Thomas Youssef

I’m doing World's Greatest Shave!

Please sponsor me!

I am 10 years old and my daddy died from cancer when I was 2. I also lost my aunty last year to blood cancer and I am shaving my hair as a tribute to her and my dad.

I have got permission from my school principal to shave my head at the school assembly on March 11th. I want to raise as much money as possible so that other families don't have to say goodbye to their friends and families.

Please help me and make a donation today.

Thank you for your support.

Event Date : 11th March 2016
Time : 9.00am
Location : Parktone Primary - Assembly
I've Raised : $247
My Goal : $1,120
MORDIALLOC NEIGHBOURHOOD HOUSE

A TASTE OF BEAUTY & MAKEUP

During this 8 week course, students will gain experience in beauty techniques and products, giving them confidence to apply for work or apprenticeships in the Beauty industry or achieve a pathway to further education.

APRIL 11 – JUNE 6 (8 weeks)

Cost: $60 (concession $50)

For further information, please phone:
Mordialloc Neighbourhood House on 9587 4534
2nd March 2016

Term 1!

Autumn is here!! Over the next few weeks we will be discussing and discovering all about the season changes, we will be doing some amazing artwork involving the changing of the seasons, so be on the lookout! The children have already started doing some painting within the service by using leaves and sticks and painting the outline of them with paint, they also have been painting their hands and doing hand prints!

It's great to see our older (grade 5 & 6) children helping our younger children feel welcomed at the service. At Camp Australia Parktone we encourage all children to help others feel safe and secure as part of our buddy bear program, we also give every child the opportunity to voice their opinion and have an input into the daily activities that they like, so that they have a sense of ownership and belonging at the service, this can be as simply as having a colouring page of their choice to running a group activity or game they love to play.

Our door is always open to everyone, so if you are curious at what we do and what we are all about, stop over for a visit at St Aidens Church hall, and say hi to the friendly staff! We look forward to seeing you!!

Bayside Argonauts Football Club, Cheltenham have spaces available for 2016 in the following teams;

Under 11 Girls
Under 12 Boys

If you’re interested in playing soccer at a fantastic club, please email Richard:

richard@rmwp.com.au
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, 642 Nepean Hwy, Carrum 3197
Saturday 19th March 10:00am-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 11th Jun, 2016 1-4pm
Term 3: Sat 27th Aug, 2016 1-4pm
Term 4: Sat 12th Nov, 2016 1-4pm

Introduction to Mindfulness
A six-week course introducing the fundamentals of mindfulness, a proven tool that supports mental, emotional and physical wellbeing. For six weeks, we will explore how we can apply mindfulness simply and effectively in our daily lives. Each week will focus on a different aspect of mindfulness and meditation, equipping participants with practical skills for an effective personal practice.

Beach Lane Studios, 642 Nepean Hwy, Carrum 3197
Thursdays: 6:30pm-7:30pm. (Suitable for beginners and experienced)

2016 Dates
Term 1: 18th, 25th Feb, 3rd, 10th, 17th, 24th Mar
Term 2: 28th Apr, 5th, 12th, 19th, 26th May, 2nd Jun
Term 3: 28th July, 4th, 11th, 18th 25th Aug 1st Sep
Term 4: 20th, 27th Oct, 3rd, 10th, 17th 24th Nov
For more information visit
www.think-bubbles.com

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

Victoria Gelberg (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.
‘Achievement through fun’

Introductory Offer
First 3 classes for the price of 2
available to new students only

Mordialloc Studio
6/272 Lower Dandenong Rd
(cnr De Havilland Rd) Mordialloc

Patterson Lakes Community Centre
54-70 Thompson Rd Patterson Lakes

Find us on Facebook

Ph: 0414 628 096
taniarobins@hotmail.com www.taniarobins.com.au
CCC is offering a Holiday Program for 3-5 year olds in the April Holidays. Two sessions will be available.

<table>
<thead>
<tr>
<th>Thursday 31st March</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am-2.30pm</td>
</tr>
<tr>
<td><strong>Easter Funday</strong></td>
</tr>
<tr>
<td>Easter craft, Easter baskets, egg hunts and more!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday 7th April</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am-2.30pm</td>
</tr>
<tr>
<td><strong>Messy Play Funday</strong></td>
</tr>
<tr>
<td>Goop, slime, painting, playdough and more!</td>
</tr>
<tr>
<td>Bring your curiosity in this interactive fun filled day!</td>
</tr>
</tbody>
</table>

Cost $30.00 per session
Booking is essential
Book Online at www.chelt.com.au (Click on holiday activities tab)

**Children must be toilet trained to attend the program.**

BYO MORNING TEA, LUNCH, SNACKS & DRINK BOTTLE
CCC is offering **Workshops** for Primary School children in the April Holidays. Two sessions will be available.

**Thursday 31st March**  
9.30am-12.30pm  
*Woodwork Workshop*  
Using pre-cut wooden shapes, hammer and nail your own windmill. Once it is all together paint your windmill in your own colours!

**Thursday 7th April**  
9.30am-2.30pm  
*Cupcake Workshop*  
Bake your own cupcakes and then learn 5 fun designs from a minion to a rainbow and then design the 6th cupcake yourself!

Cost $25.00 per session  
Booking is essential and places are strictly limited.  
Book Online at www.chelt.com.au (Click on holiday activities tab)  
**BYO MORNING TEA & DRINK BOTTLE**
**Monday 4th April**
9am-4pm

**Cartooning Funday**
Let the guys from Toonworld guide you through a fun cartoon workshop & more... $42 per child for Primary School children

**Bring**
- Named full drink bottle
- Own snack/lunch
- Hat

**Cartooning Funday**
Let the guys from Toonworld guide you through a fun and interactive cartooning workshop! Then you get to take home a fun cartooning activity book you can use to practice at home!

**Tuesday 5th April**
9am-4pm

**Dance & Team Building Funday**
Get your groove on and learn a fun dance routine & then work as a team to complete fun challenges & more... $42 per child for Primary School children

**Bring**
- Named full drink bottle
- Own snack/lunch
- Hat

**Dance and Team Building Funday**
Learn the moves and routine to a fun dance song, then perform with your group. Spend the afternoon doing fun team building challenges!

**Wednesday 6th April**
9am-4pm

**Movie Funday**
Check out the movie Kung Fu Panda 3 at Village Cinemas Southland & more... $42 per child for Primary School children

**Bring**
- Named full drink bottle
- Own snack/lunch
- Hat

**Movie Funday**
Arrive and settle in with some games, drawing and jumping castle! Make your own movie snacks and popcorn. Do some art and craft, sports fun and more before heading off to Village Cinemas to see Kung Fu Panda 3!

**Thursday 7th April**
9am-4pm

**Taskworks**
Peg Fast, Puzzle Room, Build it, Cable Maze, Create a Scene, Stomp a Stump

$42 per child

**Taskworks**
Jump on the bus for a day at Taskworks. Run through the cable maze, test your reaction time at Stomp a Stump, build a robot, dress up, be challenged by the peg fast and puzzle rooms. Lots of fun and more!

**Friday 8th April**
9am-4pm

**Finale Funday**
Art, sport, games, cooking, disco & more...

$42 per child

**Finale Funday**
Craft, Sports, Cooking, Disco and more in the last day finale celebration! Come and hang out with your friends and have fun at the last day of Holiday Program!
**HOLIDAY ACTIVITIES**

**March/April 2016**

**Week 1 at Cheltenham Community Centre**

---

**Tuesday 29th March**

9am-4pm

**Hands On Funday**

Get hands on with building Lego creations and then design and put together a billy cart to ride as a team (why not let kids take home)

**Bring**

- Named full drink bottle
- Own snack/lunch
- Hat

**$42 per child**

---

**Wednesday 30th March**

9am-4pm

**Easter Funday**

Cooking, crafting, hunting & more...

**Bring**

- Named full drink bottle
- Own snack/lunch
- Hat

**$42 per child**

---

**Thursday 31st March**

9am-4pm

**Sports Funday**

Get moving with a mini bootcamp, then design your own Frisbee and then learn how to play Baseball & Ultimate Frisbee & more...

**Bring**

- Named full drink bottle
- Own snack/lunch
- Hat

**$42 per child**

---

**Friday 1st April**

9am-4pm

**Animalpalooza Funday**

Animal games, craft and a trip to Village Cinema to see Zootopia!

**Bring**

- Named full drink bottle
- Own snack/lunch
- Hat

**$42 per child**

---

**Thursday 31st March**

9.30am-12.30pm

**Woodwork Workshop**

Build a windmill using pre-cut materials and then paint it

**Bring morning tea & water bottle**

**$25 per child**

---

**Thursday 7th April**

9.30am-12.30pm

**Cupcake Workshop**

Bake, design and decorate your own cupcakes!

**Bring morning tea & water bottle**

**$25 per child**

---

**Workshops held at Cheltenham Community**

---

Cheltenham Community Centre
3 Chesterville Road, Cheltenham
Ph. 9583 0095  Fax. 9583 3021  Email: admin@chelt.com.au

Book & pay online at www.chelt.com.au
ST BEDE’S HOCKEY CLUB
NEW JUNIOR PLAYERS WANTED

Welcoming U12 Junior Players

St Bede’s Hockey Club is looking for players to join their mixed under 12, junior team for the 2016 season in the Hockey Victoria competition. No experience needed!

Registration Day - 28th February 2016

There will be a junior skills clinic with all equipment supplied. Just bring your runners. Please come down and enjoy a free BBQ for all players and family!

Junior information for the 2016 season will be distributed.
(Players are welcome to ‘Come and Try’ on this day and do not have to sign up)

When: Sunday 28th February
Time: 11.30am - 1pm
Where: Mentone Grammar Playing Fields, Keysborough M88 H10
What: Registration Day, Junior “Come and Try” Clinic and free BBQ!

Training will begin on the following Wednesday and continue weekly.

When: Wednesdays commencing 5th March
Time: 6:00pm - 7:00pm
Where: Mentone Grammar Playing Fields, Keysborough M88 H10

Findlay Rayson
Assistant Junior Coordinator
0417 807 373

For further information contact:
juniors@stbedeshc.org.au

www.stbedeshc.org.au
Kids Holiday Program

Phone 0477 442 493

fun@limelightacting.com

April 4th to 8th

Mon 4th  1:00pm to 5:30pm
Tues - Thurs  8:30am to 5:30pm
Fri 8th  1:00pm to 5:30pm

St Georges Anglican Church
296 Glenferrie Rd, Malvern

www.facebook.com/LimelightDramaSchool
www.limelightacting.com

Design your own story,
with singing, dancing, craft and acting,
perform for parents on the last day

PARENTS please call 0477 442 493 and quote HolidayActing for a special discount

PRICING
$70 per day
$40 half day
$275 for full program
10% discount for siblings
Other discounts are available online

Bookings 0477 442 493

MOBILE PHONE INSTRUCTIONS
Search the APPSTORE for a QR CODE READER
Scan the image on the left to add event contact and address info to your phone
DO YOU LOVE MUSIC?
DO YOU WANT TO JOIN A BAND?
COME TO OUR OPEN DAY AND TRY IT OUT!

Southern Area Training Band is a fun and supportive band to help grow beginner musicians of all ages.

Join us at our Open Day for an opportunity to rehearse with us and meet our conductors and band members.

5:45 - 7:00pm Monday 14th March 2016
NG Wishart Centre,
964 Nepean Highway, Moorabbin

Please let us know if you're interested in coming!
Contact Nicole (0437 001 378) or Jacinta (0433 332 825)
Email: secretary@sacb.com.au

www.sacb.com.au

Southern Area Training Band is proudly supported by the City of Kingston
March April Cartoon Workshops

Monday
- **Dress theme:** Wizards. Prizes for best dressed.
- **Draw:** A land of candy and magic.
- **Draw:** Insects - a slug, worm & a bee.
- **Draw:** Tom & Jerry™.
- **Draw:** Mario™ & Yoshi™.
- **Make:** A cartoon kite.
- **Draw:** Cute little puppies.
- **Make:** Enjoy fruit kebabs.
- **Draw:** Hogwarts castle™ in detail.
- **Play:** Kingdom balloon skirmish.
- **Crazy hair:** Have your hair styled.
- **Draw:** A fire dragon.

Tuesday
- **Dress theme:** Star Wars™. Prizes for best dressed.
- **Draw:** Beginners cartooning part 1.
- **Draw:** Draw R2-D2™ & BB-8™
- **Play:** Cool games including 'Charge'.
- **Drawing competition:** Create your own robot.
- **Draw:** Captain Phasma™ & a Storm Trooper™.
- **Enjoy:** Mocktails.
- **Draw:** A space city.
- **Make:** A light-saber™.
- **Make:** A starship.
- **Draw:** The Millennium Falcon™.
- **Draw:** A Tie Fighter™ & an Imperial Shuttle™

Wednesday
- **Dress theme:** Gaming characters. Prizes awarded.
- **Play:** Computer games. Bring in your smart phones, games & laptops for a day of gaming.
- **Draw:** Peanuts™ characters: Snoopy™, Charlie Brown™ & Woodstock™.
- **Play:** Ted™ sock wrestling (blind-folded).
- **Make:** Clay model food.
- **Enjoy:** Free pizza.
- **Play:** Kingdom trivia for prizes.
- **Draw:** Popular computer gaming characters.
- **Draw:** A Minion™ & Yoda™ having a light-saber™ fight.
- **Play:** Bob the Nest! A very exciting game played 'Kingdom style'.

Thursday
- **Theme:** Pirates. Prizes for best dressed.
- **Draw:** Beginners cartooning part 2.
- **Make:** A city from the future.
- **Play:** The exciting pirate game.
- **Enjoy:** Yummy Canadian S’mores.
- **Draw:** Elmo™ & Mike Wazowski™.
- **Draw:** Cute troll characters.
- **Draw:** Sonic™ & Tad™.
- **Treasure hunt:** Find the pirates treasure.
- **Competition:** Crack the pirates code.
- **Competition:** Make & fly a paper aeroplane.
- **Draw:** Original Pokemon™. Bring your cards to trade.

Friday Market Day
- Theme: Jurassic Era. Prizes for best dressed.
- **Draw:** Beginners cartooning part 3.
- **Draw:** Life in the Jurassic seas.
- **Draw:** A volcano erupting.
- **Draw:** Minecraft™ characters.
- **Fun waterfight:** Battle if you want to.
- **Draw:** The Good Dinosaur™
- **Kingdom dance-off:** Prizes for the best dancers.
- **Kingdom Markets:** Children need to prepare a shop.

**www.illustrating-man.com.au**
Accomplished keynote speakers present on parenting challenges in the 21st century and across the lifespan to promote thought, discussion and action.

**IMPACTS OF THE 21st CENTURY ON CHILDHOOD & PARENTING**
Dr Daniel Donahoo
Producer & Writer (Huffington Post)
Tuesday 8 March
7:30pm

**FAMILIES COPING - EFFECTIVE STRATEGIES FOR YOU AND YOUR CHILD**
Associate Prof Dr Erica Frydenberg
Psychologist & Research Fellow
Tuesday 15 March
7:30pm

**POSITIVE DEVELOPMENT ACROSS THE LIFESPAN**
Dr Judy Cregan Melbourne Graduate
School of Education
Tuesday 19 April
7:30pm

Tickets $10 per person per seminar
www.trybooking.com - search "Trinity"

Enquiries to 0419 872 532

Trinity Uniting Church, 15 - 17 Black Street, Brighton
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Henry Frenkel, your local Saver Plus Worker:
0488 069 627
or saverplus@bsl.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in your local area. The program is funded by ANZ and the Australian Government.