Dear Parents,

We hope that all our dads had a very happy Father’s Day yesterday and your families gave them a little spoiling. We say a big thank you to our P & F and our mums who assisted with the Father’s Day stall last week. And speaking of our P & F, our major fundraiser of Field Days is coming up early next term and we are hoping for lots of volunteers to assist. I have to say that as well as assisting our school, it is great fun and a lovely way of meeting more people from our school community. The volunteers reply form is located in this newsletter, so please consider giving a little of your time for the benefit of our school community!

There is a buzz of excitement in our school at present as the middle and senior school children make their final rehearsals for their Performing Arts showcase production of *Myth Busters*. All children are involved with this production, whether it be on or off stage, and the script is also written by our students. It is always a wonderful venture and an opportunity for the children to demonstrate their learning. Chookas everyone! **For those of you who have not yet collected your tickets, they are now available for collection.**

Thank you to all our families who came along on Saturday and did such a great job at the production working bee: the Tenace, Henri, Glennie, Cox, Lewis, Steels, Mitchell and grandfather, Finn, De Iulio and Byrne families.

Next Monday we will be having a Footy Colours Day. This day has been organised by our Mini Vinnies group to raise funds for the St Vincent de Paul Society’s “Assist a Student” project. Children who are participating in the Footy Colours Day can wear some footy clothing or colours with their school uniform and are asked to donate a gold coin. $70 will educate one child in a partner country in Asia, so it would be great for our school to raise enough to educate as many students as possible.

Congratulations to our Students of the Week for last week:

- PB: Tahlia D
- PF: Cooper G
- 1/2F: Sophie D/Jordan V
- 1/2H: Brooklyn E/Levi S
- 3/4M: Niquita B
- 3/4T: Phoebe H
- 5/6B: Kelly W
- 5/6F: Lachlan R

With my prayers and best wishes for the coming week,
Mrs Lynne O’Meara  Principal

You’ve been kicking goals this week.
Well done!
**School Closure Days**

*Monday, 2nd November (Day before Cup Day) – Reporting*

**We are Christ’s Body**

St Paul reminds us that we are the Body of Christ, each of us adding our gifts and abilities to strengthening and building up Christ’s body in today’s world. Let us reflect for a moment on how we can together be his body, his hands, feet and eyes, transforming the world in which we live.

_“Ours are the hands with which Christ works today.”_

_“We are the body of Christ, and the compassion of Christ._

_Ours are the feet with which Christ walks about doing good._

_C.f. Matthew 25:35–36_

Christ has no body now on earth but yours;
No hands but yours;
No feet but yours;
Yours are the eyes through which the compassion of Christ must look out on the world;
Yours are the feet with which he is to go about doing good;
Yours are the hands with which he is to bless his people.

_**St Teresa of Avila**_

_Lord Jesus, help us to be your hands and feet in today’s world._

_Teach us to open our hearts to you ways of love and service, so that we will go about doing good. Teach us to be your eyes, so that we will look with love on our world._
Uniforms

All St. Mary’s students are required to wear the full correct school uniform. We believe that the wearing of uniforms promotes the children’s pride in their school and self-discipline. Uniform items can be purchased or made at little cost. The uniform shop at St. Mary’s carries all uniform items, including school and library bags. There is a small amount of second hand uniforms available in the shop.

**Children are expected to have a school bag with the St Mary’s School logo.**

*Please ensure that your children bring their correct school bag.*

**Girls’ Winter Uniform**
- Navy tunic or tailored pants
- Length of dresses and tunics should not be above the knee
- St Mary’s polo shirt
- Navy socks or tights
- Black polished shoes (no sneakers/runners)
- Navy gloves and scarf (optional)

**Boys’ Winter Uniform**
- Navy Trousers
- (no jeans, jean style or cargo pants)
- St Mary’s polo shirt
- Navy socks
- Black polished shoes (no sneakers/runners)
- Navy gloves and scarf (optional)

**Girls’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts or navy skort.
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

**Boys’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

**HEADBANDS FOR SALE**

- 3 STYLES IN SCHOOL COLOUR
- SAMPLES AND ORDER FORMS AVAILABLE IN THE OFFICE.
- $5 EACH.

**HEADBAND ORDER FORM:**

Name ____________________________________________ Class _____________

- Style A. (select quantity) ___ Style B. (select quantity) ___ Style C. (select quantity) ___

$ 5.00 each

Amount Enclosed $ __________ (Exact money only/Cash Only/No change given)

**PLEASE LABEL YOUR CHILDREN’S UNIFORMS.**

Any no name items will be resold as second hand uniform items at the uniform shop!

The **Naplan test results for Grades 3 & 5** are available for collection from the office on Wednesday. We ask that when reading your children’s results that you remember that they are based on one test, on one occasion, back in May of this year. We monitor and assess your child’s progress on an ongoing basis to maintain a complete picture of their strengths and learning needs. If you have any questions, please do not hesitate to make a time to speak to the classroom teacher.
ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 6.00 pm & Sunday 10.30 am & 5.00 pm

ST MARY’S NEWS

CAR PARK RULES

PARKING IN THE DRIVEWAY BEFORE 3.15pm IS PROHIBITED UNLESS ALL CAR PARKING SPACES ARE TAKEN

ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 6.00 pm & Sunday 10.30 am & 5.00 pm

SCHOOL FEES
All families have been sent a statement for 2015 and fee agreement forms. If you have not received yours please check your child’s bag or contact the office.

Forms must be return signed by the fee payer/s

St Mary’s BSB/ACCOUNT Details
PLEASE SEE BELOW OUR BSB DETAILS FOR ONLINE TRANSFERS
St Mary’s Primary School
BSB 083-347
Account Number 676054930

STATEMENTS WILL BE SENT HOME NEXT WEEK

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St Mary’s Coffee Morning

Every Monday Morning at the Church
All welcome…. Meet new friends, bring someone along……
An informal friendly get together……

Parent Teacher Interviews

Thursday 17th September

Forms have now gone home for Parent Teacher Interviews. If you have not received one please contact the office.

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Thursday 17th September

Forms have now gone home for Parent Teacher Interviews. If you have not received one please contact the office.

Split Firewood Sale
For $120.00 delivered to your door a generous 1 cubic metre of split hardwood firewood and 2 large bags of kindling ready for your fireplace or slow combustion heater.
Contact Andrew on 5964 3291
or 0427 887 329

St. Mary’s Coffee Morning

Every Monday Morning at the Church
All welcome…. Meet new friends, bring someone along……
An informal friendly get together……

Parent Teacher Interviews

Thursday 17th September

Forms have now gone home for Parent Teacher Interviews. If you have not received one please contact the office.
PRODUCTION NEWS…

SCHOOL PRODUCTION
Grades 3-6 Only

IMPORTANT

Full Dress Rehearsal Dates
Monday 7th September & Tuesday 8th September

Production Dates
Wednesday 9th September
12.00pm and 6.00pm & Thursday 10th September
12.00pm and 6.00pm

TICKETS AVAILABLE FOR PICK UP AT THE OFFICE

PRODUCTION TICKETS AVAILABLE FOR COLLECTION AT THE CASH ONLY
EVENING TICKETS FOR BOTH NIGHTS STILL AVAILABLE

YEAR 3-6 SCHOOL PRODUCTION UPDATE!

Production is this week and the children have been working very hard!

TICKETS ARE AVAILABLE FOR PICK UP NOW.

A reminder with regards to performance times:

Students in years 5 & 6 perform on both Wednesday Sept 9th & Thursday Sept 10th at 12 noon and 6 pm.
Students in 3/4 M & 3/4 C perform on Wednesday Sept 9th at 12 noon & 6pm only.
Students in 3/4 T & 3/4 N perform on Thursday Sept 10th at 12 noon & 6pm only.

Costume notices went home last week; please make sure you have seen one of these for your child/ren. If you don’t have a costume note please contact Mrs Taranto in the office as she has spare copies (you will need to know which scene your child is in).

Also remember that the hall is open every day for you to borrow costume items should you wish. We have quite a substantial range of costume pieces so please don’t hesitate to come in and have a look.

SOME EVENING/MATINEE TICKETS ARE STILL AVAILABLE FOR PURCHASE…PLEASE CONTACT THE OFFICE
3/4C have been talking about **COURAGE** and **BEING AN EVERYDAY HERO**.  
When you look in the mirror, do you see a hero?  
Somewhere inside you there is a hero.  
You have a choice to change the world.  
Heroes are ordinary people that do extraordinary things and inspire others to do the same.  
Kids can change the world.  
Grownups can change the world.  
If we work together it will change a whole lot faster.  
Heroes are made when people like you and me decide to be extraordinary.  
If you want to be awesome, treat other people awesome.  
We don’t mean being the strongest and the best.  
We’re talking about compassion. There is nothing stronger than compassion.

---

**St Mary’s Soccer Team**  
**Futsal Indoor Soccer**

Please let us know if your child is interested in playing for a St Mary’s Indoor Soccer Team at Futsal Oz, Hereford Road Mt Evelyn.

Season starts Friday 31st July.

We are registering a team initially in Under 8’s (players can be eight years old or younger).

Coach: Paul Dorian  
Manager: Ilona Dorian (0408 558 630)

Cost per game (first season): $25 per team  
Games played on Friday evening at 5:00 pm or 5:35 pm  
Age: 8 years old and younger

• Other teams/age groups can be registered, we will need managers and coaches  
• Uniforms will be arranged, costs to be determined

If your child is interested, please come along to Futsal Oz, 19 – 23 Hereford Road Mt Evelyn, this Wednesday 29th July at 3:30 (after school) until 4:30 pm for an initial training session. Please wear runners (or non-marking shoes – not school shoes) and bring a drink bottle.

Please call Ilona Dorian for any further information or questions – 0408 558 630
Religious Education News

Sunday, 6 Sep 2015: Twenty-third Sunday in Ordinary Time - Year B

Mark 7:31-37
A reading from the Holy Gospel according to Mark

*He makes the deaf hear and the dumb speak.*

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man’s ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, ‘Ephphatha,’ that is, ‘Be opened.’ And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. ‘He has done all things well,’ they said ‘he makes the deaf hear and the dumb speak.’

*The Gospel of the Lord.*

On earth, God reveals himself through the goodness and kindness of other people. Who were God’s helpers in this miracle?

Can you think of times in your life where God has helped you or your family through other people. How can you be God’s ‘agent’ for others’ happiness?

Happy Father’s Day to all the dads. We hope you enjoyed your special day!

*God, bless all the fathers in the world.*

*Guide them to be good role models and loving to all their children.*

*Help them to be a father like You are.*

*Give them grace and patience to handle situations in a loving way.*

*Amen!*

No Class Masses this week due to the school production. There will be a class Mass next week.

Mini Vinnies: Don’t forget the “Footy Colours Day” coming up on Monday the 14th September. Please see Footy Colours advertisement in the newsletter for more details.
Congratulations to Connor Scheid, who’s footy team (Monbulk) won the DRJFL under 11’s premiership on Sunday. Coached by Adrian Passingham.

Connor also received 2 umpire votes for Best and Fairest 2015

Well Done Connor!

A social justice initiative from the Mini Vinnies Group

**Footy Colours Day**

Monday 14th September

Wear an item of footy clothing

Bring a coin!

Money raised goes to “Assist a student” program of the St. Vincent de Paul Society, for a child to have an education. Every $70 raised educates one student in Asia or the Pacific for a year.

---

**MLBC Lakers Basketball Club are now taking Registrations for Summer 2015/2016 Season!**


Or Contact:

**GIRLS CO-ORDINATOR** Michelle Morstead  
Mobile: 0408 534 995 Email: girls@mlblakers.com.au

**BOYS CO-ORDINATOR** Anne-Louise Stolzenhain  
Mobile: 0412 518 178 Email: juniorboys@mlblakers.com.au

Miniball Players (8 years and under) receive Free Fees, Basketball and Drink Bottle for all

---

Congratulations to Connor Scheid, who’s footy team (Monbulk) won the DRJFL under 11’s premiership on Sunday. Coached by Adrian Passingham.

Connor also received 2 umpire votes for Best and Fairest 2015

Well Done Connor!
FACEBOOK  A reminder that there is a St Mary’s parent Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It’s very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!

URGENT HELP NEEDED
FIELD DAY VOLUNTEERS

Each year the St Mary’s P & F Committee runs a food stall at the Wandin-Silvan Field Days. The Field Days are an opportunity for Horticultural and Farm Machinery exhibitors to showcase their products and services to the local community. This year the event will be held Friday October 16th and Saturday October 17th.

We are seeking volunteers to help us run our food tent. You might be taking food orders, flipping burgers on the bbq or making up orders. It’s a fun day out for the volunteers and a great way to meet some other parents from the school. We also need help loading and unloading our equipment at the start and end of the event.

Please consider putting your name down and helping out the school with this fantastic fundraiser. Just fill in the slip below and return to the office. We will contact you with more information the week prior to the event. Thank you! 😊

----------

Name:__________________________________________________________

Eldest Child’s name: ___________________________ Class: _____________

Phone: Home: ___________________________ Mobile: _______________________

URGENT HELP REQUIRED- URGENT HELP REQUIRED- URGENT HELP REQUIRED- URGENT HELP REQUIRED

*Please circle shift availability

**Wednesday (14th Oct):** Pack and Load truck after school, transport to Field Day venue, unload

**Thursday (15th Oct):** Food Preparation (at school, approx. 9:00am – 12:00pm)
09:30am – 12:00pm 12:00pm – 02:30pm

**Friday (16th Oct):**
07:15am – 10:30am 09:00am – 12:00pm
11:30am – 02:30pm 02:30pm – 06:00pm

**Saturday (17th Oct):**
07:15am – 10:30am 09:00am – 12:00pm
11:30am – 02:30pm 02:30pm – 04:00pm
04:00pm – 06:00pm approx (pack up)
ST. MARY’S TUCKSHOP
Term 3, 2015

ORDERING: Please put your child’s Name, Grade, Order and Amount (and change) clearly on a paper bag. Correct change if possible (wrap money in paper) For Families paying together, please write on each bag name and grade of each child.

<table>
<thead>
<tr>
<th>HOT FOOD</th>
<th>DRINKS</th>
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</thead>
<tbody>
<tr>
<td>Beef Pie</td>
<td>Nippies Milk</td>
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<tr>
<td></td>
<td>(Choc ,Strawberry)</td>
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<tr>
<td>Party Pie</td>
<td>Mineral Water</td>
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<tr>
<td>Party Sausage Roll</td>
<td>Orange, Cola, Apple Rasberry or Blue Heaven</td>
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<tr>
<td>Hot Dog</td>
<td>Just Juice</td>
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<tr>
<td>Dim Sims</td>
<td>Apple or Paradise Punch</td>
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<tr>
<td>Chicken tenders</td>
<td>Fruit Tingle Flavoured Water</td>
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<td>Party Quiche Bacon</td>
<td>SNACKS</td>
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<td>Party Pasties</td>
<td>Jam Doughnut</td>
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<tr>
<td>Lasagne</td>
<td>Ring Doughnut</td>
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<tr>
<td>Mac n Cheese</td>
<td>Chocolate or Strawberry</td>
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<td></td>
<td>Choc Chip Cookie</td>
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<tr>
<td>Extras</td>
<td>Low Salt Popcorn</td>
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<tr>
<td>(Please write as a separate item)</td>
<td>Vegie Chips Salt &amp; Vinegar</td>
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<tr>
<td>Soya Sauce</td>
<td>Chips:</td>
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<tr>
<td>Tomato Sauce</td>
<td>Low salt plain</td>
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<tr>
<td>Brown Paper Bags</td>
<td>Honey and soy</td>
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<tr>
<td>ROLLS</td>
<td>SPECIAL TREATS</td>
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<td>(white only)</td>
<td>Limit 1 per order</td>
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<tr>
<td>Buttered</td>
<td>Red Skins</td>
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<td>Milko Sticks</td>
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<td>Ovalteenies</td>
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<td>Sunfruit Lollie Bag</td>
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<td>ADD</td>
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<td>Vegemite</td>
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<td>Cheese</td>
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<td>Mayo</td>
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<td>Lettuce</td>
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<td>Tomato</td>
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Festa News

FIREWORKS

Council approved Fireworks display on the 20th of September at 7.00pm, 'St Mary's Primary School', to celebrate our annual "Festa" in honour of our Lady Maria ss. Annunziata. This display is coordinated by "Foti", Australia’s largest manufacturer and display operator of fireworks. The display will last for approximately 15 minutes.

Please keep your pets safety and security in mind for this evening’s event.

WORKING BEES 2015

We believe that having a safe and pleasant school environment is important. Thank you to all families who have helped with school maintenance during last year.

To help with planning for this year we are asking each family to attend ONE working bee and to indicate which month best suits to help. Also allocate a time/day suitable to you to attend to various maintenance jobs needed around the school.

An alternative to attending a working bee is to make a contribution of $60.00 toward hiring maintenance help.

Please indicate which of the following suits your family and return to school as soon as possible.

Yours faithfully,
THE MAINTENANCE COMMITTEE.
EDUCATION BOARD.

NAME: ___________________________ ELDEST CHILD’S GRADE: ________

☐ Wednesday Oct 21st (Twilight 3.30pm-6.00pm)  ❑ Wednesday Dec 2nd (8:45-10:45am)

Or

Please indicate another date that is more convenient to you __________________________________

Or

Please debit my credit card for $60.00:

Name on the card __________________________

Credit Card Number: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ]

Expiry Date: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
WEEKLY ADVERTISEMENTS

1st Mt Evelyn Scout Group
Montrose & Mt Evelyn Scout Halls

Is your youth looking for something to do?
Have you thought about SCOUTS?
You can join SCOUTS if you are a boy or a girl,
age 5 years to 25 years old.

As SCOUTS we learn new skills, make new friends,
play games, challenge ourselves, go camping and HAVE FUN

We are offering 3 FREE TRY OUT SESSIONS
Register your interest Today!
Be part of one of the most award-winning Scout Groups in Victoria

- Scouts 10-14 yrs
- Joeys 6-7 yrs
- Cubs 8-10 yrs
- Venturers 14-17 yrs
- Leaders 18+
- Rovers 18-25 yrs

* The commencement for advancement in badges may vary up to 9 months.

For more information, please contact:
Lisa Grunden  Tel: 03 9726 1708
Carolyn Martin  Mob: 0412 621 954
Email: pl.mtevelynscouts@vic.scouts.vic.au
Website: MtEvelynScouts.org.au
www.VicScouts.com.au

EARN AND LEARN FINISHES TOMORROW

We have 15,180 points so please hand in any stickers to the office tomorrow for the final tally.

Thank you for your continued support….

MOUNT LILYDALE MERCY COLLEGE

Year 7 2017
Applications for Year 7 2017 are now DUE!
If you wish to enrol please forward applications to:
The Registrar
120 Anderson Street
Lilydale VIC 3140
No later than Friday 9 October 2015
PH: 9735 4022
LEARNING MUSIC IMPROVES CONCENTRATION

YOUR CHILD DESERVES THIS CHANCE

Enrol NOW in ..................
PIANO ON KEYBOARD LESSONS
$16.50 per half hour lesson

- Convenient – in school time
- Inexpensive
- Learn with Friends (max 3 per group)
- All equipment provided
- INDIVIDUAL tuition

ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

Mt Evelyn Fire Brigade
Annual Garage Sale 2015
Saturday 10th October

- Toys
- Bricks
- Books
- Small electricals
- Plants
- Gardening
- Small whitegoods
- Working flat screen TVs
- Small items of furniture e.g. coffee tables etc.

Please donate your unwanted goods to support your local CFA and community.

The Mt Evelyn Fire Brigade is run by volunteers. Your donation helps the Brigade to purchase new equipment to assist in protecting the community.

For further details or to arrange drop off or pickup of items
contact: 0419 120 428

YARRA VALLEY SCHOOL OF MUSIC
Introducing new and exciting programs in 2013

DRUM LESSONS
AFTER SCHOOL PROGRAMS

BAND, TOPPER & GROUP MUSIC
EXPRESSION THROUGH SINGING & SONGS

VOCAL ENSEMBLES

Also offering private tuition in singing, piano, guitar, saxophone, flute, music theory and music theatre.

For all inquiries contact Mare Raffa
0430 003 208

www.yvsmusic.com.au

Mt Evelyn Fire Brigade
For a Safe Community

The Sweat Playground
13 Bennetts Rd, Bines West
Phone 5940 943

KIDS FITNESS CLASSES

Encouraging kids to move and have fun. Our kids classes are class design, fun and for anyone.

Monday, Tuesday, Wednesday & Friday
3-5pm Boogy Bodies, 5-7pm Fun Run to get into school age sales training and running

Tuesday, Friday, Sunday
4pm (5-8yr olds), 7pm (12-14yrs)
Our club will teach your kids the benefits of being active with a wide range of fun activities designed to introduce them to the world of fitness.

The Sweat Playground is a fun, active way to get kids engaged in exercise. The main goals of body Saskia are to give kids a fun, active way to get kids engaged in exercise. The main goals of body Saskia are to give kids a fun, active way to get kids engaged in exercise. The main goals of body Saskia are to give kids a fun, active way to get kids engaged in exercise.

For more information visit www.the Sweat Playground.com.au
How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents to straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

**Following through to teach responsibility**

‘Following through’ means doing what you say you’ll do. If you say ‘You’re grounded’ yet then let a young person off the hook when they come home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

‘Following through’ is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone’s individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax, it’s how a civil society operates. Drive too fast and you’ll receive a fine. Harm someone and hopefully you’ll be issued with a suitable punishment that matches the offence. ‘Cross a line and something happens’ is the accepted wisdom in our community, in school and in family-life.

It’s important that the consequence issued matches the misdemeanour. When we go too far – “you’re grounded for the term” – then we generally get resentment. Not strong enough – “you should apologise” and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager’s regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent’s best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that’s how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately and calmly and you’ll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent’s best friend when it comes to managing the behaviour of highly-charged teens.

**Following up to reconnect**

It’s easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they’ve said or done hurtful things. Once the dust has settled after discipline or a dispute then it’s time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel.

It’s smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents to straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the other and you’ll come across as either too soft or too harsh. Use them in tandem and you’re more likely to hit the right parenting mark.