Mindfulness is the moment.

Introduction to Mindfulness

attentive, you will see it.

The present moment

is filled with joy and happiness. If you are

Mindful Family Workshop

Workshop available limited places by popular demand

Early bird tickets available.

2016 Dates

Term 1: 18th Feb, 3rd Apr, 1st June, 17th July, 14th Sep
Term 2: 3rd Nov, 8th Dec, 10th Jan, 14th Feb, 12th Mar, 10th Apr, 8th May, 6th June
Term 3: 4th July, 1st Aug, 5th Sep, 2nd Oct, 7th Nov, 5th Dec
Term 4: 2nd Feb, 2nd Mar, 2nd Apr, 2nd May, 2nd Jun, 1st July

Fee: £30 (Family offer to £4)

Every Thursday 6.30pm - 7.30pm.

Books and materials (and refreshments) included.

Simple practices that are easy to integrate into life.

Experience mindfulness and meditation.

Mindfulness workshops have been especially designed to bring better concentration and mindfullness.

Crafts and games.

First week: get to know you.

Second week: focusing on breathing.

Third week: focusing on concentration.

Fourth week: creative mindfulness.

For 7-8 year olds.

School Community Links

3rd Feb 2016

© Parktone Primary School 2016

Go to: www.thinkbubbles.com

Thinkbubbles
MORDIALLOC NEIGHBOURHOOD HOUSE

Occasional Care Child Care is available Monday to Friday, morning and afternoons, 3 hour and 5 hour sessions.

Our 3 year old Gumnut program currently has vacancies on Monday and Friday mornings, 9.15am – 12.15pm. Enrol now.

Term 1 commences on Monday, February 1.

For further information, or to make a booking, please phone:
Mordialloc Neighbourhood House on 9587 4534

CENTRAL BAYSIDES COMMUNITY
ORAL HEALTH SERVICE

IS YOUR CHILD DUE FOR A CHECK UP?

Central Bayside Community Oral Health Service is currently offering dental examinations and treatment to children attending your school.
Formally the School Dental Service located at Parkdale, is now part of the Community Oral Health Service.

My child has visited the Oral Health Services (formally School Dental Service) before:
If your child/children has previously been seen by the Oral Health Services or the school dental program you will receive a letter offering you an opportunity to make an appointment when your child is due for their next check-up.
In this case, no action is required.

My child has never visited the School Dental Program:
Please contact Central Bayside Oral Health Service on 8587 0350 for an appointment.

Who is eligible?

- Children and young people:
  - All children aged 0 – 12 years (fees apply for non concession card holders)
  - Young people aged 13 – 17 years who are health care or pensioner concession card holders or dependants of concession card holders
  - Children who are eligible for dental benefits under the Child Dental Benefits Scheme

Where is the service located?

Central Bayside Community Health Service
Oral Health Service
335-337 Nepean Highway
PARKDALE
Phone: 8587 0350

Entrance is off Carrier Avenue
WORLD EDUCATION PROGRAM (WEP) Australia

Bring the world to you and host an overseas exchange student in 2016!

Rita N (17) from Italy is one of the fittest in her class! This sporty twin is passionate about athletics. She has grown up hearing stories of her parents’ trip to Australia and now she’s excited to make her own memories!

Camilla V (16) from Italy is a hard working student who enjoys school. She participates in a theatre group and takes piano lessons. Camilla’s dream is to travel and discover the world! She can’t wait to discover Australia!

Miita C (17) from Italy loves playing soccer. In fact, his dream is to become a soccer coach when he is older. He also enjoys painting and gardening with his dad. He is excited to come to Australia and to meet his host family!

Ludovica V (17) from Italy she likes singing and plays guitar and piano. Ludovica enjoys cooking - a skill she learnt from her father and grandmother. She is looking forward to coming to Australia and meeting her host family.

Sofia D (17) from Italy loves to Dance! She enjoys ballet, contemporary, hop hop and tango. When she’s not dancing she enjoys playing beach volleyball and looking after her dog. She can’t wait to meet her host family!

WEP Australia is looking for wonderful volunteer host families willing to open their home and hearts to overseas exchange students arriving in January 2016. Hosting provides families with a way of welcoming a slice of the world into their lives without leaving the comfort of their own home! If you are as eager as these students are to share your culture, contact us now!

Phone 1300 884 733  Email info@wep.org.au  Web www.wep.org.au/host/
join girl guides

Make friends
Have fun
Learn new skills
Leadership
Community work

Local Contact:
Mentone Girl Guides meet at
Parkdale Community College,
Warren Road.

For further details contact:
Jan Withers
Kingston District Manager
9772 7775 (home) or
mobile 0421 042 296 or
jwithers@guidesvic.org.au

Carol Hosking - Unit Leader
9580 8510

Girl Guides Victoria
Head Office:
129 York Street
South Melbourne VIC 3205
Ph: 8606 3500 or 1800 girl guides
E: guides@guidesvic.org.au
W: www.guidesvic.org.au

To enable girls and young women to grow into confident self-respecting, responsible community members.
The Great Host Family Hunt is on again!

World Education Program (WEP) Australia, a registered, non-profit student exchange organisation is looking for volunteer families who would like to host a 15 to 18-year-old girl or boy.

Our students come from countries such as Italy, France, Belgium, Finland and Chile and are arriving in July 2016. They are looking forward to living and learning about Australia and enjoying our famous Australian hospitality and lifestyle.

Without the generosity of families around the world, student exchange could not exist.

Experiencing a foreign language and culture in your own home is the next best thing to living overseas.

To request a free information pack for your family, contact us today!

1300 884 733  info@wep.org.au  www.wep.org.au
Piano and Singing lessons
All levels & all ages, fun and experienced teacher in Parkdale
Call Piroska on 0416 254 697

February Come & Try Month

Tinies
Saturdays 9.45am-11.15am
7 years and under

Sub Juniors
Saturdays 11.30am-2.30pm
10 years and under

Juniors
Thursdays 5pm-8pm
13 years and under

Intermediates
Wednesdays 6pm-9pm
16 years and under

Seniors
Tuesdays 7pm-10pm
16 years and over

Masters
Mondays 7.30pm-10pm
26 years and over

We welcome you to come & try Calisthenics for FREE at our fun and friendly college. Come along to any class in 2016 to join and find out more.

We love Calisthenics, find out why!
www.kingstoncalisthenics.com
Mentone-Parkdale-Mordialloc

GRAND OPENING 2016

Mentone & Mordialloc
Kinder Ballet 3-4 years
(Friday morning classes Mordialloc)
Beginner Ballet & Jazz Combo class
5-6 years
(Thursday afternoons Mentone)
Cecchetti Ballet
I.S.T.D Modern Jazz & Tap
National Character A.T.O.D
Acrobatics
Teenage Jazz & Funk
Ballet Conditioning & Pointe
Contemporary
Highly Qualified Staff
Affordable fees
Private Lessons
Phone: Lydia Cagney Morris
0409 735 824
Email: bballetc@iprimus.com.au
www.baysideballetacademy.com.au

Bayside Ballet Academy

More than just a Playcentre!

www.kidfactoryplaycentre.com.au
300 Boundary Rd Dingley 3172
03 9551 3919

They know... the magic of dance

 Established in 1997, our professional, positive and nurturing teaching vision will see your child "Smile, Sparkle & Shine!"

 We offer our youngest students a fun and positive learning environment, including:
- Pre-School Ballet
  - Level 1
  - Level 2
  - Level 3
- Song, Tap & Jazz

www.dancestruck.com
9558 7227
MORDIALLOC REDBACKS JUNIOR SPORTING CLUB

JUNIOR NETBALLERS WANTED

UNDER 11’S & UNDER 13’S
NET SET GO PLAYERS ALSO NEEDED

• Mordialloc Redbacks Junior Netball
• SDNA competition on Saturday mornings
• Starts early February

Call Helen on 0409 241 970

Part of the Mordialloc Football Netball Club and MordyHQ

MORDIALLOC SAILING CLUB

Where

When Starting 6th or 13th Feb 2016

Contact us now! 0415 59 57 54
www.mordiallocsc.com.au
www.discoversailing.org.au/tackers
Soccer Fun for Girls & Boys Aged 2 to 12!

Come & Try Class at Any Time!
Book Today!

Kids can jump in at anytime, no need to wait until next term to join in the fun.
Plus our term fees reduce per week, so don’t wait to get your child into Grasshopper Soccer FUN!

0479 051 282 GRASSHIPPERSOCCER.COM.AU
chris@grasshoppersoccer.com.au

Grasshopper Soccer Bayside

Term 1 starting from January 30th 2016