

CALENDAR DATES

Term 2, 2015

19 th April	Working Bee - 10.00 – 3.00 p.m.
21 st April	St. Johns First Aid in Schools – all students
24 th April	Year 1 – Walk to Damper Creek Reserve
28 th April	Second Hand Uniform Sale – 3.00 – 3.45 p.m. - Stadium
29 th , 30 th April – 1 May	Year 5 Sovereign Hill Camp
5 th May	Family Life Evening - Hall
7 th May	Mother's Day Breakfast - Hall
8 th May	Mother's Day Stall
8 th May	Sayembara Lisan - Indonesian Language Competition
14 th May	School Council Meeting – Staffroom 7.30 p.m.
15 th May	Indonesian Classes for Parents start (3.00- 3.30 p.m.)
19 th May	Dance Concert – Ashburton Primary School Hall – Students A - L group
20 th May	Dance Concert – Ashburton Primary School Hall – Students M – Z group
25 th May	Brass & Woodwind Concert – Hall at 7.00 p.m.
27 th May	Prep – Teddy Bear's Picnic
1 st June	Percussion Concert – Hall at 7.00 pm.
3 rd June	I.C.A.S. – Science
3 rd June	Melbourne Symphony Orchestra – Year 4
4 th June	Melbourne Symphony Orchestra – Year 2
5 th June	PUPIL FREE DAY – Students do not attend school
8 th June	QUEEN'S BIRTHDAY PUBLIC HOLIDAY – Students do not attend school
9 th June	Keyboard Concert – Hall at 6.30 p.m.
9 th June	Piano Concert – Hall at 7.30 p.m.
15 th June	Strings Concert – Hall at 7.00 p.m.
22 nd June	Guitar Concert – Banksia Building at 7.00 p.m.
26 th June	Last day Term 2 – 2.30 p.m. finish

Term 3, 2015

13 th July	Term 3 commences
18 th September	Last day Term 3 – 2.30 p.m. finish

Term 4, 2015

5 th October	Term 4 commences
18 th December	Last day Term 4 – 1.30 p.m. finish

PRINCIPAL'S REPORT

Welcome Back to Term 2

Welcome back to everyone from the holiday break. I trust that you were able to enjoy time with family and friends, relaxing and recharging for the weeks ahead. I enjoyed a trip to Hobart for the first week and thoroughly enjoyed the visit. Such a beautiful city and the trips into the surrounding countryside were fantastic.

As you will note from the 'Important Dates' listed above, there is plenty happening and we look forward to another exciting Term at Essex Heights PS.

Student First Aid Training – St John Ambulance



St John Ambulance will again visit our school on Tuesday 21st April to deliver free First Aid in Schools training to all our students. Through the First Aid in Schools program, trained St John presenters will lead students from Prep to Grade 6 through tailored sessions on the importance of First Aid and what to do in the event of an emergency. Our junior students will learn about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance. Senior students

will learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.

Students will be given a special piece of homework for parents to complete. I encourage you to “do your homework” and go online with St John to see how much you know about First Aid. [Are you First Aid READY?](#)

More information about the St John First Aid in Schools program can be found at: www.stjohnvic.com.au/schools

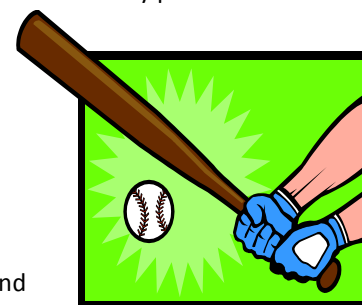
District Sport Results

During the last weeks of Term 1 we had two teams competing in the District Finals for our Interschool Sport Competition. This was a great achievement for the children and teachers of Yr 5 & 6 and we are very proud of their efforts.

The results were outstanding for both teams with Boys & Girls Softball winning the Premiers Pennant.

The Boys Softball Team has now qualified for the Regional/Zone Finals and we look forward to supporting them at this next level of competition.

Thanks to Ben Wooster and all the Yr 5/6 teachers and parents who trained, coached and supported all the teams throughout Term 1. Particular thanks to Yr 5 Teacher, Con Papanicolaou, who has worked with the Softball Teams and coached them to this terrific result.



Well Done Lynn

We were very proud of Yr 5 student, Lynn N who was one of only four students selected nationally to form the song writing team for this years ‘Music – Count Us In’ song. Lynn won this honour by writing (lyrics and melody) her own song which certainly impressed the judges. We all had the chance to appreciate Lynn’s efforts when she performed for all our visitors at last Term’s ‘Grandparents and Special Friends Concert’.

Lynn’s prize was an all-expenses paid trip to Sydney (with her Mum), during the recent holidays, to join in a song writing workshop with Marcia Hines and the other finalists. We will all hear the results of their work in October when we again join with schools around the country for the ‘Music – Count Us In’ song day.



Here is a picture of Lynn and the finalists with Marcia

Smoking Ban

As of the beginning of the new school term on April 13th, the Victorian Government has introduced smoking bans across a range of areas. Included in these bans is a 10m exclusion zone around playgrounds and sporting fields and a 4m exclusion zone from any entrance to primary or secondary schools. The new legislation effectively makes smoking around our school a fineable offence, given the number of entrances, sporting fields and playgrounds in and around Essex Heights PS. This legislation has been brought forward from June 1st to April 13th to coincide with the beginning of Term 2.



Family Life Sessions



The PFA have organised a visit from ‘Family Life Victoria’ for interested families. These are interesting and informative sessions targeted to Yrs 1 & 2; Yrs 3 & 4; Yrs 5 & 6 children and parents. Family Life visit us every two years and offer these evening forums on health and

sexuality, conducted in the Hall. Please note the date in your diary, Tuesday May 5th, and look for the flyer that will come out shortly with booking details.

Pupil Free Days

Please note that School Council has approved the following date for our final Pupil Free Day allocated by DET. It will be on **Friday, June 5th** as a Reporting and Assessment Day.

See you around the school,

Andrew



BEFORE & AFTER SCHOOL CARE (B.A.S.C.)

Next week at Aftercare we will be making "Maria's Famous Pizza's." We will be cooking on Tuesday night the 21st April.

Maria's Pizza's are something to behold. Each bite is a mouth watering taste adventure. So come along help make but more importantly eat pizza.

Then on the 30/4/15 we are having a Magic Show. It is going to be spellbinding entertainment. More details will come out next week so stay tuned.

Remember if you want to come you must be enrolled in the Essex Heights Before and After Care Program.

Thank you

Paul Davis



PARENTS & FRIENDS 'NEWS'

Welcome back to Term 2. I hope you had a good break, with some relaxation and some excitement and a bit of **chocolate** too.

The lovely Raema and Jen will run a **Secondhand Uniform stall** on Tuesday 28 April from 3.00 pm until 3.45 pm in the Stadium. Helpers would be greatly appreciated, from 2.30 pm. Donations for the stall are gratefully accepted and can be left in the lost property boxes or at the office.

If you can, please join Sharon on Tuesdays in the Stadium between 2.00 pm and 3:15 pm for some **card making**. We'll be selling the cards at our upcoming Carnival.

The new **Entertainment Book** is now available for 2015-16. You get great discounts to lots of local businesses, and the school raises funds through your purchase. Order yours today at entbook.com.au/187402c, or email us at ehpspfa@gmail.com for more information.

Have a lovely weekend

Andrea Jordan

Have you enjoyed the benefits of having an **Entertainment Book**? I've had the digital version for the past year, and it's been great. Not only are all the savings vouchers in my phone, but my husband can access them as well. **Would you be able to manage this school fundraiser?** The amazing Linda Cornell has been running it for the past few years, but it's time for her to pass it on. It's a time commitment of a couple of hours a week for a few weeks, less after this with just keeping an eye on orders and responding to any queries. If you think you could take it up, or help Linda with it, please email Stef at ehpspfa@gmail.com.



Splash of Colour

Dance Concert

Tuesday May 19th and Wednesday May 20th

A list of costume requirements for the concert has been sent home this week with students. There is also a copy below. Please speak to your child's teacher (early) if you have any questions or difficulties regarding the organisation of any costume pieces.

Thank-you, we look forward to two amazing nights of performances!



Money Munchers - Collection for Timor Leste

A request for help please

Our 'Money Muncher' collection tins are quite empty at the moment and we are looking for spare change to start filling them!

All collected money throughout term 2 will be going towards buying pencils, books etc... for underprivileged children living in Timor Leste.

Canteen days could be a great time to donate spare change!

Thank you for your support,
The Junior School Council



Berita Bahasa Indonesia!

Just a reminder that the 'Indonesia Street Festival' is on this Sunday!

Details: www.visitvictoria.com/regions/Melbourne/Events/Multicultural/Indonesia-Street-Festival

Some interesting reading.....

'Why Learn Indonesian'

<http://vilita.org.au/index.php/why-learn-indo>

Some more of our parents, grandparents and special friends may decide to join us for language classes after reading this article!



Sayembara Lisan: State-wide annual Indonesian Oral Competition

It has been great to have so many children who have expressed interest in participating this year!

Notices with final details have gone home with children this week. Please return the attached permission slip and payment by

no later than **Wednesday April 22nd** (please note that late entries cannot be accepted as I will be registering students online).

Date: Friday May 8th
Venue: Melbourne University Private
422 Auburn Road, Hawthorn 3122
Cost: \$10.00

Please encourage/assist students with their practices at home ☺

Song/poem links for Years Prep-4 are below.

Prep/Year 1/Year 2 song links

Balonku – <https://www.youtube.com/watch?v=bLSEtNEmhTc>

Pelangi – pelangi - <https://www.youtube.com/watch?v=H3wMjOlhvuE>

Year 3/Year 4 poem links

Hai Becak – <https://www.youtube.com/watch?v=kveyDKw5TgY>

Kapal Api - <https://www.youtube.com/watch?v=v3dpiGXKqvY>



Tanggal Penting: Important Dates/Events

Sunday April 19th Indonesia Street Festival

Details: www.visitvictoria.com/regions/Melbourne/Events/Multicultural/Indonesia-Street-Festival

Friday May 8th Sayembara Lisan – Statewide Indonesian Language Competition (open to all children in Years Prep-6)



INDONESIAN (BEGINNER) CLASSES FOR PARENTS

Classes for parents (grandparents/special friends) will be on offer again during Term 2 (**Fridays 3.00-3.30 pm**) beginning **Friday May 15th** for 4 weeks.



If you are interested, **please return the Slip in this Newsletter to the office by Friday April 24th** (2nd week of Term 2).

These sessions will include some introductory language to assist parents in communicating with their very clever kids!

Intermediate classes will also be on offer for any interested parents.



CANTEEN

DON'T FORGET – Please report to Front Office to sign the Visitor's Book and get a Visitor's Label **BEFORE** proceeding to the Canteen (in the Stadium).

FRIDAY	17 th April 10.00 a.m.	Jenny May, Sonia Mattingley, Anna Duri, Rosy Tang
MONDAY	20 th April 11.00 a.m.	Grace Kim, Mami Kojima
WEDNESDAY	22 nd April 10.15 a.m.	Esha Pillay, Renata Sedlacek
FRIDAY	24 th April 10.00 a.m.	Amanda Kelsall, Erica Baddeley, Jo O'Mara

SCHOOL BANKING



Welcome back to school banking in term 2. Participation in term 1 was fantastic. We now have about 190 students banking on a weekly basis and the **school received \$1,140 in commission** from the Commonwealth Bank (we receive 5% of a child's deposit up to deposits of \$200 in commission from the bank).

Currently over 300 children are banking through the school which is more than half of the school population. We would like to **encourage all bankers to join in weekly**. Remember, once your child achieves 25 deposits through the school in 2015, he/she will have a chance to win a trip to DISNEYLAND California for your family.

Regular participation gets your children into the habit of saving at an early age and you also help raising funds for the school. Furthermore it teaches the children to correctly count their money and fill out their own deposit slip.

Please remember that your child will only get the bonus interest if they make at least one deposit every month. If you would like to join the banking program please open a Commonwealth Youth Saver account for your child or contact Stef on sscanning10@gmail.com if you are unsure about the procedure.

I would like to say a BIG THANK YOU to all the volunteer helpers that make time every Friday to help run the banking program.

Stef Wendler-Canning



CREATIVE DANCE CLASSES

After School Dance classes are offered at **Essex Heights Primary** on **Mondays** and **Wednesdays** for students in Prep to Year 4. Classes take place in the **Stadium**. Class begins at **3.40pm** and finishes at **4.25pm**.

The Term 2, 2015 Dance program commences on the following dates:

Prep /1	9 sessions	\$90	Monday 20 th April
Year 2-4	9 sessions	\$90	Wednesday 15 th April

(No class on Wednesday 20th May or Wednesday 17th June)

Payments must be made in full by the 2nd session by cash or cheque. Cheques to be made out to, **Creative Dance and Drama**.

The program provides children with the opportunity to:

- Learn basic warm up routines
- Learn a choreographed dance routine
- Create their own movements
- Perform the dance for a small audience at the end of the term

If you wish for your child to enrol in these classes please complete the registration and medical forms and return to the school office in an envelope. If you have any queries please contact Georgia Lombard on **0402024891** or visit creativdanceanddrama.com and go to the **contact page**



RECYCLING AT ESSEX HEIGHTS

We would like to take this opportunity to thank the families who participate in and support the recycling at Essex Heights by taking the bins out every fortnight.

Regards,
Marita Steward

FAMILY ROSTER MONASH COUNCIL RECYCLING AREA A

Please collect the bins from driveway behind art room. If the gate is locked please use alternate gate. Please space the bins out for the driver. The bins need to go out Sunday night as collection times vary on the Monday morning.

PLEASE NOTE, unfortunately, they cannot go out on Saturday as we may receive a fine or worse still, the bins may fall over!!

DATE	FAMILY	Special Notes
Term 2 Sun 19 th Apr	Linda S	Lucas - 5M
Term 2 Sun 3 rd May	Katelin M	
Term 2 Sun 17 th May	Yuni L	Ariya - Prep L
Term 2 Sun 31 st May	Caroline T	Imogen – 5H
Term 2 Sun 28 th June	Andrea F	Caitlin Dow - 1C



Indonesian Language Classes Term 2

Name: _____ Parent/friend/relative of (student) _____

Class: _____

Yes! I wish to participate in the Indonesian Language classes.

I would be interested in (please specify)

Beginners lessons Intermediate lessons

Signature: _____



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	 \$40 value	 \$40 value	 \$35 value	 \$40 value	 \$35 value	 \$50 value		
	 2 for 1	 2 for 1	 25% off	 25% off	 2 for 1	 2 for 1	 25% off	

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Essex Heights Primary School

MM700

Contact: Linda Cornell Phone: 03 9807 2493 Email: ehpsfa@gmail.com

Order your Book or your Digital Membership securely online: www.entbook.com.au/187402c

Alternatively, please clearly complete your details:

Name: _____ Phone: _____ Email: _____

Child's Name: _____ Child's Class: _____

Melbourne Edition \$65 including GST:# _____ Book(s) # _____ Digital Membership(s) \$ _____ Post my order \$10.50

Geelong Edition \$55 including GST:# _____ Book(s) # _____ Digital Membership(s) \$ _____ TOTAL ENCLOSED \$ _____

Child's Name: _____ Class _____

Payment type: Cash MasterCard VISA Cheque (payable to Essex Heights Primary School)

Credit Card number: _____ / _____ / _____ / _____ Expiry date: _____ / _____ CVV*: _____

*CVV is the 3 digits on the back of your credit card

Cardholder's name: _____ Signature: _____

Thanks for your support! 20% from each Book sold contributes to our fundraising

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A6 Melbourne City Flyer 2015-2016

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more!

We develop greater independence in our kids one job at a time. Recently I gave my 22 year old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

WE EASILY TAKE ON CHILDREN'S RESPONSIBILITIES

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them. And as I discovered, it is easy to still do the basics of life for adult-aged children.

TIP NO. 1 for developing independence:

Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child's teacher and gain an understanding of their approach and aspirations for your child's class.

TIP NO. 2 for developing independence:

Never be more worried about a child's job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children's job to put the washing in the clothes basket.

The school holidays provides a good opportunity to reflect on the whole notion of job-sharing. It's also a good time for kids to increase their job load when they are not burdened with schoolwork and extracurricular activities.

Here's my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



ESSEX HEIGHTS PRIMARY SCHOOL

Calendar

APRIL 2015

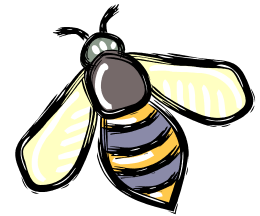
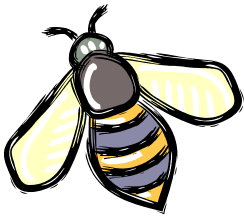
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
13 TH Term 2 begins	14 TH	15 TH	16 TH	17 TH	18 th	19 th Working Bee
20 TH	21 ST St. Johns First Aid	22 ND	23 RD	24 TH Yr 1 – Walk to Damper Creek		
27 TH	28 TH 2nd hand uniform sale	29 TH	30 TH			

MAY 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
				1 st		
4 th	5 th Family Life Evening	6 th	7 th Mother's Day Breakfast	8 th Mothers Day Stall		
11 th	12 th	13 th	14 th School Council	15 th Indonesian classes for Parents begin		
18 th	19 th Dance Concert A-L	20 th Dance Concert M-Z	21 st	22 nd		
25 th Brass & Woodwind Concert	26 th	27 th Prep – Teddy Bear's Picnic	28 th	29 th		

JUNE 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1 ST Percussion Concert	2 ND	3 RD I.C.A.S. Science Yr 4 - MSO	4 TH Yr 3 - MSO	5 TH PUPIL FREE DAY no school for students		
8 TH PUBLIC HOLIDAY	9 TH Keyboard Concert 6.30 Piano Concert 7.00 pm	10 TH	11 TH	12 TH		
15 TH Strings Concert	16 TH	17 TH	18 TH	19 TH		
22 ND Guitar Concert	23 RD	24 TH	25 TH	26 TH LAST DAY TERM 2 – 2.30 P.M. FINISH		

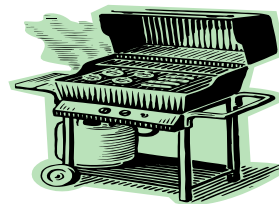


Essex Heights Working Bee Sunday 19 April 2015

All families of Essex Heights Primary School are invited to participate in our Working Bee on **Sunday 19 April 2015** anytime between the hours of 10.00 am to 3.00 pm. Please bring your gardening gloves. It will be a fun day for parents and children to join together and enjoy beautifying the school grounds, planting and gardening, generally tidying the school grounds and playground areas. A BBQ sausage sizzle will be provided for lunch with hot and cold drinks and icy poles. The more the merrier.

Please complete the form below to indicate your availability for the day and hand in to the classroom teacher or school office before **Friday 17 April 2015**.

Thanking you & in Appreciation



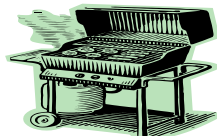
Essex Heights Primary School
School Council Grounds Committee





Essex Heights Working Bee Sunday 19 April 2015

Please return to the class teacher or Essex Heights school office **by Friday 17 April 2015**.



We will be attending the Working Bee on Sunday 19 April 2015 between the following hours:

_____ - _____

Family Name: _____

Contact telephone No: _____

Children(s) Classroom No(s): _____



COMMUNITY NOTICEBOARD

PRODUCTS & SERVICES ADVERTISED IN 'CONTACT' ARE PLACED ON A PAID BASIS AND ARE NOT NECESSARILY BEING PROMOTED BY ESSEX HEIGHTS PRIMARY SCHOOL

Waverley Gymnastics Centre
GLEN WAVERLEY CAMPUS



WOULD YOUR CHILD LIKE TO LEARN HANDSTANDS, CARTWHEELS & SOMERSAULTS?? HERE'S THEIR CHANCE!


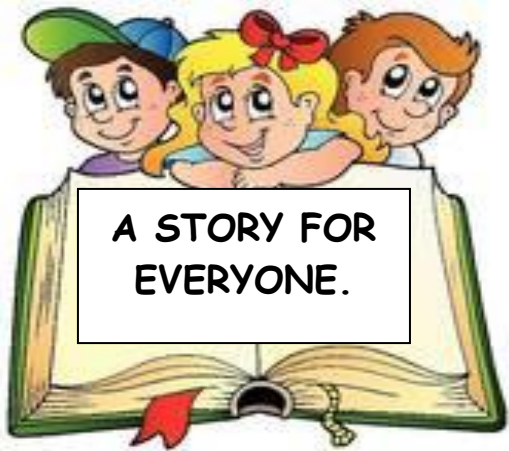
Gymnastics is not only a fantastic and fun sport in its own right; it also gives an exceptional base level of coordination, skill and confidence that assists children to achieve in all their other sports and life skills!

Waverley's Glen Waverley campus at Wesley College is an outstanding venue, with exceptional fully qualified coaches, offering fun and challenging gymnastics classes for primary school-aged children of all abilities! We also run daytime classes at our Mt Waverley venue for pre-school aged children.

Times: Monday & Tuesday afternoons, & Saturdays.
Address: 620 High Street Road, Glen Waverley (Melways Ref. 62 A12)

CALL NOW TO BOOK YOUR TRIAL CLASS!

For more information, or to book a trial class, please call 9887-9611 or visit www.waverley.gymnastics.org.au.

To a child a book is not just a book; it's a journey to wherever their imagination wants to take them.

The Lions Club of Wheelers Hill invites you, as parents, to take your children on a journey of excitement to their Book Sale at Blackflat Community Centre – Cnr. Waverley and Springvale Roads in Glen Waverley on 16th and 17th May.

There will be 100's & 100's of books for children of all ages, from infants through to teenagers.

Prices for these books range from \$0.50 to \$2.50 and the doors will open at 8.00am on Saturday and at 9.00am on Sunday. Oh yes, we also have 1000's & 1000's of books for adults as well.

50% off Ladies Tennis



Fun, Fit, Friends

- Starts May 5th
- Ends June 5rd
- Tues, Wed, Fri options
- 930am to 1030am.
- Call Angelo 0407 477 798
- angelo@vidatennis.com.au

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Free Intros throughout the term,
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Groups lessons with similar kids

Ages 4 and up

Fun and educational



Call 0407 477 798

info@vidatennis.com.au

www.kidstennislessons.com.au



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Specialist Maths tuition
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ROLL UP YOUR SLEEVES AND GIVE BLOOD

Australia needs more than 27,000 blood donations each week.

Mt Waverley Blood Donor Centre, 43 - 45 Centreway

Monday	12.00 pm – 7.30 pm	Thursday	7.30 am – 7.30 pm
Tuesday	12.00 pm – 7.30 pm	Friday	7.30 am – 3.30 pm
Wednesday	7.30 am – 7.30 pm	Saturday	8.00 am – 3.30 pm

*Mid-week plasma donations needed at Mt Waverley Blood Donor Centre

Call **13 14 95** or visit
donateblood.com.au

 **Australian Red Cross
BLOOD SERVICE**

CREATIVE MINDFUL POSSIBILITIES FOR CHILDREN



A WORKSHOP TO INSPIRE ADULTS:

Enabling teachers, parents, grandparents and health professional to share the precious gift of mindfulness with children. The focus is the 10 core 'Capsules' of Janet's book: 'Meditation Capsules: A Mindfulness Program for Children'. Heart/Mind/Hands-on practices, props and resources will be explored.

CONTENT:

Theoretical background to mindfulness and meditation • Awareness of the body
Stress and its implications for young bodies and minds • Discovering the world of the senses
Observing feelings & thoughts • Creative approaches to meditation

DETAILS:

SATURDAY 2 MAY 2015

8.45am Registration • 9am - 5pm Workshop
Kew Library • Phyllis Hore Room • Cnr Cotham Road & Civic Drive Kew VIC
(Melway Ref 45 D6)

**Morning & afternoon tea supplied, byo lunch.*

BOOKINGS & FEES:

EARLY BIRD RATE \$160 (PAID BY MONDAY 20 APRIL 215) \$190 THEREAFTER.

Bookings via website: www.meditationcapsules.com

**Fees are non-refundable & early booking is encouraged as places are limited.*