

NEWSLETTER

Thursday 12th March 2020

TERM 1 WEEK 7

KEY DATES

<u>MARCH</u>

Mon - Fri 16-21 Harmony Week
Fri 20 Summer Sport
Tues 24 School Photos

Fri 27 End of Term 1 - 2.30 Dismissal

<u>APRIL</u>

Mon 13 Easter Monday - Public Holiday
Tue 14 Curriculum Day - No students
Wed 15 First Day of Term 2
Thu 16 School Tour 9.15 - 10am

Tue 22 Grade 5/6 Camp Wed 23 Grade 5/6 Camp Fri 24 Grade 5/6 Camp

<u>MAY</u>

Mon 4 Parent information Night -Resilience Project 6.30 - 8.00pm

Tue 12 NAPLAN Wed 13 NAPLAN Thu 14 NAPLAN Fri 15 NAPLAN

TERM DATES 2020

Term 1: 28 January - 27 March 2020 Term 2: (14)15 April - 26 June 2020 Term 3: 13 July - 18 September 2020 Term 4: 5 October - 18 December 2020

CURRICULM DATES 2020

Friday - 6th March 2020 Tuesday - 14th April 2020 Monday - 2nd November 2020

PUBLIC HOLIDAYS 2020

Mon 9th March – Labour Day Mon 13th April – Easter Monday Sat 25th April – ANZAC Day Mon 8th June – Queens's Birthday Tues 3rd November – Melbourne Cup Day

TIMETABLE

 Commences
 9.00am

 Recess
 11.00 - 11.30pm

 Lunch
 1.40 - 2.30pm

 School Finishes
 3.30pm



From The Principal

The Resilience Project Parent Information Night

On Monday May 4th at 7pm, the school will be hosting a very special event for parents. Martin Heppell from The Resilience Project will be providing families with an overview of the project and some insight into the work your children will be doing in the classroom. This event will be a real eye-opener into the challenges that children face in the modern world and the sorts of things we as adults can do to support them. To underline the importance of this event, the MPS School Council will be putting on food and refreshments to entice as many families along as possible. The unfortunate reality of these nights is that we usually get a poor turn out, as opposed to amazing turn out at Open Nights, Art Shows and the Aths Carnival. This event is equally significant and I would implore all families to mark the date in your calendar. Therefore, and in order to adequately cater on the night, families will receive a registration link in the near future. We would ask that you click on the link once you receive it and register as soon as possible. This initiative is a key part of our Annual Implementation Plan for 2020 and again, I cannot stress how important it is to have as many families attend as possible.

Corona Virus: Covid-19

Please refer to the Department of Health and Human Services' coronavirus web page for the latest advice and information: https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19. The school will be guided by the DHHS and will keep families informed as soon as news comes to hand. The Premier has raised the worst case

possibility of school closures, but again, this is a worst case scenario and Mr. Andrews has urged families to stay calm. At MPS to date, there has been little to indicate that our school will be impacted. Of course, this could change and we will remain vigilant. With that in mind, if your child is unwell, we would ask that they stay home, as we would under any circumstance, to ensure the health of all students and staff. We would also remind students to drink plenty of water and follow the advice below.

(Next page)

Gladeswood Drive, Mulgrave, 3170 p 9795 2477, f 9795 4884, e mulgrave.ps@edumail.vic.gov.au w www.mulgraveps.vic.edu.au

Principals Message Continued:

Maintaining Good Hygiene at School

Good hygiene practices are the most effective means of minimising the spread of Novel coronavirus (COVID-19). Schools have a responsibility to help stop the spread of infection by providing soap and other hygiene consumables to support good hand hygiene. Remind your staff, students and families that everyone can protect against infections by practising good hand and respiratory hygiene.

Here are some tips that everyone at MPS can follow:

- 1. Cover your mouth and nose when coughing and sneezing with a tissue, or cough into your elbow.
- 2. Dispose of the tissue into a bin and then wash your hands afterwards.

Wash your hands regularly, using soap and water, including after using the toilet, and before eating. Alcohol-based sanitiser (greater than 60 per cent alcohol) is a good back-up if soap and water is not readily accessible.

Home Reading

Every year I raise the importance of reading at home and this year is no different. Research tells us that reading for enjoyment at home is a significant factor in student learning. The facts are that if a child reads for 67 minutes per day, on average they will achieve in the 98th percentile of their cohort. At MPS, we will do the bulk of that reading every day, but we would ask that every child reads every day at home for at least 15 minutes in the junior years, through to 30 minutes in the upper years. Now, this can take the form of reading the newspaper, a magazine or even a comic, so long as every child is reading words on a page. My personal favourite is the extended bed time offer. Sooner or later, your children will ask to stay up later. When that time comes and you feel they are ready for the extra half hour, offer it on the understanding that those extra 30 minutes must be spent reading in bed. This serves multiple functions. Firstly, the kids feel vindicated in the later bedtime, secondly, reading before bed helps all of us get to sleep, away from electronic devices that would otherwise keep us awake and thirdly, it still provides down time for mum and dads! These are just some of the advantages, without even taking the main benefits of improved learning outcomes into consideration! What's not to like? In the end, home reading is a school wide homework expectation. If your child is trying to tell you they don't have any homework, ask them if they have read for 15-30 minutes today. Finally, I would remind all families that what children read at home should be a little easier than the instructional texts we work on in the classroom. We want to encourage independence, not fluster kids with books that need more support.

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Page 2



Principals Message Continued:

Appointments with Teachers

As parents would be well aware, teachers need to have their focus on the classroom first thing in the morning. There has been an increase in parents "door stopping" teachers at 9am or just before. I would remind parents that this is not appropriate, as it delays the start of the day for all students. Should you need to communicate something urgent with your child's teacher, we recommend Dojo or a message via the office. Alternatively, should you require a longer discussion, please make an appointment at a mutually agreeable time, either

before or after school. Importantly, it should be noted that appointments will not be made for between 8:45-9:00am. We thank you for your understanding on this matter, as we seek to put the learning needs of all students first.

Stadium Update

Our new stadium is coming along extremely well and we are almost at lock-up stage, with the final windows and doors soon to be installed. For the most part, the external part of the building will be complete, so we won't see a lot of visible action in the coming months, however rest assured the work will continue inside. The flooring is the most significant part of the project in terms of time and it will take at least two months to complete. This is due to the need to deliver the flooring, give it time to season, lay the massive amount of boards, give it more time to season, then finally do the floor markings and final coatings. It is a slow process, especially compared to the relative speed with which the building itself has come up. We are still expecting to take possession in Term 3 and begin using it as soon as possible. Once complete, we will be seeking some parent assistance to move our PE store room and performing arts equipment into the new building, but more on that later.

Finally, my apologies for my absence at assembly tomorrow, but I am.



Principal





Dear Families,

We will be celebrating **Harmony Day** and the cultural diversity at Mulgrave Primary School, on **Monday the 16th of March**, as part of Multicultural Week from 16th-21st of March.

Students are encouraged to wear clothes that represent their culture, whether they are traditional, or country related colours. Alternatively, they can wear orange as this is the chosen colour to represent Harmony Day.

Students are also invited to bring along a small plate of their favourite cultural food to share with their classmates. As we have numerous students at MPS who are at risk of anaphylaxis, we kindly ask that you avoid bringing food that contains nuts, and label all of the ingredients.

We look forward to seeing you proudly represent your cultural heritage on Harmony Day!

Sincerely,

MPS Staff

The Victorian Electoral Commission is carrying out a subdivision review of Monash City Council and wants your input.

The review looks at adjustments to ward boundaries to ensure each voter is equitably represented in the upcoming local council elections.

The VEC has released a preliminary report with proposed changes to the boundaries of the following wards:

Glen Waverley Ward, Mount Waverley Ward, Mulgrave Ward, Oakleigh Ward.

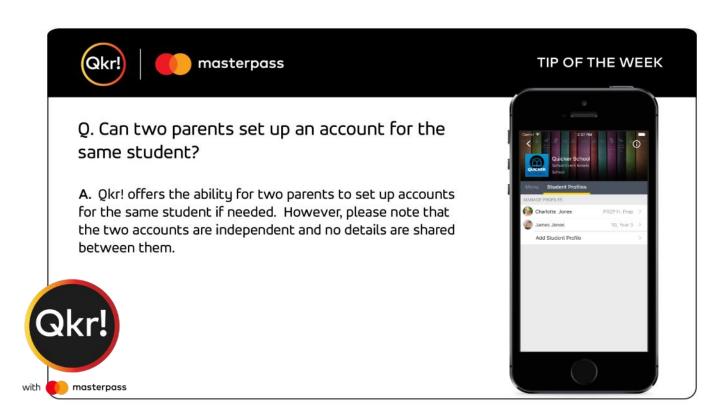
The report is available: online at vec.vic.gov.au

by calling 131 832 or for inspection at council offices during business hours.
 You can have your say on the proposed changes to ward boundaries by making a submission to the VEC.

Submissions must reach the VEC by 5.00 pm on Wednesday 25 March 2020.

Submissions can be made:

- at vec.vic.gov.au
- by email to <u>monash.review@vec.vic.gov</u>.au or
- by post to VEC, level 11, 530 Collins Street, Melbourne 3000



Featured Product the "Lunch Wallet"

A reusable alternative to the brown paper lunch order bag



Doaks





Towards the end of term 1 we will be running a fundraiser for stickybeaks reusable lunch wallets.





FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- . \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2020 or you did not apply in 2019.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.



If you would like a CSEF form or have any questions about it, please come and ask us at the office.

Closes June 26, 2020.







Kindness is a gift everyone can afford to give. Let's lead by example

The last few weeks have seen some not so nice headlines around the country and also close to home, with bulk buying of products, reactions to this panic and much closer to home the theft of a beloved family pet. Each of these things provides opportunities to have good discussions with our children about being kind, looking out for each other and buying only what you need so that others can do the same. These discussions and resilient behaviour align with what the students are working towards in their own interactions, so we as adults should lead by example and reinforce kindness through gratitude and empathy.

Parents and guardians will be able to learn more about the Resilience Project at the information evening that is coming up on the **4**th **May**.



2020 Planning – First PFA Meeting

Our first meeting for 2020 will be held this Thursday 12th March 7pm in the BER building. Everyone is welcome to attend this meeting. We will review and discuss ideas for the year ahead some of these include movie nights, trivia night, raffles and much much more. If you can offer your time or expertise, please get in touch. We'd love as many hands-on deck to build our school community and raise some funds. Aside from being a huge help to our school – it's a great way to meet some new parents and staff.



Issue 2 - BOOK CLUB DUE 13th March

Thank you so much for your support with your orders from our first Scholastic Book Club Issue. Issue 2 is due 13th March so please get your orders in. There are two issues each term and all purchases help to donate literacy resources to the school. Orders can be placed via the Scholastic Loop website or app.

EASTER RAFFLE - DONATIONS WELCOME

The Easter Raffle will be drawn on the last Thursday of school and we would greatly welcome any donations that we can put in hampers as prizes. All donations can be placed in the box in the office foyer.



Get in touch.... If you'd like to volunteer, have questions, donations,

ideas or special skills that we could use - email us at mulgravepspfa@gmail.com.

Thanks Mel & Lucy



Class	Name	Reason
6\$	Tiahna D	For her excellent Mars recount and exemplary work ethic.
6C	Levi T	For being an all-round awesome person and attentive student.
5 T	Charlotte	For her fantastic work ethic, especially in Maths.
5H	Spencer M	For improved focus and great participation in discussions.
4W	Visal K	For demonstrating excellent mental maths strategies
4H	Hanyue Z	For working so hard in her learning, but also being a great example of kindness for our class!
4B	Constance K	For being recognised by her peers as a kind and encouraging friend who celebrates the success of others.
3R	Thomas J	For his fantastic focus during Numeracy and Writing this week! Well done!
3M	Charlie B	For his enthusiastic approach towards maths challenges and being an encouraging and supportive friend.
2Т	Athan S	For independently writing an amazing recount of 2Ts Weather Walk
2P	Ryan L	For making good choices and trying his best.
2G	Maria G	For writing a great recount about our water cycle experiment and always being positive
1T	Pavlos	For always working hard and trying his best. Well done Pavlos!
1J	Anna T	For being a polite and respectful member of 1J
1E	Daniel Z	For his excellent thinking skills during book discussions. Well done Daniel!
PN	Alicia W	For always trying hard and completing beautiful work.
PL	Audrey H	For her in depth thinking during our number talk discussion in Math.
PG	Athan P	For his hard work and determination when exploring how to make 6.
PC	Zaad U	For being an absolute superstar in our number talk.

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Collingwood Football Club Visit



Today, all of the grade 2s went on the oval and some Collingwood Football players came. Alex R



Their names were: Darcy Moore, Josh Thomas, Tim Broomhead and Tom Langdon. Devmi U



I'm glad they trained me because now they trained me I am going to smash the other teams. I want Collingwood to be the best team forever and win forever.

They were training us to play footy. There was four activities around the oval: handballing, marking, kicking and longest kick. It was really exciting to meet the real Collingwood footy club. Paul







Supporting Teenage Females on the Autism Spectrum



This workshop is for **Parents, Carers, Secondary Teachers & Integration Aides** who are keen to hear lived experiences, practical strategies and ideas to assist teenage females on the Autism Spectrum.

This workshop is facilitated by Ebony Birch-Hanger. Ebony brings a range of experiences from an Autistic (lived experience) perspective supported by her professional knowledge as a Neurodevelopmental Therapist, Special Education Teacher, Teacher of the Deaf and Education Consultant.

This workshop will explore:

- · Masking & Communication
- Supporting Transitions
- Managing Schoolwork

Presenter: Ebony Birch-Hanger

Date: Saturday 18th April 2020

Time: 9:30am – 11:30am with doors open from 9:10am

Price: \$20 inc GST for Parents and Carers

\$25 inc GST for Professionals including a Certificate of Participation

Location: Mooroolbark Salvation Army

305 Manchester Road, Mooroolbark

To book your ticket: https://www.eventbrite.com.au/o/spectrum-journeys-inc-8376199818

Spectrum Journeys Inc is a not for profit community service that aims to equip & encourage educators, teachers, future professionals & families as they support children on the Autism Spectrum to flourish. For more information, see Spectrum Journeys Inc on Facebook or visit our website Inc. No:

A0058931G ABN: 90282551903 DRG Donation Approved Address: 15/286-288 Maroondah Hwy Chirnside Park 3116

www.spectrumjourneys.org.au



PART 1

Language of independence building

amilies always develop shared language around the values that have strong meaning for them. If independence and self-sufficiency are important then it will be reflected in your family's proprietary language.

In fact, it's through shared language that culture exists. If you are looking to building a culture of independence in your family (or in your classroom) then creating your proprietary language around

independence is a great way to start. The following twelve examples of

independence-building language and principles behind them that will help you create your own family's language.

1. "Never regularly do for a child the things a child can do for him or herself" Goal: Independence

This is perhaps the original parenting-for-independence manifesto, and it's a philosophy that guides many teachers and parents today. In effect, this sentence means that wherever possible we give children the skills and competencies to look after themselves physically and emotionally. It requires a great deal of patience, time and courage from parents and teachers as the sentence is easier to say than put to put into practice. But it's a worthy guiding principle that leads to self-sufficiency in children, and ultimately redundancy as parents.

2. "Is this something you can do?" Goal: Self-help

Independence takes many forms but perhaps the most common is the development of self-help skills. The confidence, pride and, for most, sheer pleasure that kids doing the simple things for themselves such a toddler tying his shoelaces or a child making his own lunch is immeasurable. Yet it is so easily denied by well-meaning parents and adults who see it as their job to do everything for children. Independence begins at home with the development of self-help skills.

3. "Have you checked the help roster today?" Goal: Contribution

A great way to develop a sense of independence is to give kids opportunities to help out at home. There is no need to overburden children with jobs, but a sensible allocation of chores according to their age and study requirements is not only a great help to you, but fantastic training for them. It also builds accountability and a work ethic, both highly valued characteristics for continuing success at school and later in life.





Language of independence building

4. "Which of these two would you prefer?" Goal: Decision-making

Parents as wise leaders need to call the shots on how the family life is conducted and health and welfare issues such as appropriate bed and bath times. Some things are not up for negotiation. But there are areas where parents can rightfully hand autonomy to children and say, 'It's your call!' Choice of clothes, how they keep their bedroom, what they eat and who they play with are the types of decisions they can make. Naturally, this is age-related and you do need to have some influence on their choices.

5. "How can you make this happen?" Goal: Problem-solving

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

6. "We rely on you to do this?" Goal: Reliability

Reliability is closely connected to responsibility and other aspects of independence. Every child over the age of five, at the eldest, should do something that someone else relies on whether it's looking after a pet, clearing the meal table or emptying the garbage on a regular basis. Having others rely on you has its challenges is a learning curve. They'll inevitably forget to put the rubbish bins out on garbage night, meaning your bin will be overflowing for the next week. They'll need to be reminded about feeding the pet or clearing the table. Kids inevitably won't get things right, but that doesn't mean we should stop giving them responsibilities.

7. "What can you learn for next time?" Goal: Self-sufficiency

Learning from mistakes is part of the independence-building process for children. Often adult impatience or unwillingness to put up with errors prevents us from giving kids the chance to do things for themselves or take real responsibilities. If independence is to be a major part of your family's culture then it's imperative that we help kids learn from their mistakes whether social, behavioural or just messing up while helping out at home.

Points: 8,9,10,11 & 12 will be in the next newsletters addition.

Article by: Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



Life Skills
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To book, visit: www.campaustralia.com.au or call 1300 105 343

Dear Families,

Last week on Curriculum day we had a great time exploring various interesting activities. Some of the highlights of the program was making our very own bag tags, designing ten pin bowling and decorating diorama boxes. We also made scrumptious carrot cake and played several physical activities.

I would like to remind parent for another upcoming Curriculum day just after Easter Monday on the 14th of April, Camp Australia will be offering full day program for the day booking can be done through parents' portal or Camp Australia website.

Our 'Move in March' program is all about being active and physical. We have various physical activities in our plan for this month, with the focus in mind to be active as well as enhancing social and emotional wellbeing.

High lights of the program for the past couple of weeks were in art and craft, we created water painting Mosaics with vibrant colours that are now displayed in the room. In other activities we painted colourful cute monsters and made bracelets and wrist bands.

In the science corner we made mushy, meshy slime and also learnt to create a hoover craft.

Our Master chefs promoted healthy eating habits through making variety of delicious snacks such as: Apricot balls, carrot cake, Mexican mix salad, beans toasties and mini pizzas. For breakfast specials French toast, cinnamon fruit pan cakes and fruit smoothies!

Apart from these activities our Lego and straw constructions were very popular and so were the physical games such as: Ball tiggy with medic, fruit salad, skittle soccer, revenge, pass the ball basketball challenge and many more.

A friendly reminder for upcoming Autumn school holiday program, which is only a couple of weeks away, bookings are now available through parents' portal or Camp Australia's web site. Hope to see you all there!

Happy Holi to all our Indian community!

Super Star of the week is: Ryan L for being a great listener and following the instructions. Well done Ryan keep up the good work!

Next week's activities

Monday: 16 March: Easter craft: Porcelain Egg cups/ Frisbee golf
 Tuesday: 17 March: Decorating Candle holders/Skittle dodge ball

Wednesday: 18 March: Kick ball/ Pac man tiggy
 Thursday: 19 March: Hoop Challenge/ Knock out
 Friday: 20 March: Skittle Soccer/ Number Soccer

Kind Regards

Meena





Move More in March starts today in OSHC. Come and celebrate an active, healthy lifestyle. We've got activities and experiences to get all children moving and playing, while providing them with healthy snacks to keep them going!

Along with being physically active, children will also focus on building strong social skills, improving concentration and thinking skills, all while enhancing their essential wellbeing. Your program has been tailored around the interests and likes of each child in your service. Move More in March is your child's ticket to social exercise and fun!

Activities we have planned this week:

- Monday: Frisbee golf
- Tuesday: Dodge ball
- · Wednesday: Kick ball
- · Thursday: Hoop challenge
- Friday: Skittle soccer



It's FREE to Register.

Your child must be registered to attend our program. You can register an account with us at pp.campaustralia.com.au/account/login. Once registered, it's easy to make bookings and manage your account online via our Parent Portal. If eligible, to help you with the cost of child care, you may be entitled to receive the Australian Government Child Care Subsidy. Visit my.gov.au to find out more.

Program Details

Come to the OSHC room to meet the friendly team and discover how we can help your family. For more information, visit our website www.campaustralia.com.au or you can contact our Customer. Care Team on 1300 105 343, available to support families 24 hours a day, 7 days a week - except for National Public Holidays.

We look forward to seeing you and your family soon! From the Team at Camp Australia

www.campaustralia.com.au





Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit: www.campaustralia.com.au or call 1300 105 343

Staying Sun Smart at Outside School Hours Care

At OSHC, we love outdoor play – whether it be group sport, imaginative playground play or even doing homework with some fresh air – it promotes an active lifestyle and an appreciation of the outdoors. Whatever the activity is, we put the utmost importance on the health and safety of the children, so remaining sun smart is always a priority.

Our sun smart policy complies with the SunSmart Guidelines to ensure all children, educators and visitors are protected from over-exposure to UV radiation while maintaining adequate vitamin D levels. To stay sun smart over the hot months, children are required to wear their hats during outdoor activities. We suggest wide-brimmed hats as these cover the neck, ears and shoulders – these areas are prone to sunburn.

Children are also advised to wear sunscreen which we provide at our services.

It's FREE to Register. (and if you want to use OSHC, you first need to register).

Register at **pp.campaustralia.com.au/account/login**. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

You may be eligible to claim subsidies on your care usage!

If eligible, to help you with the cost of childcare, you may be entitled to receive the Australian Government Child Care Subsidy. Visit <u>my.gov.au</u> to find out more.

For more information on our service and fees, visit our website www.campaustralia.com.au. Alternatively, come and meet the team in the OSHC room. We'd love to meet you, and you can find out more about OSHC from our friendly, qualified Educators.







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