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New clients, for a limited time only
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HOME STAY ACCOMMODATION NEEDED

Is your family looking for a culturally enriching experience?

Do you have a spare room in your home?

Home Stay provides international students with full board and care

Remuneration $290.00 p/w

For further information please contact

Parkdale Secondary College on 9580 6311 during work hours

Alternatively email Homestay Co-ordinator

holland.marianne.e@edumail.vic.gov.au
Term 3

This term we have an awesome new recipe book as well as some food changes. Nutritional Australia has worked really hard with Camp Australia, to make changes to the food we provide and make a cooking book for us to use at the service. Some of the food items are chick peas and red kidney beans, this past week we have already tried new recipes such as apple and cinnamon muffins.

We look forward to seeing you soon at Camp Australia!

Hummus and Damper and a vegetable bake, the children have been really excited about most of the recipes and we will have a try at them all throughout this term! This is a picture of the delicious Apple and Cinnamon Muffins!
There is no time like the present to be present.

Mindful Families Workshop
The Mindful Families Workshop has been specially designed to bring better connectedness and mindful living practices to your home and equip families with a practical toolbox of ideas for cultivating a more mindful and happy family life. This fun, creative half-day workshop will include drama games, art and simple meditation techniques.
Beach Lane Studios, 842 Nepean Hwy, Carrum 3197
Saturday 19th March 1:00pm-4.00pm
Fee: $125
For more information visit www.think-bubbles.com

2016 Dates
Term 1: Sat 19th Mar, 2016 1-4pm
Term 2: Sat 16th Apr, 2016 1-4pm
Term 3: Sat 21st May, 2016 1-4pm
Term 4: Sat 25th Jun, 2016 1-4pm

‘Achievement through fun’

“It’s such a pleasure to help people to learn more about mindfulness and meditation and enjoy the benefits they offer.”

Victoria Gelburg (Bachelor of Education, Masters of Teaching) is an experienced facilitator of meditation and mindfulness practices. A teacher with over 20 years’ experience, Victoria has adopted the use of meditation and mindfulness in education settings in both the UK and Australia. She has witnessed the powerful, transformative effects of meditation and mindfulness in both children and adults. Victoria has a Masters in Teaching from the prestigious Institute of Education, University of London, and spent two years researching meditation, mindfulness and wellbeing as the basis of her Masters thesis. In addition, she has trained in Curriculum Training and the Mindfulness Fundamentals courses, as well as recently completing training in the Difficult Emotions pilot course with the Mindful Schools organisation, one of the leading organisations in mindfulness training in education, based in the USA. She remains engaged with the ever-expanding body of research into mindfulness and in particular its applications within education.

Victoria lives a mindful philosophy and is passionate about sharing her experience with others to help people live more attentive and mindful lives.

M: 0408 689 529 E: info@think-bubbles.com

www.think-bubbles.com

M: 0408 689 529 E: info@think-bubbles.com

www.think-bubbles.com

www.taniarobins.com.au
THE WIZ

PARKDALE SECONDARY COLLEGE
28TH, 29TH, 30TH JULY - 7.30PM
MATINEE: 30TH JULY - 2.00PM
TICKETS: WWW.TRYBOOKING.COM

BOOK BY WILLIAM F.BROWN - MUSIC & LYRICS BY CHARLIE SMALL
BASED ON STORY "THE WONDERFUL WIZARD OF OZ" BY L.FRANK BAUM
BY ARRANGEMENT WITH DRIVING® THEATRICAL ON BEHALF OF SAMUEL FRENCH, INC.
The Autism Health & Well Being Expo is being held on Sunday, 31st July 2016 in Preston, Melbourne. Over 70 Exhibitors will be on board to share information on clinical, natural and social autism services, along with teacher training organisations and equipment companies that specialise in sensory calming products for children with autism at your school.

There’s also a Fun Zone room, competitions, door prizes, circus entertainment, horses to pat, speaker presentations and a Quiet Room to retreat to when needed. This event is for people with autism, carers, educators and anyone else that wants to know more!

A flyer is enclosed that you can distribute to staff and families by email, post on Facebook and include in your school newsletter.

Tickets are selling fast and are capped this year to keep the event autism friendly, and are available at www.autismhealthandwellbeingexpo.com/melbourne

This Expo is being run by the not-for-profit charity the Autism Health & Well Being Association Incorporated.

If you have any questions please call myself on 1300 665 602 and thank you in advance for your support of this important charity autism event!
GESAC

Junior Sports Programs

Get the kids involved now!

School term-based programs on offer:

NEW JUNIOR NETBALL TERM 3 COMPETITION!

- Begins Thursday July 14 and runs for ten weeks
- Games are scheduled between 4:00pm-6:30pm on Thursday and run for 32 minutes
- Cost is $123 per player
- Age Groups Available: 10 & Under (born 06/07), 12 & Under (04/05), 14 & Under (born 02/03) [subject to interest]
- Enter as an individual or as a team
- State-of-the-art indoor stadium
- Register NOW by calling or visiting the website listed below!

GESAC
Glen Eira Sports and Aquatic Centre
200 East Boundary Road, Bentleigh East
Phone 03 9570 9200
Tennis Lessons
On campus here @ school

On campus before school. Simply drop & go!
Fit For Kids Co. provide tennis lessons using the ANZ Tennis Hotshots program. It's the official junior program of Tennis Australia and uses modified equipment, soft balls & junior racquets.

Parktone PS
Term 3, 2016

Dates
Wednesday 20th of July - Wednesday 14th September (9 Weeks)

Times
Wednesday Morning  8:00am - 8:40am on the basketball court area

Cost
$135 - 40 minute session x 9 weeks!

Enrol Online Today!

Email: info@fitforkidsco.com.au  Ph: 0421 172 369
PARKDALE UNITED

Want to Play Cricket?
Come and join a friendly, well organized and successful cricket club

Become a Python!
Under 12 (rookies)
T-20 Blast
Under 12 (competition)

Under 12 Rookies & competition
For boys & girls 7 to 11 years old
• Played: Saturday mornings & Friday nights

T20Blast
For boys & girls 6 to 9 years old
• Played: Saturday mornings

At Jack Grut Reserve, Governor Road, Mordialloc

• Registration: Saturday the 13th August @ 9:00am

Enquires: Daryl Eales 0400 950 484
Father of Matthew & Mark grade 4
Adam grade 3
Register your child for the Free Trial by 8 August!

Kumon English or Maths Programme

Just follow these four easy steps:

1. Call your Kumon Instructor by 8 August to register for an upcoming information session.
2. Have your child assessed for the Kumon English or Maths Programme and discuss a study plan.
3. Arrange for your child to attend four class sessions during the period of 15–31 August.
4. Meet with your Instructor to discuss your child’s Kumon experience.

Call now to register for the Free Trial

TERMS AND CONDITIONS:

• Places are limited and acceptance for the Free Trial is on a first-come, first-serve basis.
• Attendance at an information session is mandatory prior to your child participating in the Kumon Free Trial. Please register for this by 9 May.
• The Free Trial consists of four sessions at a Kumon Education Centre over two weeks, during the period of 16–31 May.
• Worksheets are provided for non-centre days during the two weeks.
• Late registration may result in fewer study sessions.
• Class days, operating hours and available sessions vary across Kumon Centres.
• The Free Trial is available for one subject only (either English or Maths).
• There is no obligation to enrol after the Free Trial.

http://au.kumonglobal.com • http://nz.kumonglobal.com