

Mater Christi Catholic Primary School Newsletter

Volume 23

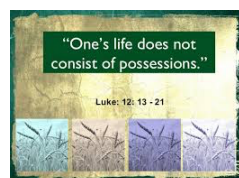


2 August 2019



SCHOOL MANTRA 2019

"Find happiness in making others happy" – Mary MacKillop



Dear Parents and Carers,
Sunday Gospel – Attitudes to life
What does it mean to be "rich" in the sight of God? Luke's Gospel ([Lk 12:13-21](#)) is very challenging and raises important questions for all of us. For

example:

How can we teach our children to use resources for the common good and not just self-centred wants? How do we develop habits that avoid impulse buying? Is prayer part of our financial decisions? What are our true priorities?

As we continue to walk with Jesus on our daily journey with many joys, hardships and challenges we encounter, may we come to realise how blessed we are with what we have been given and give gratitude for our blessings rather than our possessions.

Staffing

Last week we welcomed Miss Hunter in 4A replacing Mrs O'Donnell who is on Parental Leave.

It is also lovely to share with you that Mrs Mortimer is expecting her first baby later in the year and Miss Tara Peters will be joining us from Monday 26 August in 2A. Miss Peters met the staff and students on Wednesday and I know that Mrs Mortimer will ensure a smooth and seamless transition for her and the students.

Dates for Next Week (Wk 3)

Monday 5 th August	Year 5 Family Life student sessions 9:00-10:30 and 11:00-12:30
Tuesday 6 th August	<i>Transfiguration of the Lord</i> 4A Class Mass Performing Arts Christian Dance School Banking Uniform Shop Open 8:00-10:30am 1:20-3:20pm
Wednesday 7 th August	BRLA Yr 5 (am) Performing Arts Choral Speech 4B/5B 3:30-4:30pm Holy Communion Practice Wk 2 (Church) <i>Feast of Mary of the Cross (MacKillop)</i> 1A Class Mass
Thursday 8 th August	Yr 6 Family Life student sessions 9:00-10:30 and 11:00-12:30 BRLA Yr 3 (pm) Performing Arts Choral Speech 2C/3A/4C/5C
Friday 9 th August	2C Class Mass 9am P&F Meeting
Saturday 10 th August	First Communion Mass 6pm (Wk 2)
Sunday 11 th August	First Communion Mass 10am & 5pm (Wk 2)

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Capital Development Plan – Toilets



After two years of tremendous work by the Capital Development Team and having to overcome the many unforeseen and beyond our control roadblocks placed in our way, we have finally arrived at the point where action is to take place and we can look forward to a great outcome for our children, as our endeavours have been all about them and for them.

Later next week, I will be sending an email to all parents outlining the scope of works that will be contracted for completion between now and the end of the year involving the Kindy, Junior, Senior and Female Staff Toilets. There will be some disruption and slight changes to accommodate the work and I know that we will all embrace any changes with understanding and patience keeping in mind the wonderful outcome at the conclusion of the refurbishment.

It will all be really worth it in the end!

Playground

We have begun initial discussions with playground companies, looking at the possibilities available to us in the space behind the Science Room. The Playground Committee will then begin to work through the ideas and via consultation with staff and students create a costed concept plan. It is important to note that this playground will not replace the playgrounds on the oval, but rather, enhance the variety of areas and play opportunities for our children.

P&F Meeting

Please join us for the morning meeting next Friday at 9am in the Mater Christi Community Centre. After you have dropped your child/ren at school, join us for a coffee and then an opportunity to support the work of the P&F and connect with other parents. We hope you will join us for this event.

Holy Communion

We continue to pray for and support the children and their families who will be receiving their First Holy Communion at this weekend's Masses. As you receive Jesus for the first time, know that you carry his love and blessing always.

Long Bomb Competition



Best wishes to all the students who will be participating in the Long Bomb Competition before tomorrow's Dockers game. Let's hope that the Mater Christi presence and supportive cheering will help the Dockers get over the line at fulltime. See you there!

Finally, and with tremendous thanks...to all the students, staff and parents for the wonderful surprise at Assembly this morning. The words expressed, actions and sentiment were very overwhelming and beautiful in celebration of Principal's Day. I am so thankful and proud to be Principal of our great school and acknowledge that it is all of us that make our school so very special.

*God Bless,
Toni Kalat*

Please Label Your Belongings

A large number of lost jumpers, jackets and hats have recently been brought to the office. This is a timely reminder to please clearly label your child's clothing. If items are found labelled, they are returned to the student. A black marker with the child's surname and first initial will suffice, both on the neck tag and the tag inside the seam of the jumper/jacket.

School News

Farewell

Today, we farewell the Lawson family (Yr 3 and Yr 1) as they are relocating from Perth. We wish you all the best for a smooth transmission and we thank you for your time and help within the Mater Christi Community.

Condolences

We offer our sincere condolences to the Letizia family (Yr 3) on the recent loss of their Grandmother. We pray for peace over your family at this time.

Congratulations



Well done to Jake Mc (Yr 4) for receiving an Outstanding Award for his Bible reading. A further congratulations to Elizabeth W (Yr 4) who received an Award of Excellence for the same category. Well done!

Congratulations

Madison H (Yr 6) has been selected to compete in the State School Touch Football team this year. This is fantastic Madison. Great job!

New Paved Area

The children are loving our newly built play area outside the basketball courts.



Library News:

Don't Forget Book Club!

Book Club closes on Friday, 9th August at 3pm

KB's Photo from the Big Book of Love and Hope

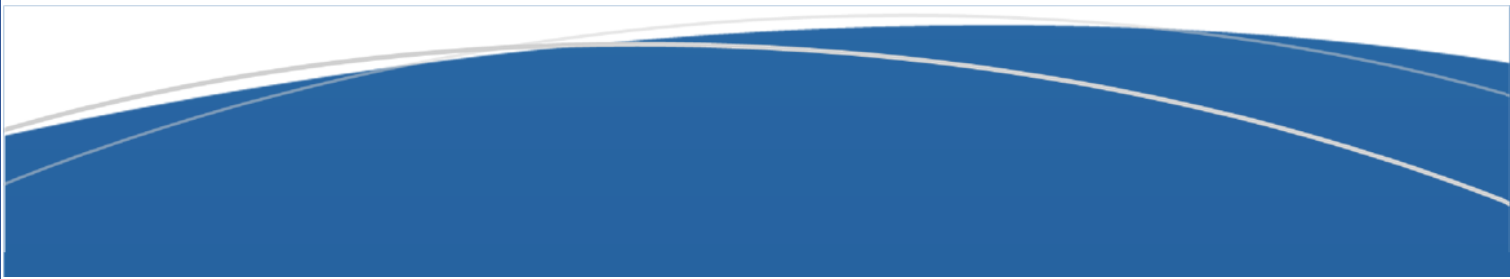


KB

Making Jesus Real
Search for The Secrets You Hide

There are many stories of people who have represented the State and Country and attended primary schools just like yours. Many, in their wildest dreams, would not have believed that they had enough talent to achieve what they later managed to do. They had to develop over the years often discovering skills, abilities and talents that they didn't previously know they possessed.

You have so many wonderful gifts (personality, studies, science, maths, music, crafts, sports) that you don't know you have. There are so many stories of people developing different talents so much later in life.



Confirmation Photos Are Available

The Confirmation photographs are now available online.

To view and order the Confirmation photos, go to:

www.Prophotobooth.com.au/

The password for all of the Mater Christi Confirmation Masses is: mc659

You will need to click on:

- view/order pictures
- Communion and Confirmation 2019
- Select the date you wish to order from
 - Enter the password

ProBooth are available for any queries on 0428 754 559

Sacramental Program: First Holy Communion

Week 1

This weekend the first of our Year 4 students will be receiving the Eucharist for the first time. Across three Masses the students will be making their First Holy Communion. We hold in our hearts prayers for the students as they continue to be nourished in their faith. We also thank the following staff who, alongside their families, will also be supporting the students this weekend: Mrs Nutall, Mrs Woodhouse, Miss Kalat, Mrs Nichols, Mr Donnolly and Mrs Tipic.

Week 2

The following students will be receiving the Sacrament of First Holy Communion on the weekend of 10/11 August.

Riley G
Jacinta L
Emmi M
Shaun S
Dane D
Daniel C
Jayden P
Oisín O
Isabelle L

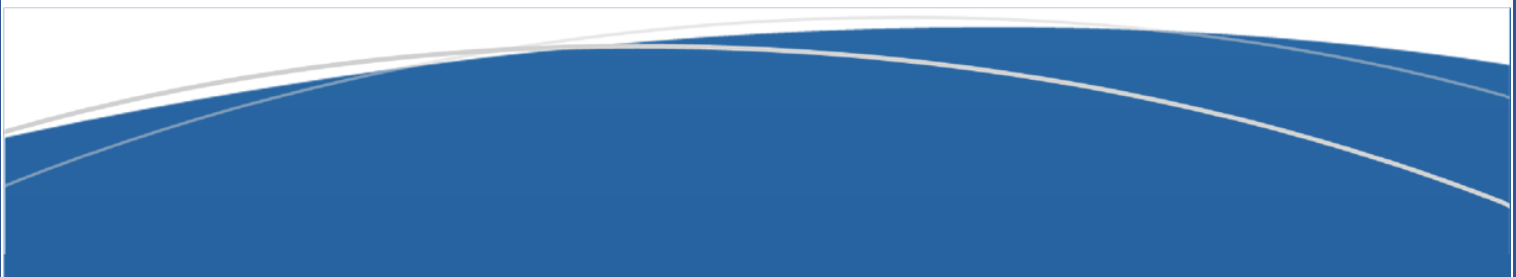
Sabella Y
Mila M
Emily W
Gemma D
Seth C
Jesse B
Sienna S
Azlyn C
Gisele G

Sarah B
Jake M
Isabelle S
Isabella P
Esta O
David B
Krystof C

The practice for these students will be this Wednesday 7 August at 3:30pm. Parents are to collect students at the end of the school day at 3:05pm and proceed to the Church. Please wait outside the front of the church until collected by Marina at 3:30pm. Students are to be supervised at all times.

Thank you.

God Bless, Mrs Southwell (Assistant Principal)



Religious Education

Safeguarding Matters



In the lead up to Child Protection Week in the first week of September, students are invited to take part in a competition to highlight the role of adults in helping children stay safe. Entry forms are available in the Mater Christi Church foyer and from the School Office. Entries are due by Wednesday 21 August and should be placed in one

of the competition boxes at the Church, handed in to a Safeguarding Officer at Mass or dropped into the School Office. The winner in each age group receives a \$500 gift voucher.

Age Groups

Kindy - Year 3

Years 4 - 6

The Safeguarding Program is child-focused and informed by the fundamental belief that children have the right to physical and psychological safety at all times. The Program aims to raise awareness of our collective responsibility to safeguard and promote the welfare of children, young people and vulnerable individuals. At the same time, whilst working towards providing all forms of safety for children, the priority is the prevention of abuse and harm to children and vulnerable individuals within our parish.

If you know someone who is feeling unsafe or if you are experiencing that yourself, we encourage you to contact one of the Safeguarding Officers either at Mass (they are the ones wearing the blue vests) or on their mobiles (see the poster in the Church Foyer for individual details) or email the Archdiocesan team via safeguarding@perthcatholic.org.au . If you are an adult, please bring this to the attention of the children in your care.

Mater Christi has a new phone number!!

To contact the school please phone:

6173 9000

Running Club Update

It was great to see everyone getting back into running club this week and some new faces too, what a great start to the term!

Please note that Running Club will be on WEDNESDAYS 8am STARTING WEEK 3 due to a clash with cross country training this term.

For more information on MCRC or to register your children, send me an email to sarahsfitness20@gmail.com

Looking forward to a run next week!

Sarah Correia

What's Happening at School This Term?

ELC

Another exciting term in the ELC! We have many new friends come and join us to play and learn with. This term we will be discussing the topics 'Rights and Responsibilities', 'Growing and Changing' and 'Oceans and Rivers'. Social and emotional skill development will be a priority, including listening to our friends, and teachers, following instructions and, asking and answering questions. In addition, we will explore several concepts throughout the term, including talking about Making Jesus Real by being like our friend Jesus, name recognition, learning the names of colours, counting skills to 10 and sorting and classifying. Through indoor and outdoor play, the children will be working on developing their gross and fine motor skills.

We look forward to working in partnership with all our families for another happy and fun term.



Mandy Jeffery, Karina Minervini and Joanna Rucki.

Kindy

Wow! Term 3 already. The children have returned with many wonderful stories about their holidays and are eager to be back playing with their friends. This term, the topics will be 'Looking after God's World', 'Growing and Changing' and 'Australia'.

Social and emotional skill development will continue to be a priority, including developing communication skills, following instructions, how to make good choices and Keeping Ourselves Safe. In addition to this we will also focus on several concepts throughout the term including Making Jesus Real by being like our friend Jesus, learning the sounds of the letters S.A.T.P.I.N and M.R.C.H.E.D, retelling familiar stories, forming letters of the alphabet using Peggy Lego prompts, identifying and ordering numerals 0-10, counting backwards and experimenting with mass and measurement.

Library time has been an exciting addition to our program and the children are enjoying the borrowing of books and their visit to the Library once a week.

We would like to say thank you for helping us by coming on Parent Roster. Your help is appreciated and your children love having you in Kindy.

We look forward to another busy and productive term. We will enjoy sharing the Learning Journey with you in Week 8.

Kindy Staff

Pre-Primary

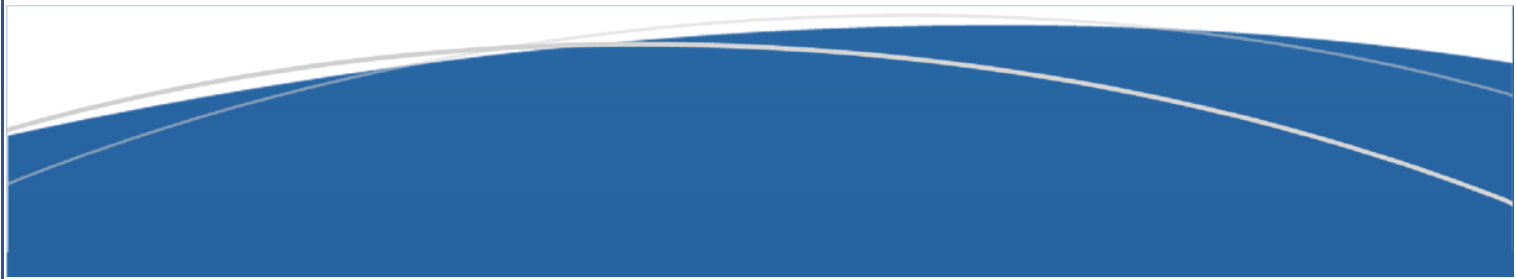
Welcome back to an exciting term in Pre-Primary!

Our theme for Term Three will be animals, starting with mini-beasts. In addition to learning about animals, our focus will be on one of our favourite children's authors, Eric Carle!

In Literacy, the children will be working towards becoming independent writers, continuing to strengthen their letter sound knowledge. There will be a strong focus on reading as we learn to read decodable texts and early sight words.

In Religious Education, the children will learn to recognise the different feelings we have and that God wants us to express our feelings in loving ways. They will write their own thank you prayers and also come to realise that they can talk to God anywhere and anytime.

In Numeracy, the children will be working on their recognition and ordering of numbers beyond 20. They will also be exposed to the language used for addition and subtraction. The children will use concrete objects and hands on activities to identify and explore 2D shapes and 3D objects. This term will be full of excitement as we get ready to perform our first ever Assembly!



Year One

Welcome to Term 3! We have had such an exciting start to the term with celebrating our 100th day of school on Wednesday. In Religion, we will be focusing on how we belong to a family, school, parish and community and how we can use our learning gifts to help others as Jesus did. In English, we are exploring narratives and Dreamtime stories. In addition to this we will be investigating Australia and Australian animals. We will learn how to write information reports and further develop our descriptive writing abilities. During Numeracy, we are learning about different shapes and will explore location and fractions. We will also continue to build on the number of mental strategies we can use to solve equations. We are looking forward to showcasing the amazing work we have been doing at our Learning Journey!

Year Two

Welcome back to Term 3!

We have another exciting term planned. We will be learning about the amazing mini beasts in our environment. We will be discussing technology in our investigations; the children will have fun comparing the technology of today to that of the past. In Literacy, we will be focusing on report writing and poetry. We will be continuing to teach the Keeping Safe Child Protection Behaviour Curriculum. The topics covered will be privacy and the body, reporting abuse and safe and unsafe secrets. Please note that during these lessons the children will be taught the anatomical names for the parts of the body. During Maths lessons we will be learning about money, fractions and time. The two topics for Religion this term include: 'Jesus Forgives' and 'Beautiful World, Beautiful Me'. We will also have Ms Rebecca Rowland visiting in the second half of the term to continue working on the Highway Heroes program. Don't forget to check Seesaw for updates and information on the exciting things happening this term!



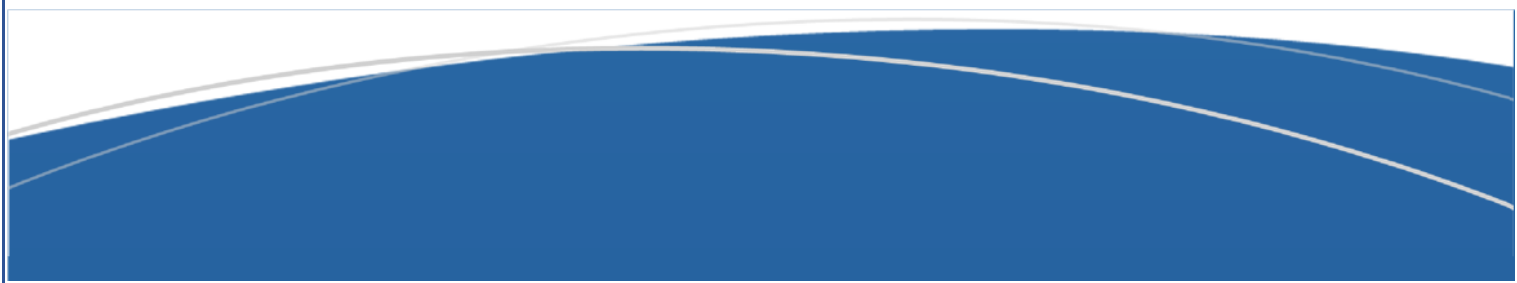
Year Three

Bonjour! Ciao! Guten Tag! G'Day! Dia Dhuit! This term in Year 3 we travel to and explore the different cultural celebrations around the world. In literacy, students will be researching a variety of animal species and this will culminate in students writing an information report on an animal of their choice. In Religious Education we will be looking at the Sacraments of Eucharist and Baptism. In Numeracy, students will learn more about multiplication and division, fractions, symmetry and data. In Health we move our way through the body systems to find out how to maintain a healthy, balanced lifestyle. Integrated with our Literacy and HASS program is Visual Art. Fasten your seatbelts, place your seats in the upright position and enjoy the journey!

Year Four

Term three is a very special time for our Year Four students who are preparing to receive the Sacrament of Communion for the first time this August. In Religion, they are learning how the Eucharist is an invitation to a celebration, in which a meal is shared, much like Jesus shared with his Disciples at The Last Supper. The students will unpack the Book of Exodus, making links between The Last Supper and the celebration of Passover.

In reading the focus continues to be on developing comprehension skills to elicit understanding. The students will be working towards using evidence from a text to support their perspectives and opinions. They will learn to develop critical reading skills and will become more familiar with the topic specific vocabulary used in non-fiction texts. Our writing focus includes narrative and persuasive as we prepare to blow our parents away with stories and expositions for Learning Journey. In Mathematics, the main Number focus this term will be fractions, decimals and percentages. This will include representing parts of a whole as a fraction, recognising equivalent fractions, as well as converting fractions from improper to a mixed number. In Measurement, the focus will be on telling the time to the minute and calculating elapsed time. In Statistics and Probability, the students will explore the likelihood of both independent and dependent events. In HASS, students will be researching famous explorers and retrace their voyages that changed the world. They also learn about



convicts and their importance in the days of European Settlement, culminating in an excursion to the famous Fremantle Prison.

Year Five

Welcome back to Term Three. We hope you had an enjoyable and relaxing holiday. This term we welcome Mr Godsall who will be completing his final teaching practicum in 5B. Our Religion topics for Term Three are 'Prayer' and 'Reconciliation' along with revising for the Bishops Literacy Assessment in Week Three. In English the main focus in Writing is information texts and procedures. In Reading, we will be exploring point of view and enhancing our researching skills. Our Mathematics topics are transformations, fractions and decimals and mapping. In Digital Technologies we will be exploring the concept of coding and will be creating our own maze game using a program called Scratch. We are looking forward to our excursion to Scitech Discovery Centre where we will get a chance to learn more about robotics. In Art we are exploring colour through the creation of a dragon's eye and landscapes. During our HASS lessons, we will be learning about the Gold Rush, Eureka Stockade and the British Colonies in the 1800's. We look forward to showcasing all of our hard work to our parents at the Learning Journey night in Week Eight.

Year Six

Term 3 already? How times flies when you're having fun in Year 6. We have our Year 6 Debate Night, Learning Journey, Family Life Presentations, Life Skills for Life Incursion, Interschool Carnivals and the Performing Arts Festival. In Religious Education we will be studying Prayer and Human Sexuality, whilst brushing up on our Bible skills.

During English we will examine persuasive devices and strategies, which will then lead us into debating. This will culminate in a Debate Night which will be held in Week 10. We would love to see you all there to make this night as memorable as it promises to be. In Mathematics this term, we focus on fractions, decimals and percentages. HASS gives us an opportunity to extend upon our knowledge of people, places and cultures through our Geography unit, focusing on Australia's connection with Asia. In Health, the students will be delving deeper into the Keeping Safe Program, learning about the ways to recognise and report different types of abuse. Semester Two promises to be the best yet and we look forward to some great adventures together.

Thank you.

Drama

For many classes this term, the focus is on rehearsals for the Performing Arts Festival. We are involved in Bible Reading, Choral Speech as well as the Christian Drama and Primary Drama sections.

- The junior students will continue to delve into the world of make believe but this term with a focus on puppetry as well as creative play. Through the use of puppets, students can learn new ways to express themselves while learning new skills. This is another way of enhancing listening skills, developing risk-taking skills and providing students with opportunities to work cooperatively as a group and of course this all boosts self-esteem.
 - The senior focus is also on puppetry but includes developing the student's script writing ability. Brainstorming ideas, editing and processing their work, in order to perform as a group in front of their peers. Improvisation is also an area that will continue to be a focus. When students are given the opportunity for their imagination to run free, self-esteem and confidence flourish.
 - The Friendly Schools Plus programme is an ongoing focus in all year levels, with the key area for this term being 'Relationship Skills.' This is where we look at making friends and maintaining healthy relationships. Dealing effectively with conflicts and seeking help if we are not able to solve a social problem ourselves.
-

Pat Pottier – Drama Specialist



Music

Welcome back to another exciting term of Music!

This term, the Pre-Primary and Year 1 students will be concentrating on beat and creating their own rhythm patterns. Years 2 and 3 will be exploring music notation and playing simple songs on the glockenspiel. Years 4, 5 and 6 will be exploring how to use Timbre to enhance their performances. We will also continue learning about music technologies - specifically Garage Band using the iPads.

Instrumental Program

Our Instrumental Program is up and running for another term. Learning an instrument is a wonderful way to teach children discipline, responsibility and helps boost confidence and self-esteem. If your child would like to learn an instrument in Term 4, enrolment forms can be found in the school office. If you have any questions regarding the PAF or the Instrumental Program, please feel free to come and see me. PAF information and timetables can be found at the Music Room.



Ms Alison Clunies-Ross

Music Specialist

Instrumental Program & Performing Arts Coordinator

Science

Let's get physical, physical! That's right, Term 3 is the term for Physical Science at Mater Christi. Physical Science is the study of different forces and energy and each year group focuses on a different area within this discipline.

Pre-Primary students are exploring how different objects can move. This means looking at what causes things to spin, roll and bounce and involves a lot of movement from the students themselves!



Year 1 are investigating sound and light energy. Students explore how different sounds can be produced and how these energies travel, as well as how they can be sensed by humans. The lab gets loud while we make our music but it's all in the name of science.

Year 2 students are exploring how pushes and pulls are used in their everyday lives.

While investigating pushes and pulls they will learn about gravity, air resistance and buoyancy.

Year 3 students are learning about heat energy this term. This includes how we generate heat, how we use heat and how heat can travel, with a special emphasis on conduction.

Year 4 start to discover opposites attract while studying their topic of magnetism. They also explore other forces such as gravity and friction using ramps and different surfaces.

Year 5 build on their knowledge gained in Year 1 by furthering their study on energy. This involves them exploring how light travels and how we see different images. They also investigate light's ability to reflect and refract using objects as mirrors.



Year 6 explore how electrical energy can be transformed and transferred by building circuits. They also investigate different ways to generate energy and start debating how these resources impact the environment to varying degrees.

Week 4 is also a special time in Science as it's National Science Week. Students will be completing different STEM challenges and competitions during that week to celebrate. Stay tuned for more news coming soon!

Haylee Klup, Science Specialist

School News

Catholic Performing Arts Festival



The 2019 Catholic Performing Arts Festival has begun, and we are off to a great start!

Many of our students will be involved in various sections of the festival this year including Choral Singing, Dance, Drama, Choral Speech and Bible Reading. Once again, we have over 350 students involved in the festival.

Last Thursday, the Arts Captains and Mrs Southwell represented the school at the opening mass for the festival which was celebrated at St Mary's Cathedral. On Friday, Lizzie W (3A) and Jake Mc (4B) took part in Bible Reading. On Tuesday, Nithika V (5B) performed her Primary Piano Solo at Zenith Music in Claremont. All three students did an amazing job and received excellent feedback from the adjudicators. Thank you to Mrs Pat Pottier and Mrs Marica Jurkowski for preparing these students.

Keep your eyes peeled for more updates over the coming weeks ☺

'Beauty and the Beast' Excursion

On Wednesday 31st July, we took the Senior Choir, Vocal Ensemble and PAF Drama group to Corpus Christi College to see the production of 'Beauty and the Beast' in their new state of the art theatre. Our students were in awe of the sets, costumes, acting and singing. An afternoon well spent appreciating The Arts!



Library News

SAVE SAVE SAVE

If you have any tissue boxes lying around in your house, then please send them to the library. I will be building a surprise for the children and I need lots of these. So, don't throw them out, pay it forward, the kids will love you for it.

Well, what a fantastic first two weeks back. On Wednesday, the Library had its first senior's day and it was a hit. Lego was the theme of the day with the kids having fun making their Lego creations move, or trying to. We had NAIDOC week in the Library with various activities such as animal scratching and boomerang making, which the kids loved. The display in the library was interactive so the children could make stories using the painted Dreamtime stones, while the soothing rhythms of the didgeridoo played in the background.

Tuesday the 30th July was International Friendship Day and what a day it was. We had a friendship display of different toys from different shows and movies to show the children that you can be friends with anyone, it doesn't matter who they are or what they look like. It was an opportunity to read a wonderful book called 'Camilla's Cupcake.'

At lunchtime, stickers were given to every child and they were wished happy Friendship Day while they enjoyed friendship activities such as friendship word searches and mindfulness colouring in. When children left the library, they were all given a piece of rosemary for Friendship Day.

I am hoping to start chess club up shortly, I'm just waiting for a special parent to help.

Keep your eyes peeled for some exciting things happening to celebrate Father's Day.

Don't forget to pop in for a dance and a sing along on our Music Fridays and to check out some of our fantastic new books.

Thank you to all the wonderful children that fill the library every day, you make it an absolute pleasure.

Mrs Gladwell

Library Officer



School News

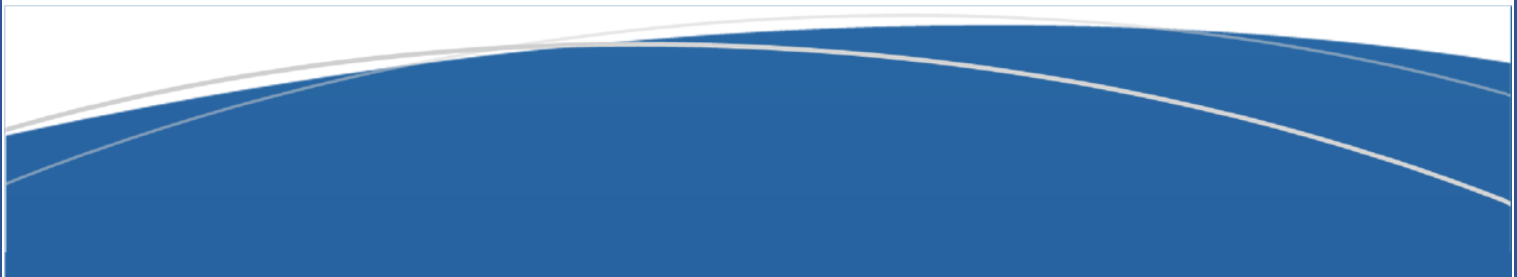
100 days of Year One

On Wednesday, the Year Ones reached their 100th day at school. To mark the occasion, the children and their teachers came to school dressed as 100-year-old people. They also celebrated this special day with a class party.



Sphero in 3C

Miss McNally taught the students in 3C how to make an algorithm with the spheros. They were even clever enough to code them to make a square.



P&F Quiz Night Saturday 24 August, 7.30pm



Next P&F Meeting: 9am Friday 9th August, Staff Room.

Date Change

Please note that the P&F hosted presentation for Claire Orange has been changed from Tuesday, 3rd September to Monday 9th September at 7pm in MCCC. Thank you, Leonie Jones.

The Inaugural Quiz Night is fast approaching on Saturday 24th August and tables are selling fast. Book your table (\$80 for 8-10 people) today via www.stickytickets.com.au/86763. Over \$3000 of auction / prizes have been donated thus far and counting. The following prizes have been added to the collection including a \$100 Newport Voucher, a bed and breakfast package for The Esplanade, and a Little Creatures Brewery Tour and Tasting for 2. If you know a business that may like to donate please let us know.

Want to come along but not into quiz nights? Volunteer instead! Our committee is looking for people to help set up on the Friday and also help on the night with various jobs including bar tenders (require Responsible Service of Alcohol - RSA), scorers, welcome desk etc.

Any queries contact Vicky on 0409 113 027.

Thank you,

Louise McEntee P&F Vice President

Parent Social Events

Kindy C Parent's Breakfast

Where: Roar Fitness Bar & Grill, Bibra Lake

When: 6th September 2019

Time: 9:15am

Contact Lesley Pascuzzi on 0409 913 545 for further information.



1A Parent's Dinner

Where: The Vale Bar & Brasserie, Yangebup

When: Friday, 30th August

Time: 7pm

RSVP: by Friday 23rd August to Hayley Lynch on 0426 173 722

2A Parent's Lunch

Where: Roar Bar & Grill

When: Saturday 7th September

Time: 1:30pm

Please contact Kristie Ainsworth on 0408 934 399 for further information.

Community News

Department of Education
Western Australia

VACSWIM OCTOBER 2019

Enrol your children in swimming lessons during the October school holidays.

Choose from two programs:

9 Days	5 Days
1 - 11 October 40 minute lessons	7 - 11 October 35 minute lessons
Prices: \$30 per child / \$20 concession \$81 for a family of three or more / \$54 concession (plus pool entry). Enrolments close 25 August.	Prices: \$16 per child / \$10.50 concession \$41 for a family of three or more / \$27.50 concession (plus pool entry). Enrolments close 1 September.

Enrol now
Visit education.wa.edu.au/swimming or call 9402 6412.

The **WIZARD of OZ**
THE MUSICAL

Shows at Regal Theatre from 17th August

TICKETS AT **TICKETEK**

TICKETEK DISCOUNT SPECIAL
Enter the special Promo code 'WIZARD' to receive your discount*

*from 17th August

DO YOU HAVE THE **VISION** TO HELP OTHERS?
DONATE YOUR OLD GLASSES TODAY!

Request a pickup
donateyourglasseswa@gmail.com

Yoga Seashells

Stress Relief for parents

Yoga every Monday

Time: 4.30 pm

Venue: Yangebup Family Centre

Address: 11 Dunraven Drive, Yangebup

Gentle yoga classes for relaxation

Improve your overall well being and fitness with easy to do stretches or postures (known as asanas) combined with simple breathing techniques (pranayama) catered for all fitness levels.

Previous experience, strength and flexibility are not essential.

You will gain those skills through regular yoga practice.

Yoga helps to clear the mind, gain a greater sense of peace and relaxation, promote better sleep, dissipate depression, anxiety and fatigue, gives you more quality time with love ones with overall improved awareness and satisfaction in life.

Class duration is 1 hour

Cost \$12 per session or \$50 for 5 classes

It is best to arrive with an empty stomach, wear comfortable clothing and yoga mats will be provided. Or you are welcome to bring your own mat if you'd prefer.

Spaces are limited so please call 0487216313 to reserve your mat today!

