Kalinda Primary School's Vision Statement
A learning community with shared values, fostering a life-long love
of learning through meaningful experiences,
to embrace a constantly changing society.

From the Principal........

GOODBYE TO MAYUMI

Yesterday we had a lovely farewell assembly for Mayumi. The children presented cards from each grade and the whole school sang a song in Japanese for her. We presented Mayumi with a bracelet with a small koala on it so she can remember her time in Australia.

Although Mayumi is looking forward to seeing her family again she is very sad indeed to be leaving Kalinda. She became quite emotional during the assembly telling us how much she enjoyed being with the children and her wonderful host families. Staying with host families Mayumi experienced Australian life and was treated to many outings and family gatherings. Host families are very special people, welcoming Mayumi into their homes. I do very much thank all of the host families.

We wish Mayumi a fond farewell and hope that one day she will visit us again or that we take another group of children to Japan and visit her there.

FACILITIES

If you ventured into the school yesterday via the front gate you may have noticed that the path in front of the office has been dug up. The path is being repaired as it was very damaged by trucks in the renovations of the staff toilets a couple of years ago. Please be aware that the path will be inaccessible for the rest of the week.

“Path out the back” – During the holidays the path leading from the portable area to Berkley Road will be reconstructed! During this time the path will be dug up and a new path constructed which will enable two prams to pass each other. I know this area has been almost reclaimed by the grass growing over the edges so it will be lovely to have a brand new bitumen path there ready for the new term.

GAIL POLLARD
PRINCIPAL
From Mayumi....

I stayed with the Lawson family for 4 weeks and I had a great time with them. They took me to Melbourne Aquarium, the lake to go on the boat, good restaurants for dinner, and shopping etc. I also enjoyed swimming in the pool at home, talking about our cultures, yummy foods and so on. They are such a lovely family, kind and helpful to me so I’m so happy to stay with them. Thank you very much for having me, Lawson family!

I just want to say a big thank you to all children, teachers, staff and families at Kalinda Primary School. I had a fantastic time here. I really enjoyed working out with kids and teachers. I hope you enjoyed the time with me. It was great to know about school life in Australia and I’m also happy that I could show things about Japanese schools. I’ve got so many unforgettable memories. I’m going back to Tokyo and start to work again at the same school where I used to teach. I’ll start my new life with this great experience. I’ll try my best and try to smile always like you.

Thank you so much for having me. Thank you for giving me such a good experience. Thank you for making me happy. I can’t say thank you enough! Thank you for everything. I love Kalinda Primary School. I’ll never forget you and hope to see you all again!!

Best wishes,

MAYUMI

Level 4 Cartooning Workshop

On Tuesday, the Level 4 students had the opportunity to work with cartoonist, Brett Cardwell. He taught the children some basic skills by assisting them to create their own cartoon faces. They learned that eyes are the most important part of the face as they carry a great deal of expression. Brett helped the students draw faces that expressed happiness, sadness and anger - all with eyes as the starting point.

Would you believe that a hand can be drawn using the sausage, curl and football method? Did you know ears are simply a C and a back-to-front C? Can YOU use action lines and speed lines?

With Brett’s help, the students drew caricatures of Julia Gillard and Tony Abbott. This links with Level 4’s visit to the National Portrait Gallery during their trip to Canberra, and the portraiture and identity work we have been doing in Art.

LIBBY SHAW
VISUAL ARTS TEACHER
DIARY DATES 2013

March

15th - L.4 - Interschool Sport – Great Ryrie PS
19th - School Council Mtg – 7.30pm
20th - Whole School Photo Day
22nd - Harmony Day – whole school
23rd - Working Bee – 10am – 12noon
25th - Easter Raffle winners announced at assembly.
       - Cyber Safety Presentation for Parents
       - 7pm – Library
26th - Grandparents & Special Friends Day – Level 1 – 2.15 – 3.15pm
28th - L.4 Interschool Sport – Warranwood PS
       - End Term 1 – 2.30pm Dismissal
29th - Good Friday

April

15th - Beginning Term 2
       (Australian Heritage Week)
21st - Working Bee – 10am – 12noon
24th - Cross Country Run
25th - ANZAC Day

May

13th - Prep Information Night for 2014 – 7pm
15th - Book Fair - Library
15th-22nd - KALINDA OPEN NIGHT
20th - Education Week
25th - Working Bee – 10am – 12noon

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

CANTEEN ROSTER – 20 - 22 March

20th - Chris B. & Hillary R.
21st - Rachael R. & Denise T.
22nd - CANTEEN CLOSED

Reminder - Hot Diggity Dog Order Forms are to be returned by Thursday, 21st March.

Forms sent home to Families – 7 - 14 March 2013

<table>
<thead>
<tr>
<th>Notice</th>
<th>Distributed to:</th>
<th>Return by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Diggity Dog Day Order form</td>
<td>All students</td>
<td>21/3/13</td>
</tr>
<tr>
<td>Easter Raffle Tickets</td>
<td>Families</td>
<td>22/3/13 – 3.30pm</td>
</tr>
<tr>
<td>Cybersmart Notice re Information Session – 7pm</td>
<td>Eldest</td>
<td>ASAP</td>
</tr>
<tr>
<td>Easter Raffle Information</td>
<td>Eldest</td>
<td>n/a</td>
</tr>
<tr>
<td>1/2M Notice to parents</td>
<td>12M</td>
<td>28/3/13</td>
</tr>
</tbody>
</table>

EASTER RAFFLE

Easter Raffle tickets were distributed two weeks ago to all families.

If you did not receive a book of raffle tickets, please let us know at the office. We would hate for you to miss out on an Easter Hamper prize. This year, as Good Friday is the day after school breaks up, we have decided to draw the raffle at assembly on Monday 25th March. Further information will be coming home this Friday about the draw and how to collect your prizes.

Please return your ticket stubs and money before 3.30pm on Friday, 22nd March.

No tickets will be able to go into the draw after this time.

Kelly Woodman &
FUNDRAISING COMMITTEE
PUPIL OF THE WEEK

P/R  Thiyara H.  -  For always presenting beautiful, neat work.  Well done!
Noah B.  -  For having a go at writing letters.  Well done!

P/T  Cherry-May C.  -  For her fantastic explanation of CBL (Challenge Based Learning).
Eddie Z.  -  For fabulous blending of phonemes to make words.

12D  Jayden R.  -  For using his initiative and making a Power Point presentation about Victoria.
Che S.  -  For being a 5 Star Listener in class learning time.  Well done, Che.

12S  Ainslie H.  -  For great work at improving her reading and working in her Literacy group.
Rory C.  -  For great work on his ‘e’ sound spelling choices.
Skyler G.  -  For his consistent effort to improve his reading and keep on task in class lessons.

12T  Karli T.  -  For excellent teamwork using ScreenChomp to write words with a long ‘e’ sound.

34P  Emma B.  -  For being a positive and enthusiastic member of our class, who happily shares knowledge gained.  Great work, Emma.
Camryn B.  -  For her excellent persuasive writing entitled, “Winter Is Better Than Summer”.  Great work, Camryn.
Jarrah B.  -  For thinking like a mathematician during our Maths sessions.  Great work, Jarrah.
Jordan H.  -  For always applying himself in a positive and confident manner towards all class activities.  Great work, Jordan.

34R  Georgia C.  -  For taking the initiative and starting your own Glee Club.
Joy Z.  -  For helping a fellow student with her Maths.

PHOTO DAY AT KALINDA
Wednesday, 20th March 2013

On Wednesday, 20th March MSP Photography will be visiting Kalinda and taking photos of all students individually and in their class groups. Photo envelopes were sent home earlier this week. Please choose carefully the photo pack you wish to purchase, enclose the correct money or credit slip and make sure the envelope is sealed before returning to school. You may return the envelope before the photo day, or you can send it in on the day.

Family Group Shots – If you would like your children to have a family photo done, there are Family Envelopes here at the office for you to collect. Don’t miss out!

*Please send children along in full school uniform*
The Uniform Shop is open every Monday afternoon from 3-4pm (except for Monday 11th March, which is a Public Holiday).

If you have any queries, please ring and speak to Annie or Gill.

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.
NUMERACY TIPS TO HELP YOUR CHILD

Teaching Math Patterns to Young Children:
Understanding patterns is a basic skill needed in Maths to understand why things work together. Patterns help solve problems and can be found everywhere in designs, shapes and groups of numbers. Helping your child to notice patterns in his or her world is an important skill to learn and fun to work on together.

When beginning to explore patterns, you can begin by giving your child many opportunities to learn sorting and grouping of objects. An important point when creating patterns is to repeat a pattern at least 3 times. Here are some ideas for developing sorting and grouping skills:

- Sorting and Grouping activities
  - Sort the washing into groups of shirts, socks, pants etc.
  - Sort all the toys in the toy box.
  - Group DVD and CDs into two groups.
  - Sort books into groups. For example: Fairy tales and Animals

Pattern Activities:
Once your child has an understanding of sorting, you can move to pattern building. When creating patterns with a child, you can begin with less difficult patterns and progress to more complex patterns. Such as AB (red, blue), ABB (red, blue, blue), AABB (red, red, blue, blue) and ABC (red, blue, yellow), and for older children more complex patterns, such as AB, ABB, ABBB...

Here are some suggestions for pattern activities:

- Clap Patterns: Slow, slow, fast, slow, slow, fast
- Action Patterns: Hop, hop, clap, hop, hop, clap and wiggle, wiggle, wiggle, hop
- Patterns with Materials: Making a simple AB pattern using crayons, colour milk lids, plastic animals or buttons.
- Make Fruit Loop Necklaces: Simply use Fruit Loops and string the cereal together to make a necklace. A child can make a necklace with two colours repeating creating an AB pattern or any other pattern he or she would like.
- Paper Chains: Cut construction paper in strips. Bend paper to make a circle and glue ends together. Repeat with a different colour. Children can make different patterns for each chain.

Anita Elliott
Junior School Coordinator.

LEMONS PLEASE

The Preps will be making Lemon Cordial next Thursday in preparation for Grandparents/Special Friends Day on Tuesday, 26th March. We will need about 40 lemons. If there are any trees laden with lemons at the moment and you can spare a few for the cordial making session, please bring them in before next Wednesday, 20th March.
**BREAKING NEWS** MAROONDAH MAGIC BASKETBALL CLUB INTRODUCTORY CLINIC: Recently, all of our Prep, Grade One and Grade Two students will have received an invitation to participate in a Maroondah Magic Basketball Club Introductory Clinic, to be held on the school grounds after school on Thursday, March 28. Thank you to those families who have already returned their Attendee Forms.

At the time of co-planning the event however, I had failed to recognise that Thursday, March 28 is the final day of Term One and that there will be an early release of students on that day, thus rendering a 3:45pm – 4:45pm timeslot really inconvenient for most families (including my own).

As such, the clinic has been moved forward to 2:45pm until 3:45pm to blend in far more appropriately with most family’s after school routines. I will be contacting all participating families in the lead up to the event to make sure that there is no confusion 😞. If you had not expressed interest for exactly that reason, and would now like to get involved, please contact me on sharvey@kalinnda.vic.edu.au. Thanks & sorry for any inconvenience caused.

LEVEL 4 INTERSCHOOL SPORT: The remaining games are as follows:

<table>
<thead>
<tr>
<th>Round One</th>
<th>Term 1, Week 3</th>
<th>Friday, February 15</th>
<th>Kalinda P.S. vs. Croydon Hills P.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round Two</td>
<td>Term 1, Week 4</td>
<td>Friday, February 22</td>
<td>Kalinda P.S. vs. Ringwood North P.S.</td>
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<tr>
<td>Round Three</td>
<td>Rescheduled</td>
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<tr>
<td>Round Four</td>
<td>Term 1, Week 7</td>
<td>Friday, March 8</td>
<td>BYE</td>
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<tr>
<td>Round Five</td>
<td>Term 1, Week 8</td>
<td>Friday, March 15</td>
<td>Kalinda P.S. vs. Great Ryrie P.S.</td>
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<tr>
<td>Round Six</td>
<td>Term 1, Week 9</td>
<td>Thursday, March 21</td>
<td>Kalinda P.S. vs. Antonio Park P.S.</td>
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<tr>
<td>Catch-up Seven</td>
<td>Term 1, Week 10</td>
<td>Thursday, March 28</td>
<td>Kalinda P.S. vs. Holy Spirit P.S.</td>
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</tbody>
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THE PREMIER’S ACTIVE FAMILIES CHALLENGE – REGISTRATIONS CLOSE SOON:

Fun and free, the Challenge encourages individuals and families across Victoria to complete 30 minutes of physical activity for 30 days over the six weeks from 4 March to 14 April 2013. As a participant you will receive great incentives and discounts. Registrations close on 16 March so register now by visiting www.betterhealth.vic.gov.au/challenge

ACTIVE AFTER-SCHOOL COMMUNITIES: Both the Little Athletics and Fencing programs are fully booked for Term 1.

**Tuesday afternoons (3:45pm – 4:45pm): Little Athletics (Kelly Sports).**

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<tr>
<th>Session 1</th>
<th>Session 2</th>
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<th>Session 4</th>
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<th>Session 7</th>
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<tr>
<td>Tues, Feb 12</td>
<td>Tues, Feb 19</td>
<td>Tues, Feb 26</td>
<td>Tues, Mar 5</td>
<td>Tues, Mar 12</td>
<td>Tues, Mar 19</td>
<td>Tues, Mar 26</td>
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**Wednesday afternoons (3:45pm – 4:45pm): Fencing (Fencing Victoria).**

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<th>Session 1</th>
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<th>Session 5</th>
<th>Session 6</th>
<th>Session 7</th>
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Next term, we will once again run with ‘multi-age’ activity groups in which students from Prep all the way through to Grade Six can opt-in to whichever of the following two activities they would like to:

1. Wednesday 3:45pm – 4:45pm: Futsal (Indoor Soccer) - (Coaching provider CONFIRMED as Eastern Indoor Sports Centre).
2. Wednesday 3:45pm – 4:45pm: Ultimate Frisbee (Coaching provider to be confirmed).

Please e-mail me on sharvey@kalinnda.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 children to participate.

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
OSHClub News
Before School / After School Care Program

Week 7 Term 1

Program Update

Hi Everyone,

It’s been a big few weeks settling in to 2013 for everyone. A very special THANK YOU going out to Jean from the Basin Primary for assisting our OSH team this week. Our 5 lucky raffle winners for last week’s colouring competition and ACME Looniversity week are Charlie C, Chloe T, Rebekah H, Chantelle H and Cassandra S. Great work guys! I look forward to making more announcements in the coming weeks as many of the children are trying hard to earn raffle tickets for the big draw on Friday.

This week we are practising our Circus Skills and have a special guest coming to teach a few tricks as a special surprise for the children.

As St. Patrick’s Day is on a weekend this year, staff and children at OSH are encouraged to wear green on Monday 18th for belated celebrations or orange on Friday 22nd for Harmony Week.

Becka Hume-Cook ©

Next Week’s Activities

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<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Before Care Activities</td>
<td>Public Holiday</td>
<td>Circus Carousel</td>
<td>Freeze the Play</td>
<td>Name Art</td>
<td>Blanket Toss</td>
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<td></td>
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<td>Pet Portraits</td>
<td>Ringmaster Craft</td>
<td>Acrobat Letters</td>
<td>Cannonball Blast</td>
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<tr>
<td>After Care Activities</td>
<td>Public Holiday</td>
<td>Blind Drawings</td>
<td>AASC</td>
<td>Funny Voices</td>
<td>Fantasy Landscape</td>
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<td>Clown Masks</td>
<td>Homework Club</td>
<td>Reading Competition</td>
<td>Crazy Magazine Pictures</td>
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<td></td>
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<td>Three Legged Race</td>
<td>Smash and Dash Clumps</td>
<td>Frisbee</td>
<td>Pictures</td>
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<td>Parent Information</td>
<td>OSHC program phone: 0439 992 434</td>
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<td></td>
<td>Coordinator: Becka Hume-Cook</td>
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<tr>
<td></td>
<td>Assistants: Claire Liston, Laura Taylor, Rachelle Senior, Natasha Mancuso</td>
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<td>OSHClub Head Office: 03 8564 9000</td>
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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.
COMMITTEE NEWS

HEAD LICE

Further to our notice last week of an outbreak of head lice in the school – one of our parents has forwarded advice of a natural treatment using Olive oil. You can view this information at

http://ecoolchildsplay.com/2012/02/15/olive-oil-treatment-get-rid-of-head-lice-naturally/

LEVEL 4 CAMP MEDICATION

To those parents whose children went to Canberra earlier this term, Medication that was supplied by families is up at the office for collection. Please come up to the office and pick it up if you haven’t already done so. Medication will NOT be sent home with any student.

Annie Koopmans
First Aid Coordinator

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

School Banking – on Fridays from the beginning of Term 2!

A Commonwealth Bank representative is coming to Kalinda next week. This is a great opportunity to open an account for your child/children. All you need to do is bring in your driver’s license or passport then Vicky from the Commonwealth Bank will set up a new bank account for your child/children.

Vicky will be at our school near the Kalinda Kafe (in the stadium):

Monday, 18th March from 9.30 - 10.30am; and Tuesday, 19th March from 8.30 - 9.30am.

This year our wonderful volunteers, Cassy and Julie, will be doing our school banking on Fridays.

Once their Commonwealth Bank account is set up your child/children simply brings in their account book to school on a Friday morning, along with their savings, and hand it in to their teacher at the start of class. The money will be banked and your child’s bank book will be stamped and returned to the teachers the same day and the teachers will then return them to the children that day/early the following week …it’s that easy!

Happy saving everyone!
From Kalinda Parents and Friends
PARENTS & FRIENDS MONTHLY MEETING
MONDAY 18th MARCH 2013

9:30AM STADIUM FOYER (STRAIGHT AFTER ASSEMBLY)

Our next Parents & Friends monthly meeting will be held on
Monday 18th March straight after assembly in the stadium foyer.
Please come along for a coffee and some morning tea whilst listening and contributing to
matters regarding our children’s education in a friendly and casual atmosphere.

“Gossip with Gail” is always very interesting and informative.

EVERYBODY IN THE KALINDA COMMUNITY IS VERY WELCOME!

Attendance is free, however, if you want to have voting rights at a meeting you need to be a
financial member. This involves paying a $5 annual membership fee (payable at any P&F
meeting).

Crèche is available for the young ones. Just pack a snack (no nut products) and drink for them
and they will be entertained at no cost to you.

We look forward to seeing you there!

Kalinda Parents & Friends Executive
Shona Crothers, Crissi Kippie, Kath Gee, Virginia Strybosch & Deb Hamilton

“KALINDA KAFÉ”
Open Every Monday of Term 1
In the Stadium foyer straight after assembly.
See you there...
The Kalinda Community Group
RECIPE OF THE WEEK!

Serves: 4  
Preparation: 10 minutes  
Cooking Time: 15 minutes

Ravioli with tomato, pea and basil sauce

What you need:
- 2 teaspoons olive oil
- 6 slices pancetta
- 1 clove garlic, crushed
- 700g bottled tomato pasta sauce
- ¼ cup dry white wine
- 2 tablespoons finely chopped fresh basil
- 1 cup frozen peas
- 625g spinach and ricotta ravioli (or Agnolotti)

1. Heat oil in large frying pan; cook pancetta until crisp. Drain on absorbent paper; break into pieces.
2. Cook garlic in same pan, stirring, 1 minute. Add sauce, wine and basil; bring to a boil. Add peas, reduce heat and simmer uncovered for 15 minutes.
3. Meanwhile, cook ravioli in large saucepan of boiling water, uncovered, until just tender; drain. Return ravioli to pan, add sauce and toss to combine. Divide among serving bowls and top with pancetta.

WENDY McLAUGHLAN
KALINDA CHEF
DATES FOR PROPOSED TOURS OF NORWOOD SECONDARY COLLEGE IN 2013

Tours of Norwood Secondary College have been organised for the dates listed below in 2013. Bookings are necessary for tours and interested persons should telephone 9871-0400 to organise a suitable date. Tours commence at 9.15am from the General Office and are of approximately one hour duration.

An Open Night will be held on Wednesday 24 April from 7pm - 8.30pm.

Monday, 18 March, 2013
Tuesday, 26 March, 2013
Tuesday, 16 April, 2013
Thursday, 21 March, 2013
Tuesday, 23 April, 2013
Tuesday, 30 April, 2013
Thursday, 18 April, 2013
Tuesday, 7 May, 2013
Thursday, 9 May, 2013

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

Ringwood Secondary College

2013 Tour dates

College tours will commence on Monday, 4 March through till mid May. They will take place on most weekdays commencing at 9.15am.

There will be a Saturday morning tour on 4 May, commencing at 9.30am in the College Library.

All tours will last approximately 90 minutes

Bookings are essential

Please contact the College on 9870 3002 to reserve a time.
Tours depart from the Link Corridor adjacent to the General Office

2013 Information Night
Thursday, 2 May - 6.45 – 8.30 pm

Information sessions for Grade 6 families will be held in the College Hall at 7.00pm (repeated at 8.00pm).
The Department of Education & Early Childhood Development (DEECD) and Kalinda Primary School, do not endorse the products or services of any private advertiser. DEECD and Kalinda Primary School accept no responsibility for accuracy of information contained in advertisements or claims made by them.

See the Community Board in the Foyer for more events.
Picnic in the Park- Mullum Mullum Reserve Wednesday 20th March 2013 5pm to 7pm

Maroondah City Council invites you, your family to a free community event where you can meet your local Mullum Ward Councillors, participate in family friendly activities and enjoy a free sausage sizzle.

Representatives from the Mullum Mullum Festival (April 2013) will lead a loop walk along the Mullum Mullum Creek Trail to look at some of the area’s local plants and animals. Learn about the natural significance of the Mullum Mullum Creek and adjoining bushland. We will be looking out for native birds and insects along the way, as well as learning the calls of different frog species. If lucky, you might even get to see a native Water Rat (Rakali)! Bring binoculars if you have them.

With football competitions, a jumping castle, face painting, kite flying and much more bring along your family and picnic rug and celebrate Maroondah’s community spirit. No RSVP required. For further information, please phone 9294 5561 or visit www.maroondah.vic.gov.au.
SCHOOL TOURS 2013
JUNIOR CAMPUS
Croydon Road, Croydon

You are invited to see our school at work. See teachers and students in action and find out what Melba College has to offer.

Monday, Wednesday and Friday at 9.30 am. Other times by appointment.

Bookings can be made by contacting us on 9725 8277 or by email melba.sc.junior@edumail.vic.gov.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
7am to 9am
April 17th, 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

Maroondah fun triathlon

Sunday 7 April 2013 at
Croydon Leisure & Aquatic Centre and local surrounds

Entries now open for individuals and families.

Individual
8.15am - 150m swim | 4.8km bike | 1.6km run/walk

Team
8.15am - 150m swim | 4.8km bike | 1.6km run/walk

Family
8.45am - 100m swim | 2.4km bike | 1.2km run/walk

For more information on the Tuning in to Kids parenting program go to www.tuningintokids.org.au
# Easter 2013 School Holiday Timetable

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<thead>
<tr>
<th>Mon 1/04</th>
<th>Tue 2/04</th>
<th>Wed 3/04</th>
<th>Thu 4/04</th>
<th>Fri 5/04</th>
</tr>
</thead>
<tbody>
<tr>
<td>EASTER MONDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Schoolies (p-6)</strong></td>
<td><strong>Kinder (3-5yrs)</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
</tr>
<tr>
<td>10.00am-3.00pm</td>
<td>10.00am-10.50am</td>
<td>10.00am-3.00pm</td>
<td>10.00pm-12.30pm</td>
<td>10.00pm-12.30pm</td>
</tr>
<tr>
<td>GAME DAY</td>
<td>Funk n Groovy</td>
<td>CIRCUS Workshop</td>
<td>Bootcamp!</td>
<td>Mini Olympics</td>
</tr>
<tr>
<td>Including: Quidditch Frisbee Bullseye</td>
<td>Circus $15</td>
<td>Including: Trapeze Bars Rope Balances Hand apparatus Juggling + make something to keep</td>
<td>(Or $24 for both)</td>
<td>$24</td>
</tr>
<tr>
<td>PLUS many more fun games!</td>
<td>11.00-11.50am</td>
<td>12.30pm-2.30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Or $24 for both)</td>
<td>Circus Mix $24</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$24</td>
<td></td>
<td></td>
<td>1.00pm-3.00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bootcamp!</td>
<td>(Or $42 for both)</td>
</tr>
<tr>
<td></td>
<td>5hrs $50</td>
<td></td>
<td>5hrs $50</td>
<td>1.00pm-3.00pm</td>
</tr>
<tr>
<td>Mon 8/04</td>
<td>Tue 9/04</td>
<td>Wed 10/04</td>
<td>Thu 11/04</td>
<td>Fri 12/04</td>
</tr>
<tr>
<td><strong>Kinder (3-5yrs)</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
<td><strong>Party Day</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
<td><strong>Kinder (3-5yrs)</strong></td>
</tr>
<tr>
<td>10.00am-10.50am</td>
<td>10.00am-3.00pm</td>
<td><strong>Hire the venue for a:</strong></td>
<td>10.00am-10.50am</td>
<td>10.00am-10.50am</td>
</tr>
<tr>
<td>FUN-damentals $15</td>
<td>CIRCUS Workshop</td>
<td>b’day party</td>
<td>Ballas Ballas Balls $15</td>
<td></td>
</tr>
<tr>
<td>11.00am-11.50am</td>
<td>Including: Trapeze Bars Rope Balances Hand apparatus Juggling + make something to keep</td>
<td>school class party/ catchup</td>
<td>11.00am-11.50am</td>
<td></td>
</tr>
<tr>
<td>Circus $15</td>
<td></td>
<td>Times available:</td>
<td>Bootcamp! $15</td>
<td>(Or $24 for both)</td>
</tr>
<tr>
<td>(Or $24 for both)</td>
<td>10.00am-12.00pm</td>
<td>10.00pm-12.00pm</td>
<td>(Or $24 for both)</td>
<td></td>
</tr>
<tr>
<td><strong>Schoolies (p-6)</strong></td>
<td>12.30pm-2.30pm</td>
<td>12.30pm-2.30pm</td>
<td><strong>NEW - Quidditch -</strong></td>
<td><strong>Schoolies (p-6)</strong></td>
</tr>
<tr>
<td>Amazing Race $24</td>
<td>Circus Mix $24</td>
<td>3.00pm-5.00pm</td>
<td>(Yap)! As in Hary Potter $24</td>
<td>1.00pm-3.00pm</td>
</tr>
<tr>
<td>2.30pm-4.30pm</td>
<td></td>
<td></td>
<td></td>
<td>NEW - Quidditch -</td>
</tr>
<tr>
<td>Dance/Cheer $24</td>
<td></td>
<td></td>
<td>(Yap)! As in Hary Potter $24</td>
<td>1.00pm-3.00pm</td>
</tr>
<tr>
<td>(Or $42 for both)</td>
<td></td>
<td></td>
<td></td>
<td>NEW - Quidditch -</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(Yap)! As in Hary Potter $24</td>
</tr>
</tbody>
</table>


Please enroll my child (insert name) _________________________, age _______ into the Fitnessworx program/s indicated above (please circle on table). Total cost: _______________________

**PAYMENT OPTIONS:**

- VISA / MASTERCARD:
  - Credit Card No: ___________ ___________ ___________ ___________ ___________ ___________ Exp: ___________ ___________

- EFT to BSB: 083 219 ACCOUNT: 57 075 1834
- CASH: prior to the commencement of the term
- CHEQUE: made out to Fitness Worx PL

**PARENT/GUARDIAN**

NAME: _________________________ SIGNED: _________________________

Email: _________________________

Phone/Mobile: _________________________

Address: _________________________

Fax to: 1300 668 337 Email: info@fitnessworx.com.au Post to: 2/1 Monomeeth Dve Mitcham

Please note: a medical information/indemnity form will be given to you to fill in prior to your child's first class.
Viva Victoria festival 2013 - Sunday 24 March

Viva Victoria 2013

Viva Victoria is a free one-day festival of spectacular musical and dance performances at Federation Square. This year Viva will be on Sunday 24 March 2013. There is something for everyone at Viva Victoria!

You can sample delicious food from around the world, explore the cultural arts and crafts market, and there’s plenty of free kid’s activities and cultural workshops to entertain and inspire. Don’t miss out on the vibrant sights, sounds and tastes on offer, as we celebrate our multiculturalism. Click on the link below to view the 2013 Viva Victoria program.

2013 Viva Victoria program (PDF 1.79 MB)