

Kingsley Park News

28th March 2018

Diary Dates 2018

Thurs 29th March	End of Term 1 - Children dismissed at 2:30pm
Assembly @ 1:30pm Includes Easter Bonnet Parade	
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Mon 16th April	Term 2 School Resumes
Thurs 19th April	3-6 House Cross Country
Tues 24th April	Anzac Day Service Whole school—10:15am
Wed 25th April	Anzac Day
Mon 30th April	Parent Session @ 9am Managing Anxieties
Mon 7th May	Prep Incursion CFA Visit
Mon 14th May - Thurs 17th May	NAPLAN Week
Mon 21st May - Fri 25th May	Education Week
Mon 28th May	Prep Incursion Local Crossing Officer
Weds 30th May - Fri 1st June	Year 6 City Camp
Thurs 21st June	Regional Cross Country



Pyjama and Easter Bonnet Day.



Wear your PJs to school and bring a gold coin donation for the Good Friday Appeal.
Don't forget, it is Easter Bonnet parade day so wear your most creative Easter Bonnet.

Assembly starts at 1.30pm.
School finishes at 2.30pm



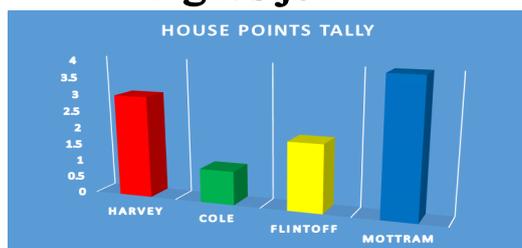
WELCOME TO OUR PREP BLOG!

Have a look at our clever preps on their new blog <http://kingsleypark.global2.vic.edu.au/>
Be sure to leave them a comment of your thoughts on the blog.

CONGRATULATIONS

MOTTRAM & HARVEY

Last fortnight's joint winners !



On Friday 23rd March Kingsley Park participated in the National Ride 2 School day. SRC student members were encouraging as many students to walk, ride or scoot to school. Children joined Mr Brand, Mr Leslie and Mrs Cameron in riding their bike to School or walking to school. Many parents joined in this activity too ! We had a fabulous turn out of students and parents who joined in. Well done everybody.



STUDENTS SADDLE UP FOR HEALTH



Please see full Frankston Leader newspaper article later in the newsletter.

School Council Update

School Council is an important body that helps to govern and direct our school. I am pleased to welcome our newest School Councillors and look forward to working with them throughout the next two years. Welcome to; Kristy Daste, Tanya Davies, Lisa Carson and Elisa May as our new parent members. Mr Matt Brand is our new Department of Education staff representative. They join our current Councillors: Parent representatives; Hayley Laird, Karen Russell, Cheree Yates and Rebecca Savage and DET representatives; Marc Bressan and Donna Fogarty.

Our first council meeting for the year was held last night. Nominations for positions were held and thank you to those who were successfully nominated in the following capacities; School Council President - Karen Russell, Vice President – Lisa Carson, Treasurer - Elisa May and Secretary - Matt Brand. We look forward to keeping you updated on how our school is operating and seeking your feedback and input on how we can further improve to make Kingsley Park PS the best it can be for all of our students.

This year Kingsley Park has a total of 400 students; 45 preps, 107 Juniors, 124 Middles and 124 Seniors. This is a slight decrease from last year due to more year 6 students leaving than Prep students coming in. We are looking to increase our enrolments so if you have some ideas on why families are passing our school by to go to other schools, please let us know so we are aware of what needs to improve.

Academic Update:

Moving forward in to 2018, our key areas for improvement within the Framework for Improving Student Outcomes are;

Building practice excellence – our key improvement strategies include: Deepening teacher knowledge of the curriculum standards and evidence based high impact teaching strategies to maximise the learning needs of all students and;

to improve data literacy to enhance teacher capacity to differentiate whilst increasing student agency and mutual accountability.

Empowering students and building school pride – our key improvement strategies include:

developing and implementing a program that promotes social and emotional wellbeing and respectful relationships across the school and ;

Increasing student accountability for and knowledge of their learning

These key areas of focus form the basis of our Annual Implementation Plan.

Professional Practice Days:

In the Education State, we achieve excellence by consistently focusing on improving the achievements of learners across Victoria, whether it is through improving the quality of educational services or changing the way we teach. The most important thing we can do to improve student outcomes is to develop and improve the skills of our teachers.

The Victorian Government will continue to provide opportunities to develop professional, passionate teachers and principals and equip them with the right knowledge and skills for a modern classroom. To ensure we support the learning and development of not only our students, but our teachers too; we are committed to providing professional development opportunities for our teaching workforce. As part of the Victorian Government Schools Agreement 2017, teachers will receive one day per term when they are out of the classroom to focus on the improved delivery of high quality teaching and learning.

What this means for your child

Your child's teacher will spend four days per year further developing their skills in areas that are aligned to the school priorities. Your child will directly benefit from these improvements in their daily learning. On these days, an alternate teacher will be provided with the learning plan for the day and be well equipped to assist your child with their learning needs. We are scheduling the professional practice days ahead of time so there is minimal impact to students and, where possible, there is consistency in teaching. Wherever possible, we are utilising two of our own staff for continuity of practice in rooms and consistency of staff for students wellbeing in working with someone they know.

What does this look like at Kingsley Park?

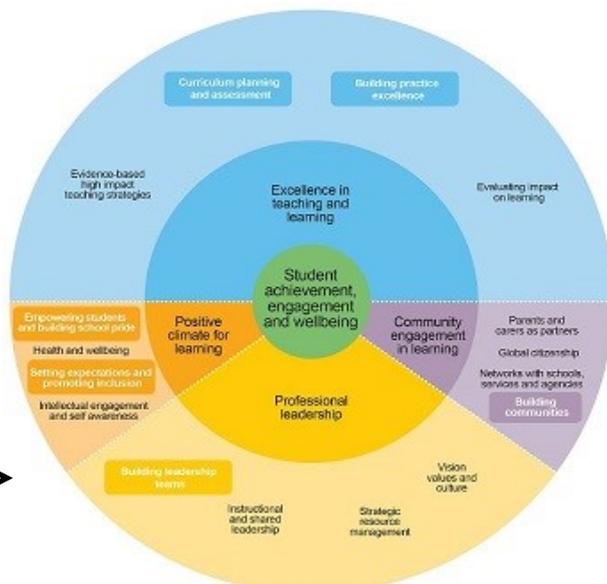
In negotiation with staff, we have encouraged collaborative practice in having teaching partners have their day together. Staff are expected to complete observation of researched best practice, complete feedback and actions for further improvement and identify areas of need to increase their professional knowledge and practice.

In consultation with staff, we will negotiate what this looks like in semester 2 and beyond, it may change as we learn more about the process.

If you would like further information about these days, please feel free to discuss with your child's teacher.



The Department of Education and Training Framework for Improving Student Outcomes (FISO)



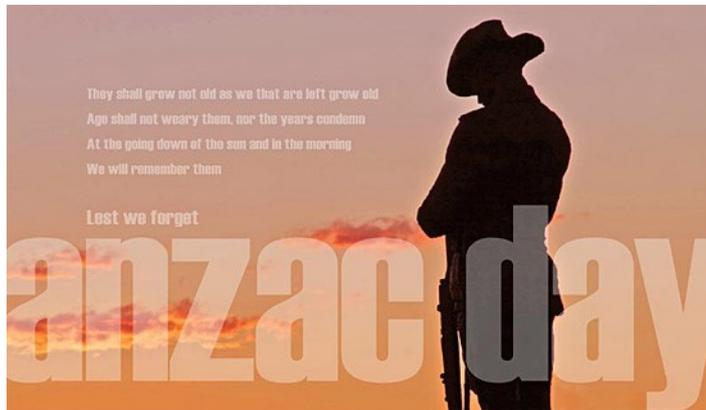
School Improvement Partnership

At the end of 2017 we were advised that we had been placed into the DET School Improvement Partnership program. This consists us being linked with a school that has shown good practice and good data to be a lead school for us to work with and learn from, they in turn also build their practice and learn ideas from and with us. The DET have set aside \$60 000 in funding to 'fund' this program that can include professional learning time, CRT replacement for reciprocal visits, staffing, consultants, etc.

Our lead school is Kingswood Primary School in Dingley. Marc and myself attended an initial briefing early in March and both schools have visited each other. We are now finalising our action plan.

Join us on Tuesday 24th April for our ANZAC Day service. This will be held at 10.15am in the grass area at the front of the school.

ANZAC badges will be available from the school.



Coles Sports for Schools closes soon.



Coles Sports for Schools program is back on for 2018! Kingsley Park has registered for this wonderful program which has now started!

For every \$10 you spend at Coles, you will receive one Sports for Schools voucher.

The more we collect, the more FREE sports equipment we will receive!

The voucher program finishes with Coles on April 2nd - please remember to bring any vouchers you have back to school in the first week

Thanks for your assistance.

2018 School Production

Last year, after seeking feedback from parents and staff and discussions in school council, it was agreed to trial a whole school production as opposed to our separate ones held throughout the year. We were losing a great deal of curriculum time for the two productions and hope to streamline processes whilst still offering our students every opportunity to perform and parents the chance to celebrate our successes in the performing arts.

This year, our production will be whole school, Prep-6, and held at the Frankston Arts Centre on Wednesday 1st August. We will be performing two shows on the night, the first at (we haven't made a final decision on whether the times will be 5 and 7 or 5:30 and 7:30). This means that students will arrive for the first show, remain for the whole night and be collected after the second sitting, hopefully this will also allow for more parents and family members to attend. We look forward to your feedback after the performance and will ask parents to complete a survey on your thoughts.

Students have been busy auditioning already.

Thank you to all the students who auditioned for the school production. Congratulations to everyone on overcoming the nerves and challenging yourselves, you all did a great job! Running auditions before the script has been completed may seem odd, but this was done to ensure that there would be enough roles available for all interested students. As the show is currently still being written, parts will not be assigned until Term Two. We look forward to some amazing performances on production night!

Mrs Emery, Miss Westhead, Mr Bloomfield and Mr Gardner.

Kingsley Park

Perceptual Motor Program (PMP)

The Perceptual Motor Program (PMP) at Kingsley Park Primary School is a weekly school based program for **all** Prep Children conducted with the valuable assistance of their Senior School Buddies from Mr. Quick's class **S8**. At the core of PMP is the research-based understanding that children require language, memory, visual, listening, physical and social skills to be prepared for high quality learning.

The PMP program at Kingsley Park Primary School aims to:

- Combine movement abilities with academics, such as reading, writing and mathematics.
- Engage Prep children in movement activities that integrate perception and movement and develop social skills.



PMP sessions develop a range of important kinaesthetic skills to support learning, including:

- balancing
- spatial awareness
- body image and control
- eye/hand coordination
- directionality
- language and problem solving



A Ripple Effect—

We would like to make you aware of a documentary screening for “A Ripple Effect” – which is a movie about suicide and the ripple effect it has on the community:

- The Ripple Effect: <http://suicidetherippleeffect.com/>
- Trailer of the documentary: <https://www.youtube.com/watch?v=LytKNC405oI>

“In September 2000, Kevin Hines leapt off the Golden Gate Bridge, a method of suicide attempt that has resulted in death for most of the 2000 people who have made that jump since the bridge was erected in 1937.

But Kevin survived. He survived, and in the 16 years since his nearly fatal try, Kevin has become the bridge between the many mothers, fathers, brothers, sisters, children, spouses, friends, and loved ones who made a similar acts. Each doing what they did to put an end to unimaginable suffering—and those left behind, wondering why? What could we have done to help?

Even further, Hines, in sharing his story, is fostering a critical bridge of hope between life and death for people caught in the pain of living with serious mental illness, difficult life circumstances, and more.

His refreshing honesty, realism, advocacy, and appreciation of the complex conditions that contribute to mental illness is a much-needed guiding like through the darkness of societal stigma and discrimination.

I know that each and every one of you will take something away from hearing Kevin’s story. He has so many important messages to share about coping and seeking support networks to bolster us through crisis, in order to find the purpose, the meaning in surviving and thriving. In the words of Nietzsche: “He who has a WHY to live can bear almost any HOW”. I hope that hearing Kevin’s story helps you find your WHY.

He is one of only thirty-six (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

In 2016, Mental Health America awarded Kevin their highest honor, The Clifford W. Beers Award for his efforts to improve the lives of and attitudes toward people with mental illnesses. Previously, he was awarded a Lifetime Achievement Award by the National Council of Behavioral Health in partnership with Eli Lilly. Kevin has also been awarded by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and received over 30 U.S. military excellence medals as a civilian.”

Documentary screening details:

- The screening is on Wednesday 13th June 2018 at 7pm, Village Cinemas Karingal (Frankston). The screening is open to the general public, we are hopeful that we can gain many people across the Frankston / Mornington Peninsula area to attend, to help us all gain more awareness and knowledge on this very important topic.
- A portion of all tickets sold will be donated to Mindfull Aus: <https://www.mindfullaus.org/> <https://www.facebook.com/mindfullaus/>
- A Q & A session with Matt Runnalls from Mindfull Aus will also follow the screening.
- Tickets are not allocated, so you can purchase individual tickets and if you have a group of people coming along, we suggest meeting earlier on the night so that you can all sit together.
- Tickets can be purchased through Facebook or Fan Force through the two links below:
 - o <https://www.facebook.com/events/135851533914244??ti=ia>
 - o <https://fan-force.com/screenings/suicide-the-ripple-effect-village-cinemas-karingal-vic/>
- More information about Kevin Hines:
 - o <http://www.kevinhinesstory.com/bio/>
 - o <http://www.kevinhinesstory.com/publications/>
 - o <https://www.facebook.com/TheEffectFilm/>

Musical Instrument Hire

Dear Parents,

In the past we have hired instruments out to assist with students learning instruments through the private tuition available through the school.

We are currently doing an asset audit and require all instruments to please be returned to school for scanning off our register. Can you please return any instruments by the end of week2 next term so we can scan and mark off, these can then be re-hired out.

A limited number of instruments are available to hire at \$xx per term or \$xx for the year whilst learning an instrument at Kingsley Park. They must be returned at the end of each term/year.

Many Thanks!



Mrs Emery, Music teacher

Please join us for this week’s whole school assembly -

Assembly commences at 1:30pm on the basketball court. We have an Easter Bonnet parade and a special student/family performance. School finishes at 2.30pm.



Just a reminder that KPPS is a Sunsmart school and the wearing of hats is compulsory for ALL students from September until May.

They must be broad brimmed school hats. Caps are not acceptable.

Please also ensure that all hats are labelled clearly to enable them to be returned to their owner if lost. Any child without a hat, will need to stay undercover.

Family Life Victoria – Senior School 2018

During our Inquiry Topic this term 'My Physical and Emotional Health' all Senior School Children had an opportunity to participate in a 3 week program conducted by **Family Life Victoria**. This program provided a simple, straight forward and sensitive approach to investigating the physical, social and emotional changes that children face during puberty. The Program was delivered in three one hour sessions across three weeks and included:

Session One: Look I'm Changing (Physical changes of puberty for boys and girls).

Session Two: I'm In Charge (Common emotional changes that young people experience during puberty).

Session Three: What's It All About? (The process of a baby's development and birth covered in the context of a family relationship).

Our presenter Kellie has been working with Family Life Victoria for 8 years, prior to that she worked at the Royal Women's Hospital in health promotion and began her working life as a drama teacher. Each session was engaging, informative and included age specific content, a variety of visual materials, discussions and games. Some Senior School Children have shared their thoughts below about participating in the three week Family Life Victoria Program.



During our Family Life Victoria sessions I learnt about puberty and the body changes that occur. There were 7 changes I can remember: pimples, sweat, voice changes, shape changes, hormones, mood swings and hair. I enjoyed it. **Beth (S10)**

I liked when we discussed people's questions anonymously and how Kellie told stories in a funny way when sharing her information. **Jaidyn (S8)**

I found Family Life really informative and Kellie was very funny which made talking about uncomfortable topics less uncomfortable. I really enjoyed it. **Rachel (S13)**

I learnt about how the human body can create a baby. It was kind of weird but it was very interesting. Kellie told us about the bubble full of water that surrounds the baby and how a baby is born. **Jaxon (S10)**

We learned many new things about the human body. Kellie was kind and considerate with us. We all learned a lot and had a good time. **Kayde (S13)**

I think this incursion was important because we as humans change and it is important to know what you have to deal with and how you can prepare and go through it in the most comfortable way as possible and don't feel like it is only happening to you. **Logan (S12)**



Working with Kellie was fun. I think that it was good for Year 5/6 Children to do Family Life. It helped me with a lot of questions that may be uncomfortable to talk about sometimes. **Kayla S9**

Family Life

FlexiBuzz



If you have not done so already, please ensure you update your FlexiBuzz selections for 2018 to include the **Whole School** and also make sure you include your child's new **Year Level** and **Home Group** so that you do not miss out on important updates that are relevant to your child. If you are unsure how to sign up for FlexiBuzz, please contact the office.

School Term dates: 2018

Term 2: 16th April to 29th June
(Friday 11th May is a Curriculum Day)

Term 3: 16th July to 21st September

Term 4: 8th October to 21st December

iMessage on iPads

It has been brought to the school's attention that some children have been using iMessage (an instant text messaging system) on their iPad outside of school hours without the proper knowledge, permission or supervision of their parents. For the safety of your children we would like to ask all our parents to be very diligent in monitoring your child's behaviour online. There is no substitute for a good relationship with your child, and having regular 'co-viewing' sessions. If you build up trust with your child, then hopefully they are happy to sit with you and discuss the types of conversations that are going on online, both positive and negative, and you can guide them in how they navigate their own course through the different situations that arise. Begin with allowing your child to look through your own online interactions with you (as long as they're appropriate) from a junior Primary age, and as they grow older they will have learned lots about how what people say online reflects on people's perceptions of them as a person, as well as how it impacts the people they post it to.

Some parents have also been using iMessage to contact students during learning time. If there is an urgent need to contact your child during school hours, please make contact through the office.

It is a reminder that iMessage is not to be used under any circumstance during school hours and notifications must be turned off when at school.



House Cross Country Helpers Needed

Looking ahead to Term 2, we are seeking parent assistance for the House Cross Country.

If any parent is able to assist as a course supervisor (standing out on the course), on Thursday 19th April at our House Cross Country between 11:00am and 1:00pm please let the front office or Mrs. Kenway know by the end of this week if possible please. Thank you



ATTENDANCE MATTERS



Find us on:
facebook®



Come along and join in the fun with the upcoming holiday club running over the term break, kids from all different schools will all come together in the gym with excursions, incursions and club days all on offer at the service.

For any enquiries please call Resources at Camp Australia on 03 8851 4193



Kingsley Park Primary School students embraced Ride2School Day. Picture: PENNY STEPHENS

STUDENTS SADDLE UP FOR HEALTH

IT CAN be said that a student's life goes through a series of cycles. And there was literal evidence of that at Kingsley Park Primary School on Friday when a huge number of students took part in this year's National Ride2School Day.

Wellbeing co-ordinator Matt Brand said students cycled and rode scooters to the Frankston school. "We are promoting physical, mental and social wellbeing," he said. "We all have to travel to school and if it's active, it's a positive thing."

Kingsley Kids - Page 13 of the Frankston Leader newspaper this week !

FUNDED ACTIVITIES FOR CHILDREN

On a regular basis the ES staff take it in turns to conduct activities with our children that are part of the PSD program. In the past this has included art and craft, treasure hunts, games, cooking as well as special visitors .

We have run two sessions so far this year. In the first session for the year, the children were able to get to know each other and the staff a little better by using a bingo game to ask each other questions. It was good to see them all interacting and enjoying each other's company.

For the second part of the session the children all made their own placemats which have been laminated to use in future activities. They also contributed their suggestions to the staff for some things that they would like to do.



Bill and Julie organised some simple minor games for the children to play outside. A potato and spoon race, ball throwing to a partner and a game of jumping when you heard a clue that was about you had the children (and staff !!) practising taking turns and listening to instructions . Lots of laughing and cheering were definite signs of a fun activity for all.



MON 2 ND	TUE 3 RD	WED 4 TH	THU 5 TH	FRI 6 TH
EASTER MONDAY  	 AMAZING RACE @ Youth Central Cost: FREE Time: 1pm-4pm	 ESCAPE ROOM Meet @ Youth Central Cost: \$10.00 Time: 9.15am-12.15pm	 ROCK CLIMBING Meet @ Bayside Rock 8 Network Dve, Carrum Downs Cost: \$10.00 Time: 1.30pm-3pm	 SURVIVOR DAY @ Youth Central Cost: FREE Time: 10am-1pm Lunch provided
	GRAVITY ZONE Meet @ Gravity Zone Cliphart Way Seaford Cost: \$15.00 Time: 1.30pm-4pm BYO: GZ Socks or \$2.50	SMASH BROS @ F'ton North Hangout Cost: FREE Time: 1pm-4pm Sneaks provided	HOYTS M Meet @ Youth Central Cost: \$8.00 Time: TBC Drink & snack provided	
MON 9 TH	TUE 10 TH	WED 11 TH	THU 12 TH	FRI 13 TH
FISHING Meet @ Youth Central Cost: Gold Coin Donation Time: 9am-1pm BYO: Hat, water, sunscreen Lunch provided	 MOVIE MARATHON Meet @ F'ton South Hangout Cost: FREE Time: 10am-4pm Lunch provided	PARC Meet @ Youth Central Cost: \$3.00 Time: 10am-12pm BYO: Bathers, towel, change of clothes	 VILLAGE CINEMA PG Meet @ Karingal Village Cinemas Cost: \$8.00 Time: TBC Drink & snack provided	 SKATECOMP @ Frankston Skatepark Cost: FREE Time: 1pm-5pm Lunch provided
POOL COMPETITION @ Youth Central Cost: FREE Time: 2pm-4pm	  			



BOOKING INFO

Please wear clothing to suit the weather conditions.

For more information please contact:
 Frankston Youth Central
 60A Playne Street Frankston
 (next to Frankston Library)
 9768 1366.

**Activities leave from Frankston Youth Central or from where indicated under each activity.



BOOKING PROCEDURE

Places are limited.

To secure your booking with Frankston Youth Central please drop in or ring us on 9768 1366.

Payment for bookings can be made in person at Youth Central or over the phone. We accept EFTPOS.

Each booking also requires an Indemnity and Behaviour Guidelines Form to be completed and submitted.

Download an Indemnity and Behaviour Guidelines Form at www.frankston.vic.gov.au/youth.

Refunds are given only on presentation of a medical certificate.

HANGOUT LOCATIONS

Frankston North Hangout
 Frankston North Community Centre
 28 Mahogany Avenue, Frankston North 3200

Frankston South Hangout
 Frankston South Community Recreation Centre
 55 Towerhill Road, Frankston South 3199

Karingal Hangout
 Karingal Place Community Centre
 103 Ashleigh Avenue, Karingal 3199

Seaford Hangout
 41 Railway Parade, Seaford 3198

Carrum Downs Hangout
 Lyrebird Community Centre
 203-205 Lyrebird Drive, Carrum Downs 3201

Langwarrin Hangout
 Langwarrin Skatepark
 185N Cranbourne-Frankston Road, Langwarrin 3910



SCHOOL HOLIDAY PROGRAM

FOR 12 - 17 YEAR OLDS

APRIL 2018
 Phone: 9768 1366
www.youth.frankston.vic.gov.au



EASTER SCHOOL HOLIDAY PROGRAMS FRANKSTON CITY LIBRARIES

Wednesday 4 April to Friday 13 April

Easter is coming and so are the Frankston City Libraries Easter School Holiday activities!

Things to know

- Bookings open Monday 19 March 2018
- Sessions are specifically designed for each age group. We ask that you only book children of the appropriate age into each session.
- Children under 12 years must be accompanied by an adult.
- Only book tickets for children attending the event – accompanying adults do not require a ticket.
- We ask that children not bring food to the holiday program in consideration of other children who may have allergies



For sessions that have a cost, payments must be made at time of booking at either Frankston, Carrum Downs



Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care.



Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment.

For ages 7-14 years.

Cost: \$75.00 per day, or \$210 for 3 days (pro rata for additional days).

Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale

Phone 5978 7935

Web: www.moonlitsanctuary.com.au

_Open daily between 10am and 5pm

Newsletter Advertising

Join our Easter Family Night FREE

Thursday 22nd March 6–8pm

Bring the family along for a great night of fun!

- Easter D.I.Y. Workshops
- Visit from Easter Bunny
- Fun Easter egg hunt
- Easter activities for the whole family
- Light refreshments will be provided

Bunnings Frankston
ph: 8790 7100

Bookings essential - frankston@bunnings.com.au

FRANKSTON HIGH SCHOOL

2019 Enrolment Information and School Tours

A learning culture that money cannot buy

Frankston High School has an outstanding reputation as a high performing school, particularly in the areas of academic achievement, music and sport. Prospective parents are encouraged to attend an information session and tour of the school on the following dates:

- Monday 23 April • Tuesday 24 April
- Thursday 26 April • Wednesday 2 May • Friday 4 May

All tours to start at 9.15am

For parents unable to attend through the day, an information evening will be held on Wednesday 2 May at 7.00pm

As places are limited, bookings are required for all tours. Please book via our website at www.fhs.vic.edu.au from Monday 19 March 2018

PARTY IN THE PARK

FREE fun day out for kids

Tuesday 10 April 2018
9.30am-2pm
Cruden Farm, Langwarrin

Mini sports • Face painting
 Animal farm • Interactive stage shows
 Information on local children's services

BYO picnic or treat yourself to the community BBQs
 Please leave your pets at home

Karlgal Hub **Cruden Farm** **NEWS** **smoothie** **Frankston** **1300 322 322** **frankston.vic.gov.au** **frankstonevents** **#frankstoncity** **#frankstonevents** **Frankston City**

Children must be accompanied by an adult or guardian at all times. Booking and entry all Cruden Farm, Langwarrin. No pets.

Frankston's Good Friday FAMILY DAY

Friday 30th March 2018

AMUSEMENT RIDES
LIVE MUSIC
LIVE STAGE SHOWS
MARKET STALLS
EASTER BONNET PARADE
FREE EASTER EGGS

FREE ENTRY 10AM-4PM

ALL PROFITS RAISED SUPPORT CHILDREN IN NEED

135 Golf Links Rd Frankston

Proudly supporting

Newsletter Advertising

Tegan
 ☎ 0402 696 586

Katie
 ☎ 0408 122 269

✉ cakefordays@outlook.com.au
 📌 Cake For Days
 📷 @cake_for_days_au

Peninsula Waves VNL netballers are conducting school holiday netball clinics at FDNA.

WHEN: Thursday, April 5th & 12th
TIME: 9am until 3.30pm
COST: \$60 per person

- Full day clinic run by current VNL Waves players & coaches
- Tailored for age specific groups
- Prizes and giveaways
- Personalised certificate of Participation
- Have fun, learn new skills and make new friends.

For children aged **8-13 years**

Places are limited for each day, so that a focused skills session can be delivered to participants.

Please **book online:** peninsulawaves.com.au

peninsulawaves.com.au



COME ALONG AND JOIN THE FUN

MODIFIED RULES, NEW PLAYERS WELCOME, MAKE NEW FRIENDS, BRING A FRIEND ALONG TOO!



Under 10 Girls Aged 8, 9 or 10.
Under 12 Girls Aged 10, 11, or 12.

TRAININGS EVERY WEDNESDAY BETWEEN 4:45pm and 6:00pm

JUBILEE PARK, FRANKSTON (Home of the Frankston YCW Stonecats)

Please contact either - U10 coach – Amanda Wallis 0412 394 737
- U12 coach – Kate Corrigan 0401 435 229

Kingsley Park Primary School Kids Running Club 2018

If you are interested in trying to improve your fitness, challenge yourself or just have a bit of fun, I'd love you to come along. You can walk if you don't want to run! Running Club is a morning interest based group run by a parent volunteer.

Children must be dropped off by parents.

When:

Tuesday & Thursday Mornings
(weather permitting)

Time:

8.10am - 8.30 am

Bring:

Wear your school shoes and bring your runners with you, and a drink of water with you.



COME DOWN AND GIVE IT A GO!

Venue Ballam Park Athletics Centre, Benanee Drive, Karingal.

When Saturday mornings.
Season starts April 14.

Time Sign-in 8:45am; Events 9:00am.

Duration: Approximately 1 hour for all events to complete.

Course All event courses start in the athletics arena, loop around Ballam Park and finish back in the arena.

Cost \$2.50 per person per event (one event per session).

For further information please visit the Cross Country page on our website xc.flac.com.au

Cross country is a great way for kids (and parents) to keep fit! It provides a great warm up or training run for other sports (football, netball, tennis, soccer etc.) and the opportunity to meet with friends and enjoy a run in the park.

Parents are invited to join in – either running with your child or on your own. You can take it seriously (run for a PB) or simply enjoy a run around Ballam Park with friends. Either way it's fun for the whole family. For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

Most of all it's a fun, relaxing and friendly atmosphere for parents and children to kick-start the weekend whilst keeping fit at the same time.

All children must be registered with Little Athletics Victoria. Athletes who have registered for the 2017-2018 Track & Field (summer) season are already registered. New comers will need to register via the LAVic website (www.lavic.com.au) – select the "Cross Country" option.

