



Thursday 5th August 2021

TERM 3 WEEK 4

KEY DATES 2021

AUGUST

Fri 6 - Grade 6 leading Mini Olympics in sport time

Fri 13 - Hoop time

Mon 23 - Fri 27 - BOOK WEEK

SEPTEMBER

Wed 1 - Preps Police Incursion

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 – 18th 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

Thank you

Your support makes a big difference



FUNDRAISING WITH
entertainment

THANK YOU FOR YOUR SUPPORT!
Mulgrave Primary School

Christine Miller

03 97952477

miller.christine.j@edumail.vic.gov.au

From The Principal

Welcome back Term 3!

As a school community there is nothing better than seeing students running through the school gates with smiles on their faces, chatting to their friends and energetically getting ready for a fun day of learning.

Resilience Project

Gratefulness is something we have been focusing on here at Mulgrave Primary School as part of our partnership with the Resilience Project. I encourage you to practice daily gratitude with your child/ren. I am grateful for such a resilient school community, even through the recent adversity we have been able to stick together. I am grateful that we are able to be on-site learning and working together.

Pizza Day

I would like to thank the PFA for coordinating and facilitating the Pizza Day, the students were very excited, and it was a great event to be able to do in this current climate. Speaking of food bringing smiles to faces.

Breakfast Club

Breakfast Club is still running daily, thank you to the parent helpers who have been giving up their time to support this program.

100 days of Prep'

Tomorrow we will be celebrating the first '100 days of Prep.' The Book fair will start towards the end of next week, please stay tuned for more information.

Screen time

A takeaway that I would like to share with the community is a reflection on what Martine Olgethorpe spoke to the community about regarding screen time usage. With the current environment we are living in and how technology is keeping us together, I encourage having clear guidelines at home with the use of screen time, which will promote a healthy relationship with technology. As I mentioned earlier, there is no better time to be practicing the GEM approach of the Resilience Project. Focusing on what we are grateful for, showing empathy and practicing mindfulness.

Leave

Mr Spicer is on leave for the next week. If you have any enquiries, please contact Mr Boyle or Mr Hattwell.

Enrolments

If any parent is still yet to enrol their child for 2022, can you please do this ASAP. Application forms are available via our website, <https://mulgraveps.vic.edu.au/enrolment/> or call the office on: 9795 2477.

As it stands, we have over well over 100 applications for enrolment and are likely to restrict enrolments to in-zone families and siblings living outside the zone. There may be a handful of other places, but we cannot guarantee this. If you know of any other families wishing to enrol for prep 2022, please ask them to send in their applications ASAP. If a family wishes to transfer in to other year levels, they must reside inside our zone.

'School Operations Guide'.

To assist with the return to onsite learning, please ensure the following processes are used until further notice:

1. Illness - If your child/ren are unwell, please keep them home. Should they become unwell during the day, parents will be contacted for children to be collected.
 2. Parents and carers are not permitted to enter school buildings other than the School Office and must wear a mask and sign in using the QR Code. Attendance at the School Office is reserved for urgent and important matters until further notice. Please ensure your child has their food and drink before leaving home.
 3. Morning drop off will remain the same, with students entering the school grounds independently. Should your child need to be supported on entry, please contact your classroom teacher to let them know.
 4. Vehicles and the Kiss & Go zone - Parents and carers may continue to use the Kiss & Go zone for drop off and pick up within the designated times. Please be patient as it will likely be busy, especially with the cold, wet weather. This is a 5 minute parking zone, so if your child is not at the pick up area, please move on and return, to ensure the area is kept clear for all.
 5. Pick up on foot – Masks must be worn. All adults and secondary school students entering school grounds for pick up must wear a mask and social distance. Please vacate the school grounds as quickly as possible.
 6. All visitors to the school, this means anyone who is not a staff member or student, must wear a mask outdoors and indoors. Visitors must sign in using the QR Code and are not permitted in any buildings other than the School Office without permission from the principal. At this stage, only essential staff should be entering the grounds before pick up. Any parent who needs to visit the office should enter via the main gate on Gladeswood Drive.
- Any students who are late should come in and sign into the office to avoid getting an unexplained absence message. A reminder to parents please come to the office for any late arrivals/early pick-ups as parents are unfortunately unable to access classrooms.
7. MPS staff will wear masks outdoors and indoors according to the School Operations Guide requirements. This does not include face to face teaching including yard duty where staff are required to communicate directly with students.

Regards Tom Boyle

Assistant Principal (Acting Principal)



BOOK WEEK 2021

Mulgrave Primary School



Old Worlds,

WEDNESDAY, 25TH AUGUST

Dress up as your
favourite book
character!



New Worlds,

**23rd-24th
AUGUST**

BOOK FAIR!

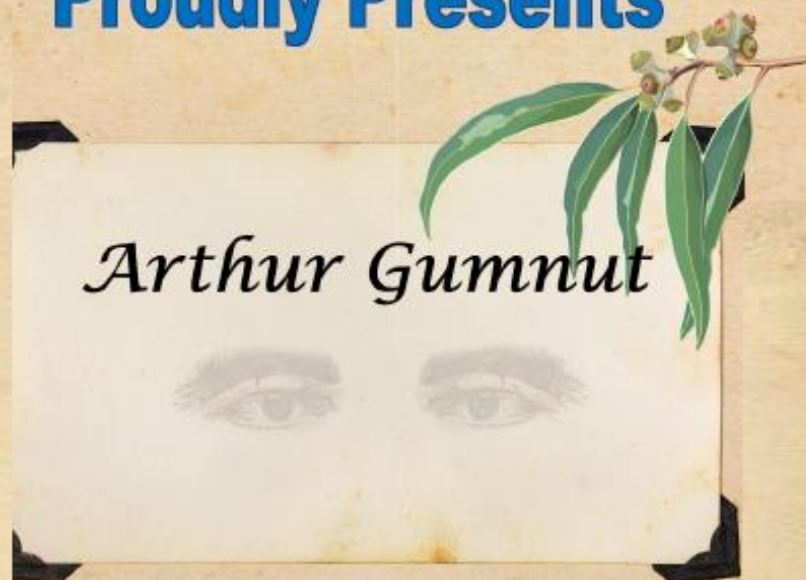


We will be holding a Book Fair in the old hall on Monday and Tuesday.
Before school: 8:30-9am
After school: 3:30-4pm
Come along and check out the fantastic books available!
(Option of paying by cash or card)

Other Worlds

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



Supporting Childhood Mental Wellness

This year, why not resolve to put practical, productive and *achievable* plans into action...

To promote mental wellbeing for your children (and yourself).

The combination of each of these small acts will help you to help your children have a prosperous year.

And happy and healthy children make for happy and healthy parents!

1. Make a routine.

The easiest way to stick to your resolutions is to make them part of a routine.

A solid routine doesn't need to be rigid...

But it does need to be consistent.

This consistency helps to enforce good habits.

And the predictability and familiarity that comes with it helps kids to feel secure and safe.

So whatever unexpected challenges are thrown at them at school or with friends...

They'll always know exactly what they're coming home to.

Think of the things you'd like to add to you or your child's routine (perhaps some of the things we'll list below)...

And frame them around daily events that already occur:

Meal times, bath times, or travel times to and from school are a good place to start.

Mental Health Benefits: Stability; security; comfort; trust; familiarity.

2. Limit screen time.

It's not just kids' eyesight or concentration that makes excessive screen time problematic...

Research shows that youth mental health is suffering as a result of social media and smart phones.

Increased anxiety, poorer sleeping habits and feelings of loneliness and isolation are just some of the alleged symptoms.

Enforcing 'no screen zones' gives your children a break from this constant 'digital noise'.

Make it easy, productive and not-so-obvious by replacing screen time with family talking time!

Start with car trips and meal times, and then work on stretching out no-screen zones throughout the day.

Mental Health Benefits: Sense of mental 'quiet'; improved focus; distraction from online comparisons; perspective; improved sleep.

And on that note...

3. Support good sleeping habits.

Children and teenagers especially — physically and mentally — suffer from lack of sleep.

It makes us more emotional, less resilient, and makes it difficult to concentrate.

Research shows that lack of sleep affects self-regulation; that is, our ability to control our cognitive functions, our emotions, and our behaviour.

Furthermore, when a child can't concentrate in class because of fatigue, it can lead to poor performance, anxiety around school and low self-esteem.

To help your child develop healthy sleeping habits:

Encourage them to stay away from screens, TV or otherwise, for at least an hour before bed...

Make sure they avoid sugar or caffeine in the evenings...

Support consistent (and age-appropriate) sleeping and waking times...

And make sure their bedroom provides a good environment for sleep; that is, not too much light, noise, or distractions.

If sleep problems seem to persist, consider other causes, such as anxiety or a sleep disorder.

Mental Health Benefits: Self-regulation; focus; self-esteem; resilience.



Supporting Childhood Mental Wellness

4. Assign chores.

Getting your kids to contribute to household duties has a number of benefits:

It helps to get things done, of course, but it also helps them to feel competent, and that they're contributing to the family and the home.

It teaches them responsibility, and encourages appreciation for all the things that you do for them.

And it develops important, practical skills they will need to be self-sufficient adults.

It also has the added bonus of implicit screen-free time — it's pretty hard to play on your phone while doing the dishes!

Mental Health Benefits: Gratitude; competence; contribution; accomplishment.

5. Encourage physical activity and healthy eating.

Aside from the obvious physiological benefits of a healthy lifestyle...

A nutritious diet and physical activity have a profound impact on our mental health.

Exercise helps to fight depression by releasing endorphins — those chemicals in our brain that make us feel good.

It also helps reduce inflammation which has been linked with depression and anxiety...

And it encourages brain activity that supports feelings of calm and wellbeing.

A diet rich in fruits and vegetables can also do the same thing:

A recent study of 12,000 participants found that those who increased their daily fruit and veg intake experienced a dramatic increase in life satisfaction...

'Equivalent to moving from unemployment to employment!'

Exercise and healthy eating also improve sleeping habits, which aids good mental health.

Mental Health Benefits: Release of endorphins; increased energy, reduced fatigue; improved concentration and memory.

6. Practice gratitude.

Studies show that a sense of gratitude has a huge impact on our sense of life satisfaction.

And by encouraging your children to feel grateful for the small things, you'll help them to appreciate the bigger picture.

Start small:

Simple questions like 'what was the best thing that happened at school today?' get kids to look on the bright side more often — and be thankful for it.

Being appreciative for the big and small things in our lives helps us to develop empathy, compassion and resilience.

And it also helps to quiet our negative thoughts.

Mental Health Benefits: Resilience; empathy; positivity; confidence.

7. Practice Mindfulness.

As little as thirty seconds a day of mindfulness can have a huge impact on our mental health.

And educators around the world are adopting meditation in their classrooms!

It's a practical and effective antidote to the pressures in the classroom...

And it's a skill that becomes easier the more you do it.

Meditation and mindfulness help to quiet and soften our internal dialogue...

When we're overwhelmed with challenges in our social life, school or home, these quiet moments help to remind us that our anxious and negative thoughts are just that: thoughts.

There are many meditation apps designed specifically for kids...

But you can also practice mindfulness together as a family.

Mental Health Benefits: Reduced anxiety; positivity; resilience; calm; improved sleep.



Supporting Childhood Mental Wellness

8. Make time for family time, and [talk openly and often](#)

As parents, you are the most influential people in your children's lives.

They rely on you for support, emotionally and practically...

So taking the time from your schedule to connect and bond with them is incredibly important and beneficial.

For a start, making family time a priority shows kids that they are valued, respected and important.

It helps them to voice their thoughts, feelings and concerns.

It develops trust between parent and child, so that they are comfortable coming to you when they are in need.

And it makes parents more aware of their child's strengths, weaknesses and challenges, so that they can be addressed as they occur, and [before they worsen](#).

Specifically designated family time, like weekend activities, is important, but you can also make time for bonding in your every day routine:

Over dinner, during car trips, while cooking together, or on a walk around the block..

However you fit it in, make sure to converse with your child often, show them that they can trust you and you won't be judgmental, and prove to them that your time together is valuable and important.

Mental Health Benefits: Comfort; trust; security; emotional intelligence; [empathy](#); understanding.

Incorporate all these New Year's Resolutions into your daily life to support mental wellness and prosperity for your whole family this year.

It's not as hard as it may seem...

Try this mental-health makeover to your day:

Make no screen zones for car rides and meal times, and talk about the best things that happened in your days — this immediately incorporates 2, 6 and 8.

Get your kids to help with preparing healthy dinner and clean up afterwards, and do it together — that's 4, 5 and 8.

Put the phones away an hour before bed time, and read for five minutes or more, together or

independently — that can satisfy 2, 3, 7 and 8.

And by incorporating at least a few of these actions into your everyday life, you're already mastering number 1!





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 :)

Altruistic August 2021



SUNDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 No plans day! Be kind to yourself so you can be kind to others too

22 Give people the gift of your full attention

29 Do something kind to help in your local community

MONDAY



2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

TUESDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

WEDNESDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need



THURSDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

FRIDAY

6 Smile and be friendly to the people you see today

13 If someone annoys you, be kind. Imagine how they may be feeling

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day



SATURDAY

Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well



ACTION FOR HAPPINESS

Happier · Kinder · Together



Newsletter



National Science week 16th till 20th of August 2021

Celebrate National Science week with the chance to win an experimental cookbook!

A warm welcome back to all families and students, it's so good to see you all back at school!

Over the past week, we engaged children in many experiences to guide their growth. In art and craft, we designed beautiful flower posters and also created colourful Olympic ring collages. Our master chef baked very healthy Banana bread and scrumptious pan cakes for breakfast!

We enjoyed mini-Olympic relay and races, sprint racing, and long jump. Besides all these experiences play dough art, slime, Lego, mine craft and uno tournament were also popular.

Our National Science Week is just around the corner packed with a bundle of awesome experiences! This year theme is **Food: Different by Design**. Which means we will be experimenting in the kitchen with food items, cooking variety of scrumptious food.

In addition, our National Science week also providing children and families an opportunity to enter a competition by sharing their favourite healthy recipe with Camp Australia and the chance to win the experimental cookbook. For further information please visit campaustalia.com.au



It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Activities coming up

- Capture the Flag
- Knots and crosses team game
- Canvas painting
- Kick ball
- Hockey

What's on the menu

- Rice paper rolls
- Stir fry noodles
- Nacho
- Cheese herb loaf
- Popcorns

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

National

Theme

Food: Different by Design

Science Week

in Your OSHC.

16th - 20th August, 2021

Join us for an exciting week all about the science of food! Learn about how we use food to fuel our lives and experiment with everyday foods to make awesome chemical reactions and see the magic of cause & effect!

Featuring:



In this activity children get to create their very own fizzy sherbet and learn about how the ingredients used to make it react when they hit their tongues and start to fizz.



To register and book, visit: pp.campaustralia.com.au



Win a cookbook featuring your recipe!
Find out more at www.campaustralia.com.au/cooking-comp

TERM 3 - Week 3 - STUDENT OF THE WEEK

Class	Name	Reason
6G	Matthew H	For his outstanding effort during remote learning to complete tasks with great detail. Well done Matthew!
6C	Jiniya. K	For putting in the extra effort throughout Remote Learning. You're a superstar!
5W	Eleni	For making fantastic contributions during zoom reading sessions.
5N	Clarissa	For working hard to complete all her remote learning tasks to the best of her ability! Keep up the amazing work!
5H	Andrew P	For consistently making excellent word choices in his writing pieces. Well done Andrew!
4J	Anthony S Catelyn P	For submitting work during remote learning that showed genuine effort, attention to detail and an ability to respond to instructions and feedback. Keep up the good work! For trying hard during our sport rotations. Great work Catelyn.
4B	Mia T Kaan T	For consistently completing all her remote learning tasks to a high standard, and with a smile! For engaging in all Zoom sessions this week and asking great clarifying questions during Reciprocal Reading.
3S	Jack C	For settling in so well at Mulgrave Primary and showing respect to his peers and teachers
3R	Athan S	For his super work during online reading zooms. You star! Well done
3M	Ioanni P Winston	For writing an interesting and informative imaginative recount. Great effort. For writing such a detailed and interesting imaginative recount. Amazing work.
2B	Zephyro H	For his great contributions during our Guided Reading Zooms. Keep up the great work!
2E	Sethu R	For great work on all your tasks, especially your independent project!
2M	Zach	For his excellent statistic about being a good friend, you certainly convinced us well done!
1T	Oliver M	For a wonderful job making inferences on our text this week - 'The Invisible Boy'.
1P	Maddie Duke	For being a remote learning superstar by working independently and completing the tasks to a high standard!
1M	Yejun C	For putting in an outstanding effort in all of his remote learning tasks this week! Great work Yejun!
1C	Harry G	For developing lots of strong, persuasive reasons why Red Crayon should have a day off. Well done Harry!
PL	Jasper T	For working really hard to learn his letters and sounds, and trying is best to sound out word when writing.
PH	Nathan B	For his fabulous, inquisitive questions this week, and working so hard at home.
PC	Alexander J	For always trying his best, both at school and during remote learning. You are a star Alexander!

TERM 3 - Week 3 - SPECIALIST OF THE MONTH

	Junior	Middle	Senior
Art	Angel B - PC For her beautiful landscape painting with trees drawn in the background, middle ground and background in oil pastels. Wonderful work Angel!	Devmi U B H - 3R For her ice-cream painting artwork which showed beautifully detailed techniques including a cherry on top which inspired many others to do the same. Fantastic work Devmi!	Nicolas K - 6C For showing great accuracy in using the one point perspective drawing technique in his landscape picture and for adding some wonderful details that really add interest to the scene. Fantastic Nicolas!
PE	Cohen S - 5W For his amazing effort and results in our PE Athletics units . You should be super proud! Who knows we might see you in Brisbane 2032	Stella C - 4B For challenging herself and others to above and beyond what is expected in our PE Athletics unit. I look forward to you representing the school in Athletics later this year.	Ronan M - 6C For challenging himself and others to above and beyond what is expected in our PE Athletics unit. I look forward to you representing the school in Athletics later this year.
Performing Arts	Loretta T - 1M For consistently applying your best effort in music, including during remote learning and when learning the production songs. Awesome effort!	Jordan G - 3R For your excellent effort to learn the recorder and perform it confidently to the class and for also doing some terrific work during remote learning. Well done!	Jennifer C - 5N For the terrific effort you have applied in Performing Arts this semester. You have fully engaged during remote learning and have worked hard during class, whether it be rehearsing the songs and script for the production, or helping with sets and props. Well done.
Science	Emmanuel D - 1P Excellent work so far during our Mystery Fossil activity. You have done a great job predicting what your creature could be and trying to figure out clues. Awesome job Emmanuel.	Ayden T - 4J For your effort and work during STEM, both at school and while home learning. You have done an excellent job on your tasks and work while we've been looking at food chains. Great work Ayden.	Jiniya K - 6C Alexandra S - 6C Charlotte Themis - 6C For your hard work and amazing effort in creating your tour on PowerPoint. You showed excellent use of Digital Skills in locating and presenting the information and in co-ordinating amongst your group. Fantastic work.

ADVERTISING



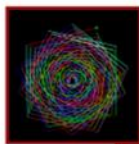
COMPUTER PROGRAMMING CLUB! @ Mulgrave Primary School

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/>

NAZARETH COLLEGE

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/

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MACLEOD**
UNLEASHING POTENTIAL

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

Your children are amazing already. We just help them prove it.

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Soccer X Pty Ltd After School Soccer Program

We are excited to tell you about the after school soccer program we will be running at Mulgrave Primary School.

Throughout the 6 weeks our coaches will lead fun, educational and active sessions sending your child home energised and with a smile on their face.

Why choose Soccer X?

As well as providing fun filled Soccer sessions which teach the players new skills & techniques we aim to provide & improve the following skills:

- **Social Skills**
- **Team building**
- **General Fitness**
- **Sense of Achievement**

We believe by integrating these skills into our programs it will help your children become well rounded young adults.

All standards are welcome, so do not worry if you have never played before.

Most answers to your questions can be found by checking our website, but if you do not find an answer, please telephone 0415324917 / 0421273583 or email: semel@soccer-x.com.

Program Details:

Day: **Wednesday**
Start Date: **11th August**
Time: **3.40 – 4.40pm**
Where: **School Oval**
Ages: **Prep – Year 6**

Registration:

To avoid disappointment **ALL** registrations and payments must be completed **ONLINE prior** to the first session.

Cost: **\$90 (6 weeks)**

Saturday / Sunday Games Mornings Age 5 – 11 Years

Each term during 2021 we will be running a 'Mini Games' program alongside our after school programs.

Not sure if your child is ready to commit to club Soccer?

Our 'Mini Games' program provide a perfect transition from 'fun based' programs to the regular club season. Run on a termly basis alongside our schools program, the **Games Mornings** offer the players an opportunity to play small sided matches with & against likeminded players of a similar age.

FAQ's:

- i. **What happens if it rains?**
The session will take place undercover. In extreme weather conditions sessions will be cancelled and parents notified via SMS & Email.
- ii. **What should my child wear for soccer?**
Anything that is comfortable. Shorts, t-shirt, runners/boots. Soccer boots are not essential.

ADVERTISING



Ever wanted to write your life story?

Or gift a loved one the chance to write theirs?

We offer a fun, inexpensive way to do exactly that.

For only \$129 – receive an email each week asking you a question about your life. All you have to do is type your response to the email and hit send! At the end of the year, we will compile your stories and photos into a beautiful, hardback book to be treasured for generations to come. A unique 'experience' gift that's perfect for birthdays, Mother's Day, Father's Day and other special occasions.

My - Story
AUSTRALIA

www.my-story.com.au

ADVERTISING

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

**DROWNING DOESN'T
HAVE A SEASON**
SWIMMING LESSONS YEAR ROUND
COULD SAVE YOUR LIFE!



SWIMMING LESSONS MAY BE THE ONLY TIME YOUR
CHILD SWIMS FOR 9 MONTHS OF THE YEAR.
WILL THEY REMEMBER HOW TO SWIM IN SUMMER?

**ZERO
DROWN**
TOLL IS OUR GOAL!

**LEARN FROM
THE SURVIVAL
SPECIALISTS**

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