Burwood Heights Primary School is committed to providing a caring and challenging learning and teaching environment that equips students with the social, personal and thinking skills to become valued members of the Burwood Heights Primary School and local community.

**NEWSLETTER NO.1**

**WEBSITE ADDRESS** is burwoodhps.vic.edu.au/

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**THURSDAY 6TH FEBRUARY 2014**

FROM THE PRINCIPAL … Esther Wood

**WELCOME BACK TO OUR RETURNING FAMILIES AND WELCOME TO OUR NEW FAMILIES.**

What a wonderful start we have had to our school year! I congratulate staff, students and parents on the extremely successful commencement to 2014. Our Prep students have settled in “like ducks to water” and their parents have coped very well also. I know Ms Morgan and Ms Politino are very enthusiastic and excited at the prospect of teaching this new group of vibrant and keen students. Our youngest school community members (three and four-year old kindergarten children) have had shortened sessions this week before they commence their designated times. Mrs Jenny de Kretser and Mrs Karen Sinis have also been thrilled at their interesting four-year old charges, as have Ms Nicole Blanchard, Mrs Karen Sinis and Mrs Jakalin Athia, our three-year old children. It has been wonderful to see the progression of our 2013 kindergarten students into “the big school” as our 2014 Preps. I’m sure they will enjoy their revisit to the kindergarten in March. Mrs Sinis is still keeping an eye on their children from last year.
STAFFING FOR 2014

I welcome Ms Melody Crystal, Mrs Monique Flowers and Mrs Jakalin Athia to staff this year. I officially welcome Mrs Vicky Papas back after teaching overseas. I know they will enjoy being on staff and add much to the teaching and learning environment.

I believe we will all have a very exciting and extremely successful 2014 school year.

SCHOOL ADMINISTRATION:
Principal - Esther Wood
Personal Assistant - Fran Mason
Bursar - Janice Ramsay
Office Administration – Kristy Millen

Prep - Laura Politino
Prep - Lauren Morgan
1/2 - Emily Whitelaw
1/2 - Rebekah Volz
1/2 - Vicky Papas
1/2 - Rachael Webb
3/4 - Kerry Green
3/4 - Gionia Afflitto
3/4 - Denise Cooper
3/4 - Eleni Skatharoudis
5/6 - Lee-Anne Mason
5/6 - Lauren May
5/6 - Skye Andrews
5/6 - Megan Herdman
ESL - Vicki Fahey
Education Support - Mindi Bakopanos
Cheryl Scurrah
Nicole Blanchard
Fotoula Reynolds
Daughn McGuinness
Monique Flowers
Rebecca Taylor
Jane King
Melody Crystal
Georgha Salvitti
Deidre Nevin
Renee Clacy
Mary McMorrow
Jenny Charles
Jakalin Athia

HISTORY - Pam Culvenor
Physical Education - Julien Miet
Art - Jacqueline Carslake
Performing Arts - Jennifer Whiteoak
Library/ITC - Mindi Bakopanos
ITC/Science - Chris Rhyder
Student Support - Jo Miet

Outdoor Learning Centre/Promotions - Ann Masters
Outdoor Learning - Peter Le Ray
Homecrafts - Nicki Whitfield
Kindergarten - Jenny de Kretser/Nicole Blanchard

Speech Pathologist - Christa Carey
Educational Psychologist - Elizabeth Skotnicki
Cleaning Staff - Harsha & Lakshani

School Maintenance - Craig Findlay
ITC Support Personnel - Chaykhon Lee & Tom Baeppler

I believe, with the staff we have this year, we should all have a very exciting and extremely successful school year.

This is the first newsletter for 2014 and, by necessity a rather lengthy one. A newsletter will be forwarded home each Thursday with the eldest child in the family and is available on our website. You can subscribe by going on our website and clicking a button. This will send you an email reminding you the newsletter is available.

During the next two weeks each student will receive an envelope containing:
- A student information form
- An asthma information form
- Our Sun Protection Policy
- Our Privacy Policy

Please sign the relevant forms and return to the school as quickly as possible. It is extremely important for the safety and well-being of your child that all information is current.

Thank you for your attention to this matter.

Your child will have brought home an Internet Use Permission Form and other Permission Notices for you to read and make your response. Please return these to school if you have not done so yet.

ROBYN BELL RECEIVES AUSTRALIA DAY AWARD

Robyn Bell, School Council President received a prestigious Community Achievement Award at the Whitehorse City Council Australia Day Award Ceremony, on Sunday 26th January 2014.

Besides the wonderful contribution makes to our school she is just as active in the City of Whitehorse community. Robyn is President of the Nunawading Toy Library, a volunteer at Little Athletics, Make a Wish Foundation and Gymnastics. Her support of the Whitehorse Community Chest, which assists forty charities and welfare agencies in the City of Whitehorse, such as community groups, hospitals, childcare, youth and families, the aged and those who have a disability is widely recognised.

Robyn’s contribution to the local community has provided significant community benefit and constituents will continue to reap the rewards of her endeavours for many years to come.

CONGRATULATIONS, ROBYN BELL
NOTICE OF SCHOOL COUNCIL ELECTIONS
AND CALL FOR NOMINATIONS

An election is to be conducted for members of the Burwood Heights Primary School Council for 2014. There are six vacancies on School Council for four (4) parent members and two (2) Department of Education and Early Childhood Development (DEECD) members.

Nomination forms may be obtained from the school and must be signed by 4.00pm 14th February 2014. If a ballot is required this will close on Friday 28th February 2014.

There are three possible categories of membership. A mandated elected parent category. More than one third of the elected members must be from this category. DEECD employees can be parent members of their school.

A mandated elected DEECD employee category. Members of this category may make up no more than one third of the total membership of school council. The principal is automatically one of these members.

An optional community category. Its members are co-opted by decision of the council for their special skills, interest and experiences. DEECD are not eligible to be community members.

Where the number of nominations equals the number of vacancies in any one membership category, there will be no need to go to ballot. If the number of nominations exceeds the number of vacancies, a ballot is required.

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<td>From the after the date of the declaration of the poll in 2014 to and inclusive of the date of the declaration of the poll in 2016</td>
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<tr>
<td>DEECD Member</td>
<td>From the after the date of the declaration of the poll in 2014 to and inclusive of the date of the declaration of the poll in 2016</td>
<td>Two</td>
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Our 2013 School Councillors:-

Parent Member Category
Mrs Robyn Bell
Mrs Amanda Brown
Mrs Kylie Field
Mr Tim Flowers
Mrs Stella Hewson
Mrs Claire Maharaj
Mr Robert Nash
Mrs Julie Pratt
Mr Michael Turner

DEECD Member Category
Mrs Vicki Fahey
Mrs Fran Mason
Mr Christopher Rhyder
Mrs Jennifer Whiteoak
Mrs Esther Wood (Ex-officio)

Community Member
Mr Andrew Crockett

End of term on Council (Parent Member)
Mrs Robyn Bell, Mrs Claire Maharaj, Mr Michael Turner and Mrs Kylie Field.

End of term on Council (DEECD Member)
Mrs Jennifer Whiteoak and Mrs Fran Mason

Council members who have completed two years on Council may stand for re-election for the next two years.
LEADERS’ DAY
Last Friday, the Level Four staff conducted Student Leaders’ Day, under the leadership of Mrs Herdman, where all the Year Six students worked together to understand more about why we have student leaders and what it takes to be effective ones.
It was a most rewarding day for students and teachers, with everyone understanding their roles and responsibilities and valuing what leadership means.
Thank you everyone!

CLASS BARBEQUES
What wonderful evening we had on Monday for the class barbeque for our Prep students. Feedback has been extremely positive and is a great way for parents to meet other parents in such a wonderful environment. The weather was very kind to us which also made a huge difference.
Next Monday night it is the Kindergarten barbeque.

INFORMATION NIGHTS
This week Information Nights have been conducted for Levels Two, Three and Level Four is being held tonight. I do hope that you have all found these sessions very enlightening and assisted you in gaining a sound understanding of the curriculum taught at each level and the expectations we have for the students.

INTERVIEW TIMES
All students have brought home with them this week a notice informing you of the available times for your child/children’s teachers to meet you. This will provide an opportunity for you to inform your child/children’s teacher of any personal information, issues or concerns.

CLASSROOM AWARDS
Prep M - Jade for a tremendous start to her Prep year! Keep up the great work!
Prep P - Merynne L for settling into Prep and completing all her work to a high standard. Keep it up Merynne!
Grade 1/2E - Raphael G for being a caring, helpful and eager member of the class. You’re Awesome!
Grade 1/2P - Billy R for settling in to his new school so beautifully and always respecting others. Congratulations, Billy!
Isabella C for being sensitive to the needs of others. Isabella did a wonderful job looking after a new student to the school. Congratulations, Isabella.
Grade 1/2V - Rivinaka D for always being polite and courteous to others and using beautiful manners. Sensational!
Grade 1/2W - Whole Class for all working hard in the first week back at school and being absolute super stars in class. This year has had a terrific start!
Grade 3/4A - Whole Class for being an awesome grade and settling into the new year. Well done!
Grade 3/4C - Joey P-C for doing his best work with a beautifully decorated letter to his teacher.
Grade 3/4G - Emma F for being a sensitive and caring Buddy. Well Done!
Grade 3/4S - Adel A for starting the new year enthusiastically and easily settling into her new school.
Grade 5/6 A - Harry R for settling into our school with ease and applying himself to complete tasks in a timely manner. You Rock!!
Grade 5/6H - Josh C for making an excellent start to the school year. Well done!
Grade 5/6L - Mikayla W for volunteering to assist with the collection of the morning roll. Good work!
Grade 5/6M - Whole Class for a great start to the year. Who’s awesome? You are! Congratulations – keep it up.
HOMECRAFTS - Ritvik S 56H Being a practical and forward thinker in Homecrafts class. You were a huge asset to your group, Ritvik.
VISUAL ARTS - Kateland Y for her focus and keen observational skills when drawing native flora. Lovely Work!

CONGRATULATIONS!
PARKING RESTRICTIONS

The provision of school crossings is an important service in providing a safe environment for our students.
To support the school crossing supervisors and to improve pedestrian safety outside our school, a number of parking restrictions are in place, including No Stopping areas. The No Stopping areas are in place to improve sight lines for motorists and school crossing supervisors to maximise the crossing’s exposure and safety of pedestrians.
Please be aware that you must park legally at all times. We have been advised that authorised officers will be patrolling schools crossings throughout the year.

SCHOOL NURSE

Cathy Griffin, a visiting primary school nurse from the Department of Education and Early Childhood Development will be attending the school next week to conduct the Prep Health Assessments and to see other children as requested by parents or teachers (with parents’ consent)
The purpose of the visit is to provide all Victorian children with the opportunity to have a health assessment; to link children and school communities to services available in the community; and to provide information and advice that promotes health and well-being.
Parents are invited to visit or telephone the visiting primary school nurse if there are any general child health issues they wish to discuss. The contact number for the visiting primary school nurse is 0412 161 470.
Parents of students (other than Prep students) that wish their child to be seen by the school nurse need to complete a Referral form that is available at the school office. This completed Referral form needs to be returned to the school office by Friday 7th February 2014.

SCHOOL UNIFORM

A reminder that all students should be in correct school uniform.

Girl’s (Summer)
Girls can wear royal blue culottes or royal blue shorts and a gold polo neck shirt, all of which are available through the school. Girls may also wear a blue and white “A” line short sleeve dress available in such stores as K Mart and Big W. Royal blue bike shorts may be worn under the dress, but no longer than the dress length. Socks are white and shoes are black.

Girl’s (Winter)
Royal blue track pants, royal blue bootleg pants or royal blue culottes and a monogrammed windcheater are available through the school. The gold polo shirt can be worn under the windcheater. Long sleeve gold polo tops and a royal blue bomber jacket, with a gold striped rib, are also available. White socks and black shoes are worn.

Boys’ (Summer)
Royal blue shorts and gold polo neck shirt, which are available through the school.

Boys’ Winter/Spring
Royal blue track pants and a monogrammed windcheater are available through the school. The gold polo shirt can be worn under the windcheater. Long sleeve gold polo tops and a royal blue bomber jacket, with a gold striped rib, are also available. Grey or white socks and black shoes are worn.

Hats
Slouch hats with the school logo are available from the school. These hats are in line with the Department of Education and Early Childhood Development and Anti-Cancer Council guidelines. It is compulsory to wear the school hat from September 1st to 1st May and the school encourages students to have a hat in their bags at all times.

Footwear
Acceptable footwear includes black lace-up shoes, black T-bar sandals, black velcro shoes and black runners. Thongs and open-toed sandals are not acceptable at school.

Please make sure that all articles of clothing are clearly named.

NO HATS! NO PLAY!

A reminder that it is compulsory to wear hats during Terms One and Four. Students not wearing hats are asked to sit outside in the shade rather than play in the sunshine.
PERSONAL ITEMS BROUGHT TO SCHOOL AT OWNER’S RISK

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. Please note that the Department of Education and Early Childhood Development does not hold insurance for personal property brought to schools.

SUPERVISION OF STUDENTS

Morning
A reminder to all parents that there is no teacher on duty until 8:45am and that unless prior arrangements have been made, students should not be arriving at school until 8:45 am. This gives students plenty of opportunity to catch up with friends or have a play prior to starting the school day at 9:00am.

There are, however, occasions when a student/s may need to be at school prior to this time. Parents MUST speak to Mrs Mason or Mrs Millen at the office if this is necessary. Such students must sign in at the office prior to going to the assigned classroom. They will be required to sit at a table or may choose to sit on the floor and need to bring something quiet from home to do during this time. Students may choose to bring a book to read, a colouring book and pencils or might choose to complete their homework during this time. No electronic games are permitted at school.

I know that you will respect the right of teachers to arrive early at school in order to prepare work without additional responsibilities of supervision by complying with this matter of student supervision.

Afternoon
If students aren’t collected from the front school foyer by 3.45pm, then they will be placed in After School Care. Please ensure you are enrolled in this programme. There are nights when the office is not manned, due to meetings and the school is unable to take responsibility for student safety, care and supervision.

HOUSE NAMES

For those who are new to the school the following information is provided.

FLOREY (Green)
HOWARD FLOREY (1898 – 1968)
Brilliant student and outstanding sportsman. Led a team of scientists that discovered and developed penicillin.

FLYNN (Red)
JOHN FLYNN (1880 – 1951)
Presbyterian Minister, founder and superintendent of the Australian Inland Mission of the Presbyterian Church of Australia. Campaigned for and was successful in commencing an aerial medical service to people living in the bush in remote homesteads and communities.

COWAN (Blue)
EDITH COWAN (1861 – 1932)
Social reformer – worked to secure proper care for mothers and children. For three decades before entering parliament she was prominently involved in women’s political organisations in Western Australia, Australia’s first woman parliamentarian. Among the first women appointed to the bench in 1915.

KENNY (Gold)
ELIZABETH KENNY (1880 – 1952)
Without formal nursing training, she worked as a bush country nurse, treating the first stages of polio and established a clinic in Townsville. She became known for her treatment of poliomyelitis.

LICE DETECTION

I ask that every parent regularly check their child’s/children’s hair for lice. Apparently the very dry weather we have had, has helped to create a wonderful breeding environment for these pesky critters. Maybe the recent rain will make a difference!

It is advisable for all students who have long hair to have it tied up or back.
Please refer to attached Lice Information Paper.
MULTISENSORY APPROACH TO LITERACY
PARENT TRAINING SESSIONS

If you would like to assist your child with Spelling, Reading and Writing and further understand how these skills are being taught at Burwood Heights, this is the course for you. I encourage parents of students of all year levels to attend this training course.

The course will consist of four sessions held at school on the following Monday mornings:

24th February, 3rd March, 17th March and 24th March.

All sessions will run from 9.10 – 10.30 a.m. Unfortunately, we will not be able to accommodate younger siblings.

Please return the reply slip below to the school office by Tuesday 18th February.

Denise Cooper

EDUCATION MAINTENANCE ALLOWANCE

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children. To be eligible for receipt of the EMA you must:

- Be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- Be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or be a Veterans Affairs (TPI) pensioner or be a foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term One (28th January 2014) which is the first day for teaching staff and Term Three (14th July 2014)

The EMA application must be submitted to the school by 28th February 2014 for the first instalment and 4th August 2014 for the second instalment. The EMA provides an annual amount of $150.00 for primary students paid in two instalments.

Parents with continuing eligibility, who have paid the first instalment of 2014 through this school will not be required to complete a new application for the second instalment. Parents who transfer children to another school after 28th February and prior to 4th August 2014, must reapply at the new school for the second instalment.

EMA application forms are available from the school office.

STUDENT BANKING

A reminder that students can bring in their banking every WEDNESDAY. There are some great prizes which are currently on show in the office.
IMPORTANT BOOK CLUB INFORMATION!!

Book Club Issue 1 - 2014 brochures are being sent home this week

Please note the following information so that we can ensure the accurate ordering and prompt delivery of Book Club items to the students.

- Orders are due back by Friday, 14th February. Please note: Late orders will not be accepted as orders will be placed on Friday afternoon.
- Please make sure that all details on the order form are filled in legibly, including name, grade, number of items and totals.
- Cheques should be made out to Scholastic Australia NOT Burwood Heights PS
- For Credit card payments, please follow the instructions on the order form and record your receipt number, NOT your credit card number on the order form. You may make a single credit card payment for the combined total of several different clubs, if you wish.
- Check that you are using the current Book Club brochure as we are unable to order from previous brochures – The current Book Club is Issue 1 – 2014.
- Please return the order forms in an envelope with your child’s name, grade and money amount written clearly on the front. I will collect the orders daily from each grade or the office.
- EXACT money if paying cash, please!!

Mrs. Bakopanos (Librarian)

GARDEN VIEWS

Welcome back everyone; hope you managed to have a wee rest. Meanwhile, back on the ranch the five chooks have been busy laying eggs. They consume one huge bunch of silver beet and comfrey every second day plus any weeds I throw in. Two young brown chooks were added recently. Poor things are going through the pecking order process, a phenomenon that also exists in human circles. Hopefully they will survive it.

The two huge ducks are still eating about twenty snails a day and really love their pond of water. They exhibit real joy when “ducking”, flapping and quacking in a fresh pond of clean water. The round shape of their bodies, faces and beaks convey happiness unlike the serious minded chooks with their more pointy features, their hook like feet and can opener styled beaks. They peck at everything, some people are like that.

The nibble footed guinea pig, rabbit, even flat footed ducks try to keep out of their way.

After seeing some lambs at Chesterfield farm I am contemplating buying a lamb as a lawnmower, kid cuddle buddy and wool grower. Haven't finished envisaging how much extra work such may entail.

Keeping water up to the plants and beasties over the holy days has been a challenge. Nevertheless holiday time gives me the opportunity to take developmental steps with the nature classroom. Prior to the holidays, the lads who liked to dig, devoted their enthusiasm to digging out the soil for a frog bod pond, 4 metres long and 2 metres wide. This is located near the science shed as a support for wee beastie observation and biological studies.

Uninterrupted time afforded me the opportunity to finish that project. The garden also needed a big clean up as well as much weeding, tomato vine tying, maintenance of structures and some modification of non-functional areas. Unlike most classrooms the outside one is alive and therefore grows! It also tends to be deconstructed regularly by an avalanche of enthusiastic creators. A hops vine, used herbs to calm nerves, that I planted way back, is working on binding and concealing a gate...such a tenacious plant.

Well, hope the year 2014 is a bonza time for all of you...........cheers

Peter LeRay
Visual Arts 2014

This year in the Visual Arts we will be exploring the theme, 'Australia: Our Country, Our Place, Our home.'

The Visual Arts Programme will provide insights into a wide range of aspects related to the development of Australian Art. The programme includes elements from Aboriginal Art and Culture, the reaction of the first European artists to the new ‘exotic’ Australian landscape, tracing the discovery of Australia by European Explorers, followed by the settlement of the new colony by the English.

Students will explore significant national events through the paintings and art works of important Australian Artists. Events such as The Gold rush, Federation, the origins of Aussie mateship in the context of the Anzacs, the changing cultural landscape in the fifties with migration to help build infrastructure such as roads, rail, bridges and the Snowy River Hydroelectric Scheme.

We will reflect on the question, ‘What is it to be Australian?’ Our focus will be on Australia’s modern, multicultural and democratic society; all referenced to significant Australian artists and their paintings.

When looking and observing the art from the various periods of Australia’s history we can see through the eyes of artists, a historical and cultural picture of a developing nation, documenting the life and times of its people, the landscape, cities and lifestyles.

It will be an exciting year for our students in the Visual Arts, one of discovery, exploring, questioning, experimenting, making, creating and reflecting on the many facets that make ‘Australia’ the unique and wonderful place it is.

I have planned for Level Three and Four students to be part of creating a mural to decorate an exterior wall within the school. The theme for the Mural is ‘Indigenous flora & fauna of Whitehorse’. This has been funded by the City of Whitehorse Council and includes the added expertise of a practising artist working with our students to develop and execute the mural’s concept.

Having had such a wonderful response to the ‘Imagine Arts Show’ last year I have planned to put this on again. At this stage it is planned for the second week of Term four. It was wonderful to see our students and parents enjoying the exhibition and having the opportunity to see the art work on public display. Students felt proud of their work and achievements and with the help of the school community hope to build on the event from last year...
I look forward to a creative and inspirational year with our young artists and would like to hear from you if you have any resources or skills we could utilise as part of our Visual Arts Programme for 2014.

Other news from the Visual Arts is a new electric kiln has been up and running from late last year. Students explored the medium of ceramics and had a wonderful and creative time making clay slabs as a starting point for the project themed, ‘Faces of Picasso’. Students firstly sketched their intended sculpture and then sculpted it in clay. The work was fired in the kiln and finally the students painted and glazed their work. I look forward to extending this opportunity to all our students this year.

Clay Project: ‘Faces of Picasso”

Sketch Design for ‘Faces of Picasso’

Jacqui Carslake
Visual Arts Teacher
Hi all,

WELCOME BACK!!!!!!! I hope everyone had an awesome Summer break and a great Christmas and New Year’s. I spent the first two weeks visiting family in NSW and QLD, had a chill out week at home the third week and then had a blast working the last two weeks at Orchard Grove’s Holiday program. Super busy holidays but also lots of fun! Pooja, Marni and I are looking forward to catching up with everyone and hearing about what they got up to.

This term is going to go super-fast but I have lots planned for us including AASC and more activities that are planned through a weekly ideas suggestions board that everyone can write on. Also, a big hello to all the new families who are coming to join us! Please feel free to come and chat to any of the staff if you’re not sure how the end of day process goes. We will always make sure that everyone is happy, fed, safe and having fun when they come to OSHClub.

A note to parents: Please make sure that all of your enrolments are up to date with contact details and medical info. If your child has Asthma or Anaphylaxis, then we need their medication on site at all times, not in your child’s bag (a spare must be left with us).

Have a great week!
The OSHClub Team

Next Week’s Activities:

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<td>Computer Pals (Craft)</td>
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Parent Information

OSHC program phone: 0423 225 807
Coordinator: LINDSAY
Assistants: MARNI AND POOJA
OSHClub Head Office: 03 85649000
All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
From Prep to Year 10, NumberWorks’nWords after-school tuition brings out the best in Aussie students by:
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numberworksnwords.com.au

Free Drum Lesson! With The Rhythmic Beast! 15 years experienced teacher; all styles; including doublekick. I have been playing drums for over 20 years. Have had 10 years tuition with the best in Australia & have been teaching for 15 years also. Students can record their performances in hd and have fun while they learn. My website is www.rhythmicbeast.com where you can enjoy some of my drum solos, as well as solos from students. Contact Mars on 0422636032; or email me at mars@rhythmicbeast.com.
Mindfulness and relaxation program for children to tap into inner-self for compassionate, confident, happy and intelligent individuals.

Kids Balance holds mindfulness and relaxation workshops for children throughout Melbourne, Victoria. Each session consists of Warm-up, Posture and Co-ordination exercises, Group-based Activities and Interational Games, Mindfulness Practice and Breathing exercises, Mindful movements, Visualisations, and Affirmations. We provide workshops for preschool and primary school children. Our mission at Kids Balance is to promote value and significance of mindfulness and relaxation techniques to all children, empowering their self esteem and self expression and guiding them to draw out and honour innate intelligence through natural movement experiences.

Every Kids Balance session is relevant, practical, inspirational, and fun. We hope to teach and inspire a generation of happy, healthy, positive and calm children to live a balanced life in body, positive mind and spirit.

Term 1 - 2014

When: Tuesday
Commencing: 04/02/2014
Concluding: 25/03/2014
Time: 3:35pm - 4:20pm
Year Levels: Prep and Grade 1 - 3
Venue: Burwood Heights Primary School
Cost: Term 1 of year 2014 (8 weeks) - $80
Enrol: Enrol and make payment online - go to www.kidsbalance.com.au
**Knockout Fitness And Boxing Centre**

**JUNIOR GLOVES****

**KIDS BOXING CLASSES!**

- Tuesdays 4:15 - 5pm
- Mahonesys Road, FOREST HILL - Knockout Fitness And Boxing Centre
- Only $10 per class with all equipment supplied!

New to Knockout Fitness And Boxing Centre in Forest Hill is our boxing program for kids aged 7-14 years old. Junior Gloves is a safe and fun environment for your kids to learn:

- Self - Defence
- Fitness
- Respect & Discipline
- Confidence

Using fun and interactive boxing-based skills, drills and games, kids in our Junior Gloves program will develop coordination, strength of mind and body, and confidence.

Our instructors are fully qualified and have Working With Children Checks.

$10 per class.

Online bookings essential to reserve your child's place in the class:

All equipment provided!

For more info, contact us:
0420 504 289
info@knockoutfitness.com.au
www.knockoutfitness.com.au

Knockout Fitness And Boxing Centre
Level 1/39 Mahonesys Road, Forest Hill, 3131

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**Free Tennis Open Day**

**Sunday 9th February**
11.00am to 2.00pm

- Free Intro Tennis Lessons
- Jumping Castle
- Free court usage
- Sausage Sizzle
- Adults & Kids welcome
- Demo racquets & Ball machine
- Club Membership Specials
- If you can not make it on the day contact us to try tennis

Contact: info@vidatennis.com.au
6493 9236

Glen Iris Valley Tennis Club
266 High St Road Mt Waverley
# Fresh Sandwiches

Choose a Wholemeal, Multi Grain or White sandwich with a selection of fillings including:

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, tuna or plain salad</td>
<td>$2.60</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.30</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tomato</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.80</td>
</tr>
<tr>
<td>Cheese &amp; Vegemite</td>
<td>$2.40</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.80</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$2.80</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.20</td>
</tr>
<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$3.80</td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td>$4.20</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.20</td>
</tr>
<tr>
<td>Roll or Wrap</td>
<td>Add 50c</td>
</tr>
<tr>
<td>Toasted</td>
<td>Add 20c</td>
</tr>
</tbody>
</table>

# Toasted Sandwiches

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.40</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$2.50</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

# Healthy Choice Snacks

<table>
<thead>
<tr>
<th>Snack</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit in Season</td>
<td>$1.20</td>
</tr>
<tr>
<td>Carrot Sticks/Celery Sticks</td>
<td>60c</td>
</tr>
<tr>
<td>Homemade Muffins</td>
<td>$1.80</td>
</tr>
<tr>
<td>Homemade Cookies</td>
<td>$2.00</td>
</tr>
<tr>
<td>Bagged Popcorn</td>
<td>$1.40</td>
</tr>
<tr>
<td>Assorted Chips</td>
<td>$1.40</td>
</tr>
<tr>
<td>JJ's Snacks</td>
<td>$1.40</td>
</tr>
<tr>
<td>Gingerbread Men</td>
<td>$1.80</td>
</tr>
<tr>
<td>Fruit Salad in a cup</td>
<td>$2.20</td>
</tr>
<tr>
<td>Boiled Egg</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

# Hot Food

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried Rice</td>
<td>$3.80</td>
</tr>
<tr>
<td>Lasagne (97% fat free)</td>
<td>$3.80</td>
</tr>
<tr>
<td>Spaghetti Bolognese (97% fat free)</td>
<td>$3.80</td>
</tr>
<tr>
<td>Pizza Hawaiian or Margarita</td>
<td>$2.90</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Homemade Soup (Terms 2/3) with roll</td>
<td>$2.20</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

# Alternate Warmed Selection

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets x3</td>
<td>$1.80</td>
</tr>
<tr>
<td>Chicken Nuggets x6</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken wrap with mayo &amp; lettuce</td>
<td>$3.60</td>
</tr>
<tr>
<td>Sweet Chilli Chicken Wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken Burger with lettuce &amp; mayo</td>
<td>$3.80</td>
</tr>
<tr>
<td>Steamed Dim Sims</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hot Dog (low Fat)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Dog (low Fat) with cheese</td>
<td>$3.20</td>
</tr>
<tr>
<td>Meat Pie (lite)</td>
<td>$3.20</td>
</tr>
<tr>
<td>Sausage roll</td>
<td>$2.80</td>
</tr>
<tr>
<td>Party pie</td>
<td>$1.40</td>
</tr>
<tr>
<td>Party Sausage Roll</td>
<td>$1.40</td>
</tr>
<tr>
<td>Tomato Sauce Portions</td>
<td>20c</td>
</tr>
<tr>
<td>Paper Bag</td>
<td>10c</td>
</tr>
</tbody>
</table>

# Drinks & Frozen Treats

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Just Juice- 100% Apple, Orange and Apple Blackcurrant</td>
<td>$2.40</td>
</tr>
<tr>
<td>Flavoured Milk-Chocolate or Strawberry</td>
<td>$2.40</td>
</tr>
<tr>
<td>Quelch Frozen Tubes (99% fruit juice)</td>
<td>80c</td>
</tr>
<tr>
<td>Ice Creams-Paddle Pops, Chocolate Rainbow or banana</td>
<td>$1.50</td>
</tr>
<tr>
<td>Icy Twist</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

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*THIS IS A NUT FREE MENU*  
*Prices include GST and are subject to change*