

TERM
ONE



Brunswick South PRIMARY SCHOOL

imparare insieme ♦ creare insieme ♦ vivere insieme

WHAT'S INSIDE

LE NOTIZIE DI TREVOR, FOUNDATION, GR 1/2, SPECIALISTS
BSPS NOTICES ,COMMUNITY NOTICES

Last Day of Term
Friday 5 April
2.30 Finish

29 march 2019 issue 4

NEWSLETTER

our values –
the moral fibre which
guides our culture

CONSTANT LEARNING
MUTUAL RESPONSIBILITY
COMPASSION
SENSE OF POSSIBILITY

ASSEMBLY DATES

Fri 5 Apr 2.10pm Whole School Gr 5/6 Thurs 25 Anzac Day Public Holiday No School

CALENDAR DATES

APRIL

Tues 2 School Council Meeting 7pm
Tues 2-5 School Photos
Fri 5 Last Day of Term 2.30 Finish

TERM 2

Mon 22 Easter Monday Public Holiday
Tues 23 Curriculum Day No School
Wed 24 Term 2 First Day Back

MAY

Tues 2 Open Day for Prospective Students
Fri 10 Mother's Day and Cake Lounge
Thurs 16 Northstar Dental Van
Fri 17 Northstar Dental Van

JUNE

Sat 22 Winter Solstice

A MESSAGE FROM MARG

*Trevor
is currently
at a Principal's
Conference so this fortnight
it is.....
A Message from Marg*

LEARNING CENTRE OPENING

On Wednesday evening, our Learning Centre was officially opened with Pip and Mia cutting the pink ribbon. Alan Brough sang a self-composed song about the BSPS Learning Centre at this auspicious occasion and treated the audience with memories of book titles that were in his school library back in the 70's. Leesa from The Little Bookroom brought her books that students had on the wish list, and families who were present, had the opportunity to purchase books to be shelved for all at BSPS to borrow and read! A huge thankyou to Kate and the staff and parents for their hard work. Kate has been truly instrumental in working to create the vision of the Learning Centre where students can collaborate, communicate, create and borrow books.

BUSH DANCE

Our inaugural Bush Dance last Saturday was a huge success. There was a lot of "heel and toe, heel and toe, round and round and dozy doe" happening, whip cracking and at the very end, a bit of Nut Bush!

The weather was perfect for an outdoor event and the BSPS community came together to be entertained by Blackberry Jam. Thank you to Angela and her team of helpers who organised some amazing food and thankyou to the Fundraising Committee who were on board and volunteered their time to serve drinks, gelato and collect money. It was very much a community event, bringing families together to be entertained and have fun, and in the process we managed to raise some funds for the school.

STUDENT LED CONFERENCES

Goal setting and talking about goals was very much on the agenda last Monday and Tuesday night during our Student Led Conferences. One of our **key improvement strategies** in our Strategic Plan is to embed learner agency and student voice. Our aim for our students is for them to be actively involved in their own learning rather than learning "happening to them". A survey went out to families following the Student Led Conferences, and a few responses will help us improve the process even further. Here are some of the comments we received.

"I like that my children are responsible for their own learning."

"I can see the improvement since last year. He was more confident, the goals were communicated better."

"I like that both my children have to think about what they have done well and would like to achieve. It was great to hear them talk about themselves."

"It was a good opportunity for my daughter to practice leading the conversation."

ANNUAL IMPLEMENTATION PLAN (AIP)

Our Annual Implementation Plan has been endorsed by School Council and by DET (Dept of Education and Training) and is now available on the school website. The document is quite lengthy and written in DET language; so two parents from our School Council, Madeleine and Petra, kindly volunteered to write an "at a glance" one page document. Please see attached the "At a Glance" AIP.

SCHOOL COUNCIL

The School Council voting has been finalised and I would like to congratulate Dan Ziffer, Madeleine Aikenhead and Jean Pierre Masclef on being elected. Our first meeting with the newly elected School Councilors will be on **Tuesday 2nd April**.

END OF TERM

Next week is the last week of term 1, where have the weeks gone! School finishes at 2:30 on Friday 5th April, with a whole school assembly commencing at **2:10pm**. See you there.

Wishing you all a wonderful weekend.

Marg



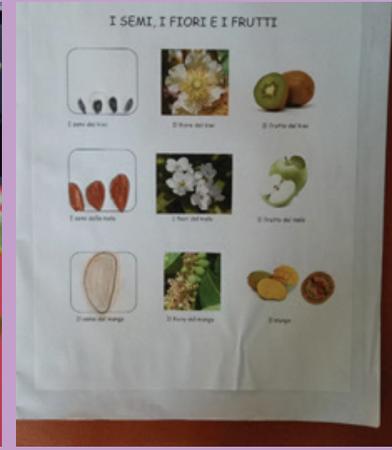
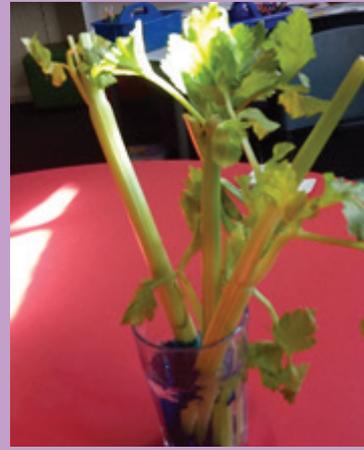
FOUNDATION



Over the past few weeks in Foundation, our students have been learning and demonstrating the school values of **compassion and mutual responsibility**. While being compassionate is not easily learnt, our students have showed their ability to care for one another and create a safe, welcoming and harmonious environment for all those who enter.

Our students have also been displaying mutual responsibility by respecting resources, our learning space, their teachers and each other!

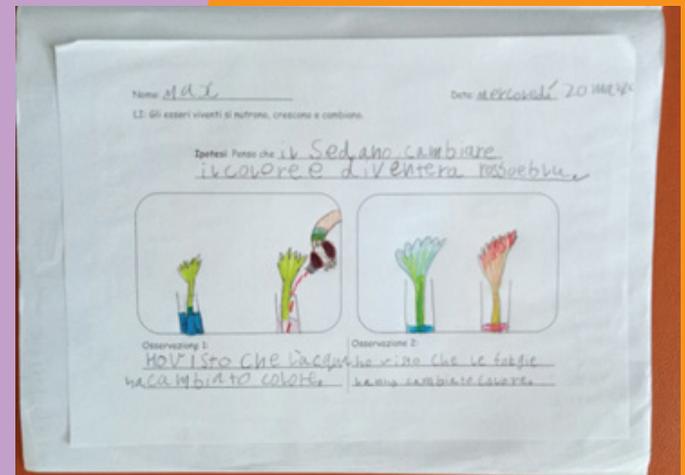
Fantastico Foundation!



This term in **1/2 Scienze** we focused on biological sciences.

Through hands-on experiments we were able to explore the differences between living beings and non-living beings; the experiments we conducted have allowed us to observe the features of living beings along with their basic needs and growth patterns.

We have also started to familiarise ourselves with hypothesising on possible outcomes and recording our observations in accordance with the scientific method.



YEARS 1/2

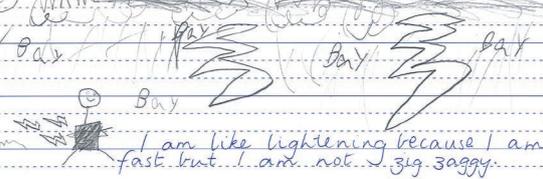
YEARS 1/2

In grade **1/2** we read a picture story book "What makes ME a ME". Helping us think about our identity unit. Here are some responses.

EPHRAIM

What makes me me? I am a unique person. I am one of a kind. The things that make me unique are:

I am like lightning because I am fast but I am not zigzaggy.



© teachstarter

What makes me me? I am a unique person. I am one of a kind. The things that make me unique are:

I am like a ice cream because I wear cones like them but you can't eat me or bit me.



© teachstarter

What makes me me? I am a unique person. I am one of a kind. The things that make me unique are:

I am like a dilligoo because we both eat meat but I am not very big.

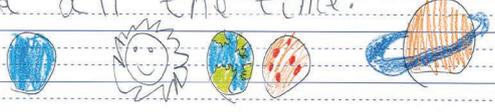


© teachstarter

SUNDAY

*What makes me me? I am a unique person. I am one of a kind. The things that make me unique are:

*I'm like the solar system because I like spinning around but I do not spin around all the time.



© teachstarter

PE NEWS

Some of our amazing **Foundation** students in PMP building up their gross motor skills using equipment



PERFORMING ARTS

Hello BPS community, the end of year production has approached the run away, and is ready for take-off!!!

The date of the end of year school performance has been decided. The show will take place on **Tuesday 29th and Wednesday 30th of October 2019** at the Clocktower Centre in Moonee Ponds. I am now looking for any parents, relatives or friends of the community that are wishing to volunteer their time to help bring the production to fruition.

The initial meeting for the production team will be held on Friday 26th April, from 9.00 to 10.30 in the staff room.

Those who attend this meeting will gain an initial but insightful understanding of the end of year school performance through an introductory presentation and storytelling.

At this stage I am looking particularly for volunteers that can design costumes and can stitch, seam, hem, tack, baste, attach, and fasten material and alike. The great majority of costumes are already made and ready to be reused, however, there are a number of costumes that are required to be made from scratch.

Other roles that I am looking to find volunteers for are:

- ◆ Props makers (make/build props)
- ◆ Graphic designers (produce marketing material such as brochures/programs and posters)
- ◆ Merchandise (manage/monitor the production of merchandise and organise the delivery of pre-ordered items)
- ◆ Costume assistants (organise and maintain stock of costumes, and props)
- ◆ Teacher's assistant (on the two night of the event assist teachers monitor students backstage)
- ◆ Stage manager (on the two night of the event assist with moving groups of students on and off the stage)

As I am sure you know, this type of event requires a lot of forward planning, and collaboration. It is for this reason that it is better to meet sooner rather than later.

If you are keen to help in the lead up to the end of year school performance, please contact me on vitali. daniele.d@edumail.vic.gov.au or tap me on the shoulder when you see me on the school ground.

I look forward to meeting with you Friday 26th April or in the near future.

Kind Regards,

Daniele Vitali

BSPS NOTICES

BSPS STUDENT HITS THE HEADLINES



Courtenay Dempsey chats with Matthew and Destiny. Picture: JAMES ROSS

KEY PLANK TO REDUCING VIOLENCE

FORMER Essendon footballer Courtenay Dempsey is spearheading a program to reduce domestic violence in indigenous children in Moreland and Hume.

Dempsey played 133 games in a 10-year AFL career with

the Bombers and has teamed up with Merri Health and The Long Foundation to create Speak Up, Speak Out.

Dempsey said the free program, open to 10 to 12-year-old Aboriginal and Torres Strait Islander children, would

teach "respectful relationships and upstander actions".

It will include leadership sessions and be held at the Essendon Football Club.

Details: 1300 637 744

ITALIAN SPEAKERS NEEDED FOR LANGUAGE LEARNING APPS

Voice requirements

- ◆ First language speakers of Italian
- ◆ Melbourne-based
- ◆ Girls - aged 7-18
- ◆ Boys - aged 7-12
- ◆ Clear, expressive voices with good pronunciation
- ◆ Recording sessions
- ◆ The recording sessions will be held at a professional studio in Balaclava (near East St Kilda).
- ◆ Each child will need to attend three to four recording sessions, with each session lasting approximately 30-60 minutes.
- ◆ We will provide voice coaching at the sessions.
- ◆ Children will receive gift vouchers for their participation.
- ◆ Process
- ◆ Potential voices must be approved by the project's subject matter expert. So, we need candidates to supply a sample audio file. We will provide script items for the sample file.

The parents of interested children should contact rachel.kennedy@millipede.com.au or sandy.jenkins@millipede.com.au

COMPASS PARENT PORTAL

It's been great to see that many of our families have logged into the COMPASS app and started using COMPASS to record attendance absences.

To access BSPS Parent Portal download Compass School Manager app available for iOS and Android and go to the following link [brunwicksouthps-vic.compas.education](https://www.brunwicksouthps-vic.compas.education). Please contact the school office if you require any assistance.

BSPS SCHOOL COUNCIL

- ◆ **President** Gabrielle Marchetti
- ◆ **Vice President** Jeremey Schreurs
- ◆ **Treasurer** Jeremy Schreurs
- ◆ **Community** Gabrielle Marchetti, James Henry
- ◆ **Building and Grounds** James Henry
- ◆ **Policies** Marg Weymouth
- ◆ **Community and Fundraising** Jane Scammell
- ◆ **Members** Madeleine Aikenhead, Petra Stock
- ◆ **OSHC** Petra Stock
- ◆ **DET** Trevor Strolla, Marg Weymouth, Ivana D'Aprano

Please send enquiries to brunswick.south.ps@edumail.vic.gov.au marked attention to relevant convenor

NOTICES FOR THIS SECTION MUST BE SUBMITTED BY FRIDAY PRIOR. EMAIL TO brunswick.south.ps@edumail.vic.gov.au

Brunswick South Primary School – 2019 Annual Implementation Plan ‘At a Glance’

VISION: For all students to live meaningful and rewarding lives; valuing and being valued as members of diverse communities

VALUES: Constant Learning Mutual Responsibility Compassion Sense of Possibility

What is an Annual Implementation Plan (AIP)?

The AIP sets out specific actions for implementing and monitoring [BSPS Strategic Plan](#) for the coming year. The AIP is self-evaluated annually and is assessed as a continuum of learning defined by 4 ratings, these are: *Emerging, Evolving, Embedding and Excelling*.

Rating	Emerging	Evolving	Embedding	Excelling
Continuum ranking	Lowest			Highest

Of the 16 improvement dimensions, BSPPS has self-evaluated as Emerging against 5, Evolving moving towards Evolving against 4 and Evolving against 6. This is an improvement on the 2018 AIP self-evaluation.

AIP key focus areas for 2019

<p>GOAL</p> <p>To optimise student learning and learning growth across the curriculum, particularly in Literacy and Numeracy.</p>	<p>To foster students' intellectual engagement and self awareness consistently in all learning areas across the school.</p>
<p>This goal focuses on improving student performance in Literacy and Numeracy areas through improved NAPLAN results in Writing and Numeracy. This year's AIP is particularly focused on:</p> <ul style="list-style-type: none"> Reducing the proportion of Yr 5 students achieving low growth in Writing and Numeracy. "Growth" is a NAPLAN measure that examines learning gain over the previous two years. Increasing the proportion of Yr 5 students achieving high growth in Writing and Numeracy. Increasing the proportion of Yr 3 and 5 students in the top two bands in Writing and Numeracy. Each NAPLAN scale is divided into ten bands to report student progress through Years 3, 5, 7 and 9. Band 1 is the lowest band and band 10 is the highest. 	<p>This goal focuses on student-centred approach where students establish a growth mindset and set and share their own learning goals. This goal aims to improve results as measured by the Attitudes to School, Parent Opinion and School Staff surveys in areas of:</p> <ul style="list-style-type: none"> self-regulation and goal setting differentiated learning challenge (that is students being taught the same curriculum but being given more challenging material) delivery of a consistent curriculum with a focus on academic outcomes positive endorsement from parents of effective teaching student input into their school learning and well-being student opinion on whether the school provides a stimulating learning environment.
<p>STRATEGIES</p> <p><u>Implement Professional Learning Communities (PLCs)</u> - PLCs comprise BSPPS teachers who develop specialist areas and share their learning practices with each other. In 2018 these communities were expanded to share practice across all year levels within each discipline or specialist area as well as the already established practice of sharing across the teaching team within a learning area (eg. grade 1/2). Feedback from staff indicated that the development of the PLCs in 2018 had positive impacts on their practice with the Literacy PLC in particular noting enhanced teaching strategies.</p>	<p><u>To embed learner agency and student voice to ensure active student engagement in learning and a positive school climate</u> - Work began in 2018 to develop ways in which students could contribute to activities and decision-making more broadly in BSPPS. Student-led conferences were introduced in 2018 in contrast to the traditional parent-teacher interview. Some students also participated in decision making and planning forums such as selection panels for staff and external service providers (Outside School Hours Care provider).</p>
<p>ACTIONS</p> <p>This year the focus for PLCs will be on consistent use of the BSPPS Instructional Model to embed high quality teacher practice within a bilingual environment using evidence-based strategies. This year there will be a focus on ensuring consistent teacher planning documentation to support curriculum delivery across the whole school.</p>	<p>This year the focus will be on encouraging students to actively strive for challenging goals in Literacy and Numeracy (both English and Italian) and communicate these to parents and carers, continuing to work with students and teachers to develop a shared understanding of "learner agency" and "student voice".</p>
<p>SUCCESS INDICATORS</p> <p>We expect to see:</p> <ul style="list-style-type: none"> greater consistency in the student performance data from year to year an increased understanding and awareness of the BSPPS Instructional model in teacher planning documentation increased understanding from teachers and students on their learning as well as reflection on the purpose of the teacher student observation and feedback activities The Year Level PLC leaders using PLC tools learnt through professional development to improve their practice. 	<p>We expect to see:</p> <ul style="list-style-type: none"> Student goals established consistently across all years levels and communicated to and understood by parents and carers at the Student Led Conferences Continued meaningful opportunities for students to input into school decision making and planning A consistent and shared understanding of "student voice" and "learner agency" across BSPPS teaching staff and school leadership.

Brunswick South Primary

7:00 AM - 6:00 PM



Incursion



Excursion



In-House

APRIL WEEK 1

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
INVENTIONS & INVENTORS	KIDS VS WILD & BUSH ART	FUNFIELDS	ROCKET SCIENCE & DODGEBALL	THE LEGO MOVIE 2 & VIC ROCKS
Ever wondered what it takes to invent something? Well, today you're in luck because we're exploring the world's inventions & famous inventors. You'll even have the chance to design, construct & test your own inventions.	Learn how to survive in the bush, as we explore how to make a shelter from natural materials. Set a trap, make rope & build a fire using sticks and so much more.	Explore Funfields for the day & check out the new Volcano Heated Wave Pool, 3 World Record waterslides along with over 25 epic rides & attractions. *Bathers & Towel required. Bus departs 9:00 am.	Explore the wonders of rocket flight & space technology. Construct & launch your very own water rocket to altitudes over 60 metres. And later we'll play the ultimate game of dodgeball.	Today we're off to the movies, then we'll be joining the VIC Rock movement by painting rocks. Hide it in your local park & search for other painted rocks. *Popcorn & water provided. *Allergy Alert
Base Fee \$65.00 Exp Fee** \$7.00 Daily Total \$72.00 After Max CCS* \$10.80	Base Fee \$65.00 Exp Fee** \$20.00 Daily Total \$85.00 After Max CCS* \$12.75	Base Fee \$65.00 Exp Fee** \$36.00 Daily Total \$101.00 After Max CCS* \$15.15	Base Fee \$65.00 Exp Fee** \$16.00 Daily Total \$81.00 After Max CCS* \$12.15	Base Fee \$65.00 Exp Fee** \$28.00 Daily Total \$93.00 After Max CCS* \$13.95

APRIL WEEK 2

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
MAZE RUNNER & SPY DIARY	INFLATABLE WORLD OZ & LET'S PARTY	TIM CREDIBLE & POCKET PALS	CARNIVAL ANTICS	
Today we'll test your skills in a series of mind-boggling challenges. Will you be the one to crack the maze? However, that's not all, you'll also go home with your very own secret spy diary.	Home to some of the biggest indoor Inflatables in Oz. Climb, leap, crawl, duck and weave through obstacles and more. Later, we'll play some classic party games. *Socks required.	The Comedy Festival is in town & we're putting on an exclusive TeamKids show. Get ready to LOL as we invite Tim Credible & his performing poodle to the stage. Later we'll continue the fun with pocket pals.	Step right up & be amazed by all the Carnival fun you'll experience today. We'll be creating our own TeamKids Carnival filled with banners, stands, interactive games, shows, stunts, prizes & more.	
Base Fee \$65.00 Exp Fee** \$18.00 Daily Total \$83.00 After Max CCS* \$12.45	Base Fee \$65.00 Exp Fee** \$32.00 Daily Total \$97.00 After Max CCS* \$14.55	Base Fee \$65.00 Exp Fee** \$30.00 Daily Total \$95.00 After Max CCS* \$14.25	Base Fee \$65.00 Exp Fee** \$7.00 Daily Total \$72.00 After Max CCS* \$10.80	

*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fees apply within 7 days per child. Payment plans available.
 **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.

Book a day or the whole week... how many days is up to you!
 Find your nearest venue: www.teamkids.com.au/venues

COMMUNITY NOTICES

MARCH EVENTS

Two Tall Chefs will donate to the school 5% of all cheese purchases made by parents and friends of Brunswick South Primary School. Simply collect any receipts and provide them to the office and the school will arrange to collect the funds. Encourage anyone you know to visit their store, buy cheese and keep their receipts!



Owned and operated by former Michelin star restaurant chef, Monte Hudson, Two Tall Chefs eating house and cheese shop is located in Carlton North's Nicholson Street Village at 665 Nicholson Street. Their range of cheese includes local artisan cheeses and cheese from afar.

They also offer breakfast, lunch and daily specials five days per week (except Sunday and Monday), from 9.00am to 4.00pm. Fully licensed, they have a great selection of wine, local beers and ciders and their backyard dining area is open on Saturday from 10.00am to 5.00pm. Three nights per week (Thursday, Friday and Saturday), they offer a two or three course dinner menu, sourced from local produce and changing weekly.

For more information, go to <http://www.twotallchefs.com.au>

BOOK LAUNCH: Baz & Benz
with creator Heidi McKinnon, to be launched by Sally Rippin
Saturday March 23 | 3pm | 3yrs+ | a picture book about friendship!

BOOK CHAT: primary teachers & librarians
with Eve Anderson, Dorling Kindersley non-fiction publisher
Tuesday March 26 | 6pm | \$10 | \$10 including light catering

BOOK LAUNCH: Sherlock Bones and the Natural History Mystery
with creator Renee Teml
Saturday March 30 | 3pm | 6yrs+ | an exciting new graphic novel!

BOOK LAUNCH: A Cat Called Trim
with creators Corinne Fenton & Craig Smith
Sunday March 31 | 10:30am | 4yrs+ | A picture book about history!

STORYTIME:

10:30 Thursdays. All welcome!

www.littlebookroom.com.au

759 Nicholson Street
Carlton North
t & i: @little_bookroom
f: TheLittleBookroom



THE
LITTLE
BOOKROOM

Would you like a stick insect pet?

We have newly hatched babies, free to good home.

They are actually called spiny left insects, or Macleay's spectre:

<https://australianmuseum.net.au/learn/animals/insects/care-of-stick-insects/>

Currently the size and shape of red ants, during their life they will shed their skin six times, and grow to about 10cm.

They eat eucalyptus leaves. And need a daily spritz of water to keep them hydrated.

You would need to house these little darlings in an enclosure that provides air flow, ie mesh sides or mesh & glass. For 2 stick insects, it should be approx. 30x30cm, with a lid, to put in fresh gum leaves.

You can buy them from pet stores or make one yourself, as we did.

If you would like a hatchling. Please email me at: nutandtwig@gmail.com or call on 0401 661 653.



Moreland City Libraries Autumn 2019



Get busy after school with the Curiosity Crew!

Our weekly after-school STEAM program is an opportunity to share ideas and skills with new friends. Programs will vary each term and focus on an aspect of science, technology, engineering, art or maths. For children aged 8 years+, check the website for more details. Bookings are essential for these sessions and all participants are required to hold a Moreland City Libraries membership card with internet access.

SPHEROS
Sphero is an app-enabled robot that responds to your command! Using iPads children will learn how to 'drive' Sphero, negotiate obstacles and draw.
4 - 5 pm, Thursdays at Coburg Library

STOP MOTION
Make your own stop animation movies using our ipads and LEGO minifigures. Set your scene, snap the moves and add dialogue or your own sounds.
4 - 5 pm, Wednesdays at Fawkner Library

LEGO WEDO
Build moveable models with Lego bricks and bring it to life by using basic coding on an iPad.
4 - 5 pm, Thursdays at Glenroy Library

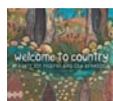
CODE CLUB
Learning to program a computer is an important skill. Come along to our fun weekly workshops.
4 - 5 pm, Wednesdays at Brunswick Library.

Did you know...

Moreland Libraries have a number of books exploring Indigenous Australian languages. Find one at your local library and celebrate International Year of Indigenous Languages.



2019 | INTERNATIONAL YEAR OF
Indigenous Languages



Brunswick Library
33 Sydney Road, Coburg
Phone: 9389 8600

Glenroy Library
737 Pascoe Vale Road, Glenroy
Phone: 8311 4100

Fawkner Library
77 Jukes Road, Fawkner
Phone: 9355 4200

Campbell Turnbull Library
220 Melville Road, West Brunswick
Phone: 9384 9200

Coburg Library
Cnr Victoria & Louisa Streets, Coburg
Phone: 9353 4000

moreland.vic.gov.au/libraries





Spectrum Tuiton is coming to Brunswick in 2019!

**Book A FREE Assessment And Get Up
To \$100 Off Your Tuition Fees*!**

English - Mathematics - Scholarship and Selective Exam Preparation Experts.
From Grade Prep - Year 12

Brunswick South Primary School - 56 Brunswick Road, Brunswick East
For more information, please visit www.spectrumtuiton.com/brunswick
or call 1800 668 177



**BOOK
NOW**

Mindfulness & Meditation FOR KIDS!

Beautifully designed classes and workshops
for children, run by local primary school
teacher, Hayley Mckenzie.



Half Moon Mindfulness & Meditation

Located in the SITEWORKS building, 33 Saxon street, Brunswick

Email: hayleymck25@yahoo.com.au OR Phone: 0415 946 562

FAITH - LIKE FITNESS
BRINGS YOU

COBURG
primary



MOVEfit EXERCISE CLASSES

- Been thinking of joining an exercise class for some time?
- Have you tried but haven't quite found the right fit at your gym?

**Designed to help
keep parents fit**

WEDS + FRI
@ 9:15am

Join our group of committed parents who do this fitness thing together. The 50 min classes are highly effective, diverse full body workouts that cater to all fitness levels.

There is NO harm trying, who knows, you might end up loving it!



Contact Kristal to
BOOK A FREE TRIAL
0435 605370 or
kristaldecoursou@gmail.com

Did you know that heart disease is the leading cause of death, globally, for males and females? According to the Australian Bureau of Statistics, in 2015, 15.5% of all deaths were caused by heart disease. That's 8.76 million individuals.

Heart disease is caused by the build-up of plaque (fatty material), in our heart's arteries causing them to narrow. This results in reduced blood flow and oxygen to our hearts which lead to serious and chronic health problems.

We are in control of trying reducing that risk by participating in regular exercise. Committing to one or two sessions per week alone will significantly reduce the risk. World Health Organisation recommends 150 mins per week of moderate activity, this includes household chores, brisk walks, gardening or dancing, or 75 mins per week of vigorous intensity activity which includes running, fast swimming/cycling or a fitness group session.

How exercise reduces your risk of heart disease:

- Lowers blood pressure which reduces the strain on your heart
- Improves blood circulation which reduces risk of clots or blockages in the arteries
- The heart is a muscle, so regular exercise helps keep it strong. As your heart becomes stronger, your heart rate lowers and fewer beats are required to pump the same amount of blood
- Raises HDL (high-density lipoprotein) levels (aka good cholesterol). This is linked to lower the risk of heart disease
- People who exercise generally have a better diet and habits or will lead to having a better diet and habits
- Helps control weight
- Helps manage stress
- Strengthens muscles and improves mobility which makes it easier to perform activities of daily living. The easier these activities are, the more active one is likely to be overall

There are many reasons why you should start exercising today!

MOVEfit offers a convenient way to get those active minutes in by running classes on the school grounds after the drop off. As well as getting your workout done, you will be able to build community and friendships with other parents from the school. Not only will you be looking after your own health, but you will also be a great role model to the hundreds of children who see parents exercising at school.

The most challenging part of your journey, believe it or not, is not the workout itself, but getting yourself to a class. Once you have done a class and committed yourself to coming regularly, the workout itself is the easier part!

Contact Kristal to book in for a ONE WEEK FREE TRIAL. All fitness levels welcome.

Classes run on Wednesday and Friday at 9:15am.

kristaldecoursou@gmail.com or 0435 605370

MARCH MADNESS



Come down to **try Lacrosse**
Sign up to play before the end of MARCH
Receive a **FREE Lacrosse stick** and boot bag

For more information
wearebrunswicklacrosse@gmail.com
[Facebook.com/wearebrunswicklacrosse](https://www.facebook.com/wearebrunswicklacrosse)

Thursdays
5:30pm
Fleming Park
East Brunswick



OPEN EVENING THURSDAY 2 MAY 2019

Everyone welcome. Book today at:
www.coburg.vic.edu.au/open

We warmly invite you to visit us at Coburg High School to learn more about our school. For more information, including dates & times of our school tours, visit us at www.coburg.vic.gov.au or call 9353 1700.

Curiosity
at work



**NORTHCOTE
HIGH SCHOOL**

OPEN MORNING

TUESDAY 30 APRIL 2019

- 9.15am – 11.30am:**
Our school in action
- Student-led tours
 - Principal's presentation (9.20am and 10.20am)
 - Information hub 11am – 11.30am

7pm: Presentation only
(repeat session from morning)

.....
**YEAR 7 2020
ACE PROGRAM
APPLICATIONS
NOW OPEN**

Closing date 24 April
.....

Follow the better path.
nhs.vic.edu.au