Please note the following dates in your diary

**TERM 4**

**Tuesday 10th December**
Final PFA Meeting - 7.30pm Rosstown Hotel

**Wednesday 11th December**
School Council Meeting 7pm Staff Room

**Thursday 12th December**
Grade 6 Graduation

**Friday 13th December**
Assembly 9am School Hall

**Tuesday 17th December**
End of Year Picnic/Concert, 5pm - 7.30pm

**Friday 20th December**
Last day—early dismissal 1.30pm

**TERM 1—2014**

**Thursday 30th January**
Term 1 commences Grades 1-6

**Friday 31st January**
Preps commence 9am

---

**PRINCIPAL’S REPORT**

**GROWING WITH THE COMMUNITY**

We are here to support the academic, social and emotional development of our students to be resilient to the challenges of a rapidly changing society.

---

**SPECIAL THANKS TO ALL**

Where has another year vanished to? It seems hard to believe that it is already the final newsletter for 2013. Carnegie Primary School has once again grown in 2013 and as we reflect back on the year, we have every reason to be proud of our school and its students. I would like to take this opportunity to wish everyone a Happy Christmas and a safe and happy holiday with your family and friends. Thank you:-

- To all the staff for their professionalism and dedication to our students throughout the year. As we look back on what has once again been a very busy year, we can reflect on many successes in all learning team and specialist programs. CPS is certainly blessed with such a wonderful team of teachers and support staff

- To our students for working so well in their learning teams throughout the year. You should be very proud of yourselves throughout many areas of school life. We are proud of your efforts in developing independence as the year has progressed and we’re particularly proud of the older children’s reflection on their learning and commitment to their personal learning goals

- To all members of Parents and Friends for their numerous fundraising efforts and community events throughout 2013 - the many hours of personal time given by PFA members is much appreciated.

- To the parents and members of the school community who have supported our school throughout the year. Building of a positive and respectful partnership is such an important part of the CPS way.
Special acknowledgement needs to be made to:-

- The helpers in classroom programs, excursions and incursions, working bees as well as our junior grades for book bags and literacy assistance. We value your support highly.
- Leesa Needham and Lisa Anastopoulos our amazing Parents and Friends Committee Presidents
- Susan Harper, our School Council President and all School Councillors
- Sharon Atkins, Marisa Mowszowski, Kristen Howell and Donna McNamara for running our uniform shop.
- Rosalie Ouslinis for overseeing our 2nd hand uniform sales
- Sue Millist for our great newsletters each fortnight. Sue will be leaving our school community at the end of the year as her youngest daughter will be transitioning to secondary college. I would like to particularly acknowledge her support in this role over a number of years
- Di Palmer for organising our Book Club and Kristen Howell and Karen Wynter for their support
- Rebecca, Amelia, Stephan, Andy, Lili and Judy for their passion and support for our instrumental music programs

GRADE 6 PRODUCTION
Carnegie parents, teachers and friends were treated to a wonderful show at the Grade 6 production of *Seussical The Musical* last Thursday night at Glen Eira College. The students put on a marvellous show, with many show-stopping efforts that "wowed the crowd" (Dr Seuss would be proud of me).

It is such a pleasure to see our students excel beyond the classroom and their performance was a fitting reflection of all the hard work of those involved. Special mention must go to the senior staff, Liz Harley, Sue McGregor & Marg Roberts, for their tireless efforts in encouraging our students to shine. This event has become a much anticipated annual event in the year 6 calendar. We now look forward to the Grade 6 Graduation this Thursday night.

STAFFING
The majority of staff will be here again in 2014 and we will also be warmly welcoming new teachers and support staff to CPS next year. Saying this, it is with much sadness that we inform the community that we will farewell Ms Genevieve Murtagh at the end of term. Gen is considering other opportunities. We wish her all the best in her future pursuits and know she will be greatly missed by CPS.

Ms Emma English and Mrs Karen Bentata-Grimm have applied for a year’s leave and as such won’t be part of our staffing profile for 2014. We are hoping to welcome them back in 2015.

New teaching staff next year include Miss Belinda Cupples and Ms Cate Allan, both former staff members, along with Miss Alicia Parker, Mr Stephen Miller, Mr Alex Playsted and Mr Joel Pollard. One of our Educational Support Officers, Mrs Sheri McIver, will be finishing her time at Carnegie at the end of the year. We thank Sheri for her wonderful work as an integration aide. Her role will be taken over by Ms Gaby Doquile, so we welcome Gaby and trust she will enjoy her time at Carnegie.

END OF YEAR FAMILY PICNIC – Tuesday 17th December
Our End of Year Picnic and Concert is on Tuesday 17th December under the trees between our portable buildings. The evening will begin at 5pm with the PFA sausage sizzle. The children will perform a short concert from 6:30pm until 7pm with the evening ending at around 7:30pm. Fingers crossed, we may get to christen our new tiered performance stage area. See you all there.

PREP GRADUATION
There was wonderful support from prep parents and friends to our lovely prep celebration to acknowledge the children’s great success in preps this year. A certificate presentation, some multimedia and some well-chosen words from the students and teachers were the features of the event.
FAREWELL TO GLEN EIRA COLLEGE PRINCIPAL
Last Friday, Michael attended a wonderful retirement ceremony for Mrs Lesley Lamb, who retires as principal of Glen Eira College at the end of the year. Lesley has done a sterling job in positioning Glen Eira as a much sought after secondary school with a burgeoning reputation. The pride that teachers and students have in their school is very evident and Lesley will be sadly missed. Ms Sheereen Kindler, the current assistant principal, has been appointed as the new principal. We have forged a great relationship with Sheereen as well and her transition to principal should be seamless.

LAST DAY OF TERM & HOLIDAY BREAK
Term 4 ends on Friday 20th December at 1.30pm. There will be a final assembly at 1.00 pm on this day so we can farewell those leaving us.

School commences on Thursday 30th January, 2014. Looking forward to seeing everyone back as we commence another great year at Carnegie Primary School. Prep students commence on Friday 31st January.

FAREWELL
I know there are a few more days of school remaining but I wish our year six students the very best as they commence secondary college. May their futures be bright and rewarding and their dreams come true. We also wish any students and their families, moving to new schools in 2014, all the best.

PARKING AROUND OUR SCHOOL:
It is with some frustration that we feel obliged to report back on some parking issues in and around the school at drop-off and pick-up times. Several residents in Graceburn Avenue have recently brought to our attention that a small minority of parents have been continually parking illegally, either over driveways or double parking during these times. As a school, we request that all our drivers obey the road rules, and remind that a little understanding goes a long way in keeping harmony in our community.

BOOK CLUB THANK YOU
Just a note to say thank you for supporting the Scholastic Book Club. Through the orders parents placed throughout the year we had $1,000 to spend on new reading material.

IMPROVEMENTS TO OUR SCHOOL
As we are nearing the end of the year it is timely to reflect on the changes that have occurred over the year. Some of the improvements at our school this year have included:

- New blinds erected over our Year 5 portable
- The construction in recent weeks of our tiered seating and stage area in the main asphalt area
- Maintained our laptop leases and purchased 26 new desktop computers and 60 ipads
- Purchased bag and locker boxes for all senior classrooms
- External repairs and repainted of much of our Prep building and in recent days our current Year 5 portable
- Upgrading our bike shed to include new bike and scooter racks
- Internal repainting of the hall and replacement of some blinds
- Purchase in excess of $10 000 worth of literacy, numeracy and science resources to support the delivery classroom programs

Arranged for the purchase of new furniture and equipment for our new portable classrooms

We look forward to sharing many positive changes in 2014 to continue to support our students and their learning.
**WORDS OF WISDOM** – Not getting what you want is sometimes a stroke of luck

Linda Jones & Michael McCarthy

TOLERANCE: A VITAL INGREDIENT FOR YOUR CHILD’S SUCCESS - Parenting Ideas by Michael Grose

Want your child to be successful way past the confines of the school gate? Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them. There’s no doubt that success in today’s world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places. Walk into any school ground in Australia and you’ll witness diversity firsthand. You’re likely to see children from many different cultural, racial and family backgrounds. You’ll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be very quiet.

Tolerant kids are accepting of these differences. They make friends with children and young people who may look and act differently to them. Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences – whether they are racial, cultural, behavioural or in sexual orientation – then make tolerance a family trait. Here’s how:

**Help your child feel accepted, respected, and valued.**

When your child feels good about himself, he is more able to treat others respectfully.

**Model acceptance.**

Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotypes when they occur in the media.

**Challenge prejudice or narrow-minded views.**

Sometimes kids, knowingly or unknowingly, can say the cruelest things about others. As a parent, respectfully remind your child or young person about the impact that a narrow view can have on his or her own behaviour as well as on those it may be directed towards. Intolerance of diversity is an attitude that parents should make a stand against.

**Answer kids’ questions about differences honestly and respectfully.**

Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.

**Respect individual differences within your own family.**

Your ability to accept your children’s differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves. By valuing the uniqueness of each member of your family you are teaching your kids to value the strengths in others, no matter how diverse.

Modern Australia is such a wonderful culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

(2013 Michael Grose All rights reserved.)

For more ideas, support and advice for all your parenting challenges visit Parentingideas.com.au.

**BIRTHDAY BOOK CLUB**

Addison H. - Prep A
- I Spy a Butterfly
- I Spy a Pumpkin
- I Spy a Skeleton

Ria S. - 3C
- Ruby Redfort - Catch Your Death

Stella M. - 3A
- How to Twist a Dragon’s Tale

Theodora P. - 2B
- The Witches

Leila M. - 1A
- Spooky House

Surya P. - 2C
- My Giant Stories for Boys

Alana S. - 1B
- Enchanted Palace

Ella P. - 2C
- Poppy Love - Rock’n’Roll

Jake P. - 4B
- Icarus at the Edge of Time

Thank you for these great books and many happy birthday wishes from all at Carnegie Primary School.
<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahasra T.</td>
<td>Prep A</td>
<td>For always speaking so confidently during our class discussions. Your show and tell is always so interesting to listen to.</td>
</tr>
<tr>
<td>Hunter B.</td>
<td>Prep A</td>
<td>For being a fantastic writer during our Inquiry &amp; Writing lessons. You always try your hardest. You're a star!</td>
</tr>
<tr>
<td>Oscar L.</td>
<td>Prep B</td>
<td>For his wonderful efforts when writing. Your enthusiasm during Café’ Reading is wonderful.</td>
</tr>
<tr>
<td>Michelle L.</td>
<td>Prep B</td>
<td>For being a wonderful classroom helper and a super friend to everyone.</td>
</tr>
<tr>
<td>Olivia M.</td>
<td>Prep D</td>
<td>For your fantastic progress in Literacy this semester. I love the way you read and write with confidence and enthusiasm.</td>
</tr>
<tr>
<td>Delilah K.</td>
<td>Prep D</td>
<td>For being a fantastic contributor to our Maths sessions about the book “One is a Snail, Ten is a Crab”. I love the way you’re thinking about numbers.</td>
</tr>
<tr>
<td>Daniel O.</td>
<td>1A</td>
<td>For his outstanding information report for Writing. You're a star!</td>
</tr>
<tr>
<td>Jude T.</td>
<td>1A</td>
<td>For your persistence in improving your writing using connectives. You're fantastic.</td>
</tr>
<tr>
<td>Maya C.</td>
<td>1B</td>
<td>For your overall efforts and hard work in all areas of your learning. Keep it up!</td>
</tr>
<tr>
<td>Milena H.</td>
<td>1B</td>
<td>For your very impressive information report on Cheetahs. Great work!</td>
</tr>
<tr>
<td>Nithara H.</td>
<td>1C</td>
<td>For writing fantastic letters in our literacy sessions. You're a star!</td>
</tr>
<tr>
<td>Finn M.</td>
<td>1C</td>
<td>For always putting in 100% effort in everything you do. Keep it up!</td>
</tr>
<tr>
<td>Belinda R.</td>
<td>2A</td>
<td>For your confidence and curiosity on our excursion. You’re so independent. Well done!</td>
</tr>
<tr>
<td>Nadav S.</td>
<td>2A</td>
<td>For being such a friendly and kind member of 2A. You're amazing!</td>
</tr>
<tr>
<td>Ethan P.</td>
<td>2C</td>
<td>For your beautiful sharing nature. Your smile lights up the room. Thank you for being a part of our class.</td>
</tr>
<tr>
<td>Shreya K.</td>
<td>3A</td>
<td>For being a positive and confident member of 3A. You’re a superstar.</td>
</tr>
<tr>
<td>Hubert H.</td>
<td>3B</td>
<td>For making a great start to school life at CPS. Thank you for sharing your amazing artistic talents with us.</td>
</tr>
<tr>
<td>Truong T.</td>
<td>3C</td>
<td>For your fabulous designing and creating of your potato man feltie in Inquiry. Well done.</td>
</tr>
<tr>
<td>Matt L.</td>
<td>4A</td>
<td>For his exceptionally well written and creative report titled “French Spy on the Loose”. You’re a star writer!</td>
</tr>
<tr>
<td>Alec R.</td>
<td>4A</td>
<td>For his overall efforts and hard work in our Design and Technology Inquiry. You’re a star builder!</td>
</tr>
<tr>
<td>Harry B.</td>
<td>4A</td>
<td>For his enthusiastic and persistent attitude in our Electronics &amp; Design sessions. You’re an electrician in the making!</td>
</tr>
<tr>
<td>Charlie N.</td>
<td>4B</td>
<td>For your hard work and effort at writing our newspaper reports. Your article was very funny and well thought out.</td>
</tr>
<tr>
<td>Jake P.</td>
<td>4B</td>
<td>For your fantastic result in ICAS. You're an English superstar. What an amazing result!</td>
</tr>
<tr>
<td>Aditya S.</td>
<td>4B</td>
<td>For your enthusiastic and persistent attitude in our Sewing Design sessions. Your concentration was incredible.</td>
</tr>
<tr>
<td>Gabriella K.</td>
<td>5A</td>
<td>For her positive comments when working in a small reading group. You gave constructive feedback to team members.</td>
</tr>
<tr>
<td>Josh A.</td>
<td>5A</td>
<td>For having a positive attitude towards all tasks in the classroom and for showing persistence in his learning.</td>
</tr>
<tr>
<td>Maksim A.</td>
<td>5B</td>
<td>For being a kind, considerate and hardworking member of our class all year.</td>
</tr>
<tr>
<td>Finn O.</td>
<td>5B</td>
<td>For being a fun-loving class member who also achieves great results.</td>
</tr>
<tr>
<td>Gordon B.</td>
<td>6A</td>
<td>For his dedicated and passionate approach towards all aspects of school. You have been an incredible role model for the whole community.</td>
</tr>
<tr>
<td>Callum B.</td>
<td>6A</td>
<td>For his awesome portrayal of Horton in our Year 6 production. You’re a natural on stage!</td>
</tr>
<tr>
<td>Alana C.</td>
<td>6B</td>
<td>For the wonderful commitment and passion you show towards your learning. You consistently impress me with your high standard of work. Alana, you’re a star!</td>
</tr>
</tbody>
</table>
CHRISTMAS CRAFT MARKET THANK YOU
We’d like to everyone who came along and supported the Craft Market last Friday. The weather turned on a beautiful afternoon in the end, thank goodness! We’d like to especially thank all those who helped on the BBQ; Helen Georon, Warde Wynter, Therese McEvoy, Sharon Atkins, Maree Eastwood and in particular Carrie Fowler who co-ordinated the BBQ for the day.

MANGO DELIVERY THIS WEEK
The mangoes are being delivered to the school this Wednesday December 11th and so will be available to pick up that afternoon. There will be a few extra boxes available so if you would like one I suggest you get in quick. Alternatively contact Therese McEvoy (Ph: 0403 254 081) who will put one aside for you.

COOKBOOKS FOR CHRISTMAS!
There are a handful of Cookbooks left which would make a fabulous Christmas present for your nearest and dearest. If you’d like to purchase one, please see the staff in the office before they all run out!

FINAL MEETING
Our last PFA meeting/ Christmas drinks is on tonight at the Rosstown Hotel. We’re meeting in the bistro at 7.30pm. Please come along and help celebrate another successful year! We look forward to seeing you.

THANK-YOU ONE AND ALL
As this is the last newsletter for the year we’d like to take this opportunity to thank everyone who has helped out on the PFA this year. We are so lucky to have such wonderful helpers. You have all made this year not only a successful fundraising one but a fun and social year too. We wish you all a safe and happy holiday and look forward to seeing you all in 2014.

Leesa Needham
Ph: 0408 556 669
leesa.n@optusnet.com.au

Lisa Anastopoulos
Ph: 0412 647 730
lisaa75@bigpond.com
Our Better Buddies Friendship Seat has arrived!

It is located on the edge of the ‘Magic Garden’. Whenever children have no-one to play with at lunchtime, they can sit on this seat; and know that someone will come over and invite them to join in with their games.

The idea is that children in the playground who are lonely or sad can sit in the seat to alert teachers and other pupils that there is a problem. We are hoping children will approach the person on the seat, make sure he or she is all right and ask them to play.

Our seat will be used to promote friendship and kindness and help build a sense of community.

We envisage this seat will be to be used to support younger buddies in particular with older buddies helping promote and work through monitoring strategies to help create a caring environment.

Our buddy seat will promote:

Friendliness: children encourage contact with students using the seat to treat them in a friendly way to include them in what they are doing or help them find someone to be with during break times.

Caring: students approach the student on the seat in a caring way, reflecting on how they may feel if they felt lonely or needed assistance on a particular day.

Respect: Students treat all students who access the friendship seat with respect, understanding how they feel.

Responsibility: Students understand that it is everyone’s responsibility to monitor and use the friendship seat in the agreed way and assist the senior buddies who are monitoring this seat.

Valuing difference: Students understand that some students may need to use this seat more than others and may feel lonely.

Including others: All students help the senior buddies include student(s) in appropriate activities after they have been on the friendship seat.

We are very excited to have been a part of promoting this initiative and we would like to acknowledge the Alannah Madeline Foundation for all of their contributions towards supporting our Better Buddies Program.

Steph Lipson and Liz Harley

Better Buddies Coordinators 2013
BUDDING ENTREPRENEUR

One of our star students, Liam Constantine, was recently featured in the Sunday Age to promote his Stick Insect business and to explain the benefits of keeping them as pets. Here is a link to the article.


---

A successful Cyber Smart Outreach Presentation.

As we are all acutely aware, young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks. Lesley Harrison from Australian Communications and Media Authority (the ACMA), as part of a national program of cybersmart initiatives, delivered three insightful presentations to our school community on Thursday 14th November. Students, staff and parents were given the opportunity to attend a specialised presentation that covered a range of issues including: the ways children use the internet and emerging technologies, potential risks for children online, such as cyber bullying, identity theft, inappropriate contact and exposure to inappropriate content as well as tips to help children stay safe online.

Everyone who attended found this to be an extremely valuable experience and due to the positive feedback, we are intending to run similar presentations early in 2014.

Liz Harley
YOUTH LEADERSHIP VICTORIA
CARNegie PRIMARY SCHOOL OSHC

OPENING HOURS:
Before School Care 7am-8.45am
After School Care 3.30pm-6.30pm
Vacation Care 7am-6pm

CONTACT INFORMATION:
For bookings ring Vicky (co-ordinator) on 0402 043 810
For accounts or queries/concerns about the program ring:-
Shereen on 0422 803 717.
Or email accounts@ylvinc.com.au
Use the company’s website to download enrolment/booking forms
Website: www.ylv.com.au

PRICES FOR THE PROGRAM
Before School Care After School Care
Permanent Booking: $11.50 Permanent Booking: $14
Casual Booking: $12.50 Casual Booking: $15

AFTER SCHOOL CARE NEWS:
- It would be very much appreciated if parents could please forward their booking forms for the holiday program by the end of term.
- Parents are advised that for the upcoming excursion to the Movies (Tuesday 14th Jan 2014) we will be watching CLOUDY WITH A CHANCE OF MEATBALLS 2
- End of term Friday 20th of December, school will be finishing at the earlier time of 1.30pm. The service will be operating from this earlier time to accommodate with the school’s early finish.
- Also it would be very much appreciated if all accounts could be finalised by the end of term.
- Lastly wishing all our families a Merry Christmas and a prosperous New Year. Wishing all our families a well deserved break and time spent with their families. The team will see you all in 2014.

OSHc TEAM
COMMUNITY NOTICE BOARD -
CARNegie PRIMARY SCHOOL DOES NOT ENDORSE THE
PRODUCT OR SERVICES, OR ANY ADVERTISEMENTS, PAID
OR UNPAID, PRINTED IN THIS NEWSLETTER

WANTED: A GOOD HOME FOR MR DARCY

Due to relocating to NZ, we need a new home for our family cat, Mr Darcy. The dapper Mr D is a 14-year-old, de-sexed, ginger male cat. He’s been microchipped and recently visited the vet for a general check-up, coming back with a clean bill of health.

Mr Darcy spends a lot of time sleeping and generally lolling about in the sun these days, and is good with kids. He’s no wanderer and is easy to look after – he’ll let you know when it’s dinner time!

If you’d like to make Mr Darcy a fluffy addition to your home, call Gary Munro on 0411 042 971, or Olivia Munro on 0412 607 704.

CHRISTMAS DAY DINNER 2013.

Christmas is a time for families to come together to celebrate. However, for a variety of reasons, some people are unable to do this.

A traditional Christmas Day Dinner will be held in St. Anthony’s Hall, corner Neerim and Grange Roads, Glen Huntly at midday on Christmas Day for anyone who would like to come. If you would like to join us, we would be very happy to see you there, so please collect a yellow invitation from the school office, or St Anthony’s Catholic Church, 172 Neerim Rd, Glen Huntly, stanthony@ozemail.com.au.

If you would like to help with the Christmas Dinner, please fill out a green form, also readily available, and return it to St. Anthony’s, 74 Grange Road, Glen Huntly 3163.

We invite everyone to join us in praying for the success of the Dinner. If you would like more information please email us or ring Gwen Fitzgerald on 9569 2099.
Enrol now for 2014!!

EXCITING LUNCHTIME DRAMA AT CARNEGIE PS!!!

Junior class (G1 – 3): Thursday in the hall: 1.45pm – 2.25pm
Senior class (G4 – 6): Tuesday in the hall: 1.45pm – 2.25pm

Enrolment options are as follows:

- Email the information below to freyja@dramatime.com.au
- Post this form to Drama Time 19 William St, Balaclava 3183
- Or call Drama Time on 9528 8998

Please do not return this form to the school, return to the Drama Time office only.

Student name: _______________________________ Grade: ______________
Parent name: _______________________________ Mobile number: __________
Email: _______________________________ Home number: __________

School: Carnegie PS

AN INVOICE WILL FOLLOW AFTER THE ENROLMENT IS COMPLETE.

“Elise was so excited to tell me about the amazing fun she had and all the things that she’s going to get to do in drama.” Parent, Ormond PS

“Eden loves her Drama class; she always comes home on Tuesdays with stories from the session.” Parent, St Finbar's

“Enrique’s confidence has increased enormously over the last few years thanks to Drama Time.” Parent, Brighton Beach PS

For more information please call us on 9528 8998 or head to our website www.dramatime.com.au
KEYBOARD NEWS

Parents do you know that there is an instrumental program at your school? Keyboard is taught in a group of 5 or you might want to consider a smaller group of 2 or even private lessons for students who might wish to sit for exams. These lessons are offered the students in grades 2-6

Enrolment forms are now being handed out for 2014 or; contact the Music Melodies office on 0438 901146 and speak to Lili; email musicmelodies@iprimus.comau to discuss enrolment for this year.

Thank you

Yuan-Chi Tai Chi Chuan

It begins with a stance. Which gives you posture. As your balance improves, you acquire poise. Calm and patience may follow; the beginnings of inner balance.

You learn a movement ... over and over. Enjoy your practice, and relax. With familiarity you gain more control, of yourself. With improved coordination, your mind becomes more acutely aware of what you do. When you ease into practice, you become supple. You may become more adroit in facing your world. In time you hone your timing and sharpen your Attention to refine your senses. By the by, you may gain perspective and be effortlessly touched by Harmony.

Spontaneously the Energy flows. This energy can move you in Constant Balance. As this Universal energy moves through you, it empowers you and cultivates your sense of well-being.

Yuan-Chi Tai Chi is an expression of Art & Beauty. Tao in motion spills over from the physical to embrace the mental and emotional and knit these three parts into a whole. It may spontaneously add value to the rest of your life, as a by-product. The Way develops your ability to learn more fully beyond the thinking level of awareness.

www.constantbalance.com / Contact Greg on 0402 220 572 or gregor@constantbalance.com
You are invited to...

Celebrate Christmas with Carols & Candles and a FREE Sausage Sizzle

Everyone is welcome

Bring cushions and rugs, and join in the informal evening of Carols.
Bring your family and friends. (This is an all-weather event)

Saturday 21st December, 6pm Sausages & Kids’ Activities
7pm-8:30pm Carols, Coffee and Desserts

Murrumbeena Baptist Church
44 Murrumbeena Road (Cnr Sydney St), Murrumbeena. Ph:9568-7159
mbc-office@murrumbeena-baptist.org www.Murrumbeena-Baptist.org

Please also join us on Christmas Day at 9:30am