



# The Link

Hillsmeade Primary School Newsletter

Issue No 9—Wed 28th MAR

TERM I  
**2018**



## WHO? WHAT? WHEN?



MON	TUE	WED	THUR	FRI
26th MAR	27th MAR <b>Parent Teacher Interviews</b>	28th MAR Year 3 Habitat Expo 2:30-3:30pm <b>Parent Teacher Interviews</b>	<u>29th MAR</u> <b>Last Day of Term 2:30 finish</b> Last assembly 1:45pm	30th MAR Good Friday Public Holiday (No School)
<u>16th APR</u> <b>First day of Term 2</b> <b>Students back at school</b>	17th APR	18th APR	19th APR	20th APR

# FROM THE PRINCIPAL



Dear Parents / Guardians

Wishing everyone a very happy last week of term 1. Thank you to students, parents and staff for a great term. So many wonderful things have taken place over the last 9 weeks and we are really looking forward to Term 2. Please take the time to enjoy family, friends and rest over the break. I look forward to hearing about the holiday adventures when we return to school for Term 2 on Monday the 16<sup>th</sup> of April.

## George Booker – Curriculum Day



During our recent curriculum day, all staff participated in an amazing and highly informative professional development day with the author of “Teaching Primary Mathematics” and “Building Numeracy”, George

Booker. We were fortunate enough to secure such a highly sought-after mathematician and one of Australia’s foremost experts in primary mathematics education.

George Booker’s program for the day was titled “Developing Numeration” and was focused on the number strand, giving Hillsmeade staff an overview to the processes and knowledge that constitutes numeration and underpins computation.



He showed us a variety of concepts through the sequences of development to broaden our knowledge of teaching mathematics through the Victorian Curriculum and enhanced our thinking around the use of mathematical literacy and in-depth vocabulary.

Feedback from a few staff members:

*“I enjoyed being challenged by the vocabulary I use when I teach Maths. I also feel that the hands on material would greatly benefit my class.” - Travis Cole Grade 6 Teacher*

*“I really like some of the games he showed us to make the learning fun for children” - Nowella Ahlgren Prep Teacher*





# FROM THE PRINCIPAL

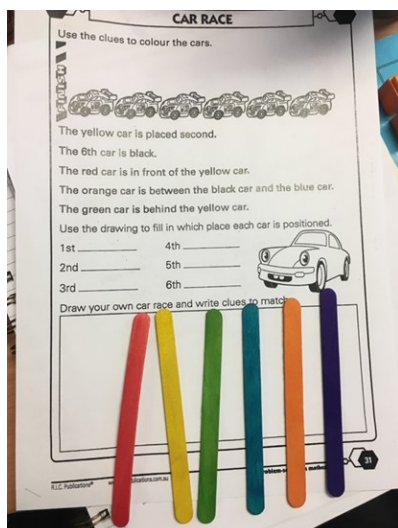
*"Students learn with their eyes and hands; using objects and manipulatives helps them to physically work through Maths problems."*

*- Jeromy Lewier Gr 3 Teacher*



*"I loved learning about place value into the quintillions and further. Reading them aloud was a challenge for some of us. :)"* - Carmen Collins  
Gr 2 Teacher

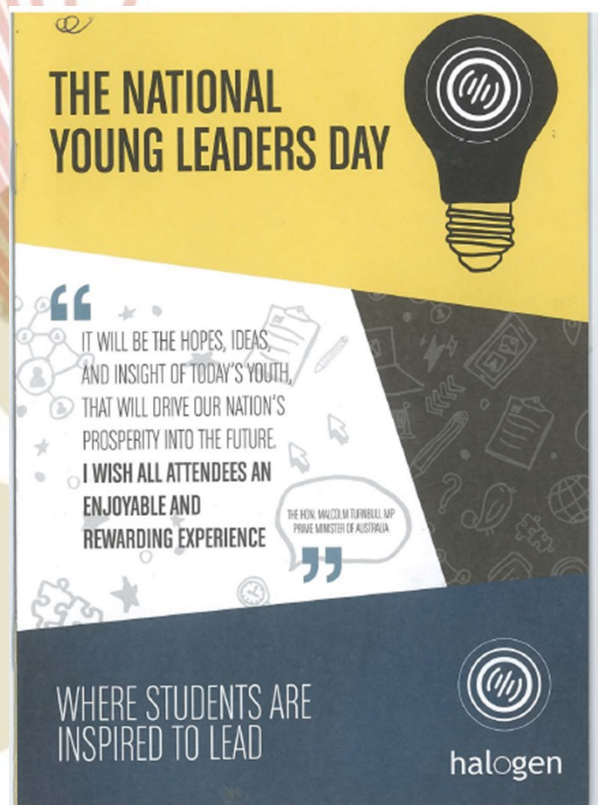
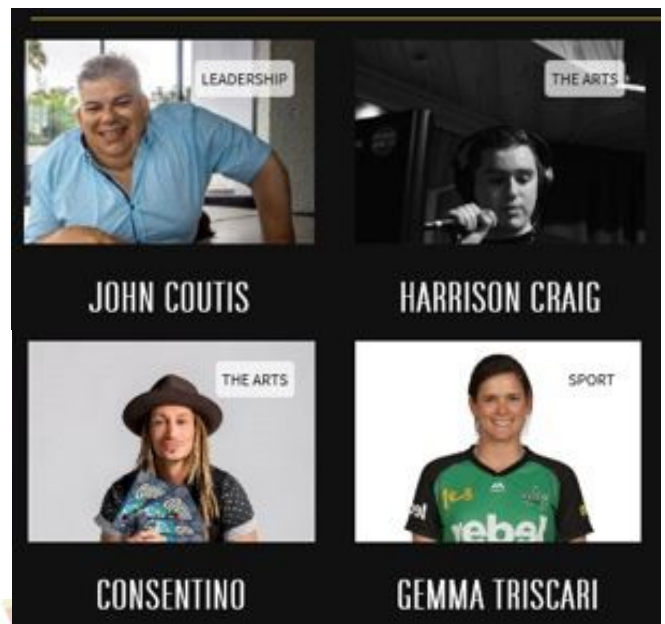
*"Mind - is not a collection of facts but a network of ideas"* - Tessa Parmenter Gr 1 Teacher



## National Young Leaders Day

On Monday the 26<sup>th</sup> of March our Year 6 Student Leaders attended the National Young Leaders Day event at the Melbourne Exhibition building. A big thank you to Toni Barker (who coordinated the event), Lisa Scott and John Cardamone for attending.

We heard some inspirational speakers who shared their personal stories with us. Speakers included:



# FROM THE PRINCIPAL

The messages from each speaker were motivational, engaging and passionate. Our students represented our school positively and actively engaged in all of the events throughout the day.

To find out more about the speakers please visit the following links:

Cosentino <https://www.cosentino.com.au/>

John Coutis <http://www.johncoutis.com/>

Harrison Craig <https://harrisoncraig.com.au/>

Gemma Triscar <https://www.melbournestars.com.au/players/gemma-triscari>

Please take the time to read the below Student Leader Reflections on the day.



**Gemma Mouette**  
**MONASH Captain**

*Today I learnt what it's like to be a leader. The people presenting had such powerful back stories that could easily inspire anyone, and did inspire me. I learned that to be a great leader you have to show people you are one, not just be one. You have to make sure people understand you and you have to look out for people. Without leaders like us the school wouldn't be as awesome and organised as it is. Leaders are very important.*

*understand you and you have to look out for people. Without leaders like us the school wouldn't be as awesome and organised as it is. Leaders are very important.*



**Suwienee Printhan**  
**STEAM Captain**

*On Monday the student leadership team and Mrs Bray, Mrs Scott, Mr Cardamone and Miss Barker went to the Melbourne Convention Centre for the National Young Leaders Day. We had to wake up really early to catch the 7:28am train.*

*We met four amazing and inspiring speakers, their names are Harrison Craig (the winner of the VOICE and who now creates his own songs), Cosentino (who is Australia's best magician and illusionist), John Coutis (who is someone who survives with no lower parts of the body and who shares his story with millions of people) and finally Gemma Triscari (a female cricket player).*

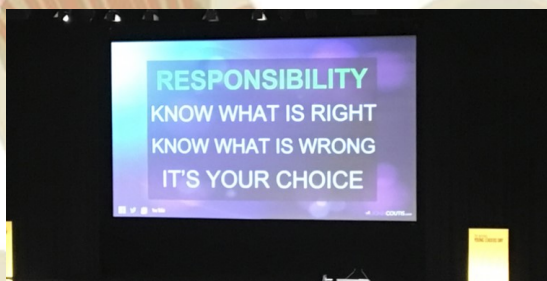
*All of the student leaders enjoyed the day. One of the most memorable quotes was*

*"Only when we are brave enough to explore the darkness will we discover the infinite power of our light."*

*We also learnt about if we make an error it just means an opportunity for correction.*

*We also had the opportunity to participate in a silent disc, where you had headphones and danced while listening to the music.*

*Overall this was a great and inspiring day. All of the student leadership team would like to thank all of the staff for providing us this beautiful day.*





# FROM THE PRINCIPAL

## Casey Young Leaders Reception

On Thursday the 22<sup>nd</sup> of March our School Captains Taylor Hounsome and Jack Winestone attended Bunjil Place to take part in the Casey Young Leaders Reception. This was a wonderful event that showcased the beautiful new community facility of Bunjil Place. This event also offered a wonderful opportunity for our leaders to collaborate with other student leaders from across many schools in Casey.

On Thursday the 22<sup>nd</sup> of March we went to Bunjil Place with Mrs Bray, Ms Wells and Mr Cardamone. There were many inspirational speakers such as: Sam Webb who is the co founder of the livin foundation and also was on the Australian Survivor and Cr Geoff Ablett and many more. Overall it was an amazing night and the speakers have inspired us to further help the school. We would like to thank Mrs Bray, Ms Wells and Mr Cardamone for an amazing night.

from Jack and Taylor



The purpose of the whole school experience is to create interest and excitement for writing through a shared experience. We know that 'writing is thinking' as we teach tools and strategies explicitly in the Writer's Workshop, to develop independent and strategic writers at Hillsmeade.

Here are some of our students' deep thinking in response to the writing prompt:



## Whole School Writing Experience

Yesterday, students across each year level became curious about a mystery tent that appeared on our school oval. Classes visited the tent during the day to discuss, question and wonder about where the tent came from and who it belonged to. Back in the classroom, students explored their thinking and developed their purpose for writing based on the mystery tent.

**Possible Writings:** (holiday)

- Recount of when you went camping.
- Procedure: How to put up a tent.
- A song about the mysterious tent.
- Narrative: about mysterious tent.
- Narrative: about alien in tent.
- Persuasive: about buying a tent.
- Poem: about magical tent.

I think...

- Someone lives there
- There's an Easter Bunny in there
- The person is lost
- Santa lives in there
- There's a person in there
- Someone homeless might be in there
- The tent is abandoned

I feel...

- Scared in case there's someone
- Dead in there
- Someone is trapped in there
- Someone is trying to trick us
- Maybe there's an animal in there
- Calm because no one came out of there

I wonder...

- If there's someone in there?
- Who's shoes are they?
- If they are camping there?
- If there's no one in there?
- Why is the tent there?
- If it's a prank
- Why the shoes are there?



# FROM THE PRINCIPAL



## Earn and Learn

A very big thank you to all families who supported Hillsmeade Primary School in collecting Earn and Learn stickers in 2017. Our goodies have arrived and the students are enjoying using them in the yard.



## Easter Raffle

I would like to say a very big thank you to all of the families who have so positively supported the Easter Raffle. We are very excited to announce that so far we have raised \$3,688 from the Easter Raffle. This exciting draw will take place on Thursday the 29<sup>th</sup> of March at our final assembly in the gym at 1:45pm.



Wishing everyone a safe, happy and restful Easter and holidays. Please have a great break and we look forward to seeing you at assembly tomorrow in the gym if you can attend.

Jodie Bray  
Principal



## FROM THE SCHOOL COMMUNITY

# Hillsmeade PS Autumn Challenges!



Autumn challenge sheets are coming home this week! This break's challenges focus on Social & Emotional Learning and STEAM skills.

These challenges are developed by Hillsmeade teachers to engage students and families in fun, learning activities while also helping to provide opportunities for children and parents to connect while completing tasks.

During the first week of Term 2, please return your child's challenge form to their classroom teacher, complete with first and last name as well as the class.

Please also send in any pictures; we love seeing students engaging in these challenges!

### STEAM SNAPSHOTS

Hi Everyone,

Today's focus is on the 'E' from the STEAM - Female Engineers

Engineering and Technology are two of the fastest growing fields today.

Total number of Engineers world-wide:

Top reasons why women leave the engineering profession are listed as having feelings of isolation and loneliness as women struggle to fit in to a very male dominated field.

This might get your attention more: At Hillsmeade, we only have one girl in our Coding Elective. Have a think, do we need to grab every opportunity to teach each student irrespective of girl/boy about the wonders of the world we live in? To make sense of the world they live in, shouldn't each student be encouraged to: **ALWAYS QUESTION, ALWAYS WONDER!**

With due respect to all opinions: I am aiming to increase exposure for girls so they can confidently pursue their interest. Meet Debbie Sterling from Goldie Blox who became obsessed with the notion of "disrupting the pink aisle with a toy that would introduce girls to the joy of engineering at a young age.

<https://www.youtube.com/watch?v=FEeTLopLkEo>

Ms Bhardwaj





## FROM THE SCHOOL COMMUNITY

Good afternoon Hillsmeade community,

This week's topic will be 'choosing your battleground'. As adults this is something we do on an ongoing basis, what do we promote and encourage and what do we ignore? What expectations do we have on certain behaviours? This will differ to some degree, but what about the battles we pick as parents at home? Do you already have some that you choose not to 'pick'? Do you 'let go' for the sake of saving arguments with your children? We all have those days when we can't have another argument. With that said, what about if we categorize the important issues that we will not tolerate and categorize ones that we let go?

Michael Carr-Greg has written a short article on this subject.

*"Many parents express great relief when I tell them that a key parenting competency in 2017, is the ability to choose one's battles. Of course many parents intuitively know this, but they simply don't know which ones to pick. This is a common dilemma among the parents of teenagers today. At the Family Peace Foundation we strongly believe that there are certain issues on which parents should hold their ground, even though this may enrage their offspring, and there are other topics which can and should well and truly be left to go through to the proverbial wicket-keeper."*

**Here are two golden rules that might assist readers of this blog:**

*First, try and see the world through their eyes, and understand the intricacies of being an adolescent. This is arguably one of the most vulnerable generations in Australia's history subjected to unprecedented challenges, social media, pressure to conform, anxiety about the future combined with a raft of personal insecurities all which can produce significant levels of stress. The adolescent years are some of the most demanding years to handle, and the battles at home are often a reflection of their emotional state.*

*Second, prioritize the issues that relate to your child's wellbeing and safety. Couples should draw up a list of which topics will fall in to the health and safety categories and agree that these are simply non-negotiable. Having reached a consensus around these issues, communicate these expectations clearly and calmly.*

**Battles to pick**

**Rudeness and disrespect:** *It is normal for teenagers to develop a desire for independence and autonomy, but this does not mean they are entitled to treat you with disrespect or contempt. Such behaviour needs to be named early and met with consequences.*

**Health Concerns:** *Stand firm regarding legitimate threats to their wellbeing. Not sleeping, poor diet, and not exercising all represent potential risks to their health and capacity to function at school. The brains of teenagers are a work in progress and many lack the maturity required to make good decisions about their wellbeing. Whether they like it or not, under the age of 16 they are still legally minors and need you to monitor, supervise and advise them.*

**Technology:** *Technology is a new area of concern because it has the potential to open doors for dangerous behaviours including addiction which in turn may compromise the tackling of key developmental tasks. It's important to set boundaries with online and digital activities such as social media interactions, online gaming, online gambling Internet browsing and text messaging.*

**Battles to avoid**

**Clothing, hairstyles and floordrobes:** *If a battle does not address an issue that would negatively affect your teen, consider letting it go. Your teen may have a room that looks like a bomb site, arrange or colour their hair in a way that displeases us or dress in an unusual style, but none of these issue are likely to hinder their personal development in the long term. The exception to this rule is if the hairstyle, clothing or jewellery is contrary to school rules.*



## FROM THE SCHOOL COMMUNITY

*Issues that reflect your own uncertainties or missteps: If you worry your offspring will make the same errors of judgement that you may have made, you may deny them the independence they actually warrant. It is often useful to think about your past experiences, and be conscious of battles you tend to choose that are based on emotions that arise from your own adolescence. It can be unhelpful to project your past mistakes onto your teen. When you recognize and process your own fears, the battles around those issues tend to resolve themselves”.*

You can find more at this website <https://familypeace.org.au/choosing-your-battlegrounds/>

Please let me know if you would like further assistance with this topic. Thank you.

John Cardamone

**Acting Leading Teacher in Social and Emotional Learning**



### **University of Melbourne Network of Schools**

Last week, Mrs. Bray, Ms. Smith, Ms. Szalek and I attended two days of professional learning as part of our participation in the University of Melbourne Network Of Schools.

During these sessions, we were privileged to hear from Misty Adoniou, a leader in the field of language and literacy (and quite possibly my new hero). Misty’s presentation provoked us to reflect on how we, as a school community, are providing our learners with a ‘language rich diet’. She emphasised the importance for learners to experience a variety of language, spoken and written, and discussed how a lack of access to rich language affects literacy development.

The highlight of our second day of workshops was undoubtedly John Hattie’s presentation. John’s work has heavily shaped the way we consider the impact of our teaching on student learning, here at Hillsmeade, and across the world!

Crystal Wells

**Acting Assistant Principal**



## GRAND PRIX EXCURSION

### THE GRAND PRIX

On March the 23<sup>rd</sup> 2018 the grade 5's and 6's went to the Grand Prix, it was a long drive there but it was worth it.

When we arrived, it was hot and dusty but we got to see so much. There was a scientist who showed us four experiments: the first experiment he showed us, was where he used a chemical that is used to bleach peoples hair (except his was 10 times stronger than normal bleach) and he made bubbles explotle out of the bottle he used, the second experiment was where he made a small plastic bottle shoot up in the air and it shot up so high we could barely see it, but it eventually came down. His third experiment was where he needed a helper; he chose Jasmine from 6C so she sat down on the contraption and he filled the bottom of it with air and she was hovering! For his final experiment, he needed another helper, where he chose Marc from 6D. For this experiment he used a leaf blower and some toilet paper, he showed us how kids previously toilet papered houses or larger areas and it was pretty cool.

There were a lot of small activities everywhere and they looked awesome, one of them was a virtual reality simulation where you could fight a robot and next to some of the activities was a tank and a helicopter - they looked, amazing. The Grand Prix was a day to remember.





We are pleased to invite you, your child and any other family members to participate in the Early Childhood Influenza Vaccination Program which will be held at **Hillsmeade Primary School Early Learning Centre** on **Thursday, 3 May 2018, 09:00 AM to 12:00 PM**.

This service is suitable for children aged 24 months and older, parents and other family members who don't have known egg and chicken allergies or have not experienced an anaphylactic reaction from a vaccine previously.

The vaccinations will be delivered by a Nurse Practitioner from Apotex Health Services who has been offering flu vaccination services through community pharmacies nationwide for over 9 years.

If you would like to participate in this program, you can reserve an appointment for each family member 5 working days prior to **Thursday, 3 May 2018** by clicking on the appointment registration link – <https://www.gobookings.com.au/clients/03131897417871>. Online registration is mandatory so the nurse can bring the right vaccines on the day.

Once you have successfully reserved an appointment, you will be able to access an electronic copy of the Immunisation Consent Form which you will need to print and complete prior to the appointment for each family member. Don't forget to return the completed form to one of our staff prior to the clinic on **Thursday, 3 May 2018**.

If you would like more information about the Early Childhood Influenza Vaccination Program, [please click here to view the Frequently Asked Questions](#).

We look forward to bringing this service to you and your family.



### Orders to be in **NO** later than **9:30am**.

#### CLOSED TUESDAYS

Clearly write Name and Grade with your order on your bag or envelope.

Alternatively you can view and order everything on our Qkr! App.

Please remember an extra 10c in your order if you DON'T have a brown paper bag.

#### **Thursday Specials**

Aussie Pie or Sausage Roll & Drink \$4.00

Caesar Wrap, Frozen fruit & Drink \$6.00

**\*\*Add Chicken\*\* \$1.00**

Chicken Strip Wrap & Drink \$6.00

#### **Monday/Wednesday Specials**

3 Fried or Steamed Dim Sims & Drink \$3.50

Pizza or Pasta and a Drink \$6.00

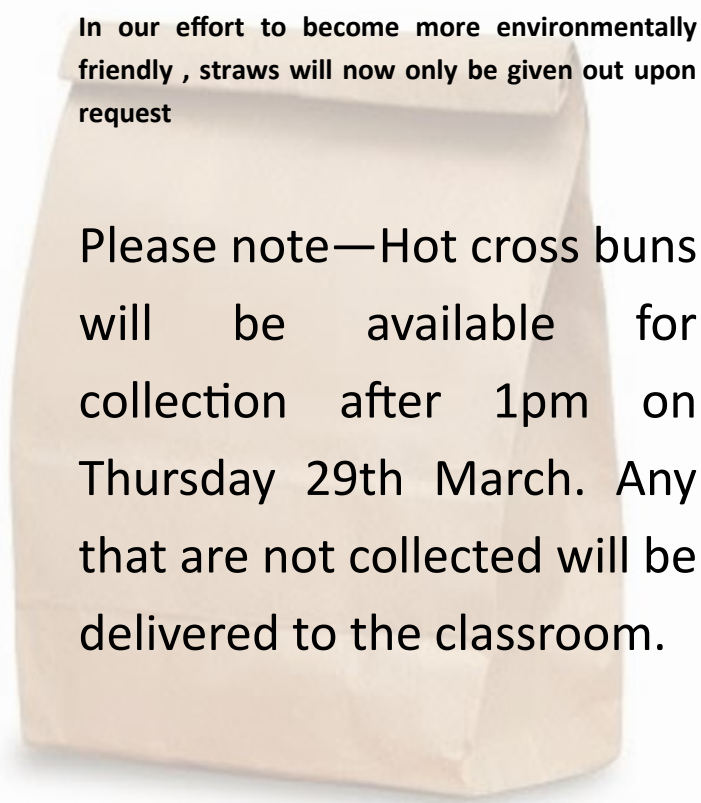
Chicken or Ham & Salad Roll & Drink \$6.00

#### **Canteen Reminders**

All frozen fruit, ice-creams & slushies need to be collected from the canteen at lunch time (they will not be delivered to the classroom).

**In our effort to become more environmentally friendly , straws will now only be given out upon request**

**Please note—Hot cross buns will be available for collection after 1pm on Thursday 29th March. Any that are not collected will be delivered to the classroom.**





## We are SunSmart - a note for families

Too much UV can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia.

You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Stop, Slap, Seek and Slide!**

Our school aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures included in our policy.

**During the daily local sun protection times (issued whenever UV levels are 3 and higher), use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **Slip on a shirt** - for free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slap on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every two hours. Please ensure they get plenty of sunscreen application practice at home so they'll be all set when they are at school.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.
4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au) and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](http://Bureau of Meteorology website) and live UV levels are available from [ARPANSA](http://ARPANSA).



Further information contact SunSmart

P: 03 9514 6419

E: [sunsmart@cancervic.org.au](mailto:sunsmart@cancervic.org.au)

W: [sunsmart.com.au](http://sunsmart.com.au)

**Need information in another language?**

Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language.



# Treating and controlling headlice



While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

## Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

There have been a couple of cases of Chicken Pox in the Hillsmeade community in the last couple of weeks.

Symptoms may include: fever, runny nose, cough, fatigue, and rash (bumps or blisters).

If your child presents with any of these symptoms or becomes unwell please consult your Family Doctor/ Pharmacist.

Department of Health





# South East Feast

MULTICULTURAL FOOD, WINE & MUSIC

Entry \$5 | Under 12 free | family passes available  
 Tickets at the gate or visit [www.southeastfeast.com.au](http://www.southeastfeast.com.au)

Easy access via Berwick Railway Station or Monash Freeway  
 Parking onsite

**\$2 000  
 Getaway**

**Saturday, 21st April**

10am - 4pm | Nossal High School | \$5 entry

**from Grand Ridge Brewery**  
 +  
 many more prizes to be won

Local gourmet food, wine & craft beers  
 Food trucks featuring flavours from around the world  
 Petting zoo | Face painting | Amusement rides\*

**Free** - Cooking demonstrations | Live music | Cultural & interactive performances



[www.southeastfeast.com.au](http://www.southeastfeast.com.au)



## COMMUNITY NOTICEBOARD

**Moonlit Sanctuary Keeper Club**

Kids enjoy environmental activities, animal encounters and native animal care.

Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

**Easter 2018 school holiday dates:**

- Week 1: Tues 3<sup>rd</sup> Wed 4<sup>th</sup> Thurs 5<sup>th</sup> Fri 6<sup>th</sup> April
- Week 2: Mon 9<sup>th</sup> Tues 10<sup>th</sup> Wed 11<sup>th</sup> Thurs 12<sup>th</sup> Fri 13<sup>th</sup> April
- 10am–4pm

Cost: \$75.00 per day, or \$210 for 3 days (pro rata for additional days).  
Maximum 16 children per day.

**Bookings essential as spaces are limited**

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

**Moonlit Sanctuary**

550 Tyabb-Tooradin Rd, Pearcedale

Phone 5978 7935

Web: [www.moonlitsanctuary.com.au](http://www.moonlitsanctuary.com.au)

\_Open daily between 10am and 5pm



If you would like to place an advertisement in the newsletter please see the friendly office team.

- **Fire Restrictions are still in force**

**This is a reminder that you still cannot burn off as Restrictions are still in force. A number of brigades have been called out in recent days to residents burning off.**

**We have had very little rain for the past 6 weeks so if a fire starts it will spread through the dry fuel quickly....**

**If you burn off and we get called then the police will also be called.**

**If you see someone burning off please call 000 immediately.**

**Sport  
Fitness  
Confidence  
Self Defence  
Discipline  
Fun  
Friendship**

**Karate Classes**

*Free Uniform – Book in early!!*

**Fridays:**

**Hillsmead Primary School**

The Promenade, Narre Warren South

Juniors, 7 to 13 years, 6:30pm to 7:45pm  
Teenagers & Adults, 6:30pm to 8:30pm

**LION BUSHIDO KARATE ACADEMY**

[www.lionbushido.com](http://www.lionbushido.com)

LBKA Centers:

**Forest Hill – Wantirna – Rowville – Glen Waverley – Mount Waverley  
Dandenong - Doncaster East  
Fountain Gate – Narre Warren South – Patterson Lakes**

**FREE Trial Class – Phone 9887 4098**

