DIARY DATES

Friday 16th September
Footy Colours Day
Last day of term –
early dismissal
2.30pm

TERM 4 DIARY DATES

Monday 3rd October
Term 4 Commences

Wednesday 12th October
Japan Day

Friday 14th October
Walkathon/Crazy Hair Day

Monday 17th October
PFA Meeting-staffroom 7.30pm

Wed 19th-Fri 21st Oct
Grade 5 Camp

Wednesday 19th October
School Council Meeting-staffroom
7.30pm

Tuesday 1st November
Melbourne Cup Holiday-no school

PRINCIPAL’S REPORT
GROWING WITH THE COMMUNITY
Welcoming, Engaging and Achieving

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.

PROVIDING A RICH AND REWARDING CURRICULUM AT CPS

Like all schools, the acquisition of high literacy and numeracy skills are a high priority for us all at CPS but we also strive to find the correct balance to ensure a rich and engaging curriculum across all key learning areas. As term 3 draws to an end and I reflect on the last few weeks, it is amazing all that has occurred and there is much of which to be proud. Recent activities that I believe need special mention as I write the last newsletter for term 3 are:

- A true highlight of the calendar has been our biennial art show. What a feast of talent was showcased at the Japanese Art Show! Our students’ talents have shone brightly but much credit needs to be given to our Art teacher, Ms Suzy Bolger, for her hours of work bring this together in such a professional manner. I know you will enjoy seeing your child/children’s work when the pieces come home but I also hope some great pictures were taken by those who were fortunate enough to visit the show personally.

- All students have attended a comprehensive Cyber Safety incursion, delivered by some expert educators, all organised by our ICT team. This session complemented the work undertaken by class teachers on a regular basis to ensure our students are supported to become confident, safe ICT users.

- By the end of this week all classes will have visited the Pizza Van incursion making a delicious homemade pizza and watching it cook in a wood fire oven. This incursion linked to our science and sustainability curriculum with many classes also taking a little time to complete experiments using yeast organised by Mr Chisholm, our Science & Sustainability leader.

- The achievement of many personal bests in the sporting arena at our CPS 3 to 6 Athletics and recent District Athletics. Mr Pollard has certainly earned a
well-deserved break over the next few weeks.
VIP/Special Guests Afternoon and this week’s JSC Footy Dress Up Day for MND bring many smiles and build community links which is also a priority for us at CPS.

STAFF PROFESSIONAL LEARNING
Professional Learning is an integral part of school life for our staff. Ongoing professional learning is a pivotal aspect of our weekly after school meeting schedule within teams and as a whole staff but on our final Curriculum Day a few weeks ago this was complemented by a whole day focussing on Teaching and Learning with four presenters. Brenda Botterill, a highly regarded numeracy teacher, focused on numeracy problem solving from years 3 to 6. Mrs Sam Nicolaides led further learning about Writing Traits. Lyn Watts led professional learning focusing on feedback to support our specialist teachers and Jane Henderson, a highly recommended Speech Pathologist, worked with some staff on enhancing receptive and expressive language with teaching and learning. Our staff were asked to choose the area that best supports their Performance & Development goals for 2016 and as you can imagine much rich learning was undertaken. As principal I am proud of how committed the staff is to ongoing learning and trialling of new approaches to ensure improved outcomes for our students.

SUNSMART
Term 4 is nearly upon us and I remind families that all students should be wearing their sun smart hat when playing outside at recess and lunch breaks when term 4 commences. School hats can be purchased from Primary School Wear Uniform Shop and are also available from the office. Plain navy sun smart hats that can be purchased from local department stores are also acceptable, particularly if you like to keep a spare one!

WORKING WITH CHILDREN CHECKS – CHANGES FOR 2017
In line with new state government guidelines, all Victorian schools have been recently required to develop a new Child Safety Policy with a number of quite specific requirements. One of these is that Working With Children Checks require stronger oversight for visitors and volunteers in schools. As a result, next year at Carnegie Primary, any parent or carer who wishes to attend an excursion and supervise a group of students (eg visiting the zoo, museum, Scienceworks etc) will need to provide the school with a Volunteer Working With Children Check. Obviously the primary duty of care always falls to our teachers but on such occasions, parents may be the primary carer for a period of time at an excursion. These are free and relatively easy to obtain on line at www.workingwithchildren.vic.gov.au. Such checks aren’t required for parents who attend sessions such as Book bags or the Parent Helpers program as activities such as this are exempt under the guidelines. If you have any questions or need assistance, please see Linda or Michael.

LAST DAY OF TERM
The last day of term 3 is Friday 16th September. The children finish school at 2.30pm; they will be dismissed from their classrooms. I wish everyone a very safe and happy holiday, hopefully enjoying some lovely spring weather and look forward to seeing everyone back on Monday 3rd October.

PRINCIPAL FOR THE DAY
Last Friday, we had the local MP, Steve Dimopoulos, spend the morning at school as part of the Principal for the Day program. He spent considerable time looking around the school, working with children on their curriculum work and having a question and answer session with some of the senior students. I know he was genuinely very impressed with what he saw and heard and he made an impression on the students with his open and friendly manner. He took time out to talk to Mr McCarthy and me further about our building plans, both imminent and into the future.

BIKES AND SCOOTERS
As always, we have quite a few bikes and scooters living in the bike shed. It would be timely if these could go home for the holidays!

WORDS OF WISDOM
The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others. (Solomon Ibn Gabriol) 😊

Linda Jones – Principal
HELPING KIDS FOCUS IN THE AGE OF DISTRACTION – Parenting Ideas by Sarah Wayland.
Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.
As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains, impacting the capacity to focus, to concentrate and to give attention to tasks. Neuroscientists tell us that the more a young person can practise keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca finds that the evidence is clear in our own homes and in classrooms ‘we now have young people who are experts at ‘flitting’ from one device to another’ and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’
Tips for helping kids maintain focus and attention
1. Build your child’s focus
As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘it’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.
2. Remember it’s all about the journey
Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flitting’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.
3. Keep calm and focus
Use calm methods to engage children who become distracted: ‘breathe, relax and high five each other’ when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.
Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.
Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.
FETE NEWS
If you are doing any spring cleaning over the holidays we are now welcoming donations for next year’s Fete. We will be looking for books, accessories (scarves, hats, jewellery etc), and GOOD quality toys. You can bring them in next term and we can store them ready for our Fete on March 18th.

TERM 4 EVENTS
During next term we will be having Popcorn Thursdays and then later in the term swapping over to Icy Pole Thursdays. Students will be able to purchase a small bag of popcorn and then an icy pole for $1.
Other PFA happenings for term 4...
Friday 14th October – Walkathon/Crazy Hair Day
Saturday November 12th – School Disco.
Mango Drive

PFA PURCHASES
Thanks to ongoing support from our families, the PFA have been able to purchase the following for the school just in this term: outdoor seating (Japanese garden), keyboards for the music program, literacy games, new buckets and spades for the Prep sandpit, new fencing for the vegie patch and new garden beds (to be installed next term.)
CPS Footy day is coming your way!

When: Friday 16th of September

What: All students can wear the colours of their favourite AFL team or other sports team, such as netball or soccer, to school.

Why: Please bring along a gold coin donation as we are raising funds for Motor Neurone Disease Australia (MNDA).

It will be a day to celebrate sport, especially FOOTY, whilst also helping others!

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
Account queries or change of bookings please call Rachel: on 0499 777 601 or email: accounts@ylv.com

A copy of the enrolment and booking form can be downloaded through our website on www.ylv.com.au

Prices for the Program:
Before School Care
Permanent Booking: $12.50
Casual Booking: $15.00

After School
Permanent Booking: $15
Casual Booking: $18

Vacation Care: $50

After School Care News:

Last day of term is Friday 16th September. The program will run at the earlier time of 2.30pm to accommodate with the school’s early dismissal
Cost for the session is $22

To book into the September Holiday Program simply fill out a booking form and forward back to the service. Alternatively you can book online at www.ylv.com and follow the links under the Holiday Program section for Carnegie Primary. Cost for the day is $50 with an additional charge if attending an incursion/excursion that has been planned

OSHC TEAM
BIRTHDAY BOOK CLUB
September 9th, 2016

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>DONATED BOOKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milly Y</td>
<td>5C</td>
<td>“My Sister the Vampire”</td>
</tr>
<tr>
<td>Saanvi H</td>
<td>2B</td>
<td>“Tink Takes Charge”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>“Pinkabelle and the Fairy Godmother”</td>
</tr>
<tr>
<td>Andrew V</td>
<td>3B</td>
<td>“The 78-Storey Treehouse”</td>
</tr>
<tr>
<td>Michelle L</td>
<td>3C</td>
<td>“Tinkerbell and the Legend of the Neverbeast”</td>
</tr>
<tr>
<td>Maddie F</td>
<td>Prep B</td>
<td>“The Inside Lion”</td>
</tr>
</tbody>
</table>

Japan Day 2016

We will be holding our first Japan Day on Wednesday 12th October to celebrate Japanese language and culture. Students will take part in a variety of activities such as origami, kirigami, brush writing, sumo, gateball, tea ceremony and traditional games. There will also be a visiting Taiko drum performance.

On Japan Day, students are encouraged to dress up with a Japanese theme or come in red and white, the colours of the Japanese flag.

The cost of the day is $10.00 which covers the visiting performance and activity materials. This amount will be deducted from the Excursion Levy.

Students will have the option of ordering a Japanese lunch on the day. Please click on the following link: [https://www.trybooking.com/MZLW](https://www.trybooking.com/MZLW). Fill in your order and make your payment online. If you have any difficulty, please contact the office.
Orders will close on Wednesday 5th October. Unfortunately, no late orders will be accepted.

Tess Yoshida
Japanese Coordinator
Our Grade 6 ‘Dear World’ Letter Writing

In Grade 6 we have been reflecting on the world, how we feel about what is happening in other countries and our vision for future generations. We have also discussed what changes we feel need to be made, such as educational opportunities for all children and women’s right to equality. By valuing each other’s opinion and building upon each other’s ideas, we then wrote our own letters to the world. These letters are just a sample of the powerful, emotional messages our Grade 6 students wrote about the world around us.

Dear World,
I wish for a place where no wars occur, where everyone is happy and they give nothing in return. For a world with pollution is no place to live and the lives of our people are not just things that we can give. Our children deserve their educational rights and our countries deserve a world with no fights. Our woman deserve the equality they need and the victims of poverty should have no reason to grieve. Our animals should have the same rights as us, no more leopard skin jumpers or cow skin rugs. Our minds should be filled with nothing but positivity, and our government should rule out any negativity. Your race or culture should matter no more and friendships should be formed from deep down in your core. The governments need to solve their own issues, to stop allowing people to cut down trees for tissues. That’s the world I wish for and I know others do to. So please take this into account, We really do love you! From Leah Stange 6C

Dear World,
Why do kids starve? Why are people homeless? Why are there wars? Why isn’t everyone happy? Why is this world incomplete? Why are there guns? Why do people take drugs? Why do people see suicide as an option? Why is this happening world, why can’t everyone just be kind? Why do people get angry? Why are people doing these terrible things? Why do people even think of harming others? Why is the world like this? There are too many problems in this world and it must stop. This beautiful world was not made for people to harm it, it was meant for people to embrace it and all of its spectacular traits.
From Noah Richardson 6A

Dear World,
I am sorry to say it but we have problems, many problems. We need to figure out how we can solve these many problems. I believe that the right education can change the world. If we all have a quality education that teaches us kindness and respect, our world will become more equal and stereotypes, racism, sexism and homophobia will become a thing of the past. Education leads to revolutionary advancements that can enhance our views and experiences of the world. We can use our knowledge to fix the destruction that we have brought into this world. Dedicating more time to creating a better future will make the world the way it should be, equal. No one deserves to miss out on an education, it shouldn’t matter if you’re a girl or a boy. An education is the key to changing the world.
From Ria Simmons 6B
<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maya B</td>
<td>PC</td>
<td>For showing terrific resilience and using her strategies to solve problems.</td>
</tr>
<tr>
<td>Disha P</td>
<td>1A</td>
<td>For settling in so beautifully to CPS. Thank you for bringing your enthusiasm and positivity to Year 1!</td>
</tr>
<tr>
<td>Samuel D</td>
<td>2A</td>
<td>For being so focused on your writing task in the Writing Wizard group.</td>
</tr>
<tr>
<td>Luke M</td>
<td>2C</td>
<td>For always contributing important information during class time. You have a great attitude to your learning.</td>
</tr>
<tr>
<td>Sri</td>
<td>3A</td>
<td>For always being willing to give everything a go! You're a role model to others.</td>
</tr>
<tr>
<td>Petar A</td>
<td>4A</td>
<td>For an increasingly more mature attitude towards all your learning.</td>
</tr>
<tr>
<td>Kristiana V</td>
<td>4D</td>
<td>For researching, writing and creating a fabulous brochure using Publisher. Amazing job!</td>
</tr>
<tr>
<td>Carmen L</td>
<td>5A</td>
<td>For your infectious positivity. Your beaming smile every day makes everyone around you feel happy and calm. Thank you for bringing your enthusiasm and passion to grade 5 and thank you for being you!</td>
</tr>
<tr>
<td>Charlie H</td>
<td>5B</td>
<td>For being so consistently responsible and reliable as a super-duper gate monitor.</td>
</tr>
<tr>
<td>Eliza L</td>
<td>5B</td>
<td>For being so consistently responsible and reliable as a super-duper gate monitor.</td>
</tr>
<tr>
<td>Arhan B</td>
<td>6C</td>
<td>For creating an awesome Year 6 blog that looks so professional! Great work.</td>
</tr>
</tbody>
</table>


How long have you been at Carnegie PS? I arrived at Carnegie in 2004 so this is my 13th year here.

Where and when did your teaching career begin? And when did you become an Assistant Principal? I began as a grade 6 teacher at Clayton South Primary School in 1978. Carnegie was later my first school as Assistant Principal.

Which do you prefer, being a classroom teacher or a head honcho of a school? I can imagine both roles would have their challenges. When I came to Carnegie, there were only 9 classes and only 200 students, so for two days I taught ICT as a specialist teacher and for three days I was Assistant Principal. That was my perfect job because I like being a teacher and a school leader equally.

Did you ever have a totally embarrassing moment in your teaching career? Tripping over during the Footy Colours Day parade at Carnegie and falling on some students is easily my most embarrassing moment.

Is it true before you were a teacher, you dabbled in some stand-up comedy? My comedy career was mostly in the evenings and on weekends when I was still a teacher. I performed at sporting clubs, theatre restaurants and a few times on television. I did that for 10 years from 1980 until 1990.

Did your comedy career not take off because you took too long to deliver punch lines? We all know you think carefully when you speak and sometimes that takes a while with you! Ummm … ehhh .. I recognise that question is meant to be a joke!!! In fact, I knew my comedy routine so well I can still recite large parts of it today, over 25 years later.

Have you always lived in Melbourne? I grew up on a dairy farm in Gippsland in a place called Bushy Park, near Boisdale, near Maffra, near Sale.

What is something that few people know about you? I have been on two ads on television; one selling carpet and one selling fruit and vegetables. Being a father of 4 girls, is there any parenting advice you would like share with the CPS parents? Yes, I have been so generous and spoiled them rotten so they will look after me when I am old and grey. I will let you know if it works.

I know you enjoy your golf, where is your favourite golf course? And if you could play at any course in the world, where would you play? I am a member of Eastern Golf Club which has built a brand new course, designed by Greg Norman, in the Yarra Valley. That is perfect for me. I have played once before at St Andrew’s Golf Course in Scotland, the home of world golf. I can’t wait to play there again. I am saving up my money.

We know you are a man of many talents, including being a master wordsmith with a passion for correct grammar and playing the guitar and making up songs off the top of your head being just two. Do you have any special talents that we don't know about? My juggling skills are quite good when I get a chance to practise. I once juggled two basketballs and a plastic bucket and ended up with the basketballs in each outstretched hand and with the bucket on my head.

If you were left to live on a desert island- what 3 things would you choose to take with you? My guitar to play funny songs to myself, my radio headphones with an antenna to listen to the sporting stations still and at least a year’s supply of potato chips.

Mr McCarthy in 30 Seconds…

Favourite food: Pumpkin soup, prawns & ice-cream with strawberry topping

Footy team: Everyone knows this one already- The Hawks!

Favourite band: The Kinks, then Meghan Trainor. (So you’ve ditched Taylor Swift ?!)

Favourite TV show: Footy Classified

Ideal Holiday: sun, sand & golf at Merimbula, NSW.

Siblings: 4 sisters and 2 brothers. I’m number 2

Children: 4 daughters: Kathryn, 26, Danielle, 22, twins Alice & Simone, 20

Pets: I am allergic to all pets.

Hobbies: Playing golf & breeding champion racehorses. I need to improve my ability in both.
Some pictures from our eSmart Week activities
We get it. Life is busy! Work, sport, dancing, swimming lessons, mid-week netball, Tues night tennis and the list goes on and on. The last thing you want to do after school pickup is hit the supermarket, and then pull together a meal.

Laurelandhearty can help

The Laurelandhearty business focuses on the kids’ taste buds, nutrition and above all, your convenience. So between 3 and 4pm, we will be at 5 Dalny Rd, Murrumbeena (next door to St Patricks primary school), with your pre-ordered and prepaid for meal. All you have to do is heat it up and enjoy.

The menu has been designed by Joel Saunders, a chef with 12 Years experience cooking for the well to do Bayside and Malvern crowds, and cooking for hungry little mouths at home as well. Joel is an active member of the Caulfield Bears JFC, and would be a familiar face to many.


We can’t wait to feed the families of Carnegie PS!

Joel Saunders and Danny Egan.
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FREE FAMILY FUN
AT CAULFIELD RACECOURSE

HYLAND RACE COLOURS
UNDERWOOD STAKES DAY
Saturday 24 SEP 2016

Come along to Caulfield Racecourse on Saturday 24 September 2016 and enjoy FREE entertainment and activities for the whole family.

Being the first Clip Clop Club day of the 2016/17 season, this day is not to be missed with plenty of rides and activities from 11.30am including:

- Fun rides
- Jumping Castles
- Sporting Activities
- Face Painting
- Craft Zone
- Pony Rides
- Educational "Horse Talk" with the legendary Subzero
- Mascot appearances

Become a Clip Clop Club member and Mum and Dad receive FREE racecourse entry!

Racecourse admission priced at $20 per adult aged 14 years and over
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BECOME A LAKER!

BENTLEIGH LAKERS
REGISTRATIONS NOW OPEN
at bentleighlakers.com.au

LOOKING TO PLAY BASKETBALL?
Join us at our new players session at Valkstone Primary School

Tuesday, September 13th
4:00 - players born in 2008 or later
4:45 - players born in 2006 & 2007
5:30 - players born in 2004 & 2005
6:15 - players born in 2003 & earlier

BYO basketball

Where team work begins
SEPTEMBER HOLIDAY WORKSHOPS

With our own unique BRICKS 4 KIDZ® models and creative play with LEGO®, the kids are always having fun at our popular School Holiday workshops!

Now at 3 great locations, we have a range of Half and One Day workshops from Space Wars, Amusement Worlds (Harry Potter inspired) to the latest Robotics.

20TH Sept - 29th Sept 2016

CAULFIELD - 450 Kooyong Rd * CAULFIELD - 4 Mapel St

- Space Wars!
- Jr. Robotics 101 and 201 with LEGO® WeDo® intro to coding
- Secret Life of Brick Critters (BRAND NEW)
- LEGO® MINDSTORMS® EV3 Robotics 101
- World of Amusements (BRAND NEW!)
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Aspire to be Your Best!

Discounted registration for Carnegie Primary School students!

Experienced coaches teaching soccer in a fun, inclusive and non-competitive format.
 Boys and girls of all abilities ages 5 to 11 are welcome!
Skill Development Fun Fitness Confidence

East Caulfield Recreation Reserve, Sir John Monash Drive, Caulfield East. Sundays 9am to 10am
Affordable registration fees. Contact: aspiresocceracademy@mail.com, or Mobile 0412288884

REGISTER NOW FOR OUR FREE COME & TRY SESSION ON SUNDAY OCTOBER 16! PLACES LIMITED SO SECURE YOUR SPOT NOW!

www.facebook.com/aspireac

INTENSIVE TENNIS CLINICS

VENUe: East Malvern TC - 22 Dunlop St, East Malvern

WEEK 1: Mon 19 September - Fri 23 September 2016

WEEK 2: Mon 26 September - Thu 29 September 2016

DAILY: $80 Full day 9.30-3.30pm; $45 Half day 9.30-12.30pm

WEEK DISCOUNTS: $320 full day; $180 half day

BOOK NOW FOR TERM 4 COACHING!

3 Half Day 9.30-12.30pm OR 1-3.30pm OR Full Day 9.30-3.30pm
July 7 - 10 Half Day 9.30-12.30pm OR 1-3.30pm OR Full Day 9.30-3.30pm

FEES: Week : $240 Full day, $135 Half day Daily: Half day $45, Full Day $75.

Featuring:
US OPEN HOT SHOTS TOURNAMENT

Friday 23rd September
1 - 3.30pm

Tournament Entry:
$45 per player

All players 6-14 years old

WELCOME!

9813 8484

FUTURES Tennis .com.au

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Your local cricket clubs come together to offer you every chance to ‘play cricket’ this summer. So make sure you get in touch with your local cricket club today to get involved!

**Carnegie Cricket Club “the Neggies”**  
**Location:** Koornang Park, Munro Avenue, Carnegie Victoria 3163  
**Teams:** Milo in2cricket (Sunday morn), T20 Blast (Sat morn @ Koornang Park), u11-u16  
**Contact:** Penny Callaghan 0401 825 141, juniors@carngeicc.com

**Carnegie South Cricket Club “the Redbacks”**  
**Location:** Lords Reserve, crn Madden and Munro Avenue, Carnegie Victoria 3163  
**Teams:** Milo (Friday night), T20 Blast (Sat morn @ Koornang Park), Rookies, u12’s - u13’s  
**Contact:** Adrian on 0409 971 754 or via email at juniors@carnegiesouthcc.com

**Washington Park Cricket Club “the Sharks”**  
**Location:** Packer Park, Leila Road Carnegie 3163  
**Teams:** Milo in2 cricket Wednesday, T20 Blast Fri or Sat, traditionally for kids 9+  
**Contact:** Chris Gorrie 0449 774 685 or chris.gorrie@cricket.com.au
Inner Health Solutions
Natural Healing Therapies

Local family sponsors of CPS Fundraising events—We specialise in

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and in the maintenance of a healthy & pain free body

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- Headaches & Fatigue
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- Sciatica & Muscular Pain
- Repetitive Strain Injury
- Sprains & Joint Pain
- Sports Injuries
- Workcover Injuries

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