



# St Michael's Primary School

# Newsletter

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Baulkham Hills

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Issue 17

Term 4 Week 3

Thursday 26 October 2017

## From the Principal

Dear Parents



### St Michael's Feast Day Celebrations Monday 30 October

The Archangel St Michael is the patron saint of the warrior, who Catholics have designated as the protector of those who strive to preserve security, safety and peace.

On Monday morning you are invited to attend our St Michael's Feast Day Mass at 10.15 am in the Parish Church. The school has organised a drumming group to entertain our students during the day and the children will receive a free ice block to celebrate our school's feast day.

There are two drumming sessions—Years 3, 4, 5 & 6 Drum Beats from 11.30 am and Kindergarten and Years 1 & 2 from 1.45 pm. The performers will be bringing 200 drums. Parents are welcome to attend the drumming sessions.

We hope that the day will be a memorable one for all our school community.

### Resilience

Children need to be resilient. They need to be able to bounce back from life's bigger and smaller setbacks. Resilience is linked with good mental health habits and also with a child's success.

The following extract is from Michael Grose, founder of Parenting Ideas, one of Australia's leading parenting educators.

#### ***This Is The Worst Day Ever!***

"Recently, Debra (not her real name), a mother of two children, told me how her 10 year old son would often exaggerate his woes with comments such as "*This is the worst day ever*" when he came in the door after school. She was seeking my advice on what approach she should take with her son.

Debra was attuned to her son's needs. She realised that he had a need to talk about what was on his mind, which put her at odds with her husband who viewed her son as a pessimist. So what approach to take?

**Place time limits on pessimism:** Her son was more than likely down the pessimist end of the pessimism-optimism continuum. Nothing wrong with that although it would be very limiting if he always saw the world through a negative lens. Pessimism and optimism are part genetic and part learned so regardless of how sunny and optimistic those adults around them may be, some children are just more prone to seeing the downside in most situations. It's important to listen to children but at the same time don't allow them to wallow in self-pity or go over old, negative ground. Listen to their tale but at some point it's best to say, "*Enough! Think about other things!*"

**Cue children to talk:** Children of all ages have a need to talk about their day and get things off their chests. Children Helpline's busiest part of the day is the time immediately after school when children dial up to talk about problems with teachers and also with peers. It's healthy for children to talk to adults to get things off their chests. "*The worst day ever*" is a type of cue for Debra's son to vent. Perhaps Debra can let her son know that she's always available to talk and that all he needs to do is say, "*Mum, I need to talk.*"

**Allow children to vent and be understood:** There's nothing more therapeutic than knowing someone understands you. That means as a listener you need to stop what you are doing, and really tune into the feelings behind your child's venting. If your child is feeling sad, mad or rejected, think of a recent time when you felt the same way. It will allow you to get on the same wave-length as your child. This takes time and a willingness to be vulnerable, but it is probably what your child wants from you.

**Call children out on extreme black and white language:** Many young people catastrophise or see situations in extreme terms. "*The worst day ever*", "*everyone hates me*", "*the teacher never says anything nice to me*" are examples of extreme views. The world is rarely so black and white. As parents, we can challenge extreme language. Wind it back with more realistic language such as "*Yes, it sounds like you're having a bad day*", "*some people can be unpleasant but you have some other terrific friends*" and "*that teacher can be grumpy sometimes but I think you'll find he can be reasonable too*".

**Encourage children to show gratitude:** If you have a child who constantly brings the negative parts of their day to you then it may be wise to bring some balance to his or her viewpoint. Do this by encouraging them to show some gratitude for the good or positive things that happened to them. Many resilience experts encourage children and young people to keep a gratitude journal. At the end of each day they should place three things that happened to them that they are grateful for in their journal. Not only does this add some much needed perspective but looking for the good and positive side of life becomes habit forming even for the most negative Nevilles and Nellies."

*"Thank you, God, for parents whose active participation and support improves the education of all children. Amen."*

*Wishing you every blessing for the week ahead.*

*Danuta Maka*

## Religious Education

### Sacrament of Confirmation

A special word of congratulations to all the children who were confirmed late last term.

We would like to especially thank the parents and the sacramental team who supported the children throughout the program.

### Sacrament of Eucharist—First Holy Communion

**Session 3 Parents/Children** – Tuesday 31 October ~ 7.30 pm  
or Wednesday 1 November ~ 7.30pm

**Session 4 Parents/Children** – Tuesday 7 November ~ 7.30 pm  
or Wednesday 8 November ~ 7.30 pm

### First Communion Masses

Any of the Parish Masses on weekend of 18-19 November  
or

Fri 17 November 7.30 pm, Sun 19 November 12 noon and 2.30 pm

*Attendance at Weekend Masses is expected throughout the whole programme.*

All enquiries—please contact the Parish Office on 9639 0598.

### Photography Grade and School Masses

Dear Parents, Please be aware that no photographs are to be taken and/or filming is to take place during a mass out of respect for the Sacrament.

If parents would like to have a photograph of their own children, then they are allowed to do so at the end of the mass.

Thank you for your support and understanding.

**Mr David Ison, Religious Education Co-ordinator**

## Social Justice Skills and Mantras Program.

### Week 4 - Perseverance

- Having the ability to continue to maintain a purpose in spite of difficulties.
- Keep trying even when work seems too hard.
- FAIL: First Attempt In Learning;
- Try a new strategy; Ask for assistance.

### Week 5 - Compassion

- Feeling sorrow or empathy for others who are having difficulties.

## Prayers

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

We pray for them through Christ Our Lord.  
Amen.



## Kindergarten 2018 Parent Information Evening 6 November at 7 pm

We look forward to having all our Kindergarten parents attend this evening. Kindergarten teachers for 2018 will each present a small workshop. There will be five workshops on that evening. Parents will have the opportunity to meet all four teachers and learn about the expectations for Kindergarten 2018.

Orientation days for the Kindergarten children are Tuesday 14 November and Thursday 16 November. Orientation times for Kindergarten 2018 children have been posted and orientation forms are now due.

## 2018—Families leaving St Michael's at the end of the year

If your family is not returning to St Michael's for Years 1-6 in 2018, please let Mrs Maka, Principal, know as soon as possible. Please address all letters to Mrs Maka c/o the school office.

We will be looking at placing students in classes for 2018 during Term 4.

Please note that if you are leaving the school at the end of the year in Years K-5, parents must provide one term's notice in writing in lieu of one term's school fee payment.

Please contact the office for further information 9639 0518.

### Parent Contact Details

Our new finance system is now in place and receipts will now be sent to email addresses.

Please ensure that the school has your up-to-date email address and contact details, especially emergency contact details and updated mobile phone numbers.

When you change your email address or other contact details please email us at:

[stmichaelsbhills@parra.catholic.edu.au](mailto:stmichaelsbhills@parra.catholic.edu.au)

**Did you know**  
1 in 6 primary students are not attending school regularly. Schools are here to help.  
If you are having attendance issues with your child please contact us so we can support you to address them.

every learner every day

Ca Dicc

## *Calendar Dates*

### WEEK 3

<b>Fri 27 Oct</b>	School Assembly 8.50 am—Prayer 1 Blue Kindergarten Incursion Bronwyn Vaughn Floating on a sea of stories 1.30-3.00 pm
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### WEEK 4

<b>Mon 30 Oct</b>	St Michael's Feast Day Liturgy 10.15 am Yrs 3, 4, 5 & 6 Drum Beats incursion 11.30 am Yrs K, 1 & 2 Drum Beats incursion 1.45 pm
<b>Tue 31 Oct</b>	Yr 4 Iconic Productions: Colonial Show 5 Blue & 5 Yellow Parish Mass 9.15 am
<b>Wed 1 Nov</b>	1 Blue & 1 Green Parish Mass 9.15 am
<b>Thu 2 Nov</b>	Talent spectacular 11.00 am <i>(please note time change)</i> Music Count us in 12.00 pm
<b>Fri 3 Nov</b>	School Assembly 8.50 am—Prayer K Blue Kindergarten-Year 1 Infants Sport Fun Day

### WEEK 5

<b>Mon 6 Nov</b>	Kindergarten 2018 Parent Information Evening 7 pm
<b>Tue 7 Nov</b>	3 Green & 3 Red Parish Mass 9.15 am
<b>Wed 8 Nov</b>	1 Red & 1 Yellow Parish Mass 9.15 am
<b>Thu 9 Nov</b>	Year 6 Canberra Excursion (Overnight) 4 Green & 4 Yellow Parish Mass 9.15 am
<b>Fri 10 Nov</b>	Year 6 Canberra Excursion School Assembly 8.50 am Prayer 5 Green

### WEEK 6—National Recycling Week

<b>Tue 14 Nov</b>	Kindergarten 2018 Orientation Session 1 4 Blue & 4 Red Parish Mass 9.15 am OOSH Annual General Meeting 5.00 pm
<b>Wed 15 Nov</b>	2 Green & 2 Red Parish Mass 9.15 am
<b>Thu 16 Nov</b>	Kindergarten 2018 Orientation Session 2 2 Blue & 2 Yellow Parish Mass 9.15 am
<b>Fri 17 Nov</b>	School Assembly 8.50 am—Prayer 6 Green

### Fri 17 Nov-Sun 19 Nov—First Holy Communion

### WEEK 7—Wellbeing Week

<b>Tue 21 Nov</b>	5 Yellow & 5 Blue Parish Mass 9.15 am
<b>Wed 22 Nov</b>	6 Yellow & 6 Blue Parish Mass 9.15 am Band Concert 6.30-8.00 pm School Hall
<b>Thu 23 Nov</b>	K Yellow & K Blue Parish Mass 9.15 am
<b>Fri 24 Nov</b>	School Assembly 8.50 am—Prayer 4 Green P&F School Disco 6.00-9.00 pm School Hall

### WEEK 8

<b>Tue 28 Nov</b>	4 Yellow & 4 Green Parish Mass 9.15 am Choir at Epping RSL
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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.

## *Year 6 Leadership Policy & Procedures*

In line with our vision at St Michael's Primary School, children in Year 6 are given opportunities to use their gifts and talents in leadership roles. Student leadership roles are an important part of the program at St Michael's as they provide opportunities for students to develop their leadership skills through their representation in the school and community events.

In consultation with their parents, students from Year 5 are able to nominate themselves for a leadership role and may then be elected by their peers and teachers to represent St Michael's school.

They vote to elect:

School Captains, Vice-School Captains  
Community Leaders, House Captains

As a prerequisite, students who nominate themselves for election must have demonstrated:

- active participation in the life of the school community;
- have been a positive role model throughout their schooling;
- have shown respect for the policies and procedures of the school;
- have been a good citizen of St Michael's.

We have developed a new Student Leadership Policy and Procedure for selecting the Student Leadership team for 2018.

A sample of parents are being contacted to gain feedback on the policy and procedures.

Further details on the new Student Leadership Policy and Procedure are contained on our website in the school notes section of our website at the following location:

<http://www.stmichaelsbhills.catholic.edu.au/SiteData/162/UserFiles/PublicationLinks/STUDENT%20LEADERSHIP%20POLICY%20and%20PROCEDURES.pdf>

The Year 6 Leadership Policy and Procedures will be provided to Year 5 student and parents as soon as possible.

## *Music*

### **Count Us In 2017/Talent Spectacular**



On Thursday 2 November, all students will be taking part in the annual Count Us In event. This is a nationwide event to promote the importance of music education in our schools. This year over 80,000 schools across Australia will stop at 12:30 pm on this day, to sing the program song called "Shine Together". Our students having been practising this song for many weeks in music lessons and are looking forward to performing it as a whole school during our Talent Spectacular.

We have 58 talented performers who will also be entertaining us on this day during our Talent Show. All should have received a note by now highlighting which session they will be performing in. Parents are very welcome to attend.

**Lyndall Parker & Kathryn Young, Music Teachers**

## Assembly Awards



### Student of the Week—Week 1

KQ BLUE	Nicolas Picallo
KvG GREEN	Sofia Sideras
KR RED	Landon Gloss
KRT YELLOW	Dean Zerefos
1G RED	Lila Haddin
1F YELLOW	Logan Orley
2R BLUE	Thomas Harkin
2J GREEN	Leo Michaels
2P RED	Kayla Emeigne
2L YELLOW	Tay Ormandy
3B BLUE	Lucas Tait
3H GREEN	Zahil Shah
3C RED	James Annabel
3RC YELLOW	Samuel Duda
4BM BLUE	Samuel Tait
4G GREEN	Charlie Schneider
4P RED	Sarkis Bazouni
4I YELLOW	Catherine Grainger
5K BLUE	Robert McKay
5J GREEN	Samuel Walters
5M RED	Reagan Smith
5OD YELLOW	Thomas Williams
6F BLUE	Madison O'Brien
6B GREEN	Laura Croucher
6R RED	Oliver Lepri
6M YELLOW	Emily Robson

### Kinder Red News

At the end of Term Three the Kindergarten classes were working hard to raise some money for refugees in Parramatta. We were all asked to do some extra jobs at home to earn money that we could donate. Some of the jobs we did were:

- setting the table for dinner,
- mopping the floor
- making our beds
- folding the washing,
- checking the letterbox
- helping in the garden,
- helping to clean my brother's room
- taking the leaves out of the pool
- vacuuming the floor
- tidying our rooms
- doing the weeding

I loved doing some jobs because it is fun.  
*Koby*

I liked doing the jobs because I did it with my mum.  
*Jordyn*

I liked raising money for the poor people because it is being nice.  
*Evie*

I liked doing all those jobs because it is healthy.  
*Charlie*

I liked raising money because it might help someone get a house.  
*Joshua*

## Fred Hollows Award Recipient 2017 Nathan Saliba



Nathan Saliba was chosen for the Fred Hollows Humanity Award from Year 6, Blue.

Nathan is that student who shows outstanding care and compassion for others. He is there for his peers on the playground and even in class, if and when anybody needs assistance.

He always has a smile on his face and is very respectful to his parents, siblings, peers and teachers.



These qualities have been recognized by the Fred Hollows Foundation and have rightly awarded him a certificate, congratulating him for demonstrating, 'Real humanity is shown when we care for others'.

### Mr Francis, 6F Blue Teacher

### Sport

Congratulations to the school cricket team who won their 3rd round match against OLOL Baulkham Hills. Scoring 8/131 we bowled OLOL out for 86. Everyone displayed great teamwork, batting and bowling but player of the match was Thomas Williams, with his new undisclosed nick name (thanks mum) who scored 32 not out and took 4/14 with the ball.

**Mr Steve Kovelis, Sports Coordinator**

### C2K Swimming Program—Years 1-3



The C2K swimming program for Years 1, 2 and 3 will commence this term during Week 9 Monday 4 December to Friday 8 December. The program will be held at the C2K Fitness and Aquatic Centre, Castle Hill RSL.

The swimming program forms part of the PDHPE curriculum and all children are expected to attend. Grading forms are being sent home today and need to be back by Friday 3 November.

Please note: If your child is unable to participate due to an injury or illness, they will remain at school with another class and not travel to the pool.

**Mrs Rosalie Knispel, Assistant Principal**

### Calendar Dates—2017

- Friday 15 December 2017—Students Finish for 2017

### Calendar Dates—2018

Term 1—Monday, 29 January to Friday, 13 April 2018

- Staff Development Days - MAI Testing:  
Monday, 29 January and Tuesday, 30 January
  - Wednesday, 31 January: Years 1-6 Commence
  - Thursday, 1 February: Kindergarten Commence
- Easter break— Good Friday, 30 March to Easter Monday, 2 April 2018

Term 2—Monday, 30 April to Friday, 6 July 2018

Term 3—Monday, 23 July to Friday, 28 September 2018

Term 4—Monday, 15 October to Friday, 21 December 2018

- Students finish Wednesday 19 December 2018
- Staff Development Days Thursday 20 December & Friday 21 December 2018

## Year 1 News

This term Year 1 have been learning how to write persuasive texts. In 1 Red we have been writing our opinions about why we should recycle and extending our writing by giving reasons to persuade our readers. Here are some of our opinions:

"We should recycle so bottles and plastic can be melted into something new." *Patrick*

"We should recycle so animals don't die in the ocean." *Lila*

"We should recycle so the plastic doesn't end up in the ocean." *Joseph*

"We should recycle to keep the environment healthy." *Emily*

"We should recycle so we can look after the environment." *Marco*

"We should recycle so the plastic bags don't end up in the ocean." *Keira*

"We should recycle because it may hurt animals." *Jake*

"We should recycle to keep the environment safe and healthy for the plants and animals." *Sophie*



## Year 6 News

Year 6, attended the presentation of 'The Red Tree' at the Riverside Theatre, Parramatta...

On Tuesday 24 October Year 6 visited the Riverside Theatre and watched the musical production of the *Red Tree* by Shaun Tan. It was an amazing musical experience.

As a grade, we found it very intriguing and loved the experience. The performance portrayed a very strong message, and helped us to relate to it on an anagogical sense to the story.

The following students from Year 6 Blue, had this to say . . .

Personally, I liked the play because it expressed the same story and views as the book. I also really liked the fact that they added some extra things to the play to give it more emotion. It was also cool how they used the same people to play different roles. *Jasmine Patanjali*

I loved the way the actors really conveyed their characters and made us believe what they were saying and the way that they put their feelings into song and it made the play from dark to amusing. I also loved the way they set the scene with all the props and sound effects. *Josie Adutwum*

I thought that the music was very well composed and the set moved fluently throughout the production. I also loved the way the fish puppet was made and how it moved. It was really creative and I thought it added an extra element. *Lily Donald*

I think that it was a very interesting script and I liked the way they added more to Shaun's story to give more meaning to the show and to make it easier to understand. Also, I loved how they put the acting part of this production together in only three weeks and how the music always matched the scene. *Madison O'Brien*

I think the message in this production was that we all need to believe in ourselves to get through tough times and it's ok to feel sad at times but we can't give up. If we always think we can't do something or that it won't work we won't achieve much in life until we start to believe in ourselves.

In conclusion, we think that this was a great musical theatrical because it shows kids like us that we don't always have to be happy and it's okay to feel unhappy once in a while. Year six really enjoyed watching this live experience and we learnt a lot about feelings and how you should act if you feel scared or lonely. We all agree that this is an important play for young and old people to watch. The message portrayed is very deep and should be spread around.



## 2018 Parramatta Diocesan Team Sport Trials

**Currently only the Summer Sports of BASKETBALL & TENNIS are open and registrations close on Friday 27 October as these trials will be held in November 2017.**

**All other sport registrations will open in November for 2018 trials.**

Any Primary students enrolled in Year 5 and 6 in 2018 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four in 2017 and Term One in 2018. In some sports students in Year 4 **MAY** nominate.

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is **strongly recommended that only children of a representative standard in Years 5 & 6 in 2018 be invited to attend.**

Parramatta Diocesan trials will be held in the following sports:

\*AFL (boys), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch(B&G).

**To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website:**

[www.primarysportparra.catholic.edu.au](http://www.primarysportparra.catholic.edu.au)

This online form is an **EXPRESSION OF INTEREST** for the 2018 Parramatta Diocesan Primary Sport Team trials. Parents may complete this form to attend a selection trial. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by the child's school**. In order for the child to attend the nominated trial or event this may come down to the discretion of the school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **All fields and especially "Representative Experience" MUST be completed.**

**Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.**

## Uniform ordering App

St Michael's uniform is now on the QKR App. The App can be used for all online uniform orders. Instructions are on our website or available from the school office.

**Delivery is every Tuesday and Friday during the school term and orders must be placed by 4 pm Monday and Thursday for delivery the next day.**

You can try on samples at the school before school and after school for your convenience. Please try on the sizes before ordering to avoid disappointment.

Please choose carefully as we do not refund if you simply change your mind or make a wrong selection. However, we gladly exchange. Returned merchandise **MUST** be in its original condition and accompanied by proof of purchase otherwise the exchange will not be honoured.



## 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. The canteen does not sell any products with nuts.

## Student Absence—Taking leave from school

The Catholic Education Diocese of Parramatta has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school. Schools are required to monitor and keep a register of student attendance in accordance with common codes which explain absences.

### 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.**

A colorful poster for 'Little People's Literacy Learning'. The background is a stylized landscape with a blue sky, a sun, and a green hill. In the foreground, there are several cartoon characters: a girl with a laptop, a boy in a wheelchair, a girl with a shopping list, and a boy with a book. There are also icons for a bus stop, a library, and a home street. The text on the poster reads: 'A FREE online guide for parents and carers with many examples of activities you can enjoy with your child. Some of the activities are incidental and some are planned. All activities are designed with an emphasis on learning through collaborative play and shared discovery.' At the bottom, there is the logo for the Australian Literacy Educators' Association (ALEA) and a QR code.

A FREE online guide for parents and carers with many examples of activities you can enjoy with your child. Some of the activities are incidental and some are planned. All activities are designed with an emphasis on learning through collaborative play and shared discovery.

AUSTRALIAN LITERACY EDUCATORS' ASSOCIATION

[alea.edu.au/publicresources/resources-for-parents-and-community/little-peoples-literacy-learning](http://alea.edu.au/publicresources/resources-for-parents-and-community/little-peoples-literacy-learning)



**Family Disco**  
**Friday 24th November**  
**6pm - 9pm**

# Helper's Group



Find us on  
**Facebook**

<https://www.facebook.com/groups/1731067690529537/>  
or search for **"St Michael's P&F Helpers"**



## About the Helper's Group

**No Meetings, Not a Committee, Opt in/Opt out, Occasional Help Only**

The P&F is a group of volunteer parents that believe in fun & friendship whilst helping the school through fundraising events during the year. We also cater some special morning tea events.

Sometimes we need a few extra hands to help. We've started the Helper's Group. If you are interested in occasionally helping out, then this is the group for you. No meetings, not a committee, opt in/opt out, occasional help only - entirely up to you.

The Helper's Group is on Facebook. However if you are not on Facebook, no problem! Just email us your details or drop off the form below to the office and we will email or text you when helpers are needed, then it's up to you if you are available. No stress.

Email: **pandfsmichaels@gmail.com** *Thank you for your support!*

Please pop into an envelope marked P&F Helpers and drop into the office.

Yes - I would like to help on some occasions only, please add my details to the Helper's Group. **I am not on Facebook.**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Eldest Child: \_\_\_\_\_ Class: \_\_\_\_\_



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SHARON BROWN PILATES

**Term 4 Classes**

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

Term 4 begins Monday 9 October 2017 - 10 weeks  
1pm and 7.15pm Monday at Crestwood  
8pm Wednesday at Castle Hill

\* Flexible payment options \* Bookings essential, class numbers limited  
\* Get 1 free lesson if you join for the term with a friend (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

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- St Michaels Mum's and Dad's Special
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- All fitness levels welcome

Call Shane 0411 808 608  
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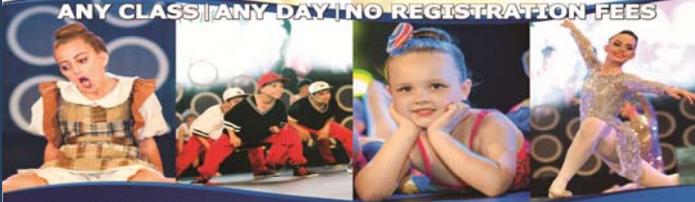



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Unit 103 - T1 Building Level 1  
14 Lexington Dr, Bella Vista NSW 2153

**Crestwood Early Learning Centre**

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18 months - 6 years  
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