



Thursday 21st November 2019

TERM 4 WEEK 7

KEY DATES

NOVEMBER

Fri 29 Pizza Day

DECEMBER

Mon 2 - Fri 13 Whole school swimming program

Wed 4 - Parent information session 6.30pm

Fri 6 - Whole School transition for 2020 grades 9am - 11am

Tue 10 - Grade 6 to year 7 orientation day

Tue 10 - Whole School transition to 2020 grades 9am - 11am

Fri 13 Assembly 2:45pm Jasmin Sutton
Cancer Council Pony Tail Donation

Mon 16 Year 6 Graduation Lunch
(12pm-1pm) & Graduation Ceremony
(6pm-9pm)

Tue 17 Christmas Carols & PFA BBQ

Wed 18 Whole School transition for
2020 grades 12.30pm - 1.30pm

Thu 19 Year 6 Fun Day - Luna Park
(10am-2pm)

**Fri 20 End of Term 4
1.30pm Dismissal**

PARENT INFORMATION SESSION 2020 PREPS

Dec: Wed 4 December - 6.30 - 7.30pm

TIMETABLE

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

TERM DATES 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

End of Year Transition Program

With the end of the year hurtling towards us, there are plenty of exciting times ahead for the school community and students in particular. One of the most significant is our end of year transition program. Beginning on Friday Dec 6th and continuing on Tuesday Dec 10th and Wednesday Dec 18th, students will initially meet their new teachers and classmates on the 6th, before undertaking a range of activities to enable them to settle into their new cohort and reduce the anxiety that can be carried through the school holidays. Last year's program was a resounding success and our students began the year with great purpose. A huge part of this is dealing with friendship groups. I've said it before, but most of us as adults do not carry many friends with us from primary school. As people we all evolve and are eventually drawn to like-minded people with similar values. School plays a massive part in shaping who we are and we are extremely mindful that for our students, friendship clashes can feel like life and death. As a school we are very mindful of this and do our best to help students work their way through the mind field of socialisation. We hope that through it all, we will see our Year 6 students complete their time here with a healthy understanding of respect for others, kindness and tolerance, not to mention lasting memories of their friends at school. As per last year, I would again ask all parents to give the grade groupings a chance to settle. These groupings have come about after reflecting on which students work well together, which students perhaps don't, taking on board all manner of parent requests and student friendship requests, all the while keeping at the core of our work a balance between behavioural, social emotional and, importantly, academic groupings. The reality is that it is impossible to please all of the people, all of the time, but we do our best to meet as many requests as is possible, given the competing interests involved. In the end, we cannot run a successful transition program, announcing grades as early as we do, if it is not given a chance to succeed.

House Sports Carnival

Congratulations to Gold House, and especially Tianah and Jack, on their victory in the House Athletics Carnival this week. It was great to see the enthusiasm of all students involved and of course, we acknowledge the efforts of Gold House in going "Back to Back". Well done to all of the House Captains for leading and motivating their teams throughout the day. Also a special mention to all of the families who turned out for the big day. I still remember the enjoyment I had as a boy when mum or dad were able to get to the odd event here and there. Thanks must also go to Mr. Tim O'Neill for his work in coordinating the event. Taking over from Mr. Hattwell is no small thing and Tim put together a great event with the support of the staff.

School Captain Speeches

My congratulations to all of our shortlisted candidates for School Captain 2020. Every single student spoke extremely well and I could not be prouder of them. Every one of them showed that they could be an excellent leader of our school and certainly made the job of voting hard for our Year 3 to 5 students. I wish them all the best for the outcome. The leaders will be announced in early December, with a final time and date to be confirmed, as we await confirmation of attendees.

Home Reading

As we head towards the end of the school year and the long holiday break, now is a good time to remind families that reading is a school wide expectation every day. This includes weekends and we would encourage every child to aim for a minimum of 30 minutes per day. This may mean being read to, attempting sight words or linking pictures to words in the early years, right through to 30 minutes plus of independent reading in the senior school. As I mention regularly, research tells us that students who read for more than 60 minutes a day will achieve significantly higher results than those who do not. From our perspective, this means reading for enjoyment at home, whilst we take care of the instructional work at school. With that in mind, it is important to note that texts that come home from class are not designed to be instructional. This is the work of the teacher. What we would like to see is parents and students reading for enjoyment together, with texts that each student can manage themselves at home. Sometimes this comes across as being an easy text, but we'd rather that than creating a nightly struggle to read and turning children off books. The texts normally sent home are roughly two levels below each child's instructional level and we would appreciate a focus on discussing the story to build comprehension, as opposed to an instructional task. Over the holidays, a trip to the library is always a great activity, where children can be encouraged to choose the best books for them. Students who read consistently over the holiday period make significant learning gains on peers who do not read. Those who don't tend to go backwards over the holiday break, so we encourage all of our students to grab a good book and keep reading for enjoyment.

December Events

The end of the year is always a busy time with major school events. On top of the transition program, we have the 2020 Prep Parent Information Night, the swimming program, Year 6 Graduation, Carols Night and the announcing of our 2020 student leaders. All of these dates can be found in the school calendar and whilst we appreciate it is a busy time for all, we also love the amazing family turnouts we receive that create the wonderful school climate we all enjoy, so I hope to see as many families at these respective events as possible.

Is your child starting secondary school next year?

Parents of our Year 6 students will tell you that it doesn't seem that long ago that their child was starting school. The primary years seem to fly by and our Year sixes are already seven weeks into their final term of primary school. Secondary school can be a daunting thought for not only our students but parents as well. There are many questions, which I'm sure you have, which are not fully answered at information nights and orientation days. The Department of Education and Training have developed an informative site, which provides hints and tips on how to support your child through the transition to secondary school.

The site is <https://www.education.vic.gov.au/parents/going-to-school/Pages/tipsstarting-school.aspx>

Charles Spicer

Principal



House News Congratulations Yellow House



On the 19th of November 2019, Mr. O'Neil and Mr. Hattwell held our Annual House Sports. We had all four of our houses Gold, Green, Blue and Red participate in different athletic events. Such as relay, sprints and team building activities. Everyone who participated did a great job. But in the end, in 4th place was Blue house, in 3rd place was Green house, in 2nd place was Red house and in 1st place was Gold house. We would like to thank all the teachers for making this day possible!

By Tianah Liagourdis & Jack Czosnek
Gold House Captains 2019





MPS-PFA

Mulgrave Primary School Parents and Families Association



CONGRATULATIONS ATHLETES!

Congratulations to all students who participated in the sports on Tuesday, it was great to see everyone giving their best for their team. Well done to all the houses with special congratulations to Gold house.

REMINDERS – FOR PARENTS!!



PIZZA DAY ORDERS DUE FRIDAY 22nd NOVEMBER

Pizza day is Friday 29th November, notices have been sent home so please ensure all orders are placed via QKR by Friday 22nd November.

WE CANNOT ADD LATE ORDERS as we have to collate and order stock. SORRY.

We will need helpers on this day to deliver the pizza and drinks to classrooms, so if you are available from 12:30-2 please let Mel or Lucy know: mulgravepspfa@gmail.com

BOOK CLUB

Final orders for this year are due on 29th November, please place all orders using the LOOP app.



PFA MEETING

We will be holding our final PFA meeting for the year on Tuesday 26th November 2pm at school. We will be planning events for next year so if you have an idea please come along or send us a message. mulgravepspfa@gmail.com

CHRISTMAS CAROL EVENING

The annual Christmas Carol evening will be held on Tuesday 17th December, we will be hosting a BBQ (so will need helpers). This is a fun evening to come together as a whole school community and celebrate our children's achievements over the year, so mark it in your diary now!



Thanks *Mel & Lucy*

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Phone: (03) 9795 2477

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Senior Student Exhibition

At Zart Gallery

During Term 3 students in Years 5 and 6 created mosaics in Art class.

Now fifteen of our most talented artists are showcasing their amazing work at the Zart Art Student Gallery in Box Hill North. The gallery is a unique public art space that exhibits and celebrates the artwork of primary and secondary students. It provides an exciting and meaningful platform for children of all ages to celebrate their visual art practice and receive positive feedback and recognition.

The students began the unit by looking at mosaic art throughout history and determining how the creation of mosaics has changed over time. Discussions were had about where students have seen mosaics as decorative art or interior decoration in locations in Australia and overseas. The students began the process of making their own mosaic by drawing a simple design. They were then guided through the process and techniques for making a mosaic. They learnt how to use mosaic tools for cutting glass tiles, how to lay the tiles correctly, how to use an adhesive to glue the tiles to their base and how to safely apply grout. Students needed to make decisions about the colour tiles and grout they used to ensure harmony in their artwork.

Everyone worked hard to create their mosaics and each and every student is to be congratulated on what they have achieved.

If you would like to see our students' artwork on display you can visit the Zart Art Student Gallery at 4/41 Lexton Road, Box Hill North. The exhibition will be running from Thursday 12th December until Saturday 14th March, 2020.

The following students will have their work exhibited at the gallery: Jasmine S, Abigail S, Zac M, Mariam A, Summer L, Yianni D, Jad N, James P, Ayanna A, Victoria T, Vanessa P, Talia T, Renee C, Lawrence Z and Mishwa P.



Jasmine is our everyday hero!!

Jasmine announced at assembly she will be cutting her beautiful long locks for Cancer.

She will be cutting her ponytail in the last week of term 4 to raise money for cancer patients who need wigs.

As the cancer council don't accept real hair for making wigs, the money raised goes to the production of synthetic wigs for Cancer patients.

So what do we do with her ponytail?

Jasmine will be donating her ponytail to Sustainable Salons who collect ponytails and distributes them to charitable organisations and local wig makers for medically induced hair loss conditions such as Alopecia and Cancer. It takes 20 ponytails to make one wig. Her ponytail now is around 45cm.

Jasmine's goal is to raise \$2000 and she will cut 20cm. If the total goes higher, she will cut 30cm for \$3000. Please help Jasmine reach her goal. Thank you for your support.

<https://shave.everydayhero.com/au/jasmine-sutton-ponytail-donations>



Or drop off a donation at the office counter.





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Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

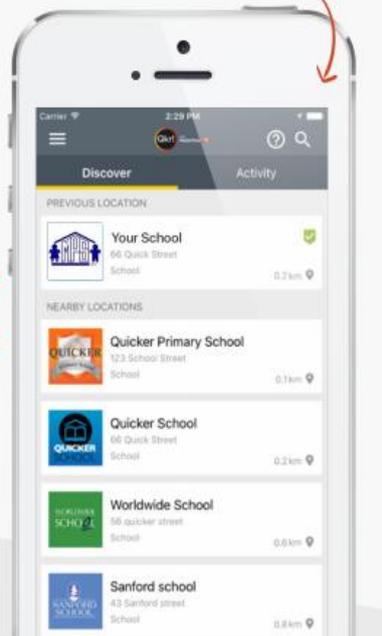
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



Flexibuzz - MPS Schools Communication App?

We're making it easier to be connected by using FlexiBuzz to stay in touch.

Register for FlexiBuzz on your phone, tablet or PC to receive our news, messages, events and other communications.



Stay in touch with FlexiBuzz

- STEP 01** Sign up for FlexiBuzz and then login
Search "FlexiBuzz" in your app store. Go to www.flexibuzz.com and click "Sign Up"
- STEP 02** Connect to us
Select the "Search" icon and type in our name. Select us from the results.
- STEP 03** Select your communication groups
Click the "Add" icon beside the communication groups that apply to you.
- STEP 04** Get started
Click the "Home" icon to view our recent posts.

For further information or assistance please visit our website www.flexibuzz.com or email us via support@flexibuzz.com



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Parenting behaviours even the best parents need to stop

As a parenting educator for more than 25 years, I've had many opportunities to observe and listen to parents in action. During this time I've learned some valuable lessons about raising children and managing families.

Usually, my advice is positive in that I try to focus on what you should be doing as a parent. Maintaining forward momentum has always been my aim. However it helps sometimes to be reminded of some of the behaviours we should stop or do less of, if we are to raise autonomous, emotionally-smart citizens of the future.

Here are some parenting behaviours you may consider stopping or doing less of, together with replacement behaviour as well:

Doing too much

Kids need to learn to fend for themselves and stand on their own two feet. Independence is the aim for parents. Learn to delegate.

Winning arguments

The need to win arguments and prove that you are right harms relationships and creates fertile ground for conflict. Focus on the things that matter.

Expecting too little

Expectations are tricky. Too high and kids can give up. Too low and kids will meet them. Pitch them at their own abilities and their developmental age.

Speaking when angry

Speaking tends to be a default mechanism regardless of your emotional state. When you're angry kids don't listen. They pick up your venom but not your words. Choose the time and the place to speak to kids.

Failing to give proper recognition

It's easy to take children's good behaviour and their contributions to the family for granted. The behaviours you focus on expand so catch kids doing the right thing.

Playing favourites

Children usually know who's the favoured or preferred child in their family. Your discipline and expectations give this away. Share the parenting with others so you share the favouritism.

Letting kids drop out of the family

In small families most children have their own bedroom, which means isolation is easy to achieve. Teenagers, in particular, tend to prefer their own company rather than the company of peers and parents. Put rituals in place and make sure everyone turns up to meal-time.

Taking the easy way out

It's a quirk of modern life that as parents get busier with work and other things there is a tremendous temptation to avoid arguments by giving into kids. Hang in there when you know it's the right thing to do.

Judging yourself too harshly

Parents are generally hard markers of themselves. Kids are more forgiving of their parents' blunders than their parents. Parent your family as if it's a large one.

Solving too many problems

It's tempting to try to solve our children's problems rather than leave some for them to solve. A forgotten school lunch is a child's problem not a parent's problem. Pose problems for kids rather than solve them.





Parenting behaviours even the best parents need to stop

Confusing helping for responsibility

We all love it when our children help at home, but this shouldn't be confused with taking responsibility. A child who gets himself up in the morning is learning to take responsibility. If you want a child to be responsible give him real responsibility.

Telling kids everything will be ok when they are anxious

It's human nature to reassure your children when they are worried or anxious that everything will be ok. This however is not always true and also reassurance leads to dependence. Validate your child's worries so that they feel understood. Kids need to hear "I get it" rather than "Get over it".

Taking yourself too seriously

There is a lot of gravitas placed on parents' behaviours and on modelling that can weigh you down and take the joy from being a parent. Take time to enjoy the little things in family life.

Parenting the individual

Small family parenting is almost always an individual endeavour. It's worth remembering that sibling relationships (if children have siblings) can be just as influential as *the parent-child relationship*. It will almost certainly outlast the parent-child relationship. Lead the group, manage the child.

Refusal to express regret

Sometimes parents can work themselves into a tight corner after they've said something out of anger or desperation. One parent I know cancelled Christmas out of desperation, and refused to admit she was wrong. Sometimes you need to acknowledge your mistakes and start over again.

Failing to use communication processes

Establish communication processes and communication places well in advance of when you really need them. For example if you are about to talk to your children about sexuality and relationships, what process do you use? Where will you hold that conversation?

Neglecting your own wellbeing

Many families operate under a child-first mentality, which places a lot of pressure and stress on parents. We happily drive kids to their leisure activities at the expense of our own. Carve out some time for your own interests and leisure pursuits.

Giving feedback at the wrong time

Timing is everything when you give kids feedback. If you give negative feedback immediately after an event or action, you risk discouraging them. Use 'just in time prompts' to remind them how to do something. Pick your timing when you give feedback.

Clinging to the past

The ghosts from the past are strong indeed causing us to put some of our problems onto our children. The problems we may have experienced growing up won't necessarily be shared by our children. Re-tune your parenting antennae to your child's life and away from yours.

Believing everything your children say

As loving parents we want to trust our children and believe everything they tell us. Children are faulty observers and frequently only see one side of an issue. Help children process what happens to them and see issues from every side.

After reviewing this list, for those of you who still aren't sure what to stop, there is one habit that I've seen take precedence over all of the others. You may be part of the majority of people who partake in this bad habit. What is the number one problem of the successful parents I've worked with over the years? It is doing too much for their kids.

Article From: *the Parenting Place*





TERM 4 WEEK 5 STUDENT AWARDS

Class	Name	Reason
PK	Henry H	For working hard to concentrate and helping others.
PL	Andrew K	For writing a fantastic Big Write even when he was anxious about it.
PS	Adwikaa S	For working hard in writing
1B	Jayden T	For engaging with our Celebrations topic by asking interesting questions when learning about Diwali.
1F	Billy M	For his infectious attitude and enthusiasm in our maths tune ins.
1t	Onella	For her outstanding efforts to improve in her reading and sound wave words. Congratulations Onella!
2G	Jayden L	For his effort to consistently improve his writing this term.
2L	Emma O	For working diligently when writing her Big Write about how people in the Philippines celebrate birthdays.
2T	Emmanuel H	For helping others to problem solve our hundreds chart puzzles
3C	Adriano R	For using expression and characterisation in his readers theatre performance
3M	Nestor R	For writing a great explanation about how seasons change.
4B	Charli Jo B	For being a caring, kind and thoughtful member of 4B.
5R	Tiahna D	For trying hard to work with others, outside her comfort zone.
5T	Jasmine S	For demonstrating persistence during maths lesson. Well done Jas!
6K	Rithika	For his fantastic contributions this week as we started our literacy essays
6S	Cameron B	For being organised and doing the right thing.





TERM 4 WEEK 5 STUDENT AWARDS

WELLBEING AWARD

From 5T - Ayanna A - For writing everyone in the class a personalised, kind note in her spare time, what a lovely thing to do!!

GREEN AWARD

From 5R - Levi T - For leading by example and picking up rubbish when nobody else would.

SPECIALIST AWARDS

	Junior	Middle	Senior
Art	Akshat T - 1B For creating an amazing coil pot made out of clay. I was impressed by how you independently rolled each coil and put them together to build your pot. Well done!	Kishali U - 3C For hand sewing a running stitch and back stitch into the print of your horse. I was super impressed by how you also added extra details to your design using your knowledge of sewing. A super effort!	James R - 5T For using soft pastels really well to create highlights and shadows on your Modigliani self-portrait. An excellent effort, well done!
PE	James M - 2L For His enthusiasm towards all activities in PE.	Matthew H - 4W For his continual enthusiasm in our Basketball unit.	Victoria T - 6K For her amazing effort and attitude when faced with unknown and unfamiliar sports.
Performing Arts	Ruby M - 1T For being very focused in class and for her terrific ability to read the notes on the treble staff.	Dave S - 4B For demonstrating his skills in reading notes on the treble staff by winning the Music Notes Kahoot! challenge.	Alex A - 5R For demonstrating her fantastic guitar skills as she works diligently on her passion project.
Science	Charlie B - PK For always being working hard and showing great enthusiasm for STEM as we learned how to speak robot. Great Job Charlie.	Harry G - 4B For your hard work and efforts as we constructed Sun Dials and learned how they work, as well as your enthusiasm during STEM.	Ayanna A - 5T For her great work in STEM with working on electricity, and her assistance in helping to test components. Well done on your work Ayanna.
Spanish	Giuliano R - 1B Writing a lovely Spanish card for teacher appreciation day.	Nenad M - 3B For expertly reading and pronunciation of spicy Spanish words.	Yianni D - 6S For writing Spanish sentences about his family.





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or call 1300 105 343

Dear Parents,

I can't believe only a few weeks left for the Christmas break, time seems to be flying! Last week during our National Recycling week the children explored several activities utilising recycle materials and constructing awesome items with it. We started our week with making lovely posters and practiced writing letters to big name brand companies, to express the need to reduce excessive product packaging. We had a discussion around the topic of the worlds recycling strategies and how other countries are managing their waste. We also created awesome digital devices; obstruct portrait, wind chimes, marble run and puzzles out of recycled materials. We also learnt to dispose materials in the correct bins through relay racing and our scavenger hunt was so much fun that we continued for couple days on children's request.

The other highlight of the program was our science experiment making colourful bouncy balls. In art and craft we made lovely nature portraits and mushroom paintings, which are now displayed in the room. Our little chef made scrumptious Banana and carrot cakes and for breakfast, spicy banana pancakes.

Apart from these activities, we played several team games such as: Pac man tiggy, cops and robbers, line tiggy, Guards and Soldiers, dancing to music and outdoor play.

This week on Friday 22nd of November for our community link program we are inviting Blue cross residence to visit to our OSH care service to engage and build relationships with the children.

The Super Stars of the week are:

- ◆ **Cruz for making good choices. Well done Cruz, keep up the good work!**
- ◆ **Anastasia for taking so much interest in the scavenger hunt, Keep up the good work Anastasia!**
- ◆ **Ayaana and Tesha for utilising the recycled materials to create awesome objects. Well done Ayaana and Tesha!**

Next week's activities

Monday: 25th November - Minute to win it
Tuesday: 26th November - Frozen Fruit Popsicle
Wednesday: 27th November - Tin wind chime
Thursday: 28th November - Cooking: Tortilla
Friday: 29th November - Pastel art/ Auslan

Kind Regards

Meena

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Advertising

The Children's Centre at the Body Shop

is a 115 place centre, providing care and educational programs for children 3 months – 5 years of age.

Currently we have vacancies in our 4 year old kinder rooms for 2020.

The kindergarten program delivers a play-based curriculum which is influenced by various educational philosophies including Reggio, Howard Gardner's Multiple Intelligences and Vygotsky, and is guided by the Victorian Early Years and Development Framework.

The program is delivered over the core hours of 9.00am-3.00pm Monday to Friday, with Long Day Care operating outside the core hours. A school readiness program is developed for the children to prepare them for a smooth transition into Primary School. The Centre networks with other kindergartens in the area as well as Primary Schools in the City of Monash to keep up with current practice and continue development of programs for children to access.

Please contact the centre if you require further information or visit our website on www.thechildrenscentre.com.au,

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VALES CUBS BASKETBALL SKILLS TRAINING

Vales Basketball Club would like to invite you to join our Vales Cubs junior skills training. This training will be tailored for kids at a beginner level and those who want to get into basketball. It's all about having fun, learning new skills and making friends!

Training with Dandenong Rangers NBLs Captain Lucas Barker

Tuesday 4:00-5:00
Dandenong Basketball Stadium court 8
\$5 per child per session

This is aimed at primary ages kids, 5-12.

Contact Josh:
 0411 059 437
 for more information




HAVE FUN • GET FIT • MAKE FRIENDS • SHOOT HOOPS



JOIN THE FUN!



JUNIOR BLASTERS

- 60 min sessions
- For **boys & girls aged 5-7** to learn basic cricket skills
- Fun game based activities
- Parents can get involved too
- All equipment provided including a personalised t-shirt in your favourite Big Bash team colours

MASTER BLASTERS

- 90 min sessions
- For **boys & girls aged 7-10** who have basic cricket skills
- Play modified games of cricket
- Parents can get involved too
- All equipment provided including a coloured players cap in your favourite Big Bash team colours

MORE DETAILS

Season commences: Friday 8th November at 5.00pm
Where will we play? Brandon Park Reserve, Ferntree Gully Road, Wheelers Hill (behind the fire station)
How do I register? Visit www.playcricket.com.au - search for Mulgrave Wheelers Hill Cricket Club
Who to contact: Dilan Lyanage 0432 586 311 or email dillysxoandout@gmail.com



FREE 6 WEEK

JUNIOR SUMMER PROGRAM
 6TH NOV - 11TH DEC 2019

EVERY WEDNESDAY NIGHT FROM 6:30PM

Freeway Reserve, Kernot Ave, Mulgrave.

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