



Thursday 22nd July 2021

TERM 3 WEEK 2

KEY DATES 2021

JULY

Fri 30 - 100 days of Prep

AUGUST

Fri 6 - Grade 6 leading Mini Olympics in sport time

Fri 13 - Hooptime

Mon 23 - Fri 27 - BOOK WEEK

SEPTEMBER

Mon 6 - Tue 7 - School Production

ARTHUR GUMNUT

BREAKFAST CLUB DAILY (OLD HALL CANTEEN)

Monday - sit down including cereal & toast

Tuesday - grab and go with fruit options

Wednesday - including cereal & toast

Thursday - grab and go with fruit options

Friday - including cereal & toast

TERM DATES 2021

Term 3: 12 July – 18h September 2021

Term 4: 4 October – 17th December 2021

CURRICULUM DAYS

Friday - October 29th

Monday - November 1st

PUBLIC HOLIDAYS

Melbourne Cup - Tue 2 November

TIMETABLE

Commence 8.58 Line-up Bell-Music, 2nd Bell 9am

Recess 11.00 - 11.30am

Lunch 1.40 - 2.30pm

School Finishes 3.30pm

STEP INTO PREP DATES - 2021

9:15 - 10:00 am Wednesday, Oct 20th

9:15 - 10:00 am Wednesday, Oct 27th

9:15 - 10:00 am Wednesday, Nov 10th

9:15 - 10:00 am Wednesday, Nov 17th

WE'RE HERE FOR YOU

Stay Well, Warm & Stay Positive

From The Principal

Welcome back to all our families. We hope you had a relaxing term break. It was great to see students and teachers looking refreshed after the break and ready for a terrific term three – and then lockdown! This is not our preferred mode of educating your children, however it is what we are faced with and we will continue to do our best to provide a flexible learning model that supports the different needs of families whilst at the same time, giving your child the chance to develop skills at their own point of need. With the lockdown entering another school week, we will be maintaining our platform from last year whereby students can access the remote learning website for a general overview and detailed instructional videos of the tasks each day, along with the morning Dojo instructional video and check in, our Zoom reading groups and our daily Zoom Q&A sessions, where students can catch up with any questions they may have, or just chat to their classmates and teachers.

One of the main issues we are facing as a state is lockdown fatigue and particularly students and families not engaging with remote learning. At MPS the overwhelming majority are doing well in difficult times, however should you need support, please don't hesitate to contact the school. If your child/ren are unable to connect online for any reason, please contact your child's teacher to let us know and we will do our best to find alternative solutions.

Additional information

If you would like health information from the Department of Health and Human Services, you can visit:

dhhs.vic.gov.au/coronavirus

Resources for parents are also available through the DET Learning from Home website:

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>.

The latest information about coronavirus (COVID-19) and schools is on the Department of Education and Training website: education.vic.gov.au/coronavirus.

And, finally, a reminder that if you, your child, or a family member develops symptoms of a fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss of smell or taste, you should get tested at a coronavirus (COVID-19) testing facility and stay home.

This is vitally important to keeping our school community safe.

Page 1

Reading

I know I push high expectations for reading every day, but never is this more important than during remote learning. Every student should be reading every day, including the weekend. For our youngest, 15 minutes of decoding words and then hearing an older sibling or parent read a story aloud is ideal. For our older students, you should be reading independently for at least 30 minutes per day. This should be a text you enjoy. It can be a comic, a novel, a newspaper or even the instructions to a video game. Just getting your eyes on text is the key.

The 2021 Parent Opinion Survey

The Parent Opinion Survey is issued annually by the Department of Education and Training and is conducted amongst a sample of randomly selected parents at every school in Victoria. This year, approximately 120 of our families will be invited to participate. All responses to the survey are anonymous. The survey helps our school gain an understanding of how you view our school climate, student engagement and the teaching and learning programs. Our school will use the results to inform school planning and improvement strategies.

Selected families will be provided with a link through which the online survey is accessed. The survey is open from Wednesday 21st July to Sunday 22nd August. If you are selected to participate in the survey, please provide open and honest feedback and above all, please ensure that you do respond to the survey as we very much value your input. Results will be sent back to our school at the end of September.

The survey will only takes **20 minutes** to complete, and can be accessed at your convenience 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 (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Staffing Update

During the holidays the school completed the recruitment process for a new Education Support staff member to replace Jack Paine. I am pleased to announced that Rebecca Wright has joined us as of Monday July 18th. Rebecca is currently studying her Master of Education degree and I'm sure will bring plenty of enthusiasm to the role.

Charles Spicer

Principal



2021 Garden Club Update

On Thursday 24th June, the Garden Club had some very special visitors. Alannah and Emily from Bunnings Springvale arrived with a valuable donation of gardening equipment, soil, mulch, vegetables and flower seedlings, plus a wonderful \$150 voucher. They also rolled up their sleeves and began helping us transform our garden. This fantastic donation and assistance was provided in recognition of letters sent from our Garden Club members.

Bunnings Springvale has kindly offered to return on Friday 30th July to plant some fruit trees for National Tree day.

The Garden Club is really starting to gather momentum and we are looking to make further improvements.

If you would like to help out, or can donate any useful items please contact me via email:

Evana.durack@education.vic.gov.au

Before: The weeding began!



After: Following our visit from Bunnings Springvale



2021 Garden Club Update

Bunnings Springvale has kindly offered to return on Friday 30th July to plant some fruit trees for **National Tree day.**

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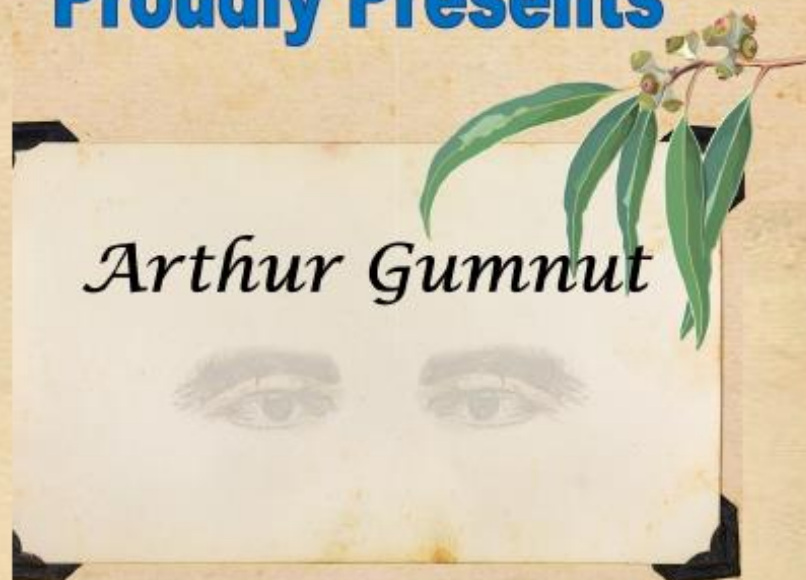
Evana.durack@education.vic.gov.au

After: **Following our visit from Bunnings Springvale**



Mulgrave Primary School

Proudly Presents



The 2021 Production

Monday 6th September - 6:30pm

Tuesday 7th September - 6:30pm

At Nazareth College

Ticketing details and all important
information will be available during Term 3

MPS Schools Communication App's



PFA FUNDRAISER

PIZZA DAY !!!



The PFA will be hosting a pizza day on **Thursday 29th of July.**

Orders will be accepted through QKR! and MUST be placed by 3pm Monday 26th July.

Pizza slices are \$2.00 per slice.

- Ham & Pineapple (Tropical)
- Meat Lovers
- BBQ Chicken
- Vegetarian
- Margherita

Soft Drinks are \$2.00

- Fanta (no sugar)
- Solo (no sugar)
- Lemonade (no sugar)
- Coke (no sugar, no caffeine)

New Date Will be set once restrictions have eased.

ORDER VIA QKR! by Monday 26th July.



Sleep tips for kids

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, well-being, development and overall performance. Here are some tips to help:

Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.



A Message from Ali - The Student Wellbeing Officer

Hi, I'm Ali Hardaker (If you don't know me!) I'm the school's Student Wellbeing Officer here at Mulgrave Primary School, providing social, emotional and pastoral care for our students and families, particularly those who at times, require specific assistance. I will be putting relevant and interesting articles into the newsletter each issue to hopefully inspire and encourage you on your parenting journey. There will be web links added for you to tap into for further resources and information. I'm here at the school on Thursdays and Fridays. I will look forward to connecting with you via the articles and at the moment in this lockdown via calling the school.

Ali :)

Jump Back Up July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific 'worry time'	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together



Newsletter



Dear Families,

I hope everyone keeps warm and staying safe in this wintery blast, perfect weather for the lockdown!!

Our Rocketeer mission II was a huge success! I want to share some of the highlights of the program with families. We started our mission by making slimy Olympics key rings, playing Olympic games, and Olympic trivia quiz. Then we moved on to experimentally scrumptious project with marshmallow slime, delicious honeycomb, and bubble tea. We connected children to Japanese and African cultures. We made fabulous Ninja headbands, played Kendama, Hanetuki, Otedama traditional Japanese games, learnt to write in Japanese and made yummy Sushi with favourite fillings. We also went on an excursion to St. Kilda footy club, which was full of fun, the children loved playing footy and inflatable games. Our Movie trip to Village Cinema to watch Cranston Academy Monster Zone was terrific. Everyone enjoyed the movie and shared their views on their favourite parts and characters with the group. Our Spring Rocketeer Mission III will be launched soon, with more extraordinary adventures! Please book your child earlier to avoid any disappointments!



Last week we started term 3 with exciting experiences. Monday, we explored snowman art; children creatively designed their snowman with cool accessories; it looks fantastic and is now displayed on the service board. Tuesday, our science experiment on sizzling ice, was fun to watch. We compared two substances, salt and bi-carb soda, to determine which works better on ice. On Wednesday, we made delicious apple pie, and On Thursday, we made tasty Sushi at children's request and also our artist showed great interest in Igloo art. Friday, we celebrated world Emoji Day by creating our favourite Emoji's.



This term we have planned food science week, with exciting experiences, please join us to celebrate this special full of fun week in August 2021!

Upcoming activities for next week:

- Olympic relay and races
- Olympic craft
- Basketball
- Sprint racing
- Soccer



To register and book, visit www.campastralia.com.au

**Your
OSHC.**



BREATHE BETTER IN COLD WEATHER



MANY PEOPLE EXPERIENCE AN INCREASE IN ASTHMA SYMPTOMS AND FIND THEIR ASTHMA HARDER TO CONTROL WHEN THE AIR TURNS COLD.

Follow these steps to breathe better this winter.

Visit your doctor for an asthma review

Visit your doctor every 6 – 12 months for an [asthma review](#).
With your doctor:

- Assess your current level of asthma control
- Make sure you are on the right medicines to manage your asthma (e.g. a preventer)
- Check your inhaler technique
- Ensure your written Asthma Action Plan is up to date
- Ask any questions

Get a written Asthma Action Plan

An Asthma Action Plan is something developed with a doctor to help provide clear instructions on what to do when experiencing asthma symptoms or during an asthma flare-up and should include instructions about managing asthma alongside identified triggers.

With your doctor, develop or update your written [Asthma Action Plan](#).

Follow a written Asthma Action Plan for:

- Better controlled asthma
- Fewer asthma flare-ups
- Fewer days off work or school
- Reduced reliever medication use
- Fewer hospital visits

Take the Asthma Control Test

If you have experienced any of the following in the last four weeks, it indicates your asthma may not be under control:

- Daytime asthma symptoms more than two days per week
- Need for reliever medication more than two days per week
- Any limitation of activities due to asthma symptoms
- Any asthma symptoms during the night or on waking

Take the [Asthma Control Test](#) to get your Asthma Score and determine your level of asthma control.

Preventer - every day, even when well

[Preventers](#) work to reduce the inflammation in the airways. Regular use of your preventer makes the airways less sensitive, which reduces the frequency and severity of asthma symptoms (reducing the need for your reliever medication) and the risk of future flare-ups. Daily use of a preventer is key to keeping well.

Check your device technique

Research shows up to 90% of people use their inhalers incorrectly, which means not as much of the dose of medicine used is getting into the lungs where it's needed. Ask your doctor or pharmacist to check your [device technique](#) and that you are taking your inhaler medication correctly.

Learn the steps of Asthma First Aid

The Asthma First Aid app is your go-to tool for an asthma emergency. It covers both first aid in the event of an asthma emergency plus the ability to review each of the four first aid steps. Download the [Asthma First Aid app](#) from the App Store or Google Play.

Colds, flu and viruses – get the flu and COVID vaccinations

The flu and other viral infections are the most common trigger for asthma flare-ups (attacks). [Colds and flu](#) can be more serious for people with asthma, even if your asthma is mild or your symptoms are well-controlled by medication.

The best way to protect yourself from the flu and spreading it to others is annual flu vaccination. The flu virus is always changing, so it is important to have the flu vaccine every year. This will ensure you and your family are protected against the most recent flu virus strains that may be around. It is best to be vaccinated from mid-April so your body has time to protect itself and you are ready for the peak flu period, from June to September. Everyone with asthma including all family members should be vaccinated against the flu, especially people with severe asthma.

This winter, it's also important for people with asthma to get the [COVID vaccine](#) in addition to the annual flu vaccine. However, the Department of Health recommends separating the vaccines by at least two weeks. For more information on these vaccinations, speak with your doctor.

Good winter hygiene

Stopping the spread of flu is as easy as making sure you're following three simple steps:

- 1 Cough or sneeze into your elbow
- 2 Wash your hands thoroughly and
- 3 If you're really unwell, stay home

Exercise

We know that an impact of physical distancing and staying inside during the COVID-19 pandemic has led to an increase in sedentary lifestyles. We also understand that people with asthma are often hesitant to exercise outdoors during winter due to cold air triggers and the circulation of viruses.

However, **exercise** is an important part of your overall asthma management. Asthma shouldn't stop you from being physically active, in fact people with asthma who participate in exercise training report feeling better.

- Ask your doctor for help establishing an exercise plan for this winter
- Consider if cold, dry air or exercise trigger your asthma and discuss how to manage these triggers with your doctor
- Avoid early morning and evening exercise outdoors when the air is coldest
- Try alternative indoor exercise options such as yoga, live stream exercise classes, using treadmills and stationary bikes
- Always warm up slowly before starting rigorous exercise and cool down after completing it

Triggers

Identifying and minimising exposure to confirmed triggers may help improve asthma control. Other than changes in temperature and colds and flu, **winter triggers** may also include dust mites, pollens and mould.

Talk to your doctor or pharmacist about the many benefits of reducing and washing away allergens, irritants and viruses breathed into the nose when a preservative-free saline nasal spray or sinus irrigation is used.

Vitamin D

A rich source of **Vitamin D** comes from the sun, and there is growing interest and research into the potential role of Vitamin D in asthma management. Plus, being outdoors is also great for your immune system and overall health and wellbeing.

With shorter and cooler days during winter, and more time spent indoors, you may have less exposure to the sun and therefore Vitamin D production.

- Try to spend some time outdoors each day. Perhaps knock off work 30 minutes early for a walk or if you are at home, take time to enjoy your outdoor space and bask in the sunshine. Just remember to be SunSmart when you are outside and limit direct sun exposure on skin to 15 – 20 minutes per day.
- While limited research suggests Vitamin D may be helpful, there isn't enough evidence as yet to suggest recommending Vitamin D supplementation as part of general asthma management. Speak to your doctor if you are concerned about your Vitamin D levels.

1800 ASTHMA (1800 278 462) | asthma.org.au

Indoor Air Quality

Some **heating systems** can be a trigger for people with asthma. Consider what triggers your asthma and how you can reduce your exposure:

- Un-flued gas heating can release chemicals such as nitrogen dioxide which can be a trigger for asthma
- Fan-forced ducted heating can collect dust, and if not cleaned will circulate dust around the home. Make sure you have your ducted heating cleaned before using it after a period of time.
- Wood fire heaters produce high levels of smoke and particulate matter (PM2.5) which can be a trigger for asthma. If your wood fire heater triggers your asthma, and there is not an alternative heating method, consider the following ways to reduce the impact of wood heater smoke:
 - Have your flue professionally checked and cleaned before winter
 - Burn only dry, unseasoned, untreated wood
 - Get a hot fire started, using plenty of paper and small kindling
 - Don't overload your wood heater with too much wood
 - Never leave your fire to smoulder overnight, this starves the fire of oxygen, producing smoke and pollution

Mental Health

As is the case with other chronic conditions, research shows, people with asthma are more likely to have depression or anxiety than people without asthma. Having **emotional triggers** such as depression or anxiety can also make it harder to manage your asthma.

We know winter can be challenging for people with asthma and that it is another burden to manage. If you notice you are feeling down, anxious or aren't enjoying normal activities as much as usual, make sure you speak to your doctor or call Beyond Blue on 1300 224 636.

For more information on how to breathe better with asthma this winter, call 1800 ASTHMA (1800 278 462) and speak with an Asthma Educator or visit asthma.org.au/winter-asthma

PARTNERS



ENT, Glaxo Healthcare, AirPhysio and Sanofi are campaign partners of Asthma Australia and have not been involved in the development of this resource.



ADVERTISING



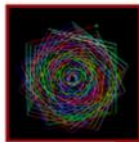
COMPUTER PROGRAMMING CLUB! @ Mulgrave Primary School

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 coding club running at the school.



DEVELOP SKILLS

- Creativity
- Logical thinking
- Problem solving



LEARN

- Computer Science Concepts
- Fundamentals of programming
- Loops, Events, Randomness and more

PROGRAMMING LANGUAGES

- Scratch
- Python
- Javascript
- ... and many more



MAKE

- Games
- Web pages
- Apps

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 will use school computer during the lesson.

9 WEEK TERM PROGRAM

Program for Term 3 2021 is as follows:

Year levels: 3 to 6
Term Fee: \$135 + GST

LUNCH TIME

1:40pm - 2:25pm

BATCH

Wednesday's 14th Jul to 8th Sep 2021

Fill out the form online by
Thursday 24th June 2021



www.digimaker.com.au/enrol

Digimaker will confirm your child's spot via email**

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

HOLIDAY E-LEARNING PROGRAM

2 HOURS OF FUN FILLED CODING
FULLY SUPERVISED OVER ZOOM
(5 DAYS A WEEK!)

<https://www.digimaker.com.au/events/school-holiday-coding-program/>

ENROL NOW for 2023 and beyond

Nazareth College is a Catholic Co-educational Secondary School where all students are known and have the opportunity to succeed.



ENROLMENT INFO



BOOK A TOUR

www.nazareth.vic.edu.au/enrolments/enrolment-process/

**CHANDLER
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745 Springvale Road
Mulgrave, VIC, 3170
ABN: 33 090 555 052

School Crossing Supervisors Required

We are seeking dedicated individuals to work as School Crossing Supervisors located within the City of Monash

These areas include; Mulgrave, Glen Waverley, Mount Waverley, Clayton, Ashwood, and surrounding areas.

Ongoing Positions with a great hourly rate, providing full training and full uniform.

Safety in the community is a priority. If this is you, please call Xavier on - (03) 8561 8896 or email your interest to mulgrave-recruiters@chandlermacleod.com for further assistance.

Advertising



Fully Loaded T-ball Program for kids aged 8-12 years 8 - week program



**Learn T-ball skills from fully qualified coaches
Every participant receives a glove and ball!**

\$80 per child

Starts Thursday 29th July – 16th September

4.45pm – 5.45pm

**Waverley Softball Association – Jells Park
Cnr Jells Rd & High Street Rd, Wheelers Hill**

For more information call 0412 577 454

To register, go to:

<https://www.softballbatterup.com.au/SBU-host-info/eastern-raiders-fully-loaded-t-ball-2021/>

Program will adhere to all return to sport COVID-19 safety guidelines

Kids Self Defence & Fitness Classes

Mulgrave PS

Ages 6—11

Boys & Girls

Tuesdays

6:00—7:00 pm

**Register now for a
free trial lesson.**



Contact : Cliff Wilson

M: 0418 150 405

E: cliffwilson@caydam.com

W: caydam.com

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CHILD SWIMS FOR 9 MONTHS OF THE YEAR.
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