



# 100 YEARS

1917 - 2017

## COBURG WEST PRIMARY SCHOOL

### 2018 TERM DATES

<b>Term 1</b>	Wednesday 31 <sup>st</sup> January – Thursday 29 <sup>th</sup> March
<b>Term 2</b>	Monday 16 <sup>th</sup> April – Friday 29 <sup>th</sup> June
<b>Term 3</b>	Monday 16 <sup>th</sup> July – Friday 21 <sup>st</sup> September
<b>Term 4</b>	Monday 8 <sup>th</sup> October – Friday 21 <sup>st</sup> December

DATE	ACTIVITY	DETAILS
Friday 4 <sup>th</sup> May	Tribute to Mr T	6:30pm School Gym
Tuesday 8 <sup>th</sup> May	CWSC Meeting	7.00pm Community Room
Wednesday 9 <sup>th</sup> May & Thursday 10 <sup>th</sup> May	Mother's day stall	Small Hall
Monday 14 <sup>th</sup> May	CWSC AGM	9.30am Community Room
Friday 25 <sup>th</sup> May	Student Disco	Times TBA /GYM
Tuesday 5 <sup>th</sup> June	School Photos	Staff & Students

**Friday 27<sup>th</sup> April 2018**

**Dear School Community,**

Thanks to the beautifully unseasonable weather we have been enjoying, it has been a nice start to what will be a busy Term 2.

#### **Staffing Update**

I am pleased to inform everyone, that we have successfully completed the recruitment processes to fill the positions of our Acting Assistant Principal and Music Teacher for the remainder of the year. Please join me in congratulating Mr Copping who is now our Acting Assistant Principal and Ms Meta who will be delivering our Music/Performing Arts Program to all students.

#### **Assemblies**

At our first assembly for Term 2, we were pleased to present our 2018 Junior School Council representatives to the school community, as they received their badges. Along with our School Captains and Student Leaders, our students have wonderful opportunities to develop their leadership qualities and contribute to making CWPS a great place for all students to learn and grow. I look forward to supporting them all in their work throughout 2018.

I am sure many of you were just as impressed as I was, by the moving ANZAC Remembrance Ceremony that our Student Leaders delivered at our assembly last Monday. At next Monday's assembly we will be sharing what each grade is contributing to the Time Capsule. This time capsule will be sealed, to be re-opened at our 125th Birthday in 2042, as we did at our centenary last year.

### Games Group

Once again this Term, we see our Games Group operating in the small hall every Monday during lunch. With thanks to the parent volunteers who facilitate this Group, our students have the option of playing board games, completing puzzles or creating constructions with friends in a quiet and calm space during their lunch breaks.

### Holiday Works

Over the holiday break, we had some plumbing work done around our school. In particular to repair our drink taps and troughs. While some new drink taps were installed, repairs were made to pipes supplying troughs, to enable others to work.

As mentioned at assembly on Monday, we are having issues with students unscrewing toilet seats in the girls' toilets. Not only does this pose an ongoing cost for repairs and replacement of pieces, it can also cause injury to students. Given the difficulty in identifying the culprit/s, I ask that you kindly remind your children about the issues with playing in and vandalising our school toilets.

### Road Safety Risks on Reynard Street

It has been disappointing to hear that our parents are putting student safety at risk during school drop off each morning. It seems that an increasing number of parents are performing U-turns in Reynard Street after or prior to dropping off their children. I kindly ask that parents refrain from doing so. Not only are you risking causing a serious accident but you also risk the chance of being fined, as I believe some parents already have been.

### 2019 Enrolments Open

I wish to advise everyone, that 2019 enrolments are open. I urge all families with children reaching school age next year, to enrol now. I am being inundated with requests for enrolment tours and it seems that once again there is much interest from new families wanting to join our school community. Enrolment forms or tours can be collected or made via our school office.

### Library

It has been wonderful to see so many of our students enjoying their class time in our school library. With the departure of Ms Dorling, I must thank our team of Educational Support Staff (Muriel, Giselle, Jennie and Sonia) for their work in keeping our library looking great and the shelves re-stocked. In particular, I wish to thank Sonia for managing our cataloguing and borrowing systems, in order to allow our students to continue benefitting from what is a precious (and often rare) resource in schools.

I look forward to many of you joining us next **Friday 4<sup>th</sup> May** for the special **Tribute to Mr T**. The team of staff and ex-students, being led by Mrs Roberts has been working hard to make this a wonderful celebration of the amazing contribution Mr Triantafillou made, not only to our school but to the lives of so many students, staff and parents in his time here at CWPS.

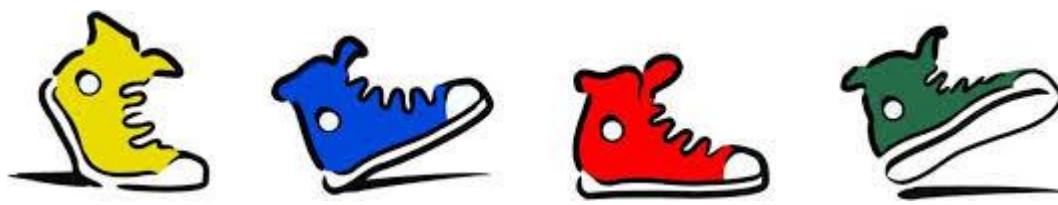
Kind regards,  
**Mr Colagrande**  
Principal



**RESPECT HONESTY ENDEAVOUR FRIENDLINESS**  
**RESPONSIBILITY**

**CO OPERATION SUPPORT INTEGRITY**

Name	Grade	Value	Awarded By
Elle C	5/6M	Respect	Ms Meagher
Daniel	5/6R	Respect	Mrs Rigby
Hesam	1/2B	Friendliness	Mrs Barling
Stephen	1/2Z	Endeavour	Miss Zampatti
Zoe	1/2M	Respect	Miss Mardesic
Florence	1/2Y	Endeavour	Miss Youla
Alessio	3/4A	Cooperation	Miss Amerena
Hannah	3/4F	Respect	Miss Franco
Kalli	3/4B	Respect	Mrs Pavich & Mrs Bender
Nell	5/6B	Endeavour	Mrs Blatti
Quinn	3/4R	Support	Mrs Roberts



**LOCAL WALKING NOTICE**

A note has been posted on *COMPASS* explaining the local excursion permission. Please read and consent to the note by Tuesday 24<sup>th</sup> April.

## Interschool Sports...

### Please see the revised Interschool Sport Fixture

#### COBURG DISTRICT INTERSCHOOL SPORT WINTER FIXTURE 2018

**DIVISION 1    FIRST NAMED TEAM IS THE HOME TEAM.**

DATE		NETBALL	FOOTBALL	SOCCER
FRIDAY 4 MAY	ST OLIVERS            V   PASCOE VALE COBURG WEST        V   PASCOE VALE NTH PASCOE VALE STH    V   ANTONINE	SCHOOL SCHOOL SCHOOL	RAEBURN RESERVE SHORE RESERVE MORRIS RESERVE	RICHARDS RESERVE DUNSTAN RESERVE MORRIS RESERVE
FRIDAY 11 MAY	PASCOE VALE            V   PASCOE VALE NTH PASCOE VALE STH    V   ST OLIVERS COBURG WEST        V   ANTONINE	SCHOOL SCHOOL SCHOOL	COLE RESERVE MORRIS RESERVE SHORE RESERVE	COLE RESERVE MORRIS RESERVE DUNSTAN RESERVE
FRIDAY 18 MAY	PASCOE VALE NTH    V   PASCOE VALE STH	SCHOOL	HALLAM RESERVE	SCHOOL
FRIDAY 25 MAY	PASCOE VALE STH    V   COBURG WEST ST OLIVERS            V   PASCOE VALE NTH	SCHOOL SCHOOL	MORRIS RESERVE RAEBURN RESERVE	MORRIS RESERVE RICHARDS RESERVE
FRIDAY 1 JUNE	PASCOE VALE NTH    V   ANTONINE	SCHOOL	HALLAM RESERVE	SCHOOL
FRIDAY 8 JUNE	ANTONINE                V   PASCOE VALE COBURG WEST        V   ST OLIVERS	SCHOOL SCHOOL	ALLARD PARK SHORE RESERVE	CAMPBELL RESERVE DUNSTAN RESERVE
FRIDAY 15 JUNE	COBURG WEST        V   PASCOE VALE ANTONINE              V   ST OLIVERS	SCHOOL SCHOOL	SHORE RESERVE ALLARD PARK	DUNSTAN RESERVE CAMPBELL RESERVE
FRIDAY 22 JUNE	PASCOE VALE            V   PASCOE VALE STH	SCHOOL	COLE RESERVE	COLE RESERVE
FRIDAY 29 JUNE	POSSIBLE FINALS			
WEEK 1 TERM 3	POSSIBLE FINALS			



## AFLW Captain Katie Brennan visits Coburg West Primary School



Grade 3 /4 A were given an opportunity to talk to AFLW star Katie Brennan. The captain of the Western Bulldogs visited on Thursday the 26<sup>th</sup> of April morning to participate in Coburg West Primary School's Active April morning walk. Katie was impressed with the whole school community walking in the morning to support Active April. She then spoke to grade 3 /4 A students about the importance of being active and living a healthy lifestyle. Katie also answered questions about what it takes to be an elite athlete. Students were then treated to a coaching clinic where they learnt how to handball.



Holly, Peggy, Nate and Yianni from 3/4A learning some AFL skills with AFLW captain of the Western Bulldogs Katie Brennan.

## Congratulation to the 2018 Grade 3/4 Sports Leaders!

Each week on a Thursday afternoon the following leaders  
will organise and co-ordinate 3/4 Sports:

Austin Foschi-Brouwer	Angus Scott
Noredine Imlahi	Elizabeth Kennedy
Nicholas Harrison	Liam Betteridge
Yianni Souvlis	Mia Monaghan
Kerem Genc	Rory Moloney
Teli Kastanos	Eloise Burton
Marcel Nicholas-Jennings	Noah Crisapulli
Hugo Donaldson	Anna Stamatiou
Amanda Petrolo	Dante Garma
Ayda Osman	Kalli Mihalakos
Anna Kounelakis	Anais Harrison
Ruby Perkins	Annabelle McIntosh
Neko Staude-Ryall	Mia Izlemek
Tristan Rivelli	Alex Gouvoussis
William Maguigan	Luca Christofis/Lucca Parisi



### ATTENTION ALL STUDENTS

**Register for the Victorian Premiers' Reading Challenge and receive  
a FREE BOOKMARK with your password**

A message was posted on Compass this week about registering students for the Coburg West Premiers' Reading Challenge.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

## 5/6 Forensic Science Incursion



On Tuesday the 24<sup>th</sup> of April the 5/6 students had an incursion about Forensic Science. In this incursion they had to put parts of the crime scene together to solve the crime and figure out who the bandit was.



The different things we had to examine were fingerprints, the poisoned wound, DNA, invisible clues and microscopic traces of evidence.

We had lots of fun uncovering the culprit. We hope we can have more incursions like this. 😊







google: "Coburg West School Community"

<https://www.facebook.com/groups/343163175722450/>

**Email:** [cwpspfa@hotmail.com](mailto:cwpspfa@hotmail.com)

### **Meetings**

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#### **Next Meeting for 2018 – Tuesday 8th May at 7.00pm:**

Our meeting will be held in the Community Room and everyone is welcome! We will run through the upcoming & current events including: The Annual General Meeting, School Disco, Entertainment book and other general items.

#### **Annual General Meeting – Monday 14th May at 9:30am:**

The Annual General Meeting will be held immediately after assembly in the Community Room. Everyone is welcome to this meeting. You can self-nominate for one of the office bearer positions or nominate someone. The election will occur at the meeting.

We will share information about the office bearer roles separately via email, Facebook and the next newsletter.

### **Events**

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#### **Mother's Day Stall:**

It's almost time for our MOTHERS DAY stall!!

Do you have any gifts at home that you are dying to get rid of? We would love them for our Mother's Day stall. New pressies only please and send all items to the office – thank you in advance!

#### **Inter-School Footy Match:**

The inter-school footy match has been approved by the School Council. It is likely to go ahead on a Sunday in August.

So calling all interested players... parents and carers can register your interest here. <https://goo.gl/forms/nvJ51ud04f2IWTKF2>

We have an experienced coach lined up & we are keen to get training started.

Once we have your names we will get in touch to find a suitable training time & share with you all the details. If you've got any questions, you can email [cwpspfa@hotmail.com](mailto:cwpspfa@hotmail.com)

#### **Parent's Trivia Night:**

**Melissa Pagliaro, Kimberley Palay & Louise Rinaldi** are on the working group, but if this event is to go ahead we need more people to get involved PLEASE!! This is probably one of the most fun events of the year, it's all about making a night out for the parent community – who doesn't want that! So get on board, get involved and do only as much as you're comfortable doing!



## **Some important info about our wonderful CWSC Group**

### **How is the Coburg West School Community Group different to the School Council?**

Good question! The answer is long & winding but important and very informative.

Firstly, let's cover what a School Council is. The Victorian Department of Education and Training states that the School Council is a group of (elected and appointed) parents and staff members who support the principal to provide the best possible educational outcomes for students. There are three main responsibilities of the School Council; Finance, Strategic Planning, and Policy development and review.

### **Did you know there are subcommittees of the School Council?**

The Coburg West Primary School Council has three subcommittees, (advisory bodies to the school council and assist council with work that needs to be done). School Council subcommittees are open to non-school council members.

- Out of School Hours Care,
- Finance, and
- The Coburg West School Community (CWSC)

Each subcommittee will have its own Terms of Reference (a document that outlines rules for how the subcommittee will operate). At the March School Council meeting the Terms of Reference developed for the CWSC were approved and the CWSC officially became a subcommittee of the School Council. To find out more, you can read about it on the school website: <http://www.cobw.vic.edu.au/page/203/Coburg-West-School-Community>

### **Who is in this awesome-sounding CWSC subcommittee?**

The CWSC Terms of Reference define our membership as being; any parent, carer or guardian of a child attending the school, any staff member currently in the employ of Coburg West Primary School, and the Principal of Coburg West Primary School. That's right, this includes you!

### **What is our purpose?**

Our aims and objectives of the CWSC Subcommittee are:

- a. to contribute to and promote the wellbeing of the school community;
- b. to encourage the participation of all parents in the life of the school and the education of their children;
- c. to provide opportunities for parents to get to know each other and to be informed about their child's school;
- d. to provide information for parents to extend their understanding of the school;
- e. to work in cooperation with the School Council to promote school community objectives; and
- f. to raise funds for the benefit of the school.

Sounds good right!?

### **So, who makes this magic happen?**

There are four 'official' roles of the subcommittee, known as "Office Bearers"; President, Vice President, Treasurer and Secretary. Despite the name, you don't get an office, but together you can bear it! Sorry that really was a lame pun.

The people who fill these positions will be elected at the Annual General Meeting (AGM) for a one-year term. In 2017/18 the office bearers were: Nina Altintas – President, Margee Glover – Vice President (resigned Nov 17), Kimberley Palay – Treasurer, and Heather McGiddy – Secretary.

**All the current office bearers are standing down at the AGM. This means we need a new President, Vice President, Treasurer and Secretary.**



1800 FUN RUN (386 786) ☎  
INFO@SCHOOLFUNDRAISING.COM.AU ✉  
1300 733 799 📄  
SCHOOLFUNDRAISING.COM.AU 🌐  
The Fundraising Group Pty Ltd  
ABN 44 090 756 488

Dear Parent/Guardian,

We will be holding the *CUA School Fun-Run* as a major fundraising event this year on **Wednesday 6<sup>th</sup> June!** We're doing it to raise much needed money for **ICT Equipment (Projector for large hall) and Sporting Equipment (High Jump Mat and respraying lines on asphalt).**

### About the Program

The *CUA School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It's all about participation, with students treated to a great day as a reward for their fundraising efforts. Family support is key to our fundraising success and we encourage everyone to get involved.

### How Does My Child Fundraise?

Firstly, go to [schoolfundraising.com.au](http://schoolfundraising.com.au) and create a student profile page. Everything to do with your fundraising revolves around this page. Once you have completed this, read through your Sponsorship Form, which has instructions on how to raise money and order prizes.

Students who raise just \$10 will receive a reward for their effort. The more they raise, the better their reward – don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without adult supervision, and we encourage you to reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

### Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. On top of raising more money, it's also safer and easier than doorknocking and you don't have to worry about handling money! To start fundraising online, go to your student profile page at [schoolfundraising.com.au](http://schoolfundraising.com.au) and share your online fundraising link.

### Getting Involved

Not only can you support the school and students with your sponsorship – but you can join in on the fun! We would love to welcome parents and family members to attend the *CUA School Fun-Run*. If you would also like to volunteer to help on the day, please contact me on the details below. I can't wait to see you at our event!

### Ordering Prizes – ALL PRIZES MUST BE ORDERED ONLINE

Prizes MUST be ordered between the **Friday 15<sup>th</sup> June** and **Friday 22<sup>nd</sup> June**. Simply visit [schoolfundraising.com.au](http://schoolfundraising.com.au) to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the *CUA School Fun-Run* team on 1800 FUN RUN and they will gladly assist!

Thank you, good luck and happy fundraising!







## Moreland City Library Free Events



### *Little Hep B hero*

10.30 am, Thursday 26 April  
Brunswick Library



Enjoy a special health-themed storytime including the launch of Hepatitis Victoria's book *Little Hep B hero*, a special children's book that teaches awareness of a hidden disease in a fun and sensitive way. Hear the story, watch the video and make a *Little Hep B hero* badge. Free copies of the book will be available. Storytime will be followed by brief formalities and light refreshments.

Registration not required.

### *Letting go: how to plan for a good death*

7 pm, Thursday 26 April  
Coburg Library



As Australia's population ages, many individuals are faced with making complex medical decisions, for themselves and for others, in times of great stress. Dr Charlie Corke will discuss important end-of-life decisions to ensure you plan for a good death for you and your loved ones.

Registration essential online: [moreland.vic.gov.au/read-more](http://moreland.vic.gov.au/read-more) or phone: 9353 4000

### *Food and mood*

7 pm, Monday 30 April  
Coburg Library



7.30 pm, Thursday 31 May  
Glenroy Library

Science has begun to understand the relationship between food and how we feel. Evidence now shows that diet is a key factor in promoting and protecting mental health. Meghan Hockey and Amelia McGuinness from Deakin University's Food and Mood Centre will discuss current research, new findings, and important strategies for using nutrition for the promotion of mental health.

Registration essential online: [moreland.vic.gov.au/read-more](http://moreland.vic.gov.au/read-more) or phone: 9353 4000



New classes starting Term 2!

**Tuesdays**

**5:00-6:00 Kids aged 5+**

**6:30-7:30 Adult beginners**

**\$10 per class**

**Contact us to enrol!**



REYNARD STREET  
NEIGHBOURHOOD HOUSE

104A REYNARD ST, COBURG  
P: 03 9386 7128  
E: [ADMIN@RRNH.ORG.AU](mailto:ADMIN@RRNH.ORG.AU)

# Supercare Pharmacies are open 24 hours a day

**Coburg Pharmacy 4 Less**  
1 Louisa Street, Coburg  
Phone: 9386 6655



**Pharmacist available 24/7**

**Registered nurse onsite daily 6pm-10pm for:**

- mild temperatures and allergies
- rashes, cuts, burns and bites
- health screening and immunisations
- other minor injuries and illnesses.

**Nursing service is free**

**– no appointment or Medicare card needed.**

**[www.betterhealth.vic.gov.au/supercarepharmacies](http://www.betterhealth.vic.gov.au/supercarepharmacies)**

In the case of an emergency, visit your nearest hospital emergency department or phone triple zero (000) for an ambulance.



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of Health and Human Services,  
April 2018. (1802020)





**WEST COBURG  
FOOTBALL CLUB**



***GIRLS FOOTY***  
***Under 11's & Under 13's***

**COME AND HAVE A GO**

**NO EXPERIENCE NECESSARY**

**TRAINING 5:30 - 6:30, MONDAY and WEDNESDAY**

**BREARLEY RESERVE, Pascoe Vale South**

For further information please contact

Ray Freeman [rayfreeman26293@gmail.com](mailto:rayfreeman26293@gmail.com)

or Peita Price on 0424317716

**viccric.com.au**

# FALLING FOR AUTUMN SPORTS



## LOYALTY DISCOUNT AVAILABLE!

- FUN CLINICS IN A SAFE AND NON-COMPETITIVE GAME ENVIRONMENT
- BOYS & GIRLS AT BEGINNER, INTERMEDIATE & ADVANCED LEVELS
- FEE: \$110 PER CHILD, INCLUDING A GIFT!
- CERTIFICATES ARE AWARDED TO ALL PLAYERS UPON COMPLETION AND A TROPHY IS PRESENTED TO THOSE WHO HAVE COMPLETED 4 OR 8 SEASONS OF THE SAME SPORT
- AGES 4 - 12
- ALL CLINICS TAKE PLACE AT STRATHMORE SECONDARY COLLEGE, PASCOE VALE RD, STRATHMORE

# ENROL NOW!

### TERM TWO CLINICS BEGIN ON SATURDAY 28th APRIL

Saturday morning clinics run during the school term and involve 55 minutes of personalised tuition. An age and skill appropriate curriculum focuses on the fundamentals, as well as an encouragement of social interaction to build skill levels and grow self esteem. Co-ed AFL Football and Soccer will be offered at the Strathmore venue (Strathmore Secondary College, Pascoe Vale Rd, Strathmore) for Autumn 2018. We ensure an approximate rate of one coach to ten players to allow each participant individual skills development.

#### SESSION TIMES

Please arrive at your selected time on **Saturday 28th April** unless otherwise notified.

**9am to 10am**  
GIRLS & BOYS FOOTY

☐

**10am to 11am**  
GIRLS & BOYS SOCCER

☐

#### FREE GIFT

(please select one)

Soccer ball ☐

AFL Footy ☐

(please specify club supported)

\_\_\_\_\_

#### METHOD OF PAYMENT

Please note we will not be accepting pre-payment for the Autumn season, however to secure your place please email: [viccric.northwest@gmail.com](mailto:viccric.northwest@gmail.com)

Payment on first day of clinic, **APRIL 28th 2017, CHEQUE/CASH \$110**

Please note, registration and payment must be completed before commencement of clinic.

TOTAL AMOUNT \$ \_\_\_\_\_  
Please make all cheques payable to Vic Cric

Participant/s information:

Name(s) : \_\_\_\_\_

DOB: \_\_\_\_\_ Clinics previously completed: \_\_\_\_\_

Parent/Guardian Name/s: \_\_\_\_\_

Phone: \_\_\_\_\_ School: \_\_\_\_\_

Email: \_\_\_\_\_

I do ☐ do not ☐ give permission for my child to be photographed and for photos to appear on Vic Cric Social Media.

Parent/Guardian Signature: \_\_\_\_\_

Family discounts apply as well as combination discounts for 2 disciplines. Ask VIC CRIC team for more information. Disclaimer: Children play at their own risk. Vic Cric Pty Ltd accepts no liability.

For more information, call Mike on 0418 303 432 or email us at: [viccric.northwest@gmail.com](mailto:viccric.northwest@gmail.com)

# 1 CLINIC FOR \$110 OR 2 CLINICS FOR \$200!

Hello,

We at Learningland Little Treasures have been running our school readiness program for the last 3 years and were wondering if it would be possible to advertise our small business through your school? We would love the opportunity to advertise in your newsletter or perhaps by putting up a poster or providing flyers to be handed out to families. At Learningland Little Treasures we specialise in introducing children from 3 to 6 years to Literacy and Numeracy using our own specially designed program. Children sing, dance, craft, write and play their way to developing literacy skills and confidence in readiness for school. We allow children to explore numbers, language and print through engaging in various multi sensory experiences that are interactive and fun.

Our small class sizes ensure that each child is given individual teacher assistance. We run three different classes outlined below.

Letters and Numbers 3-4 Year Olds

Learn to recognise letters of the alphabet, sounds and numbers 1 to 10 through activities, music, craft, rhymes and games.

Ready to Read 4-6 Year Olds

Recognise letters of the alphabet & sounds. Learn some of the most common sight words. Learning to write letters using Victorian Cursive. Correct pencil grip.

Reading Rockets PLUS Maths 4-6 Year Olds

Recognise letters of the alphabet & sounds. Learn some of the most common sight words. Learning to write letters using Victorian Cursive. Correct pencil grip. Learn to recognise and write numbers 1-20, sorting, ordering, shapes, one to one correspondence and symmetry.

We are located at the St Oliver's Parish Centre on the corner Gaffney & Landells Road, Pascoe Vale. We would really appreciate the opportunity to advertise with you. Please don't hesitate to contact us if you have any further questions. We look forward to the prospect of hearing from you.

Kind regards,

Danni & Melissa

Learningland Little Treasures

Pascoe Vale

Danni: 0409 199 815

Melissa: 0408 208 681

Registered teacher

Registered teacher

Email: [learninglandlittletreasures@gmail.com](mailto:learninglandlittletreasures@gmail.com)

<https://www.facebook.com/learninglandlittletreasures>





**NOW  
WITH  
ACROBATICS!**

**My Teacher says it's about FOCUS,  
My Dad says it's about PROTECTION,  
My Mum says it's about DISCIPLINE,  
BUT I SAY IT'S...**

**THORNBURY 9495 1929 / BRUNSWICK 8388 7058**  
**GuestsMartialArts.com.au**

## OUR PROGRAMS:



### NINJA STARS - Ages 5-7

Martial Arts tuition featuring fitness, gymnastics and lessons in life values.  
"Mason's manners are improving dramatically, instead of talking back, he stops and seems to think, and then stops arguing. We are still very happy with Guests Martial Arts and Mason enjoys it heaps!"  
- Parent Testimonial



### SAMURAI WARRIORS - Ages 8-12

Martial Arts tuition featuring fitness, gymnastics and lessons in life values.  
"I love training at Guest's Martial Arts because every class is different. I feel like I am getting fitter and stronger all the time. My goal is black belt, and I've learnt that hard work helps me achieve my goals!"  
- Student Testimonial



### JUNIOR ADULTS - High School Age

- \* Fitness Training
- \* Street Gymnastics
- \* Lessons in Mindfulness Character Development
- \* Street Effective Self Defence



### ADULTS - 16 and Over

Martial Arts tuition featuring .....

- \* Fitness and core strength development
- \* Weapons training and Defence
- \* Tactical Body Movement Evasion
- \* Street effective self defence
- \* Knife Defence



### "STRIKE-FIRST" - Fitness Kickboxing Classes

- \* Increase your stamina.
- \* Boost your energy.
- \* Improve your fitness.
- \* Lose Weight!
- \* Come on down for a class and break a sweat!

### Hey Mum, we also cater for Birthday Parties?

Wouldn't it be great if you could host a party and not have to do anything else but turn up?  
A unique mix of Martial Arts, Gymnastics and loads of fun!

Give us a call to find out more.

**8388 7058 (Brunswick) or 9495 1929 (Thornbury)**



## Guests Martial Arts = Dojo Dollars

Cash in this bonus offer and save. It's a smart investment...

PROVIDE (NAME):

WITH: *One free introductory program to the value of thirty dollars and  
One free uniform when you join to the value of fifty-five dollars!*

GUEST'S MARTIAL ARTS ACADEMY:  
www.GuestsMartialArts.com.au

TOTAL VALUE: **\$85.00**

*Craig Guest*

1 3 1 1 5 8 5 3 2 5 1 1 8 1 1 1 6 5 2 0 0 0 0 2 3 0 7 2 1 2 1





## DISCOVER MERCY DAY

### Monday 14 May 2018

Meet the Principal and tour the College at  
9.30am or 6.00pm

**BOOKINGS ESSENTIAL**

**[mercycoburg.catholic.edu.au](http://mercycoburg.catholic.edu.au)**

760 Sydney Road, Coburg North VIC 3058 | Phone: 03 9319 9299 | CRICOS code 02227J