



**Victoria
Road**
Primary
School

September 2019

Working together for a bright future

Calendar of Events:

- Mon 16 – Fri 20 Sep Swimming Program @ Aquahub, Croydon
- Fri 20th Sep Yr 5&6 Camp Allambee FINAL Payment due
- Fri 20th Sep Little Athletics Form DUE – Foundation, 1's & 2's
- Fri 20th Sep Last Day of Term 3 – NO CANTEEN
- Fri 20th Sep Assembly @1.50pm & early dismissal 2.30pm
- Mon 7th Oct First Day Term 4
- Tues 8th Oct No Breakfast Club
- Tues 8th Oct Yarra Division Athletics Carnival – selected students
- Thur 10th Oct Mooroolbark District Little Athletics Afternoon for Foundation, Year 1, Year 2 Students
- Tues 22nd Oct 5/6 Basketball Team Division Playoffs
- Thurs 24th Oct Foundation Transition Day 2.15 – 3.15
- Fri 25th Oct Hoop Time Basketball Regional Finals - 8 x 5/6 students
- Mon 28th Oct- Fri 1st Nov 5/6 Camp Allambee
- Tues 5th Nov Melbourne Cup Day – No School

From the Principal:

Hello from Delhi, India

As you may have seen on our school FB page, I was selected as one of the six female Victorian Principals to take part in a new program run by our Department of Education and Training and the Asia Education Foundation - University of Melbourne, called Women in School Leadership (WISL). In this program I am working with other school leaders (six from Victoria and six from Delhi), to discuss government policy around social reforms associated with student health and wellbeing. As part of this I was asked to do a presentation on this topic and in particular to present a case study of our school, the work we have done on PBS and its impact in our school. This was a proud moment for me as I reflected on the great work that not only our leadership team and teachers have done in this space at Victoria Road, but the ongoing efforts made by our children and family community as well, to make our school a safe and inspiring place to learn.

It is very hot here, around 36 degrees, and as it is at the end of the monsoon season, it is also very humid. India is a very beautiful place with the most amazing food ever. The people we have met here are very eager to share their culture and history with us and have been very generous and warm. There is a lot of work being done here in the schools of the six principals we are working with on social reform and environmental issues as they realise both these areas need attention if we are to provide upcoming generations with a world they can flourish in.

Tomorrow I begin a homestay with my principal partner Ms Supriti Chauhan from Raghav Global School in Noida, Delhi. I am excited about spending time in her school where I will do a presentation for her staff on the work we are doing at Victoria Road PS and no doubt pick up many ideas from Supriti about how they are working in this space as well. In May or June, Supriti will be coming to Melbourne in a reciprocal visit to our school where she will be our guest for 4 days. I am looking forward to planning with our teachers and students what events we may hold to welcome her during this time.

Finally I wish you all a great end to term 3 and a safe holiday break. I look forward to seeing many smiling VRPS faces when I return at the start of term 4.

Kindest Regards,

Lisa

PS You can check out Raghav Global School on Facebook!



Lisa with Principal Partner from Delhi Ms Supriti Chauhan



Some OHS issues not even Mr Naughtin could sort through!



Lisa giving a presentation on "The state of health and wellbeing of Victorian children" and VRPS case study on PBS and its impact in our school

From the Assistant Principal:

How time flies when you're having fun and learning!

As I sit down to write this newsletter article I find myself amazed at how quickly term three has sped by and how much our students have achieved.

In the first week of term, our Foundation students celebrated their 100th day at school, soon after our students amazed us with their talents at our 'Illusions' school production. Grade 3/4 students had a great time exploring our wonderful city during their Urban Camp experience and had a great science incursion. We had success at Hooptime, a trip to Healesville Sanctuary and celebrated book week in style with our dress-up parade. As the end of term loomed we managed to squeeze in our Maths and Literacy Extravaganza (open evening) a parent information session hosted by Sian Chambers Valance and now we're finishing off the term with our yearly swimming program.

It's been a great term of learning and as always it's been an absolute privilege to be part of our school community. It's time for our students to recharge and get ready for a fun and exciting term 4, please have a great holiday and stay safe.

In the meantime parents, I thought I'd share some interesting information on 'Growth Mindset' that we think is really worth exploring with your kids.

Kind regards,

Peter

GROWTH MINDSET at home



What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by Carol Dweck, developed by 10101010, from free resources

WHAT DOES 'PROCESS PRAISE' SOUND LIKE?

- That work is really good. Tell me about it and how you did it
- I love the colours in your artwork. What techniques have you tried?
- Well done! You're learning to...
- Every time you practise that, you're making the connections in your brain stronger
- I'm so proud of how hard you tried in that game

WHAT DOES IT SOUND LIKE WHEN WE PRAISE A CHILD'S TALENT OR INTELLIGENCE?

- You learned that so quickly!
- Fantastic work- you didn't make any mistakes at all
- You're a natural at (insert skill)

GROWTH MINDSET PRINCIPLES

INTELLIGENCE CAN BE GROWN

Everything we know and can do is learned

EFFORT IS MORE IMPORTANT THAN OUTCOME

Learning to persist using our own, independent strategies is a skill that will be beneficial throughout our lives

MISTAKES ARE VALUABLE

Without mistakes and failure new learning cannot happen

THE TYPE OF PRAISE WE GIVE IMPACTS ON A CHILD'S MINDSET

Praising a child's intelligence, ability or talent sends messages that can encourage a fixed mindset

From the Assistant Principal:

10 GROWTH MINDSET TIPS FOR PARENTS



1. Model Growth Mindset Thinking

Explain how you deal with challenges and continue to learn. Don't label yourself in a way that demonstrates a fixed mindset e.g. 'I'm a terrible cook' or 'I've always been bad at maths.'

3. Set high standards but give help when it's needed

We should have high expectation of children's habits, effort and ability to grow. Making things too simple in order to give them an 'easy win' is counter-productive in the long run. If children need support, for example equipment or to talk homework through, this help will support their success.

5. Present failure as an opportunity to grow

Our instinct is to protect our children from the disappointment of failure, but this doesn't help them cope with setbacks. Don't allow your child to label themselves or shelter from the realities of failure by placing the blame on others. Instead ask, 'What will you do differently next time?'

7. Praise the process

Celebrate the effort or practise children have put into something, to help them see that persevering is worth it. When your child succeeds, talk about the work that went into that success.

9. Provide honest, constructive criticism

Try not to focus on your child's shortcomings or past mistakes. Work with your child to identify strategies that would help improve them in an area they find difficult. Comparing children to their peers or siblings either favourably or unfavourably, can encourage children to think of their abilities as fixed e.g. 'Her brother has always been better at writing.'

2. Encourage them to enjoy learning for learning's sake

Tests may give you snapshots of what your child has learned so far, but over-focusing on scores and performance can encourage a fixed mindset. Talk to them about which areas of the curriculum have engaged them and foster their interest in these.

4. Set realistic goals

Be mindful of the goals you set for your children and the messages they may hear. Goals should focus on the growth of a skill or the expanding of knowledge, rather than the end result.

6. Highlight the growth mindset of people your child admires

If your child has a favourite singer or footballer, find out about their daily habits, goal-setting and commitment. There are some great videos about famous people who experienced early failures, including Michael Jordan, J.K.Rowling and Einstein.

8. Take reasonable risks and encourage your child to do so

Growth mindset is about being a life-long learner. Accepting a certain amount of risk and failure is part of that process.

Is there something that you always wanted to try but were afraid you'd fail? Make a plan to do it and ask your child to do the same.

10. Find out about the brain together

Children are fascinated by brain facts. Learning about the brain's incredible capacity for growth can help them see that their abilities are not predetermined. There are some lovely websites devoted to explaining neuroscience for kids.

Office News:

School Canteen:

Our school canteen operates on Wednesday's and Friday's.
Online ordering is available.
Canteen menu is available outside the office.
If you can help out please let us know at the office!

OSHClub:

For all bookings and enquiries: 1300 395 735.
To contact Alison directly: 0476 802 866
The school office does not take messages or bookings regarding OSHClub.

School Banking:

Our school banking day is Tuesday.

Breakfast Club:

Tuesday mornings at 8.45am in the Community Room (opposite the office).
Everyone welcome!
Breakfast Club provides a healthy breakfast and is run by volunteers.
Please let us know if you have allergies.

School Uniforms:

Uniforms can be bought from the Community Room (opposite the office) at the following times:

Tuesday: 8:30–9:00 & 3:00–4:00
Friday: 8:30–9:00 & 3:00–4:00

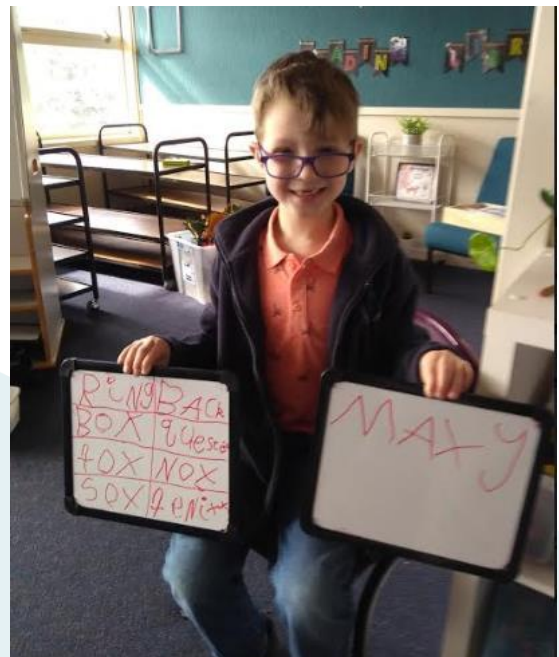
Prices are as follows:

Short sleeve polo	\$30
Jacket	\$37
Hat	\$15 (compulsory for Term 4 & Term 1)
School Bag	\$42
Summer Dress	\$36

Please remember that Hats are compulsory to wear in Term 4 & Term 1 of each year!

At this stage the uniforms are only for sale during the above stated times. If you are unable to make these times please call the office to make alternative arrangements. **A big thank you to all the parents who have been helping out and volunteering their time sell our new school uniforms! You are a wonderful support to our school.**

Foundation:



The month of September has been action packed in Foundation! We have been celebrating Footy Day where we learnt new skills and the importance of teamwork from the coaches at SEDA College. Our Foundation sports sessions have also continued on Monday afternoons, giving us a chance to practise our motor skills and learn from our Grade 6 buddies! In the classroom we have been writing responses, descriptions and targeting letters, sounds and blends to help with Reading and Spelling. Keep up the great effort everyone!

Foundation cont:



Year 1&2:

What a wonderful end to term three footy day and swimming!



Our grade 1-2 students have been busy working hard on their Space projects in Inquiry. The students have researched and presented a topic of their choice in a small group.

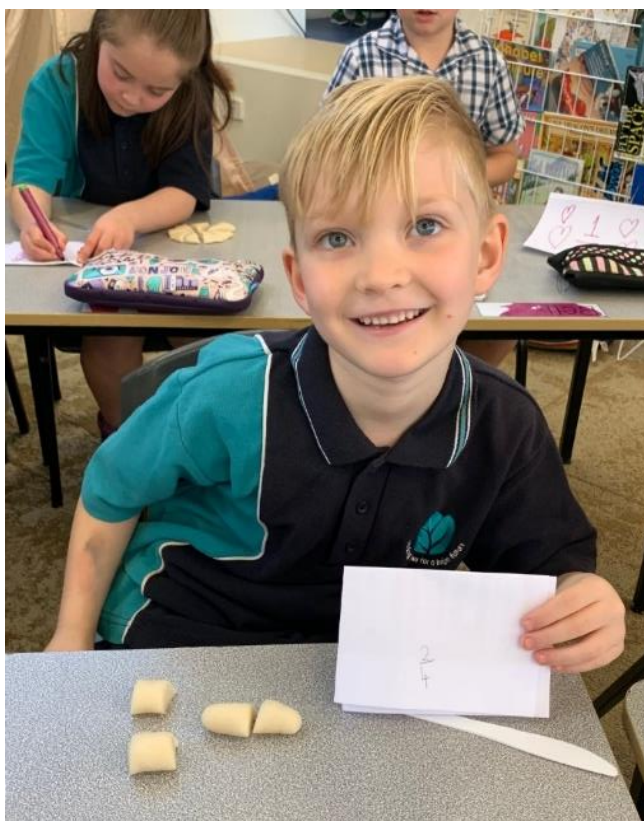
In writing the students have produced some fantastic information reports all about themselves, with some seriously entertaining conclusions.

In maths year ones and twos have been using playdough to show our knowledge of fractions, and loving it! The students are learning to represent halves, quarters, fifths and eighths. The students have also started their time unit and have been learning how to tell time to the half past, quarter past and quarter to the hour.

Looking forward to term four.....

The grade ones and twos have a spectacular fun night and the grade two sleepover to look forward to.

Year 1&2 cont:



Newsletter 3/4s Term 3 Week 10

It has been a busy term in Year 3/4, with the school concert, Urban Camp, Hooptime and lots of exciting learning in the classroom.

CONCERT

The 3/4 dazzled on the stage as they sung a range of songs at the Illusion concert. The teachers were so proud of the effort the students showed to get out on the stage and dedication in the practise.

CAMP

Our trip to the city was a jam-packed series of events and so much fun. We visited the Eureka Skydeck, Polly Woodside, Melbourne Museum and Marvel Stadium. Feedback from the students was that all were great to visit. Polly Woodside got a few more 'votes' as the favourite venue and Marvel rated high for the sports fans. The Urban Camp was an ideal stopover in between all the activities.

HOOPTIME

Students who attended Hoop Time travelled to Kilsyth to play a round robin basketball competition against other schools. For some students this was the first time playing competitive basketball. All the students enjoyed the day and we were proud of the way our students represented the school.

INQUIRY

We wrapped up our unit on Sustainability by creating videos showing how to use the bins correctly. Students worked in mixed groups to plan, script, film and edit their videos. Our grades are very proactive when checking to make sure the right items have gone into the bins. 3/4AB created a range of responses including posters, slideshows and videos to encourage people to think sustainably. Messages included not wasting electricity, saving water, the importance of putting rubbish in bins and reducing waste.

SCIENCE

Students have been putting the final touches to their dioramas. They were required to show an animal in its natural environment and include all of the things that animal needs to survive. The dioramas look great, showing an understanding of the animals needs as well as artistic and creative flair.

FOOTY DAY

Last Friday saw students dress up in their favourite team gear (AFL or other) to celebrate the finals season and the impact sports have on us. The footy clinics were well-planned and enjoyable and showed that the students could demonstrate sportsmanship, teamwork and effort.

INTERNATIONAL STUDENT

We farewell Sally Kim this week. We would like to thank her for spending time with us at VRPS and wish her and her family safe travels back to Korea.

Year 3/4 cont:



Year 5/6:

We are very sad to be saying farewell to Hong Ah on Friday. She has reflected about her 10 weeks as a student at our school. "I have made lots of nice friends at this school. My school in Korea has 1,500 students and we finish at 2.30. I like that this school and the classes are smaller. I have also not been in a composite class before. In Korea, the school gives us our lunches. We don't have to bring a lunch box." We wish her a safe journey back to Korea.



We are delighted to welcome Rose Arbutnot (Mrs A) to the Year 5/6 team. Rose is enjoying this school and she's proud of the fact that she's learnt most of the students' names and the staff as well! She has enjoyed going to Hooptime and being part of Footy Day. She is really looking forward to going on camp and Community Sports Day next term.



Year 5/6 cont:

The 5/6's have enjoyed wearing pink for Katelyn's Breast Cancer Research Awareness Day. They also enjoyed the activities conducted by the SEDA students and showing off their footy colours.



Year 5/6 cont:

We have been studying and creating poetry in Writing. Here are some limericks we have created.

*There once was a silent, sneaky bear
Who was always very aware.
So a rabbit surprised him
The rabbit's name was Jim
Oh that bear got a very big scare.* By Ari

*There once was a big bowl of rice
That generally tasted quite nice.
But one order came back
"This tastes like blu tack!"
And turns out it was made from lice.* By Cadell

*There once was a man named Jag
Who lived in a brown paper bag.
He lay on the road
Got eaten by a toad
And that was the end of our Jag.* By Ava

*There once was a man called Flash
He had a whole lot of cash.
He owned a nice bar
Had a really fast car
But he had a bad crash and his car went bash.* By Lachie

*There was a young man named Buck
And his best friend's name was Luck
They went to the park
To look at a plaque
But they got chased by an angry duck.* By Brody

2019 AFL FOOTY TIPPING COMPETITION

Thanks to everyone who took part in the competition this year.

Congratulations to Sophie Van Helmond in Grade 1 who is the 2019 champion after leading for almost the entire season, which is an incredible achievement. For her amazing tipping skills, she was awarded our NEW perpetual trophy, which she will keep for the next 12 months. She also won a footy.

Great job Sophie!



RANK	TEAM / TIPSTER	RD 23 TIPS	AVG/RND	TOTAL TIPS
1	SOPHIE VH Sophie V	8	5.9	135
2	MR CLARKE - ... Scott C	7	5.8	133
3	VEEJAYJAY Valme J	8	5.7	132
4	SECRETPOWERHOUSE Ice M	6	5.7	131
5	GORDONBRUCE996 Gordon B	8	5.7	131
6	LACHIEWGOPIES Lachlan W	8	5.6	129
7	MISSGOOREN Katie G	8	5.6	129
8	LACHLAN11 Lachlan W	8	5.6	129
9	BURGIES BASHERS Dave B	8	5.6	128
10	JCRAM Josh C	8	5.6	128

Mooroolbark District Athletics

Last Wednesday 28th August 43 students in Years 3 to 6 travelled to the Yarra Ranges Athletics Track to compete in the Mooroolbark District Athletics Championships. Events included - Long Jump, High Jump, Triple Jump, Discus, Shot Put, Hurdles, Sprints, Distances Races and Relays. After finishing in the Top 2 in their event or events, we now have 16 students who will compete at the Division Finals, early in Term 4. We also had a record number of 3rd placings, with 18 for the day. Most importantly our competitors were respectful participants and did our school proud. It was great to have a large number of family members come along and cheer on our team.



Hooptime Basketball

Congratulations to the Year 2 to 6 students who have participated in Hooptime Basketball Days this term. I am super proud of how you represented our school. The final District tournament was on Friday 23rd August with the Year 5/6s having their day at Kilsyth Stadium. A special mention to the Victoria Road Raptors who won the Future Stars Championship and will now take part in the Regional Finals in Term 4. On behalf of myself and the students involved in Hooptime, I would like to thank the large number of parents who helped with coaching and scoring at the 3 Hooptime days. Without their support we are unable to attend these events that are not only enjoyed by the students but are a fantastic experience.



VICTORIA ROAD RAPTORS TEAM

Coach: Garry Goodman

Players: Josh Goodman, Bailey Condon, Bryn Ballagh, Aaron Dooley, Cameron Noble, Jessica Dixon, Olivia Tahirovski, Kayley Anderson



Term Four: Transition Sessions

Starting Prep is a big step for children and transitioning between Kinder and Prep can often come with mixed emotions. To ensure that all children have an opportunity to feel comfortable at Victoria Road Primary School we offer structured transition sessions.

During these sessions, we welcome children enrolled for Prep in 2020 to attend our four transition sessions. They will engage in classroom activities, meet the specialist teachers and office staff and generally get a feel for school life!

Whilst we recognise the importance of transitioning into school, we also recognise the importance of the kinder year. Kinder is such an important year and provides your children with many of the tools necessary to start school. It is for this reason that we chose not to start our transition sessions till the end of October. We have also chosen a variety of days and times. This will allow your child to experience different aspects of school life and allow them to build up to the last transition session where they will be asked to bring a packed lunch box. During this session they will also go out to the playground for recess where the teachers will closely supervise all children in one small part of the yard.

Our four transition sessions will take place on the following dates:

Thursday, October 24th

2.15pm - 3.15pm

Wednesday, November 13th

9.15am - 10.15am

Tuesday, November 26th

2.15pm - 3.15pm

Tuesday, December 10th – Meet your 2020 Classroom Teacher & Buddy

9.15am - 10.45pm

Please note that these sessions are only for students enrolled to start at Victoria Road Primary School in 2020.

School Activities:

As Term 4 is just around the corner so a little reminder to everyone that the weather is getting warmer and we need to be safe in the sun. Don't forget to wear your hat in Terms 4 & 1 and also apply Sunscreen before school & during the day!



sunsmart.com.au



School Activities:

VRPS Staff enjoying the Book Fair dress up parade!



Fundraising:

Big thank you to all Helpers and the School Community for your support towards raising funds for our School Grounds this year.

Everyone had a great day with the Father's Day stall and Book Fair Week, these two events raised a profit of \$600. Great Work!!!



We have more to come in Term 4, including the Twilight Family Night on the 5th of December and Colour Run booked in for 29th of November.



We will send home information and flyers communicating these events and if you wish to come along and help out we will have sign up forms at the office in Term 4.

Thank you

Fundraising Team

Gardening Friends Group:

An invitation to join us!

This volunteer team has been meeting at the school on Wednesday mornings for the past year and they have:

- ✓ re-established some of the garden areas
- ✓ improved the composting system
- ✓ taken part in weeding, clearing, pruning, mulching and general maintenance
- ✓ been involved in propagating and planting
- ✓ participated in sourcing materials

This year, the name changed from the Grand-friends Group to the **Gardening Friends Group** to better reflect who we are looking for and the current makeup of the group. If you are **available and interested** in working outside in the school's gardens or in any other activity listed above, that is **all** that is required.

You can learn new skills along the way and of course share your knowledge with the team. We operate on a shoe string budget and do much of our own propagating and resourcing. That is all part of the fun!

Gardening Friends team is keen but small in number and the long term vision for the grounds very large!

Calling parents, grandparents, friends - male, female, retirees, locals - in fact anyone who would like to commit to this team - regularly or from time to time.....

WE NEED YOUR HELP!

Please leave your name and contact details at the office. You will be contacted by Sue Chambers from the Gardening Friends Group.



Community Notices



My name is Dimitra, I am a parent at Victoria Road PS and last year began my own business called Eat, Prep, Love. I am passionate about cooking and love making healthy and easy alternatives to take away!

Some comments from my customers include the following:

- "Absolutely delicious restaurant quality. Even enough for the next night. Will definitely order again. Thanks so much"
- "I didn't just like it, I loved it!"
- "Dimitra we so look forward to the nights you cook for us! Your meals make dinner time easy and delicious. Thank you!"
- "Amazing food, freshly prepared, generous serving sizes for the whole family!! You make the crazy juggling in my life so much easier! Thankyou"

Details:

- All meals serve 4 and range between \$25-\$30
- Meals can be picked up from my house - The Gateway, Lilydale
Please message me to arrange pickup - M. 0409 212 726
- Meals need to be ordered a week in advance
- Payment is made via direct debit
- Details of exact meals, prices and order cut off dates can be found on my Facebook page - 'Eat, Prep, Love'





Simple and Stylish

Specialising in party hire and DIY dessert tables.

Looking for a unique and memorable sleep over party?
Simple and Stylish has sleep over packages to suit any budget. Take all the stress out of hosting your own sleep over party and contact us today.

TEEPEE SLEEP OVER PACKAGE

\$45 EA UP TO 3 ~ \$40 EA 4+



BASIC SLEEP OVER PACKAGE



\$25 EA



- Teepee packages include: mattresses, bedding, breakfast trays, decorations all covered in our gorgeous Teepees.
- No minimums required.
- Both girl and boy themes available.
- Basic packages include: mattresses, bedding, breakfast trays and decorations.
- No minimums required.
- Both girl and boys themes available.

SPECIAL OFFER ~ HIRE x4 TEEPEES OR BASIC SLEEP OVER SETS AND GET THE 5TH ONE AT NO CHARGE. SIMPLY MENTION THIS AD. TERMS AND CONDITIONS APPLY. LIMITED TIME ONLY.

Phone Angela ~ 0400589466
simpleandstylish@bigpond.com
www.simpleandstylish.com.au

 @simpleandstylish
 @simpleandstylish09


LITTLE PRINCESS DESIGNS
PERSONALISED PARTY AND GIFTWARE

Add a personal touch this Christmas
with our personalised gifts, there's something
for everyone



From our personalised
keys-rings, pencil cases,
make up bags, to tumblers,
glasses and even prints

Personalised
Chocolates



Teacher Prints

There's
something
for everyone



Find us on
Facebook
and
instagram

"NEW ITEM"
Personalised
Baubles



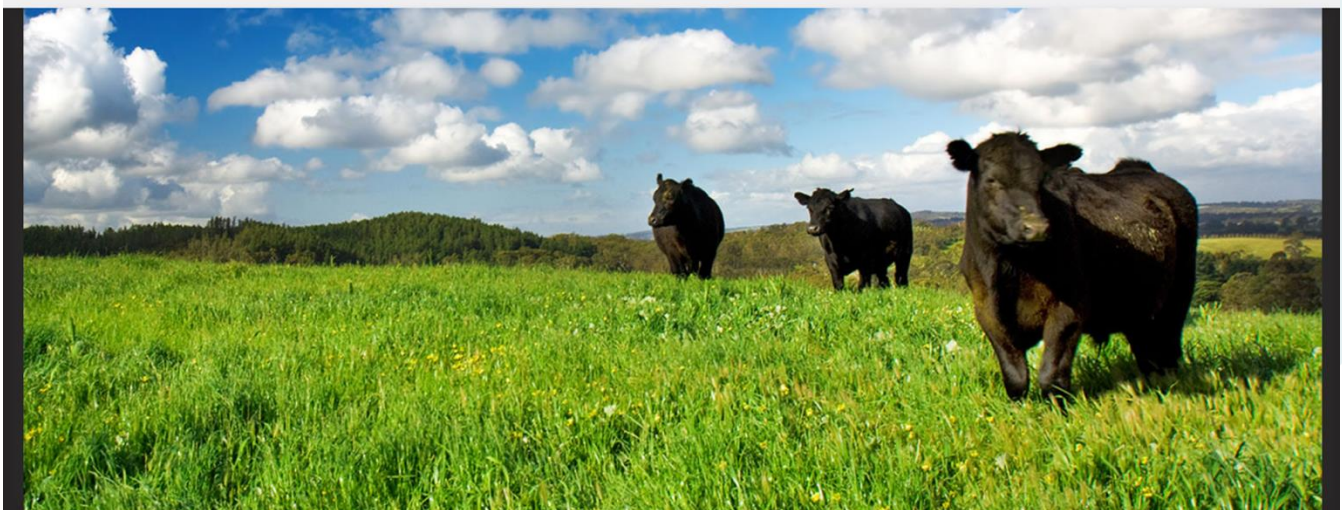
Or something special for
that hard to buy for
friend and family



PREMIUM QUALITY MEATS

☎ 03 9735 9398

Search ...





Minkie

Family Photography
 couples / pregnancy / babies / families
 WWW.MINKIEPHOTOGRAPHY.COM.AU

Lift
 Naturopathy
 & Massage

I am offering 10% off to all families of Victoria Road PS. Feel free to contact me if you are interested in natural therapies and massage. I can help with sleep, anxiety, depression, weight loss, fatigue, skin concerns, immune systems, children's health, and more.

Check out my Face Book page for more information @liftnaturopathy or call/text Toni on 0438 168 887.



Swanella Creations

Delivering beautiful, unique custom handmade Nappy Cakes for your Baby Shower centre piece or for a special baby gift. Quality yet affordable.

Free delivery to Lilydale

Email : swanellacreations@gmail.com

follow us on Instagram / like us on Facebook

Nappy Cakes
 Mobile : 0409299711
 (Rosemary)



WOMEN'S WELLNESS WEDNESDAYS

Are you a mum that juggles a busy family life which places you last on your priority list?

Through education, discussion and guided meditation, Women's Wellness Wednesdays will help you put wellness and self-care into practice. Sessions will focus on the science of self-care, defining your personal vision of wellness and teaching the CALM technique to help soothe sleep-deprived minds.

Course commences Wednesday 9th October until Wednesday 30th October at Chimsdale Park Community Hub 33 Kimberley Drive, Chimsdale Park
Cost: \$60 in total (4 sessions)

www.cire.org.au

About Flic Manning

The sessions will be run by Flic Manning of Corethentic, a globally certified Wellness Coach, Personal Trainer, Dance Educator and Meditation Guide with 30 years of experience in health and wellbeing. Flic is dedicated to supporting you in achieving your health goals in ways that are unique, fun and safe.

Occasional Care available (fees apply). Call 9088 8808 for further information or to enrol, or visit www.cire.org.au.



CORETHENTIC
www.corethenticbody.com



SESSIONS Weekly overviews

DATE	TIME	CLASS OVERVIEW
SESSION ONE Wednesday 9th October	9:30am to 10:30am	<ul style="list-style-type: none"> What is wellness? What is self-care? Accepting your changing identity & body through wellness. Gentle guided meditation & mantra
SESSION TWO Wednesday 16th October	9:30am to 10:30am	<ul style="list-style-type: none"> The science of self-care (how our brains wire our bodies). The science of mirroring (how this affects the family unit). Gentle guided meditation and mantra
SESSION THREE Wednesday 23rd October	9:30am to 10:30am	<ul style="list-style-type: none"> Demystifying the language of your body (through movement & mind). Learning the "CALM" technique for a rested mind during sleep deprivation (continued example of mirroring). Gentle guided meditation and mantra
SESSION FOUR Wednesday 30th October	9:30am to 10:30am	<ul style="list-style-type: none"> Defining your vision of wellness. A personalised mantra for you. Putting your wellness into practice. Gentle guided meditation and mantra

Location
Chimsdale Park Community Hub
33 Kimberley Drive, Chimsdale Park

Cost: \$60 in total (4 sessions)

Occasional Care available is on-site (fees apply). Call 03 9088 8808, scan the QR code or visit www.cire.org.au to book or for further information.



Scan QR code or visit trybooking <https://www.trybooking.com/BEWU>



CORETHENTIC



YARRA RANGES Celebrate Children's Week

Friday 18th October to Sunday 27th October 2019

Free activities for children aged 0-12 years and their families across the Yarra Ranges

Celebrating Children's Week and the United Nations Convention on the Rights of the Child Article 24 – 'Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy.'

Stay informed on all Yarra Ranges Family & Children's Services events by the Flexi Buzz app, call 1300 368 333 or go to www.yarraranges.vic.gov.au/Lists/Events

Yarra Ranges Children's Week 2019 events

Friday 18th October	Saturday 19th October	Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th October	Sunday 27th October
Picnic in the Park 4.30pm - 7.00pm Seville Water Park, Moorabbin, Seville Rd, Seville Bring a picnic or grab a snack. Free activities for the family to enjoy. Get to know your local service providers and other families within the wider Seville community. In partnership with Yarra Ranges Council - Early Years Services. Enquiries: Seville Community House 09655987 info@sevillecommunityhouse.org.au	Bee Keeping 10.30am - 12pm Lilydale Library Have you ever seen inside a Beehive? Meet Jay from Organicsway Honey Farm with his amazing live Beehive and see how bees make honey - it's safe and fun. Honey to taste and craft to make! Suitable for all ages. Enquiries: 9800 6457 Registration essential: events.yourlibrary.com.au/event?id=13592	Move and Groove 10am - 11.00am Belgrave Community Hub, 1516-1524 Burwood Hwy, Belgrave Calling all young children and their families, we will be dancing, singing, jumping and learning new ways to play together. Then join us for a delicious morning tea! Suitable for all ages. Enquiries and Registration: Jacqui 9059 4200 jacquie@edvos.org.au (Registration requires Name, age of child, any dietary requirements)	Teddy Bear's Picnic 9.30am - 11.00am Yarra Junction Playground, 2451 Warburton Hwy, Yarra Junction Bring your picnic and teddy and enjoy a morning of activities, performers and service stalls. Suitable for all ages. Enquiries: CIRE Services 1300 835 235 or info@cire.org.au	Children's Festivities in the Hills 10.30am - 12.00pm Silverbrook Family and Children's Centre 1443 Burwood Hwy Upway Music, dance and storytelling for children and families. Children will have the opportunity to learn about health and safety through fun and interactive performances and activities. Suitable for 2-8 year olds. For registration and enquiries: 9294 6535 stcc@yarraranges.vic.gov.au	Bee Keeping 10am - 11.30am Healesville Library, 110 River St, Healesville Have you ever seen inside a Beehive? Meet Jay from Organicsway Honey Farm with his amazing live Beehive and see how bees make honey - it's safe and fun. Honey to taste and craft to make! Suitable for all ages. Enquiries: 9800 6457 Registration essential: events.yourlibrary.com.au/event?id=13714 Hungry Caterpillar's 50th Birthday 10.00 - 11.00am Mount Evelyn Community House and Reading Room, 50 Wreny Cres, Mt Evelyn Celebrate Hungry Caterpillar's 50th Birthday with a fun interactive story, music and craft. Decorate your own Hungry Caterpillar to take home. Fresh fruit for morning tea. Suitable for all ages. Bookings required: 9726 1177	Clay Play and The DREAMING Space Circus 4pm - 6pm 711 Old Warburton Rd, Western Yarra Valley ECOS is a community organisation committed to ecological and social sustainability, located on 7.4 hectares of beautiful land in the Yarra Valley. Enjoy Clay Play theme of Bridging the Gap with indigenous cultures regarding health and wellbeing and performance by The Dreaming Space Circus. Suitable for 5-12 year olds. Enquiries: info@ecos.org.au 0435 741 690	At Evelyn Street Party 10am - 3pm Wreny Cres, Mt Evelyn Get out and about enjoying a 1950's themed community festival with fun for all ages. Market stalls, food and activities for children. Suitable for all the family. For more information: www.facebook.com/mtevelynstreetparty

Share your experience of raising children in Yarra Ranges by completing our survey for a chance to win a Healesville Sanctuary Family Ticket. Go to Council - Engage at www.yarraranges.vic.gov.au

Keep up to date on all Yarra Ranges Family and Children's Service events on the Flexi Buzz app, call 1300 368 333 or go to the Yarra Ranges events page at www.yarraranges.vic.gov.au

PLAY THE GAME



PLAY JUNIOR CRICKET AT YOUR LOCAL CLUB AND DEVELOP YOUR SKILLS IN FAST, ACTION-PACKED GAMES!

Lilydale Cricket Club - Junior Cricket

Lilydale Recreation Reserve - 179 Main Street, Lilydale

Age: Junior Blasters, U10, U12, U14, U16, U18 (Girls & Boys)

Solomon Erulkar (0425 765 513 - juniors@lilydalecc.com)

\$100 - season commences October - register online now or Friday August 2nd - 4:30pm - 6:30pm @ Lilydale Reserve

JOIN THE FUN AT YOUR LOCAL CLUB
REGISTER AT PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



CROYDON NORTH CRICKET CLUB INC

S.A.A.E - Sportsmanship Above All Else

REGISTRATIONS OPEN SUMMER 2019/20



1. Go to www.playcricket.com.au

2. Search "CROYDON NORTH" or enter postcode 3136

3. Click Register

JUNIOR BLASTERS (5 - 8 year olds) - Sunday mornings

GIRLS CRICKET - Sunday mornings

UNDER 10 - Friday nights

UNDER 12 & 14 - enquires welcome

UNDER 16 CRICKET ACADEMY - enquiries welcome

BOYS & GIRLS ALL WELCOME

If you need more information call us...

Ryan Sleeman - 0437 408 887 (Club President)
Kati Wilkins - 0409 411 889 (Junior Co-ordinator)

Croydon North Cricket Club - Hughes Park - 435 Maroondah Highway, Croydon North
Website: <http://cncc.vic.cricket.com.au/>

WANT TO PLAY BASKETBALL?



**CROSSOVER UNITED
BASKETBALL CLUB**

BE UNITED & JOIN US!

**BOYS & GIRLS
OF ALL AGES WELCOME**



OUR TEAMS PLAY IN THE
KILSYTH & MOUNTAIN
DISTRICT BASKETBALL
ASSOCIATION

REGISTER NOW:
crossoverunited.club/joinus



All Abilities Netball Program

Fortnightly Netball Skills Clinics
(Spring 2019)

All Abilities Netball provides the chance for people with a physical or intellectual disability to participate directly or indirectly in local clubs and associations.

Run by accredited coaches (with working with children checks). The focus will be basic skill development in a fun and friendly atmosphere.

No previous netball experience is required.
Come and try session welcomed.

Dates: Fridays: 23/8, 6/9, 20/9, 11/10, 25/10, 8/11, 22/11 & 6/12

Time: 4:00 to 5:00 pm (refreshments from 4:45 pm)

Location: Pinks Reserve Regional Netball Facility
123 Liverpool Road, Kilsyth (netball courts: behind the basketball stadium)

Age: Open to all age groups both male and female

Cost: Free

What to Bring: Please wear comfortable clothing and runners

More Info: Our website, All Abilities Program Menu Tab

Enquiries: Sue Reynolds (0412 430 499) or email (montrosenetballclub@gmail.com)



Free light refreshments will be available to all participants and parents / carers

If interested in participating:

• Email or phone the club with your name and contact number

www.montrosenetballclub.com.au

Proudly supported by:



Promoting disability inclusion in sport

A unique way to boost your fundraising efforts



SCHOOL REWARD PROGRAM

***Your school community's love of movies
provides your school with rewards!***

Reading Cinemas wants to help your school's fundraising efforts by providing you with complimentary movie passes.

These passes can be used however your school deems appropriate... fundraising, staff incentives, student prizes, whatever you need!

It's easy for your school to be involved and start earning free movie passes:

- Personalise each coupon below so as it can be identified as coming from your school.
- Photocopy as many of these coupons as you wish.
- Distribute these coupons throughout your school community (remember the more you give out, the more movie passes you are likely to receive).
- Explain to your school community that to assist their school's fundraising efforts, they need to present one of these coupons every time they purchase a ticket at Reading Cinemas.
- One coupon per paid ticket.

For every 20 coupons handed in, your school receives one complimentary movie pass. Start fundraising the EASY way today!

NOTE: Coupons will be tallied in the month following each school holiday period and be posted to schools accordingly. Conditions apply to complimentary passes.

WWW.READINGCINEMAS.COM.AU



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET



SCHOOL REWARD PROGRAM

Hand in this coupon at the box office when you purchase a ticket and earn 1 POINT for your school

SCHOOL NAME/STAMP:



Victoria Road
Primary School

ONE COUPON PER PAID TICKET