DIARY DATES

Thur 12 November  | Life Ed Van  
                    | Yr 6 Anti Bullying Incursion (2 grades)  
Fri 13 November    | Life Ed Van  
Mon 16 November    | Prep Responsible Pet Ownership Incursion  
                    | Junior School Assembly 2.55pm  
Tues 17 November   | Yr 4 Excursion to Ian Potter Centre 9am  
                    | School Council Meeting 7pm (Junior School Council to attend)  
Wed 18 November    | No School Banking Today  
Fri 20 November    | Yr 2 Healthy Food Day and Excursion to Woolworths 9am - 1.50pm  
Mon 23 November    | Yrs 12Z & 2B Bakers Delight Excursion  
                    | 10.50am - 1.55pm  
                    | Whole School Assembly 2.55pm  
Tues 24 November   | Yrs 2A, 2C & 2D Bakers Delight Excursion  
                    | 10.15am - 12.10pm  
                    | Prep 2016 Information Session 7pm - 7.45pm in the school hall  
 Thur 26 November   | Yrs 5 & 6 Making Our Mark Expo  
                    | Crazy Hair Day - Gold Coin Donation  
Fri 27 November    | Yrs 5 & 6 Hoop Time State Finals Future Star Team in Dandenong 8.15am  
                    | Yrs 5 & 6 Making Our Mark Sale Day  
Mon 30 November    | Senior School Assembly 2.55pm  
Tues 1 December    | Life Ed Van  
Wed 2 December     | Yr 2 Puffing Billy Excursion 9am  
Thur 3 December    | Yr 6 Public Transport Incursion  
Fri 4 December     | Yr 1 PARC Excursion 9.30am - 12.45pm  
Mon 7 December     | Yr 6 Graduation Rehearsal #2 9am - 1pm  
                    | Junior School Assembly 2.55pm  
Tues 8 December    | Yrs Prep - Yr 5 Up Day  
                    | Yr 6 Transition to Secondary School  
                    | Prep 2016 Orientation Day 10.30am - 1.30pm  
Wed 9 December     | Yrs 6 St Johns First Aid Course at school  
                    | 9am - 1pm  
Thurs 10 December  | Yrs 5 & 6 Beach Day at Bonbeach Life  
                    | Saving Club 9am - 3.30pm  
Fri 11 December    | Prep - Yr 2 Junior School Athletics Carnival on the school oval  
                    | Last Day of the Canteen for 2015  
Mon 14 December    | Whole School Assembly (incorporating Winning House) 2.55pm  
                    | Yr 6 Graduation at Patterson River Golf Club 6pm - 9pm

ACTING PRINCIPAL’S REPORT

REMEMBRANCE DAY SERVICE
On Wednesday, 11th November, Mr Koppens and our school captains, Sara and Corey, attended the Remembrance Day Service at the Longbeach RSL in Chelsea. Tributes were laid on behalf of the school. At school we observed one minute silence at 11am. Prior to this one of our Junior School Councillors, Katie H, provided some information about Remembrance Day to the whole school.

STAFF NEWS
We were very sad to hear of the loss of Sam Marston’s father, Charlie Cooke, last weekend. A number of staff attended the funeral today. Our thoughts are with Sam and her family.

EXCEED EXPECTATIONS AWARD
Congratulations to James N (5C) who was awarded the Principal’s Award, ‘Exceed Expectations’, at the Senior School Assembly on Monday. James received the award for always being an excellent role model. He displays exemplary manners, is kind and considerate, and achieves excellent academic results.

NO CHRISTMAS CONCERT IN 2015
There has been some confusion about the school having a Christmas Concert this year. Unfortunately this will not be possible as the Performing Arts team ran our ‘Rocking Through the Ages’ school concert at the end of Term 3. The school will seek feedback from parents to assist with the planning of a concert for 2016.

PARENT REQUESTS FOR 2016
The school invites parents to submit requests for class placements for 2016. The intention of parent requests is not meant to be an open forum for requesting teachers, friendship groups, etc.

Parents cannot request teacher placements unless you have spoken directly with the Acting Principal or Acting Assistant Principal. The rationale behind this is to ensure that the school is fully aware of any significant information that may impact on the placement of a particular child in a class. For example, a child may have a specific emotional need or there may be a history of personality clashes or family conflict that the school needs to be aware of.
PARENT REQUESTS FOR 2016 cont.

When placing your child in a class, the school considers a range of issues including the academic and social needs of your child, the mix of student groupings, class sizes, previous class and teacher placements as well as parent requests.

We take all requests seriously and endeavour to meet parent requests where possible, but the final decision on placement is based on careful consideration of all the above issues. **Parent requests must be submitted by Wednesday, 25th November** to be able to be considered.

STAFFING 2016

The school is in the process of finalising staff for 2016. Parents will be notified early in December with regards to the class structure and staffing profile for next year.

YEAR 3 CAMP

Our Year 3 campers had an overnight stay at Portsea Camp earlier this week. They managed to complete their planned activities and had some terrific weather on the Monday for their beach activities.

Thanks to the following staff who attended: Mrs Krieger, Mrs Roberts, Mrs Canavan, Mrs Cross, Mr Macaulay, Mr Wilkins, Mrs Jackson and Miss Holford. Thanks also to our parent helpers who provided great support over the two days: Rebecca Goldsworthy, Ruth Letch, Shaun Rankins, Paul Magri and Philip Roper. The school is very appreciative of you all giving up your time to ensure the success of the camp for our first time campers.

STUDENT OF THE WEEK AWARDS

Congratulations to the following students who won our ‘Student of the Week’ awards for Week 6 of this term. Students will receive their certificates at their next assembly.

Keep up the great work everyone!

Prep B – Koutgor G for working hard on learning his numbers and counting.
Prep B – Daniel K for making an amazing effort in improving his writing by adding more detail.
Prep C – Zachary G for working really hard to remain focused during lessons.
Prep D – Bella F for being such a kind and caring Prep D team member. You are always looking out for others and are a wonderful friend to all.
1A – Shyla K for showing excellence during our Independent Reading sessions.
1A – Nastasia T for being a great leader for her classmates and always doing the right thing even when no one is watching.
1B – Taylor W for always having an amazing “have a go” attitude to all areas of her schoolwork. Awesome work Taylor.
1/2Z – Maurice W for doing his best on everything he does at school.
2A – Diana F for continuing to be a friendly member of our class.
2B – Alanah S for her wonderful information report about butterflies.
2C – Diing D for welcoming a new student to our class and looking out for him and his family.
3C – Jemma M for being very positive and overcoming nervousness about going to camp. You were a little superstar!
4A – Kayra K for her ongoing outstanding performance in all school activities.
4B – Alex G for being a focused and dedicated class member all year.
4C – Stirling F for always upholding the school values of integrity, respect and excellence.
5A – Drais J for writing outstanding short, sharp descriptive pieces.

SPECIALIST CLASS AWARDS for last week were: Art – 5C, P.E – 3B, Music – 3B, French – 6D and Computers – 3B.
Congratulations to these classes on their super efforts with our specialist teachers.
**OFFICE NEWS**

**Family School Accounts**

3rd and Final Payments were due 31st August 2015

Should you be experiencing difficulties paying your account, please contact Monique Hunt on 9772 4011.

Payment can easily be made by using your B-Pay Code at the bottom of your statement.

Thank you to those families that have finalised their accounts.

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**HAPPY BIRTHDAY**

Happy Birthday to the following students who are celebrating their birthday during the next week. We hope you have a lovely day.

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<thead>
<tr>
<th>NAME</th>
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<tr>
<td>Jack T</td>
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<td>James M</td>
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<td>Diba R</td>
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<td>Taylor W</td>
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<td>Abbie C</td>
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<td>Brianna F</td>
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<td>Milos C</td>
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<td>Asha B</td>
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<td>Will H</td>
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<td>Archer M</td>
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<td>Abbey H</td>
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<td>Cian G</td>
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<td>Caitlyn S</td>
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<td>Lelani T</td>
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<td>Mitchell S</td>
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<td>Alina S</td>
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<td>Bonnie L</td>
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**MUNCH MONITOR ONLINE LUNCH ORDERS**

Lunch Orders are available online on Monday, Thursday and Friday.

How do I set up an account to order online:

Go to:  [www.munchmonitor.com](http://www.munchmonitor.com)
Click LOGIN then REGISTER
Enter School Id:  plps and Password: munch3197

Then follow the 4 easy steps to create your account:

**STEP 1**: Create a Parent Profile by entering information about yourself.

**STEP 2**: Add your Students to your account.

**STEP 3**: Transfer money to your account by clicking the Account Top-up button

**STEP 4**: Click MY ORDERS and you’re ready to Order lunches!

Orders can be cancelled on the day as late as 8.30am and should you have any concerns with your lunch order, please call Bellbrook Catering direct on 9796 5888.

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**CRAZY HAIR DAY TO SUPPORT ALOPECIA**

We have a student at Patterson Lakes Primary School who suffers from a condition called Alopecia. Alopecia is a condition that causes a person's hair to fall out. It is an autoimmune disease; that is, the person's immune system attacks their own body, in this case, their hair follicles. When this happens, the person's hair begins to fall out. On rare occasions, the person loses all of the hair on his or her head or entire body.

Alopecia is an unpredictable disease. In some people, hair grows back but falls out again later. In others, hair grows back and remains. Each case is unique. Even if someone loses all of his or her hair, there is a chance that it will grow back.

To show our support to this cause, our Junior School Councilors have organized a Crazy Hair Day on **Thursday 26th November** in return for a Gold Coin Donation.

All proceeds from the day will be donated to the Australian Alopecia Foundation Inc.
HEAD LICE - INFESTATIONS ARE MORE LIKELY IN THE WARMER MONTHS

Head Lice: Who gets head lice and what causes it?

Anyone can get head lice. Children are more likely to get head lice and can spread the lice to their parents and other siblings. Head to head contact is the most common way to get head lice. The lice move from one person to the next by crawling. They cannot fly or jump. It may seem like lice can jump because they are tiny and move quickly. Head lice crawl everywhere. They crawl from person to person and on to objects that come into contact with human hair such as hats and towels.

Because head lice crawl onto objects that have touched the human head, it is possible to get head lice by sharing everyday objects infested with lice such as hats, scarves, coats, hair accessories, brushes, combs and towels. Resting your head on a bed, pillow, couch, chair or rug that someone with head lice used is another way to get head lice.

Head Lice: Signs and Symptoms

Signs and symptoms of head lice include:-

- Itchy scalp
- Scratching - some people scratch so much that the scalp and sometimes the back of the neck become red and irritated.
- Crawling sensation. People often feel something crawling on the hair or scalp.
- Seeing bugs. These look like light brown sesame seeds crawling on the hair, skin or clothing.
- Finding lice eggs (nits). The eggs are yellow, brown or tan and about the size of a pinhead. These seem glued to the hair. If the eggs have hatched, you will see clear shells.

An itchy scalp is the most obvious symptom of head lice, but that alone does not mean you have head lice. Other more common things like dandruff and eczema also can make the scalp itch.

You can also have head lice and not itch. It sometimes takes a few weeks after the lice arrive for the scalp to start itching.

Head Lice: Diagnosing head lice at home

If you are concerned that someone has head lice, you can usually diagnose this at home. You will need 2 common items.

- Bright light and a fine tooth comb or lice comb

What to do: You can find head lice by following these 3 steps:

- Wet the hair of the affected child or adult, if possible. Some people think it’s easier to see the lice when the hair is wet. This also prevents the lice from scurrying away.
- Sit the affected child under a bright light.
- Separate hair into sections. Beginning at the scalp, slowly combe outward through the hair section by section.

What to look for: You are looking for adult lice and their eggs (called nits). You’re more likely to see nits than adults because nits are firmly attached to the hair and do not move. As you comb through the hair, look closely at the hair behind the ears and around the nape of the neck. These are likely places to find lice and nits.

Please note: It is the responsibility of every to parent to check their children’s hair regularly for head lice (weekly checks are recommended). Infected children are to be excluded from school until effective treatment has taken place. Once initial treatment has taken place, children can return to school, but we advise following up with another treatment or hair check 7 - 9 days later.
If you still have those ZOO Whiz cards, you haven’t missed out.

Patterson Lakes Primary School
EXTENDED UNTIL DECEMBER 31ST 2015

The Ultimate Learning System that Automatically Adapts for Your Child!

Great Fun Holiday Activity

ZooWhiz Learning

Online Learning

Online maths, word skills and reading for kids aged 4-15

12 Month Online Home Access Subscription

Normally $89.95
Special Price
$29.95
Save $60
Additional children only $29.95 each

A whole new way of learning

• Full sound support to Year 3, lets your child work independently
• Automatically highlights your child’s achievements and struggle points
• Each activity builds your child’s learning history and highlights their progress against specific curriculum outcomes
• Ages 4 - 15
• Kids have fun building a zoo and learning about animals
• Simple to use yet powerful, flexible & intelligent
• Over 17,000 engaging activities
• Maths, Spelling, Word Skills, Reading
• View work done at school from home
• Compare your child’s progress against curriculum and NAPLAN expectations

Actively advances every child at their own pace

ZooWhiz Learning automatically adapts to your child’s learning level and then creates an individualised learning pathway just for them. Whether they are struggling or excelling it can challenge them to progress at just the right rate. You can help direct their learning if you like, or leave the customisation to the automated system.

• NAPLAN pretesting and progressions help prepare and extend your child
• Covers the Australian Curriculum (QLD,SA,WA, NT, TAS), NSW Syllabus 2014, AUSVes (Vic)
• Works on: PC & Mac computers, and iPad, Android and Windows tablets
• Educational content used by millions of students around the world
• ZooWhiz is produced by EdAlive - an Australian family-owned and operated company

To claim your $60 discount per child either:

Use your existing card
We have extended the expiry date until 31st Dec

Follow the steps below
We have given your school a special voucher code for all to use

1. Visit www.zoowhiz.com/claim
2. Sign in or register. We only need simple information and will not share it with third parties.
3. Enter the code below for your first child.
4. Make payment. Guaranteed same low price for annual renewals. May be canceled at any time.
5. Use multiple times for additional children

KUCM-FYZB-CFBX

Please feel free to share this code with as many people as you like so they too can benefit from this Home Access special offer.

For more information to go www.zoowhiz.com/csp

Terms and Conditions: This card can only be redeemed against a ZooWhiz Home Access Subscription. It cannot be redeemed for cash or to pay for any other goods or services. We reserve the right to limit the use of this discount code at any time.

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Please visit www.zoowhiz.com or call 02 6776 0200 if you have any questions!
### PLPS Timetable 2015

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<tr>
<th>Date</th>
<th>Session 1 9.05am-10.35am (1.5hrs)</th>
<th>Session 2 10.55am-11.55am (1hr)</th>
<th>Lunch 12.02pm-12.52pm</th>
<th>Session 3 12.52pm-2.18pm (1.5hrs)</th>
<th>Recess 2.18pm-2.48pm</th>
<th>Parent Session 2.50pm-3.20pm</th>
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**Modules:**

- **Prep**  Harold’s Surprise
- **Yrs 1 - 2**  Harold’s Mystery Tour
- **Yrs 3 - 4**  All Systems Go
- **Yr 5**  Think Twice
- **Yr 6**  It’s Your Call

**NB:** The breakdown of each module unit is on the following page.
## Life Ed Van

**PLPS Year Level Life Education Modules**

**PREP - HAROLD’S SURPRISE**

Harold’s friend Possum holds a party in the park and invites the class and Harold to come along. The students use our realistic props to help Harold pack healthy picnic food, and on their way to the party respond to new situations and dilemmas around health and safety, presented on specially produced videos.

- ways to seek help from trusted adults
- the benefits of physical activity
- how to spot safe and unsafe behaviours and environments
- choosing healthy food options

**YRS 1 - 2 HAROLD’S MYSTERY TOUR**

In this session, the class take a mystery tour with Harold. An animated video magically introduces them to internal body parts such as the heart and lungs. They explore safety at the park and on the beach, and talk about how people feel in different situations.

- identifying the function of vital organs (heart, lungs and brain)
- recognising that a balanced diet and exercise promotes good health
- exploring strategies to manage feelings and emotions
- safety in public places
- recognising the safe use and storage of medicines

**YRS 3 - 4 ALL SYSTEMS GO**

Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood, the class explore and discover how magnificent the human body really is. They learn the functions of various body parts and the actions required to keep these systems working well.

- factors that influence the function of body systems such as exercise and drugs
- exploring ways to manage peer pressure
- the effects of second hand smoke
- the function of vital organs (heart, lungs, brain and kidneys)
- healthy food choices

**YR 5 THINK TWICE**

Using distinctive animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context. Students explore concepts such as the effect that alcohol has on body systems, myths and facts about alcohol, laws relating to its sale and reasons why people choose not to consume alcohol.

- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- physical, social and legal consequences of alcohol use
- strategies to reduce harmful effects of alcohol on self and others

**YR 6 IT’S YOUR CALL**

This session focuses on improving students’ decision making skills by looking at choices, consequences, responsibility, facts, information and influences. Peer influence, cyber safety and cyber ethics are themes used to explore decision making.

- exploring the decision making process
- safe and appropriate use of communication technology
- short term and long term consequences of a range of legal drugs
- factors that influence decisions such as friends, family, media, and laws
The NEW strict parent - is this you?

The definition of a strict parent has changed over the last decade. Do you fit the bill?

"Your parents are so strict!"

Some parents in years gone by wore the label of ‘strict’ parent like a badge of honour. It signified parents who were willing to stand their ground with kids.

Strictness was reserved for parents who put boundaries in place and made sure they were adhered to, such as being home on time, or not watching too much TV.

There’s a new definition for a ‘strict’ parent.

A ‘strict’ parent today is now someone who makes children do things for themselves and insists they help at home. They insist their children put their dirty clothes in the laundry, and maybe even wash their own clothes. They insist kids make their own lunches in secondary school. They insist that their kids set the meal table without giving them a cent in return.

"Strict" now refers to getting kids to help rather than placing restrictions on them.

Many parents tell me that they get funny looks when their children help them with the supermarket shopping. When their kids walk a kilometre from home for sports or a leisure activity they are made to feel like neglectful parents. How bizarre!

New normal

The new parenting normal is for parents to do a lot for your kids, rather than kids do things for themselves. Anyone who strays from this new normal and develops real independence in their children can be made to feel guilty ... because they are strict!

Nobody feels like doing chores, but tackling hard things such as doing chores when you don’t feel like it builds character. It develops a bit of grit that kids can draw on later when they will really have to push against adversity.

Do less, not more

The job of parents is to make themselves redundant for their kids - not in a relational sense, but in a managerial sense.

There is nothing revolutionary about this idea. It’s been the aim of parents since the dawn of time. That means we spend a lot of time teaching kids self-help skills (now known as life skills), which are the ordinary gist of life.

These include teaching young children to tie their shoelaces and helping primary-aged kids to ask for what they want from adults. They also include coaching teenagers to negotiate their way safely on public transport and to problem-solve relational issues they may have with teachers at school.

These are not the activities of ‘strict’ parents. Rather they are the activities of parents who understand that one of their key roles is to equip kids to stand on their own two feet in the world outside the family home.

The fact is that the best place to do this is within the family. And the best time to start developing independence is from a young age ... when kids are up for it developmentally.

Don’t wait until your children are 18 to develop self-help skills. If you introduce self-help then, my bet is they won’t think you are strict ... they’ll think you’ve been a soft touch all along and they’ll now battle you all the way!

But that’s a story for another day.

In the meantime, if the definition of ‘strict’ has changed then I urge you to be strict! Your kids will thank you ... later on, when you’ve equipped them with the problem-solving and independence skills needed to negotiate the wider world without you.
Photos with Santa - Patterson Lakes Community Centre
Sunday 22nd Nov and Sunday 13th Nov from 4pm. $15 gives you a choice of 1 x A4 print and frame or 3 - 4” x 6” print. For booking phone: 9772 8588.

Sugar Blues Workshop - Lose Weight and Gain Energy
Sugar Blues Workshop on Saturday 21st November in the Sandhurst Club. Includes a 4 week program. For more details visit: www.healthcoachanna.com/events

City of Kingston School Holiday Program
Enrolments start Monday 16th Nov - Friday 4th Dec. Go to www.kingston.vic.gov.au/schoolholidayprogram or contact Julie on 9581 4846 or Kim 9581 4875 for details.

Christmas Hand Made Market
Includes a silent auction with proceeds going to the family of Andrea Lehane
Sunday November 29th
Banyan Fields Primary School
Cadles Rd, Carrum Downs
9AM - 2PM
(Stalls available - contact Carol on 0432617730)