FROM THE PRINCIPAL CLASS TEAM

A reminder to all families that our new canteen service miss peppercorn will be available from the start of Term 2 on Mondays, Tuesdays and Wednesdays. Please go online in the holidays to check out the website. You are unable to make an order until you have started an account. The details are: www.misspeppercorn.com.au/schools

In last week’s newsletter we reminded our community about the 5 minute parking restrictions at the front of the school in Birdwood St from 8-9.00am and 3-4.00pm. The disabled car park at the front gate is not being used appropriately during these times. Please ensure you park correctly in line with ALL parking restrictions during school hours.

There is a survey on our website for parents to provide feedback about the Trybooking online booking system that we used for our recent Parent Teacher meetings. Please respond to the survey by Monday 15th April (the start of Term 2).

The next ‘Helping Your Child Learn to Read’ workshop is on Friday 19th April. We were thrilled with the number of parents and carers who attended the first workshop last week. Workshop 2 will give you strategies on how you can support your child’s reading at school and at home.

Parenting Ideas by Michael Grose has been included in the newsletter. This article called “Helping Kids be Brave” empowers children to tackle their fears. Did you know that currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression. Please refer to the article over the page.

Thursday 28th March is the last day of school for Term 1 and it is a free dress day for children with a gold coin donation going to Oxfam. We have an early finish at 2.30pm. On Thursday morning the Junior School will be celebrating their annual Easter Bonnet Parade, which be held in the hall at 9.15am.

I wish everyone a relaxing and safe holiday break. Thank you to the children, parents and staff who have contributed in so many ways this term to start the year on such a positive note. And Happy Easter to you all!

Amanda Wigg
Assistant Principal
At the front of the school, in Birdwood St there is a 5 minute parking area as well as a designated disabled parking area. It is very important that these parking restrictions are observed by everyone. Some parents are parking their cars in these areas and leaving their vehicles for extended periods of time. This causes great inconvenience for many other people and is not setting a good example to the children.

It is important for the safety of the children who attend Roberts McCubbin PS that all parents obey the parking signs around the school as well as show courtesy to our neighbours by not parking in or over driveways. As mentioned previously, Whitehorse Council parking officers will be making random checks around the school to monitor the situation.

Thank you in anticipation of your co-operation. Marg Pickburn - Principal

---

**Helping kids be brave**

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiety in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiety stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

**Genetics plays a part**

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiety than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

**When should I worry?**

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

---

**Helpful parenting practices**

Before looking at helpful practices, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- **Fixing kids’ problems.**
  Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- **Allowing avoidance.**
  Letting kids escape new or fearful situations validates their fears.

- **A ‘get over it’ attitude.**
  There’s a difference between “you can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be mawkish, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at www.parentingideas.com.au/Parentingideas-Newsletter
Subscribe to Happy Kids, the FREE Parentingideas weekly guide while you are there.
March 2013

Dear Parents,

Welcome to Miss Peppercorn School Lunches. We are very excited to be providing our reliable, healthy and delicious lunch order service to the families at Roberts McCubbin Primary School every Monday, Wednesday and Friday commencing 15th April.

Our Winter Menu will be available very soon, we are just finalising it.

Our Food & Menu
Our food is simple, fresh, healthy, tasty and delicious. Yum! Our food is 'homestyle' made with passion by us! We understand the importance of nutritious food that encourages children to eat healthy. We closely follow the Victorian Government nutrition guidelines for schools - our menu is 'Go For Your Life' approved. Each season we change our Menu.

What you need to do
We are currently setting up your school and classes. We will be ready for you to set up your own account over the school holidays. This must be done before you can order your child’s lunch. We use FlexiSchools. Follow these steps to set up your account:

2. Click on "Click here to register" to create your account
3. Top-up your balance
4. Start ordering immediately - we are open!
5. Each time you order you can select our ‘allergy alert’ option which will print on your child’s label and advise our kitchen of the relevant allergy.

What Does it Cost?
The cost is the cost as shown on the menu plus a 25c fee for each order placed.

How Does It Work?
Go to www.misspeppercorn.com.au/schools and click "click here to register". Then enter your student's name, school and class, and add funds (say $50) into a pre-paid account.

You can log into the website at any time to place orders, up until 9:15am on the day of the order. As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum.

Each order is sent automatically to our kitchen, where an easy-to-read label is produced with the student’s name, class and order details.

At lunch time, we take the orders to your school and collate them ready for collection.

If you have any problems or would like assistance please call: Flexi Schools
8am-5pm on (0) 1300 361 769
Elite Sports Trials

On Monday and Tuesday this week several of our grade 5 and 6 students were nominated to attend try outs in 4 different sports. The 7 other schools in our District sent along their best athletes in each of these sports also with a small group being chosen from these trials to attend Whitehorse Division trials after the holidays.

Several of our students were successful. These included Mark S, Dylan W and Josh M in both Basketball and Football as well as Hannah M and Lucy S in Netball. We wish these students all the best as they progress further and the competition gets tougher.

Tim Fearn-Wannan

Box Hill Football Club Mascot for a Day

The Box Hill Football Club (VFL) are offering you the chance to be the mascot for the day at their home game -v- Collingwood on Saturday, 6 July, entry is FREE and you will have the chance to go in the change rooms before the game, run out on to the ground with the team and even toss the coin!

The winning name will be drawn at Assembly on Monday, 17 June

GOOD LUCK!

Please send your completed entry to the office before Monday, 17 June.

Box Hill Football Club Mascot for a Day

Name: __________
Age: __________  Grade: ______________
Parent Contact Phone Number: ______________
We will be available on Saturday, 6th July 2013
Parent Signature ______________

Visual Arts

On Tuesday 19th March, the Year 6 students participating in the National Gallery of Victoria’s Local Landscapes Project visited the Ian Potter gallery in Federation Square. The excursion began with a talk from contemporary artist Dale Cox who explained his approach to landscape painting and answered question from the students. Marg Stephens, the project director, showed a slide show of artworks to inspire the students and familiarise them with the work of the Australian Impressionists. We formed two smaller groups and had a tour of the Australian permanent collection.

I was very impressed with the students’ concentration and participation in discussions whilst on this excursion and am looking forward to working with them all next term to create their landscape paintings.

Thanks to Melanie Raymond who attended the excursion with us.

Cora Brownjohn, Visual Arts
Aims of the Australian Impressionist artists

- To study the effects of nature’s light
- To use a lighter palette
- To use looser brush work
- To recognise the individuality of the artist
- To paint contemporary life and nature directly from nature
- To tell stories about life in this country
- To give the viewer the immediacy of the experience

School Photo Day
Wednesday, 24th April 2013

1. Personalised Order Forms have been sent home.
2. Family Order Forms can be collected from the Office.
3. 25% Discount vouchers for families with 3 or more children can be collected from the Office.

Will Your Child Be Starting School In 2014?
Do You Know of a Family in the Community Who May Be Interested In our School?

ROBERTS McCUBBIN PRIMARY SCHOOL Will Offer:

During Education Week on May 21, an open morning between 9:30 to 11:00 with tours at 10:00 and 10:30 by our School Captains.

All classrooms will be open to the school community so take this opportunity to see our students involved in Literacy, Numeracy and Specialist programs.

Please note there will NOT be an open evening this year during Education Week and there will be no access to classes during recess 11 to 11:30.

Our School Discovery Program will commence in Term 3 for all children enrolled in 2014 on Tuesday July 23, August 6, August 20 and September 3.

These sessions will run from 2:30 to 3:15.

THERE WILL BE THREE CLASSROOM TRANSITION SESSIONS in Term 4

Wednesday 13th November 9.00 – 9:45
Wednesday 20th November 9.00 – 9:45
Wednesday 27th November 9.00 – 9:45

Please contact the school to organise a school tour or visit our website
www.robsmacps.vic.edu.au

Order Your Entertainment Book Now!!

Click on this link to pre-order your Entertainment Book: https://www.entertainmentbook.com.au/orderbooks/187727c
Meet our Class Representatives for 2013.

The parents who have generously agreed to be Class Reps for 2013 are listed below.

You will note that there are still some holes, if your child’s class is affected please consider adding your name to this list. It would be ideal to have at least 2 reps per class. Reminders will be sent out to Classes that have one or no representatives early next term. Remember: Many hands make light work. We are all busy in our lives but I would ask that if you can help out please email me at trish.scott@optusnet.com.au.

Thank you to all those who have committed to help this year – I look forward to working with you in 2013.

<table>
<thead>
<tr>
<th>Class</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>J1S</td>
<td>Deb Single, Fiona Walliss, Lidi Huang, Jodie Will</td>
</tr>
<tr>
<td>J2B</td>
<td>Natalie Geddes, Julie Andrew</td>
</tr>
<tr>
<td>J3P</td>
<td>Ellen Swansson, Isabelle Kinsella</td>
</tr>
<tr>
<td>J4C</td>
<td>Jodie Thom, Lauren Martin, Claire Read</td>
</tr>
<tr>
<td>J5L</td>
<td>Jo Ferrier, Rachel Fleetwood</td>
</tr>
<tr>
<td>J6J</td>
<td>Alicia Saunders, Robin Fripp</td>
</tr>
<tr>
<td>J7G</td>
<td>Fiona Leslie, Chris Rosicka, Judy Clarke</td>
</tr>
<tr>
<td>J8L</td>
<td>Nikki Farren, Clara Rubera, Josefine Antoniades</td>
</tr>
<tr>
<td>J9O</td>
<td>Cathy Hayes, Leah Evans</td>
</tr>
<tr>
<td>34A</td>
<td>Suzanne Digby, Amie Ignatiadis, Sue Stone</td>
</tr>
<tr>
<td>34E</td>
<td>Jason Crawford, ONE MORE REP NEEDED</td>
</tr>
<tr>
<td>34K</td>
<td>Britta Abbruzzese, Cathy Jones</td>
</tr>
<tr>
<td>34R</td>
<td>Michelle Blake, Martine Woodmason</td>
</tr>
<tr>
<td>34W</td>
<td>Trish Scott, Bec Eu, Tash Loverso</td>
</tr>
<tr>
<td>56A</td>
<td>Sandy McIver, Rachel Hibbins</td>
</tr>
<tr>
<td>56R</td>
<td>NO REPS CURRENTLY LISTED</td>
</tr>
<tr>
<td>56V</td>
<td>Ann Rennie, Leanne Johnson, Julie Toomey</td>
</tr>
<tr>
<td>56N</td>
<td>Karen Dearden, Jo Amiet</td>
</tr>
</tbody>
</table>

Trish Scott
Class Reprehensive Coordinator

Casual Clothes Day

Thursday is Casual clothes day. Children are asked to donate a gold coin to contribute to the fundraising some of our school mums are doing for Oxfam. Michelle Blake was kind enough to give some of her time to be interviewed by two of our students....

Interview with Michelle Blake about the Oxfam Walk Fundraiser.

Reporters: Joshua L and Aisha F, Junior School Councillors 5/6W

Josh: What can you tell us about Oxfam? What do they do?

Michelle: Oxfam is a global organization and they help to fight poverty and social injustice around the world. There’s over 50 different countries that they work in.

They work with the governments in different countries and try to work out policies and procedures to help fix poverty.

Aisha: What is the Oxfam Walk?

Michelle: The Oxfam Walk is also called the Oxfam Trail Walker. It’s a 100km walk and you have to complete it in 48 hours in teams of four people. They have the Oxfam Walk in 5 different cities around Australia and also around the world. People do the Walk to raise funds – they walk and people sponsor them. That’s how they raise the money.

In Melbourne there are 750 teams. My team is hoping to complete the walk within 24 hours instead of 48. So that means we will walk through the night, we’ll have our breaks for morning tea, afternoon tea and dinner.
Josh: So you can’t sleep?

Michelle: No, no sleep. So we’ll keep walking. That’s the challenge. The reason that we walk this is because people around the world sometimes have to walk for 3 hours without water. Here, we have a choice, but we want to raise awareness of others.

Aisha: How much money are you trying to raise?

Michelle: We’re trying to raise $10,000, which is a fair challenge! At the moment we’re nearly at $6000, so hopefully with a few more fundraising events – one of which is the free dress day (Thursday 28th March), we’ll raise the rest.

Aisha: What inspired you to organise the Oxfam Walk?

Michelle: One of the mum’s that I’m walking with is Ruth Smithson and this is the fifth walk that she has done. She’s done it four times before and she told us how challenging it is, and how rewarding it is. We thought “we’ll take on the challenge!” There are three of us who haven’t done the walk before.

Josh: Who else is doing the walk?

Michelle: In my team, it’s myself (Michelle Blake), Jane Thomas, Julie Toomey and Ruth. Ruth is becoming a legend because it’s her 5th time! In Melbourne, 750 other teams of four are also doing the walk.

Josh: How can other people in the school community help with the Oxfam Walk?

Michelle: They already have been helping by supporting us with fundraising. We’ve had some other events, such as the movie night and the bingo night. They can also come and support us while we’re walking – some of our friends are coming to do some parts of the walk with us for a little bit. And just knowing that people are cheering us on is a big help, and by raising awareness. It’s good for the kids to know that there are a lot others who are less fortunate than they are.

Josh: Did you have to do any training?

Michelle: Yes, we have been training for six months. We’ve been walking 30 and 40km.

Thanks Michelle for allowing us to interview you and find out more about the fantastic fundraising you are doing. Good luck to all of you!

---

The PFA Welcome Social Night was held last Friday night in the hall and what a great night it was. Quite a number of new parents came along to meet others in our school community. Thank you to all who came along and hope you all had a pleasant evening out. The Fuse ball table was put to use - thanks Rachel H for lending it to us for the night. People had a go playing darts too! There were pockets of conversations and introductions all over the room and we all had the opportunity to meet somebody new! The pizza and nibbles on offer worked a treat. A huge thanks to Pizza Heart in Box Hill North for giving us such a great
PFA Annual General Meeting

The PFA had its AGM last night and we now have some new committee members for 2013. As President of the PFA committee for 2013 please join me to welcome;

Karen Dearden as Vice President
Ellen Swansson and Andrea Belmonte as Co Secretaries
Chris Rosicka as Treasurer
Jo Townsend as Assistant Treasurer

I would like to take the opportunity to thank our outgoing Committee members; Cathy Jones, Rachel Fleetwood and Inga Young. Thank you for always helping out in every way through the year and not only as a committee member but also helping out and coordinating various events including the social night, women’s night, mother’s day and father’s day stalls and morning teas. Thank you for participating in the meetings with your support, suggestions and ideas.

The AGM was attended by our new outgoing and incoming committee members and Suzann D joined us as well. And thank you Marg Pickburn for taking on the official role of electing our new committee members. We reported on the events of the past year, and we are happy to say that the PFA raised $24,993 through our various events.

The funds raised contributed to the purchase of some new ICT equipment for our classrooms; 16 Plasma screen TV’s (and trolleys) as well as 16 Apple TVs to connect the iPads and computers to the TV screens. The PFA also paid for the Mathletics License and Parenting Ideas School Membership, and we contributed to the Education Garden, World Teachers Day, Graduation Pennants for the Grade 6’s, and end of year School Disco.

Proposed changes to the PFA Constitution

We have made our changes to the new constitution at our AGM and we will send it in to the Education Department for approval. The new constitution will take affect as of next year’s AGM. Thank you to all the members who contributed to the discussion on Tuesday.

The PFA Membership and Volunteer Form

The PFA needs your support and we hope you are able to become a PFA member and/or help with any of our activities. The membership form can be found on our school website under Practicalities. Please remember that the $5 membership fee helps support the work the PFA undertake throughout the year.

The PFA wants to encourage all parents/carers to be involved in the social, fundraising and community events throughout the year, it’s all about helping out if you can, having fun and making friends!

Monday Morning Tea after Assembly in the Hall

Next morning tea: 15th March

Every Monday morning after assembly the PFA holds a morning tea in the hall. All parents, carers, grandparents and of course toddlers/pre-schoolers are welcome to join us for a cuppa and a chat.

The PFA would like to thank Jo O’Mara – Senior Lecturer in Language and Literacy Education at Deakin University (and a parent at our school), and her colleague Associate Professor Julianne Moss for attending our morning tea this week to talk to us about the digital stories they will be making about our school, it was most interesting. And thank you Polly P, Robin F and Chris R for helping out the morning tea set up/pack up.

Our next morning tea will be held on the first Monday back from the school holidays.

PFA Meeting (after Morning Tea): Monday 15th April

The new 2013 PFA Committee will hold its first meeting in the hall after morning tea. Parents and carers are most welcome to stay and join us. No need to put you hand up for anything. Just join us and listen in and see what we get up to, and if you have any ideas or suggestions we would love to hear from you. We hope you can come along with your cuppa and meet our new PFA Committee!

We would love to have your support and more attendees at our meetings, so if you are considering coming to a meeting, please do so. You may like to…
1: help organise an event
2: be part of a team
3: perform a small task or
4: simply contribute with ideas, suggestions and feedback at our meetings

Any parent or carer with a child attending Roberts McCubbin Primary School can attend the PFA meetings. With more parents attending our meetings we can properly represent our school community.

Craft News

If you are looking for some beautiful hand made gift cards for all sort of occasions please check out the Craft Groups collection in the office foyer. We now have some football theme gift cards available too!

Other Up Coming Events

The PFA every year holds various social and fundraising events throughout the year. We have some of our regular events coming up and some new ones this year; keep a look out in the newsletter for more information leading up to these events.

May
- Mother Days Stall (leading up to Mother Day Weekend)
- Women’s Night – Friday 31st May

June
- Vision Portraits
- Rolf’s Pie Fundraising Drive

August
- Trivia Night Saturday 10th August
- Father’s Day Stall
- Father’s Day Pancake Breakfast

September
- Walkathon
- Election Day Sausage Sizzle and Cake Stall

December
- School Disco

Earn and Learn is Back – Monday 8th April

Start collecting your stickers at Woolworths Supermarkets

The time has come again to start collecting points for 2013. You will receive one point/sticker for every $10 spent at Woolworths (excluding liquor, tobacco and gift cards). These points are then placed on a Point Sheet (available at Woolies) and once completed they can be placed in our collection box at school. With these filled sheets our school can go “shopping” for learning resources and equipment for our school. Tell your friends, neighbours and families to start collecting stickers/points from the checkout operator at Woolworths! We will have some more information about the program and sticker sheets available early in term 2, in the meantime start collecting those valuable stickers!

Run Around Australia from Monday 15th April to Sunday 26th May

Every dollar spent at Forest Hill stores will help our school earn “kilometres” towards winning some great prizes. All you need to do is to present your receipts at the Customer Service Desk or the drop in boxes at Forest Hill Chase. We have a chance to win thousands of dollars worth of prizes, plus a major cash grant for Forest Hill Chase’s winning school! We will keep you posted with more information in the school newsletter.

Helping Hands

The Helping Hands is a service that provides help in the form of lunches and dinners to families who are experiencing difficult circumstances. Often family and friends help out but sometimes that is not always possible. What many may not realise is that these difficult circumstances may be that; a family member is in hospital, the family may be coping with a major illness, there may be a major change in family circumstances, death in the family or bedbound family member, there may be no support from extended family, the arrival of a new baby, or even moving house - you do not have to justify your need. If you need or know of a family that needs assistance please contact Kate or Alison who are the helping hands coordinators. They will organise someone on their list of helpers to provide a helping hand, these helpers do not know who it is they are giving a helping hand to. Please do not hesitate to ask - as there is no need for you or other families at our school to struggle when we have a supportive community of parents willing to lend a hand. Please understand, all requests are treated with the strictest confidentiality.
If you need an helping hand please contact;
Kate L: Mob 0434 860 905 or katie.lane@mac.com or
Alison Mc: Mob 0434 132 224 or alimci@optusnet.com.au

Thought for the Week

Why did the Easter Bunny cross the road?
It was the chicken's day off!

Happy Easter everyone, and have a safe and enjoyable term break!

Matoula Romeo – President

Roberts McCubbin Primary School

Dear Parents/Carers,

You are invited to attend a series of workshops which we will be presenting in February/March:

*Please note the change in dates*

**Thursday 21st March:** ‘Helping Your Child Learn to Read 1’

**Friday 15th April:** ‘Helping Your Child Learn to Read 2’

The workshops will start at 9.10am and finish by 10.40am.
All workshops will be presented in 5/6V Classroom.
Coffee and tea will be provided.

We encourage all parents to attend both these worthwhile and informative workshops.

The ‘Helping Your Child Learn to Read at Home’ workshop will support and assist with your child's reading and will give you some great ideas and strategies to help make reading an enjoyable and fun experience at home.

Chlidminding is available but places are limited.

We look forward to the upcoming workshops.

Many thanks,
Linda Albert & Nina Pate

Junior Rockers

Dear Roberts McCubin Parents,

Junior Rockers’ lessons are back up and running for 2013.

We are currently offering lessons in guitar, keyboard/piano, singing and drums.

The lessons are run weekly around the specialist timetable.

You can choose private lessons ($28/lesson) or shared lessons ($21/lesson). Shared lessons have a maximum of 2 students and hire and purchase instruments are also available through Junior Rockers.

For more information or to book in for lessons, please email sue@juniorrockers.com or call us on 8740 3902

Or go to www.juniorrockers.com and fill in the online application.

Uniform Shop

Shop Open Times

**Tuesday:** 3:00pm - 4:00pm
**Thursday:** 8:30am - 9:30am

Items For Sale

- Simpson 302L white Fridge $250
- Sharp 'Carousel' Microwave $40
- Uniden 2 handset phone w/ answering machine $25
- IKEA bedside lamps (3) $5 each
- IKEA floor lamp $10
- Maxi Rider AHR car seat (3+yrs) $50
- ACER flat screen monitor $50

Please call Tennille on 0406 333 409

GARAGE SALE

Toys, books, DVDs, office supplies & equipment, building material, clothing and more.

9:00am – 2:00pm Easter Saturday, 30th March
15 Latrobe Street, Box Hill South
COMING’ TRY JUNIOR SPORTS PROGRAM

Primary aged children of all standards are invited to attend our ‘Come ‘n’ Try’ Sessions during the April holidays! With all playing equipment supplied, all you have to do is wear sports clothes and runners and get set for some action!

Thanks to the support of SMASHGEAR, these sessions are FREE for children to attend. Booking is essential, so make sure you call as soon as possible to reserve your child’s place!

**ADVERTISEMENTS**

**SOCCER**
- MON April 8th
  - 10:00am - 12:00pm
- TUES April 9th
  - 1:00pm - 3:00pm
- WED April 10th
  - 10:00am - 12:00pm
- THUR April 11th
  - 1:00pm - 3:00pm
- FRI April 12th
  - 10:00am - 12:00pm

**FOOTBALL**
- MON April 8th
  - 10:00am - 12:00pm
- TUES April 9th
  - 1:00pm - 3:00pm
- WED April 10th
  - 10:00am - 12:00pm
- THUR April 11th
  - 1:00pm - 3:00pm
- FRI April 12th
  - 10:00am - 12:00pm

**NETBALL**
- WED April 10th
  - 10:00am - 12:00pm
- THUR April 11th
  - 1:00pm - 3:00pm
- FRI April 12th
  - 10:00am - 12:00pm

**CRICKET**
- TUES April 9th
  - 1:00pm - 3:00pm
- FRI April 12th
  - 10:00am - 12:00pm

**BOX HILL INDOOR SPORTS CENTRE**
3/9 CLARICE ROAD, BOX HILL VIC 3128
PH: 9890 7000
www.boxhillindoorsports.com.au

Check out details regarding our Children’s Sports Parties, Junior Coaching Programs and Junior Competitions at our website www.boxhillindoorsports.com.au

---

**FIRST AID TRAINING THAT COMES TO YOU!**

Interested in gaining more knowledge of what to do when your child gets hurt or injured?

‘First aid for Parents’ course by Patch and Dispatch is for you. A 2.5 hour educational session for those wanting knowledge and confidence in dealing with common first aid incidents.

First aid for Parents $60

We also offer the following courses:
- CPR $70
- First aid Level 2 $185
- Asthma $70
- Anaphylaxis $70

Attend a course at our Malvern location or get a group of ten together and we will come to you!

Interested?
Call to book into a course or to enquire about our courses 9571 0969
www.patchanddispachtch.com.au

OR CONTACT RENEE REID ON 0410 067 679

---

**Millennium Optical**

**Bulk Billed Eye Testing**

PH 9803 3995

59 Blackburn Rd, Mount Waverley
Mon – Fri 10 am -5pm
Sat 12pm-4pm
CHURCHILL CAFE
13-15 Hamilton Street Mont Albert Tel: 9890 3444
OPENING MONDAY 8TH APRIL
NEW OWNERSHIP
ALL DAY BREAKFAST (OVER 20 VARIETIES)
HUGE LUNCH MENU
AFTERNOON TEAS HOME MADE CAKES SCONES & JAM
FREE STANDARD DRINK WITH EVERY MEAL OVER $10*
(MUST MENTION THIS ADD. LIMIT ONE PER PERSON FOR THE DURATION OF PROMOTION EXPIRES 30/4/2013)*
OPENING HOURS: MONDAY TO FRIDAY 7 TO 5 - SATURDAY 8 TO 4
COME IN AND JUST SAY HELLO OR ENJOY A CUP OF COFFEE AND READ THE PAPER

COMMUNITY NEWS

Kids Holiday Card Making Workshop
10am – 12pm - April 11th 2013
Class Held in Box Hill

This creative fun filled class is open to all kids. Come and learn some cool techniques to make super awesome cards to give to family and friends.

More details available at
www.kokovanilladesigns.com.au

To book your place in this class click the link below

Any queries call Anna on 0413689234
Email kokovanilla@live.com.au

To receive a family and friends of Roberta McCubbin discount add the code RMS510 as you checkout to receive 10% off the class and anything in the store.
Blackburn High School – Open Night – Wednesday May 1, 2013 – 6pm – 8pm

There have been a lot of changes at Blackburn High School. Come along and see the new facilities and hear about our new learning model.

Leaders of the four Houses will be presenting a comprehensive overview of the House and Mentor Class organisational model at 6pm in the House areas.

The Principal, Dr Sandra Woodman, will be speaking in the School gymnasium at 7pm.

All Faculties will be on display and Faculty Heads, staff and students will be available to speak with you about the educational opportunities available at Blackburn.
SURREY PARK
NETBALL CLUB

ATTENTION GIRLS IN YEARS 3 & 4

Net Set GO! is Netball Australia’s, Junior Netball Program. The program enables children to develop a positive introduction to Netball, ensuring enjoyment and continued participation within the sport.

In Term 2 Surrey Park Netball Club is conducting a Net Set Go! Program.

Registration and program commencement is Saturday 27th April and will run for 10 weeks each Saturday from 9.00am until 9.45am.

We are looking for girls in grade 3 & 4 who are interested in participating. This program aims to develop their skills and learn to play netball in a fun environment!

If ready, the players may form a team with Surrey Park Netball Club and play in the WDNA Saturday morning modified competition at the Ashwood courts.

The cost will be $60 per player which includes annual Netball Victoria registration and insurance.

If you wish to join us, please contact Tracey Lethbridge on 0425 788 129 or by email surreyparknc@gmail.com no later than 20th April 2013