

St Kilda Park Primary School

School Phone 8598 6444 8:30am-4:30pm

BASC Phone 0423 777 296

Website www.skipps.vic.edu.au

Email st.kilda.park.ps@edumail.vic.gov.au

Principal Email scott.neil.n@edumail.vic.gov.au

15th October 2019



Important Dates

Fri 18th Oct	Yr 3/4 Soccer Gala Day
Mon 21st Oct	Yr 6 Graduation Photo 9:15am
Wed 30th Oct	<i>Celebration of the Arts</i>
Tue 5th Nov	Melbourne Cup Day Public Holiday
11- 15th Nov	Year 5/6 Camp – Coonawarra
25 - 27th Nov	Year 3/4 Camp - Manyung
6th & 7th Dec	Dad's Camp
Thu 12th Dec	Yr 6 Graduation
Fri 20th Dec	Last Day Term 4—1:30pm finish



Birthdays

October

Jagger	Mimi
Mila	Hudson
Yaiza	Felix
Young Min	Ruby
Bruno	Poppy
Elizabeth	

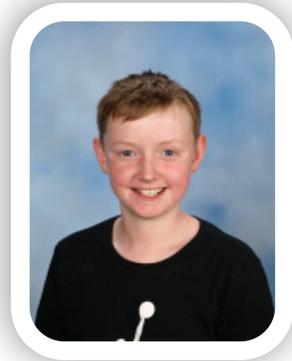
Notes Home/ On Compass



- 10th Oct Yr 5/6 Kids Feeling Safe workshop information
- 11th Oct COTA Dress rehearsal and costume information

Year Six Leaders Report

Hi I'm Millie, I'm Kitty, I'm Jack and I'm Ewan, and we're the Year six leaders this week.



Our question is

“What are you looking forward to for term 4?”

Here are what some students have to say;



Lachie, FM “I’m excited for PE and learning sports.”



Willow 1/2PR “The nude food program and meeting new friends.”



Bas 1/2L “I’m excited to play sport with my classmates”.



Tallula 3/4L “I’m excited to go on camp with all my friends.”



Josh 3/4L “I am excited to get off my crutches to play sport.”



Saskia 5/6J “I am excited to go on camp.”



James B 5/6J “I’m excited for graduation.”

Principal's Report

Welcome to Term 4

Welcome to our first newsletter of Term 4. As always, this term is already shaping up to be very busy and, as you will read below, we have hit the ground running in a number of ways already.

Walktober

This month sees national 'Walk to School;' month with a range of initiatives and activities around the country to promote active travel to school.

At SKiPPS we have embraced 'Walktober' this year and had a full day of celebrations yesterday (Monday 14th October). On the day, students were welcomed to school with a healthy breakfast of free fruit and the City of Port Phillip Council provided a free coffee stall for parents.

At assembly we welcomed **Dick Gross**, the Mayor to talk about the importance of walking, scooting or riding to school and he tried out the 'Smoothie Bike' - an amazing machine that turned fruit into delicious smoothies as you pedalled. Councillor Gross also presented our 'golden oot' award to **Archie from Foundation M** for being the class with the highest proportion of students taking active ways to get to school last week.



After assembly each class got a chance to ride the smoothie bike and get active while making a delicious drink to share. I need to thank **Allison Shanahan**, the Green Team and our wonderful parent volunteers for putting in the work to make yesterday happen. It is truly inspiring to see our community so engaged with the themes of sustainability and in making a difference to our wider world.



New Scooter and Bike Racks

To better support our students ditching the car and cycling or scooting to school, we have invested in a number of new secure scooter and bike racks for the school.

The scooter racks (pictured) allow children to lock their scooters securely and they will be joined in the next couple of weeks by new bike racks. This investment was made possible by generous financial support from the City of Port Phillip who matched every dollar we spent on these racks.

Principal's Report—continued

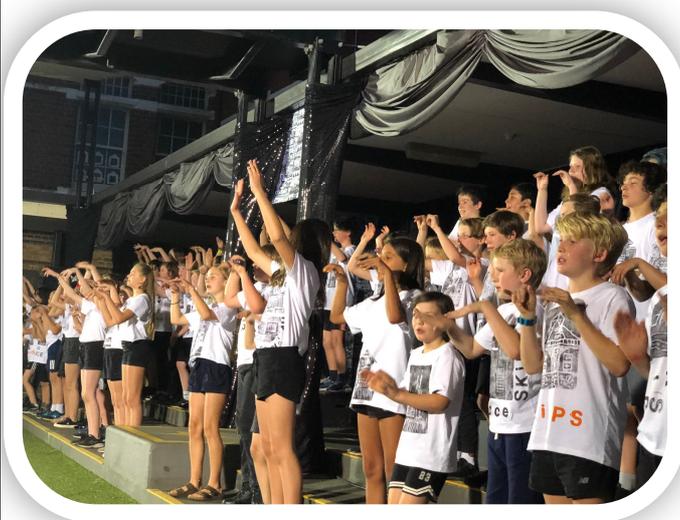
Celebration of the Arts

We are now just over two weeks away from Celebration Of The Arts 2019 —the major curriculum event (and one of the highlights) of the school year, taking place on **Wednesday 30th October from 5pm onwards**. As the name suggests, the event is an evening-long celebration of the creativity of our students (and staff) with all of our students performing with their classes and exhibiting their Visual Arts work from the year.

This year, the event is called '**Dance Macabre**' and promises 'Spooky Songs, Deathly Dances and Apocalyptic Artworks', perfectly timed to get everyone in the mood for Halloween the following night.

We invite and encourage all of our SKiPPS friends and extended family to come along to the event. Stephen and Chantel, supported by the whole of our staff, have been working tirelessly to make the evening happen and the quality of the art work and performances are a testament to their abilities and also the creativity and enthusiasm of our students. I am thoroughly looking forward to the night.

As usual we need an army of volunteers leading up to and on the evening. If you can support with costuming, staging, preparing artwork for display, sound engineering, lighting, videoing, graphic design and anything else could you please let Stephen and Chantel know by emailing them on jose.chantel.l@edumail.vic.gov.au



We require a large number of parent volunteers to donate 30 or 60 minutes of their time on the evening to staff the stalls or cook on the BBQs to ensure no one goes hungry. The phrase 'many hands makes light work' has never been more true and, by signing up, you can ensure that our hard working SKIPPA parents

also get a chance to enjoy the evening and see their children perform.

Please sign up for a slot on the evening at <https://www.signupgenius.com/go/60b094baba62ea3f85-celebration>



Principal's Report—continued



New Playground

We were thrilled yesterday morning to finally take down the fencing and open up our brand new play space to students.

The new climbing structure, sandpit area, soft fall rubber surface and beautiful palm tree were all made possible by a \$200,000 'Inclusive Schools' grant from the Education Department.

On such a small school site, it is great to have transformed what was an unused and unloved piece of land into something so engaging and fun and the feedback from students so far has been incredibly positive.

I would like to thank our **Buildings and Grounds sub-committee** and **Paul Yates** in particular for their work on this project which started well over a year ago.

Working Bee

Even with our brand new project finished, there is still a long list of jobs and projects around the school buildings and grounds that need attention in order for our students to have the learning and play environments that they deserve.

We are holding a **Working Bee at school on Saturday 23rd November from 8am** to address this list. We are asking all SKiPPS families to come along and there will be jobs to do regardless of your skill or physical fitness. Once we have made the school look great once again we will finish up with a lunchtime sausage sizzle.

Principal's Report—continued

Block Sausage Sizzle

Many of you would be watching with interest as the Channel Nine TV show 'The Block' has transformed the 'Oslo' Hotel on Grey Street into five shiny new houses. This is the second 'Block' transformation in the SKiPPS school zone in two years after 2018's Gatwick renovation.

As with last year, our school have been offered the opportunity to run a stall at the 'open for inspection' day that is held at the end of each project. On the day, thousands of fans descend on St Kilda to queue for hours to get a chance to see inside the finished houses.

Last year the school raised over \$3000 from selling sausages to hungry attendees and we are hoping to do the same this coming Sunday (20th October).

The day is a lot of fun and has a great party atmosphere with music and live appearance from the hosts and contestants during the day.

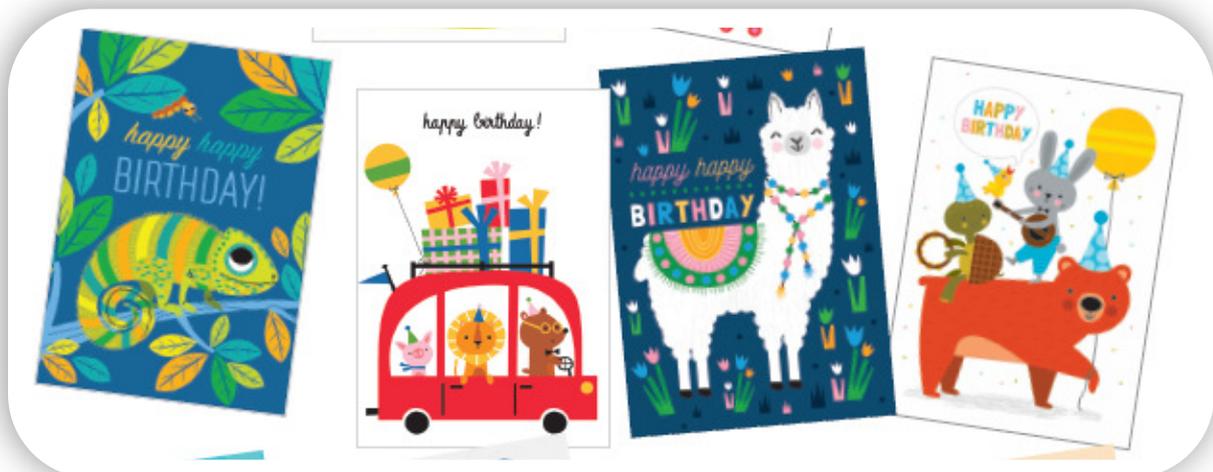
We are in **real** need of SKiPPS parents to volunteer for an hour or two on the sausage sizzle stall on Sunday to be a part of the occasion and to raise money for the school. If you think you can help, please sign up at

<https://www.signupgenius.com/go/60b094baba62ea3f85-skipps6>

'Little Red Owl' greeting card fundraiser

We are excited to be working with Nat Marshall, one of our talented parents, to offer our SKiPPS families an opportunity to buy her products AND support the school.

Nat is the illustrator and designer behind the popular 'Little Red Owl' greetings cards and she has offered our families the chance to buy packs of her cards at half the RRP with \$1 from each card going to the school's fundraising. To find out more and to place an order, please go to <https://www.trybooking.com/554889>



Principal's Report—continued

Parent Requests

As we plan ahead for 2020, class teachers are also starting the process of creating class groupings for next year. In doing this, our staff work very hard to create a perfect balance of gender, personalities and strengths within each class to allow for the best possible learning to take place.



Later in the term students will be asked to select friends who they would like to be in a class with next year and our teachers always do their best to ensure at least one of these choices are placed with them.

Occasionally parents have requests for class placements for the following year. Whilst we are unable to accept requests for a particular teacher, we are happy to try and accommodate reasonable

requests. If you have a request, please email me at scott.neil.n@edumail.vic.gov.au

Let us know if you are leaving...

A key part of planning for 2020 is getting an accurate idea of likely student numbers so we can plan ahead with confidence. For this reason, it is incredibly helpful to know at this point of the year if any of our families are planning to move on from SKiPPS. If your child is not going to be at SKiPPS next year can you please make sure you let the school office know asap.

Walkathon—its not too late

We have raised an incredible \$12,819 From our recent Walkathon. This money will be used to support some major ICT upgrades in the school next year, including the purchasing of new interactive panels in the classrooms to allow for greater interactive and engaging learning.

If you have not yet got around to collecting and brining in your money—it is not too late—sponsorship money can still be brought into the school office or payments can be made via Compass.



We need your help at the
SKiPPS

Working Bee

Saturday 23rd November

8am - 1pm

We need *your* help to keep our school in shape. On Saturday 23rd November we are holding a Working Bee and are asking all of our SKiPPS families to spare a few hours to help out.

Our major aim is to address landscaping tasks around the grounds, complete a new seating area near the new sandpit and remove some fixed seating areas in our main school building. There will be a range of tasks that will suit all levels of physical fitness and expertise.

Come along, help out and finish with a classic sausage sizzle.
We look forward to seeing you there.

Fete News

A reminder that our SKiPPS fete is coming up on Saturday 29th February 2020 and planning is well underway.

One of the highlights of the fete are the stalls that each year level put on. The children love being involved with preparation and then supporting the stalls on the day.

We are seeking a parent or two from each year level to organise the idea for the grade stall.

What this entails is choosing a stall idea - there are lots from previous years if you need help - and working with Jo to get families on board with donations etc.

The fete can only be successful with you on board so if you think you can help give jo a call or email Jo.damo@hotmail.com



The poster features a central white rectangular area with a black border, set against a background of vertical red and white stripes. At the top, the text 'THE ST KILDA PARK PRIMARY' is written in a red, serif font. Below this, the word 'FETE' is written in large, bold, black letters with a red outline. A blue banner with white text and red stars on either end reads 'IS COMING TO TOWN'. Below the banner, the date 'SAT FEB 29TH' is displayed in red and blue, followed by '11AM UNTIL 6PM' in red and blue. To the right, a list of activities is shown in black text: 'CARNIVAL RIDES', 'SILENT AUCTION', 'FOOD, MUSIC', 'ENTERTAINMENT', 'MARKET STALLS', and 'AND MORE!'. At the bottom, a black banner with white text and stars on either end reads 'A FUN FAMILY DAY!'. Below the banner, the address '68 FITZROY STREET, ST KILDA' is written in red.

THE
ST KILDA PARK PRIMARY
FETE
IS COMING TO TOWN

SAT | FEB 29TH
11AM UNTIL 6PM

CARNIVAL RIDES
SILENT AUCTION
FOOD, MUSIC
ENTERTAINMENT
MARKET STALLS
AND MORE!

★ A FUN FAMILY DAY! ★

68 FITZROY STREET, ST KILDA

Assistant Principal's Report

Welcome Back

I am continually amazed at how quickly each term and the school year flies by and know all too well, how Term 4, seems to go even faster. Perhaps it is the completion of the AFL season and the appearance of Christmas decorations that creates a sense of urgency. It is also my first year at SKiPPS and I look forward to supporting the 2020 Foundation students in their transition program, Celebration of the Arts, Camp, Grade 6 Graduation and the many school activities planned for this busy term.

It was wonderful to see all the students, particularly the Foundation students arriving at school last Tuesday, smiling and eager to see their friends and return to their familiar routine of school life and learning.

Beat the Bell

As announced at assembly the winners for Term 3 Beat the Bell were FM, 1/2 S, 3 /4 S and 5/6 AJ. However the best news was in Week 6 & 9 when both Luke's and Lil's grade had no one late for the entire week- this is our ultimate goal for all grades. In Week 8, Matt, Jane, Lil and Stephanie's grades had only one student late for that week, a great result. I am pleased with the effort that parents/ carers and students have made in arriving at school on time, overall we have improved significantly this year and I am sure with a little more effort we can further reduce this in Term 4.

Nude Food Award

From Week 2, teachers will be recording the number of students in each grade with a nude food lunch, with the winning grade being announced at assembly and receiving the very special gold rubbish bin trophy which they can proudly display in their classroom. Reduce, Reuse, Recycle, Rethink- we all can make a difference.

Education and Policy

The role of the Education and Policy School Council Sub Committee is to review existing school policies to have the best school policies in place to guide the operations and directions of the school. The policies of the school guide and describe the main processes, functions and operations of the school.

Assistant Principal's Report—continued

The development and review of policies have an agreed process so that various stakeholders are part of the consultation and review process. All policies are developed using the DET School Policy Templates Portal. These policies have been checked to ensure that they are consistent with: Department Policy requirements, Minimum standards for school registration and any legal requirements. To date we have reviewed and completed the following policies:

- Visitors Policy
- Anti-Bullying
- Drug Education
- First Aid
- Sexual Harassment
- Home Learning

Last night we met and reviewed the following policies:

- Statement of Commitment to Child Safety
- Photographing and Filming and Recording Students Policy (new in 2019)

We will aim to review and complete, by end of Term 4:

- Code of Conduct (required for SC approval)
- SKiPPS Student Engagement Policy including CAPSE (not required for SC approval)
- Mobile Phone Student use in schools - required for 2020 (not required for SC approval)

You will notice in today's newsletter student birthdays are now recorded as student first name only and the month they were born in, this was a decision made by the Education and Policy Sub Committee in our meeting last night. This decision is to protect the privacy of students, as the school newsletter is available to read on the school website and not an exclusive school publication for enrolled families.

Michelle Bove, Assistant Principal

little RED OWL FUNDRAISER FOR



SKiPPS



Hello, my name is Natalie Marshall. I am a SKiPPS mum and children's book author and illustrator. I also design and produce my own range of greeting cards. My 'Little Red Owl' cards are stocked in retail shops locally and nationally.

I love SKiPPS - I currently have a daughter in Year 5 and another who has graduated from SKiPPS and is now in Year 8. To show my appreciation for all that SKiPPS has done for my kids I am running a special fundraiser.

To raise some money for our lovely school, I am offering the SKiPPS community packs of Little Red Owl greeting cards at 50% off regular retail price. SKiPPS will receive \$1.00 from the sale of every card. There are two pack sizes available:

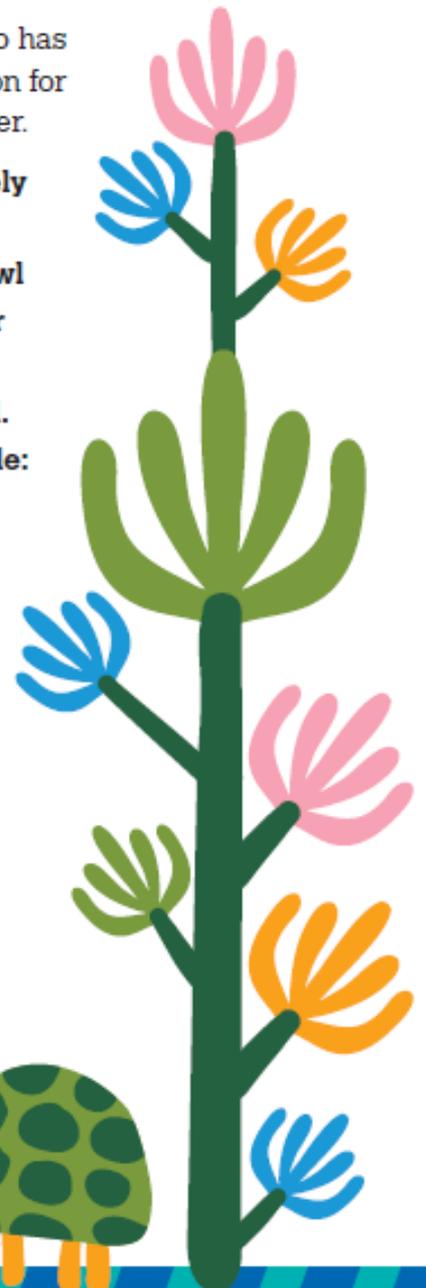
PACK OF 10 CARDS
\$30.00

\$60.00 RRP value

PACK OF 20 CARDS
\$60.00

\$120.00 RRP value

There are limited packs available!



There are mix of designs in each pack. Each card comes with a colour co-ordinated envelope. The cards will not be packed into cello sleeves so the packs are plastic free!

Purchase a pack to pop in a drawer and always have a card when you need one!

SOME OF THE INCLUDED DESIGNS



TO ORDER YOUR PACK PLEASE VISIT:

<https://www.trybooking.com/554889>



Welcome to the year 3/4 Kitchen Garden program in term 4.

We love the garden in Spring! Full of so much colour and scent. Everything is bursting at the seams.

This week:

In the garden, the students will be harvesting:

- Broad beans
- Cabbage
- Broccoli
- Kale
- Silver beet
- Rhubarb
- Snow peas
- Carrots
- Mandarins
- Potatoes
- Rosemary
- Thyme



In the kitchen, the students will be cooking:

- Alphabet Grissini
- Silver beet and potato torte
- Kale, carrot and cabbage slaw.
- Rhubarb tarts

We look forward to sharing exciting stories about the kitchen and the garden in term 4.

Happy Cooking and Gardening.

Cheers,
Betty





Kale Slaw with Red Cabbage & Carrots

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, kale, parsley, red cabbage, red onion

Equipment:

measuring spoons
small bowl
whisk
tea towel
chopping board
cook's knife
large bowl
tongs

Ingredients:

1 tbsp olive oil
1 tbsp Dijon mustard
1 tsp apple cider vinegar
salt
pepper
5 kale leaves, finely shredded
¼ small red cabbage, sliced finely
1 carrot, peeled and julienned
1 small handful parsley, chopped
½ small red onion, diced
2 tbsp sunflower seeds
2 tbsp pumpkin seeds



What to do:

1. Whisk olive oil, mustard, and apple cider vinegar. Season with salt and pepper.
2. Combine kale, cabbage, carrot, parsley and red onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing, and toss to coat.
4. Taste and season as necessary before serving.



Silverbeet & Potato or Sweet Potato Torte

Season: Summer/Autumn

Serves: 30 tastes in the
classroom or 6 at home

Fresh from the garden: eggs, onions, parsley, potatoes or sweet potatoes, silverbeet

The crispy crust on this filled torte hides soft, cheesy mouthfuls of potato and greens. It's a sure-fire winner!

Equipment:

metric measuring scales, cups and spoons
clean tea towels
chopping board
knives – 1 small, 1 cook's, 1 serrated
vegetable peeler
grater
bowls – 1 small, 1 medium, 2 large
plastic wrap (optional)
salad spinner
medium saucepan
colander
wooden spoon
pastry brush
26 cm pizza tray
rolling pin
tablespoon
fork
platter for serving



Ingredients:

For the pastry:

200 g plain flour, plus extra for dusting
½ tsp salt
1½ tbsp extra-virgin olive oil
½ cup cold water

For the filling:

15 silverbeet leaves
2 tsp salt
2 medium potatoes or sweet potatoes,
peeled and cut into quarters
½ onion, peeled and finely chopped
150 g mozzarella, grated
1 handful of parsley, finely chopped
2 tbsp extra-virgin olive oil
freshly ground black pepper
1 egg



What to do:

To make and rest the pastry:

1. Mix the flour and the salt in a large bowl and then create a well in the middle of the flour.
2. Mix the oil and water in a small bowl and then pour them into the well in the centre of the flour.
3. Use your hands to incorporate the liquid into the flour until the dough forms a ball.
4. Sprinkle flour onto a clean, dry workbench and knead the dough for 1 minute.
5. You can use the dough immediately. Otherwise, wrap it in plastic wrap and leave it until needed.





To make the filling:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Separate the green leaves and white stems of the silverbeet.
4. Slice and finely chop the white stems into small pieces and place in a medium bowl.
5. Rinse each green piece of the silverbeet and dry in the salad spinner. Roll each piece tightly and slice across the roll to form ribbons (this is called 'shredding').
6. Put the leaves in the medium bowl with the stems, add the salt and mix.
7. Put the potatoes in the saucepan. Fill it with cold water and add a pinch of salt.
8. Bring the water to the boil over high heat. Reduce to a simmer and cook for 15 minutes.
9. While the potatoes are cooking, place the onion, mozzarella and parsley in the other large bowl.
10. Drain the potatoes and, when cooled a little, chop into bite-sized pieces. Place in the bowl with the onion, mozzarella and parsley, then mix in a tablespoon of oil.
11. Rinse the silverbeet leaves to remove the salt and squeeze dry with a clean tea towel. Add the silverbeet to the mix and grind over some pepper.
12. Add the egg and mix through thoroughly.



To make the torte:

1. Brush the pizza tray with oil. Separate the pastry into two pieces, one twice the size of the other. Roll the large piece of pastry into a circle and lift it onto the tray.
2. Use the tablespoon to spread the potato and silverbeet mix on top, leaving an edge of about 5 mm all the way round.
3. Roll the rest of the pastry into a circle lay it over the filling. Fold the bottom edge over the top then seal the edges with your fingers.
4. Prick the lid a few times with the fork. Brush with olive oil.
5. Bake for 25 minutes.



Alphabet Grissini

Season: All

Makes: 30 letters

Fresh from the garden: seasonal herbs (basil, parsley, rosemary, sage, thyme)

These grissini letters are meant to be free-form and look a little rustic. Children might like to make them in the shape of the first letter of their name. Fresh herbs, seeds and spices can be added to the dough to enhance flavour and add interest.

NOTE: In this recipe, the dough is set aside to sit until it has doubled in size. This process, called 'proving', produces a light finish, and improves its texture.

EQUIPMENT

metric measuring scales, jugs, cups and spoons
2 large bowls
pastry brush
clean tea towel
2 large baking trays, at least
baking paper
plastic wrap
butter knives
wire rack
airtight container

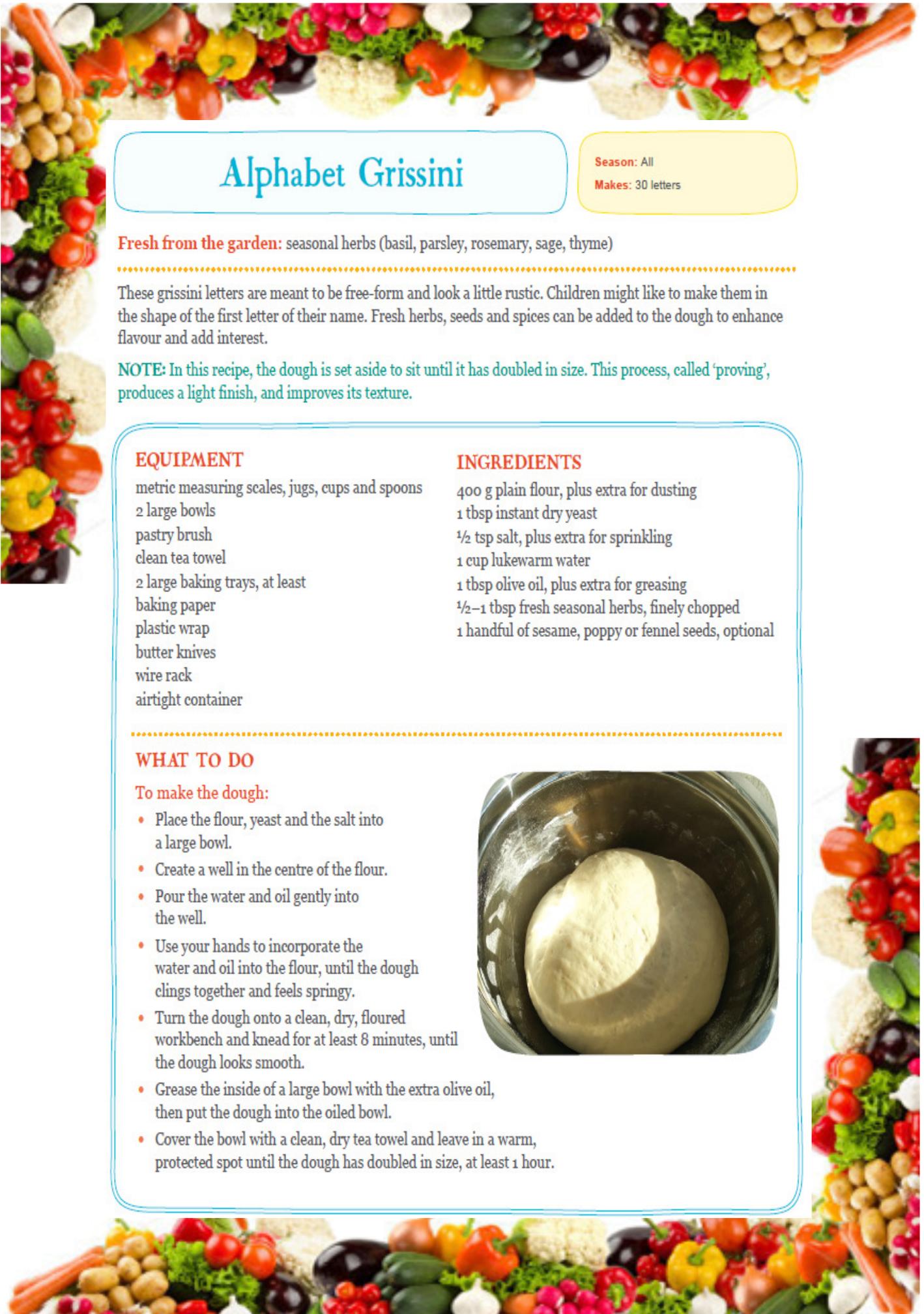
INGREDIENTS

400 g plain flour, plus extra for dusting
1 tbsp instant dry yeast
½ tsp salt, plus extra for sprinkling
1 cup lukewarm water
1 tbsp olive oil, plus extra for greasing
½–1 tbsp fresh seasonal herbs, finely chopped
1 handful of sesame, poppy or fennel seeds, optional

WHAT TO DO

To make the dough:

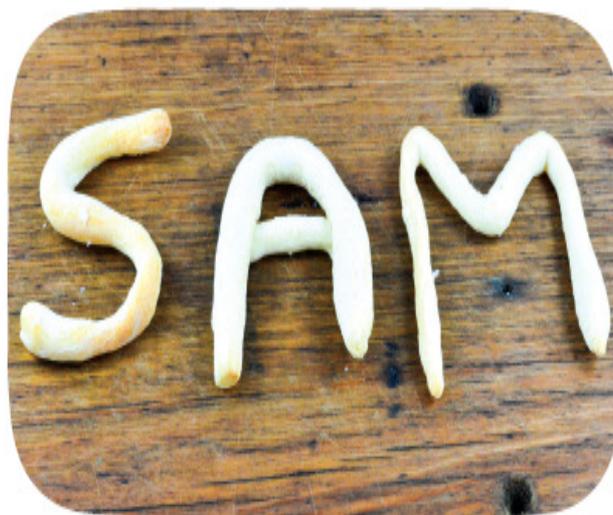
- Place the flour, yeast and the salt into a large bowl.
- Create a well in the centre of the flour.
- Pour the water and oil gently into the well.
- Use your hands to incorporate the water and oil into the flour, until the dough clings together and feels springy.
- Turn the dough onto a clean, dry, floured workbench and knead for at least 8 minutes, until the dough looks smooth.
- Grease the inside of a large bowl with the extra olive oil, then put the dough into the oiled bowl.
- Cover the bowl with a clean, dry tea towel and leave in a warm, protected spot until the dough has doubled in size, at least 1 hour.

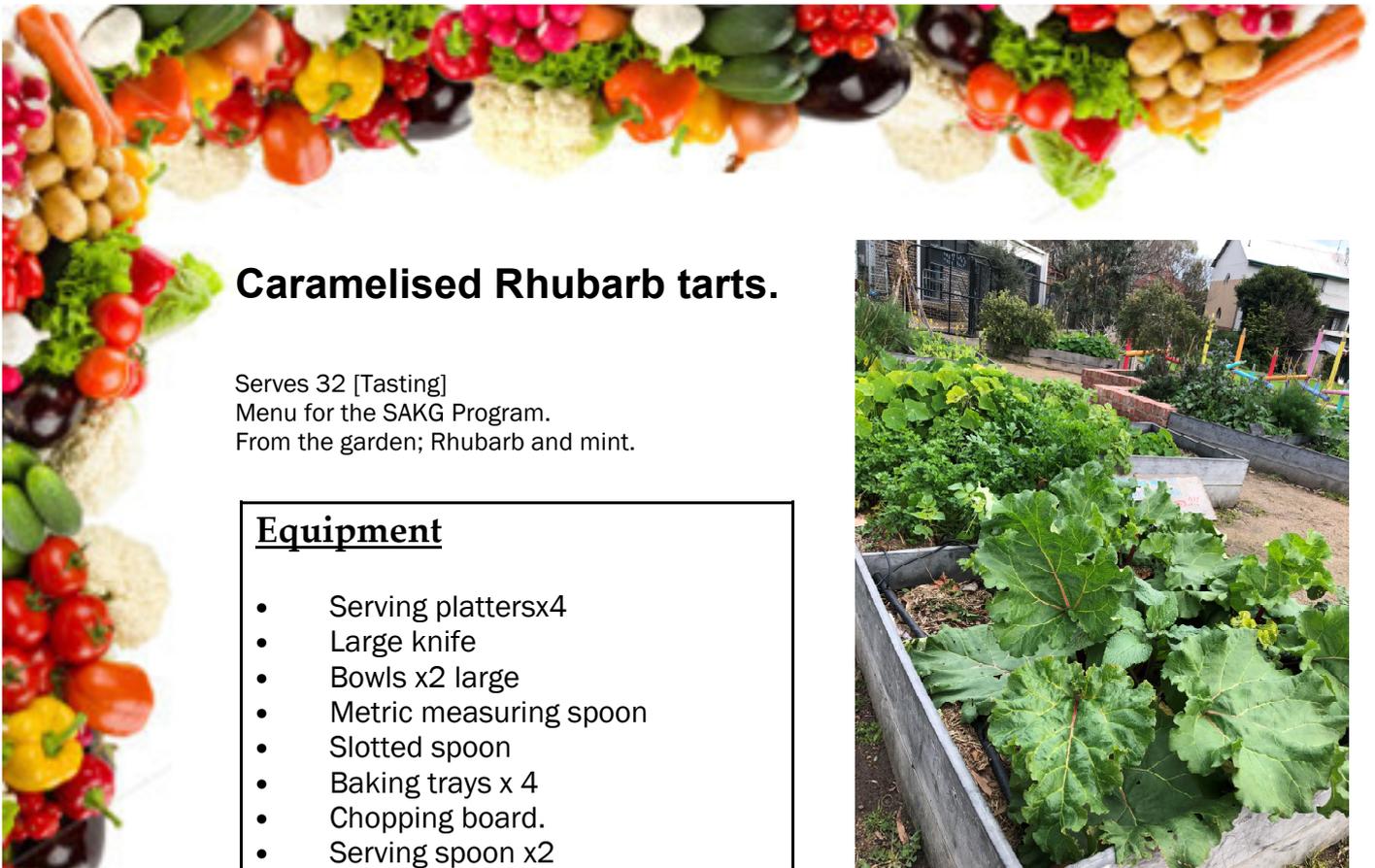




To make the grissini letters:

- Preheat the oven to 200°C.
- Line the baking trays with baking paper.
- Tip the risen dough onto a clean, dry, floured workbench. Add the fresh herbs to the dough and knead briefly.
- Divide the dough in half and wrap one half in plastic wrap.
- Cut the other half into 15 equal pieces. Roll each piece into a rope about 30 cm long and 5 mm thick.
- Shape the dough ropes into the alphabet letters of choice. Using a butter knife, cut pieces of rope as needed to make the various parts of the letter. The alphabet letters can be constructed directly on the baking trays.
- Sprinkle the letters with salt and, if using, seeds or spices.
- Repeat the process with remaining dough.
- Bake for 10–15 minutes until the grissini is firm to the touch.
- Remove the baking trays from the oven and allow the grissini to cool a little on the trays before moving to a wire rack.
- Once completely cool, serve or store in an airtight container (for up to 2 or 3 days).





Caramelised Rhubarb tarts.

Serves 32 [Tasting]
Menu for the SAKG Program.
From the garden; Rhubarb and mint.

Equipment

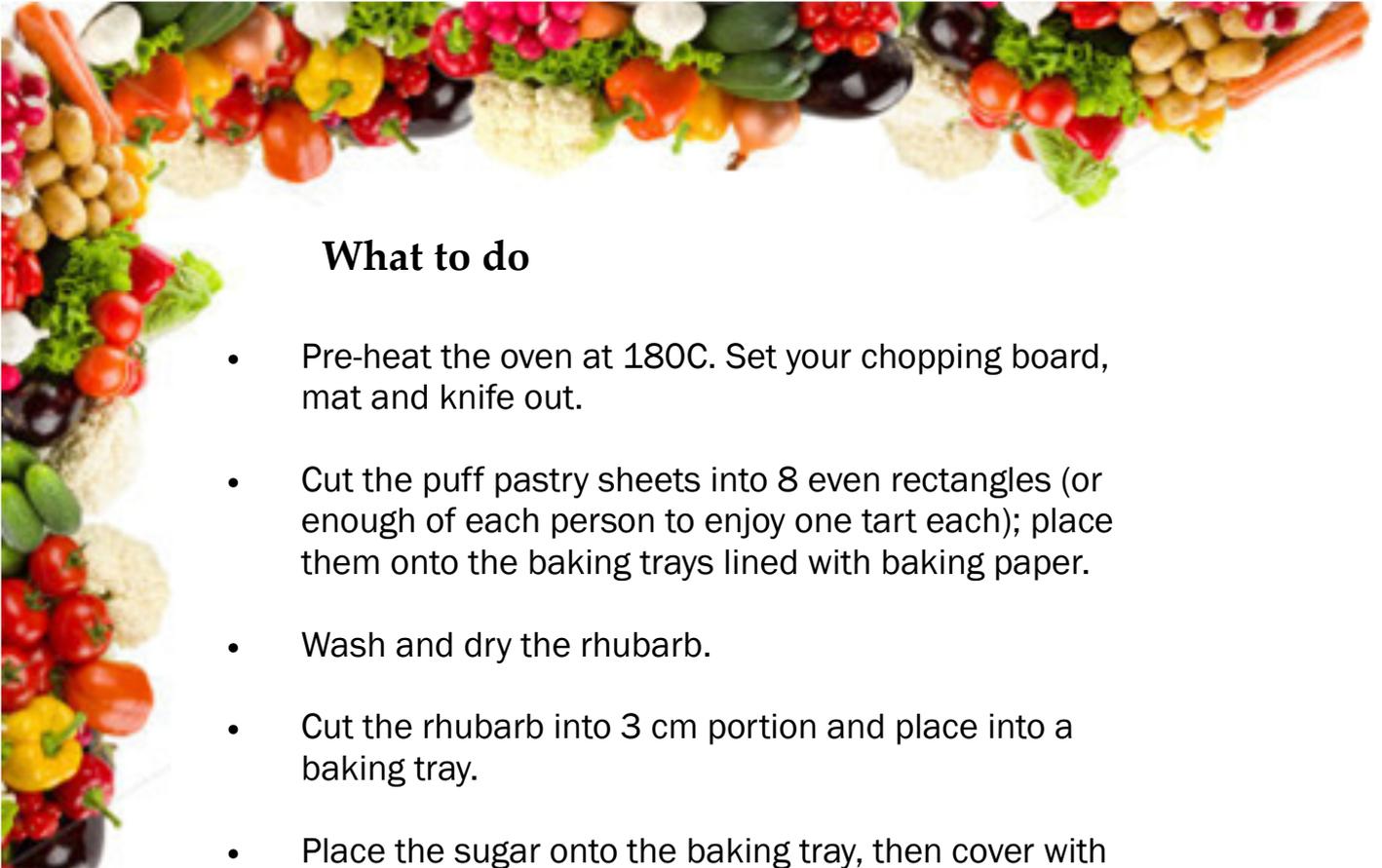
- Serving plattersx4
- Large knife
- Bowls x2 large
- Metric measuring spoon
- Slotted spoon
- Baking trays x 4
- Chopping board.
- Serving spoon x2
- 1x pastry brush.
- 1x small saucepan.
- 1x fine sieve



Ingredients

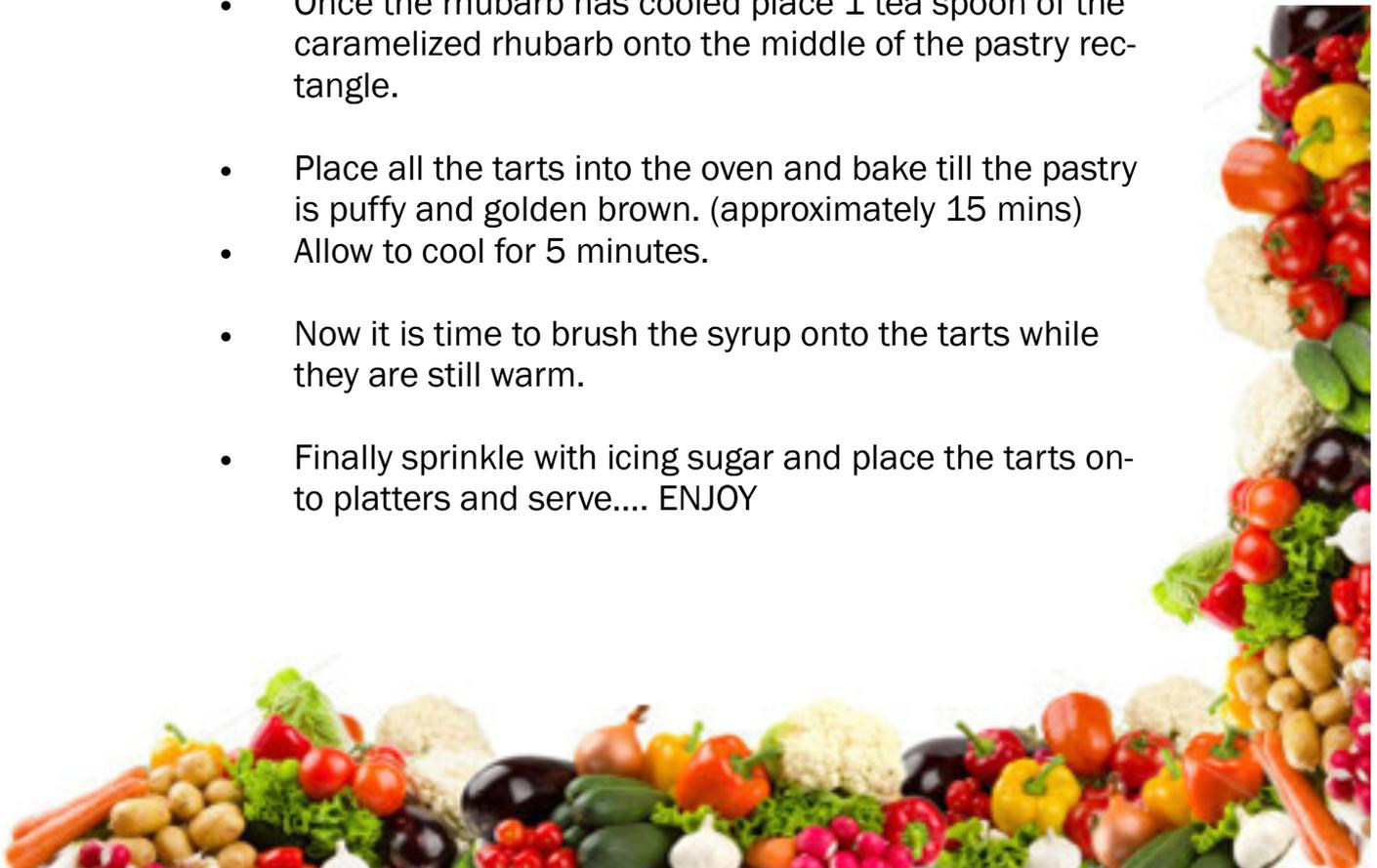
- 500grams rhubarb
- ¼ cup brown sugar.
- 3 to 4 sheets puff pastry.
- ½ cup of Betty's syrup
- 60 mint leaves or 2 mint leaves per person.
- 2 eggs whisked with a small amount of water to make the egg wash.





What to do

- Pre-heat the oven at 180C. Set your chopping board, mat and knife out.
- Cut the puff pastry sheets into 8 even rectangles (or enough of each person to enjoy one tart each); place them onto the baking trays lined with baking paper.
- Wash and dry the rhubarb.
- Cut the rhubarb into 3 cm portion and place into a baking tray.
- Place the sugar onto the baking tray, then cover with foil and place into the oven. Cook till the rhubarb is a rich red colour.
- Brush the pastry with the egg wash.
- Once the rhubarb has cooled place 1 tea spoon of the caramelized rhubarb onto the middle of the pastry rectangle.
- Place all the tarts into the oven and bake till the pastry is puffy and golden brown. (approximately 15 mins)
- Allow to cool for 5 minutes.
- Now it is time to brush the syrup onto the tarts while they are still warm.
- Finally sprinkle with icing sugar and place the tarts onto platters and serve.... ENJOY



SKIPPS

DAY OF THE DEAD

DADS CAMP



6TH-8TH DECEMBER

2019

Dads Camp booking site will open on Wednesday 9th October - for any enquiries, please email Phill@superyouth.com.au

THE
ST KILDA PARK PRIMARY
FETE

★ IS COMING TO TOWN ★

SAT | **29TH**
FEB
11AM UNTIL **6PM**

CARNIVAL RIDES
SILENT AUCTION
FOOD, MUSIC
ENTERTAINMENT
MARKET STALLS
AND MORE!

★ A FUN FAMILY DAY! ★

68 FITZROY STREET, ST KILDA



Family Youth and Children 2019
Parenting Information Sessions

Sustainability: Keeping it Cool

When it comes to engaging with young people at home about environmental issues, what's appropriate for their age? How do we broach issues like global warming and the waste crisis without fuelling anxiety? Do we just leave it up to professional educators to do the work for us?

Parents and caregivers are invited to join local educators and students to discuss what's 'cool' when it comes to these pressing global issues. Learn ways to empower young people to make a difference, while feeling positive about it.

Relevant for parents and caregivers of young people aged 0-18 years.

The panel:

Sharron Hunter and Matt McArthur,
Education Programs Facilitators –
Port Phillip EcoCentre

Jenny Whelan, Administrative
Director – Albert Park Kindergarten

Sally Plummer, Educator and
Sustainability Leader – Clarendon
Children's Centre

Gheran Steel, CEO – The Boon
Wurrung Foundation

Local high school students

and featuring:

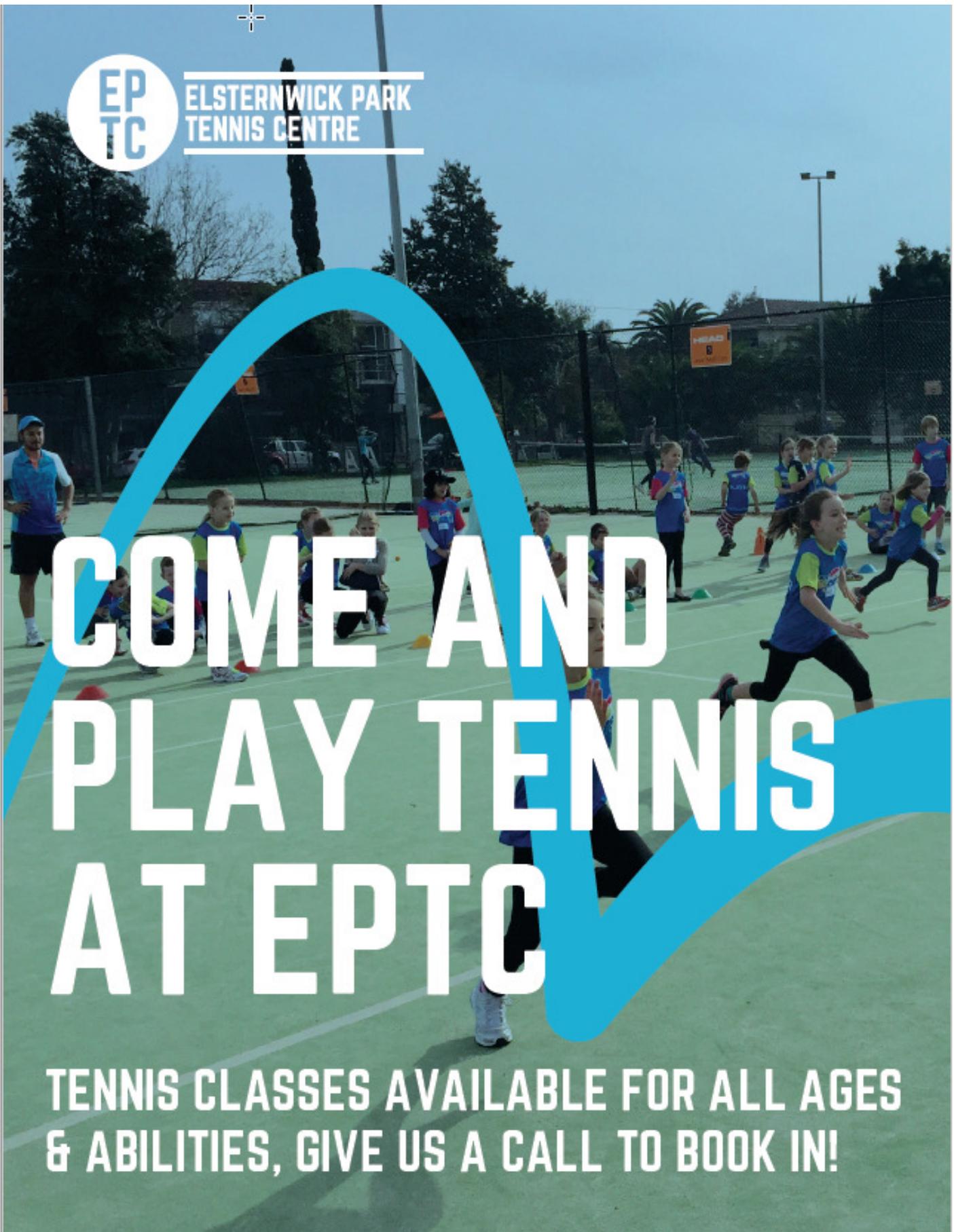
The Climate Change Choir, St
Columba's Primary School students

- Location:** St Columba's Primary School
24 Glen Huntly Road, Elwood
- Date:** Thursday 17 October – 6:30 pm to 8:30 pm
- Cost:** Free
- Bookings:** <https://www.trybooking.com/BALEQ>
- Enquiries:** FYCParentInfoSessions@portphillip.vic.gov.au

Please note that child minding facilities are not available.



ELSTERNWICK PARK
TENNIS CENTRE

A photograph of a tennis court during a children's tennis session. A large blue arch graphic is overlaid on the image, framing the main text. In the background, a coach and several children in blue and yellow tennis attire are on the court. A 'HEAD' logo is visible on the fence.

COME AND PLAY TENNIS AT EPTC

TENNIS CLASSES AVAILABLE FOR ALL AGES
& ABILITIES, GIVE US A CALL TO BOOK IN!

🌐 www.elsternwickparktenniscentre.com.au
✉ info@elsternwickparktenniscentre.com.au
📍 464 St Kilda Street, Brighton, Victoria, VIC 3186

☎ (03) 95313782 **SMS** 0433993782
📱 /elsternwickparktenniscentre
📱 @elsternwickptc

ASSESSMENT TIMES:

Adults - Wednesday 11-11:30am & Saturday 1-1:30pm

3-7 year olds - Saturday 12-12:30pm

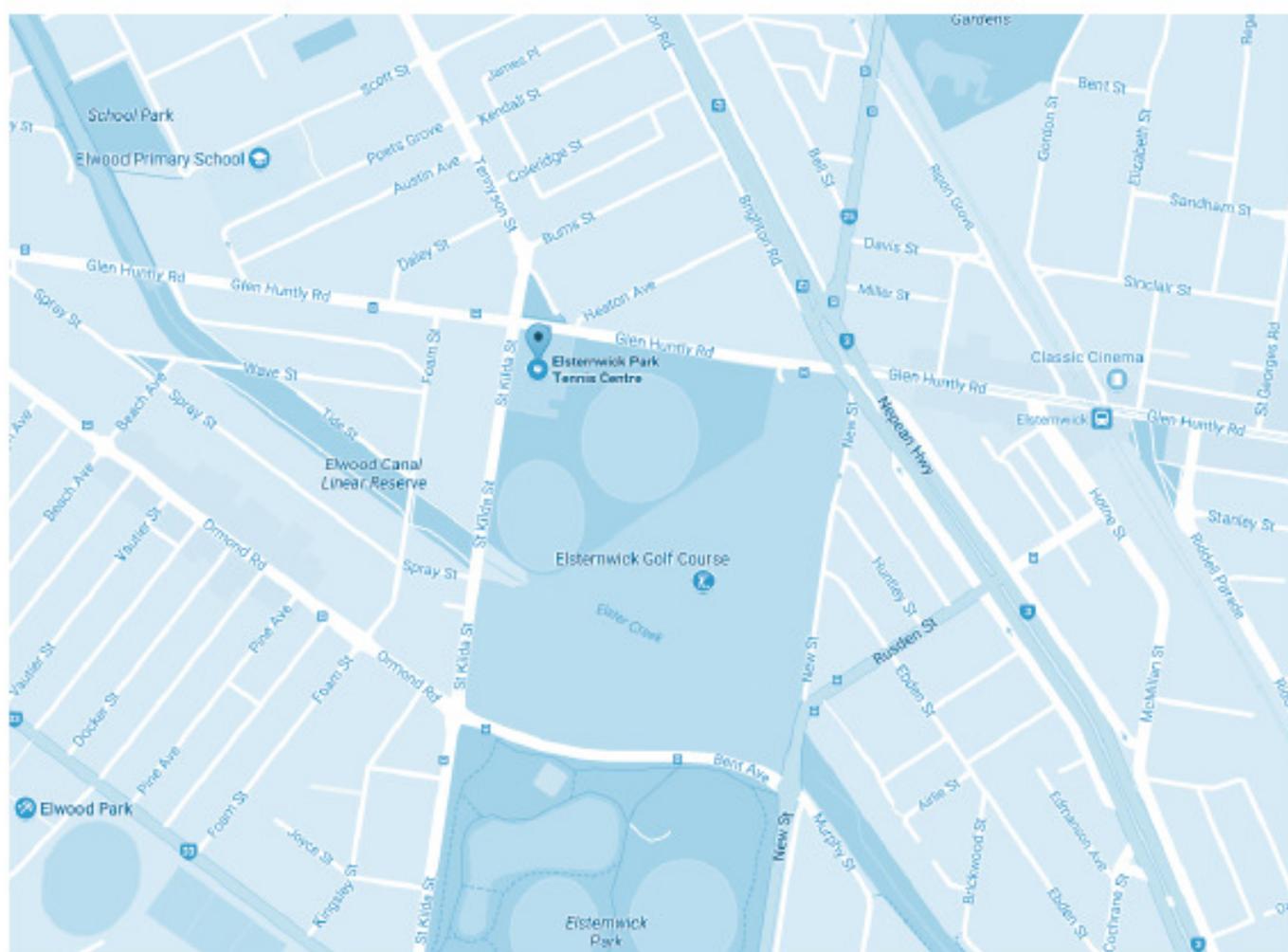
8-11 year olds - Saturday 12:30-1pm

12+ year olds - Saturday 1-1:30pm

REGISTER ONLINE AT:

www.elsternwickparktenniscentre.com.au

or call (03) 9531 3782.



464 ST KILDA STREET, BRIGHTON, VICTORIA, VIC 3186

The tennis centre is on the corner of St Kilda St and Glenhuntly Rd.

Reception entrance on St Kilda St.



BOOK ONLINE NOW AT

 **KELLYSPORTS.COM.AU**

Programmes run weekly on one day a week for one hour.

This Soccer program will have the following:

- ✓ Skills Practice
- ✓ Match Play
- ✓ Modified Games
- ✓ Teamwork
- ✓ Experienced Coaches

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm and participation and the life skills that such involvement brings – giving them increased confidence in the future.

For year Prep – Grade 4 students.

PRICES FROM \$19.50 PER WEEK

Sign up anytime and only pay for the remaining weeks in the term

SCHOOL: St Kilda Park Primary School

DAY: Monday's

DATES: 14th October to 16th December (No session Nov 4th - Melb Cup week)

TIME: 3:30pm to 5pm

COST: \$175.50

SCHOOL: Elwood Primary School

DAY: Tuesday's

DATES: 15th October to 17th December (No session Nov 5th - Melb Cup)

TIME: 3:30pm to 5pm

COST: \$175.50

BOOK EARLY & SAVE

Use the voucher code 'SPRING10' before October 7th to save 10%

Website: kellysports.com.au
Contact: Mitch Robertson
Email: mitch@kellysports.com.au
Phone: 0403 149 391
Facebook: Kelly Sports Australia

October to November 2019

SPORT PHILLIP



Diet and Exercise Myth Busters

Saturday, 26 October
11 am to 12 noon
Melbourne Physiotherapy Pilates and
Fitness group, 201 Fitzroy Street,
St Kilda

\$15

Learn some useful tips from our
Dietitian and Exercise Physiologist.
Topics include common conditions as
well as simple tips for everyday life.

Bookings required. Contact:

☎ 03 9534 0611

✉ reception@mpfpg.com.au



Tour de Moray

October to November

Free

Explore our newest bike corridor along
Moray Street during our Festival of
Everyday Cycling with events, free
courses and prizes for everyone.

For more information

For more information:

🌐 portphillip.vic.gov.au/festival-everyday-riding.htm



Aquababes

Mondays, October to November

11 am for bubs aged 12-24 months

11.30 for bubs aged 6-12 months

South Pacific Health Club, 10-18

Jacka Boulevard, St Kilda

\$8.50 per class

Swimming program for parents and
bubs. The program will incorporate
parent education and allow children
to explore the water in a safe and fun
environment.

Bookings required. Contact:

☎ ASSIST 03 9209 6677

✉ recreation@portphillip.vic.gov.au



Yoga in the Park

Fridays

11, 18 and 25 October

1, 8, 15, 22 and 29 November

12.30 pm

St Vincent Garden, Albert Park

Free

A vinyasa yoga class delivered for
mums and suitable for bubs or local
members of the community to attend.
Please bring your own yoga mat.

Bookings required. Contact:

☎ ASSIST 03 9209 6677

✉ recreation@portphillip.vic.gov.au



Bowling with Babies

Wednesdays, October to November

Port Melbourne Bowling Club

130 Spring West Street,

Port Melbourne

Free

Open to all parents and babies to join
the fun and enjoy a bowl.

Bookings required. Contact:

☎ ASSIST 03 9209 6677

🌐 <https://bowlsvictoria.wufoo.com/forms/z19m1ra6173tv6j/>



Golden Oldies

Tuesdays, October to November
10 am to 12 pm
Port Melbourne Bowling Club,
130 Spring Street, Port Melbourne
Free

Join the launch of Golden Oldies Lawn Bowls program. All levels are welcome to experience barefoot bowling or just chill out and meet new friends.

Bookings required. Contact:

☎ 03 9646 2642
✉ admin@portmelbbowlingclub.com.au



Life Saving Victoria Multicultural Programs:

Meet a Lifeguard
An one-hour interactive session designed to educate multicultural students and community groups about how to be safe around water.

Multicultural Beach Program
A three-hour program educates participants on life saving techniques and water safety messages. Tailored to suit the language and cultural requirements of each group.

Free

For more information:

☎ 03 9676 6973
🌐 www.portphillip.vic.gov.au/sport-phillip.htm



All Abilities Sports Day

Wednesday, 2 October
10 am to 3 pm
Peanut Farm Pavillion,
Corner Chaucer and
Blessington Street, St Kilda
\$10 (lunch included)

For people with a disability to participate in various sports throughout the day.

Bookings required. Contact:

☎ ASSIST 03 9209 6677
✉ recreation@portphillip.vic.gov.au
🌐 www.trybooking.com/BEGVV



Inclusive Swimming Program

A program targeted to increase water awareness for people living with a disability aged preschool to 16.

For more information:

☎ ASSIST 03 9209 6677
✉ recreation@portphillip.vic.gov.au



Over 50s Pilates

Thursdays, October to November
11.30 am to 12.30 pm
Melbourne Physiotherapy Pilates and
Fitness Group, 201 Fitzroy Street,
St Kilda
\$10 (coffee included)

Aimed at people 50 years and over who are wanting to increase their fitness, maintain an active lifestyle or who are in later-stage injury recovery.

For more information:

☎ 03 9534 0611
✉ reception@mpcfg.com.au



Albert Park Mat Pilates

Fridays, October to November
9.30 am to 10.30 am
Lord Somers Camp and Power House
34 Lakeside Dr, Albert Park
\$10 (coffee included)

A class that uses mindful movement to improve physical fitness, correct posture and revitalize the mind. Please bring your own yoga mat.

Bookings required. Contact:

☎ 03 9534 0611
✉ reception@mpcfg.com.au



Kanga Training

Thursdays, October to November
Peanut Farm Pavillion, Social Room,
Spenser Street, St Kilda
\$15

Postnatal workout for mums and bubs. Special attention is given to education and the restrengthening of the pelvic floor and abdominal muscles and correct posture.

For more information:

🌐 For returning mums:
forms.gle/YE52ggFL6mLThfLQ9
For new mums:
forms.gle/7muwUFZnBFBNRdLA



Fitness Express

Saturdays, October to November
9.15 am
Alma Park Pavillion, Alma Road
Free

A high interval training session for members of the community. Caters to all fitness levels.

Bookings required. Contact:

☎ ASSIST 03 9209 6677
✉ recreation@portphillip.vic.gov.au



One Ball

Sundays, October to November
4.30 pm to 5.30 pm
JL Murphy Reserve, Port Melbourne
Free

A free soccer program for youth 8 to 18 years of age.

For more information:

☎ Kamal 0411 122 814
🌐 oneballsundaysoccer2019.
eventbrite.com.au



Soccer Mums

Fridays,
11 and 25 October
8 and 22 November
9.30 am to 10.30 am
**\$30 per participant for the
full program**

Elwood Park, opposite Elwood
Lifesaving Club

Bookings required. Contact:

☎ ASSIST 03 9209 6677
✉ recreation@portphillip.vic.gov.au
🌐 form.jotform.co/72901490307857
For trial:
form.jotform.co/ffv/SoccerMums-
FreeComeAndTry



Family Youth and Children 2019
Parenting Information Sessions

Managing Transitions

Transitions are inevitable and occur over a lifetime: from home to a care setting, primary to secondary school, and school to after-hours care, clubs, youth groups, and beyond.

This session will help you to:

- increase your child's confidence in managing change
- increase your child's social and emotional skills as they develop strategies while moving between contexts
- be confident in raising concerns with staff
- build your child's resilience so they can deal with life's challenges.

Louise Dorrat (MEd, BTeach, Dip SSc) delivers *Transition: A Positive Start to School* across Victoria. She teaches the Bachelor of Early Childhood Education at universities and assisted in the set-up of the first Victorian Bush Kinder. Louise's engaging workshops for educators and parents have taken her around Australia.

Location:	Middle Park Community Centre 254-256 Richardson St, Middle Park
Date and time:	Thursday 7 November 2019, 6.30 to 8.30 pm
Cost:	\$10, or free with a concession card
Bookings:	https://www.trybooking.com/BALEG
Enquiries:	FYCParentInfoSessions@portphillip.vic.gov.au

Please note that child minding facilities are not available.

JOIN US IN THE SPOTLIGHT

Performing arts classes for young people aged 4-18.
Nurture your child's creativity and performing abilities while developing successful life skills like confidence, communication and teamwork.

21 LOCATIONS

BOOK YOUR AUDITION TODAY
(03) 8199 8344

STAGESCHOOL.COM.AU @ f



**Stage
School
Australia**



Middle Park Primary
School FUNdraiser

Reduce /// Reuse /// Recycle ///

MASSIVE GARAGE SALE

**SUNDAY
20 OCTOBER
9AM - 1PM**

**GRAB A
BARGAIN!**

Dear Neighbours and Friends,
Our family is joining the Middle Park Primary School Massive Garage Sale this weekend - Sunday 20th October from 9am (no earlier please!) until 1pm. We invite you along and look forward to seeing you and please share with your friends and family!

Sausage Sizzle!