



Thursday 12th September 2019

TERM 3 WEEK 9

KEY DATES

SEPTEMBER

| | |
|--------|---|
| Mon 16 | School Production |
| Tue 17 | School Production |
| Fri 20 | Footy Colours and Pie Day |
| Fri 20 | Last day of Term - 2.30pm finish |

OCTOBER

| | |
|--------|--|
| Wed 9 | Step into Prep |
| Wed 16 | Puberty Ed G 5&6's |
| Wed 23 | Puberty Ed G 5&6's |
| Wed 23 | Parent Info night re Puberty Ed G5&6 parents - 6pm |
| Fri 25 | Teacher Appreciation Day |
| Fri 25 | Grade 2 Sleep Over |
| Wed 30 | Puberty Ed G 5&6's |
| Thu 31 | Colour Fun Run |

NOVEMBER

| | |
|--------|---------------------------------|
| Mon 4 | Curriculum Day - (No students) |
| Tue 5 | Melbourne Cup Day (No students) |
| Wed 6 | Step into Prep 9.15 - 11am |
| Tue 19 | House Sports |

STEP INTO PREP

Oct: Wed 9 October 9.15-10am

Nov: Wed 6 November 9.15-11am

PARENT INFORMATION SESSION 2020 PREPS

Dec: Wed 4 December - 6.30 - 7.30pm

CURRICULUM DAYS

Term 4: Mon 4th November

PUBLIC HOLIDAYS

Nov Tue 5 Melbourne Cup Day

TIMETABLE

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

TERM DATES 2019

Term 3: 15 July - 20 September 2019

Term 4: 7 October - 20 December 2019

TERM DATES 2020

Term 1: 28 January - 27 March 2020

Term 2: 14 April - 26 June 2020

Term 3: 13 July - 18 September 2020

Term 4: 5 October - 18 December 2020

From The Principal

Down the Pipe

Next Monday and Tuesday we celebrate the hard work and dedication of our students as they perform "Down the Pipe" at Monash University's Alexander Theatre.

In the lead up, our students' voices have been ringing out throughout the school as they become more and more confident in their roles. There has also been some exceptional support offered by staff and parents alike to ensure the production is a success and I am very much looking forward to seeing how it all comes together on the night.

2020 Parent Contributions

On Tuesday night, the School Council ratified the parent contributions for 2020. Next year, as part of our school strategic plan, all students and staff will be involved in the Resilience Program as we look to build a new whole school wellbeing program that is tailored for MPS.

Part of the program includes students keeping a resilience diary, staff training and resilience incursions for all students. This new project, plus a new online Spanish language tool (similar to Prodigy) and increases in costs for technology, essential supplies and software licensing has seen the contributions increase to \$270 per student for 2020. This represents a contribution of just under \$6.60 per week. The contributions do not include optional extras such as camps, excursions, extra-curricular programs including instrumental music or digimaker and the like.

The notices will go home at the beginning of next term and we have again included a line regarding a voluntary financial contribution. The school uses voluntary contributions to cover the cost of employing our handyman to ensure the school grounds are well maintained. Next year, we will also be seeking to fundraise for new air-conditioning for the stadium, as the VSBA and DET do not provide funding for this item, but more on that closer to the time. Finally, we acknowledge that it is not always easy to pay all contributions at the same time. Payment plans are available and can be arranged via Suzy and should you have any questions, please feel free to contact Suzy, Stuart or myself.

End of Term

Friday week is the last day of Term 3 and as such, students will be dismissed at 2:30pm from their classrooms. There will not be an assembly on the last day of term. We would remind families that our Out of School Hours program, now run by Camp Australia, are available to provide care from this time and throughout the school holidays. With significantly reduced rates under the new contract, families will save significant amounts. If you would like to make a booking, please visit <https://www.campastralia.com.au/>

We Need Your Help

Back in the early 80's the school's second home burnt down on the site that is now the Pitch and Putt Par 3 course. As a result of that fire, records were lost and I am trying to fill the gaps in our history. We have the names of every school leader dating back to 1879, with the exception of 1980/81. To date, we have pieced together information via the DET, our own records and the Waverley Historical Society. I will also be visiting the state library in the school holidays to work through the government gazettes of the time for more clues, but if any families have old ties to the school and can shed some light on our missing leader's identity, it would be greatly appreciated. In the not too distant future, we will also be working on our Assistant Principals, School Captains and School Council Presidents as we piece together and honour the past of our great school.

| | | | |
|-------------|---|-------------|---------------------|
| 1879 – 1880 | Annie Reid | 1939 – 1940 | Robert S. Fleming |
| 1880 – 1881 | James Johnston | 1940 – 1946 | Harry B. F. Rye |
| 1881 – 1892 | Clifton Percy | 1946 – 1948 | Neil B. Smith |
| 1892 – 1894 | William Craig | 1949 – 1952 | Leslie J. Paul |
| 1895 – 1902 | School Relocated to Monbulk and a new school building constructed in 1901 (Wellington and Garnett Rds). | 1952 – 1954 | Ian W. Symons |
| 1902 – 1906 | Edwin Warriner | 1955 – 1964 | Allan J. Phillips |
| 1906 – 1913 | Thomas N. Williams | 1959 | June Taylor |
| 1914 | John F. Roe | 1959 | John H. Glover |
| 1914 | Eva C. McKay | 1965 – 1970 | Wallace Robinson |
| 1915 – 1920 | Henry R. Bastow | 1971 | Clarence G. Sheldon |
| 1921 | Frank L. Vick | 1972 | Michael Padula |
| 1922 – 1923 | George A. Allison | 1973 | Sandra M. Coombs |
| 1923 – 1925 | Henry A. Jones | 1973 | Leslie J. Couper |
| 1925 | Ulysses Brown | 1974 | Annette N. Vains |
| 1925 – 1926 | Irene D. Dike | 1975 | Terri Williams |
| 1926 – 1927 | Walter Webb | 1976 – 1979 | Stuart Jungwirth |
| 1928 – 1936 | Alexander L. McDonald | 1980 – 1981 | ???? |
| 1937 – 1938 | Leslie J. J. Carroll | 1982 | Colin Noel Lourie |
| | | 1983 – 1985 | Malcolm Wordsworth |
| | | 1985 | Ian Jeffrey Hughes |
| | | 1986 – 2008 | Ron Major |
| | | 2008 | Heather Norbury |
| | | 2008 – 2016 | Elizabeth Watkins |

Charles Spicer

Principal

Soccer report for the newsletter:

On the 6th of September, the mighty Mulgrave munchers soccer team played state soccer finals. The first thing we did was suit up in state merchandise. Now that we looked fabulous, we were ready to play our first match of the day. We were up against Aitkin primary school. Mulgrave played valiantly but ultimately fell short of victory losing 4-0. After a few lollies, oranges and a long play on the playground, we were ready for match two. In this game teams were evenly matched they should have been disqualified for their goalie failing to have a contrasting top. Scores were even at half time , but a late goal from the opposition gave them the win. Our spirits were a bit low after the two losses, but a bit of lunch and some playground antics and we were ready for our final match. With Victoria playing on left wing, George V in defence and Gabbi as our striker, we took a 2 goal lead. In the second half, more goals flowed and when time elapsed, Mulgrave had a 4 nil win under their belts. Overall it was a fantastic day and the team is very proud of making it as far as they did.



Article written by Victoria and Mr Stokes.



Don't forget our School Production, "Down the Pipe" is on Monday 16th and Tuesday 17th September at the Alexander Theatre, Monash University. There are tickets still available for both evenings, unlimited tickets per family available now. Please refer to Flexibuzz for further information on ticketing sales, or contact the MPS office with any other questions you may have.



Year 5/6 Market Day 2019

On the 4th September, Mulgrave Primary School hosted their newly annual Market Day! It was a huge success with students from Prep to Grade 4 turning out in droves to play and participate in the day! Thank you to all those that contributed in any way, from purchasing tickets, to helping to set up and pack up – it was a wonderful day with all profits raised going directly to our Grade 6 Graduation. Grade 5/6 students said that “Market Day was awesome and they learnt a lot!” Overall, a splendid day with all students having fun and coming out with a smile on their faces!!

By Luke, Victoria, Teagan (6K)

MPS District Athletics

Our District Athletics team attended the Knox Athletics Track two weeks ago. The day was a great success with many of our students achieving personal best results and placing in the top 4 for their events. The school finished 3rd overall and the following students progressed to the Division level of competition.

Jad N – 100m, Hurdles and 4x100m
Yianni D – 200m, Shot Put and 4x100m
Jack C – 800m, Triple jump and 4x100m
Shehzad S – Long Jump and 4x100m
Izak S – Shot put
Danial H – 800m and 1500m
Ammar U – Long jump and Shot put
Terry M - 100m and 200m
Jimmy B – 1500m
Ronan M – High jump
Tanya N – 100m
Amelia T – Hurdles and Shot put



Following the Division Athletics Competition, we would like to extend our congratulations to the following students who have continued to excel and achieved outstanding result to progress through to the Region Athletics Finals.

Terry M – 100m and 200m
Ammar U – Shot put and Long jump
Ronan M – High jump

Stuart Hattwell

Mulgrave Primary School Assistant Principal

Dear Parents,

I believe everyone is looking forward for relaxing term break and beautiful spring weather! Last week during art and craft we made beautiful nature pictures with lovely spring colours. In Science, our young scientist once again had their hands on making a Monster hand with chemical reactions using bi-carb soda. In another science experiment we learnt about gravity force by whirling a water bucket, which was a lot of fun and we couldn't wait for our turns. Our master chefs made nutritious chick pea nuggets, vegetable noodles, apple cinnamon cake, Honey joys and for breakfast we made delicious banana cinnamon pancakes!

Apart from these interesting activities we enjoyed playing many team games such as: detectives, Guards and Soldiers, Hula hoop tiggly, Elbow tiggly, fetch the bean bag, River bank, Dodge ball and many more activities of the children's choice.

Just a reminder to all of our families that our Super Hero Spring Holiday Program is jammed packed with several interesting activities, including excursions and incursions to keep your child entertained throughout the day.

Please book your child now, for a chance to win a trip to Gold coast valued at \$6,600 and there are also many more exiting prizes to be won. Please to go campaustralia.com.au for more information.

Have a relaxing, enjoyable term break, Hope to see you all in Term 4!

Super Stars of the week is: Nitasha S and Tesha for being creative, well done girls, keep up the good work!

Next week's activities:

| | | | |
|------------|------------------|------------|--------------------------------|
| Monday: | 16 th | September | Drama |
| Tuesday: | 17 th | September | Dice game |
| Wednesday: | 18 th | September: | Art - Blossom art |
| Thursday: | 19 th | September: | Cooking - Chocolate fruit cake |
| Friday: | 20 th | September: | Movie and popcorn |

Kind Regards

Meena

Safety • Meaningful • Innovative • Leadership • Education

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SUPERHERO

SCHOOL HOLIDAYS



Exciting Excursions, Inspiring Incursions & Creative Club Based Days!

This season, we've got a full & varied program of educational, fun and adventurous activities. We've got Excursions; like going to the movies to see *Abominable* in *Movie Madness*. There's Activity Incursions; like *Gamergirl & Gadgetboy* where you'll make Superhero toys, board games and then complete an obstacle course. Maybe External Incursions; in *Operation: Rescue* you'll be completing your first Superhero rescue mission! Or get creative with our Club Based Days, where the program is largely created by you, the kids!



Book now. To find out when these activities are on during the school holidays and join in the fun, visit: www.campaustralia.com.au/holidayclubs.

Plus, every attended booking gets an entry into our competition. Your family could be on your way to the sunny Gold Coast. See our website for more info.

We look forward to seeing you at **Superhero School Holidays**.

The Camp Australia Team

Conditions apply, see <https://www.campaustralia.com.au/promotion-terms-and-conditions>. AU res 18+. Starts: 9/8/19. Ends: 11:59pm AEDST 20/10/19. 1 entry p/session p/child booked. Child must attend session for entry to be valid. Draw: 53 Erina Plaza, 210 Central Coast HWY, Erina NSW 2250 at 10am AEDST on 22/10/19. Winners at campaustralia.com.au/families/holidayclub [& The Advertiser for any SA winners] on 23/10/19. Prizes: 1x trip for 2 adults & 2 children (12yrs & under) to Coolangatta, QLD valued at \$6,600; & 8x \$500 travel vouchers. Promoter: Camp Australia Pty Ltd (ABN 96 060 703 120) of 1731 Malvern Rd, Glen Iris, VIC, 3146. Permits: NSW. LTPS/19/36128 ACT. TP19/03714 SA. T19/1121.

To find locations near you and to book, visit www.campaustralia.com.au/holidayclubs





Are you and your child both struggling with anxiety?

If you're a parent with a child aged 7-12 years, and you both experience anxiety, we would like to **invite you to participate** in a study treating emotional disorders with cognitive behavioural therapy.

What you can expect: If you and your child are appropriate candidates for this study, you will both receive a no-cost comprehensive diagnostic assessment of anxiety and related symptoms by provisional psychologists at Monash University's FEAR Clinic. Following this, if both you and your child are assessed as having an anxiety disorder, you will be invited to participate in a low-cost treatment program of cognitive behaviour therapy (CBT).

The CBT treatment involves participation in 10 one-hour therapy sessions conducted at the Monash University FEAR Clinic. Parents and children will typically be treated separately, however, some treatment components will involve children and parents taking part in activities together. Throughout the CBT program, participants will also be required to complete questionnaires related to their symptoms, and to engage in between-session activities designed to consolidate knowledge and skills introduced during treatment sessions. Following treatment, a further assessment will be conducted to determine symptom and diagnostic change.

Monash University Human Ethics Committee research study approval number: 9781.

For further information or to register your interest, please contact:

Dr Peter Norton, Ph.D.
Clinical Psychologist
Professor, Monash School of Psychological Sciences
Peter.Norton@monash.edu
Phone: 03 9905 1709

Co-Investigator
Dr Katherine Lawrence
Clinical Psychologist
Phone: 03 9902 4480

Student Researchers:

Ms Chloe Salvaris, Chloe.Salvaris@monash.edu
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

Ms Samantha Galea, Samantha.Galea@monash.edu
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

Online registration of interest:
<https://qoo.ql/forms/F7Rqh2W38B9XMREh1>

FEAR (Fear, Emotions, and Anxiety Research) Clinic:
Building 1, 270 Ferntree Gully Rd., Notting Hill, 3168
Phone: 03 9902 4480
Web: med.monash.edu.au/psych/fear/

Find us on 





Why self-sufficiency is paramount

Recently, a mother of two primary school children thanked me for the impact one of my presentations had on her parenting style.

When I asked what was it that made the difference, she said that one particular question I posed in the presentation had the most impact. The question was "What are you regularly doing for your children now that they can do themselves?"

This mother attended my *Parenting for Independence* seminar after reading my book Spoonfed Generation. My message of developing self-sufficiency in children from the earliest possible age stayed with her.

She said that the independence message really came home to roost when her children went to an international school in Germany two years later. Self-sufficiency was expected at the school so the training she provided them as a result of the seminar such as in teaching them to pack school bags, preparing snacks and assisting with meals, doing daily chores, and getting themselves up each morning helped to prepare them for the expectations of an international school.

Why is self-sufficiency important?

Self-sufficiency, of the 'I can do it myself' kind, is the basis of self-esteem and resilience. One of the main developmental tasks is for children and teenagers to gain a sense of control and mastery over their environment. This mastery begins by gaining basic competencies such as being able to feed and dress yourself as a toddler and then gradually adding new competencies as physical and mental capacities allow. The development of children's independence can be frustrating and time-consuming, particularly if you are time-poor or have a strong perfectionist streak. But that is the price of independence-building.

Step back to allow kids to step up

Respected US parenting and child development expert Dr. Debora Gilboa (aka Dr. G) believes parents need to step back to allow children to step up. It's a smart phrase that infers that parents need to take on the role of their child's teacher rather than be the person who is always solving their problems and doing routine tasks for them.

Gilboa says, "It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve their struggles." It is through dealing with their own frustrations and learning from their mistakes that kids develop the resilience needed to stand on their own two feet.

Self-sufficiency tips-

Gilboa gives the following three tips to develop self-sufficiency in children at any age:

1. Problem-solving. When your child or adolescent comes to you with a problem, resist the urge to fix it.

Invite them to resolve the problem themselves.

1. Welcome failure. This is hard in our perfectionistic world but expect them to struggle and talk about what they can do to get back on their feet.

Expect them to help. Give them tasks that help the whole family, not just themselves and make sure they do them well. Be patient, but firm.

Self-sufficiency has many forms and many faces, including the ability to problem-solve, emotional self-regulation and taking responsibility for your actions. It's easiest to develop in children when they are young. This is also because not every child in a family will take to independence as willingly as others.

If developing independence is something that you haven't focused on before, don't despair. It's not too late to start. Begin where you feel comfortable, rather than make huge changes straightaway. Persist rather than give in when you have resisters; the notion of independence is too important for children's future success.

Article by: [Michael Grose](#)





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<https://spectrumjourneys.org.au/workshops>
for the Webinar Links

Webinars available until 30 Sept 2019



[Webinar links here](#)





TERM 3- WEEK 7 STUDENT AWARDS

| Class | Name | Reason |
|-------|-----------|--|
| PK | Nicola H | For her outstanding effort and engagement when learning subtraction |
| PL | Lusine M | For being brave during the Responsible Pet Program. |
| PT | Evan k | For being the first in Prep T to complete his Magic 100 Words both reading and writing. What a great effort, well done Evan! |
| 1T | Mayson | For his outstanding effort to improve his writing. |
| 2G | Aras O | For contributing in class and putting in great effort this week |
| 2L | Charlie B | For being a responsible and helpful class member and always contributing in class. |
| 2T | Lama A | For your excellent work and effort in our procedural work this week! |
| 3B | George. F | For putting in extra effort and writing an impressive procedural text this week. |
| 3C | Kishali U | For going the extra mile in her procedural writing this week. |
| 3M | Bianca H | For working really hard in our mapping activity this week. Well Done! |
| 4B | Luka G | For his excellent contribution in class discussions |
| 5R | Nic V | For giving his all on Athletics Day and representing MPS proudly |
| 5T | Summer T | For always giving 100% and being positive role model to her peers! |
| 6K | Luke C | For his awesome learning growth in our Patterns and Algebra maths unit! |
| 6S | George H | For writing a great procedure for our Mystery box masterchef challenge |

WELLBEING AWARD

Max C 3C - For helping a friend when his friend missed out.

Alireza 2T - For showing so much kindness to his peers.



TERM 3- WEEK 8 STUDENT AWARDS

| Class | Name | Reason |
|-------|-------------|--|
| PK | Jay V | For his detailed big write. Great work! |
| PL | Liam C | For his whole hearted participation in production rehearsals |
| PS | Sohaliyaa J | For making great improvements in her writing. |
| PT | Ana T | For a very well detailed big write, well done Ana! |
| 1B | Aabha H | For making thoughtful and detailed contributions to class discussions. |
| 1F | Luca C | For using great adverbs in his playdough procedure |
| 1T | Rafael R | For writing a fantastic procedure on how to make play dough. Well done Raf! |
| 2L | Vuk O | For his amazing effort and his well-written procedural text. |
| 3B | Pano P | For putting in extra effort when completing homework tasks. |
| 3C | Daniel B | For actively participating and putting in extra effort in Maths this week |
| 3M | Visal K | For his fantastic effort when completing class tasks and showing a big improvement in contributing to class discussions this week. |
| 4B | Tyler T | For his wonderful effort when participating in Literacy groups. |
| 4W | Kuba D | For being able to approach situations with resilience |
| 5R | Louis A | For his excellent job helping with younger students on Market Day |
| 5T | Ananya | For her excellent job during production rehearsal |
| 6K | Bailey W | For his positive and hard working attitude during Market Day! And also for his delicious lemonade!! |
| 6S | Marko M | For being a great sport and letting us all throw water balloons at him |

WELLBEING AWARD

Jeremy P - Ethan F - Joseph S - Prep T

For bringing people together in the school yard when creating a beautiful nest from sticks and twigs for the birds at our school.



SPECIALIST'S*August & September*

| Level | Name | Reason |
|--------------------------|----------------|--|
| Scientist | | |
| Junior School | Mayson P - 1T | For showing strong skills, great understanding and good problem solving when we were looking at computers, as well as always being willing to help his classmates. Great work Mayson. |
| Middle School | Pano P- 3B | For showing good focus, effort and enthusiasm while we have been looking at digital technology. Great work in class Pano |
| Senior School | Jasmine S - 5T | For always being a cheerful and eager learner, willing to give everything a try. Great job as we looked at Digital Technology Jasmine. |
| Artist | | |
| Junior School | Joshua K 1F | For creating an amazing Miro inspired picture using interesting and creative lines, shapes and colours. Well done! |
| Middle School | Jennifer C 3C | For putting so much effort into creating your mixed media Ned Kelly picture. You should feel really proud of what you have produced. Well done! |
| Senior School | Vanessa P 6K | For your time and effort in creating your mosaic. You spaced your tiles perfectly to design your turtle. It looks absolutely magnificent. Well done! |
| Performing Artist | | |
| Junior School | Kiara P - PL | For enthusiastically rehearsing the production songs. You know exactly what you need to do and help to lead your class during the routines. Well done! |
| Middle School | Gian F - 4W | For your focus when rehearsing the production songs. You sing confidently and help prompt the class during the routines demonstrating great leadership skills. Well done on your fantastic effort! |
| Senior School | James P - 5T | For enthusiastically assisting with making props and setting up the choir risers. You have been a terrific help, well done! |
| Athlete | | |
| Junior School | Max V- PK | For always following the rules and having fun |
| Middle School | Violet O- 4B | For your amazing effort in the 1,500m and 800m events at athletics yesterday. You did amazing. You should be very proud of your efforts! |
| Senior School | Renee C- 6k | For you effort at athletics yesterday, well done for giving them all an amazing attempt! |
| LOTE Specialist | | |
| Junior School | Jasper G 2G | For enthusiastically participating in Spanish songs and games and your determination to learn new words. Bravo! |
| Middle School | Eishan S 3M | For being a motivated and enthusiastic Spanish learner. Well done for leading your house to victory in the numbers to 20 game. Amazing effort! |
| Senior School | Raf M 5T | For your willingness to share your I.T. skills with your classmates to help them work on their bilingual canteen menus. Gracias Raf! |

23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

mulgrave.ps@edumail.vic.gov.au

Advertising



DIGIMAKER

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Computer Programming Club

In a world where technology touches every aspect of our lives, it is crucial that our children understand how it works. To accomplish this objective, there is an exciting Computer Programming club running at the school.

The aim of the club is to provide students with exposure to the fundamentals of computer science concepts. Run by external consultants from Digimaker, this program will:

- Build games, animations, stories utilizing pupil's creative thinking
- Develop logical thinking and problem-solving skills
- Express ideas & boost confidence working in a collaborative environment
- Enable the grasp of computational thinking which combines math and logic

For details on the course, visit <http://www.digimaker.com.au/courses/>

The club will run for 8 to 10 weeks each term (depending on the length of the term) and is charged on a per-term basis. Students work on school laptop during the session.

Program for Term 4 2019 is as follows:

Room : Library
Year : 3 to 6
Fee : \$135 + GST

| Batch 1 – Lunch Time | |
|----------------------|---|
| Day | Wednesday's 09 th Oct to 04 th Dec (09 weeks) |
| Time | 01:40pm – 02:25pm |

Mulgrave Primary School

*If you are interested in your child being considered for the programming club, please *fill the form online @ www.digimaker.com.au/contactus/ latest by Friday 20th Sep 2019. Digimaker will confirm your child's spot via **email.*

*Existing students need not fill the form

**All important emails from Digimaker will be sent from info@digimaker.com.au Please ensure this address is whitelisted in your Junk Email filters or added as a Trusted contact.

Advertising

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- ✓ Develop teamwork in a fun and competitive environment.
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Advertising



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23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

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Advertising



2019 SCHOOL TOURS

We invite you to join us for a tour of our College. Our student led tours provide a look into life at Nazareth College from the perspective of our students. You will hear from our Principal, Mr Sam Cosentino, as well as have the opportunity to ask questions and discuss important aspects of the College with key members of our staff over Morning Tea .

Term 3 Term 4

23 July 25 October
14 August 28 November

Make sure you get your application in for Year 7 2021 by Friday 23 August.

Tours run from 9-10.30am | Register your interest via our website, www.nazareth.vic.edu.au

www.nazareth.vic.edu.au (03) 9795 8100

SUMMER SWIMMERS ARE MADE IN WINTER!

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Paul Sadler Swimland Est. 1972
...Small Successes, Proudest Moments

Mulgrave Primary School

Values: Persistent, Motivated, Successful

23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

mulgrave.ps@edumail.vic.gov.au



Annual book sale

Help us raise funds for the
Indigenous Literacy Foundation

Saturday 19 October, 9am – 2pm
UBD Warehouse B, 19 Centre Road, Scoresby



JUNIOR SELF DEFENCE & FITNESS CLASSES



MULGRAVE PRIMARY SCHOOL

Tuesdays

Ages 6 -10 5.30pm – 6.30pm

Ages 10 – 16 6.30pm - 7.30pm

Boys and Girls

Contact Cliff Wilson to register:

M: 0418 150 405

E: cliffwilson@caydam.com

W: caydam.com

BK's GYM & SWIM

GET MOVING!

Gymnastics and Swim classes available now

Memberships from only \$19.95p/w*
Join now!
MENTION MULGRAVE PS FOR YOUR FREE CLASS!

bkgymswim.com.au

*Tx and Cy apply

Your local BK's centre is BK's Gym & Swim Noble Park
Unit 3, 450 Princes Highway
Noble Park North, VIC 3174
Ph 03 9729 6516



Mulgrave Primary School

Values: Persistent, Motivated, Successful

23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

mulgrave.ps@edumail.vic.gov.au



Advertising



**Develop your children's skill in sports and confidence in the water!
Our gymnastics and learn to swim programs build vital competencies for children,
and help them build the foundations towards an active, healthy lifestyle.**

Our gymnastics classes:

KinderGym: Age: 3mths-5 yrs (including **BabyGym Age: 3-12mths**). A fun, play-based developmental movement program. Children build body awareness, gross and fine motor skills, balance, coordination as well as social and emotional skills.

GymFun: Age: 5-8 yrs. Children learn important physical literacy skills including jumping and landing safely, rotating in different directions, balancing, moving in different ways and swinging.

GymSkills: Age: 8 yrs+. A fun and engaging skills-based recreational gymnastics program focused on skills progression, building confidence and increasing fitness - as well as learning some cool tricks to show their friends!

FreeG Kids: Age: 7 yrs+. A mix of acrobatics, parkour, free-running, martial arts and circuit training! Flying through the air, leaping, jumping, dodging and flipping; FreeG explores your own limits and abilities through a series of challenging obstacles.

Our swim classes:

Infant: Age: 6mo-3 yrs. Conducted with parents in the water, these classes are designed to build confidence in the water, and is the best possible introduction to swimming.

Pre-School: Age: 3-5 yrs. This program is for children ready to swim without a parent. It is designed to continue building young children's confidence in the water and foster their love of swimming.

Primary: Age: 5 yrs+. This program can take children new to swimming lessons all the way up to those who are developing correct freestyle and backstroke technique.

Adult: Age: 16 yrs+. For non swimmers, through to adults looking for technique refinement. If your swimming abilities prevent you from enjoying the water as much as you'd like to, this class is for you.

bkgymswim.com.au

T's and C's apply

MEMBERSHIPS FROM



\$19.95 a week*

30 day money back guarantee

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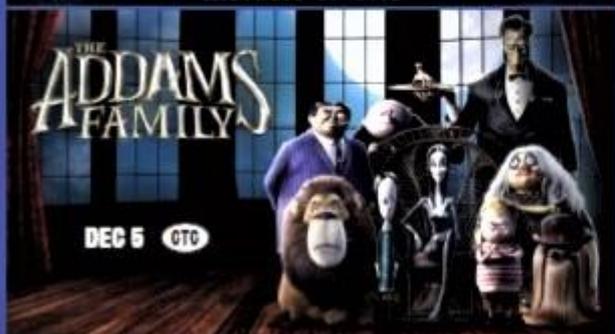
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Advertising

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988



SESSIONS AT WWW.LUNARDRIVEIN.COM.AU

Information correct at time of printing. All dates and films are subject to change.

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