

AVONDALE PRIMARY SCHOOL

NEWSLETTER #10 Friday, July 22, 2022



VISION STATEMENT: Avondale Primary School; a community that strives for excellence through high quality learning, engagement and wellbeing for all.

Acknowledgement of Country

We acknowledge the Wurundjeri people who are the traditional custodians of this land on which we live and learn.

We also pay our respect to the elders past, present and emerging of the Kulin nation and extend that respect to the other Aboriginal or Torres Strait Islander people present.

Artwork by Arkie Barton

Welcome to Term Three,

The cold, frosty and icy mornings have been shared with great expression by many students throughout this week. Our students and staff were also very excited to share their holiday experiences, whether they stayed in Melbourne, explored Victoria or flew interstate or overseas.

Our newly formed Student Representative Council has seen members engaging with their grades, collecting ideas and student perspective to help develop Lunchtime Clubs. Our Reps have demonstrated responsibility, respect and learning in a very positive way and are taking their roles very seriously.

To ensure the safety of all students and every member of our community it is essential that at drop off and pick up times, families are utilising the many parking areas beyond the front of the school in Wood and Sydney Streets, including the Coles carpark. Be extra vigilant when looking for a park, reversing and crossing the road, as it is sometimes difficult to see children crossing.

Using the school and pedestrian crossings to get to and from school makes a big contribution to the safety of all students. Riding bikes and scooters with consideration to pedestrians is also important.

A number of works were completed over the holidays, including our new line marking games. It has been fantastic to see students enjoying these activities as well as playing on our new Futsal Court.



IMPORTANT DATES

Wednesday, July 27	Volunteer Induction Session – 9:30am
Wednesday, July 27	Foundation Community Walk – Local Excursion
Thursday, July 28	District Athletics Grade 1 Community Walk – Local Excursion
Friday, July 29	Grade 2 Community Walk – Local Excursion
Monday, August 1	Book Club Orders Close – 9:00am
Monday, August 15	Professional Practice Day STUDENT FREE DAY
Wednesday, August 24	Book Week Parade TBC
Friday, August 26	EKC Performance Grades 4 & 5
Friday, September 2	Avondale Sports Day F - 6

Next week, Thursday July 28, we have 47 students representing Avondale PS in the District Athletics. We thank Miss Devine for her work in preparing our students for the day. We know our students will give it everything they have to do their personal best in the events they are participating in.

A great initiative by Urban Bushland is Native Planting Day which focuses on revegetating urban park spaces to increase native biodiversity. To support this fun day (with a free food truck and coffee van, head over to Thompson Street Reserve in Avondale Heights on Sunday, August 14 between 11am-1pm. For more details, see the flyer later in this newsletter.

Joe Scarfo – Assistant Principal
Jill Benham – Principal

PROFESSIONAL PRACTICE DAY – STUDENT FREE DAY

Similar to the staff Professional Practice Day in Term Two, in Term Three, the Department of Education have again provided a student free day. On this day staff will engage in tasks consistent with department and school priorities – School Strategic Plan and Annual Implementation Plan, including planning, preparation, collaboration, peer observation feedback and reflection and professional development. For Term Three, our Staff Professional Practice Day is Monday August 15.

2021 ANNUAL REPORT

The Annual Report to the School Community provides an opportunity to share the year’s achievements and progress. This includes reflecting on the school’s performance and explaining the positive impact of school improvement efforts on student outcomes. To read a copy of this report access this link:

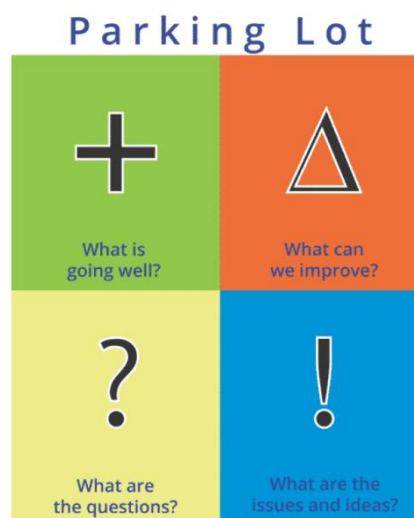
https://www.avondaleps.vic.edu.au/uploaded_files/media/2021_avondale_primary_school_annual_report.pdf

STUDENT REPRESENTATIVE COUNCIL

Congratulations to the following students who will represent their peers on our Student Representative Council for 2022.

Grade	SRC Representatives	
Foundation A	Pasha	Amelia
Foundation B	Vera	Dexter
Foundation C	Maliah	Marcus
1A	Sebastian	Viola
1B	Sabrina M	Aiden B
1C	Leila H	Will T
2A	Emily	Sebastien
2B	Arya	Paige
2C	Samuel	Lily
3A	Santi	Sophia
3B	Simon	Libona
3C	Violet	Taylor
4A	Audrey	Evan
4B	Affan	Lucas K
4C	Lola	Haris
5A	Sophia	Amir
5B	Cooper B	Mimi
6A	Olivia V	Aarav S
6B	Billy R	Danny T

The SRC will meet weekly with Mrs Benham and Mrs Carroll. During our first meeting this term, students were introduced to Parking Lot and given their first question to gain feedback on from their classes ‘What Lunchtime Clubs would you like to run this term?’. We look forward to sharing more from our SRC in future newsletters.



COVID-19 UPDATE

Face Masks

It is strongly recommended by the Victorian Department of Health that face masks are worn in indoor settings, with face masks mandatory for those **aged 8 and over who are household contacts and attending school**. This is because the wearing of masks is effective in reducing the transmission of COVID-19.

It is the department's expectation that, **through to the end of winter, students aged 8 and over and staff will wear masks when in class**, except where removing a mask is necessary for clear communication or when a particular activity requires the removal of a mask. Masks are not required to be worn outdoors but can be worn when physical distancing is not possible. Wearing masks is a simple step we can all take this winter to reduce the number of COVID-19 cases and ensure our schools are as safe as possible.

Exemptions for testing and isolation

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been reduced from the previous 12 weeks to 4 weeks. This means that staff and children who are household contacts of people with COVID-19 are now required to undertake the testing and isolation requirements from 4 weeks after completing isolation with COVID-19. Previously, this exemption period was 12 weeks.

After the 4-week exemption period, students and staff members who are a household contact of a new COVID-19 case, must follow [the rules for household contacts](#), including reporting this to their school. As part of this they must take 5 rapid antigen tests (RATs) over 7 days and receive negative test results and wear a face mask (if over 8 years old) in indoor spaces.

Families and staff will also have to report being a household contact to their school after this 4-week period.

LIBRARY NEWS

Next week students will bring home issue 5 of Book Club. The closing date for orders is 9am Monday 1st of August. Please place your orders online using Book Club Loop as we do not accept any cash payments at school.

This week in the library students have been busy engaging in activities that support exploration of their inquiry topics in the classroom. A range of Indigenous painted puzzles, firehouse playset and wide range of books to borrow and enjoy at home with their families are some of what is available for students

Until next time, stay warm

Sharon Di Pastena

Library Administrator.



VICTORIAN PREMIERS' READING CHALLENGE



Congratulations to the **11** APS students who have completed the Premiers' Reading Challenge so far. Collectively our students have read and recorded **720** books. The Victorian Premiers' Reading Challenge runs every year and students are encouraged to read a set number of books and to record their reading efforts online. To complete the challenge Foundation to Year 2 students need to register reading 30 books including 20 from the challenge booklist. Students in Year 3 to 6 need to read and enter 15 books including 10 from the challenge booklist.

VOLUNTEER INDUCTION SESSION

As part of our commitment to continuous improvement in our approach to child safety and wellbeing we will be running a volunteer induction session next Wednesday, July 27 at 9:30am online via WebEx. All volunteers at Avondale Primary School are required to hold a current Working with Children Check Clearance and attend a volunteer induction session. This includes canteen helpers, classroom helpers etc. People wanting to attend this meeting need to email the school by 3pm Tuesday July, 26 avondale.ps@education.vic.gov.au to receive the meeting invitation.

Victoria's new Child Safe Standards

<p>Child Safe Standard 1 – Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued</p>	<p>Child Safe Standard 7 – Processes for complaints and concerns are child focused</p>
<p>Child Safe Standard 2 – Child safety and wellbeing is embedded in organisational leadership, governance and culture</p>	<p>Child Safe Standard 8 – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training</p>
<p>Child Safe Standard 3 – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously</p>	<p>Child Safe Standard 9 – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed</p>
<p>Child Safe Standard 4 – Families and communities are informed, and involved in promoting child safety and wellbeing</p>	<p>Child Safe Standard 10 – Implementation of the Child Safe Standards is regularly reviewed and improved</p>
<p>Child Safe Standard 5 – Equity is upheld and diverse needs respected in policy and practice</p>	<p>Child Safe Standard 11 – Policies and procedures document how the organisation is safe for children and young people</p>
<p>Child Safe Standard 6 – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice</p>	<p>*The Child Safe Standards are reflected for a school's context in Ministerial Order 1359</p>

PROTECT

Everyone has the right to be safe and be protected from abuse.
No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.
Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.
Adults at school must listen and respond to concerns about child abuse.
If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect

CYBER SAFETY – TIP OF THE WEEK

Use the available technology

- Get to know the devices you and your children use and set them up for privacy and online safety.
- Choose apps and games carefully, taking age ratings and consumer advice into account. Check the App Store or Google Play, and for games, the [Australian Classification Board's online database](#). **Most social media sites require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13.**

Further information .can be found on our school website <https://www.avondaleps.vic.edu.au/page/39/eSafety-parent-resources>

2023 ENROLMENTS AND SCHOOL TOURS

A reminder to all those families and students who have brothers and sisters starting school in 2023. If you know any families in our community who have children starting Foundation next year, please also remind them to enrol.

School tours for new enrolments will be held weekly throughout term 3. Please see the dates and times of the available tours below. For further enrolment information and to book a place on a tour contact the school office on 9318 1755.

JULY TOUR DATES	AUGUST TOUR DATES	SEPTEMBER TOUR DATES
Friday 29th July at 9.30am	Wednesday 3rd August at 9.30am	Friday 2nd September at 9.30am
	Friday 12th August at 9.30am	Wednesday 7th September at 9.30am
	Thursday 18th August at 9.30am	
	Friday 26th August at 9.30am	

GARDEN CLUB

Over the next fortnight, Avondale Primary will be reviving our Garden Club. The Club will be organised and supervised by Signorina Pace and Mr Pat and students from year levels 3-6 are encouraged to sign up and help bring the garden to life every Monday at lunchtime beginning Week 3. With spring approaching, we are planning to plant seasonal vegetables and grow a herb garden. There is also the possibility to use our harvests later in the year. We also encourage parent volunteers and our Avondale community to get involved and welcome any seed donations to support this venture.

Sarah Pace – Italian Teacher/Garden Club Coordinator

Patrick Calleja – Grade 5 Teacher/Garden Club Coordinator

GALA DAYS

At the end of Term 2, Grade 5 & 6 students participated in their Winter Sports Gala Days. Sports included AFL, Netball and Tee Ball. Students worked hard across all sports and represented our school proudly. Everyone at Avondale is proud of their efforts and commitments across the two gala days.



GENERAL REMINDERS

The weather at this time of year can make some of our play spaces very wet, muddy and slippery under foot. It is a good idea for students to have a spare change of clothes in their schoolbag to be able to change into, if required. We currently do not have any spare uniform items in the sick bay to be able to allocate out to students.

Please remember to label jumpers, jackets, beanies and lunch boxes. This will enable belongings to be promptly returned to students if they are misplaced in the yard.

NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is celebrated by all Australians and is a great opportunity to learn more about Aboriginal and Torres Strait Islander communities.

Students at Avondale Primary School acknowledged NAIDOC week through a range of teaching and learning experiences highlighted below.



TEACHING AND LEARNING NAIDOC and RESPECTFUL RELATIONSHIPS HIGHLIGHTS

The Foundation students have been learning about NAIDOC week and how to celebrate Aboriginal, Indigenous and Torres Strait Islander history, culture and achievements. We have been reading a selection of Dreamtime stories, including 'Why Koala Has a Stumpy Tail, Too Many Cheeky Dogs and How the Turtle Got Its Shell.' The students created bookmarks to be used for our home readers and decorated indigenous patterns in traditional colours.



The Grade 1 students participated in NAIDOC week. Students described the significance of NAIDOC Week, learnt about the history and achievements of Aboriginal and Torres Strait Islander Peoples, listened to stories and created a flag to represent Aboriginal and Torres Strait Islander peoples.



The Grade 2 students read 'Ceremonies' written by Adam Goodes and Ellie Laing and illustrated by David Hardy. Through reading this picture book students learnt about the importance of passing down knowledge from one generation to the next. They learnt words in Yura ngarwala language, the common term used for the Adnyamathanha people's language, and when literally translated, it means 'people speak'.

Words we learnt in the story, Ceremony by Adam Goodes:

Wilka - dingo

Yakarti - child (boy)

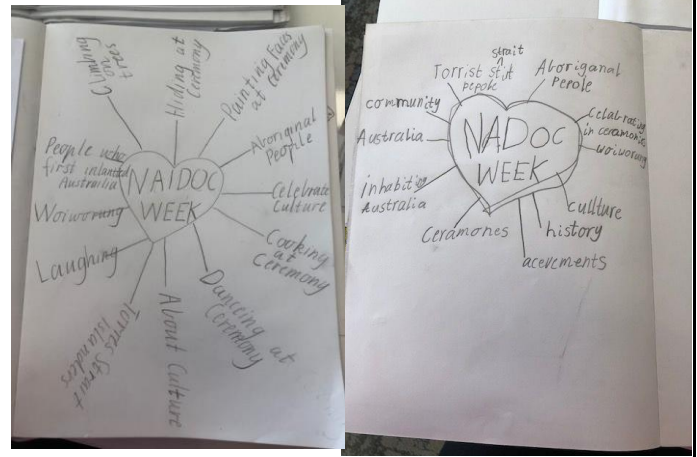
Urdu - kangaroo

Nangga! Nangga! Yakarti! - Welcome children!

Adnyamathanha - Adnya is 'rock' and mathanha is 'people', so the Adnyamathanha people of the Flinders Ranges are the people of the rocks.



2C students looked at an Indigenous Language Group Map of Australia and located the Woiworing people's territory in which we learn on. Students then completed word splashes displaying all the new things/words they learnt about NAIDOC Week and celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



Students in 3A celebrated NAIDOC week by investigating the different symbols used in Indigenous artwork. We watched a video of proud Yuin woman and founder of Ngandabaa, Rheanna Lotter talking about her artwork and explaining the meaning behind her work. We created our own artworks showing our connections with our own families and communities.



3C celebrated NAIDOC week and our indigenous culture by learning about aboriginal art and the meanings behind various symbols and drawings used. The class watched a brief video outlining some easy ways to create their own artwork and focusing on their own families through their drawings.



For NAIDOC Week, 4A celebrated Aboriginal art by working together as a community to create a class mural. We also learnt about the difference between Welcome to Country and Acknowledgement of Country. As a class we then created our own Acknowledgement of Country after researching who were the original inhabitants of Avondale Heights.

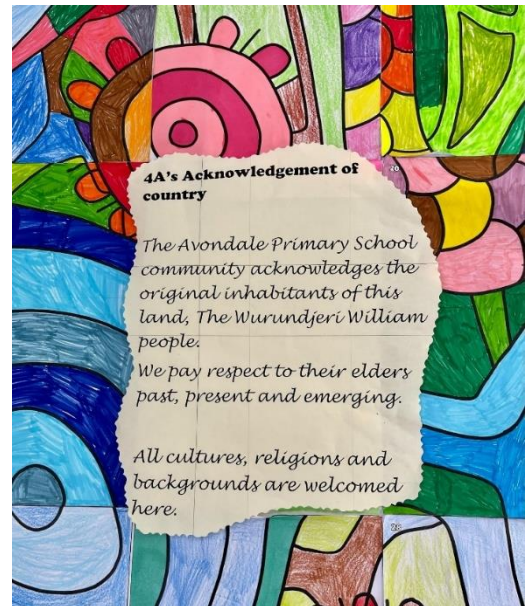


4A's Acknowledgement of Country

The Avondale Primary School community acknowledges the original inhabitants of this land, The Wurundjeri William people.

We pay respect to their elders past, present and emerging.

All cultures, religions and backgrounds are welcomed here.



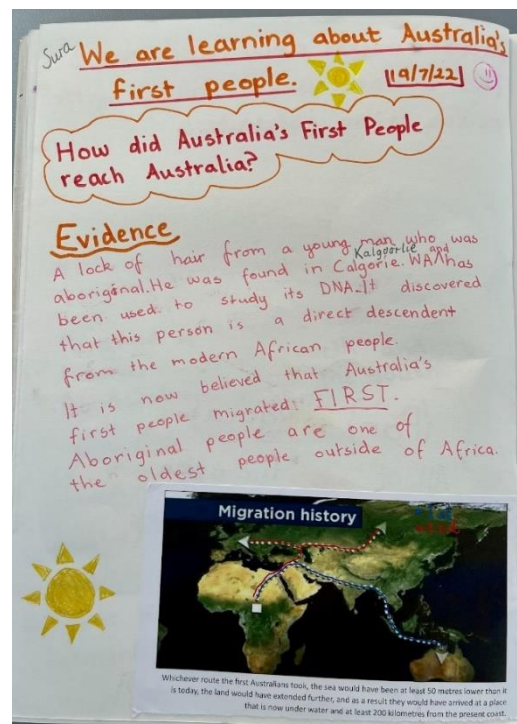
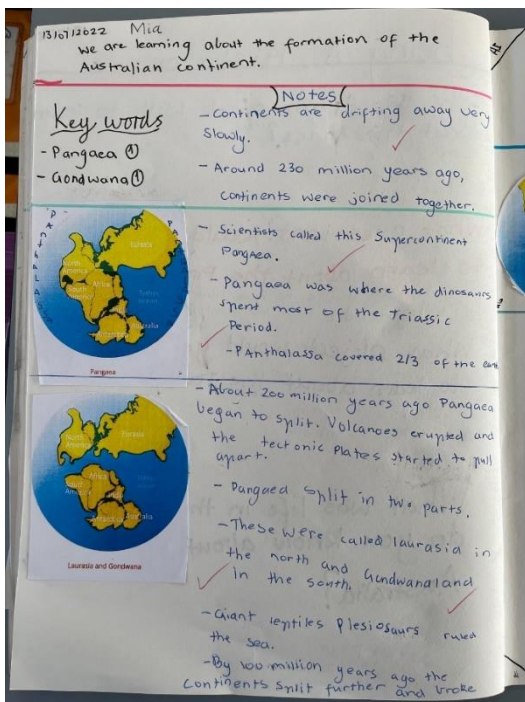
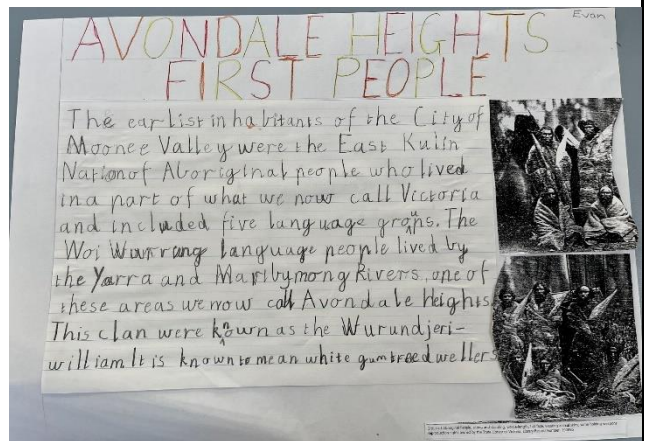
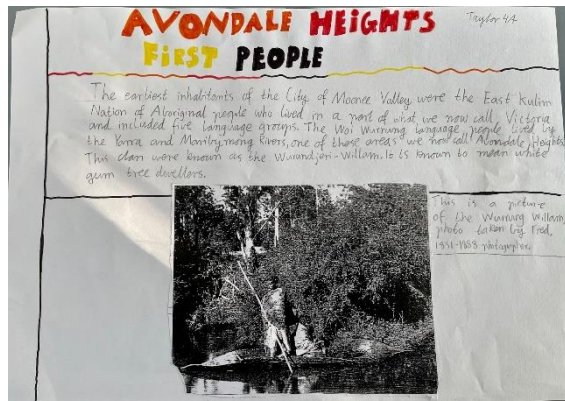
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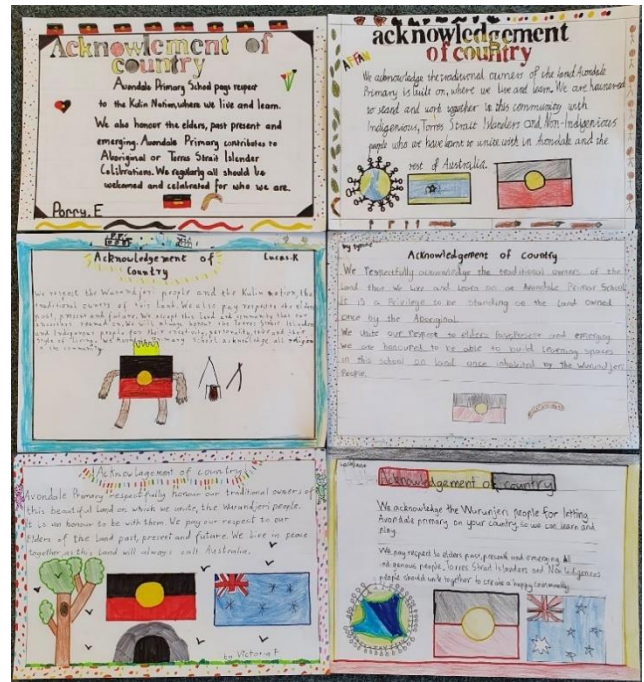
All cultures, religions and backgrounds are welcomed here.

Our Inquiry unit focus question: Who were the First Australians and where did they come from?



As a celebration of NAIDOC Week, 4B has worked collaboratively on a Rainbow Serpent Mural and also wrote our own individual Acknowledgement of Country. This has fit into our Inquiry unit which has a focus

on First Contact. We are learning lots about Indigenous Australians and their way of life before European settlement.



In 4C we have been learning about First Contact and celebrating NAIDOC week by working as a class to put together a mural of Aboriginal art. We found out that the Aboriginals could've been the first people in the world.
By India L Arren P



As part of NAIDOC week, 6B created a beautiful display using rock art and bush materials to spell this year's theme *Get Up, Stand Up, Show Up*. Students took part in Dreamtime role plays and learnt about influential Aboriginal and Torres Strait Islander people by playing "First Nations Who am I?"



This term in **Visual Arts**, Foundation, Grade 1 and Grade 2 students get to use the art room. I must say, there have been many excited faces. We have started by establishing how to be respectful to each other by following some simple rules. We discussed that we need to listen when someone is talking; this could be an adult or classmate. We also discussed looking after the art room by cleaning up, putting things away and using equipment properly.

In **Performing Arts** this week, students in Grade 3 and 4 discussed what it means to be respectful. We listed different examples of being respectful to others and that it is important to set an example for the younger children at Avondale Primary. Students worked in pairs to create freeze frames showing actions of respect and empathy. Here are just a few examples.

Lending a hand



Being kind to one other

In **LOTE – Italian**, students reflected upon how we maintain respectful relationships through a review of the Italian room rules and expectations.

In **Physical Education**, students had the opportunity to share their knowledge on how they have seen NAIDOC included within a sporting environment. Students who participate in sport outside of school reflected personally on how their clubs have promoted NAIDOC whilst suggesting examples of ways it could be included within a sporting community or how they could involve themselves in building on their own knowledge.

Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.

STUDENT	GRADE	WEEK 1, Term 3 AWARDED FOR
Sienna V	Foundation A	For trying her best to use finger spaces in her writing. Keep it up Superstar!
Lina T	Foundation B	For using whole body listening during our class discussions and taking turns with her classmates. Keep it up Lina!
Samuel S	Foundation C	For trying hard this week to use his letter sound knowledge to attempt to spell words and write independently. Keep it up!
Arvin	1A	For trying his hardest to use his letter sound knowledge to read new words whilst playing the read and grab game.
Arthur D	1B	For his fabulous effort in writing his persuasive text! Well done Arthur!
Leila H	1C	For always being an outstanding classmate and putting 100% effort into her work. Well done Leila!
Josephine A	2A	For identifying the past, present and future tense of verbs. Great job Josephine!
Tejansh B	2B	For writing a wonderful holiday recount about his trip to Phillip Island independently. Super effort, Tejansh!
Stephano N	2C	For demonstrating an understanding of the past, present and future tense of different verbs. Well done identifying these within your independent reading time Stephano. Keep it up!
Ben L	3A	Working hard to summarise a text using the main idea and important details!
Deon G	3B	For an excellent transition back to school this week. Well done Deon!
Sam P.	3C	For working very hard to complete his informative text piece on endangered animals! Well done Sam!
Ryan W	4A	For making a great focused start to term three.
Victoria V	4B	For realising the importance of choosing challenging reading material
Thomas B	4C	For being respectful of his peers while learning and making positive behaviour choices.
Kaelan K	5A	For being able to identify different types of angles. Keep it up!

Isabel	5B	For being a reliable and conscientious team member who is a good role model to others.
Olivia V	6A	For being a responsible and well organised student who is always ready to help.
Jarrold F	6B	For an excellent start to Term 3 and working collaboratively with his peers to make our class NAIDOC display.
Zora M 3B	Performing Arts	Creating a series of freeze frames full of expression and drama. Keep up the good work!
Ruby H FC	Visual Arts	Making a terrific start in Visual Arts and for being such a good helper. Well done!
Leon P 3C	Italian F-2	For actively participating and putting lots of effort into learning the colour names in Italian. Keep up the good work!
Zyon E 5A	Italian 3-6	For putting in lots of effort and staying on task during Italian lessons. Keep up the good work!
Anouk M 2C	PE F-2	For always demonstrating respectful behaviours and trying her best during PE. Anouk demonstrated awesome listening skills and was a great help to her classmates.
Kaelan K 5A	PE 3-6	For showing positive behaviours and a high level of participation during our PE lesson. Kaelan also displayed great shooting skills in Basketball.

STUDENT	GRADE	WEEK 2, Term 3 AWARDED FOR
Mila D	Foundation A	For working hard to improve her letter sound knowledge. Keep it up Superstar!
Nhan N	Foundation B	For his positive start to his schooling at Avondale Primary School. Well Done Nhan!
Aayan A	Foundation C	For a positive and successful start to school. Well Done Aayan!
Yatika	1A	For having an excellent attitude towards learning and trying her hardest to complete activities independently.
Anthe A	1B	For always showing kindness to her friends in the classroom and playground. Well done Anthe!
Nikola R	2A	Well done for using positive words and valuing other people's thoughts and opinions.

Quinten L	2B	For taking care of his school belongings and working hard on his individual learning goals. Very responsible of you, Quinten!
Josiah A	2C	For demonstrating great skills during our maths session on measuring length. Fabulous concentration and determination during this session Josiah! Keep it up!
Jessica	3A	For your fantastic effort producing sizzling starts in writing!
Dante Q	3C	for demonstrating how to process text through 'visualising' as a reading focus this week. Well done Dante!
Taylor Q	4A	For knowing how to find evidence in a text and connect it with his prior to make an inference about a character.
Vy L	4B	For putting such a great effort into the presentation of her learning tasks.
India L	4C	For demonstrating creativity and persistence when reviewing and finalising our class Acknowledgement of Country.
Mia B	5A	For writing an excellent poem titled 'Night' using vivid detail and figurative language.
Jacob N	5B	For continually striving to improve his results by working hard.
Janice L	6A	For a great start, settling into Avondale. A big welcome from 6A.
Charlotte E	6B	For always putting 100% into her school work and showing confidence by contributing more to class discussions. Well done Charlotte, your efforts have not gone unnoticed.
Tyler P 6A	Performing Arts	For working cooperatively and keeping his group focused during drama. Great job Tyler!
Lindsay N 2A	Visual Arts	For her excellent cutting of the fire truck and fireman in this week's art project. Great job!
Abigail N	PE F-2	For always trying her best in PE and never giving up. Abigail demonstrates positive behaviours including the ability to work well with others.
Alessandra G	PE 3-6	For showing respectful and positive behaviours during PE. Alessandra stayed focused and worked hard during our Basketball Practice.

COMMUNITY INFORMATION



NATIVE PLANTING DAY

REVEGETATE URBAN PARK SPACES TO INCREASE NATIVE BIODIVERSITY

WHEN: 11AM-1PM SUNDAY, 14TH AUGUST

WHERE: THOMPSON STREET RESERVE, AVONDALE HEIGHTS

FOOD TRUCK & COFFEE VAN (BOTH FREE!)

LOCAL MUSIC ARTISTS

SIGN UP NOW!



ALL ARE WELCOME!



Come and try it - Joey Scouts are AMAZING!

Checkout your local Joey Scout Unit in Term 3

Do you know an enthusiastic 5-8 year old ready for lots of fun? Joey Scouts enjoy activities that include adventure, imagination and being outdoors during their one-hour weekly meeting plus occasional camps and sleepovers.

More action, more fun, more friends!

1st Milleara (Avondale Heights) - Wednesday 5:15pm

1st Moonee Ponds - Monday 6:00pm

1st Strathmore - Thursday 5:30pm

2nd Strathmore - Monday 5:00pm

5th Keilor (Airport West) - Wednesday 5:45pm

6th Melbourne (Kensington) - Thursday 6:00pm

15th Essendon Sea Scouts (Ascot Vale) - Thursday 5:45pm

'Come and Try' FREE for 3 nights!

Register your interest via e-mail below

Enquiries:

dljs.mooneevalley@scoutsvictoria.com.au

Shirin Witts 0417 778 842

Aboriginal and Torres Strait Islander Children's Day event



 Thursday 4 August
11am - 2pm

 Braybrook Community Hub Sports Pavilion
107-139 Churchill Ave, Braybrook

Join cohealth's Aboriginal and Torres Strait Islander health team, Yakeen Tharn, to celebrate Aboriginal and Torres Strait Islander Children's Day.

Everyone is welcome! Show your support for Aboriginal and Torres Strait Islander children and learn about the importance of community, culture and family play.

For more information or to RSVP contact Clayton Carelse.

 Call
0419 864 424

 Email
Clayton.carelse@cohealth.org.au

This year's theme is **My Dreaming My Future**. For Aboriginal and Torres Strait Islander children, the Dreaming represents the stories of their family, culture and Country. These are the songlines they carry with them from birth, while their future is their own to shape.

We have many activities planned for the day, including:

- Smoking ceremony
- Face painting
- Cultural arts and crafts
- Weaving
- Clap stick making
- Damper making
- Healthy lunch of salads
- Kick-to-kick football games
- Yarn with an Elder
- Cultural music
- Design your own boomerang

COVID-19 safety

Anyone with COVID symptoms should stay at home. Please wear a mask and maintain a physical distance from others where possible. Masks and hand sanitiser will be available at the event.



2 FREE TRIALS

at HanMu Taekwondo



CONTACT US

Email
info.koreanrose@gmail.com

Call or text
61+ 432 104 693

Visit our website
www.hanmu.com.au



3/11 Trevi Crescent
Tullamarine VIC 3042



FIND US ON

@hanmutaekwondo

HanMu Taekwondo



WHAT MAKES PAUL SADLER SWIMLAND DIFFERENT TO OTHER SWIM SCHOOLS?

AT PAUL SADLER SWIMLAND SURVIVAL SKILLS ARE THE FOUNDATION OF OUR LEARN TO SWIM PROGRAM

PLACES
FILL QUICKLY
BOOK YOUR
CLASS
TODAY!

**ZERO
DROWN**
TOLL IS OUR GOAL!

AT PAUL SADLER SWIMLAND WE TEACH SURVIVAL SKILLS AT EVERY LEVEL:
10 minutes per class is spent in deep water, where we teach treading water, deep water recovery (safety circle) and mobility on both front and back until children have achieved 2 minutes treading water.



**LEARN FROM
THE SURVIVAL
SPECIALISTS**



SCAN & BOOK

Paul Sadler Swimland Braybrook
67 Darnley Street, Braybrook
(03) 9311 7459
braybrook@paulsadlerswimland.com
paulsadlerswimland.com.au

Paul Sadler Swimland Est.1972
...Small Successes, Proudest Moments



KIDS CLASSES

Free Trial Lesson!



Smaller courts, lighter racquets and low-compression balls that don't bounce too high make learning tennis fun and easy for primary school-aged children. This means that kids are able to start rallying and having fun right from their first lesson!

Cost: **\$9.00** a session



CARDIO TENNIS

Free Trial Lesson!



- High energy workout and burn 300 to 1000 calories
- Drill-based and play-based activities
- Lose weight, get fit and have fun
- Participants wear heart monitors, exercise to music and use low compression balls and a variety of equipment such as agility ladders

Cost: **\$12.50** a session.

LOCATIONS: Kensington Banks TC Smithfield Rd • North Park TC Flemington Rd
Gladstone Park TC 18 Elmhurst Rd • St Matthews TC 95 William Rd

1300 22 33 86 ACEFUNTENNISCHOOL.COM



BOOK NOW TO SAVE 30%*



USE CODE ASC30

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