



Thursday 16th February 2023

TERM 1 WEEK 4

KEY DATES 2023

FEBRUARY

Fri 17th - Pupil Free Day

MARCH

Fri 3rd - Zoo Excursion - Gr 1-2

Fri 3rd - District Tennis

Fri 10th - Summer Inter School Sport

Mon 13th - LABOUR DAY PUBLIC HOLIDAY

Wed 15th - School Photos

Tues 21st - Harmony Day

Fri 31st - Summer Inter School Sport

Wed 15th - NAPLAN Commences

Thurs 23rd - NAPLAN Ends

APRIL

Thurs 6th - Term 1 Ends
2.30pm Finish

Fri 7th - Good Friday

DATES AND TIMES TO REMEMBER:

TERM DATES 2023

Term 1: 30 January – 6 April

Term 2: 24 April – 23 June

Term 3: 10 July – 15 September

Term 4: 2 October – 20 December

CURRICULUM DAYS 2023

Fri 27th Jan, Fri 17th Feb, Wed 26th April, Mon 6th Nov

PROFESSIONAL PRACTICE. DAYS 2023

Tues 13th June & Thurs 14th December

PUBLIC HOLIDAYS 2023 - Term 1

Mon 13 March - Labour Day

Fri 7th April - Good Friday

TIMETABLE

Commence	8.58 Line-up Bell-Music 9am 2 nd Bell - Roll Marked
Recess	11.00 - 11.30am
Lunch	1.40 - 2.30pm
School Finishes	3.30pm

Message From The Principal

We are now back in full swing and it has been great to see our students putting their best foot forward in the classrooms. Of course, you've got to be in it to win it, so with that in mind, here's a little blurb from the Department...

Lost Opportunities

Lateness and lost opportunities are a big focus for the Department of Education and our school this year, the accumulated absence or lateness does add up to significant lost learning time. Consider this:

- A student who is late by half an hour each day misses the equivalent of 16.6 days of learning each year.
- An 80% attendance rate is the equivalent of missing one day per week or 40 days of lost learning for the school year which could add up to 2 ½ years from Prep – Year 12.
- 85% attendance equals 30 days of lost learning per year or 2 years from Prep – Year 12.
- 90% attendance equals 1 day per fortnight or 20 days per year equalling one year of absence from Prep – Year 12.
- 95% attendance equals 10 days of lost learning and over half a year of lost opportunities from Prep – Year 12.

Research that the Department of Education is leaning on indicates that there is no safe threshold to missing school. They determined this using a combination of school enrolment figures, attendance records and NAPLAN results provided by the WA Education Department. They studied patterns of over 415,000 primary and high school students over a five-year time frame. In all analyses, average academic achievement on NAPLAN tests declined with any absence from school and continued to decline as absence rates increased.

Every day of absence made a difference, and this was particularly true for unauthorised absences. The effect of one day of absence was relatively small but added up quickly as more and more days were missed. The effect of missing days accumulated over time, so that school absence not only impacted achievement in the year in which the days were missed but in future years as well. The message is straightforward and well supported, every day of school that is missed is a lost opportunity, please ensure your child is at school every day!

* It should be noted that Mulgrave PS had one of the highest attendance rates in the state pre-covid and early figures this year have us back on track for that. Let's hope we can all have a great year and our students attend as often as possible, whilst balancing their health and the health of others.

Teacher-Family Communication

The school would like to bring our families along with us on the journey that is the 2023 school year and would like to encourage and promote really positive and valuable partnerships between home and school.



We worked together last week to develop some protocols for effective communication and share the email addresses of our teaching teams with the following expectations:

- Please allow 48 hours for an email response to be provided
- Urgent messages are still to be sent to the office
- During the day, teachers are teaching, there is limited availability to respond to emails between 8:45am – 4pm.
- We encourage face to face communication to resolve complex matters
- Responses will not be provided over the weekend
- Please be respectful and polite in communication with staff
- Absences are still to be communicated to the office
- The nature of flexible working hours means that you may be sending an email at a time of convenience for you, please note, our staff will reply at a time that is convenient and available for them
- Communication about a particular issue may be reflected upon by the whole area team to discuss an appropriate action/ response

Prep B – Lauri Brogden: lauri.brogden@education.vic.gov.au

Prep C – Caiti Hayes: caitlin.hayes@education.vic.gov.au

Prep K – Jay Khoo: jaykim.khoo@education.vic.gov.au

1B – Bernice Li: bernice.li2@education.vic.gov.au

1L – Le-Buu Ly: le-buu.ly@education.vic.gov.au

1M – Sarah Murray: sarah.murray@education.vic.gov.au

2E – Marika Evans: marika.evans@education.vic.gov.au

2N – Erica Newnham: erica.newnham@education.vic.gov.au

2O – Michelle Ohia: michelle.ohia@education.vic.gov.au

3H – Emma Harrison: emma.harrison2@education.vic.gov.au

3M – Nicole MacPhie: nicole.macphie@education.vic.gov.au

3S – John Stokes: john.scottstokes@education.vic.gov.au

4H – Lauren Hay & Micahela Muhandiramge: lauren.hay@education.vic.gov.au and michaela.muhandiramge@education.vic.gov.au

4S – Catherine Slaughter: catherine.slaughter@education.vic.gov.au

4W – Rebecca Wright: Rebecca.wright4@education.vic.gov.au

5G – Nathan Giles: nathan.giles@education.vic.gov.au

5J – Louise Jarvis and Kate Hattwell: louise.jarvis@education.vic.gov.au and kate.hattwell@education.vic.gov.au

5M – Lenore Matthews: Lenore.matthews@education.vic.gov.au

6J – Jordan Geer: jordan.geer@education.vic.gov.au

6T – Tracy Turner and Tim O'Neill: tracy.turner@education.vic.gov.au and timothy.ONeill2@education.vic.gov.au

Performing Arts – Sally Bush: sally.bush@education.vic.gov.au

Physical Education – Tim O'Neill: timothy.ONeill2@education.vic.gov.au

Spanish – Pilar Caivano: MariadelPilar.Caivano@education.vic.gov.au

STEM – Stuart McIlwraith: stuart.mcilwraith@education.vic.gov.au

Tutoring Program – Franca Elliott: Franca.Elliott@education.vic.gov.au

Visual Arts – Dani Pejic: Daniela.Pejic@education.vic.gov.au

Assistant Principals – Stuart Hattwell and Nicola Weerakoon: stuart.hattwell@education.vic.gov.au and Nicola.weerakoon@education.vic.gov.au

Principal: Charles Spicer: charles.spicer@education.vic.gov.au

School Email Address: mulgrave.ps@education.vic.gov.au

2024 Enrolments

Whilst it feels like we have just begun 2023 and welcomed our new students, we are planning an approach for 2024 and new enrolments. School Tours will be delivered on a fortnightly basis, alternating from Tuesdays and Thursdays. New families are encouraged to book in for a school tour to find out more about our school and our programs. For families who do not have a sibling claim and who live outside of the MPS school zone, a new application form will be available after March 28th. For all families in zone or with a sibling claim, the standard enrolment form is required and is available at the office.

School Council – Parents Needed

Our final meeting for the 2022 School Council will be next Tuesday evening. I note and thank the significant contributions of Melinda Collard and Anne McNee who are both retiring from council and have provided long standing support to our school over many years. The importance of School Council representation is a vital part of school governance and we are still seeking two new parent reps for the new council beginning next month. This is an important opportunity for input into the direction of the school and a legal requirement. Following next week's meeting, the first meeting of the new school council will be held in late March, along with our Annual General Meeting.

NAPLAN Changes

Education Ministers and member of the Australian Curriculum Assessment and Reporting Authority (ACARA) have just last week detailed some changes to the manner in which NAPLAN details are provided to schools and families. New proficiency standards with 4 levels of achievement for each year level will replace the previous 10-band structure that covered all 4 levels tested and the old national minimum standard set in 2008 when tests were on paper. The new proficiency standards include a baseline benchmark to identify students who are likely to need additional support. This will mean students in Year 3 and 5 will have numerical NAPLAN bands replaced and the national minimum standard will be replaced by the following 4 levels of achievement:

- Exceeding
- Strong
- Developing
- Needs additional support.

Families and the school community are encouraged to read the media release that was issued on the 10th February detailing further information about this. The link is available [for viewing here](#).

XUNO

Thank-you to families who are regular users of XUNO. **This App is our primary tool for communicating with our school community.** If you have not yet registered or received your welcome email, please contact the office. Welcome emails are sent to both parent's email accounts, so it is important that your email addresses are up to date in our system.

All information and messages are sent out via XUNO notifications, and it is important that you have the correct settings on your device, to allow you to receive these notifications. If you require assistance with your settings, please contact the school office on 9795 2477. If you prefer not to receive notifications, then it is vital you check XUNO each day for any new postings.

XUNO may also be used to send emails to families, so it is also important that emails are checked regularly. Please note that we will not send urgent messages via XUNO, if we need to contact parents urgently, we will contact you via phone.

Seesaw

Thank you also to the many families who are already up and running with Seesaw, our new online tool. **This is the main communication channel between you and your child's teacher/s.** It also allows parents to see their child's current work and their progress.

CCTV

I want to inform our community, as a courtesy, that we have CCTV cameras all around Mulgrave PS. The purpose of these cameras is to provide security for our school campus out of school hours. CCTV is a very effective deterrent and helps us to ensure we are not subject to vandalism. The footage is kept for a period of approximately three weeks and is only accessed if there is an issue.



Curriculum Day

A reminder that tomorrow is a curriculum day and therefore a student free day. Camp Australia is available should your child need supervision, but bookings are essential. Staff will be working hard on developing their literacy teaching skills as we continue to work on our current strategic plan and implementing and embedding consistent approaches to teaching and learning across the school.

Charles Spicer Principal

TERM 4 WEEK 8 STUDENT AWARDS 2022

Class	Name	Reason
6G	Josh M	For working hard and producing quality work in all areas!
6T	Shyla B Zoe L	For being an amazing helper in class, someone who makes others feel good and is always kind and supportive. For helping everyone feel welcome and giving people a smile and laugh every day.
5G	Ella M	For always listening in class and being motivated to complete her work to the best of her ability. Well done!
5J	Alexander P	For being such a friendly, kind and considerate classmate and for his positive attitude towards his writing task this week. So proud of you!
5M	Luke B	For getting off to a great start in Year 5. Well done on approaching all tasks with a positive, enthusiastic attitude and remaining focused on your learning. I am so proud of you. Keep up the good work.
4W	Tyler W	His great contribution to class discussions and for his persistence, even when he finds tasks challenging.
4H	Cleo M	For being a conscientious member of 4H. Well done Cleo!
4H	Kenisha P	For always working diligently in class. Keep up the great work!
3M	Adeeb R	For settling into Mulgrave Primary School and making new friends. Welcome to 3M we are so happy to have you!
3H	Evie T	For being a great helper in class, and always showing respect for others. Keep it up!
3S	Michelle C	For creating work of a high quality in class and always taking pride in what she does.
2O	Aadhya P	For having an enthusiastic approach to all learning tasks. You have settled in very well. Well done!
2N	Ariel T	For her beautiful writing this week, always trying her best!
2E	Alexander J	For demonstrating excellent resilience and a positive attitude.
1M	Luca U	For doing an amazing job at sounding out his words while reading. Keep up the great work Luca!
1L	Jana M	For growing her big idea with her rabbit character and doing an amazing performance of the Wonderful Book.
1B	Nicholas K	For trying his best to sound out his words while reading. Well done and keep up the awesome work!
Prep K	Mia S	For always leading the way in showing the expected class behaviour. Well done!
Prep C	Andie M	For being a great helper and looking out for others. Well done on an amazing start to school!
Prep B	Athena T	For being a lovely class helper. Well done on a great start to school!

Arthur Gumnut



2023 is Production Year!

We are very excited to be able to finally hold a whole-school production again this year. For our 2023 production, we are happy to finally present *Arthur Gumnut*, the show that we had to cancel due to lockdowns and restrictions in 2021.

Please save the date!

Dates: Tuesday 18th and Wednesday 19th July, 2023
(We perform twice).

Location: Nazareth College, Manning Drive, Noble Park North.

Time: 6:30pm (TBC). Students will need to arrive at 5:30pm (TBC).

More information will follow throughout the term. If you are a parent with skills that may be able to assist with sets/props/costumes etc. please contact Mrs. Sally Bush via Seesaw or email at Sally.Bush@education.vic.gov.au and let her know how you'd like to help.

Thank you,
The MPS Production Team



Launching Young Readers!

READING rockets

www.readingrockets.org

10 Things You Can Do to Raise a Reader

1. **Read from day one.** Start a reading routine in those very first days with a newborn. Even very young babies respond to the warmth of a lap and the soothing sound of a book being read aloud.
2. **Share books every day.** Read with your child every day, even after he becomes an independent reader.
3. **Reread favorites.** Most children love to hear their favorite stories over and over again. Rereading books provides an opportunity to hear or see something that may have been missed the first time, and provides another chance to hear a favorite part.
4. **Send positive messages about the joys of literacy.** Your own interest and excitement about books will be contagious!
5. **Visit the library early and often.** Public libraries are great resources for books, helpful advice about authors and illustrators, story times, and more. Make visiting the library part of your family's routine.
6. **Find the reading and writing in everyday things.** Take the time to show your child ways that adults use reading and writing every day. Grocery lists, notes to the teacher, maps, and cooking all involve important reading and writing skills.
7. **Give your reader something to think and talk about.** There are many different types of books available to readers. Vary the types of books you check out from the library, and seek out new subjects that give you and your reader something to think and talk about.
8. **Talk, talk, talk.** A child's vocabulary grows through rich conversations with others. No matter your child's age, narrate what you're doing, talk in full sentences, and sprinkle your conversations with interesting words.
9. **Know your stuff.** Parents don't need to be reading specialists, but it is important to understand the basics about learning to read.
10. **Speak up if something doesn't feel right.** Parents are often the first ones to recognize a problem. If you have concerns about your child's development, speak with your child's teacher and your pediatrician. It's never too early to check in with an expert.

Look for new books and authors that your child may enjoy.

Organize an area dedicated to reading and writing tools, including paper and writing utensils

Visit the library for story time and book recommendations

Encourage your child to talk about what he's read

Talk to your child, and sprinkle interesting words into your conversation.

Offer a variety of books to read.

Read with your child every day.

Expand your home library to include magazines and nonfiction

Ask questions if you're concerned about your child's development.

Decide to raise a reader!



STARTING BACK AT SCHOOL – Justin Coulson

If your kids are back at school, or about to be, these ideas can help ease the transition from holiday time to school time.

Build Relationships

One of the best predictors of children's wellbeing at school is the quality of their relationships. Put simply, kids typically like school when they've got good friends there. In the lead up to school starting and in the first few weeks of school make an effort to get your kids involved with other children in the holidays, on the weekend, and after school.

Get Routines Right

In my book, *21 Days to a Happier Family*, I highlight the way that routines make life easier because we free up cognitive space. When we have a routine (and a checklist!), we don't have to think. This means less anxiety and more efficiency. So focus on a morning, afternoon, and evening routine.

Mornings should be built around waking up at the right time (or even a bit early), eating good food, preparing good food for the day, and leaving on time.

Afternoons should be focused on rejuvenation and recovery from a long day. A bit of down time before extra-curricular activities, reading, or household chores (or homework for older kids) can go a long way to making the afternoon go well. Evenings should emphasise relationships and nurture, reduced screen-time, and plenty of sleep. We also want to get things ready for the morning. Prepping uniforms, shoes, lunchboxes and so on can make mornings magic, rather than mayhem. Remember, your morning starts the night before.

Set Your Own Expectations Appropriately

One of the biggest issues for children in school is parent expectations. The increasing demands on students from well-meaning parents who want their kids to be A-students is often detrimental. Children are expected to do more "learning" and less playing at younger and younger ages. We submit them to all manner of tests, NAPLAN being the most famous, and apply pressure with ever-increasing expectations. **Instead, encourage reading, and read with your kids. Make it stuff they *want* to read.**

Finally, consider the amount of extra-curricular activities they're involved in. Childhood is certainly about development, learning, and extending talents and abilities. But it's also about play, freedom, and being allowed to be little.

About 7% of Aussie kids aged 4-17 years experience anxiety disorders each year. School can be a major contributor. By building strong relationships with peers and school staff, establishing calm, clear, predictable routines at home, and emphasising fair expectations that suit your child and his or her temperament, anxiety can be reduced, and going back to school can be easier for everyone.

Top tips for a smoother school start...

1. Get kids involved in the organisation process
2. Use positive language
3. Add a personal touch (something they can take with them to school)
4. Talk about how they are feeling
5. Maintain a consistent routine at home
6. Limit after school activities in Term 1





Dear Families

Firstly, we would like to warmly welcome Jordyn, James, Tessa, Arthur, Kyson, and Lily to our program, who have recently joined us and settled in well.

Just a reminder for pupil free day on Friday the 17th of February. Camp Australia will run the full-day program from 7 am to 6 pm with various exciting experiences, including water games. Numbers are filling very fast, for booking visit campaustalia.com.au.

Once again, our Handball championship is up for grabs, with tens of thousands of prizes to be won. It's an excellent opportunity to showcase and leverage your talent whilst competing for the title of handball champion. The practice will begin next week during the aftercare program. The championship will be held after labour day on the 14th of March for the whole week. The service winner will go to the Regional Championships coming in May 2023. For Booking, Visit the Parent portal. Good luck to all our Contesters!

Lastly, I would like to share some of the highlights of the last week's program - in art and craft, the children designed sunnies, bunny bookmarks, Chinese drums, jelly fish and Nature art. Our scientist created wriggly worms with tissues and made volcanoes. Our little master chefs made yummy sushi, Chinese noodles, pancakes and refreshing lemonade. We also played several team games: water blast tag, Octopus, fruit salad, dodge ball, ball tiggy with a medic, line tag, basketball, memory tag, and many more.

Please pack a hat in your child's bag for outside activities.

Kind Regards,

Meena



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

- Blow painting art
- Ball games
- Long jump challenge
- Capture the flag



What's on the Menu

- Vegemite cheesy rolls
- Lebanese Pizzas
- Assorted sandwiches



Visit our blog

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

[Visit our blog](#)

Your
OSHC.

www.campaustalia.com.au

ROCKETEERS

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

Values: Motivated • Persistent • Successful Est. 1879

Pupil Free Day



Date: 17/02/2023



Time: 07:00 to 18:00



Location: The Before and After School Care Room at Mulgrave Primary School



Fees: \$58.35
\$8.75 after max. CCS*



*Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 85% off your fees. Your eligibility is determined by your family's annual adjusted taxable income, the type of childcare you use, and your activity level. To find out if you're eligible, contact Centrelink on 13 61 50.

Your OSHC.

Tailored before and after school experiences that children love.

To book, visit www.campaustralia.com.au

by  Camp Australia

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

Values: Motivated • Persistent • Successful

Est. 1879



TUNING IN TO KIDS

Emotionally Intelligent Parenting

A six-session program for parents of children aged 4-10 years.

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset
- tend to have fewer childhood illnesses.

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where:

Wellington Hub Child and Family Centre
55 Shaftsbury Drive, Mulgrave

When:

10am – 12pm
Every Thursday from
23 February to 30 March 2023

Contact:

Geraldine Ryan
☎ 0435 690 608
✉ geraldine.ryan@monash.vic.gov.au

ADVERTISING

MULGRAVE PRIMARY SCHOOL

NATE
MELBOURNE MANAGER



SCHOOL

TERM

1

Starting in Term 1, Soccer X will be running a 6 week **Soccer program** at Mulgrave Primary School every Friday from **3.40pm - 4.40pm** beginning **February 24th (week 4)**.

The program is available to students from **Prep - Year 6**.
On arrival children will be split into groups according to age.
All sessions will be run by **qualified coaches** who hold WWCC.
The sessions will be **fully inclusive & fun-based**, catering for all abilities.

Cost: \$100 / 6-weeks.

For more information and online registrations please visit www.soccer-x.com - Programs - School programs - Melbourne

Please contact us via email for further enquiries: semel@soccer-x.com

ADVERTISING

COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun 'Come & Try' is an opportunity for kids aged 7-12 years to experience an introduction to the basics of football in through fun activities.

WHERE:

Columbia Park Reserve, Wheelers Hill

WHEN:

Sunday February 12th
10:00 - 11:00am



REGISTER HERE!

ADVERTISING



JOIN THE FUN!

Wheelers Hill & Surrounds
Term 1 All Girls Auskick

Columbia Park Reserve, Wheelers Hill

Mondays February 27th - April 3rd
4:30 - 5:30pm

Sam Howell - sam.howell@afl.com.au

Jaz Twedde O'Donnell - jazmintweddleodonnell@afl.com.au



play.afl/auskick



ADVERTISING



BASKETBALL



SOCCER



CRICKET

AFTER SCHOOL SPORTS



5:30pm-6:30pm

Mondays & Wednesdays

5-7 year olds | 8 - 11 year olds

Tel: 9547 2555

\$15/sessions

springvaleindoorsports.com.au/junior-sports

Kids Parties

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag



HOOKIN2 HOCKEY

COME AND TRY 2 - FREE SESSIONS!

DATE - 1/4/23 and 15/4/23

TIME - 9.00am - 10.30am

ALL EQUIPMENT PROVIDED!



Club: Greater Dandenong Warriors Hockey Club

Venue: JC Mills Reserve, Cleeland Street, Dandenong Vic 3175

Program 1 Start Date: 24th Feb 2023 Time: 6.00pm to 7.00pm No. of Week: 8 weeks excluding Easter

Price: \$40.00 payable to Hockey Victoria to cover Sports Insurance

\$95.00 payable to Hockey Victoria to cover Sports Insurance & Equipment Pack includes Stick, Ball, Shinpads

Stick Bag

Coordinator Name: Kerri Donovan

Coordinator Email: gdwhcjuniorrep@hotmail.com

Coordinator Phone: 0408 579 629

TO REGISTER GO TO

WWW.HOCKEY.ORG.AU/PLAY/HOOKIN2HOCKEY



ADVERTISING



REGISTER NOW PLAY BASKETBALL

Winter '23 Registrations Open

WHERE DO WE PLAY?

The Mulgrave Mambas Basketball Club compete in the Saturday competition of the Melbourne East Basketball Association (MBEA). This Saturday competition is known as the Greater Eastern Basketball Conference (GEBEC). The MBEA/GEBEC play games out of numerous venues in Melbourne's Eastern and South Eastern suburbs including: Nunawading Basketball Centre, The Rings, Forest Hill College, Mullauna Secondary College, The Knox School, Mulgrave Primary and Wheelers Hill Secondary College.

WHAT ARE THE SEASON DATES?

The Winter '23 season is played across Term 2 and Term 3 commencing on Saturday 29th April and plays through until mid September. The competition doesn't play on the Saturday of June Long Weekend and Saturday 1 July (school holidays).

WHAT DOES IT COST?

The Player Registration fee for the Winter '23 season has been set at \$285 per player. Given we are a start up club we have subsidised this fee as much as possible. The Player Registration fee covers operational costs for the club/teams including Competition Entry, Team Sheet Fees, Training Courts, Coach Polo's, Team Equipment, Trophies etc. In addition to the Club Registration Fee, Basketball Victoria require all players to be registered and covered by insurance. This fee of \$29 covers players for 365 days from registration.

WHAT TIMES ARE GAMES?

The MBEA/GEBEC Saturday competition start games at 8am with the last game concluding by 7:15pm. Games are (in most cases) allocated in "blocks" by age group with Under 8's/10's starting the day from 8am through to Under 18's playing the later timeslots.

TRAINING

Training will be held at Mulgrave Primary School after school once per week during the season. Specific days/times of trainings will be determined closer to the season in consultation with the team coaches.

UNIFORMS

Once we have closed registrations we will be holding a uniform "try on" day for all players to order their uniforms. All new players receive a FREE playing singlet and shorts (saving \$90).



#READYTOSTRIKE

ADVERTISING

ESSENDON LOCATION

Autism Family Swim & Social Event

18th February @ 4pm - 6pm

18th March @ 4pm - 6pm

22nd April @ 4pm - 6pm



Windy Hill Fitness Center
74 - 78 Napier St, Essendon



\$10 PER PERSON

- Includes swim and BBQ dinner



Book Online

my.differentjourneysautism.com/events

Further Enquiries

differentjourneys@gmail.com
0490 774 068



ADVERTISING

Different Journeys Presents

Carers Cuppa



Every Thursday Morning
9:30 AM - 11 AM

Point of View Cafe

Box Hill Institute - Lilydale Campus
1 Jarlo Dr, Lilydale VIC 3140

Calling all carers! Come and join us for a cuppa and catch up. Different Journeys Carer peer support staff and Box Hill Institute Skills and Jobs centre will be there. This is an informal way to check-in with no pressure and explore opportunities and friendships.

COST: FREE

No bookings necessary, come enjoy a cuppa on us!

Proudly Supported By



SKILLS AND
JOBS
CENTRES



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Rural and
Regional



ADVERTISING

Kids Self Defence & Fitness Classes

Mulgrave PS

Ages 6—12

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

ADVERTISING



Safe On Social Media Presentation

Concerned about your child's safety on social media? Looking for the answers but not sure where to turn? The Safe on Social Media presentation and Q&A session delivers real-life case studies and strategies to help parents support their children.

Topics covered but not limited to:

- Online safety and using social media with awareness
- What you signed up for – we explain terms and conditions of use and what they mean
- Keeping your personal information private
- Sexting and image-based abuse and the law (age-appropriate)
- Online stranger danger, what grooming might look like and what to do
- Cyber-bullying, online harassment, and how to report it
- Known scams, hoaxes, deepfake, fake news, and misinformation
- Group chats and strategies to manage them better
- Identity theft
- Legal responsibilities
- Privacy settings
- Online gaming safety
- Strategies to build resilience
- The laws around posting and sharing photos
- Respectful online relationships and consent
- How to create a positive digital footprint.

We leave plenty of time for questions.
We also cover the most popular social media apps and trends; what they are, how they work, security, and privacy tips for safe use.

Date: Thursday 9 March 2023 at 7pm

Bookings: www.trybooking.com/CEQXK

Please note this presentation is for ages 18+



After a 20+ year career in Cyber Security and IT Business Consulting, in 2014 Kirra Pendergast founded Safe on Social Media Pty Ltd after experiencing serious and relentless cyberbullying and trolling herself.

Kirra is a leading expert on the topic of Cyber Safety and speaks about it and her own experience to thousands of people each week. Kirra presents to students K-12, teachers and parents at schools across Australia and New Zealand. She is also regularly asked to speak at legal seminars, government and business events, conferences and consults too, and advises organisations in Australia, the United Kingdom, Europe and the United States.

Kirra is a regular media commentator on the subject of Cyber Safety.