




# HEATHMONT EAST PRIMARY SCHOOL NEWSLETTER

HEATHMONT EAST PRIMARY SCHOOL, LOUIS STREET HEATHMONT  
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Issue 12

Fortnight ending  
August 17th, 2012

## LOOKING AHEAD

<b>Mondays</b>	Uniform Stall open in the gym 3.15pm – 3.45pm
<b>Wednesdays</b>	Uniform Stall open in the gym 8.40am-9am
<b>Thursdays</b>	Uniform Stall open in the gym 8.45am -9.15am
<b>AUGUST</b>	
<b>Wednesday 15<sup>th</sup> –Friday 24<sup>th</sup></b>	<b>SWIMMING Grade 5/6</b>
<b>Thursday 16<sup>th</sup></b>	<b>Grade 1/2A and C</b> <b>THINK U KNOW INTERNET SAFETY SESSION –HEPS LIBRARY 6.30pm</b>
<b>Friday 17<sup>th</sup></b>	<b>Grade 1/2B, D, E, F Communication Excursion</b>
<b>Saturday 18<sup>th</sup></b>	<b>WORKING BEE 9AM-12PM PREP A, PREP B, Grade 1/2C, 1/2D, 5A,5B</b>
<b>Monday 20<sup>th</sup> – Tuesday 21<sup>st</sup></b>	<b>Grade1/2 Commonwealth Bank Incursion</b>
<b>Wednesday 22<sup>nd</sup></b>	<b>Prep Lego Excursion</b> <b>2013 Prep Art room fun 9.00am-9.45am</b>
<b>Thursday 23<sup>rd</sup></b>	<b>Grade 1/2 Incursion Science slime lab</b>
<b>Saturday 25<sup>th</sup></b>	<b>50TH BIRTHDAY REUNION</b> 
<b>Friday 24<sup>th</sup></b>	<b>DAFFODIL DAY</b>
<b>Monday 27<sup>th</sup></b>	<b>District Athletics Grade 3-6</b>
<b>Wednesday 29<sup>th</sup></b>	<b>SPECIAL LUNCH – ‘WINTER WARMER AND SUSHI’</b>

## “AIMING HIGH FOR 50 YEARS”

Dear Parents,

### 50<sup>TH</sup> BIRTHDAY REUNION

Saturday 25<sup>th</sup> August is the day! 2.00pm – 5.00pm is the time! So come down to walk down memory lane, enjoy photos, the community spirit and classrooms as well as some ‘high tea’. It promises to be a great afternoon with performances from the HEPS Band, the Rock Band and the Choir in the BER building. The remainder of the school will be open for a short period to allow past students to walk around and reminisce about their time at HEPS. Hopefully you and your family can attend; a program will be provided closer to the day.



### JAPANESE CULTURAL EXCHANGE – WHAT AN EXPERIENCE!



We’re back; all nine students, Miss Megan Urban and me! From all accounts it was an amazing and positive learning experience. Although the climate was incredibly hot and humid the students visited cultural sites such as temples and castles, were immersed in the language, ate Japanese food, attended a Japanese camp in the highlands of Okayama learning and exchanged information about countries with students from Japan and America as well as group leaders from Argentina, Columbia, India, New Mexico and the UK. I would like to congratulate Miss Urban and the students for an outstanding presentation about Australia and HEPS; they did us proud! Congratulations to the students who proved to be great travelers and great ambassadors at their host families.

Please be aware that Chisato leaves us at the end of August. She has been an outstanding intern, supporting the LOTE program with considerable skill and being a great teacher during our time in Japan.

### TRIVIA NIGHT

I have heard wonderful and happy stories about the success of the Trivia Night; I have also seen some interesting photos of staff and parents who have responded to the theme with considerable enthusiasm. Thank you to Ian

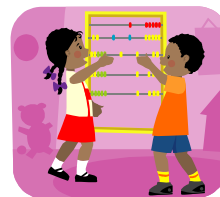
MacLeod, Andrew Philp and their supportive team for organising and running such a successful evening both financially and as a hoot as a social event.

### **PARENT OPINION SURVEY**

Thank you to the parents who responded to the Parent Opinion Survey; we had 38 parents respond out of the 60 that were randomly selected. We will share the results when they are revealed to us later this year.

### **2012 PREP ORIENTATION PROGRAM**

It has been lovely to see our pre-schoolers enjoying the activities provided this term to familiarize them with the primary school environment. Visits to the prep classrooms and the LOTE room on Wednesday were great experiences. Thank you to the staff who make these experiences possible as it does impact on our timetable and teaching expectations. If you haven't already handed in your enrolment please do so asap, as we intend to close enrolments shortly so that we can cater adequately in 2013.



### **SHOPPING SUPPORT**

Thank you to everyone who has been collecting Coles or Woolworth dockets. They are starting to come in 'fast and furious' and I can't wait to see what we can acquire for the benefit of our students and their programs.

### **FOOD TECHNOLOGY AND SCIENCE FACILITY**



I have met with the architect last Friday and it would appear that all systems are go! Plans will go out to tender shortly and hopefully construction can commence early term four. During this time the following spaces will be out of action: staff room, library, computer lab and room 8. Once again we will be forced to compromise, cooperate and make sacrifices with the goal of providing our students, wonderful new learning facilities including a kitchen/science room, a modernized library and a new home for the computer lab. Plans and photos of this new facility will be on display during the 50<sup>th</sup> Birthday reunion.

### **STAFF ACTION**

I think it is important for you to know that our staff, although in agreement with the industrial actions promoted by the Australian Education Union, have at this point decided to continue programs and extracurricular activities. Splitting of classrooms however will continue this term, if the class sizes remain manageable when teachers are sick. The decision to take this action has been made in conjunction with School Council to ensure that the school's budget does not run into deficit; academic programs will not be compromised.

### **PRINCIPAL FOR A DAY**

Principal for a Day, which is a joint activity between the Department and the Australian Council for Educational Research, will be held on 22 August this year.

Participating schools host a successful community or business leader, who shadows the principal for a day, gaining a firsthand and current experience of school life.

We have the pleasure of hosting Councilor Natalie Thomas, Maroondah City Council, (a parent from long ago) as our Principal For A Day.

Principal For A Day is a unique experience for both schools and the wider community and with the theme this year being *Step Up For Schools*, Councillor Thomas' support as a community leader is a wonderful way to share her specific professional and industry experience with Heathmont East Primary School.



### **WELCOME PRE-SERVICE TEACHERS**

Currently we have four pre-service teachers supporting and learning with the HEPS team. We welcome Alena Schneider in 5B, Susara Crowe in 1/2D, Jenna Herbert in 1/2B and Ruvy Bangaar in 3/43/4A.

### **RESPECT FOR OUR NEIGHBOURS**

Below I have included a letter that has come from one of our neighbours who lives along Armstrong Road:

*Just a gentle reminder to parents to be considerate to the residents who live around the school. There have been reports of parents parking illegally in No Parking areas around Pleasant Drive and Armstrong Road (A gold Toyota Camry Sedan and black Mercedes Benz regularly do this). Parents have also been parking close to residents' driveways thus making it hard or impossible to get in and out of their driveways. It is also important that parents and staff remember to cross Armstrong Road at the school crossing, as this is the safest place for all to cross, as it seems some people regularly forget to do this'.*

Kitty Allard. Principal.



PRIMARY  
SCHOOL

# 50<sup>TH</sup> BIRTHDAY REUNION *celebrations*

AN INVITATION TO OUR PAST  
AND PRESENT STUDENTS

OPEN HOUSE 2PM-5PM

COME AND REJOICE IN A WALK  
DOWN MEMORY LANE

5 DECADES OF MEMORABILLA

ENJOY A HIGH TEA WITH US

STUDENT PERFORMANCES

RECONNECT WITH FRIENDS AND  
STUDENTS FROM YOUR PAST

CELEBRATING

# 25th AUGUST

# 50 YEARS OF AIMING HIGH

HAVE YOU VISITED OUR HEATHMONT EAST PRIMARY SCHOOL 50<sup>TH</sup> BIRTHDAY  
EVENT PAGE ON FACEBOOK? JOIN NOW!!!!



## **SPORTS UPDATE:**

**District Athletics is on Monday 27<sup>th</sup> August at Proclamation Park track (behind Cadburys).** I am still finalising the team with practices occurring every lunchtime for students to participate in tryouts. Hopefully next week each student selected will be given a permission form to be completed and returned asap. Due to poor weather conditions of late our **HEPS House Athletics** (grades 3-6) will once again be held in **term 4** this year (in November).

**Our grade 5/6 three week Soccer clinic** finished last Friday with a soccer gala day tournament held at school with all students having learned many new soccer skills and enjoying exercising and having fun through teamwork and friendship. A big thankyou to Billy and all the SEDA students for providing a quality program for our grade 5/6s. We are hoping to participate in a local schools' soccer gala day at HE Parker in Term 4.

**HEPS Harriers** takes place on Mondays and Thursdays at lunchtimes 1.40-2.05pm. Everyone is welcome to join in.

There is **NO** interschool sport this term and **Friday afternoon sport** time will be spent doing **athletics** training. Any parents who have skills in long jump, triple jump, high jump, shotput, discus, hurdles, relays or sprints are more than welcome to assist me with the program. Let me know if you are keen to help.

**The Olympics** was filled with many fine individual and team based performances. A big congratulations to Sally Rochford's sister; Sam Richards on playing point guard for the Australian Opals basketball team and winning a bronze medal. I know that many students have been enjoying the Olympics and we have been talking about the importance of practice and technique when endeavouring to give your best performance in a particular sport.

Remember: the hardest thing about exercise in the winter is pulling back the bed covers! Good luck.

**Rosie Lumsden PE/Sports Coordinator.**

**For your convenience we would like to remind you that payments for excursions, swimming and other school activities can be made directly via the school's bank account.**

**ACCOUNT NAME: Heathmont East Primary School Official Account**

**BSB: 063 - 191**

**ACCOUNT NO: 1003 9330**

**Please ensure the family name and excursion details are noted on the payment.**



**Give your child a great creative opportunity in 2013**

Our choir and dance programs provide exciting opportunities for your child's artistic development, fostering self-esteem, confidence and social skills, whilst learning to sing or dance.

Book an audition time now for our **Ringwood or Berwick centres for commencement in 2013.** Phone for further information: **9836 2877** or visit our website [www.niypaa.com.au](http://www.niypaa.com.au).



# NIHONGO NEWS!



After much planning, packing and many meetings, nine excited students, Miss Allard and Miss Urban set off on an adventure to Japan! With our lovely host families we visited everywhere from Universal Studios to Kyoto, from Osaka Castle to Nara, from aquariums to temples and everything in between. Our three-day camp in Okayama was a chance for us to come back together and share stories as well as make many new Japanese and American friends. An amazing time was had by all!



We hope you enjoy our photos 😊



## ***2012 Trivia Night – 8700 reasons to say thank you!***

First and foremost thank you to everyone who attended the night; you made it the success it was! The night raised over \$8700! A great achievement!

Thank you to everyone who supported the night through the donation of good or services.

Thank you to Jill Murdoch for her creative skills in designing all of our promotional flyers and registration forms. Thanks also to Wayne Smith for the printing of the posters and flyers.

The Parents Association's work behind the scenes chasing up and collecting donations was first rate - thank you.

To the School Council, in particular the Fundraising Committee, thank you for your support in running this event. A special mention of Mark Granland and Nicky Maran is warranted as they provided guidance throughout the process.

To Kitty Allard and Chris Finighan and all of the staff at HEPS thank you for your support in making the night a success. Our gratitude goes to Lesley and the team in the office for all of their work behind the scenes that enable the night to run so well.

To our creative team who painted the great banners – thanks to Averil Summers, Helen Phillips, Nicky Maran, Mark Granland, Carolyn Timmer, Jill Murdoch, Justine Olsen and Bev Darling. With a special mention to Janine Sutton who provide much help and artistic inspiration!

To Andrew and Jill Murdoch, Helen and David Phillips, Liz and Andrew Anderson, Kylie Sterrit, Andrew Brien, Julie Maxwell and Nicky Moran thanks for helping with setting up the hall and making it look special for the night!

Thank you to Justine Olsen, Andrew Anderson and Kylie Sterrit for their great support on the night.

Finally thanks to Andrew and Melissa Philp for all of your hard work and being part of a great organising team!

Remember...Peace, Love and Trivia!

Ian MacLeod

Trivia Night Organising Committee

To all of the School Community, please show you support of the many businesses that have supported our trivia night.

**Ace Space**  
**Action Indoor Sports**  
**Active Feet**  
**AMF Bowling Knox**  
**Bakers Delight Heathmont**  
**Barclays**  
**Barry Plant**  
**Bayswater Roller City**  
**Bendigo Bank - Heathmont**  
**Big 4 Bellarine Holiday Park**  
**Bowman Family**  
**Brien Family**  
**Bunnings Group Ltd**  
**Cadburys**  
**Cain Family**

**Caribbean Rollerama**  
**Cassandra Hepburn Massage**  
**Cheifari Family**  
**Chesterfield Farm**  
**Club Kilsyth**  
**Coles - Ringwood**  
**Coles Bayswater**  
**Coles Online**  
**Collingwood Children's Farm**  
**Commonwealth Bank**  
**Contours Gym**  
**Crumbles**  
**Curves**  
**Dairy Bell Ice Cream**  
**Deith Family**

**Domaine Chandon**  
**Enchanted Garden**  
**Essendon Football Club**  
**Eureka Skydeck 88**  
**Frazer and Pritchard Heathmont Pharmacy**  
**Geelong Adventure Park**  
**Geelong Football Club**  
**Gemma and Declan Caldecott**  
**Hawthorn Football Club**  
**Hayes Family**  
**Hedgend Maze**  
**Heidi Victoria Member for Bayswater**  
**Heymanson Family**  
**Hire a Hubby - Ben Jones**  
**Hoskings Family**

Just Swimming Nunawading  
Kings Swim Chirnside Park  
Kitty Allard  
Kmart  
Knox Leisureworks  
Llewellyn Family  
Top Secret Maternity - Helen La Fontaine  
La Porchetta Heathmont  
Lindos  
Lunar Drive In  
MacLeod Family  
Mar Shere

Maples on Canterbury  
Maroondah Council  
Mike Symon MP  
Moore Family  
Moran Family  
Murdoch Family  
Museums Victoria  
National Sports Museum  
Ogden Family  
Ogilvie Family  
Pancake Parlour  
Phillip Island Nature Parks

Puffing Billy  
Robs Automotive (Murdoch Family)  
Sovereign Hill Museums Assoc.  
Spencer Family  
Symmetry Commercial  
Tasker Family  
The Craft Room  
The Enchanted Maze Garden  
The Firehouse Restaurant  
The Manhattan Hotel  
Wild Roots Hair Salon



We need someone with expertise in drainage because our oval is in need of 'help'. Please contact Chris Finighan at the office.

## HEPS FOOD BANK



**The Parents Association is starting a food bank. We are hoping for interested families to pass on their name, phone number and email address to the office. We anticipate calling on the family once or twice a year to donate a meal.**



## Remember the rules even when it's wet

Wet days mean more traffic, hazardous driving conditions – and **less visibility!** Use your **lights when driving**, bring an **umbrella**, **obey traffic signs**, and be prepared to **walk further than usual** to drop off and collect your child.

**ROAD SAFETY AROUND SCHOOLS BEGINS WITH YOU!**

## STUDENT OF THE WEEK

<b>HANNAH 1/2A</b> For an outstanding “MALAYSIAN” diary and for thinking of us whilst you were away.	<b>TARA 1/2A</b> For always listening carefully and doing your best.
<b>AUDREY 1/2B</b> For displaying great listening skills this week. You’ve been a star. Well done!	<b>JAMES 1/2B</b> For his many brilliant athlete questions. You thought of them so quickly James! Well done.
<b>MOLLY PREP D</b> For great efforts to successfully read difficult words such as “excuses”. Well done!	<b>RYLEY PREP D</b> For telling us all about how to use SKYPE. Well done, ‘Technology Man’!
<b>PREP B</b> For the enthusiastic way you participated in our 100 day celebrations. You all showed such clever ways to count to 100.	<b>SHANNEN 1/2C</b> For working so hard at understanding multiplication. I love seeing your big smile when you are learning. You’re a superstar!
<b>EMMA 1/2C</b> For being a wonderful helper all week and showing initiative in cleaning up others mess. Well done gorgeous!	<b>AIDAN 1/2C</b> For outstanding work in your writing this week. Keep up that enthusiastic attitude! Well done dude!
<b>LACHLAN 3/4D</b> For such a great start back at school after your holiday. Thank you for sharing your mementos with the class.	<b>SOPHIE 3/4D</b> For being so persistent and working so hard on your money problem solving activity.
<b>CHLOE 1/2D</b> For making lots of new friends at her new school and being a delight to teach.	<b>JETT 1/2D</b> For being one of the most frequent borrowers in the library for our class. Well done dude!
<b>DARCY ¾A</b> For settling back into school so easily. I am impressed by how hard you have worked this week.	<b>JAMIE ¾A</b> For your amazing poetry writing! You have an incredible ability to rhyme words beautifully.
<b>COURTNEY 6B</b> For always putting such amazing efforts into her class work and completing all her work to such a high standard. You’re a superstar!	<b>JERA 6C</b> Working so hard to improve the presentation of your work. Keep up the great effort.
<b>REX ½E</b> Improving his reading so wonderfully! Excellent efforts and great work in the classroom. Cool Bananas!	<b>CHARLIE ½F</b> For coming back from his holiday and getting right back into school. Great work!
<b>CHEYANNE ¾B</b> Great participation in Olympic discussion and sharing her information.	<b>LLOYD ¾B</b> The great effort when writing cinquain poem.
<b>JASPER PREP E</b> For making an effort to do the right thing at the right time, keep up the great work.	<b>FINN ½A</b> For working hard to improve his handwriting! WELL DONE!
<b>KIARA ½A</b> For great work in Maths this week! Even doing extra maths at home.	<b>JASMINE ½B</b> For working so hard to arrive by the bell every day. Keep it up Jas!
<b>BREANNA ½B</b> For working hard to show respect to both children and adults in the class.	<b>LUCY PREP B</b> Taking such good care of your plant. It is starting to grow beautifully.
<b>HEATHER PREP B</b> Your fantastic adding skills. You are so clever to work at such tricky number stories.	<b>DECLAN PREP D</b> For working so hard and sharing your speech achievements with the whole class.
<b>KAYA PREP D</b> For great concentration and beautiful work during literacy groups this week.	<b>BEN ¾D</b> For working hard on your handwriting and your report on ‘Basketball’
<b>CAITLIN ¾D</b> For producing an interesting report on an Olympic event. Congratulations!	<b>DAKOTA ½D</b> For trying really hard to learn her 2 times tables. Well done you clever thing!
<b>RILEY ½D</b> For trying really hard to get his work finished on time. Well done buddy, your persistence has paid off!	<b>CHARLISE ¾A</b> For working so hard to develop your writing skills this week. I am very impressed with your excellent Olympic report.
<b>MAX ¾A</b> For using excellent thinking skills in Maths when you used great strategies to solve multiplication problems.	<b>TOM 5A</b> For making an amazing 3D shape to hang in the classroom. Your focus was incredible.
<b>LEVI ½F</b> For the great effort he is putting into finishing his work on time. Keep it up Mate!	<b>EMMA ½F</b> For the way she always helps out her classmates with a friendly smile. You’re such a sweet heart.



<b>CAMERON ½C</b> For focusing so hard all week on the floor and at your table! Keep it up dude!	<b>LAUREN ½C</b> For working so hard all week and helping others! What a star!
<b>MATTHEW 6C</b> Fantastic work all week. Keep up the excellent effort.	<b>JACK PEP E</b> Working hard to use his alphabet and sound knowledge when writing independently. Great work Jack.
<b>BONNIE PREP E</b> Trying very hard to complete class learning activities independently.	<b>CHARLOTTE PREP E</b> Being very organized and confident when working in literacy groups. Keep up the great work charlotte.
<b>SAMANTHA PREP C</b> For her persistence in writing carefully on the lines and taking her time to do her best work.	<b>WILL PREP C</b> For his amazing teamwork both in the class room and in the playground.
<b>RILEY 6B</b> For being such a superstar during our fractions unit so far. Thanks for sharing your brilliant mental strategies.	<b>JACKSON 6B</b> For bringing such fantastic enthusiasm to production rehearsals this week. I love your energy, Jackson – keep it up!
<b>OLIVIA ¾C</b> Achieving a perfect 50/50 on your times table challenge. Great work!	<b>STEVIE-ROSE ¾C</b> For your consistent hard work and positive attitude. You maintain a wonderful attitude.
<b>MARC ¾B</b> Enthusiastic participation in the Olympic activity. Well done!	<b>NICK ¾B</b> Demonstrating superior work in multiplication task.
<b>OWEN PREP A</b> For working so well during math groups, learning to count on when solving addition problems.	<b>JAMIE PREP A</b> For being such an enthusiastic learner, always sharing ideas and for being a kind and caring class member.

## Please note

Fruit straps are no longer available.  
Sausage rolls 125 grams are now available.

### CANTEEN ROSTER

<i>Friday August 17<sup>th</sup></i>	<i>Justine Olsen Emma Fullarton</i>
<i>Monday August 20<sup>th</sup></i>	<i>Kylie Sterritt</i>
<i>Wednesday August 22<sup>nd</sup></i>	<i>Rachel Cowan</i>
<i>Friday August 24<sup>th</sup></i>	<i>Nicky Marran Merryn O'Brien</i>
<i>Monday August 27<sup>th</sup></i>	<i>Jodie Egan</i>
<i>Wednesday august 29<sup>th</sup></i>	<i>Deanna McKernan</i>
<i>Friday August 31<sup>st</sup></i>	<i>Christy Norris Cathy Davidson</i>
<i>Monday September 3<sup>rd</sup></i>	<i>HELP NEEDED</i>
<i>Wednesday September 5<sup>th</sup></i>	<i>Kylie Armstrong</i>
<i>Friday September 7<sup>th</sup></i>	<i>Nicky Marran Nicole Dennis</i>
<i>Monday September 10<sup>th</sup></i>	<i>Julie Maxwell</i>
<i>Wednesday September 12<sup>th</sup></i>	<i>Jeanine Chiefari</i>
<i>Friday September 14<sup>th</sup></i>	<i>Justine Olsen Merryn O'Brien</i>
<i>Monday September 17<sup>th</sup></i>	<i>HELP NEEDED</i>
<i>Wednesday September 19<sup>th</sup></i>	<i>Kym Corn</i>
<i>Friday September 21<sup>st</sup></i>	<i>Nicky Marran Christy</i>

*Canteen Manager Vicki Allan*

Disclaimer: Heathmont East Primary School does not necessarily endorse the products in this newsletter and parents are at liberty to make their own choices.



**TOTAL SO FAR  
\$779.00**

When you purchase goods at Bayswater Good Guys please ask the Good Guys in Bayswater for a reward voucher so that HEPS can redeem Bayswater Bucks. Please forward to the school office. Thank you.



# PLAY CRICKET WITH THE MIGHTY MONTAS!

A better place to play!

## Heathmont Cricket Club Junior Registration Day

Day: Saturday 25th August 2012  
 Time: 9:30 – 10:30 am  
 Where: H.E. Parker Reserve Pavilion, Heathmont Rd., Heathmont

Annual Fees: Under 10's – \$90,  
 Under 12's, 14's & 16's – \$120  
 (subsequent siblings \$60)

**Milo In2Cricket**  
**COMING SOON!**  
 AGES 4+ AWESOME FUN!

For further enquiries contact  
 Junior Co-ordinator Craig Douglas on  
**0438 630 418** or  
[heathmontcc@optusnet.com.au](mailto:heathmontcc@optusnet.com.au)

[www.heathmontcc.org.au](http://www.heathmontcc.org.au)

**FUN \* SUPPORTIVE \* ENVIRONMENT \***

## Heathmont Village MY DAD, BOOKS AND ME.

A Father's Day Competition for Primary School children and their Dads.

**It's as easy as ABC to win!**

A. Visit Heathmont Village with your Dad.  
 B. Identify the 5 books depicted in shop windows.  
 C. Collect, complete and submit an entry form.

**3 winners will each receive**  
 A \$50 Heathmont Village Father's Day Voucher  
 AND the 5 books to read with their Dad AND  
 \$500 for their Primary School library.

**Competition closes Friday 31st August**  
 3 winners drawn 1pm Saturday 1st Sept in front of Blockbuster  
 Winners notified and also announced on [www.facebook.com/heathmontvillage](http://www.facebook.com/heathmontvillage)



Believe it or not, Summer is coming!  
Are you wanting to lose some kilos  
before putting on those bathers?



Kathy lost 8 kgs      Michelle lost 18 kgs      Scott lost 95 kgs

**Lose 5 - 15 Kg Fast!!**  
Increase your energy

**30 Day Money Back Guarantee!**

***What you get:***

Essential vitamins, minerals and nutrients.

- 9g of protein and healthy fibre per meal
- Powerful Antioxidant vitamins C and E.

***You also get*** your own personal over-the-phone weight loss coach.

**Go to: [cec.greatshapetoday.com.au](http://cec.greatshapetoday.com.au)**

All personal information provided will remain confidential

**The Park Orchards Learning Centre has the following classes available:**

**Nutrition for Kids to Support Behaviour and Concentration**  
Wednesday 29<sup>th</sup> August from 7.30pm – 8.30pm.

**Feng Shui Class**  
Monday, 20<sup>th</sup> August from 7pm – 9pm.  
Please telephone 9876-4381 to enrol.





# NETTASTIC

## Junior Netball Coaching Program

**10 Week Program starting now!**  
**Tuesday afternoons!**

**Incorporating fun activities, games and drills to learn all the skills you need!**

**Run by experienced coaches, and it's all indoors and out of the weather!**

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**Action Indoor Sports Ringwood**  
160 New Street Ringwood 3134

# 9879 4777

[ringwood@actionindoorsports.com.au](mailto:ringwood@actionindoorsports.com.au)  
[www.actionsportsringwood.com.au](http://www.actionsportsringwood.com.au)

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## JUNIOR INDOOR NETBALL

**Competitions available Tuesday & Wednesdays for boys and girls from Prep to Year 11**

**Safe, organised competitions that can be played all year round**  
**Call now for more info or to register!**



Lunar AG Film 10th Birthday\_FRODO\_TA.pdf 1 7/08/12 12:40 PM



119 South Gippsland Hwy, Dandenong, 3175 0908

<p><b>Saturday 8th September</b> <b>DIRTY DANCING (M)</b> 7.30PM</p>	<p><b>Friday 14th September</b> <b>AMERICAN GRAFFITI (M)</b> 7.30PM</p>
<p><b>Saturday 15th September</b> <b>GREASE (PG)</b> 7.30PM</p>	<p><b>Friday 21st September</b> <b>THE BLUES BROTHERS (M)</b> 8.00PM</p>
<p><b>Saturday 22nd September</b> <b>VANISHING POINT (M)</b> 9.00PM</p>	

NO FREE TICKETS FOR ANY OF THE ABOVE FILMS. NORMAL TICKET PRICES APPLY TO ALL MOVIES.  
INCLUDES OUR GREAT \$20 PER CARLTON  
FOR MORE INFORMATION PLEASE GO TO [WWW.LUNARDRIVE-INC.COM.AU](http://WWW.LUNARDRIVE-INC.COM.AU)