay self portrait.



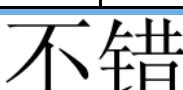
The Wellbeing awards are given to students who show courage in situations of adversity, show leadership skills in different ways around the school and show kindness and empathy towards all members of the Mulgrave Primary School Community.

## Wellbeing Awards – Term 2, Week 11

Level	Name	Reason
Junior School	Oliver G	For being a kind and thoughtful friend to his peer.
Senior School	Alex V	For organising and orchestrating the Fifa World Cup Day.

## Specialist Awards

**June - 2018**

<b>Level</b>	<b>Name</b>	<b>Reason</b>
<b>Scientist of the Month</b>		
		
Junior School	<b>Andrew P</b>	For his efforts in building a lighthouse. He worked well to overcome and adapt to each challenge in his design.
Middle School	<b>Skye L</b>	For her excellent work and the effort she put in to design her presentation of a Parrot. Well done Skye.
Senior School	<b>Alex V</b>	For his enthusiasm and interest in learning how to make his own webpage. Great work Alex.
<b>Artist of the Month</b>		
		
Junior School	<b>Eliza M</b>	For her beautiful butterfly artwork using colourful food dyes.
Middle School	<b>Milla G</b>	For her beautiful ink painted tree where she applied detail using intricate lines and patterns
Senior School	<b>Alex V</b>	For his commitment to developing his drawing, painting and sculptural skills.
<b>Performing Artist of the Month</b>		
		
Junior School	<b>Nathan M</b>	For his fantastic composition skills using his knowledge of rhythm.
Middle School	<b>Andrew S</b>	For his enthusiasm and commitment to the performing arts as a member of the choir and Theatre Club. Well done, Andrew!
Senior School	<b>Angie C</b>	For her enthusiasm and commitment to the performing arts as a member of the choir, Theatre Club and Victorian State School Spectacular. Well done, Angie!
<b>Athlete of the Month</b>		
		
Junior School	<b>Milla H</b>	She has some great throwing and catching skills and shows awesome foot work in soccer.
Middle School	<b>Ellena D</b>	She has shown great sportsmanship and improved skills in the T-ball unit.
Senior School	<b>Audrey N</b>	For her amazing effort and enthusiasm in all the sports units we've covered this month including netball and T-ball.
<b>Chinese Specialist of the Month</b>		
		
Junior School	<b>Zac V</b>	For always working hard in all his tasks and showing an amazing learning attitude in Mandarin class
Middle School	<b>Samantha M</b>	For always showing an amazing learning and working attitude in Mandarin class
Senior School	<b>Faiza K</b>	For always working hard in all her tasks and showing good learning attitude in Mandarin class



## Extend OSHC at Mulgrave Primary School

Hi Everyone,

A Warm Welcome back to all our Extend Families. I believe you all had an enjoyable break!

Over the School holiday period our vacation care program was awesome. Many new children joined in from other school communities and they absolutely had a great time in our program. Numerous educational activities were offered to keep everyone engaged at all times. We had many times where children asked their parents to collect them at the end of the day because they didn't want to miss out on any of the experiences. Our activities varied from science, cooking, constructions, drama, and physical play to our workshops for Dinosaur Fossil Hunt and Candle & Soap making. We also went on excursions to watch the latest Incredibles 2 movie and played Bubble Soccer at Action Indoor Sports Centre. If you haven't experienced our holiday program yet, I encourage you to join us next vacation care program to explore the fun and excitement.

This terms before and after school care program, we have added many educational activities including two specialist programs. Auslan (sign language) and healthy cooking on Thursdays and Fridays.

Our Kids Club competition for this year is starting on the 23<sup>rd</sup> of July until the 10<sup>th</sup> of August. Please encourage your child to participate in this special creative challenge for a chance to win \$200 worth of Coles Group and Myer vouchers.

Good luck everyone who enters into the competition.

Over the coming weeks we will also be focusing on our group Kids Club competition in hope to win an incursion for our service.

### Next weeks activities are;

**Monday 23<sup>rd</sup> July: Art and Craft:** Kids Club competition/ Crocodile and Kangaroos

**Tuesday 24<sup>th</sup> July:** Art and Craft: Kids Club Competition/ Ice Berg Jump

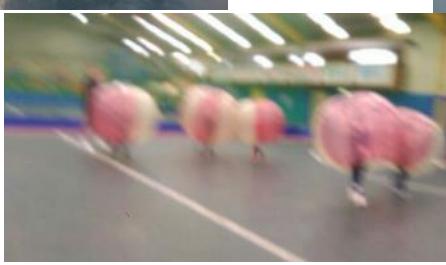
**Wednesday 25<sup>th</sup> July:** Science: Marshmallow Catapult /Art and Craft: Kids Club Competition

**Thursday 26<sup>th</sup> July :**Specialist Cooking: Zucchini muffins / Art and Craft: Kids Club Competition

**Friday 27<sup>th</sup> July:** Specialist : Auslan / Art and Craft: Kids Club Competition

*Kind regards*

*Meena*



You can take a look at the exciting experiences our children take part in whilst attending the Extend Squad here: <https://www.youtube.com/watch?v=1Yw3otFZgEs>

Please see our website for more details - <https://www.lookedafter.com/>

# School News

## ENTERTAINMENT BOOK



**Mulgrave Primary School is raising funds. Here's how you can help...**

Help yourself to your Membership before the **23<sup>RD</sup> JULY** for your chance to win the Ultimate Melbourne getaway! The Prize is a 2 night stay in a one bedroom apartment at **Melbourne Short Stay Apartments**, Pre-Theatre dinner for 2 at the incredible **Ezard** restaurant before enjoying the best show in town, **Mamma Mia**. **This prize is worth over \$700, ten times your investment!!**

**SUPPORT US NOW**

**Using just a few of these offers will cover your cost of the Membership!**

<b>UP TO \$35 Value</b>  <b>TGI FRIDAYS</b>	<b>UP TO \$35 Value</b>  <b>THE GROOVE TRAIN</b>	<b>UP TO \$25 Value</b>  <b>TACO BILL</b>	<b>UP TO \$40 Value</b>  <b>Beer DeLuxe</b>
<b>2-FOR-1</b>   <b>GONG CHA</b>	<b>2-FOR-1</b>   <b>sushi sushi</b> It's our obsession.	<b>2-FOR-1</b>   <b>Bakers Delight</b>	<b>2-FOR-1</b>   <b>THE COFFEE CLUB.</b> Where will I meet you?
<b>10% OFF</b>   <b>CHEMIST WAREHOUSE</b> <b>DISCOUNT CHEMIST</b>	<b>5% OFF</b>   <b>Woolworths</b>	<b>10% off</b>   <b>rebel</b>	<b>5% OFF</b>   <b>Jetstar</b>



## Available Now!

### Mulgrave Primary School is raising funds. Here's how you can help...

Help us raise funds for our school by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

**The new Entertainment Books are now at the office (a sample book is on display in the office foyer)**

View what's inside by clicking on this link:  
<https://online.flippingbook.com/>

Over \$20,000 worth of offers the whole family will love!

*longman*

Red Spice Road



Bakers Delight  
We're for real.



and much, much more...

### Mulgrave Primary School

Contact: Suzy Shaw Phone: 9795 2477 Email: [mulgrave.ps@edumail.vic.gov.au](mailto:mulgrave.ps@edumail.vic.gov.au)

To order your Book or your Digital Membership securely online visit:

[www.entbook.com.au/193q692](http://www.entbook.com.au/193q692)

Alternatively, please complete your details below:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Melbourne Edition \$70 including GST:# \_\_\_\_ Book(s) # \_\_\_\_ Digital Membership(s) \$ \_\_\_\_

Geelong Edition \$60 including GST:# \_\_\_\_ Book(s) # \_\_\_\_ Digital Membership(s) \$ \_\_\_\_ TOTAL ENCLOSED \$ \_\_\_\_

Payment type: Cash  Mastercard  Visa

(Credit Card payments will incur a 1.25% processing fee)

Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the 3 digits on the back of your credit card

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

**20% from every Membership sold contributes to supporting Mulgrave Primary School**

# Free Parenting Program



MacKillop  
Family  
Services



VACCA  
Connected by culture



## Tuning into Kids



### Tuning into Kids — an evidence-based parenting program

Tuning into Kids is a group program for parents who have pre-school aged and/or primary school aged children.

A six session program, that will:

- Help you discover better forms of communication with your child
- Help your child manage their emotions
- Coach your child with strategies that will build their confidence in being able to deal with conflict

Tuning into Kids show you how to help your child develop emotional intelligence

Cost: FREE

Time: 12-2pm

When: Six sessions every Monday from 23 July to 27 August

Where: Queen Elizabeth Centre

53 Thomas Street, Noble Park

Bookings close on Monday 16 July — bookings are essential.

*Booking Date extended*

Light refreshments provided.

*This program is facilitated by the Safe Early Years program. The Safe Early Program supports young families who have experienced violence in the home to restore and strengthen the family unit, with a focus on building positive and safe*

### Contact information

Find out more and book your place by emailing or calling us:

[Kosina.hanson@mackillop.org.au](mailto:Kosina.hanson@mackillop.org.au) or [Jordana.green@mackillop.org.au](mailto:Jordana.green@mackillop.org.au)

(03) 9257 2222

# Advertising

**YOUR CHILDREN ARE AMAZING.  
WE HELP THEM PROVE IT.**

**Maths & English  
FREE ASSESSMENT-  
CLICK HERE!**



Glen Waverley Ph **9574 9964**  
[numberworksnwords.com.au](http://numberworksnwords.com.au)

Specialist Maths tuition  
and English tuition

Monash District Scouts Victoria



**Join your local  
Joey Scouts**



**Groups in Monash District are now  
recruiting girls and boys for  
Joey Scouts aged 5-7 years!**

Contact us now to hop in on the action!

More info at [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

**Enquiries:**

Liesl Tozer: 0420 858 398  
[dljs.monash2@scoutsvictoria.com.au](mailto:dljs.monash2@scoutsvictoria.com.au)



# Advertising



## Glen Waverley Cricket Club

Juniors 2018/2019

"we are your local cricket club"



### Community Open Day & Registration Day

Milo In2Cricket

U11

U13

U15

U17

U14 Girls

U16 Girls

- Location: Springvale Indoor Sports Centre  
[\(546 Springvale Road, Springvale South Victoria 3172\)](#)
- Complimentary Lunch and Drinks for all kids
- Join us for Activities and Games for all ages

18 August  
2018  
10am-  
12pm

### Season 2018/2019 Junior Program Details

#### Spartan All Girls Cricket

#### Competition

U14 Girls (No Min Age)

Offered Playing Days\*

Wednesday

#### Cost:

- Junior Boys: \$170
- Junior Girls: \$140
- MiloIn2Cricket: \$80  
(Family Discounts Available)
- (New Players Receive Shirt & Cap)

U16 Girls

Sunday

#### ISEC Cricket

U11

Friday/Saturday

#### How to register:

U13

Friday/Saturday

- Attend Registration Day
- Online: [Playcricket.com.au](#)
- Website: Follow link on  
<http://www.glenwaverleycc.com.au/>

U15

Saturday/Sunday

U17

Sunday

Milo In2Cricket (5-8 years old)

Saturday (9:30-11:00am)

(Cut off Date 1 September 2018)

\*Dependant on playing numbers

#### Playing Times:

Night Games: 5:00pm - 8:00pm

Day Games: 8:45am - 11:30pm

#### Contact:

Junior Cricket enquiries, please email us at

[juniors.gwcc@gmail.com](mailto:juniors.gwcc@gmail.com)

Milo in2CRICKET enquiries, please email us at

[juniors.gwcc@gmail.com](mailto:juniors.gwcc@gmail.com)

Any other Enquires please contact;

GWCC Junior Coordinator: Ashley Ventura (0423957552)

#### Proudly Sponsored by:



Harcourts Judd White

WALSH & WHITFIELD



The OCs



# Advertising



**Call Michelle on 0438 599 890 to arrange your  
FREE TRIAL CLASS  
JOIN TODAY!**

**The Melbourne Ballet School offers classes in:**

- Ballet A.T.O.D**
- Jazz**
- Tap**
- Contemporary**
- Musical Theatre**
- Hip Hop**
- Boys Only hip hop - Taught by Ben**
- Singing**

[www.melbourneballetschool.com.au](http://www.melbourneballetschool.com.au)  
melbourneballetschool@holtmail.com  
**Ph. 04387 599 890**  
10 Summit Road, Noble Park North



# **2018 SPRING NET SET GO PROGRAM**

**Tuesday afternoons**, beginning 24<sup>th</sup> July 2018, 15 weeks.  
**Friday afternoons**, beginning 27<sup>th</sup> July 2018, 11 weeks.

**Venue:** Waverley Netball Centre, Cnr Waverley & Jells Rd, Glen Waverley.

**NET: Skills & Activities: 5 – 6 year olds (45 min)**      Tuesday – 4pm & 5pm

**SET: Skills & Activities: 7 - 8 year olds (60 min)**      Tuesday – 4pm & 5pm

**GO: Skills & Game Play 9 – 10 year olds (60 min)** Tuesday ONLY 4pm & 5pm

**For further information on Net Set Go visit**

[www.netsetgo.asn.au](http://www.netsetgo.asn.au)

**Registration is to be completed online.**

Please visit our website [www.waverleynetball.com.au](http://www.waverleynetball.com.au) for the registration link.

**Registrations close Tuesday 17<sup>th</sup> July 2018.**

For further information email [info@waverleynetball.com.au](mailto:info@waverleynetball.com.au)