

Bayswater North
Primary School

THE LINK

A NEWSLETTER LINKING THE BAYSWATER NORTH PRIMARY SCHOOL COMMUNITY

From the Principal's Desk

Welcome back to school for Term 2! I hope everyone enjoyed their Easter Holiday break, as well as the short week last week.

In a previous LINK I shared information about our updated Instructional Model and the Gradual Release of Responsibility.

This time I wanted to talk more about our approach to Reading Comprehension, an important component of our Literacy block, and the way that we use mentor texts during our explicit teaching phase.

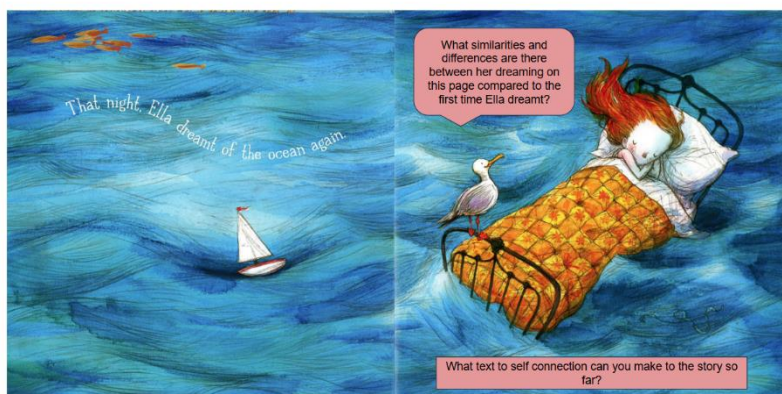
What is a mentor text?

Mentor texts are usually picture story books that contain rich and meaningful storylines or content, excellent vocabulary, skilled illustrations and may also explore a particular theme. They can be used for both Reading and Writing lessons and provide excellent examples for students to unpack and study. Teachers will choose specific skills and concepts related to the curriculum that are evident in the texts they choose, and they will use these texts for at least a week of learning. You will notice as you read through the updates from each year level that mentor texts or picture story books are featured in all reports.

In the classroom teachers will often have the mentor text they are working with scanned into their computers and displayed on the classroom TVs so students can easily access the material. Teachers will often read the whole story at the beginning or end of the week, but during the week may only focus on a short section of the book to really hone in on the skill they are teaching.

When teachers do this, we call it a 'think aloud'. This means they are literally highlighting a specific part of the text or story and talking through their thinking out loud for students - modelling the specific strategies they use to help them make sense of - or comprehend - the book. Following the explicit instruction phase of the lesson, students will then work on applying the strategies that are being taught to their own reading material at their own reading level.

The benefits of using mentor texts are that students are given access to excellent quality reading material and rich texts, they are guided by the teacher through explicit teaching of relevant reading comprehension strategies, and their understanding of the text is scaffolded through the week. This approach is highly engaging for students, and ensures they are exposed to high quality literature every week.



Calendar

Friday May 2 2025
Volume 35 Number 6
2025

May

Friday 2nd
The Link

Tuesday 6th
Somers Camp

Friday 9th
Assembly

Wednesday 14th
Grade 5/6 Camp

Friday 16th
The Link

Monday 19th
Cultural Infusion Incursion

Tuesday 20th
District Cross Country
Library & Art Session

Friday 23rd
Assembly

Tuesday 27th
Student Free Day

June

Monday 2nd
Garden Session

Monday 16th
Swimming Program

From the Principal's Desk continued....

Above is an example of how the year 3/4 classes have used a mentor text - Ella and the Ocean by Lian Tanner and Jonathan Bentley.

Consider having a conversation with your child to ask them about the books they are using to support their learning in their class. Students in years 3-6 use mentor texts every day, while in Years F-2 they are used for 1 or 2 lessons per week in conjunction with daily Little Learners Love Literacy sessions.

Transition

Now is the time of year that both kinder age children and our Year 6 students start the process of transitioning to their next stage of learning. While this is an exciting time for everyone, it is also a time that can bring up a lot of nerves and anxiety for students and families.

Our transition support for year 6-7 actually starts in year 5, with students attending 'taste tester' days at local secondary schools. This year our Year 5s have already been to Boronia K-12 College, and we are making arrangements for a Term 3 visit to Bayswater Secondary College as well. Other incidental activities in Year 6 include our annual Indonesian excursion to Heathmont Secondary which took place in Term 1. These activities help students feel a little more familiar with the physical environment of secondary schools.

For our little ones we start the transition process by visiting our most local kindergartens with some of our students and specialist teachers. We had our first of these this week and our wonderful Performing Arts teacher Miss K ran some fun music activities with students from Arrabri Kinder.

This year we are also inviting kinder aged students to come and join in a couple of activities at school - a Library/Art session and a Garden session. These sessions will introduce students to some of our staff, get to know our grounds a little bit, and have a taste of what being in a school class might be like. We also run 5 transition sessions in Term 4 to help them feel safe and secure to start Prep.

If you have any siblings who are attending school next year, we welcome you to sign up for one or both of these sessions - see the details below and on our facebook page.

Enrolment processes for 2026 have already begun, so if you are in Year 6 or have a child starting Prep next year please make sure you complete the required processes - a paper form for year 6 and an online process for Prep. For Prep you can find the link for enrolment here: <https://students.educationapps.vic.gov.au/s/>



Mrs Graunke
Principal



Upcoming Events



Bayswater North Primary School



Please see the Compass Portal for more information. Consent and payment may be required for some events.

TUESDAY 6TH MAY:

SOMERS CAMP

A very special Outdoor Education and Personal Development program for selected students.

WEDNESDAY 14TH MAY:

GRADE 5/6 CAMP

Students will enjoy an engaging three-day camp experience where they will be immersed in meaningful educational activities focusing on Australian History at Sovereign Hill in Ballarat.

MONDAY 19TH MAY:

CULTURAL INFUSION INCURSION

This year for Education week the theme is 'Celebration of Cultures'.

As part of our activities for the week we have booked an incursion for all students to participate in using the company 'Cultural Infusion'.

All students will participate in Chinese Martial Arts, Japanese Taiko Drumming and Indonesian Fusion during the day at school.

TUESDAY 20TH MAY:

WARRANTYTE SOUTH DISTRICT CROSS COUNTRY CARNIVAL

Selected students will travel by bus, leaving school at 9.00am and returning at 1.30pm. Races will be held from 9.30am onwards with the u12's competing first, followed by the u11's and then the u10's finishing the morning off.

TUESDAY 20TH MAY:

LIBRARY & ART SESSION

A unique opportunity for before school age children to experience a fantastic school activity.

MONDAY 2ND JUNE:

GARDEN SESSION

Before school age children will be attending to learn all about the garden and have fun.

MONDAY 16TH JUNE:

SWIMMING PROGRAM

This year's Swimming Program will be held in Week 9 of term 2. The program will be held at Aquanation in Ringwood with students travelling to and from the venue via bus each day.

MORE INFORMATION

Contact us on 03 9729 1744

or check our website

www.bayswaternorth.vic.edu.au

Junior School News

We're now settling into Week 2 or Term 2 and we can tell Autumn is definitely here! As the leaves change and the days get cooler, our classrooms are still full of energy and enthusiasm.

The students have returned from holidays ready to learn, explore and connect with one another.

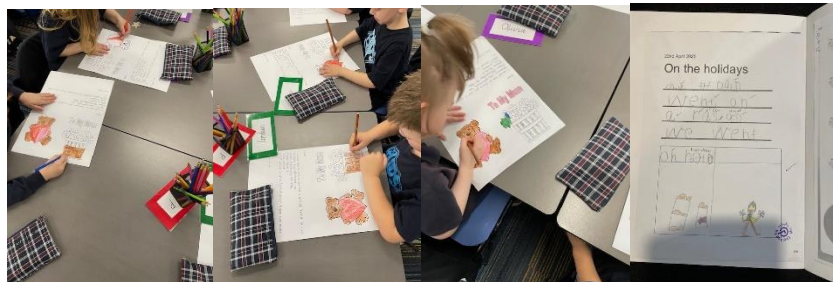
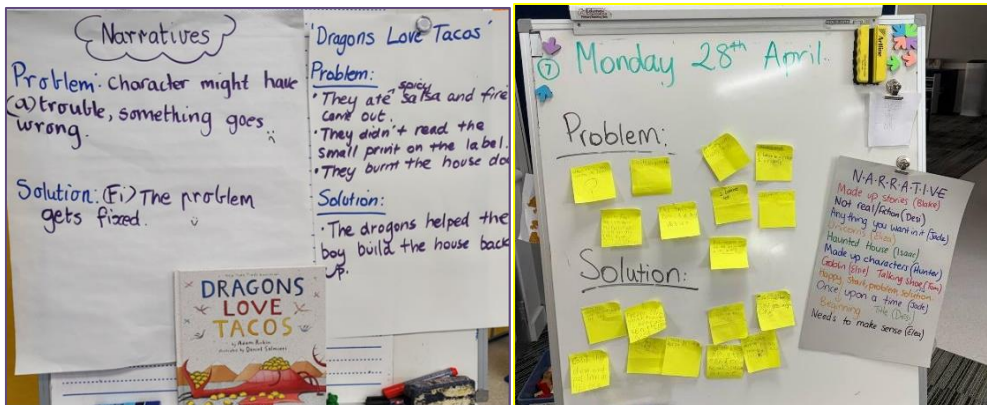
We're looking forward to this busy term together. Here's what we've been up to this week:

Literacy

Grade one and two students have been learning about the feature and structure of narratives.

This week we have been identifying problems and solutions in a story.

We read 'Dragon's Love Tacos' by Adam Rubin to find out what problems the dragons faced and how he overcame them. Students then came up with their own 'problem' and 'solution' in a pair and shared it to the whole class.



Numeracy

In Numeracy, our focus this week has been on developing strong addition and subtraction skills. We are also exploring double facts, such as $10+10$ and $7+7$, to help build mental math strategies and number fluency.

Keep practicing your doubles at home and see how quick you can recall them!

Students have been using their number charts to practise counting backwards from a tens number to help them solve problems. For example, if a student was given the numbers 58 and 7, they would take the smaller number from the bigger number, counting back 7 from 58 to get 51.

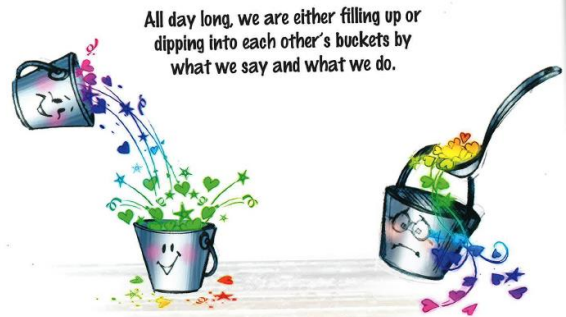
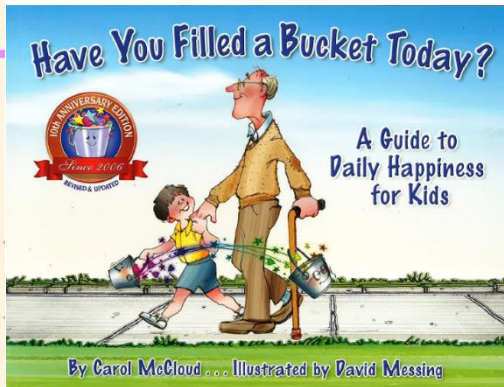
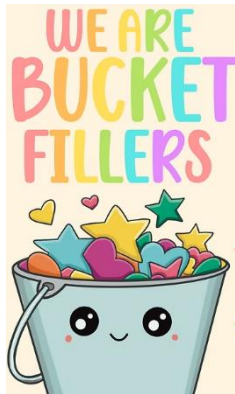
1-120 Number Chart										
I	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	
31	32	33	34	35	36	37	38	39	40	
41	42	43	44	45	46	47	48	49	50	
51	52	53	54	55	56	57	58	59	60	
61	62	63	64	65	66	67	68	69	70	
71	72	73	74	75	76	77	78	79	80	
81	82	83	84	85	86	87	88	89	90	
91	92	93	94	95	96	97	98	99	100	
101	102	103	104	105	106	107	108	109	110	
111	112	113	114	115	116	117	118	119	120	



Wellbeing

In wellbeing, we've been learning about the importance of kindness through the concept of 'filling other people's buckets.' The students have been discovering how their words and actions can make others feel happy and supported.

Ask your child how they've filled someone's bucket this week!



Try to fill a bucket and see what happens.

Cross Country

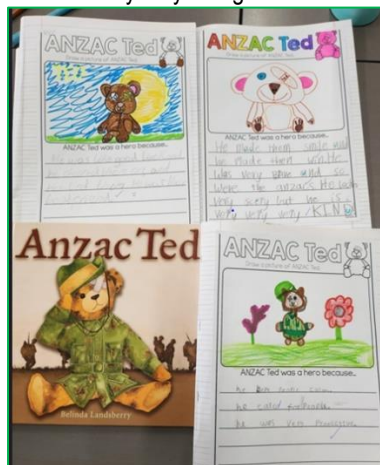
We are so proud of the entire junior school for their efforts in the Whole-School Cross Country. They all did absolutely amazing contributing points to their house. Well done to Red House who won the day!!



ANZAC Day

Before Anzac Day, we spoke to the students about the importance of this day. We read Anzac Ted by Belinda Landsberry, a story about the Anzac Spirit, and how, through courage, loyalty and love, a child's teddy bear helped to bring our soldiers home.

The students wrote why they thought Anzac Ted was a hero.



Grade 3/4 News

What's happening in grade 3/4?

We hope you had a restful break and are as excited as we are to dive into Term 2. Our students have returned to school with great enthusiasm and are already busy with an action-packed timetable.

In Mathematics, we are learning about fractions! Our students are exploring how to model and represent fractions of shapes and collections. They're also developing their understanding of equivalence and learning to compare and order fractions. You can support your child at home by using real-life examples—cutting fruit, pizza, or cakes to show halves, thirds, and quarters; practising with measuring cups while cooking; or talking about fractions during everyday moments like sharing or telling time. Small, hands-on experiences can make a big difference!



Students are learning to research and write information reports. We're focusing on organising facts clearly using headings, subheadings, and topic-specific vocabulary. You might hear your child talking about fascinating facts they've discovered while researching an animal for their report.

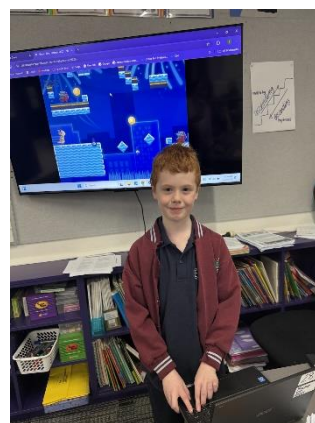
Students have been busy harvesting, chopping, cooking—and of course, tasting during Kitchen Garden sessions. This week they enjoyed making a delicious and healthy San Choy Bow. Maybe take a night off and let your child cook dinner!



Our mentor texts have focused on identifying fact from opinion. Students are learning to distinguish between statements that can be proven true and those that reflect personal beliefs or feelings. Through class discussions and reading activities, they are developing critical thinking skills—an important step in becoming thoughtful readers and writers.

A big thank you to Cam T for sharing his experiences at Code Camp over the holidays. It was fantastic to see the game he created—complete with sound effects, potions, and plenty of creativity!

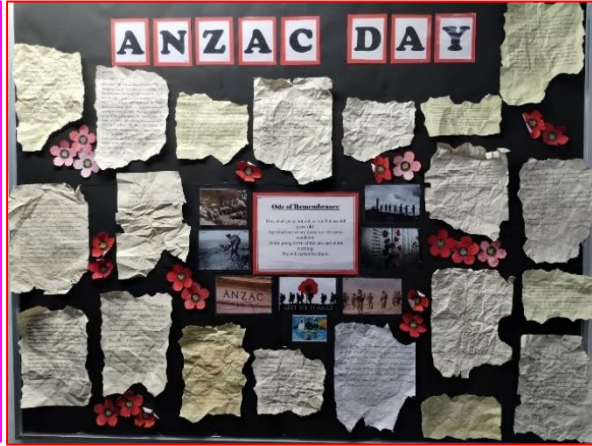
The 3/4 Team



Grade 5/6 News

Literacy

Last week the 5/6 students put an awesome effort into writing some very creative letters. After studying the ANZAC soldiers and the Gallipoli Campaign of WWI through literacy learning, students put themselves in the shoes of an ANZAC soldier, nurse, family member etc. and wrote a letter including thoughts, feelings and historical events. Great work on an important topic.

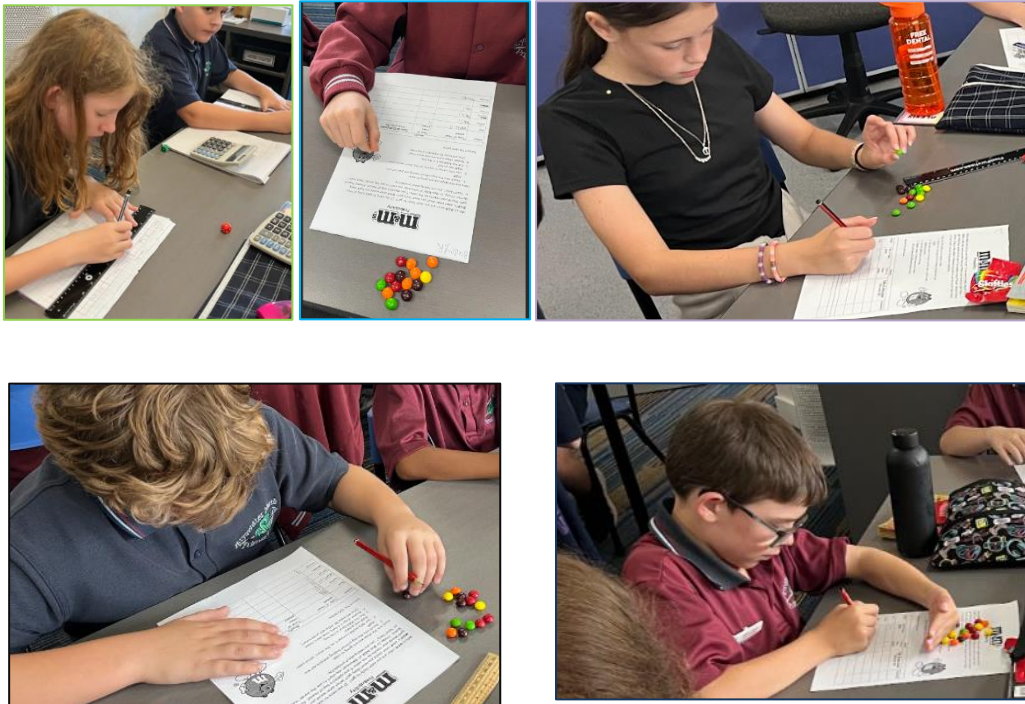


Continuing the ANZAC Day theme, students read and analysed the renowned poem 'In Flanders Fields' by John McCrae. They created an illustrated depiction of how they visualised the first stanza of the poem in their minds.



Maths

We have been having fun learning all about chance! Students have expressed probability with fractions, decimals, percentages and words. Activities have included lollies (Skittles), dice, spinners and playing cards. It is *highly likely* that students found these lessons fun!



Integrated Studies

In 5/6 we have been focusing on Australia's government. Students worked in groups to create some great 3D triaramas that demonstrated their understanding of Australia's three levels of government. Students also researched a politician of interest and made a 'Facebook' page for them.



5/6 Camp

5/6 Camp to Sovereign Hill is coming up soon in week 4! Thank you to all parents / carers who have returned medical forms, provided consent and arranged payment. If you have any general questions please feel welcome to contact your child's classroom teacher, and questions about payment may be directed to the office. If you are still to provide consent on Compass or have a medical form to return, please do so ASAP. Thanks so much.

Best wishes,
The 5/6 team.

Visual Art

As it was an interesting first week back with two public holidays, students who had Art from Grade 3-6 had the opportunity to reflect on ANZAC day and the significance of the poppy. The red poppy is a powerful symbol of remembrance, sacrifice, and hope, and is used to honour those who died or suffered in wars, conflicts, and peacekeeping operations.

The poppy's red colour also symbolises the blood shed and the sacrifices made. It is used in commemorations all over the world and the sale of poppies is also used to raise money for veterans. Its significance is deeply rooted in the history of World War I, specifically the fields of Flanders in France, where the poppy grew and flourished on the battlefields amongst the crosses and ravaged and devastated lands.

It was quite a sight which inspired the famous poem 'In Flanders Fields' by a Canadian soldier Lieutenant Colonel John McCrae, which is often recited at commemorations.



Lieutenant-Colonel John McCrae was a Canadian poet, physician, author, artist and soldier during World War I who is best known for writing the famous war memorial poem "In Flanders Fields".

After looking at reference pictures and past ANZAC day art examples, students had the opportunity to do an open ended task, which was to create their own mixed media poppy art design in the style they wanted to, using whatever materials and mediums they wanted to choose.

Some of the mediums and materials included coloured cover paper, tissue and crepe paper, kinder squares and circles, pipe cleaners, watercolour and acrylic paints, paint slicks, oil pastels, dry pastels, charcoal and many more.

It was great to see the variety of ideas and the ways in which students experimented with the materials, reflected on their work, problem solved and challenged themselves.

Students were so engaged and were proud of their ANZAC day poppy creations!

Along with the ANZAC poppies which will be on display in the Agora soon, there are many more art displays on their way, including the Heart Art students created at the end of last term for Harmony week, so keep an eye out for those.

This term students will be focusing on printmaking which for the juniors includes stamping, monoprinting and exploring painting techniques and texture using a variety of tools, and senior students will take a look at perspective and more advanced printing techniques using layers.

Students will begin to create art inspired by the theme of Superheroes as part of our whole school production.

Chaplain's Spot



When I was growing up [it seems a long time ago now], there were some basic tips to help us make good choices. The biggest one was probably what we called 'The Golden Rule'.

'Treat others as you would like to be treated'.

Another one was the advice in the image above. To help us stay safe on the roads, we were advised to look left [where the closest cars were coming from], look right, and then look left again, and cross when the road was clear. It was a basic, simple rule of life, like 'never run across a road without looking'. How many times have we seen kids chasing a ball onto the road? How many times have we heard about people crossing the road without looking, perhaps because they were focused on their phone, or listening to music, and therefore not aware of their surroundings? I'd rather be alert and alive.

As a mature adult, I have learned many things over the years. It surprises me how often new generations seem to think that they can ignore basic clues/rules. What is true, is that these basic tips for life are even more important these days. Everywhere is busier ... the roads have so much traffic. Everyone seems to be in such a hurry. We need to be aware.



My longer title for this article is "Look up – stay safe, stay healthy". There are several aspects of the importance of this message. Here are ones that I have considered:

Health:

I am amazed at the number of young people [mostly, but not always] who have what I call 'Bent Neck Syndrome'. Their heads seem to be permanently bent down, to scrawl through their devices, to check out what everyone else says is important. Bent necks, curved backs, eyes focused on screens. I wonder how many of these people do exercise to give their bodies a chance to stay healthy.

Face-to-face:

This follows on from my last article to some extent. The people who are with us deserve our attention, more than those who are not. This especially true at home of course, but also for friends. Do we really need to trawl through Facebook while walking or 'playing' with the kids? Is the rest of the world more important? Are we really aware of others in our family? Do we invest time in them to reassure them they are special to us?

Opposite FOMO:

We hear of young people who always respond to their social media. They have a 'Fear Of Missing Out'. What they are actually missing out on is what's happening around them. How many people notice beautiful images around them, such as a baby's smile, a gorgeous sunset, or just enjoy seeing people walking by, with their different style of walk, or hair style, or colourful clothing. How many really see people and share a smile with them as they walk by?

Children can remind us about the important basics of life, like having fun with friends, enjoying exercise, or being amazed at simple pleasures. Are we living vicariously [through others], being influenced by their priorities, or are we choosing the experiences that will fulfil our lives, and those around us?

Action Plan:

I'm not saying that we should throw out our devices. [I'm just as keen on Google searches as anyone]. I'm suggesting a change in perspective, to ensure we don't miss out on the opportunities life has for us, and don't get sucked in to what everyone else says is important.

So, again, "Look up – stay safe, stay healthy", "Look up and live!" You never know how much your life may be transformed, as you see the opportunities that open up.

To finish: This is a story I read this week. It is very appropriate to this theme.

"A school bus driver passed out at the wheel, and his large vehicle loaded with sixty students was careening out of control. Seventh grader Dillon Reeves burst from his seat, rushed to the front of the bus, and slowly stepped on the brake in the nick of time. While most students were busy texting or playing games on their phones, Dillon—who didn't have a phone—had his head up and reacted. He knew to depress the brake slowly as he'd seen the driver do many times. Remaining alert and not distracted helped him save the lives of all aboard, including the driver who later revived."



[apparently a quote from Woody Allen]

Community wellbeing: Each week, we run a Breakfast Club program before school in the Canteen. This is open to all students. We also have available second-hand uniforms in good condition for sale, for gold coin donations. Come and check out our stock. In our supplies we have some food items from Foodbank. These include soup portions, cereal, tinned fruit, lunch snacks, tinned baked beans and spaghetti, plus some Colgate toothbrush and toothpaste packs. Feel free to visit Breakie Club if you would like some of these, or you can email me or see me on Wednesdays or Thursdays.

Roster: If you would like to help regularly, or just occasionally on our team, here is a link set up to enter your name for whichever dates you are available. Thanks.

volunteersignup.org/LM9EJ.

Extra support: If there is ever a major emergency in your family, please contact your child's teacher, our office staff or me, so we can provide appropriate support.



Contact: If you need to contact me, you can email, phone, or see me on my days at school.

Alan Silverwood: Chaplain - Pastoral care for our community. [Wednesday & Thursday]

alan.silverwood@education.vic.gov.au



Supporting the School community in emotional, social, spiritual and practical wellbeing.



Our Chaplaincy program is funded by the Federal Government's 'National Student Wellbeing Program'.

Bayswater North
Primary School



Bayswater North Primary School Library & Art Session

45 minute session

- ✓ Read a story
- ✓ Complete an art activity
- ✓ Meet our teachers
- ✓ Have fun and practice being a school kid!

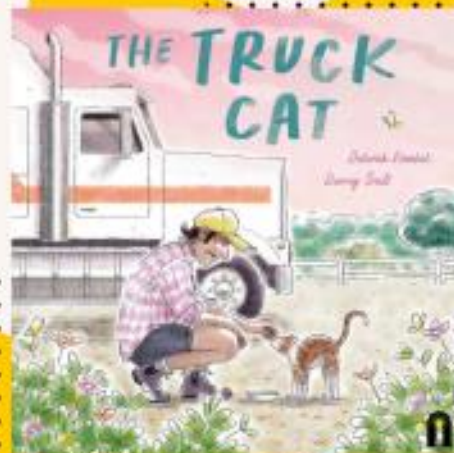
Book Now

- ☎ 9729 1744
- ✉ bayswater.north.ps@education.vic.gov.au
- 📍 Bayswater North PS
2-24 Sturt Street, Bayswater North



Tuesday 20th May
9:15 am
10:15 am
11:50 am

Parents who attend will
be invited to go on a
tour of the school





**Bayswater North
Primary School**

Monday 2nd June
Come and experience our
school garden program.

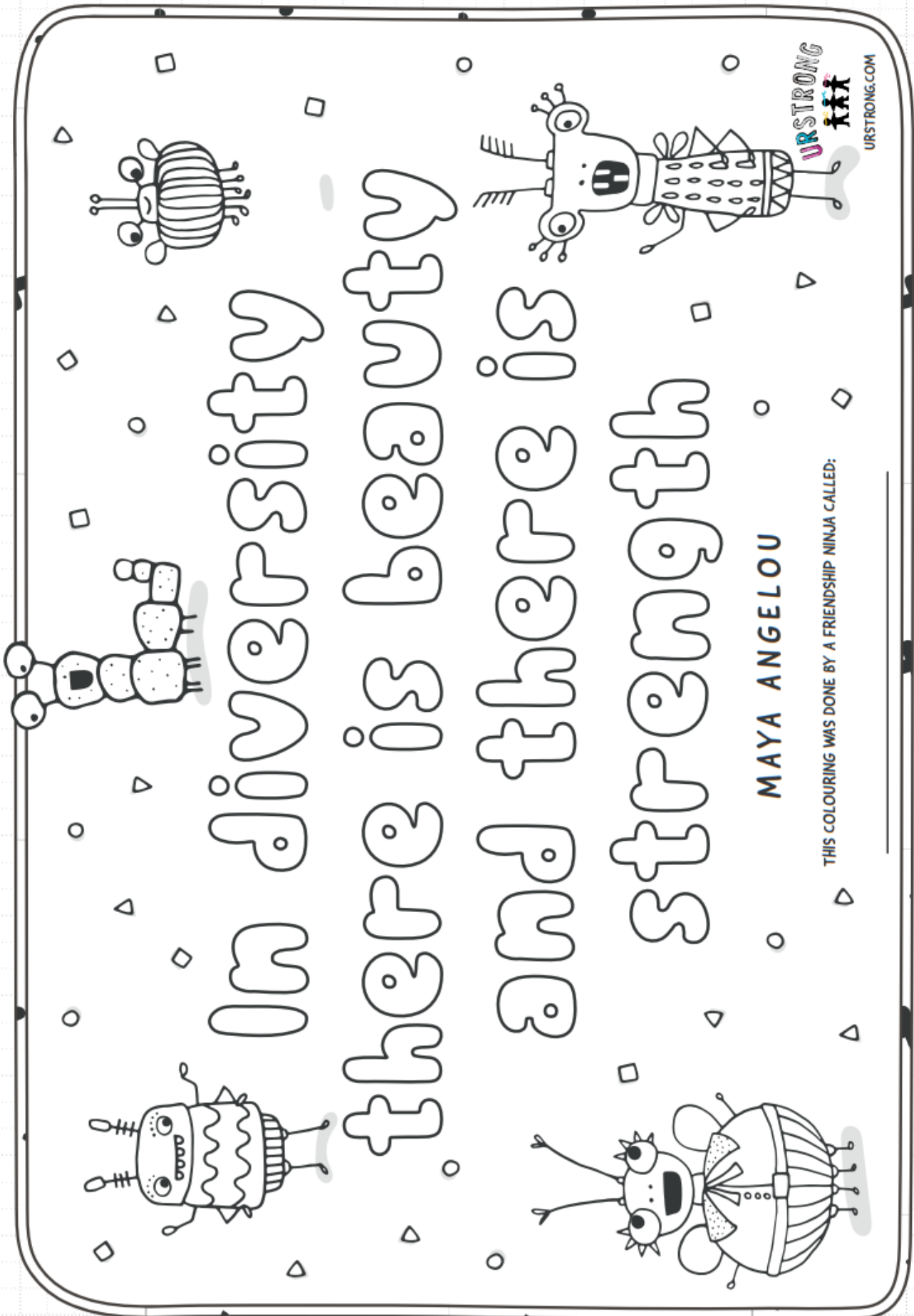
3 Sessions available – 9:15, 10:15, 11:50

Parents who attend
will be offered a tour
of the school

☎ 9729 1744
✉ bayswater.north.ps@education.vic.gov.au
📍 Bayswater North PS
2-24 Sturt Street, Bayswater North

**BAYSWATER NORTH PS
GARDEN SESSION**

BOOKING NOW



Community News:



Sarah Louise School of Dance

0419 311 592

Exciting new Saturday classes commencing Term 2!

Preschool Introduction to Dance:

Saturdays 10:00am-10:45am

Prep/Grade 1 Jazz, Tap and Ballet:

Saturdays 11:00am-12:00pm



Call Sarah and book in for your free trial lesson!

0419-311-592 www.sarahlouisedance.com.au

Girl Guide Hall Boronia.



AUSTRALIA'S #1 NON-COMPETITIVE SOCCER PROGRAM



TERM 2, 2025 SOCCER FUN FOR GIRLS & BOYS AGED 2-12!

STARTING FROM 10TH MAY

Free

FIRST 15 NEW
ENROLMENTS RECEIVE
COMPLIMENTARY SHIRT
AND SHORTS!

FOR A **FREE** TRIAL P: 0437 037 207

YOUR PARAGRAPH TEXT

MITE (2-3 YRS OLD)

35 MINUTE CLASSES

\$165 FOR 8 WEEKS

A GREAT INTRODUCTION TO SOCCER! CHILDREN WORK WITH THEIR PARENTS TO LEARN NEW SOCCER SKILLS AND DEVELOP THEIR MOTOR SKILLS! LOTS OF FUN GAMES IN A NON-COMPETITIVE ENVIRONMENT!



PINT SIZE (4-5 YRS OLD)

50 MINUTE CLASSES

\$170 FOR 8 WEEKS

CHILDREN TAKE THEIR FIRST KICKS IN SOCCER! THEY'LL BE INTRODUCED TO SHOOTING, DRIBBLING, GOAL KEEPING AND MORE. CHILDREN GET TO PLAY LOTS OF FUN, SKILL BASED GAMES. GRASSHOPPERS GET INTRODUCED TO PINT SIZE 1V1 BIG GAME!



INTRO TO MICRO (5-6 YRS OLD)

MICRO (6-8 YRS OLD)

60 MINUTE CLASSES

\$180 FOR 8 WEEKS

THE ULTIMATE CHALLENGE FOR YOUNG SOCCER PLAYERS! THEY'LL LEARN THE RULES OF THE GRASSHOPPER SOCCER BIG GAME AND DEVELOP THEIR SKILLS IN PASSING, DRIBBLING, SHOOTING AND MORE!



MICRO PLUS (8-12 YRS OLD)

60 MINUTE CLASSES

\$180 FOR 8 WEEKS

THIS PROGRAM FOCUSES ON SKILL DEVELOPMENT AND TEAMWORK IN PREPARATION FOR CLUB SOCCER. CHILDREN WILL ENJOY ALL THE FAVOURITE SOCCER BASED GAMES, FINE TUNE THEIR SKILLS AS WELL AS PLAY THE GRASSHOPPER SOCCER BIG GAME!



 jorge@grasshoppersoccer.com.au

 0437 037 207

 [/grasshoppersoccermelbourneeastern/](https://www.facebook.com/grasshoppersoccermelbourneeastern/)  GRASSHOPPERSOCCER.COM.AU/MELBOUNE EASTERN



TERM 2 STARTING 10TH MAY 2025



ENROLMENT FORM

PERSONAL INFORMATION

CHILD'S NAME:		DOB:	
PARENT/GUARDIAN'S NAME:			
ADDRESS:		SUBURB:	P/CODE:
PHONE:	MOBILE:	EMAIL:	
HOW DID YOU HEAR ABOUT US:			

TERM 2 CENTRES (PLEASE TICK)

☐ FERNTREE GULLY NORTH PRIMARY SCHOOL	111 FOREST ROAD, FERNTREE GULLY, VIC. 3158 8 week program starting Saturday 10 th May to Saturday 28 th June
☐ FAIRHILLS PRIMARY SCHOOL	MANUKA DRIVE, FERNTREE GULLY, VIC 3158 8 week program starting Sunday 11 th May to Sunday 29 th June

PROGRAMS

CLASS TIMES	MITE-E	PINT SIZE	INTRO TO MICRO	MICRO	MICRO PLUS
FERNTREE GULLY - SAT	9.00 - 9.35 AM	9.00 - 9.50 AM	10.00 - 11.00 AM	10.00 - 11.00 AM	10.00 - 11.00 AM
FAIRHILLS - SUN	9.00 - 9.35C AM	9.00 - 9.50 AM	10.00 - 11.00 AM	10.00 - 11.00 AM	10.00 - 11.00 AM
TERM FEE	\$165	\$170	\$180	\$180	\$180

PLEASE TICK YOUR PROGRAM

☐ MITE-E (2-3 YRS OLD)
 ☐ PINT SIZE (4-5 YRS OLD)
 ☐ INTRO TO MICRO (5-6 YRS OLD)
 ☐ MICRO (6-8 YRS OLD)
 ☐ MICRO PLUS (8-12 YRS OLD)

PAYMENT

PAYMENT OPTIONS: CASH, BANK TRANSFER OR CREDIT CARD

 GRASSHOPPER SOCCER HAS A **NO REFUND POLICY!**
 PLEASE NOTE: PAYMENTS WITH CC WILL INCUR A 1.7% PROCESSING FEE

NAME: GHS MelbEastern BSB: 013 402 ACC: 653733826 REFERENCE: CHILD'S NAME

CREDIT CARD PAYMENT (PLEASE TICK) ☐ VISA ☐ MASTERCARD

CREDIT CARDS PROCESSED AS GRASSHOPPER SOCCER

CREDIT CARD NUMBER: _____ EXPIRY: ____/____/____ CVV: _____

PARENT'S CONSENT: I HEREBY AUTHORISE GRASSHOPPER SOCCER TO ACT ON MY BEHALF SHOULD MY CHILD REQUIRE MEDICAL ATTENTION AND RELEASE GRASSHOPPER SOCCER FROM ANY LIABILITY INCURRED BY MY CHILD AT GRASSHOPPER SOCCER PROGRAMS. PHOTOS/VIDEOS OF CHILDREN ATTENDING THESE PROGRAMS MAY BE USED FOR REASONABLE PROMOTIONAL PURPOSES BY GRASSHOPPER SOCCER

ADD: GRASSHOPPER SOCCER SHIRT, SHORTS & HAT - ENROLMENT SPECIAL - **\$70**

SIZE - PLEASE TICK

☐ XXS ☐ XS ☐ S ☐ M ☐ L

ENROLMENT SPECIAL: \$ _____

TERM FEE: \$ _____

TOTAL: \$ _____

DO YOU AGREE: ☐ YES ☐ NO

SIGNATURE _____

☎ 0437 037 207

🌐 grasshoppersoccer.com.au/melbourneeastern

✉ jorge@grasshoppersoccer.com.au








come find your awesome

BAYSWATER AUSKICK CENTRE
 Season Launch Family Fun Night!
 Tuesday April 22nd at 5.30pm
 Fridays 5.30pm Starting May 2nd
 Tuesdays 5.00pm Starting May 6th
 Marie Wallace Bayswater Park, 799 Mountain Highway, Bayswater

 play.afl/auskick 



PRESENTS

PROFESSOR LEA WATERS PHD



GROWING THROUGH ADVERSITY

This presentation will explore the idea that we can still **find happiness during hardship**.
 Professor Waters will share her research on the positive changes that can result when we embrace, rather than deny, our struggles.
 Growing through adversity doesn't mean we are free of all struggles - it means we become stronger as we find a way to let happiness and hardship co-exist.
 Lea will share her own story and will explore how we can help ourselves, and the people we care about, **become stronger through our struggles**.

Professor Lea Waters AM, PhD, is a Fellow at the University of Melbourne and Director of Visible Wellbeing Pty Ltd.

THURSDAY 15TH MAY / 7-9PM
 KARRALYKA CENTRE, RINGWOOD EAST
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