

# MOWBRAY NEWS

Term 1 Week 4  
20 February 2019

## PRINCIPAL'S REPORT

### **Mornings at MPS**

As you would all be aware, **from 8:40am** the school and surrounding streets can be very busy! School supervision starts at 8:40am (meaning a teacher is out on duty in the playground – the oval is closed). If you are dropping your child off, it can be done from the main entrance (Mowbray Rd) and children walk through the open roller shutter.

Children can also be dropped off and walked into the grounds using the carpark off Hatfield Street. The carpark has clearly marked spaces for Cubby House staff, the unmarked spots are for anyone. There is a drop-off zone for parents to circle and drop children off. Cars should only be left in the unmarked spots not in the drop-off zone.

When walking up to the school these are the two points of entry.

We also request that no children are on the equipment before school, even if they have a parent watching. It is difficult for staff to ensure that every child on the equipment has a parent and we are responsible for the safety of all students in our care.

### **Parent/Teacher interviews**

As previously discussed, this year we are replacing parent information night with parent/teacher interviews. They will be held on 25 and 26 February. The note explaining the booking process with the code for interviews went out last week on School Stream. We are hoping that this opens the lines of communication between teacher and parent/carer early in the year.

This interview is not a time that teachers will show work samples or discuss students' academic progress. It is a chance for parents to discuss any areas of strength or concerns they have for their child academically or socially. It gives us a chance to glean all information possible to ensure that students have a fantastic 2019 school year.

At this meeting, teachers will be giving extra information about the stage and their specific class. They will explain the best way to contact them for the year.

### **When parents have a question or concern during the year**

Throughout the year parents might have questions or concerns about their child's academic progress/achievement or social issues. If you have concerns, this is our process:

1. Speak to your child's teacher first:
  - Plan what you will say so you can clearly explain what the concern is. You might want to take some notes to help you.
  - Have some ideas about how the concern could be resolved realistically. Working with your child's teacher can clarify the situation and identify ways your concerns can be addressed.

- If you need an interpreter, the school can arrange one – please ask beforehand.
  - Staying calm and clear about your concern helps you and school staff to discuss the situation and settle on an option or resolution that supports your child's education.
2. If you still have concerns after speaking to your child's teacher or if your concern is another aspect of school which is impacting your child, please speak to an Assistant Principal:
- Early Stage 1 (Kindergarten) *Emma Lockwood*  
Stage 1 (Year 1 & 2) *Jennifer Flynn*  
Stage 2 (Year 3 & 4) *Kirsty Holmes*  
Stage 3 (Year 5 & 6) *Jessica Van Amersfort*
3. If your concern is still not resolved, or is a concern about the conduct of a member of staff, please come and see our Deputy Principal *Mandy Ryan* or Principal *Caroline Alford*.

We aim to work openly in partnership with parents to ensure every student is known, valued and cared for at Mowbray Public School.

### **Where were our teaching staff on Saturday 9 February?**

On Saturday 9 February, our dedicated teaching staff hosted the staff from Gladesville and Ryde East Public School starting our professional learning journey around *Visible Learning*. We will be working as a community of schools for the next three years to support our students along the Visible Learning journey.

A *Visible Learner* is a student who applies effective habits of thinking and doing. Explains and understands progress (knows where they are at, where they are going and what their next steps are). Seeks, receives, acts on and gives feedback and understands how to learn. Research has shown that 'collective teacher efficacy' is a major factor in improving student learning outcomes. We will be working over the next three years to work with our students, staff and community to have all our students displaying the characteristics of a visible learner.



### **School Stream**

Last week there were some updates to School Stream. We have tried to streamline the categories.

School Information – information about the school, the general student absent form.

Alerts – anything coming up as a reminder message (e.g. SRC fundraisers, wear red today!)

What's On – The upcoming weekly calendar for parents sent automatically on a Friday afternoon and the fortnightly school newsletter.

Stage categories (Kindergarten, Stage 1, Stage 2 and Stage 3) – where the appropriate permission notes for each stage will go e.g. excursions, term newsletters.

Choir/Music band and strings/Dance/PSSA – stay the same.

P&C – for P&C information.

Notes and information will expire after the due date. This will make it simpler to find recent information. You can turn off notifications for the areas that are not relevant to you.

**CAROLINE ALFORD**  
**PRINCIPAL**

## PRINCIPAL'S REPORT

### TERM 1 – DATES TO REMEMBER

#### WEEK 4

Friday 22 February	WELCOME BBQ – 4pm to 7pm Come and join the fun
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#### WEEK 5

Monday 25 February	Parent/Teacher interviews
Tuesday 26 February	Parent/Teacher interviews K-2 Assembly – presented by 2S
Thursday 28 February	Last day for returning Stewart House Bags
Friday 1 March	Schools Clean Up Day

#### WEEK 6

Tuesday 5 March	GRIP Leadership conference for student leaders 3-6 Assembly – presented by 6K
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**CONGRATULATIONS** to the following students who will receive their Gold Awards at either the:

**K-2 Assembly at 2pm on Tues 26 Feb**

or the

**3-6 Assembly at 2pm on Tues 5 March:**

#### Gold Awards

1C	Ashley W, Alexander N, Emma VR, Lena PS
1M	Rebecca W, Adam E
1N	Maggie W
1/2L	Bebe B
2B	Chloe C, Norbert M
2S	Saisha S
2M	Joshua W, Zoe B, Olivia R, Jacob A
2F	Aleksandar K
3B	Jason B, Hridaan S
3E	Navya N, Zac C
4A	Serah P, Melik M, Eric Z
4F	Belle M, Ashill H, Melanie L, Tommer A
4E	Karina G
5T	Bryce S, Seana D
5V	Peter WS
5/6M	Hannah L, Emily R

## OFFICE NEWS

It has been a very busy start to the year! We would very much appreciate your help with the following:

**Medication** – If your child needs medication for a short period of time (eg. Antibiotics) please bring the medication to the office with a letter stating the child's name and class, dosage and time the medicine is to be administered.

**Lunch Orders** – Please ensure that your child's class is updated on Flexischools so that their lunch is placed in the correct lunch basket.


**Cutlery** – If your child has a lunch that requires a fork (eg noodles) or spoon (yoghurt), please send a fork or spoon with them. The office does not have an endless supply to give to students.

A reminder that the office hours are 8.30am to 3.30 pm and we are happy to help you with any enquiry during those hours.

**SUE LEECE**  
**ADMIN MANAGER**

### Live Life Well @ School

#### IMPORTANCE OF BREAKFAST



It's the most important meal of the day, but 1 in 4 children in Australia skips breakfast.

At school, a hungry child can lose concentration in class and have no energy for playtime.

**Quick and easy breakfast ideas:**

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

**Handy tip:**  
Discourage children from eating breakfast in front of the TV.

This can also help speed up your morning routines!

For more ideas, search 'breakfast' at [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

 **Health**  
Northern Sydney  
Local Health District



## SCHOOL NEWS



### Clean Up Australia Day

Mowbray is registered to participate in the Schools Clean Up Day.

On Friday 1 March 2019, all students and teachers will be involved for 10 minutes after lunch to help clean up Mowbray and keep it beautiful.

**Marianne Power and Emma Thomas**

### Stewart House Clothing Appeal

Bags will be distributed to all students this week.

Please fill your bags with any old clothes and kindly leave in the school office before **Thursday 28 March 2019**.



### Gardeners Wanted



If anyone has any spare time to come and help weed and maintain the school garden beds we would love to hear from you.

**Simone Appleby and Mark Weber**

## LIBRARY NEWS



We warmly welcome all the new kindergarten parents and students to MPS library. The new students are coping well with the transition and are settling smoothly into the new routines.

We welcome back all our 'old' families to the library.

### Library @ MPS

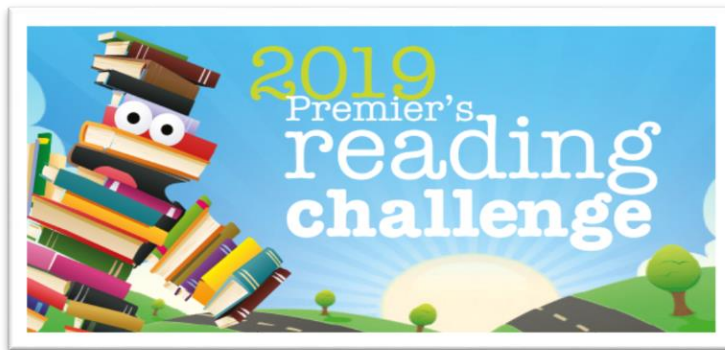
**K-6 students:** each week your child's class will come to the library for a 40-minute session. The sessions comprise of either a literature focus and response activity and/or research/inquiry based programs. It is school expectation that all students borrow regularly either during their weekly session or during lunchtimes. A love of literacy can't be underestimated!

### LIBRARY PARENT HELPERS NEEDED!

**We need your help!** Can you spare a short amount of time each week? We require more volunteers to help return and shelve the books each morning after the morning bell. If you have pre-school children bring them along too!

We also would love some help to cover new books either with our contact or plastic sheets. These can be collected from the library and taken home to cover.

### NSW Premier Reading Challenge



2019's NSW Premier Reading Challenge commences on the 4<sup>th</sup> March and finishes on the 30th August, 2019. Mowbray Public School encourages and supports this fantastic reading program.

At Mowbray, all K-2 students will participate in the challenge during class time with their teacher. Therefore no action is required by the K-2 parents.

For 3-6 students it is an optional program. For 3-6 students the emphasis is on challenging themselves to read a wide variety of genres and book types. It is **not** a competition. It is a personal reading initiative journey.

Students in 3-6 grades wishing to participate need to advise Mrs Duveck-Steele or Mrs Kapp so that their names can be registered. All students that participate in the challenge receive a certificate from the NSW Premier, Gladys Berejiklian, later in the year.

Below is a table that indicates how many books each stage is required to read.

## LIBRARY NEWS

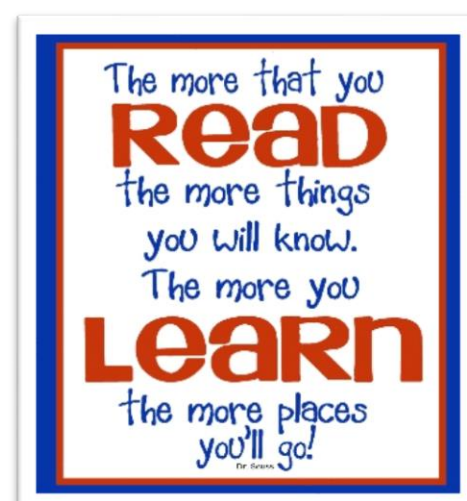
Challenge	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books	PRC booklists you can read from
K-2	30	25	5	K-2, 3-4, 5-6, 7-9
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9
7-9	20	15	5	5-6, 7-9

We are very fortunate to have so many PRC listed books in the school library available for student borrowing. Please see the link below for further information

<https://online.det.nsw.edu.au/prc/home.html>

Any questions please do not hesitate to contact us.

**Mrs Dana Duveck-Steele & Mrs Shelley Kapp**  
(Teacher Librarians)



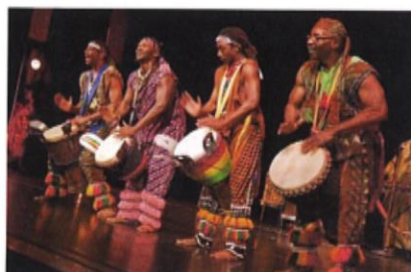




# Harmony Day

## 2019

As part of our Mowbray Public School, Harmony Day celebrations, we would like to invite members of our parent community to participate in our Week 8, K-6 Assembly; Tuesday 19<sup>th</sup> March.



If you have a special interest or talent in music or dance from another culture and would like to be involved, please contact Mrs Cunningham at school or by email. [debra.cunningham1@det.nsw.edu.au](mailto:debra.cunningham1@det.nsw.edu.au)

Mrs Debra Cunningham, Mrs Sarah Walker & Ms. Tamara Shamaon; EALD Teachers





Mowbray Public School Planner - Term 1 2019  
SUBJECT TO CHANGE – CHECK SCHOOL STREAM APP



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	28/01/2019	29/01/2019	30/01/2019	31/01/2019	1/02/2019	
1	AUSTRALIA DAY PUBLIC HOLIDAY	Staff Development Day 	Students return			
	4/02/2019	5/02/2019	6/02/2019	7/02/2019	8/02/2019	
2	Kindergarten Tea & Tissues 					
	11/02/2019	12/02/2019	13/02/2019	14/02/2019	15/02/2019	
3		K-6 Assembly				
	18/02/19	19/02/2019	20/02/2019	21/02/2019	22/02/2019	
4		3-6 Assembly (3E)  School Council & P&C Meeting 			Welcome BBQ for new Families 4-7pm 	
	25/02/2019	26/02/2019	27/02/2019	28/02/2019	1/03/2019	
5	Parent Teacher Interviews 	K-2 Assembly (2S)  Parent Teacher Interviews 			Stewart House bags due by today  Clean Up Day 	Sun 4/3 Clean Up Day 
	4/03/2019	5/03/2019	6/03/2019	7/03/2019	8/03/2019	
6		GRIP leadership conference for student leaders  3-6 Assembly (6K) 				
	12/03/2019	12/03/2019	13/03/2019	14/03/2019	15/03/2019	
7	Swimming Carnival 	K-2 Assembly (1/2L) 			Zone Swimming Carnival 	Strings Kickstart 
	18/03/2019	19/03/2019	20/03/2019	21/03/2019	22/03/2019	
8		Harmony Day K-6 Assembly 				Sat 23/3 State Election BBQ (P&C event)
	25/03/2019	26/03/2019	27/03/2019	28/03/2019	29/03/2019	
9	Got It! Surveys sent home for K-2 parents 	K-2 Assembly (1C)  P&C Meeting (AGM) 		Area Swimming Carnival 		Band Kickstart 
	1/04/2019	2/04/2019	3/04/2019	4/04/2019	5/04/2019	
10		K-6 Assembly	Cross Country Carnival 		Got It! Surveys due by today 	
	8/04/2019	9/04/2019	10/04/2019	11/04/2019	12/04/2019	
11			Cross Country Carnival BACKUP		K-6 ANZAC Assembly 	

LET'S GET TOGETHER!



# MOWBRAY WELCOME BBQ



**FRIDAY 22 FEBRUARY**

— 4-7 PM —



**Free sausage sizzle • activities • music & dance**

**BYO picnic & drinks.  
Soft drinks and ice blocks for purchase**







**Pop-up  
SHOP!**

*Mowbray P&C*  
**2ND HAND  
UNIFORMS**

First SALE Friday 22 February 2019  
at "Welcome BBQ"

*Donate any good, clean uniforms you no longer need, at the Office, for the P&C Pop-up Shop.  
It's a useful service for our families plus all sale proceeds will benefit Mowbray.*

CASH ONLY Sales are final. Items are in 'as is' condition. No facilities to try items on.



MOWBRAY PUBLIC SCHOOL P & C EVENT CALENDAR 2019				
Term One				
Event/Item	Event Type	Week	When	Organising Group
P&C Meeting	Meeting	Week 4	Tuesday 19 <sup>th</sup> February @ 7:30 pm	P&C
Welcome BBQ	Community	Week 4	Friday 22 <sup>nd</sup> February	Year 1 Parents
Clean Up Australia Day- Working Bee	Community	Week 5	Sunday 3 <sup>rd</sup> March	Sustainability (P&C Committee)
Strings Kickstart	Community	Week 7	Saturday 16 <sup>th</sup> March	Strings (P&C Committee)
P&C Meeting	Meeting	Week 8	Tuesday 19 <sup>th</sup> March @ 7:30 pm	P&C
State Election BBQ	Fundraiser	Week 8	Saturday 23 <sup>rd</sup> March	Year 3 Parents
Band Kickstart	Community	Week 9	Saturday 30 <sup>th</sup> March	Band (P&C Committee)
Term Two				
Mother's Day Breakfast	Community	Week 2	Friday 10 <sup>th</sup> May	Year 2 Parents
P&C Meeting	Meeting	Week 3	Tuesday 14 <sup>th</sup> May @ 7:30 pm	P&C
Federal Election BBQ	Fundraiser	Week 3	Saturday 18 <sup>th</sup> May TBC	Year 3 Parents
WOM	Community	Week 7	Friday – Sunday 14 <sup>th</sup> – 16 <sup>th</sup> June	Strings (P&C Committee)
P&C Meeting	Meeting	Week 8	Tuesday 18 <sup>th</sup> June @ 7:30 pm	P&C
Colour Explosion Student Event	Fundraiser	Week 9	Thursday 27 <sup>th</sup> June	Year 3 Parents
Term Three				
P&C Meeting	Meeting	Week 3	Tuesday 6 <sup>th</sup> August @ 7:30 pm	P&C
Open Day (catering only)	Fundraiser (Yr 6 Gift)	Week 3	Thursday 8 <sup>th</sup> August	Year 6 Parents
Working Bee	Community	Week 5	Sunday 25 <sup>th</sup> August	Sustainability (P&C Committee)
Father's Day Breakfast	Community	Week 6	Friday 30 <sup>th</sup> August	Year 2 Parents
P&C Meeting	Meeting	Week 8	Tuesday 10 <sup>th</sup> September @ 7:30 pm	P&C
Yr 3 Major Fundraiser (TBA) Parent Event	Fundraiser	Week 8	Saturday 14 <sup>th</sup> September	Year 3 Parents
Term Four				
World Teachers Day Lunch	Community	Week 1	Friday 18 <sup>th</sup> October	All Parents K-6
P&C Meeting	Meeting	Week 3	Tuesday 29 <sup>th</sup> October @ 7:30 pm	P&C
Family Portraits Family Event	Fundraiser	Week 3	Saturday 2 <sup>nd</sup> November	Year 3 Parents
PAN (catering only)	Community	Week 4	Friday 8 <sup>th</sup> November	Band & Strings (P&C Committee)
Kindergarten Orientation Morning Tea (catering only)	Community	Week 5	Thursday 14 <sup>th</sup> November	Kindergarten Parents
Year 6 Mini Fete	Fundraiser (Yr 6 Gift)	Week 7	Friday 29 <sup>th</sup> November	Year 6 Students
P&C Meeting	Meeting	Week 8	Tuesday 3 <sup>rd</sup> December @ 7:30 pm	P&C
Celebrate Mowbray Family Event	Community - Carols	Week 8	Saturday 7 <sup>th</sup> December	Year 4 Parents
	Fundraiser- Fete			Year 3 Parents
Year 6 Farewell (Yr 5 & 6 students only)	Community	Week 9	Thursday 12 <sup>th</sup> December	Year 5 Parents
Ongoing Yearly Events				
Bright Star Kids Labels	Fundraiser	Ongoing throughout the year		Year 3 Parents
Entertainment Book	Fundraiser	Ongoing throughout the year		Year 3 Parents

## Welcome back to a new year with Book Club! Look out for Issue 2 coming soon...

**Book Club LOOP**  
The EASIEST way for parents to order and pay for Book Club!



**Parents: Are you registered for LOOP?**

**LOOP** is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!

 **SCHOLASTIC**

### **LOOP** is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order. Follow these easy steps!

- 1** Simply grab your child's Book Club catalogue and either SIGN-IN or REGISTER an account.
- 2** Click on ORDER and select school and child's class. Add your child's first name and last initial (so the school knows who the book is for).  
*Note: You can order for multiple children at once if they attend the same school.*
- 3** Enter the product item number from the Book Club catalogue. Make payment via credit card.
- 4** All orders are attached to the school account until ready to be submitted to Scholastic by the school. Books will be delivered to your child's classroom if you order by the close date.

**That's it! There's no need to return paper order forms or payment receipt details to your school.**





## Parking at Mowbray PS

**PARKING** around Mowbray is plentiful, but certain guidelines need to be followed to ensure pickups and drop-offs run smoothly for everyone – our kids are **ALL** important and **ALL** need our attention.

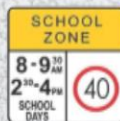


We have a school of over 620 children and we all need to be patient. Please **TAKE A MOMENT** to look through some reminders, for all families.

**KISS AND RIDE** zone on Mowbray Rd runs along the front of the school:



- Please move to the **TOP** of the zone to ensure the line moves smoothly and quickly
- Stop to drop off or pick up your child for a max of 2 minutes
- Driver must remain in or within 3 metres of vehicle.
- Council Rangers patrol this area



Please take note of the **SCHOOL ZONES** around the school (40km/h limit - in operation between from 8am-9:30am THEN 2:30pm-4pm).

**CUBBYHOUSE** carpark is for the use of Cubbyhouse families and staff. They have kindly let Mowbray use the space as a drop-off area – but the system only works if everyone follows the rules and guidelines. Please:



- Note the directional signage and adhere to it (stick to the **LEFT**)
- Do not park in the Cubbyhouse turning circle, it is a "NO STOPPING" Zone
- Do not park in the 3x "NO PARKING" areas
- Do not park in the Cubbyhouse Staff Parking
- Do not park in the Disabled Parking unless you hold a Permit
- Do not stop and drop-off in the middle of the car park
- If you plan to go into the Mowbray School grounds, you will need to park elsewhere.

Please do **NOT** park across any of our neighbours' driveways. Remember, everyone tries to park closely to the school - please park considerately, so spaces are maximised (eg don't leave excessively large gaps between cars)



There is a lot of **unrestricted parking** in Hart, Farran and Ulm Streets. Willandra Street and Mowbray Road parking is limited, but available. Please take note of the restricted parking in other areas. These areas may be patrolled.

### Standard Traffic Signs and Rules



**NO PARKING** - You have no more than 2 minutes for drop-offs or pick-ups of passengers or goods. The driver must stay within 3 metres of their vehicle



**NO STOPPING** - You must **NOT** stop your vehicle at any point on the road or kerb, unless there is a medical or other emergency



**DISABILITY** - For the use of vehicles displaying valid permits only. No Stopping for others

Please help us maintain these guidelines to ensure everyone is safe!

A message prepared by the Mowbray P&C



# Let's learn Mandarin!

at Mowbray Public School

Our new Mandarin class instils curiosity and enthusiasm to learn Mandarin and explore Chinese culture. Students **develop strong Mandarin language skills whilst having fun!** Our teaching methodology caters for students' individual learning styles and abilities ensuring that all students make impressive progress at the level that is right for them. The topics we teach and our resources are engaging for our young learners.

K-Y6

Tues & Weds 3.20 to 4.20pm



Register your spot now at  
[www.thelanguagecompany.com.au](http://www.thelanguagecompany.com.au)

The Language  
Company



to inspire a love of languages and  
an appreciation of other cultures

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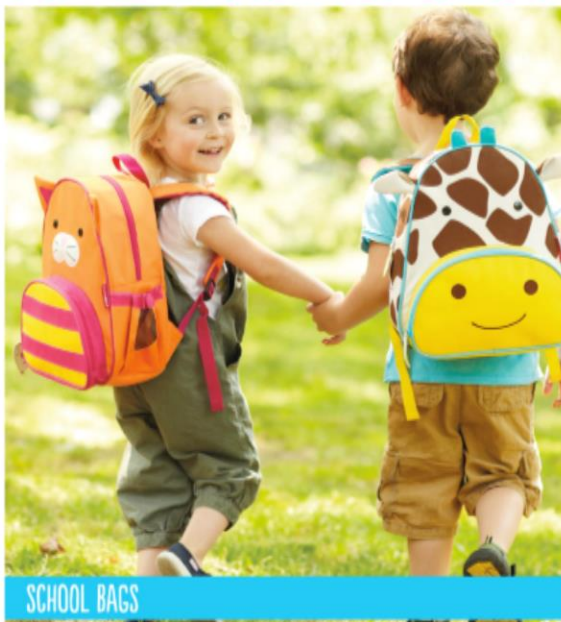
WE'RE FUNDRAISING WITH BRIGHT STAR KIDS TO HELP YOU  
STOP LOST BELONGINGS WITH LABELS



IN THE CHECKOUT NOMINATE OUR  
FUNDRAISING GROUP

Mowbray Public School

(YOU'LL FIND US IN THE PAYMENT SECTION OF THE CHECKOUT)



SCHOOL BAGS



DRINK BOTTLES



CLOTHING LABELS



LUNCH BAGS



STICK ON LABELS



GET FREE\* & FAST DELIVERY  
[WWW.BRIGHTSTARKIDS.COM.AU](http://WWW.BRIGHTSTARKIDS.COM.AU)

\* Minimum order values apply. See online for details.



MOWBRAY P&C

## MOWBRAY COMMUNITY BUSINESS REGISTER

Are you a Mowbray parent?  
Do you have a business selling a product or service?  
Want to let other families at Mowbray know about it?



[www.mowbraypandc.org.au/mcbr](http://www.mowbraypandc.org.au/mcbr)

List YOUR business! USE the register for free!  
Lots of deals, just for us - Mowbray families and teachers.

Interested in listing your business?  
Complete the form, using the link below  
[www.mowbraypandc.org.au/mcbr](http://www.mowbraypandc.org.au/mcbr)

PARENTS/CARERS

# JOIN OUR P&C FACEBOOK GROUP

Mowbray Public School Families & Friends

[www.facebook.com/groups/MPSFF](http://www.facebook.com/groups/MPSFF)

*News, people, chat, reminders, photos,  
events, special offers and much more ...*

You will be asked to verify your name, email address,  
child's name and child's class to gain access to this  
closed access P&C Group. Details will be verified with the school.



# WANT TO PLAY FOOTBALL FOR LANE COVE IN 2019? REGISTRATIONS NOW OPEN



**LANE COVE FOOTBALL CLUB IS CURRENTLY TAKING  
PLAYER REGISTRATIONS FOR ANYONE AGED 4 &  
OVER FOR THE 2019 SEASON**

- MINI-ROOS: UNDER 6 - UNDER 11
- JUNIOR: UNDER 12 - UNDER 18
- GIRLS: UNDER 8 - UNDER 18
- MEN'S ALL-AGE: DIVISION 1, 2, 3, 5 & 6 SQUADS
- WOMEN'S ALL-AGE: DIVISION 1, 2, 3 & 4 SQUADS
- WOMEN'S OVER 35s: DIVISION 2
- MEN'S OVER 35s: DIVISION 1 & 2 SQUADS

## MINI-ROOS & JUNIORS TRIAL DATES

U6 - 5pm-6pm, Tues 19 & 26 Feb on Blackman 1  
U7 - 6pm-7pm, Tues 19 & 26 Feb on Blackman 1  
U8 - 6pm-7pm, Weds 20 & 27 Feb on Lower Blackman  
U9 - 7pm-8pm, Weds 20 & 27 Feb on Lower Blackman  
U10 - 6pm-7pm, Thurs 21 & 28 Feb on Lower Blackman  
U11 - 7pm-8pm, Thurs 21 & 28 Feb on Lower Blackman  
U12/13 - 7pm-8pm, Tues 19 & 26 Feb on Lower Blackman  
U14/15 - 5pm-6pm, Tues 19 & 26 Feb on Blackman 2  
U16/18 - 6pm-7pm, Tues 19 & 26 Feb on Blackman 2



**REGISTER ONLINE AT  
[WWW.MYFOOTBALLCLUB.COM.AU](http://WWW.MYFOOTBALLCLUB.COM.AU)  
AND CLICK "REGISTER NOW"**

FOR ANY ENQUIRIES CONTACT THE CLUB [ADMIN@LCFC.COM.AU](mailto:ADMIN@LCFC.COM.AU) OR 9431 8648

LCC is a Active Kids provider. Utalise the \$100 voucher to reduce your fees

# COME PLAY AFL WITH...



## SAFE AND FUN

Children play a modified version of the game that is fun and safe (no tackling for under 8s). Children will learn the fundamental motor skills vital for future sport participation.



### Auskick (Ages 5-8)

Season starts on 24 March.  
Training and games held every Sunday at 8am.

### Juniors (Ages 9+)

Girls and Boys teams  
Training: Wed/Thu  
Games: Sunday mornings (with some Friday night games).  
Season starts on 7 April

GREAT VALUE FOR MONEY WITH REGISTRATION FEES ONLY **\$190** FOR AUSKICK AND **\$240** FOR JUNIORS (INCLUDES UNIFORM FOR THE SEASON).

FOR MORE INFO, GO TO [WWW.LANECOVECATS.COM/REGISTRATION](http://WWW.LANECOVECATS.COM/REGISTRATION)



## Zumba Classes for Adults in our Hall!!



*if you can*  
**DREAM IT**  
*you can*  
**DO IT**

### What is Zumba?

Fitness classes that are fun, energetic, and make you feel amazing!!!

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning **dance** fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

### **Super effective and Super fun!**

No Booking required...Just show up with your smile and let's kick off those Fitness Goals together!!

**WE  
ROCK**

\$15 per  
class only

**Join me every Monday at 7:30pm in our  
Mowbray Public School Hall**

**Only \$15 each class or Save \$\$\$ by buying a 10 class pack for \$120**

Any questions contact me on 0437819900 –[marialopezzumba@gmail.com](mailto:marialopezzumba@gmail.com)

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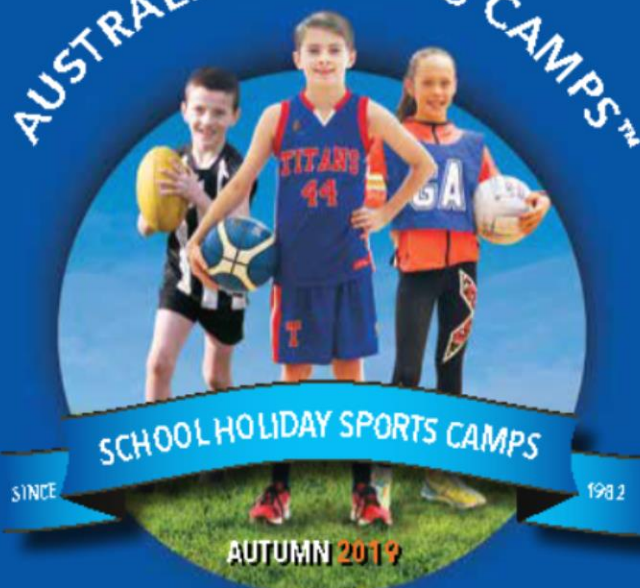
*See you on the dance floor*

Maria Lopez, your Zumba Fitness Instructor



**BOOK NOW**  
**AUSTRALIANSPORTSCAMPS.COM.AU**

# AUSTRALIAN SPORTS CAMPS™



## LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS FOR 6 - 16 YEAR OLD'S

- Experienced coaching panel and guest stars attending.
- Have fun playing and keeping active with your friends.
- Our structured skill development programs run 9am - 3pm daily.
- Meet your sporting idols, learn and be inspired by the best.
- Individual written coaches report reinforces learning.
- Video analysis and coach feedback sessions for fast improvement.
- Coach to participant ratio of 1 : 10 ensures individual attention.
- Careful group selection to maximize enjoyment and results.
- Autographed group photo and certificate of achievement.
- **SEE WEBSITE FOR CAMP PRICING AND SPECIAL OFFERS**

### ASC PARTNER PROGRAMS

- Get active with a new range of partner programs.
- New sports, new programs, new areas.

\* Applies only to ASC Camps

**ASC™**  
 AUSTRALIAN  
 SPORTS CAMPS  
 1300 914 368

**SYDNEY**  
 NEW SOUTH WALES

Meet sports idols at our camps. Past stars included Kevin Sheedy, Justin Langer, Ange Postecoglou, Kim Ravaillon and Caitlin Bassett. See the website for more details.

### ASC 3-DAY CAMPS

#### AFL Football

15, 16 & 17 April  
 AFL Football Camp, Daceyville  
 16, 17 & 18 April  
 AFL Football Camp,  
 North Ryde

#### Basketball

15, 16 & 17 April  
 Basketball Camp,  
 Moore Park  
 16, 17 & 18 April  
 Basketball Camp,  
 North Ryde

#### Hockey

15, 16 & 17 April  
 Hockey Camp,  
 Daceyville

#### Netball

15, 16 & 17 April  
 Netball Camp, Ryde  
 15, 16 & 17 April  
 Netball Camp,  
 Moore Park

#### Rugby Union

15, 16 & 17 April  
 Rugby Union Camp,  
 Daceyville  
 16, 17 & 18 April  
 Rugby Union Camp,  
 Hunters Hill

#### Soccer

15, 16 & 17 April  
 Soccer Camp,  
 Daceyville

### ASC PARTNER PROGRAMS

ASC have teamed up with some amazing and reputable partner companies to offer a wider variety of sports in your area! Duration and pricing for these programs differ depending on the program, please visit our website for all the details and choices!

#### Tennis

15, 16, 17 & 18 April  
 Tennis Program,  
 Chatswood #1  
 23, 24 & 26 April  
 Tennis Program,  
 Chatswood #2  
 15, 16, 17 & 18 April  
 Tennis Program,  
 North Ryde #1  
 23, 24 & 26 April  
 Tennis Program,  
 North Ryde #2

#### Rowing

16 & 17 April  
 Rowing Program,  
 Drummoyne

**NOW  
 OPEN**

**GO TO [ASC.CAMP/BOOKINGS](http://ASC.CAMP/BOOKINGS)  
 TO BOOK AUTUMN CAMPS  
 OR FIND INFORMATION**

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Chatswood • Roseville • Killarney Heights • St. Ives • Lindfield • Gordon

# MUSICAL THEATRE SING ACT DANCE

CLASSES, WORKSHOPS AND PERFORMANCES  
Visit [applausemta.com.au](http://applausemta.com.au) for details

## School Students

(From Kindy to Year 11)  
Increase your budding performer's confidence and skills in the Performing Arts.

## Special Needs

Specifically designed for school students and adults with Special Needs.

## Adults

Why should the kids have all the fun? Release your inner star, increase confidence and reduce stress.

## Early Childhood

Applause4Tots - Give your child a head start in music, movement and drama.

**Birthday Parties** For all ages.



**BUILDING CONFIDENT, CREATIVE PEOPLE THROUGH PERFORMANCE**

Call 0405 495 099 or visit us at [applausemta.com.au](http://applausemta.com.au) for further details.

**Applause**  
Musical Theatre Academy





# PLAY JUNIOR RUGBY LEAGUE



## Club registration fees 2019 are:

Under-6's & U7's: \$100 (FREE with the Active Kids Voucher)

Under-8's: \$120 (only \$20 with the Active Kids Voucher)

Under-9's, U10's & U11's: \$140 (only \$40 with Active Kids Voucher)

Under-12's, U13's & U14's: \$160 (only \$60 with Active Kids Voucher)

Registration Includes Jersey, Shorts, Socks & NRL Season Pass!

**NSW ACTIVE KIDS  
\$100 VOUCHER  
ACCEPTED AT LCTJRC!**

**ONLINE REGISTRATIONS ARE OPEN!** Visit [www.lanecovetigers.com.au](http://www.lanecovetigers.com.au) to register.

Our modified rugby league games are fun for both boys and girls. No prior knowledge, skills or coordination are required to begin playing as the children are taught by coaches specially qualified for the age-modified games. Our coaches are actively involved on the field (up to age 7) to provide a safe and supportive environment for each child to learn the game, participate in a team and build confidence. The Safe Play code is enforced by qualified referees to allow children to focus on developing their skills and having fun. All junior rugby league clubs are family oriented groups run by local families and bound by the National Code of Conduct. Rugby League is a great sport to get kids active and meet new friends!

## MINI FOOTY

AGES 4-8



Focusing on involvement and learning through play without the pressure of sticking to the strict laws of the game.

## MOD LEAGUE

AGES 9-12



Progression to a more challenging and structured game.

## RUGBY LEAGUE

AGES 13+



The full game played to international rules in various age-appropriate grades.

E: [lanecovetigers@gmail.com](mailto:lanecovetigers@gmail.com)

P: 0414 744 014

[www.lanecovetigers.com.au](http://www.lanecovetigers.com.au)

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