DIARY DATES- TERM 1—2016

Wednesday 24th February
School Council Meeting 7.30pm

Thursday 25th February
Parent Information Evening in the hall 7-8pm

Friday 26th February
Assembly in the hall 9am
District Swimming

Monday 29th February
PFA Meeting in the staffroom 7.30pm

Saturday 5th March
School Fete 10am-4pm

Tuesday 8th March
Prep Pizza Night

Monday 14th March
Labour Day Holiday– no school

Thursday 24th March
Easter Raffle 9am
Last Day of Term-early dismissal 2.30pm

CONGRATULATIONS TO OUR SCHOOL CAPTAINS
The school congratulates Annelie Mathieson and Angus Nicolay on being elected as our School Captains for 2016. Noah Wilson and Leah Stange are also to be congratulated on being elected as Vice Captains. These students are enthusiastic about taking on this responsibility and are looking forward to supporting the students, parents and staff throughout the year in many ways. Our other school leaders for 2015 are:

Red House Captains            Natasha Kauffman &
                             Lucy Anderson
Blue House Captains           Jasmin Kalpins &
                             Olivia Will
Yellow House Captains         Aaron Nazaretian &
                             Shreya Krishna
Green House Captains          Elle Dickson &
                             Lucas Baldwin
Sustainability Captain        Olivia Gearon
ICT Captain                  Arhan Basra
Wellbeing Captain            Daniel Mendez
Library Captain              Grace Wang
PE Captain                   Kate Stamp
The Arts Captain             Isobel Zuk
LOTE Captain                 Saskia Gronow

TEACHING AND LEARNING AT CPS - PARENTS AND TEACHERS TOGETHER

It was wonderful to see so many parents taking the time to meet their child’s homeroom teacher at our recent ‘You Tell Us’ sessions. Valuable information was shared and this home school partnership ensures the very best outcomes for your child. 2016 information booklets were handed out by all the learning teams at this time outlining specific details pertaining to your child’s year level. If for some reason
you haven’t received this information, please make contact with your child’s teacher.

At CPS we aim to ensure the teaching and learning being undertaken in homerooms and in learning teams is personalised to the needs of each student. Personalised learning means matching teaching and learning more closely to the current academic level of each student, as well as to their needs, aspirations and interests, so they become better learners, broadening the range of skills and strategies that they can use to become independent learners.

If you visit our classrooms you will see a range of groupings that optimize opportunities for students and support personalised teaching and learning. One day isn’t necessarily the same as another but if you chat to your child you are very likely to hear about them working with teachers other than their homeroom teacher, moving to other spaces and mixing with a range of peers. Some of the practices that occur in our school days are:

- Short term ‘within’ class groupings according to need
- Structured groups to ensure students have access to a range of views and opinions beyond their friendship groups
- Paired working and peer tutoring to facilitate collaborative learning and discussion
- Short term regrouping across a level to allow for choice and increased motivation according to the topic being taught.

As part of building strong partnerships we will again be offering formal and informal opportunities to hear about and see learning at CPS. We have had a very positive response to the Parent Information Evening being held this Thursday, 25th February at 7pm in the hall. At this session we intend to briefly discuss our most fervent hopes and wishes for CPS and its students in 2016 and present an overview of the updated Victorian curriculum. We will include further insights into our teaching of writing and some of our approaches to student wellbeing.

If you haven’t let us know and would like to attend, please let the office know. This evening is for adults only and we are unable to provide any child minding facilities.

**UPDATE OF SCHOOL OVAL**

The deterioration in the state of the oval, particularly with the lack of grass cover, has become a concern for all of us. We have been liaising closely with a small group of interested parents who are working diligently on applications for a wide range of grants and meeting with turf companies with me as we seek quotes for a range of solutions. The PFA are also looking towards directing their fundraising, including this year’s fete, towards funding the best solution. There is a lot to consider when deciding whether to re-turf, use artificial turf or a combination of both. There is quite a difference in cost between the various options. In the meantime, we are again writing to our Education Department facilities reps and our local politicians about where Carnegie sits on the list for imminent funding. Thanks to Jodie (Edward and Jack Curwood’s Mum) and Steph (Angus Brown’s Mum) for their expertise and passion. We look forward to everyone’s feedback and support as we negotiate an outcome.

**SCHOOL UNIFORMS**

As you are all aware, our school uniform is navy and gold. Many families purchase school uniform from PSW, our uniform supplier, but it is also acceptable to wear plain navy or gold clothing that can be purchased from department stores etc. Navy clothing with other logos is not school uniform including Carnegie netball, football and cricket clothing. Thank you for your support in following our guidelines. If parents need assistance with school uniform, please come and see me and I can easily arrange for good quality second hand uniform.

**BEING SUNSMART**

We have recently had parents inquiring about our Sunsmart Policy to ensure children are not forgetting to apply sunscreen. Our Sunsmart Policy is available on our school website and one of the important points is the wearing of sun smart hats during terms 1 and 4. This is extremely well followed and supported by families. If children do forget their hats, they are asked to play on the veranda outside the art room / staffroom. Spare hats are also provided where possible. The application of sunscreen prior to coming to school is strongly recommended and if children require sunscreen for reapplication throughout the day, please send along their own sunscreen in their bag. We do take bottles of sunscreen to specific sporting events such as the...
swimming carnival or athletics. Please reiterate to your child/children your wish for them to reapply their sunscreen prior to them heading out to the lunch break. We have discussed this issue recently with all staff to ensure we remain diligent with the sun smart message.

TRAFFIC SAFETY AND RESPECT FOR OUR NEIGHBOURS

At the end of last year and again as our new school year commences I have had to deal with complaints from parents and residents in the streets surrounding our school. Respect is our overarching school rule and yet when it comes to some behaviours of parents at pick up and drop off time, some adults are failing to demonstrate respect.

The most problematic issues that keep being brought to my attention are:

- Parking illegally at pick up and drop off times
- Parking in driveways and over crossovers. Parents have been known to actually leave their cars meaning neighbours can’t access their properties
- Dangerous U turns particularly in Truganini Road, which is illegal, putting others at significant risk
- Students and adults crossing the road dangerously in peak traffic times in preference to walking to our supervised crossings

Over recent years the local council has proposed restricting parking in local streets further to support local residents but after consultation, our neighbours have respected the needs of the school and its families and not pushed for such restrictions. We need to acknowledge this and work together to respect the residents during school hours and particularly at pick up and drop up times.

I continue to encourage families with concerns to report these to the Glen Eira Council. Council Traffic Safety Officers will continue to patrol our school and may use photographic evidence for enforcement purposes. Being courteous and considerate to others and acting as a positive example for our students is so important.

A WONDERFUL DELIVERY – ‘EARN & LEARN’ REWARDS

Last week I had the pleasure of unpacking 5 boxes containing the equipment we ordered as part of last year’s “Earn & Learn’ promotion. At the time, families enthusiastically collected the vouchers with your weekly shopping and popped them in the box at school. Construction equipment and games were distributed across the school. Again thank you to boys and girls and families for your efforts last year.

WORDS OF WISDOM - A great way to start your journey towards more self-confidence is by surrounding yourself with your friends and loved ones. 😊

Linda Jones & Michael McCarthy

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>Chrysanthi V.</td>
<td>1A</td>
<td>The Big Book of Billie Vol 1</td>
</tr>
<tr>
<td>Sai Taran J.</td>
<td>2B</td>
<td>Colour Magic, Zoo Goo</td>
</tr>
<tr>
<td>Jack G.</td>
<td>2B</td>
<td>Oh, The Places You’ll Go!</td>
</tr>
<tr>
<td>Abhay G.</td>
<td>3C</td>
<td>Look Out for the Elephants!</td>
</tr>
<tr>
<td>Angelina Z.</td>
<td>2C</td>
<td>Clementine Rose and the Special Promise</td>
</tr>
<tr>
<td>Jasper G.</td>
<td>Prep A</td>
<td>The Hueys in It Wasn’t Me</td>
</tr>
</tbody>
</table>
PARENTING IDEAS BY MICHAEL GROSS – TEASING VERSUS BULLYING

When speaking with parents or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- “What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

Bullying is a term that's wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction; joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalposts for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.
Classroom Helpers’ Session

At times teachers will ask for adults (parents, grandparents etc) to assist with literacy and numeracy sessions in the classroom. We are offering a training session on **Monday, February 29th between 9am and 10am and repeated at 7pm to 8pm** for any adults interested in helping out in their child’s classroom. It is only necessary to attend one of these **sessions**. Please note that you do not need to attend this training session if you are simply coming to assist with book bag reading or excursions/incursions.

**This is a compulsory session for all those adults who wish to help within the classroom Literacy and Numeracy sessions.**

- The session will cover:
  - how the literacy and numeracy sessions operate
  - confidentiality and protocols
  - how you can help
  - questions and a cuppa!

If you have previously attended a ‘Classroom Helpers’ Session’, you **do not** need to do so again.

If you would like to attend, please fill in the RSVP slip below and hand to your child’s classroom teacher. We look forward to meeting with all who are interested,

Cate Allan and Karen Bentata-Grimm

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**Term 1 2016 Classroom Helpers’ Session**

9 – 10 am Monday 29th February

OR

7-8 pm on Monday 29th February

Venue: School Hall

*Please return this RSVP slip to your child’s classroom teacher by 25/2/16*

I (Parent/adult’s name) ______________________________ would like to attend the Classroom Helpers Session at 9am ☐ OR 7pm ☐ (please tick one)

Child’s name _______________________________ Child’s class____________

Contact number _______________________________
NEW COMMUNICATION APP AND e-NEWSLETTER

It has been great to see that so many of you have downloaded the new communication app, Skoolbag. Over 200 already!!! The more the merrier will enable us to communicate with you all or with select groups with urgent or important messages. See last Friday’s note home for instructions if you haven’t downloaded it yet. There are spare copies of the note at the office.

It would also be helpful to have everyone’s reply slip returned from last Friday’s note, indicating who has downloaded the app and signed up for the e-Newsletter. Please return it to the teacher if you have not yet done so.

Please understand there may be teething problems and we look forward to your feedback as we refine this app for our school’s needs.

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Year One Writing

Some of our Year 1s planted cacti and did some writing about the plants.

“We planted some spiky cacti. They were hard and prickly. We planted the cacti in soil.”

Sahana, Keya, Anae, Jeny, Ruthvik, Anvee and Eric.
Teacher Talk with…..

Mrs Budic

Each newsletter we will be chatting to a different teacher to find out a little bit more about them and hopefully what makes them tick. Today we talk to our Prep teacher Mrs Budic.

This week’s photo was taken by Cooper in 2C.

You were on maternity leave last year looking after your gorgeous girl. How was it having a year off teaching?

It was very strange to not be at school as I’ve always worked so that was a transition in itself. I really enjoyed it once I got into a routine with Tess and we got to spend lots of time with family and friends.

You’ve been at Carnegie PS for a few years now. How long has it been?

I started working at C.P.S when I did my teaching rounds in 2004. Then I did some CRT work in 2005 and began full time work in 2006 which means I have almost been teaching here for 10 years. So it’s been a long time, I’m almost part of the furniture.

Have you been a prep teacher all that time?

Yes, I have taught prep all these years and every year has been a different one. It’s very rewarding and wonderful to watch their growth. I especially love watching the preps I’ve taught become year 6 students and seeing them graduate at the end of the year. It’s a very special and momentous occasion.

What’s harder: being at home with a baby or teaching a class full of preps?

I think it’s definitely harder to be at home with a new baby. I would be in my absolute element in front of 80 prep students, but would not change it for the world, it’s been a nice change.

Teaching the preps, I imagine would be very challenging yet very rewarding. What do you most enjoy about teaching the little ones?

I love to teach the preps as they are full of life and enthusiasm. It’s very special to be part of such a significant milestone in their lives. I am so proud of their achievements and empowering them with how to learn is so rewarding.

Who was your biggest influence when you were at school and why?

I did a VCE language at high school and was taught by a really passionate teacher. I was inspired by her zest for life and her attitude towards teaching. She worked closely with us and we as students developed a strong teacher/student relationship and that is something I strive to develop with the students that I teach.

What is something people would be surprised to learn about you?

I am afraid of heights and spiders. That’s about it. What you see is what you get.

Do you have any hidden talents?

I can speak and understand the Greek and Croatian languages. I also used to do professional make up for clients and still enjoy helping friends on special occasions.

What do you do on the weekend to relax and unwind after spending all week with 5 & 6 year olds?

My favourite thing to do on the weekend is spend time with my husband Adam and Tess. We love to go out for breakfast and take Spartan for lots of walks. I also enjoy craft markets and shopping for unique treasures as well as watching the footy and funny movies.

If you could have dinner with 3 famous people from history, who would they be?

I would have dinner with Leonardo Da Vinci, Michaelangelo and Raphael because I find Renaissance paintings fascinating. I am amazed with how talented they were and what their paintings represented.

If you were left to live on a desert island what 3 things would you choose to take with you?

I would take Adam my husband, Tess my daughter and our dog Spartan.

Mrs Budic in 30 Seconds…

Favourite food: Seafood Curry Laksa. Yum! I love all foods!!

Footy team: The Mighty Hawks of course. You might see Mr McCarthy and I wearing our footy colours after a big win.

Favourite band/singer: I love all types of music from Pop to RnB to Dance/House music. It depends what type of mood I’m in. I have to admit lately I have a bit of ’Bieber fever’ and like to ’Shake it off’ with Tay Tay!

Favourite TV show: MKR is my favourite at the moment because I love to cook. I do love to watch a good series and debrief with Mr Acklom after we have both watched the same episode.

Ideal Holiday: Any musicals with Julie Andrews (Mary Poppins) and the Harry Potter movies.

Siblings: I have an older brother who is 9 years older than me and teaching runs in the family because he is a teacher too!

Children: We have a gorgeous baby girl named Tess who will be turning 1 in a couple of weeks.

Pets: We have a very naughty black Labrador who is 7 years old and thinks he is still a puppy. He is beautiful but mischievous and his name is Spartan.

Hobbies: I like to cook, do gardening and grow my own veggies and fruits. I love to paint and do crafty things and I enjoy yoga.
HOUSE SWIMMING CARNIVAL

Congratulations to all students for their outstanding efforts in the House Swimming Carnival 2 weeks ago. The weather was perfect for us and all students had a chance to achieve their best in a huge range of swimming & diving events across the day. Special congratulations to **RED HOUSE** who were the overall winners on the day.

The following is a list of all event winners from the house swimming:

<table>
<thead>
<tr>
<th>EVENT</th>
<th>WINNER</th>
<th>TIME (unofficial)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/13 Boys Freestyle</td>
<td>Andrew C</td>
<td>37.14</td>
</tr>
<tr>
<td>11 Boys Freestyle</td>
<td>Daniel M</td>
<td>43.20</td>
</tr>
<tr>
<td>10 Boys Freestyle</td>
<td>Matthew C</td>
<td>42.05</td>
</tr>
<tr>
<td>8/9 Boys Freestyle</td>
<td>Oliver M</td>
<td>57.79</td>
</tr>
<tr>
<td>12/13 Girls Freestyle</td>
<td>Kate S</td>
<td>41.30</td>
</tr>
<tr>
<td>11 Girls Freestyle</td>
<td>Mali P</td>
<td>42.71</td>
</tr>
<tr>
<td>10 Girls Freestyle</td>
<td>Matilda M</td>
<td>40.80</td>
</tr>
<tr>
<td>8/9 Girls Freestyle</td>
<td>Charlotte B</td>
<td>44.88</td>
</tr>
<tr>
<td>12/13 Boys Backstroke</td>
<td>Noah W</td>
<td>46.02</td>
</tr>
<tr>
<td>11 Boys Backstroke</td>
<td>Daniel M</td>
<td>50.98</td>
</tr>
<tr>
<td>10 Boys Backstroke</td>
<td>Matthew C</td>
<td>55.70</td>
</tr>
<tr>
<td>8/9 Boys Backstroke</td>
<td>Noah W</td>
<td>1.01.56</td>
</tr>
<tr>
<td>12/13 Girls Backstroke</td>
<td>Kate S</td>
<td>51.78</td>
</tr>
<tr>
<td>11 Girls Backstroke</td>
<td>Mali P</td>
<td>49.86</td>
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<td>10 Girls Backstroke</td>
<td>Matilda M</td>
<td>50.76</td>
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<td>8/9 Girls Backstroke</td>
<td>Charlotte B</td>
<td>57.22</td>
</tr>
<tr>
<td>12/13 Boys Breaststroke</td>
<td>Noah W</td>
<td>52.73</td>
</tr>
<tr>
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<td>Daniel M</td>
<td>58.54</td>
</tr>
<tr>
<td>10 Boys Breaststroke</td>
<td>Matthew C</td>
<td>59.62</td>
</tr>
<tr>
<td>8/9 Boys Breaststroke</td>
<td>Jakob S</td>
<td>1.28.83</td>
</tr>
<tr>
<td>12/13 Girls Breaststroke</td>
<td>Annelie M</td>
<td>57.28</td>
</tr>
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<td>Mali P</td>
<td>57.82</td>
</tr>
<tr>
<td>10 Girls Breaststroke</td>
<td>Matilda M</td>
<td>56.02</td>
</tr>
<tr>
<td>8/9 Girls Breaststroke</td>
<td>Charlotte B</td>
<td>1.04.51</td>
</tr>
<tr>
<td>12/13 Boys Butterfly</td>
<td>Andrew C</td>
<td>51.71</td>
</tr>
<tr>
<td>11 Boys Butterfly</td>
<td>Daniel M</td>
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<td>Matthew C</td>
<td>59.84</td>
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<tr>
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<td>Jakob S</td>
<td>1.27.93</td>
</tr>
<tr>
<td>12/13 Girls Butterfly</td>
<td>Kate S</td>
<td>1.01.05</td>
</tr>
<tr>
<td>11 Girls Butterfly</td>
<td>Mali P</td>
<td>1.00.08</td>
</tr>
<tr>
<td>10 Girls Butterfly</td>
<td>Matilda M</td>
<td>51.14</td>
</tr>
<tr>
<td>8/9 Girls Butterfly</td>
<td>Charlotte B</td>
<td>55.25</td>
</tr>
<tr>
<td>12/13 Boys Diving</td>
<td>Jack B</td>
<td></td>
</tr>
<tr>
<td>11 Boys Diving</td>
<td>Hubert H</td>
<td></td>
</tr>
<tr>
<td>10 Boys Diving</td>
<td>Matthew C</td>
<td></td>
</tr>
<tr>
<td>12/13 Girls Diving</td>
<td>Keeley E</td>
<td></td>
</tr>
<tr>
<td>11 Girls Diving</td>
<td>Zoe D</td>
<td></td>
</tr>
<tr>
<td>10 Girls Diving</td>
<td>Matilda M</td>
<td></td>
</tr>
</tbody>
</table>

The Carnegie District Swimming Team 2016:

Charlotte B  
Mali P  
Belinda R  
Elizabeth W  
Jack J  
Daniel M  
Aiden M  
Haddi E-S  
Matilda M  
Harriet R  
Kate S  
Holly C  
Seif E-S  
Kevin H  
Andrew C  
Lily S  
Zoe D  
Annelie M  
Matthew C  
Max G  
Charlie C  
Noah W  
Darcy S-H  
Georgia V  
Zoe M  
Andrew P  
Lucas A  
Oscar G  
Angus N

We wish all the students competing at the District Swimming Carnival all the best for Friday and we look forward to hearing how you went. Well Done!
FETE 2016
It’s just around the corner!
LAST CALL FOR DONATIONS
Thank you to everyone who has donated to the Fete so far. This is the last call for donations which are due in this Friday.
We would love to still have a LOT more wine for our wine lucky dip stall and more jams and preserves. We do have jars available so please contact me if you need some.

RIDEBANDS
Don’t forget to pre-purchase your ridebands online at www.trybooking.com/KHGT. Your rideband allows you all day access to all the rides which include the cha cha, rock climbing wall, chair-o-plane, giant slide, jumping castle, bubble soccer, zoo on wheels and the animal farm—it’s great value! Ridebands will cost $35 on the day so get in before the Fete!
If you would like to pay cash, a form is available at the office.
If you are a concession card holder, please see the office for a discounted rideband.

ROSTERS FOR FETE DAY
If you haven’t already done so you can sign up for a time slot at one of the Fete stands via our online roster...
http://vols.pt/PNi8Sk
We only have 37% of slots left to fill, so get in quick.

Don’t forget to like us on facebook!..
https://www.facebook.com/CarnegiePrimarySchoolFete/?fref=ts

PROJECT TURF
As you would all be aware CPS is exploring options to turf the school oval. The PFA has committed all funds from this year’s Fete to contribute to Project Turf.
We are asking the School Community to support all fundraising efforts to meet our target so our kids can enjoy a new playing area that encourages all sporting activities. We will be fundraising, applying for grants and rallying the business community to support Project Turf.
Individuals can also assist, as many organisations offer grants to nominated employees, Telstra is just one example. It would be wonderful if families could check with their employer to investigate what grants may be available.
If anyone has contacts or suggestions as to contributions, please contact Jodie Curwood on Jodie.n@pmtl.com.au (0410 522 434) or Stephanie on steff@ozemail.com.au.

See you at the Fete!!
Leesa Needham  Ph: 0408 556 669 leesa.n@optusnet.com.au
PFA President

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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 After School
Permanent Booking: $12.50 Permanent Booking: $15
Casual Booking: $15.00 Casual Booking: $18

After School Care News

• If your child has a medical action plan in place at the service, please contact the service if it needs
to be updated, along with the medication required
• Also if you are new to the program, you need to provide a copy of your child’s immunisation record,
when handing in your enrolment form to the service
• For before school care we are offering pancakes as a breakfast option, on Wednesdays and
Fridays

As stated above, there are price changes for the program for 2016

OSHC TEAM
Interested in playing junior hockey this winter at a friendly and inclusive local club?

Toorak East Malvern Hockey Club offers high quality coaching programs for players aged 6-16 and has long-established pathways for mixed and girls-only hockey. We have vacancies in all age groups.

**KEY DATES:**

- **Thur 25 Feb, 5pm** – Hookin2Hockey: 4-week introduction for beginners aged 5-12 commences
- **Thur 25 Feb, 6pm** – Player/parent information session
- **Wed 2 Mar, 6pm** – U14 training commences
- **Thur 3 Mar, 5pm** – U6/U8/U10 training commences
- **Thur 3 Mar, 6pm** – U12/U16 training commences

All training at TEM’s home pitch:
482 Auburn Road, Hawthorn, 3122

More info?
Go to [www.temhockey.com/juniors](http://www.temhockey.com/juniors) or email Junior VPs, Pip Dudley and Ben Spencer at [juniorvp@tem.org.au](mailto:juniorvp@tem.org.au)
Inspiring healthy children through example…

We know that busy parents find it hard to make time for themselves – to eat healthily, exercise and get enough sleep!

So now we offer two options to make it easy for you to exercise two or three times a week without the hassle of arranging childcare or feeling guilty about putting yourself first.

Lil Beasts for 3 to 5 year olds

Starting Friday 19 February at 9.30am is our weekly Lil Beasts class for 3 to 5 year olds, a fun, structured session involving running, jumping, pushing, pulling, squatting, climbing, throwing and lifting! Every class is different and also touches on healthy eating and mindset with the intent of building happy bodies and minds.

Best of all, it runs alongside our 9.30am adults class so mum (or dad!) can exercise too!

Free Babysitting

For those parents with younger children, or children who would rather have quiet play than jumping around, we are opening up three mid-morning classes with free babysitting on Mondays, Wednesdays and Fridays.

Mondays and Wednesdays at 9.30am
Fridays at 10.30am

We are right next door to Carnegie Primary and classes run straight after school drop off! Spots are very limited on this program, so be quick to secure your spot or arrange a free taster session!

Contact suze@crossfitcarnegie.com or 0410 883 454

www.crossfitcarnegie.com

285 Neerim Rd Carnegie (entrance around the back on Kokarib Rd, next to Carnegie Primary)
CAULFIELD BEARS
Junior Football Club

Join us in 2016

Season Launch Day
Sunday 28th February
from 12pm to 2pm
at Koornang Park, Munro Ave, Carnegie

• FAMILY FUN DAY
• Free sausage sizzle & drink
• Merchandise available

JUNIOR TEAMS (Under 8 – Under 17)

JUNIOR GIRLS TEAMS (Under 12)
Louise Nelson 0403 306 977

AUSKICK (Prep to Grade 6)
Jamie Fardell 0405 574 691
Silvana Kerin 0424 454 060
or register online www.aflauskick.com.au

REGISTER ONLINE NOW

www.caulfieldbears.com.au
MUMS FITNESS GROUP TRAINING

Where: Koornang Park, Koornang Road, Carnegie
When: Monday, Wednesday, Friday – 9.15am – 10.15am

Are you looking for a fitness group that not only works all your muscles but is fun, vibrant and leaves you wanting more? Come and join our local mums, sessions are a mixture of cardio, interval training, body weight, strength, and core exercises to improve your functional movement and flexibility. Sessions can be modified to suit all fitness levels. Children of all ages are welcome.

New clients receive a complimentary session, bookings are essential. For a private and confidential chat please call Kerri Elliott, or visit the website for more information.

Cost: Casual rate (1 session) $22, or 10 Pack (10 sessions) $195

Mobile: 0434 627 854
Email: kerri@tfclub.com.au
Website: www.tfclub.com.au
Like us on www.facebook.com/TFClub.au
OPEN DAY!
SATURDAY MARCH 5TH
OAKLEIGH STH & CARNEGIE
10.30AM-12.30PM
FREE*
UNIFORM ON SIGN UP
CLASSES ON THE DAY
GIVEAWAYS
BOTTLE OF WATER
SAUSAGE SIZZLE
FACE PAINTING
BOUNCING CASTLE
FUN • KARATE DEMOS • 202 WARRIGAL ROAD OAKLEIGH STH
CARNegie PRIMARY FETE

Saturday 5th March

10am - 4pm
51 Truganini Rd Carnegie

Pre-purchase ridebands at trybooking.com/KHGT