

# St Michael's Primary School Tewsletter

3–5 Chapel Lane, Tel: 9639 0518 Fax: 9639 6734
Baulkham Hills Email: stmichaelsbhills@parra.catholic.edu.au

Issue 10 Term 2 Week 9 Thursday 22 June 2017

## From the Principal

**Dear Parents** 

## School reports

On Friday 23 June school reports will be issued for the first half of the year. Once you have looked through your child's report, please talk to them about their learning goal for the second half of the year. Please note that the A to E grading is a legislative requirement of the Government, not something St Michael's have implemented on their own. Please focus on what your child has learnt and the next step in their learning. Every parent wants the best for their child however it is important that we recognise that children develop at different rates. Our children have to feel valued for their effort and then their achievement.

Please note that the A, B, C, D, E grading system does not imply the traditional grades that we may have experienced at school. You may like to equate the grading to gaining a driving licence.

**E means** that you're on your L's. You have an **elementary** understanding of the road rules and driving. You're still learning and need to have the instructor, Teacher present in order to complete work.

**D means** that you have your P's. You're no longer a learner. You have a **basic** knowledge of the road rules and driving. You can drive unassisted but you're still gaining experience. You can't drive to the speeds that a 'black-licenced' driver can yet.

**C** means that you have obtained your 'black-licence'. You know all the rules and can drive wherever you like. You've got a **sound** knowledge of all the road rules and how to drive successfully.

**B means** that you have your 'black-licence' and have completed a defensive driver's course. You have skills and a **high** knowledge that few other drivers have.

A means that you have your 'black-licence' and have completed an Advanced driver course. You have **excellent** skills and knowledge that **very few** other drivers have.

## Reflection

There is a Buddhist saying that has two parts to it: "If you want to know your past, look into your present conditions." We are the product of our past actions and decisions. "If you want to know your future, look into your present actions." This time, our future is in our hands, and in our hands, also, is the future of our children, for they are just starting to build the lives in which they will live and they need our hands to be guiding hands.

The Old Testament's Book of Proverbs allows us to share advice that was given more than two and a half thousand years ago: "Train a child in the way he should go and when he is old he will not turn from it." (*Prov. 22:6*)

However, before we can do that we need to ensure that we have a positive attitude towards ourselves that is supported by rewarding interests so that our children don't have to compensate us for having a disappointing life. We need to clearly identify any unfulfilled wishes in our own lives, so that we don't, unconsciously, expect our children to fulfil them for us and not lead their own lives.

Bestselling author, Stephanie Dowrick, has these wise offerings to share:

- "Keep in mind that your children are separate children, still dependent and beloved. They are not you, you are not them.
- Remember that you are a parent not a coach. A coach praises unconditionally; a parent loves unconditionally.
- Be pleased for them when things go well; be confident in them when things don't go so well.
- Value simple pleasures, easy sharing, guiet talks, lots of affection, play and laughter.
- Consider what you enjoy most about being a parent; do more of that." (from Choosing Happiness)

As Christian parents, there is nothing as meaningful or motivating in life as being "used" by God to communicate His love, care and forgiveness to our children by our guiding hands. Of all the kindness we might confer on our children, perhaps the greatest is to lead them to realise their potential for goodness and then to live it.

"Dear Lord, We ask You to strengthen us in our role as parents. Help us to be positive, encouraging, appreciative and supportive of each other as we guide our children's lives to reflect Your goodness and love. Amen."

Danuta Maka

## Religious Education

#### **Sacrament of Confirmation Programme**

The programme will commence in **July** for children aged 10½ or older who have made their First Holy Communion. Further details are contained in this Newsletter.

Mr David Ison, Religious Education Co-ordinator

## Parish Youth Group

The parishes of Baulkham Hills and Castle Hill are combining to run a youth camp, themed "OUTTA THIS WORLD", from 10-12 July at Mangrove Mountain, for more information contact James Hay: 0403 933 732 or at ym@stbernadette.org.au

If you have any questions or are just wanting to know more about the youth movement at St. Michael's, please call:

#### Paul on 0407 773 174.

## School Fees

Thank you to the families who have paid their school fees for Term 2 which were due on Monday 29th May.

Families are currently being contacted to settle their school fees for Term 2.

Please note that the final school fee account for the year will be sent out at the beginning of Term 3. There are no school fee accounts issued in Term 4.

If you have any questions you need to ask, please contact Mrs Tanya Eastaway, Finance Officer on 9639 0518.

## Absence from school

If your child is absent, please contact the school to advise they are sick via phone, email or skoolbag app.

If you phone the school, please ensure that you send in a note explaining your child's absence.

Each fortnight we send letters home to our families whose children have unexplained absences.



## Social Justice Skills and Mantras Program.

#### Week 9: Telling an interesting story

Tell the right story to the right person and keep it brief.

#### Week 10: Having an interesting conversation

 Take turns and talk about something you are both interested in.

## <u>Term 3—Week 1: Using good manners and asking</u> permission politely

- Say "Please" and "Thank you"
- "May I (go to the toilet), please? Thank you"

## Prayers

Please keep in your prayers the Sordo family on the passing of Jackson's (1 Blue) paternal grandfather recently.



Eternal rest grant to him, Lord. Let your perpetual light shine upon him. May he rest in peace. Amen.

We also pray for those in our community who may be unwell at this time.

#### St Michael's OOSH

During the holidays OOSH will be using our Kid's Club space in the refurbished building.

When we return after the holidays, OOSH will continue to use the school hall until their new spaces have been completed.

Places for 2018 are currently being taken.

TO ENROL: www.stmichaelsoosh.org.au

**CONTACT:** Alison Nicolson – Director

0499 993 489

admin@stmichaelsoosh.org.au

## 2018 ENROLLING NOW

We are currently finalising our Kindergarten 2018 enrolment places. If you already have children at the school and are thinking about your next child coming to St Michael's in 2018, we would ask that you please contact us prior to the end of Term 2 to discuss their enrolment with us.

# Interviews are currently taking place for siblings and new families

Interview times have been timetabled and conducted with the aim that they will be completed by the end of this term.

If you have any relatives or friends considering enrolling their child at St Michael's in 2018, particularly for Kindergarten, now is the time to remind them to apply.

For parents wishing to enrol their child in any other year level for 2018, applications are also being accepted.

Enrolment packages for Kindergarten-Year 6 2018 can be collected from the school office.

Please return your Enrolment Application as soon as possible so that an interview can be arranged.

Please contact the school office on 9639 0518 for further information.

Calendar Dates				
	WEEK 9			
Fri 23 Jun	School Assembly 8.50 am—6 Yellow Prayer Year 4 Grade Eucharistic Liturgy 10.15 am Peer Support Reports go home			
	WEEK 10			
Tue 27 Jun	2 Blue & 2 Yellow Parish Mass 9.15 am Student and Citizen of the Term Awards 2.30 pm			
Wed 28 Jun	1 Red & 1 Yellow Parish Mass 9.15 am Peer support			
Thu 29 Jun	Blue & 1 Green Parish Mass 9.15 am Year 4 Excursion "The Adventures of Blinky Bill"			
Fri 30 Jun	School Assembly 8.50 am—5 Yellow Prayer Term 2 finishes 3.10 pm			
	TERM 3—WEEK 1			
Mon 17 Jul	School resumes—Staff and students			
Fri 21 Jul	School Assembly 8.50 am—4 Yellow Prayer			
	WEEK 2			
Mon 24 Jul	Peer support Sacrament of Confirmation Registration evening 7.30 pm			
Tue 25 Jul	St Bernadette's Netball Gala Day 5 Red & 5 Green Excursion Camden Park Environmental Centre Sacrament of Confirmation Registration evening 7.30 pm			
Wed 26 Jul	Incursion—Performing Arts Variety Show 5 Blue 7 5 Yellow Excursion Camden Park Environmental Centre			
Fri 28 Jul	Mackillop Girls Cricket  Grandparents' Day Eucharistic Liturgy 10.15 am followed by Morning Tea			
	WEEK 3			
Mon 31 Jul	1 Green Lego Incursion 11.30 am			
Tue 1 Aug	English ICAS Competition Peer Support 1 Blue Lego Incursion 11.30 am			
Wed 2 Aug	1 Yellow Lego Incursion 11.30 am			
Thu 3 Aug	Year 3 Excursion Rouse Hill House & Farm 1 Red Lego Incursion 11.30 am			
Fri 4 Aug	School Census Day Yr 6 Debating			
Please note that from time to time there may be unavoidable circumstances that				

Please note that from time to time there may be unavoidable circumstances that may occur and dates advertised for events may need to be changed. Every effort is made to give as much notice as possible when changes occur. We apologise for any inconvenience this may cause.

\*\*Please check our Skoolbag App for any late sport cancellations that are due to weather conditions.

## Early collection of children from school

If there is a need to collect your child early from school for an unavoidable appointment, please send a note to the classroom teacher in the morning and proceed to the school office when you arrive.

On your arrival at the school office, staff will contact the class teacher and your child will then meet you at the school office. While you are waiting for your child, you will be asked to sign them out of the school.

<u>Parents are not permitted to go directly to classrooms or other areas to collect their children.</u>

Please allow plenty of time as it will take a few minutes to contact your child, have them pack their bag and walk to the school office.

Recess is from 11.00—11.30 am and Lunch is from 1.00—1.40 pm.

If you are collecting your child/ren around Recess or Lunch, we suggest you arrive at the school prior to or after the Recess/Lunch times as you may have to wait until your child returns from the oval after Recess/ Lunch.

Please note that no child is allowed to go home with another parent unless there is written permission prior to their departure from the school.

## Children leaving school at 3.10 pm

A number of children are coming to the school office to find out how they are getting home each day.

Please ensure your child knows how they are going home every day.

Could you please discuss these arrangements with your child and write it in their diary. This daily organisation will save your child from becoming distressed at school.

If there is an unavoidable change to how they are going home, we would ask that you contact the office before 1 pm so the message can be passed on to your child.

Every effort is made to get this message to your child's teacher in the recess and lunch breaks so that the children's learning sessions are not disrupted by unnecessary phone calls.

Thank you for your support.

## Band, Choir, Year 6 Leadership Group Photos

These photos are now available for purchase from Leading Image for \$17 (which includes postage to your home address).

**Photos available**: Year 6 Leadership Group, Beginner Band, Concert Band, Performance Band, Performance Choir

## Calendar Dates—2017

Term 3—Monday, 17 July to Friday, 22 September

Term 4—Monday, 9 October to Tuesday, 19 December

- Friday 15 December Students Finish for 2017
- Monday 18-Tuesday 19 December—Staff Development Days—Pupil free



## Assembly Awards Student of the Week Awards

Term 2 Week 7		Term 2Week 8		
Ε	Khloe Clifford	KQ BLUE	James Coote	

**KQ BLUI** Alanah Daher **KvG GREEN** Xavier Ursino **KvG GREEN** KR RED Alex Fna KR RFD Jordyn Rose **KRT YELLOW** Gabriella Corrao KRT YELLOW Christian Zerefos 1HS BLUE Zara Stevens 1HS BLUE Mattea Volpe **1S GREEN** Billy Haddin 1S GREEN BJ Barakat **Declan Woods** 1G RED 1G RED Marco Tlevii 1F YELLOW Elahni Eleter 1F YELLOW Jarryd Rawlings 2R BLUE Chloe Wong Holly Brettle 2R BLUE 2J GREEN Teleigha Eleter 2J GREEN Asher Yoon 2P RED Nicola Bugeja 2P RED Kieran Willathgamuwa 2L YELLOW Madeleine Nolan 2L YELLOW Cleo Papadopoulos 3B BLUE Lachlan Cefai 3B BLUE Sienna Tornatore 3H GREEN Charlotte-Jessica Padjan 3H GREEN Samuel Kelly 3C RFD Ysabel Sailago 3C RED Sinead Hawes **3RC YELLOW** Olivia Pellicano **3RC YELLOW** Cassandra Perez 4BM BLUE Daniel Grib 4BM BLUE Frederick Taylor **4G GREEN** Sofia Zarriello **4G GREEN** Isabella Kasto 4P RED Cameron Lee 4P RED Katherine Solina 4I YELLOW Sarah Zammit 4I YELLOW Jade Ehrlich Blake Fitzgerald 5J GREEN **5K BLUE** Victoria Searle Antonio Pellicano 5M RED 5J GREEN **Emily Ward 50D YELLOW** Alexia Anezis 5M RED Javier House 6F BLUE Andre Youssef **50D YELLOW** Naden Cooray **6B GREEN** Tiana Fares 6F BLUE Hannah McGoldrick **6R RED** Oliver Lepri **6B GREEN** Aaron Bruton Isabella Warland **6M YELLOW** 6R RED Victoria Lopez **6M YELLOW** Jacob Jones Music Kaidyn Olic, Patrick Savill

# Skoolbag App

We use the Skoolbag App to push out alerts to our families, including the Assembly Awards.

Unfortunately last Thursday 15 June the Skoolbag App went offline without our knowledge. Skoolbag is an outside provider and this technical difficulty was outside our

Thank you to the parent who emailed us on Friday morning to let us know so that we could contact Skoolbag. The School Assembly Awards were repushed after the system went back online during Friday morning.

We apologise to our families for the inconvenience this caused. Thank you for your understanding.

### Please do not bring Nuts or Nut products to school

Due to a number of children with allergies to nuts, we ask that you do not send your child to school with products containing nuts, e.g. Nutella, peanut butter or any item containing nuts or traces of nuts.

## Logophile

Thank you to our children and families for their participation and support of our recent Logophile day.

Reminder to all families to return donation cards regardless of the amount of money collected as we are in the process of finalising this event.

Mrs Trisha Lee, Coordinator

## Sport

Congratulations to the rugby league teams that attended the Parramatta All Schools Knockout recently. All who attended displayed great behaviour sportsmanship, teamwork and skill.

Particular congratulations to the U10s and U11s who won their divisions and progressed to the North vs South final. The North vs South Final results were U10s won 6-0; 11s lost 24-18. Well done to both teams on their efforts and achievement.

Congratulations to the girls' soccer team who won their pool at the recent Soccer Gala Day with 6 wins from 6 matches. Well done! Steve Kovelis, Sports Coordinator





## School Uniforms—Ozfashions

School ties-please note that the school ties have dry clean only instructions. If you do wash the tie, please put in a laundry bag as otherwise the tie will get damaged in the washing machine.

Joe. Ozfashions

## Star Corner

Congratulations to Billie Gwynne and Lauren Nada who have been selected to play in the National OzTag Team in Coffs Harbour in October.

## 2R Blue News

Term 2, has been extremely busy for 2 Blue with many quality learning experiences and opportunities to share our improving skills.

This term we have celebrated 'May the 4th be with you'.

We used our love of Star Wars as inspiration for our writing and Mathematic calculations. We practiced our skills in diagram labelling, narrative structure and use of positional language.

We had Scientist Mitch visit our school and share experiments with us that show the different Laws of Motion discovered by Sir Isaac Newton. We learned about how push, pull and spin forces create movement in different ways.

Finally, 2 Blue moved into our fantastic new building and top floor classroom. Our new learning spaces provide us with rich opportunities to collaborate, learn with greater independence and access new technology.

We can't wait for Term 3 and the new challenges it will bring to 2 Blue#



























## Student Absence—Taking leave from school

On Friday 4 August, all schools will participate in the compulsory government School Census. Every student needs to be accounted for on this day.

We take this opportunity to revise the procedure for taking leave during the year.

#### Requirements for student absence and travel

- 1-4 days absence: Parents must notify the school principal by mail or email (written).
- 5 or more days absence: Parents must complete and submit the Application for Extended Leave form (A1) prior to commencing leave. If approved the Principal issues a Certificate of Extended Leave (C1). If the principal declines this application (i.e it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.

#### **Exemption from attendance**

This relates to students who wish to participate in an accredited Elite Sports Program/Elite Arts Program, Employment in the Entertainment Industry or where there are exceptional circumstances.

For additional information on accredited Elite Sport Program and Elite Arts program, contact the school office.

Please note: If your child is representing St Michael's at a school organised sporting event, their absence is classed as school business.



## The Parish of Baulkham Hills

PO Box 702, Baulkham Hills NSW 1755



Our Lady of Lourdes Church Ph: (02) 9639 8385

St Michael's Church Ph: (02) 9639 0598

20th June 2017

Dear Parents/Carers,

## RE: Sacrament of Confirmation Programme to start in July

We are writing to let you know that preparation for the Sacrament of Confirmation at St Michael's Church will start in July. Families with children aged ten and a half or older (by 1 Sept), and who have made their First Holy Communion, are invited to participate in preparation for the sacrament of Confirmation. You will need to attend **one** of the two registration evenings to be held on:

## 7.30pm Monday 24th July OR Tuesday 25th July

Parents Information and Registration Evening - St Michael's Church

There will be significant changes to the Program structure this year and these will be explained at the information sessions,

The programme schedule is as follows:

Weekend All Masses 5th and 6th August

Presentation of Children (Enrolment)

Session 1 (Parents only)	Monday 14 <sup>th</sup> August	7pm	
Session 2 (Children and Parents)	Tuesday 22 <sup>nd</sup> August Wednesday 23 <sup>rd</sup> August	7pm 7pm	
Session 3 (Children and Parents)	Tuesday 29 <sup>th</sup> August Wednesday 30 <sup>th</sup> August	7pm 7pm	
Session 4 (Children and Parents)	Tuesday 5 <sup>th</sup> September Wednesday 6 <sup>th</sup> September	7pm 7pm	Including Practice Including Practice

The Sacrament of Confirmation Masses will take place on Monday 11<sup>th</sup>, Tuesday 12<sup>th</sup> and Wednesday 13<sup>th</sup> of September at 7pm.

## Attendance at all Sessions is compulsory. All sessions are held in St Michael's Church

If your child has not received previous Sacraments here at the Parish of Baulkham Hills, please bring a copy of your child's baptismal certificate and communion certificate to the registration evening. The cost of the programme is \$20.00 per child.

We hope that the above details will assist with family planning and preparation. Please do not hesitate to contact myself or any of our Parish team should you require further assistance.

We look forward to meeting with you and your child/ren in due course.

Yours Sincerely

Jenny Havek

Sacramental Coordinator Ph: 9639 0598 (Mon & Tue)

Email: sacssm@parishofbaulkhamhills.org.au

Father Wim Hoekstra

uhrekelia

**Parish Priest** 



Community • Friendship • Education

St Michael's Primary School Parents and Friends Association Baulkham Hills

A big thank you to our school community for your kind support of our recent "Be Bright, Be Colourful, Be You" Mufti Day. We collected over \$800 for our school. All our fundraising is for resources for our children's learning from K-6.

# Grandparents' Day



All Grandparents of St Michael's are warmly invited to our Grandparents' Day

Friday 28th July 2017

# About the P&F at St Michael's



The P&F is a group of volunteer parents that believe in fun & friendship whilst helping the school through many and various fundraising events during the year. We also cater special morning tea events during the year. Our meetings are once a term and we often bring in a speaker to do a talk on an important topic. All are welcome to join the P&F. It's a great way to be involved with your child's school, meet other parents and get to know the greater school community.

You can either join the General Committee, or just go on our Helper Database which we occasionally email when we need some more hands to help with a specific task or function. You're not obligated to make any massive time commitment. Come to the meetings and help out when you can.

If you are interested, we'd love to have you onboard. If you have any questions about what we do - please email us at: pandfstmichaels@gmail.com

Last week we held another 2nd Hand Uniform Sale. Thank you to the parents who were able to come along. We raised over \$300 which will go directly into









www.facebook.com/PFStMichaelsPrimaryBaulkhamHills

Please go and "LIKE" our page for updates & news!

If you have any concerns or feedback, please email: pandfstmichaels@gmail.com -We thank you for your continued support!

## **Enrolment Policy**

St Michael's, a Catholic parish primary school in the diocese of Parramatta aims to provide an education for children from Kindergarten to Year 6 in a climate humanly and spiritually rich. St Michael's community recognises that it finds its true justification in the mission of church; it is based on an educational philosophy in which feature, culture and life are brought into harmony. This enrolment policy adheres to the guidelines of Parramatta Catholic Systemic Schools.

#### **Catholic Education Diocese of Parramatta Enrolment Policy**

Catholic families can apply for enrolment in a Catholic school anywhere in the Diocese.

Where places are limited, priority will be given in order to:

- Catholic children who live in the local parish
- · Catholic children from other parishes
- Children of families who actively participate in the life of the school and local parish community (e.g. siblings)
- Orthodox children
- · Children from other Christian faiths
- Children of non-Christian faiths

#### **Frequently Asked Questions:**

#### Who makes decisions regarding enrolment of students?

The principal of each school has the delegated authority to accept enrolments. The Principal must consult with the Parish Priest and Catholic Education's Director of System Performance to ensure the enrolment policy and procedures are given effect.

#### How is enrolment determined?

The principal determines if the student meets regular enrolment criteria by:

- a) conducting enrolment interviews as necessary in consultation with the parish priest
- b) reviewing all enrolment applications using the CEDP enrolment process

#### Will siblings of children already enrolled have preference?

Siblings of children already enrolled in the school are considered by the same criteria above. However, within each of these categories, a sibling of a child already enrolled will have preference over an applicant who does not have a sibling enrolled in the school.

#### Is enrolment guaranteed for existing primary students?

A child who has completed primary education in a Catholic Diocesan primary school will *usually* be offered continuity of enrolment in a Catholic Diocesan secondary school. If no places exist at the school of choice, contact Catholic Education's Director of System Performance to assist the family to enrol in another Catholic secondary school in the Diocese. The policy and procedures are available via <a href="https://www.parra.catholic.edu.au">www.parra.catholic.edu.au</a> - go to 'About Us' menu and click 'Policy Central'. (Published October 2014)

## Photographs taken at school

From time to time photographs may be taken of your child whilst they are at school. These photos may be used in school Newsletters, publications and the school website. They may also be used by Catholic Education, Parramatta Diocese in their publications and website.

If you do not wish your child's photo to be taken, please notify the school in writing or request a new consent form.

## Raffle Tickets

If you wish to change consent for raffle tickets to be sent home, please notify the school in writing or request a new consent form.



# Light Up St Pat's joins the Winter Light Festival

# St Patrick's Cathedral & Parramatta City Council

Light Up St Pat's was an initiative started by the St Patrick's Cathedral Parish to connect with the diverse and growing community of Parramatta. Working with Parramatta City Council we will be running building projections similar to Vivid and Lights of Christmas at St Mary's Cathedral. The projections will run throughout the duration of the Winter light festival held across the road at Prince Alfred Park.

### Opening night 30 June 6 pm - 10 pm

#### **Closing night 9 July**

## Projection runs 6-10 pm on week nights and 7-10 pm on weekends

Parramatta is going to be Australia's next great city and with an already diverse community it is important that as community leaders we work together to promote the universal values of community, love and respect to highlight no matter our difference, we are always at the end of the day human beings first.

This event is the first of its kind with the Cathedral working with Council on the overlap of the two events. Council's Winter Light Festival last year had over 110 thousand attendees over a 2 week period and with the involvement of the projections on the Cathedral, the event is destined to be attracting more attendees and becoming one of the largest events held in Parramatta.

#### About St Patrick's Cathedral Parish Parramatta

St Patrick's Cathedral Parish is the heart of the Parramatta Diocese. The Cathedral is known as the cradle of Catholicism in Australia because of its age and history.

Email: events@stpatscathedral.com.au



# Term 3 Develop inner strength, a more shapely body, better posture, flexibility, balance & control.

1pm & 7.15pm Monday at Crestwood 8pm Wednesday at Castle Hill

Term 3 begins Monday 17 July - 10 week term

Strengthen your core muscles to reduce back pain and stress. Improve your posture and stamina.

1 hour class for beginners to advanced levels.

- Early Bird special: pay in full by 6 July pay only \$165
- Term Fees if paid after 6 July: \$180 (\$165 for full time students)
- Flexible payment options
- Get 1 free lesson if you join for the term with a friend\*
- Bookings essential, class numbers limited

\*Conditions apply

To book or get more information including testimonials, call Sharon Brown, 0414 465 542 or email:

shaandy@optusnet.com.au Sharon Brown Pilates

## **Crestwood Early Learning Centre**

- Extensive School Readiness Program
- Qualified Staff
- Computer Based Learning
- Meals Provided
- Fully Accredited
- CCB available





44 Kalimna Drive Baulkham Hills 2153

(Close to Crestwood Public School)

## **Crestwood Early Learning Centre**

44 Kalimna Drive Baulkham Hills

#### **Limited Number of Outside School Hours Care**

Positions Available

Please contact the Director 9624 5931

or

0405 279 767





## ATTENTION MUMS & DADS!

At last! You can give your family the CONFIDENCE you all deserve! Our Bully-Proof Confidence Program is suitable for the whole family and will increase self-esteem, focus, respect and discipline.

Offer Valid at TSDA Kings Park

TRIAL OFFER: 5 Classes + Free Uniform Only \$39! (Valued at \$100).

Bookings essential. PLUS Kickboxing Fitness available for Mums and Dads that want to get fit!

info@totalselfdefence.com.au or phone 0402 833 488











**Martial Arts School** 

