WELCOME BACK EVERYONE

I hope everyone had a wonderful Christmas and holidays. I know the children are very excited to come back to school and renew friendships and begin new work. The new Prep children have settled in immediately and already it seems as though they have been here for quite some time, not just one week. We also have a number of new children join us in other levels of the school and we welcome these families to our Kalinda community.

At the beginning of the year there is a lot of information to distribute to parents, so I do ask you to read the newsletters carefully. You will find information from myself and Richard Lambert, Parents & Friends, Fundraising and, of course, our teachers. It is important that you know what is going on in the school so that your child does not feel left out. Please check bags for any separate notices.

SEVERE NUT ALLERGIES

We have in our school some children who have a SEVERE allergic reaction (Anaphylaxis shock) to nuts and nut products. This is an extremely serious condition and we must treat it with great care and concern. We also are aware that there are other children in the school who at the moment have milder reactions to nuts and nut products. All children at Kalinda must be safe at school and it is the responsibility of the school and its community to make sure that happens. Even though these children may not be in your child’s grade it is still possible for playground equipment, to be contaminated by residue on fingers, etc.

For the safety of these children I ask all parents in the school not to send food with your child to school that contains nuts or nut products.

We do realise that labels on processed products can be very difficult to read and interpret, but we do ask you to be cautious in food preparation as this condition is very serious if children come into contact with nuts in any way. I also ask you to convey this message to other members of your family who may be making lunches and snacks for your children.

Our school canteen will also not be selling food that contains nuts or nut products. I thank you for your cooperation in this matter.

SCHOOL COUNCIL ELECTIONS

In next week’s newsletter there will be a call for nominations for parent members of School Council. The nomination forms will be available from the office from next Thursday. Nominations close at 4pm on Thursday 21st February 2013. They are either self-nomination or nomination by a community member. There are four positions available for parent members of the school community.
These positions become vacant every two years, for example, there are four positions available, each of which is a two year term. The four-yearly elected people will join on council four parent members who were elected last year for two years, so there are always eight parent members on School Council.

School Council also has two positions for community members, which need not necessarily be parents at the school. These positions are filled with members elected by School Council. There are five DEECD employee positions on School Council, which includes the school Principal.

**STAFF CAR PARK**

The car park is for Staff ONLY. This has to be the case because we cannot accommodate all parents in the car park, even if it is raining. We have had some instances of parents racing into the car park, ignoring the fact that there may be parents with toddlers walking through the car park. This is a dangerous practice and threatens the safety of our children and families.

Please communicate this message to all your family members who may be coming up to the school to collect children. The only exceptions to this ruling is people who have contacted the office and explained that they have a disability or picking up sick children. Those who have a heavy delivery for the school are also allowed in the car park. In these instances a permit will be issued to place on the dashboard of the vehicles.

It has been reported that some parents are crossing Kalinda Road with their children away from the School Crossing. Please, for the safety of you and your children at drop off and pick up times, use the School Crossing to avoid any unwanted incidents.

Below are the recommended guidelines from Maroondah Council.

---

**School Crossing Rules**

1. A children’s crossing is a legal crossing when two flags are in place.

2. Children and adults who are crossing at a children’s crossing MUST comply with the supervisor’s directions.

3. You must always stand behind the yellow line.

4. Never follow the children’s crossing supervisor out onto the crossing. WAIT! THEY MUST GO OUT FIRST, WHEN THEY HAVE BLOWN THEIR WHISTLE (2 SHORT BLASTS) IT IS SAFE TO CROSS.

5. DO NOT ride bikes across the crossing, bounce a ball, fight, muck around or run – WALK QUICKLY AND SAFELY.

6. ALWAYS stay within the lines of the crossing and walk in front of the supervisor (never behind them).

7. The children’s crossing supervisor will always wait until it is safe before they walk out and blow their whistle.

8. Cars are not allowed to park on or around the crossing. The crossing area is usually signed NO STOPPING. The clearance around the crossing is for the safety of pedestrians. (YOUR SCHOOL AND YOUR CHILD).

9. Always be alert and listen to what your children’s crossing supervisor says.

10. REMEMBER - ALWAYS CROSS AT THE CHILDREN’S CROSSING WHEN IT IS IN OPERATION.
QUALITY BEGINNING

Over this week we have run our Quality Beginning Program in every grade of the school. During this time the children get to know each other really well, realising that we are all individuals and need to be respected for our unique talents and skills. We reviewed the School Values and what those values mean for the behaviour we display at school. This program establishes a firm base of community values throughout the school. We are all members of the Kalinda community; children, staff and parents and as such have a right to be cared for and be safe, but also have responsibilities for the care, safety and wellbeing of others and the environment. Tomorrow we are having our Cultural Day as our final Quality Week celebration. Five different cultural groups are visiting the school. These are Chinese Acrobats, Indonesian Dancers, Bollywood Dancers, Taiko Drummers and an Indigenous Musician. All children in the school will be spending 25 minute sessions with these performers. This activity is included in the School Activity Levy as part of our school fees. This will be a fun and happy time for your children, discovering the cultures of the different Asian neighbours and our own indigenous people.

As usual, the year has started very well indeed with lots of exciting learning opportunities planned for your children. I encourage you to participate in school activities and make the most of your children’s primary school years.

ASSEMBLIES

This year we have changed the presentation of our assemblies. Each week a different grade will be in charge of running assembly with our Student Leadership Group. This will give all grades a chance to give presentations and take on a different responsibility within the school. On Monday 5/6B will be running assembly. I’m sure it will be a really enjoyable time for everyone.

Don’t forget our Kalinda Kafe will be open after assembly for a cuppa and cake and conversation.

FACILITIES

If you’ve been past the school or come into the school you will have noticed there have been many improvements over the holidays to our buildings and grounds. The Administration area and Modules A and B have been recarpeted and the staff and students are really enjoying sitting on the floor! (We do still have chairs!) The fascias and pergolas have all been repainted and we have our new Japanese Garden area in the courtyard.

In the grounds we have a new shade sail over the Federation Garden area and the children are enjoying playing chess in the shade with the large chess set. This area also will have trees in planter boxes around the edge to provide more ambience and shade.

On the oval work is continuing, reshaping the oval and reconstructing the retaining walls. The new retaining walls have seating tops so that there will be plenty of room for people to sit and watch sporting activities. When that area is completed work will begin on the area outside the front door of the stadium, where there will be a landscaped area for a barbecue and permanent chairs and tables.

Unfortunately it could not be this week, but next week air conditioning will be installed in all the classrooms in the main building. I am sure the teachers and children will enjoy that facility very much.

Kalinda is always seeking to improve our curriculum and learning environment for children so that they may experience the best possible education we can give them. Over the next few weeks we will be writing more about our curriculum initiatives and the curriculum structure that your children are experiencing. Please make sure you read the newsletter and, if you have any questions, please ask the teachers or Richard Lambert or myself. We are very happy to talk about our school.

GAIL POLLARD
PRINCIPAL
DIARY DATES 2012

February

8th - Cultural Infusion Day – whole school
12th - Finance Mtg & School Council Mtg.
18th – 22nd - Level 4 Canberra Trip (Group 1)
25th – 1st March - Level 4 Canberra Trip (Group 2)

March

1st - Level 2 to Good Shepherd PS for Music.
- Level 4 (Group 2) return from Canberra
11th - Labour Day (Public Holiday)
19th - Finance & School Council Mtgs.
20th - Whole School Photo Day
22nd - Harmony Day – whole school
28th - End Term 1 – 2.30pm
29th - Good Friday

April

15th - Beginning Term 2
(Australian Heritage Week)

May

TERM DATES 2013

Term 1 – 29 Jan – 28 March
(Easter –Friday 29 March – Monday 1 April)
Term 2 – 15 April – 28 June
Term 3 – 15 July – 20 September
Term 4 – 7 October – 20 December


13 Feb. - Andrea D. & Crissi K.
14 Feb. - Leesa S. & Deb G.
15 Feb. - Sharon G. & Helper Needed

WORKING BEE DATES FOR 2013
10am – 12 noon

Sunday 3 March
Saturday 25 May
Sunday 25 August
Saturday 23 March
Sunday 16 June
Sunday 13 October
Sunday 21 April
Sunday 28 July
Saturday 30 November

All working bees will be followed by a BBQ and a nice cool drink. All families welcome. Please keep a look out for the separate booking form being sent home shortly from the Facilities Committee.

Forms sent home to Families - 31 January – 7 February 2012

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<thead>
<tr>
<th>Notice</th>
<th>Distributed to:</th>
<th>Return by:</th>
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<tbody>
<tr>
<td>Prep Notices re Supplies, Important Dates</td>
<td>Level 1 (Preps)</td>
<td>n/a</td>
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<td>and Starter Packs</td>
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<td>Level 4 Information Night</td>
<td>Level 4</td>
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<td>The First 20 Apps</td>
<td>Level 4</td>
<td>n/a</td>
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<td>Canberra Camp forms Group 1</td>
<td>Level 4 Group 1</td>
<td>Asap</td>
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<tr>
<td>Canberra Camp forms Group 2</td>
<td>Level 4 Group 2</td>
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<tr>
<td>Leadership Conference</td>
<td>Level 4 School Ldrs</td>
<td>Asap</td>
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<tr>
<td>Expression of Interest for Grip Leadership Conference</td>
<td>Level 4</td>
<td>8/3/13</td>
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</tbody>
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SunSmart

Term 1 is a Sunsmart Term
Have you got your hat?

All students must be wearing a hat when outdoors before and after school, at recess, lunchtimes and during sports classes. If they are not wearing a school-approved Sunsmart hat students will not be able to participate in outdoor activities and will be asked to sit in the shade under a designated area.
PUPIL OF THE WEEK

12D Tamika H. - For being a reliable and helpful member of Grade 1/2D. What a beautiful start to the year, Tamika!
Ned D. - For being a responsible ‘Lunch Monitor’ this week. Well done, Ned!
12L Colin H. - For trying hard to get to know all of his new classmates. Great effort, Colin.
Olivia M. - For beginning the new school year in such a positive and enthusiastic way.
12M Finbar M. - For being such a caring member of the class.
Matthew DeL. - For always showing respect and listening attentively.
34R Emma P. - For your great thinking in creating a key in our mapping activity.
Perri K. - For your great thinking in creating a key in our mapping activity.

LITERACY AND MATHS TIPS TO HELP YOUR CHILD

Each week we will be putting a Literacy or Maths tip into the newsletter for you to share with your child. This week it is on STORY-telling.

Story-telling is a great way to extend your child’s language and listening skills, as well as expanding their imagination. Either you can tell the story, or encourage your child to tell the story. Story-telling might be about:

- a favourite character from a book or television program;
- another family member;
- your child’s favourite toy.

Here are some tips to start your storytelling:

- make it exciting, with different voices, puppets, props or a finger play;
- start with what interests your child;
- create a character and setting.

“KALINDA KAFÉ”
Open Every Monday of Term 1

In the Stadium foyer straight after assembly.

Getting the Kalinda community together in a relaxed environment to chat and catch up with other parents over a cuppa and yummy treat.

Babies, Toddlers and Pre-schoolers all very welcome!!
Toys, books and colouring available. Please note, all children must remain within the foyer area.

Gold coin donation will apply to cover costs only!

See you there...
The Kalinda Community Group
From the sports desk...

SCHOOL SPORT VICTORIA (SSV) NEWS: School Sport Victoria (SSV) actively promotes school sport for all Victorian school students, years 4 to 12, as a means of supporting schools in developing their students’ health and well-being. SSV operates under the auspices of the Department of Education and Early Childhood Development. Membership of School Sport Victoria is open to all Victorian schools, providing the opportunities to participate in programs that extend from grassroots intra and inter school sport, to district, division, region, state and national levels. Students attending schools affiliated with SSV are eligible for selection in Victorian Teams to compete in 2013 School Sport Australia National Championships. Further information is available from your School’s Sport Coordinator or on the School Sport Victoria website, www.ssv.vic.edu.au. Parents and teachers are encouraged to regularly visit the site.

ACTIVE AFTER-SCHOOL COMMUNITIES 2013: Kalinda P.S. is pleased to continue its provision of the Australian Sports Commission’s Active After-School Communities (AASC) program. This is an Australian Government initiative that provides primary school children with FREE structured physical activity sessions programs after school.

In 2013, the AASC program will:

- continue to be offered as a partnership between Kalinda Primary School and OSH Club, meaning that places will be available to all Kalinda students, including those who are already enrolled in the after school care program (…up to a limit of 20 students per session).
- be offered for two sessions each week (for 7 weeks in each term), with each session running from 3.45pm until 4.45pm (on days which are likely to change from term-to-term).
- have a Kalinda teacher in attendance at each session to:
  - serve up a piece of fruit (also free!),
  - meet the school’s supervisory expectations, and to
  - assist ‘the expertise’ (i.e. our external Australian Sports Commission accredited Community Coaches).

This term, we will once again run with ‘multi-age’ activity groups in which students from Prep all the way through to Grade 6 can opt-in to whichever of the following two activities they would like to:

1. **Wednesday 3:45pm – 4:45pm: Fencing (Coaching provider CONFIRMED as Fencing Victoria).**
2. **Wednesday 3:45pm – 4:45pm: Little Athletics (Coaching provider to be confirmed).**

Please e-mail me on sharvey@kalinda.vic.edu.au with your child’s first name, surname and grade, as well as your first name, surname, mobile phone & e-mail details if you would like your child/ren to participate.

THE FITNESS TRAIN: Please see the ‘ongoing’ advertisement (…as seen later in this edition of Kalinda’s Newsletter) regarding the partnership between Kalinda Primary School and The Fitness Train (see: http://thefitnesstrain.com.au/).

The partnership involves the offer of group training sessions to Kalinda parents on the school grounds, but after school drop off. The program is perfect for members of the Kalinda community who want the benefits of having a Personal Trainer (at the shared cost of training in a group) and also with the convenience of building sessions into ‘the school routine’.

Sessions started last Friday, and will continue on Tuesdays and Fridays starting at 9:00am and finishing around 10:00am. Please e-mail me on sharvey@kalinda.vic.edu.au if you would like further details. Alternatively, you can contact Noel from The Fitness Train directly on 0411 259 679 or info@thefitnesstrain.com.au.

Please feel free to see me should you have any questions about anything ‘From the Sports Desk’ this week! Thanks & Regards,

Steve Harvey
P.E. Teacher and Sport & AASC Co-ordinator
(03) 9876 3289
GET YOUR FITNESS ON TRACK...

Are you looking for a way to get in shape that fits into your regular routine of dropping the kids off at school?

The Fitness Train have partnered with Kalinda Primary School and have commenced running group training sessions in the gym on Tuesday & Friday at 9.15am. Classes are suited to all fitness levels and are perfect for those who want the benefits of having a Personal Trainer but at the shared cost of training in a group. Limited places for Term 1 are still available...

Contact us today for bookings:
Noel Pockley noel@thefitnesstrain.com.au or Steve Harvey steve@kalinda.vic.edu.au

countact us
0411 299 679
info@thefitnesstrain.com.au
thefitnesstrain.com.au

other services include:
personal training • mums & bubs • group training • boxing
BLACKBURN • FOREST HILL • NUNAWADING • MITCHAM • RINGWOOD

FREE ADMISSION

SINGAPORE AIRLIINES

MAJOR RAFFLE

Two Return Economy Class Tickets to Japan courtesy of Singapore Airlines

MELBOURNE JAPANESE SUMMER FESTIVAL 2013

SUNDAY 10TH FEBRUARY 1-5PM

DENSO

NEC

Yakult

Suntory Australia Pty Ltd

JCCIM

Newquay

City of Melbourne

Major sponsors:

JAPANESE CULTURE, FOOD, MUSIC, DANCE, COMEDY, DRAUGHT BEER, and many many more!

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Attention Parents

Welcome to all new and established Kalinda parents as we look forward to an exciting school year in 2013!

If you are keen to get involved in your child’s schooling then becoming a Parent Representative is a great way to get started.

Becoming a Parent Rep for your child’s classroom is very rewarding. Your duties are really very simple; from organising a social get together, to liaising with teachers, and coordinating parent helper rosters... and, of course, we are always there to support you!

So please consider this opportunity as part of the school community as it is such a valuable contribution from you to your child, with many wonderful memories created!

If you are interested in volunteering, please fill out the form below and return it to your child’s teacher who will pass it on to the Parent Rep Coordinator.

A reminder to all parents that a current Working With Children Check is needed if you wish to take part in any school events, such as Reading or Maths activities, canteen, sports, excursions, etc. Forms are available at your local Post Office.

Kath Gee
C/o Parents & Friends

Kalinda Parent Rep Expression of Interest

Dear Kath,

I ________________ wish to be Parent Representative for Grade ___________ for 2013.

Signed: ____________________________ Dated: ____________

My contact phone number is: ________________________
My email address is: ________________________________
RECIPE OF THE WEEK!

♦ Serves: 4
♦ Preparation: 10 minutes
♦ Cooking Time: 30 minutes

Indian Rice Pilaf with Spiced Beef

What you need:
- 2 tablespoons ghee or peanut oil
- 1 small (80g) onion, sliced finely
- 1 clove garlic, crushed
- 1 teaspoon cumin seeds
- 1 teaspoon caraway seeds
- 1/8 teaspoon ground turmeric
- 1 cup (200g) basmati rice
- 2 cups (500ml) chicken stock
- 2 tablespoons currants (optional)
- 500g beef mince
- 1½ teaspoons curry powder
- 1/3 cup (80ml) sweet chilli sauce
- ¼ cup (60ml) water
- 4 green onions (green shallots), sliced thinly
- 2/3 cup (80g) frozen peas
- ¼ cup firmly packed coriander leaves

1. Heat 1 tablespoon of the ghee or oil in a large frying pan; add onion, garlic, seeds and turmeric; cook, stirring, until onion is soft.

2. Add rice, stir over heat until rice is coated with ghee. Stir in stock, bring to the boil, then reduce heat to very low; cook, covered, for 12 minutes. Remove from heat; stand, covered, for 5 minutes or until rice is tender. Stir in currants.

3. Meanwhile, heat remaining ghee or oil in a large frying pan; add the beef; cook, stirring, until browned. Add curry powder; cook until fragrant. Stir in sweet chilli sauce, water, green onions and peas; cook, stirring, until peas are soft and heated through.

4. Serve pilaf topped with spiced mince and coriander. Not suitable to freeze. Not suitable to microwave

IF ANYONE IN THE KALINDA COMMUNITY HAS A RECIPE THEY WOULD LIKE TO SHARE, PLEASE EMAIL ME AT wmlcaughlan@bigpond.com
COMMUNITY NEWS

OFFICE NEWS

Level 4 Canberra Trip – It is only just over a week until the Level 4 students in Group 1 head off to Canberra. If you have not finalised payments as yet, please do so by this Friday 8th February.

2013 Booklist Payments & Curriculum Contributions – These forms were distributed last year to the ‘Youngest in the Family’. If you did not receive a copy from your youngest child, please call the office and we will forward a copy. A reminder that payment is due by this Friday, 8th February, unless other arrangements have been made.

Education Maintenance Allowance (EMA) - Attached to the 2013 Booklist forms is the 2013 Education Maintenance Allowance (EMA) form. The EMA is paid to parents of eligible students under 16 years of age, and the student is enrolled at a Government or non-Government School in Victoria on census day, 28th February 2013 for instalment 1 and 2nd August 2013 for instalment 2. The EMA will be paid in two instalments and to be eligible you must:

- on the first day of Term 1 (29th January 2013) for the first instalment and
- on the first day of Term 3 (15th July 2013) for the second instalment:
  a) be an eligible beneficiary of a Centrelink pension, allowance or benefit, that is, a holder of Veterans Affairs Gold Card, or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder within the meaning of the State Concessions Act 2004; OR
  b) be a Veteran Affairs Pensioner (TPI); OR
  c) be a (temporary) foster parent; AND
  d) submit your application to the school by the date/s listed below.

The EMA application form must be lodged at the school:
- by 28th February 2013 for the first instalment; and
- by 2nd August 2013 for the second instalment.

If you are eligible for EMA, please complete ALL of the Booklist and EMA forms and return to school by 28th February. Please note that late applications cannot be processed.

HELPERS NEEDED

We are in need of more helpers to change our sign at the front of the school. New messages are put up regularly each Monday and Thursday so we need to spread the load as much as we can. If you are able to help out please register your name with us at the Office or phone 9876 3289 and speak to Gill or Annie. You will then be placed on a roster.

UNIFORM SHOP

Our Uniform Shop is located next to the Multi-Purpose Room at the front of the school. Opening hours are from 3 – 3.45pm on Monday afternoons. Order forms are available at the office if you cannot make it during these hours. If you have any queries, please contact us through the school on 9876-3289.

Shannon & Jo

STUDENT BANKING

Due to other commitments, we will not be able to start Student Banking until Wednesday 6th March.

Cassandra & Karen
Calling all happy snappers.

Why not enter Maroondah City Council’s 2013 Photo Competition?

Maroondah City Council’s Photo Competition is open to all ages with a junior, intermediate and open section. The competition is a great way to show us what Maroondah means to you.

Photos must be taken in Maroondah after 1 July 2012.

You can enter up to 2 x A4 photos either electronically or by mail.

There are some great prizes to be won thanks to our sponsors:-
Croydon Camera House, Karralyka Centre,
Croydon Leisure & Aquatic Centre and Eastland Shopping Centre.

All entries will be displayed at Maroondah Art Gallery, Maroondah Federation Estate in Ringwood and all entrants will be invited to an Awards Evening on 20 June 2013 where the winners of each section will be announced.

For more information or an entry form either visit our Customer Service Centre, call us on 1300 88 22 33 or visit our website, www.maroondah.vic.gov.au
EXPERIENCE ANOTHER CULTURE IN 2013 AND IMPROVE YOUR LANGUAGE STUDIES AT HOME

In June-July students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months. Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide international students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

If your family can offer a friendly, supportive and caring home environment, contact us today.

To hear more about this wonderful opportunity or our student exchange programs out of Australia Call Student Exchange Australia New Zealand on 1300 135 331 or visit www.studentexchange.org.au/host-a-student

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scce aust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

HOLY COMMUNION

Our Lady’s Catholic Church, Ringwood, will conduct classes for the Sacrament of Holy Communion for children who belong to the Ringwood Parish. Classes begin on Wed., Feb. 13th at 4pm. To enrol please call Tess on 9870 7807.
**Kids Dance Classes**

Monday 4.15pm - 5.15pm  
**JAZZ / FUNK (9 and above)**

Monday 5.15pm - 6.00pm  
**KIDS BALLET (5 and above)**

Tuesday 4.15pm - 5.15pm  
**COMMERCIAL HIP HOP**

Tuesday 5.30pm - 6.30pm  
**JAZZ / BROADWAY**

**Group Exercise**

NEW YEAR  
**NEW YOU!!!**

Tuesday 6.00am - 6.45am  
**GROUP TRAINING**

Thursday 6.00am - 6.45am  
**GROUP TRAINING**

Mobile Personal Training  
Available upon booking!

@ DANZFUZION 280 Thompsons Road, Lower Templestowe  
Email: sarahcantle@sbcfitness.com.au  
Phone: 0402 736 108

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**Dindy Vaughan**  
B.A. (Hons) Sydney, M.A. Flinders

An enthusiastic and dedicated teacher, Dindy is keen to give every opportunity to youngsters to explore music in a friendly and positive environment. Lessons engage the imagination and encourage learning in every possible direction. Some of Dindy's past students have progressed to tertiary studies, eventually becoming professional musicians and also teachers, while many more have a lifetime of sharing and enjoying music with others in many different forms.

The love and enjoyment of music is the basis for all lessons. Youngsters are firmly encouraged, but not pressured, and most respond very positively.

Dindy also teaches both adults and young people in her home studio.

9870 3052  
Violin, Viola, Cello, Piano
Spacers and Schools/Preschools: Reminder for Parents & Carers

Schools/preschools in Victoria have been informed by The Asthma Foundation of Victoria about new guidelines regarding the use of spacers for children with asthma. Spacers are essential equipment when following Asthma First Aid best practice, however schools/preschools will no longer be able to wash, sterilise and re-use spacers from their asthma emergency kits when assisting students with asthma symptoms.

Asthma first aid kits should only ever be used as a back-up for when a student does not have their own spacer available, if it is a first asthma attack or the cause of breathing difficulty is unknown. Some schools/preschools may implement a policy where parents/carers are responsible for the cost of the spacer if one must be used from the asthma emergency kit.

Even if your child has mild asthma, it is essential that their medication and spacer is always available to school/preschool staff. Please make sure your child always brings a spacer with them to school, or has one that stays at school.

For more information, please contact the Asthma Foundation of Victoria on 1800 278 462 or email schools@asthma.org.au

Tuning in to Kids - Croydon

Tuning in to Kids is an effective six session parenting program that focuses on developing your child’s emotional intelligence.

Research shows that children with higher emotional intelligence do better in a range of life outcomes. Emotional intelligence provides children with the competence to respond to life events in a resilient way.

The program provides you with the skills and strategies to:
- improve communication and connection with your child.
- better understand and manage emotions.
- problem solve and set limits.
- prevent or reduce problem behaviours in your child.

And a supportive environment where you can share the challenges of parenting.

Who: Parents of children aged 3–7 years
Where: Ruskin Park Primary School
Ruskin Avenue, Croydon
When: Wednesdays
7pm to 9pm
February 20th 2013
6 consecutive weeks
Cost: $200.00 single
$300.00 couple

To secure your place please contact facilitators:
Dr Rachel Cousins (Clinical Psychologist & Mum) 0414 415 758
Mr Ashley Taylor (Primary Teacher & Dad) 0430 031 444

Find us on Facebook www.facebook.com/tikcroydon

For more information on the Tuning in to Kids parenting program go to www.tuningintokids.org.au

PLAYERS WANTED
FOR ALL AGE GROUPS

If you are interested in playing the “world game”, then why don’t you join our friendly family club, the Croydon City Arrows Soccer Club.

We cater for all age groups both boys and girls from 5 to 18yo.

REGISTRATION DAY 10th of February 2013
10.00am to 4.00pm
Dorset Recreational Reserve, Jenkins Lane Croydon.

For more information, go to our website at www.croydoncitysc.org.au
Email: ccarrows@gmail.com
Or contact us on 0414726899.
Parent Educators Network
Eastern Region

Come and enjoy morning tea to discuss how the new Parent Educators Network will look in 2013.

Plus

An introduction to the ‘Too Sexy Too Soon’ workshops that Parentzone has been facilitating at Primary Schools across the East Metropolitan Region.

Tuesday 12th February 2013
9.30 – 11.00 am

To be held at Anglicare Victoria – Bayswater Site
666 Mountain Hwy,
Bayswater, 3153

NUMBERS LIMITED - BOOKINGS ESSENTIAL
Phone Helena Parentzone on 9735 4188

Although PIN meetings usually are a combination of peer support, information sharing and include a presentation or exploration of one specific topic, this session has a specific focus on ... and that will be limited to that topic. We are always open to suggestions so please contact Parentzone if you have any particular topic requests. This network meeting is open to all professionals involved in the provision of parenting education and information.

If you wish to be on our email contacts list for information to be sent to you, or added to our list of parenting course providers, email parentzone.erd@anglicarevic.org.au or bring your details to the meeting.

Anglicare Parentzone EASTERN

NORWOOD JUNIOR FOOTBALL CLUB

NEEDS YOU IN 2013!!

ALL NEW PLAYERS RECEIVE A FREE SPORTS BAG.

SEE WEBSITE FOR DETAILS

REGISTRATION DAY – SUNDAY FEBRUARY 10th
from 11am - 2pm

CLUBROOMS – MULLUM RESERVE
MULLUM NULLUM ROAD
RINGWOOD NORTH

Online registration available now.
See our website for more details
www.norwood.sportingpulse.net

MOOROOLBARK JUNIOR SOCCER CLUB
REGISTRATION DAY

Sunday 10th December
10.00pm-2.00pm

Mooroolbark Junior Club Rooms
Esther Park, Mooroolbark

Registration day for all Junior teams from Optus SFL to U17’s playing in the FFV competition for season 2013

secretary@barkers.com.au

NORWOOD JUNIOR FOOTBALL CLUB

BASKETBALL REGISTRATION 16th February
WINTER 2013 SEASON

Spirit Magic Basketball Club is holding their Winter Season (Term 2 & 3) Registration day on Saturday 16th February at the Ringwood Basketball Stadium (Canterbury Rd) from 9.00 to 3.00.

Spirit Magic caters for all standards of players, both boys and girls from Under 8 through to Under 23. Games are played on Saturdays at Ringwood and Nunawading Venues and training is held locally once a week after 6:00

For further information, please contact Joe Egan on 9879 9859 or go to www.spiritmagic.com.au
When your child comes to Stage Creation, you can be assured that he or she won’t get lost in the crowd. You see, we understand that each person is amazingly unique.

Due to ongoing success, Stage Creation is offering classes in your area.

Classes Incorporating lessons in:

- Drama
- Singing
- Movement
- Hip Hop Classes - Only $8 a class
- Private Lessons - Singing & Movement
- Adult Classes - Drama, Singing, Movement - Only $8 a class

Classes are also designed to incorporate student’s individual interests in speciality areas such as clowning, stunt work, acting on camera, public speaking, producing music online or song writing (subject to sufficient demand).

Stage Creation:
Caters for both boys & girls
Doesn’t require expensive costumes/uniforms
Our commitment is to ensure that all students develop their unique talents & the confidence they need to succeed in school & life

For Information on Classes, Venues & Times,
Phone Stage Creation on 0423 044 071 or E-Mail: stagecreations1@hotmail.com

Testimonials from parents

“The kids love it! The variety of activities that are offered are great fun.”

“Stage Creation staff provide a fun and safe environment for my child to try new things.”

“We are so amazed at how much our son’s confidence, self-esteem and personal development has grown.”

“Stage Creation gives all students equal opportunities to express their talents and interests.”

---

GET FIT IN FEB

TERM 1 TRAINING PROGRAMS
Starting Tuesday FEB 5th

**Increase Energy** **Weightloss** **Reduce Stress** **Have FUN! 😊**

BOXING: WEDS NIGHTS 7:00PM

BOOTCAMP: TUES/THURS 6.00AM & SUN 9.00AM

All sessions outdoors at Sports Field, Ringwood North Primary

Contact us now for more info or to sign up to a session!

Ph: 0402 748 924 E: info@keytolife.net.au www.keytolife.net.au
'Parent News'


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**Fitnessworx: active fun for kids**

**1 MONOMETH DVE, MITCHAM**

Be active AND have fun with classes in...

**CIRCUS**

**CHEERLEADING**

**FUNK N GROOVY**

**BALLS, BALLS, BALLS**

**BOOTCAMP & more!**

Kinder Classes (3-5yrs)  School Age Classes (5-14 yrs)

**1300 668 338**  **info@fitnessworx.com.au**

**www.fitnessworx.com.au**

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**TERM 1 2013 CLASS TIMETABLE (Mitcham)**

**Fitnessworx for Kinder Kids (classes for 3-5yr olds)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30</td>
<td></td>
<td>Fitnessworx Mix 3&amp;4 yo Kinder</td>
<td></td>
<td></td>
<td>Bootcamp 3&amp;4 yo Kinder</td>
<td></td>
</tr>
<tr>
<td>10.30</td>
<td>Circus 3&amp;4 yo Kinder</td>
<td>Ball, Balls, Balls 3&amp;4 yo Kinder</td>
<td></td>
<td>Bootcamp 3&amp;4 yo Kinder</td>
<td>Circus 3&amp;4 yo Kinder</td>
<td></td>
</tr>
<tr>
<td>11.30</td>
<td>FUN-damentals 3&amp;4 yo Kinder</td>
<td>Circus 3&amp;4 yo Kinder</td>
<td></td>
<td>Balls, Balls, Balls 3&amp;4 yo Kinder</td>
<td>Funk'nGroovy 3&amp;4 yo Kinder</td>
<td></td>
</tr>
<tr>
<td>2.00</td>
<td></td>
<td></td>
<td>Yoga &amp; Movement 3&amp;4 yo Kinder</td>
<td></td>
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</tr>
</tbody>
</table>

**Fitnessworx for Schoolies (classes for 5-14yr olds)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.30</td>
<td>Cheerleading</td>
<td>Circus</td>
<td>Bootcamp</td>
<td>FUN-damentals</td>
<td>Funk'nGroovy/ Body Beat</td>
<td>10.00am Fitnessworx Mix</td>
</tr>
<tr>
<td>5.00</td>
<td>Funk'n Groovy/ Body Beat</td>
<td>Bootcamp</td>
<td>Hurricane</td>
<td>Circus</td>
<td>Cheerleading</td>
<td></td>
</tr>
<tr>
<td>6.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Circus (Intermediate)</td>
</tr>
</tbody>
</table>

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**SERIOUS FUN!**

- Confidence • Public Speaking • Cooperation & Teamwork • Communication • Motivation

**JOIN US IN THE SPOTLIGHT!**

- Great Value - all weekly classes, workshops and costumes included.
- Perform onstage twice a year.
- Well Established - over 25 years of success.
- Highly Qualified and experienced teachers.
- Show Costumes from our vast collection (no need to make or buy).
- Talent Agency - opportunity to join.

Two yearly intakes with classes starting:
Semester One: February-March & Semester Two: July-August

WITH 18 venues across Melbourne, It's so easy to get involved!

Bentleigh • Berwick • Brighton • Bundoora • Camberwell • Croydon • Elsternwick • Ferntree Gully • Healesville • Hoppers Crossing • Mornington • Mount Waverley • South Yarra • Templestowe • Thornbury • Wantirna • Williamstown

**CALL US ON**
03 9384 1644
To book your free audition now!

**Joining is easy! CALL TODAY ON 03 9384 1644**
to book a free, no obligation audition or visit [cpta.com.au](http://cpta.com.au)

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**Jouille Calisthenics Club**

Why not join us in 2013!!

Does your child love to sing, dance and dress up? We invite you to come and try Calisthenics and meet our friendly coaches.

**What is Calisthenics?**
A team sport where children can develop skills in dancing, acting, gymnastics, singing, marching and performing on stage with their friends.

**Where is Jouille?**
Brushy Creek Hall, Maroondah Highway, North Croydon
Suitable for all age groups from 3 years to our ‘Masters Class’

Contact Kim 0402 258 509 or Linda 0411 646 571 for more details

or visit our website [www.jouille.com](http://www.jouille.com)

**FIRST TWO LESSONS ARE FREE!!!**

Find fun, friendship and fitness at Jouille Calisthenics!!

Classes for 2013 Have commenced!!

---

**GUITAR LESSONS**

All ages welcome!

Located in Ringwood North; experienced music teacher for all ages, genres and levels of development.

Learn style, technique, music theory and much more.

Beginners welcome!

Michael
Ph: 0400 803 880
TENNIS LESSONS AT KALINDA
PRIMARY SCHOOL
Term 1 coaching commences WEDNESDAY 13th February 2013

FREE RACQUET HIRE WITH EVERY NEW ENROLMENT!!

Lesson Times
Grades Prep-2 1.00-1.30PM
Grades 3-6 1.30-2.00PM

Lesson Details
Tennis Lessons are held at Kalinda Primary School every WEDNESDAY AT LUNCHTIME for seven weeks of the school term. Students will be notified over the P/A system before each lesson commences, however Prep students will be collected by the coach from their classroom.

Each lesson will consist of different themes and plenty of fun games. Students will learn tennis fundamentals such as footwork, balance and basic techniques of the forehand/backhand/volley and serve. Lessons are taken place in a fun, friendly environment where students will learn whilst still enjoying tennis with their friends.

The cost for this seven week program is $60. To enrol your child please fill out the form below enclosed with $60.00 and return to the office in an envelope by WEDNESDAY 13th February (please note payments are accepted up until two weeks after this date.) Cash and cheques are accepted with cheques to be written out to MATCH POINT TENNIS COACHING.

For further information please contact Daniel Kittelty/Junior Development Coach on 0421 498 110.

Kalinda P.S Tennis enrolment form term 1/2013

Students full name: ___________________________ Grade and Room: ______

Parents first names: _________________________ Any allergies/health conditions
(Please write below)

Contact Number: ____________________________