

The Dem Newsletter

Week 1 - Friday 22 July 2016

Welcome Back

I hope that everyone enjoyed the school holiday period and that you had an opportunity to relax and enjoy your time together as a family. We have an action packed Term ahead of us. Please continue to check the website calendar, read the newsletter and stay updated by downloading the School Stream App (see page 3) so that you don't miss out on any important events.

School Photos

School photos were sent home this week. If your child was in a special photo (House Captains, Band, Student Executive, Library Monitors or the Yr6 fun photo) these photos will be on display in the office foyer for you to view and order. Please place your order online with The School Photographer with the necessary online code.

Website: www.theschoolphotographer.com.au Code: S560VT34N

The cost of these photos is \$16.00 each.

Do you know someone starting school next year?

If you know of a child who will be starting school for the first time next year at North Sydney Demonstration School please let them know that enrolments are now open for 2017. Enrolling early will ensure that children are booked into the school's Orientation Program and that parents are aware of all dates for future information evenings and school tours. Deputy Principal Ashley Grimmond will lead the school tour next Thursday 28 July at 9:15am.

Education Week

Education Week is from August 1 – August 5. During this week the school will hold Open Classrooms from 9:15am – 10:15am on Thursday 4 August. Please save this date in your calendar and schedule your work commitments if possible so that you can visit your child in their classroom. They would love to show you some of their work and also share their learning experiences with you.

During this week we will also be holding our Semester Two Leadership Ceremony for Eco Ambassadors and Students Council Representatives. This ceremony will occur at 9:15am on Friday morning. As NAIDOC week occurred this year during the winter holiday break we will be acknowledging our Indigenous history as part of this ceremony and students will then be participating in a range of Indigenous activities throughout the morning. If your child has been selected by their peers to represent them as either an Eco Ambassador or a Student Council representative you should have already received an invitation to attend the ceremony.

Need a fun night out?

Step back in time at the North Sydney Dem Retro Disco Night. This evening will be a great event with the live band Planet Groove playing hits from the 70's & 80's. Early Bird tickets are on sale now at www.trybooking.com/209725

Please note that this is an event for adults over the age of 18. See page 9 for details.

What's On?

Friday 22 July

PSSA sport resumes for Term 3

Monday 25 July

Briefing session for attendees of the China Excursion in Staffroom at 6:30pm

Tuesday 26 July

K-6 Athletics Carnival - St Leonards Park

Wed 27 to Fri 29 July

Year 6 Camp

Wednesday 27 July

P&C Meeting in School Library at 6:30pm

Friday 29 July

PSSA Sports

Monday 1 August

Year 3 Koomurri Incursion in the Hall during class time

Tuesday 2 August

ICAS testing - English

Thursday 4 August

Open Classrooms as part of Education Week - 9:15am to 10:15am

Friday 5 August

*PSSA Sports
*Leadership Induction and NAIDOC Ceremony - Pacific Playground 9:15am to 11am

Walk-2-School Initiative and Road Safety on McHatton Street.

Road Safety continues to be an issue on McHatton Street and will most likely continue to be problematic while it remains the common drop off spot for a growing school population exceeding 800 students. As you are aware the street is narrow and barely allows for parking and a one way flow of traffic. Life becomes difficult and also dangerous when people attempt to create a third lane by driving towards the highway. While McHatton Street is a two way street and previous attempts to make it one way have failed, I strongly urge parents to keep the flow of traffic in one direction (away from the highway). I understand that for some this means going around the block and that this is an inconvenience. It will however improve the safety of this street for our children.

I would also like to remind parents that there have been **four** suitable routes jointly determined by both our Student Executive and representatives from the Bicycle Network for students to use when walking to school. The routes, which are an initiative of North Sydney Council, are clearly visible with colourful footpath signage and a starting spot. I have included the map again on page 4 for your convenience.

Teachers will be talking to students at future 3-6 assemblies encouraging them to locate their closest walking route so that they can walk to school with friends when the weather permits. I also encourage parents of students in Years K-2 to utilise these paths either by walking from home or by locating a parking spot along one of the routes and walking their child the remaining distance to school.

To further ensure the safety of students and parents along McHatton Street, the school will continue to encourage a ranger presence in the afternoons and mornings to ensure that dangerous behaviours such as double parking and 3 point turns are discouraged.

If more parents and students utilise the Active Transport walking routes (even by parking along these routes and walking the remaining distance) and drivers work together to maintain a one direction flow then together with support from council rangers we should keep our children safe as they travel to and from school.

Track Carnival

The K-6 Track Carnival will take place next Tuesday. Students should arrive to school on time to allow for classes to leave the school site and walk to North Sydney Oval at 9am. Parents, grandparents and carers are welcome to attend.

Year Six Camp

Year 6 will head off to the Great Aussie Bush Camp next Wednesday morning and will return on Friday afternoon. Good luck Year 6 as you embark on your final primary school camp!

Seasons for Growth

Changes and loss are issues that affect all of us at some stage in our lives. At North Sydney Demonstration School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore continuing to offer a very successful education program called Seasons for Growth, which will commence in **Term 3**. If your child has experienced some significant change to their circumstances in the last 2 years and needs support in coping please refer to pages 7-8 for more details about the Seasons for Growth program.

Myra Wearne,
Principal

The Dem now has a **FREE** app!

Receive school information, instantly and directly to your smartphone



How to download your FREE app

- 1 From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)** search for **School Stream** and download the app to your phone
- 2 Make sure you agree to **push notifications**
- 3 Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school

For more detailed instructions go to schoolstream.com.au/download



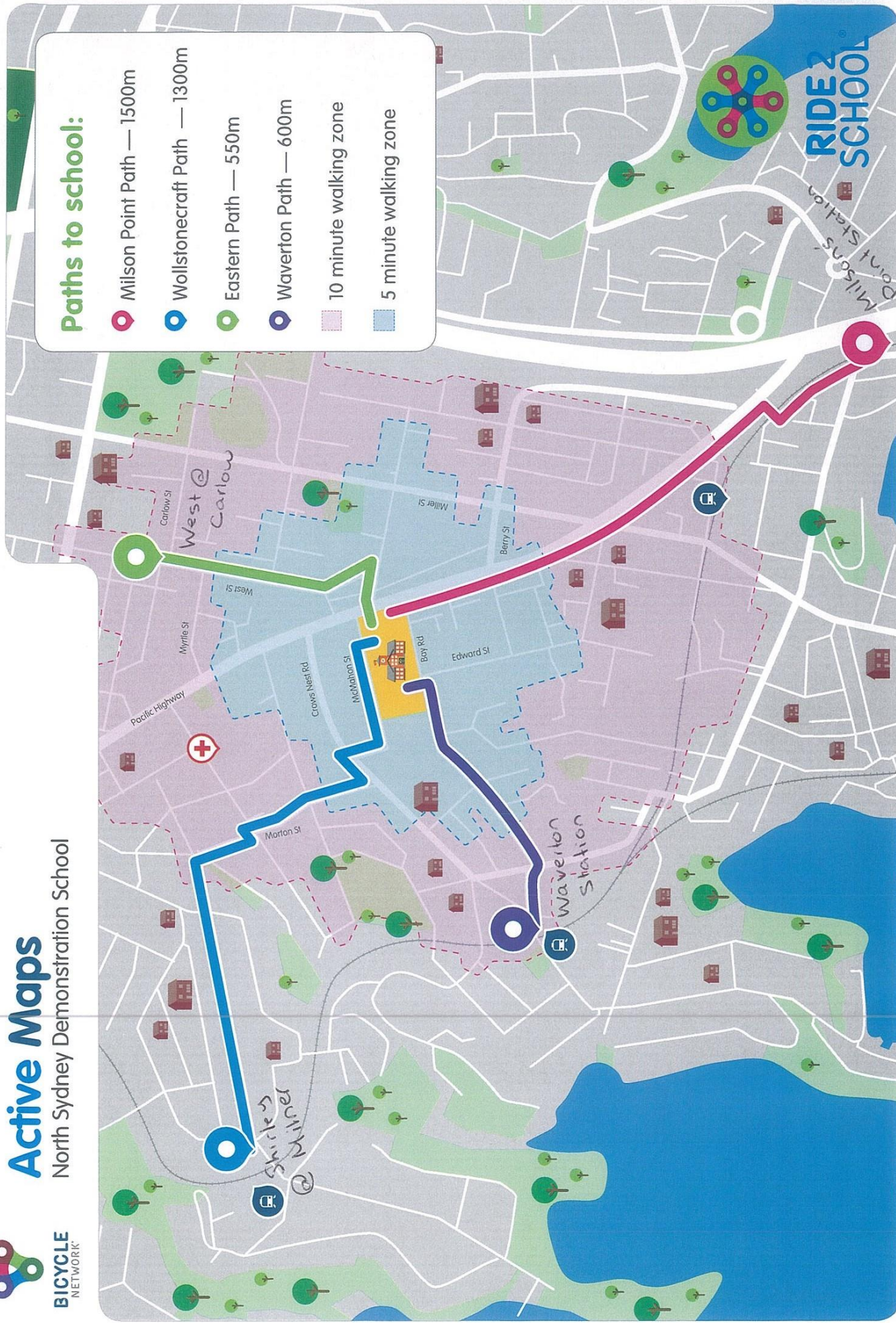
BICYCLE
NETWORK

Active Maps

North Sydney Demonstration School

Paths to school:

- Milson Point Path — 1500m
- Wollstonecraft Path — 1300m
- Eastern Path — 550m
- Waverton Path — 600m
- 10 minute walking zone
- 5 minute walking zone



SCHOOL NEWS

Schedule of Payments

The Term 3 Schedule of Payments will be mailed out next week. Please notify the School Office ASAP if there have been any address or phone number changes so that our system can be updated. Proof of new address is needed for address changes.

Parent Online Payments (POP) – please check balance due

When using POP to make a payment, please itemise what you are paying for and also make sure that you pay the correct amount.

Please call the School Office on 9955 2822 from 8:30am to 3:15pm to check what amounts are actually still outstanding before paying online via POP.

FABStar!

FABStar! is an initiative to recognise positive behaviours in the playground. A FABStar! slip was drawn from all the students who received FABStar! slips in recognition of their positive behaviours on the playground last week.



The Years 3-6 Fabstar!s this week is Raghunath in Year 5 who handed in some money he found in the playground. Thank you for your honesty!



Library News

Welcome back. I hope you all had a restful break!

With the Premier's Reading Challenge (PRC) finishing date fast approaching please carry on encouraging and helping your child to get to the finishing line. Remember those classes that complete the challenge as a whole class or students who read above and beyond will be invited to attend the most talked about magic show!

Below is a recap of what to do to help your child finish this year's PRC:

- K-2 read 30 books, of these, 25 must be from the PRC booklist and up to 5 can be "free choices". Books that are read to the students by parents/carers or teachers still count.
- 3-6 read 20 books, of these, 15 must be from the PRC booklist for Year 3-4 and Year 5-6, 5 of which can be free choices. Additional books read from a series can be listed as "free choice" books.
- Only 2 books from a PRC series can be listed for the challenge but
- For students whose first language is not English, parents/carers may substitute reading or listening to any books on the lists for a similar book that is written in their home language. All students may read a home language book.
- Audio and electronic books also count.

If you have any queries at all please do let me know.

Mrs. Alice Bennett (Teacher Librarian)

Band News

Dates for Your Diary

- **NSW Band Festival:** Sunday 28 August - Senior & Intermediate Bands
- **Crows Nest Festival:** Sunday 16 October - Senior & Intermediate Bands
- **Festival of the Arts:** Wednesday 26 October - Senior & Intermediate Bands

Enquiries

If you have any enquiries regarding the Band Programme, please email Melissa Lanigan at melissa.lanigan@det.nsw.edu.au.



SEASONS FOR GROWTH PROGRAM 2016



Changes and loss are issues that affect all of us at some stage in our lives. At North Sydney Demonstration School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore continuing to offer a very successful education program called Seasons for Growth, which will commence in **Term 3**.

This program is facilitated in small groups (6 students per group is the recommended number) and is based on research, which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

This program is offered to students in **Years 1 to 6** who are experiencing difficulty with dealing with change and loss. **Please note that this program is not suitable for Kindergarten students.**



Children can refer themselves or can be referred by their parents or teacher. Parents are encouraged to speak to their child's class teacher about their concerns and the actual details relevant to the referral. Parent permission is necessary and application notes are available from your child's class teacher and the school office. All application notes should be returned to the class teacher by **Monday 22 July 2016**.

North Sydney Demonstration School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

For further information on the Seasons for Growth program and its implementation or if you are interested in nominating your child to participate, please contact Amanda Vaga or visit the Good Grief website: <https://www.goodgrief.org.au/children-and-young-people>

Amanda Vaga amanda.coroneos@det.nsw.edu.au

Assistant Principal

Seasons for Growth Coordinator

SEASONS FOR GROWTH PROGRAM 2016

APPLICATION FORM



Child's Name:

Class:

Brief summary of the changes/loss experienced by your child, including dates:

Have you discussed this with your child and are they a willing participant.

- ☐ Yes
- ☐ No

Have you discussed this with your child's class teacher?

- ☐ Yes
- ☐ No

I, _____ give consent for my

son/daughter _____ to participate in the Seasons for Growth program.

Parent/ Carer Signature

Parent/ Carer Signature

Child's Signature

Please provide contact details should we need to discuss this with you further.

Thank you.

_____ mobile

_____ work number

_____ email

P&C News



FRIDAY 12 AUGUST 2016 IN CLASS

The Spellathon is a fun and educational event that gives students a fantastic opportunity to support their school.

Last Term the Spellathon pack was distributed to all students. Please contact the DEM P&C on thedempc@gmail.com if you did not receive a pack or if you have any questions.

The words included in the Spellathon pack will be what is tested in class to all students K-6 on Friday 12 August. If you wish to sponsor your child please use the sponsorship form in your Spellathon pack.

If you are available to help mark the spelling tests on Friday 12 August please contact Carmen at thedempc@gmail.com - we will provide morning tea.



Dance the night away to songs from a time when **fun** was the only thing on your mind!

Premiere retro band **Planet Groove** will be playing all the hits for a great night with fellow Dem Parents & Carers.

Lady Hay Hall will be transformed, featuring a **Glow Bar** serving frozen cocktails, beer & wine along with retro canapés.

... and a complimentary **Photo Booth** to capture the smiles.

Gather your Dem friends & book tickets now: www.trybooking.com/209725
Early Bird \$40 tickets on sale 18 July - 14 August, \$50 tickets available thereafter

Free drink on arrival! *This is an **Adults Only** event - No children permitted*

North Sydney Demonstation School, Lady Hay Hall
Friday 9 September 7.30pm - Midnight

The next P&C Meeting will be:

Date: WEDNESDAY 27 JULY

Time: 6:30PM

Place: SCHOOL LIBRARY

We look forward to seeing you there!



I would like to express my thanks to all the wonderful parents who volunteered their time to help at the Election Day BBQ & Cake stall. We had a brilliant day and sold out faster than anticipated !!

Carmen Schnegg
P&C President

The Dem Community News

Toybox Early Learning is a new childcare centre located at 75 Miller Street North Sydney. See the advertisement in this newsletter or call 9929 4139 for more information.

Become a WEP host family in 2016 - WEP Australia is looking for volunteer host families now! For more info: <https://wep.org.au/host/>

Parenting Courses including sessions regarding childhood anxiety, resilience, positive & emotionally intelligent parenting, transition to high school and more:

- Chatswood Community Health Centre: 57 Hercules Street Chatswood. Phone: 9887 5830 or go to <http://www.nslhd.health.nsw.gov.au/Services/CAP> for more information.
- Naremburn Family Care Centre: 40 Merrenburn Avenue Naremburn. Phone: 8425 8700 or <http://www.centacarebrokenbay.org.au/locations/naremburn-family-centre>

Positive Parenting Program

Free seminar, refreshments provided

This program is a lecture style presentation and does not allow for children to attend that are over 6 months and mobile. Childcare is not provided

This program consists of 3 seminars held over 3 weeks designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.



SEMINAR 1

THE POWER OF POSITIVE PARENTING: Wednesday 10th August 10:30am-12:00pm

SEMINAR 2

RAISING COMPETENT, CONFIDENT CHILDREN: Wednesday 17th August 10:30am-12:00pm

SEMINAR 3

RAISING RESILIENT CHILDREN: Wednesday 24th August 10:30am-12:00pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:
Lane Cove Library
139A Longueville Road
Lane Cove 2066

Bookings are essential! To make a booking call CatholicCare on 8425 8700
Or email: naremburnfamilyservice@dbb.org.au

Please note children are unable to attend and childcare is not provided

Positive Parenting Program

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SEMINAR 1

THE POWER OF POSITIVE PARENTING: Tuesday 18th October 6:00pm-7:30pm

SEMINAR 2

RAISING COMPETENT, CONFIDENT CHILDREN: Tuesday 25th October 6:00pm-7:30pm

SEMINAR 3

RAISING RESILIENT CHILDREN: Tuesday 1st November 6:00pm-7:30pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:
Crows Nest Centre
2 Ernest Place
Crows Nest, 2065

Bookings are essential! To make a booking call CatholicCare on 8425 8700
Or email: naremburnfamilyservice@dbb.org.au

Please note children are unable to attend and childcare is not provided

www.premiersreadingchallenge.nsw.edu.au

2016 NSW Premier's Reading Challenge

K-9 students - start reading now!

OPENS 7 MARCH CLOSSES 19 AUGUST
Online Student Reading Records must be complete.

PARENTS

Has your child's private tutor or coach had a
Working With Children Check?



- Tutors must have a current WWCC
- Parents must verify the WWCC online
- Got a clearance? You're good to go!

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High Quality Early Learning in North Sydney



Toybox Early Learning provides an exceptional quality of Care, where children are given the opportunity to learn and develop to their full potential in a fun and supportive environment.

We are big enough to deliver a quality environment with a great team but small enough to ensure each child is cared for as an individual. Our newly refurbished centre is under new management and offers:

- ♥ A small, secure and nurturing environment
- ♥ Secure, online access to your child's portfolio
- ♥ The curriculum delivered is the Early Years Learning Framework
- ♥ Nutritious food prepared by professional caterers
- ♥ Pre-school program & Mandarin lessons for preschoolers
- ♥ Dance classes
- ♥ Secure basement parking for drop-offs and pick-ups
- ♥ Indoor/outdoor play space, for all weather conditions

Spaces are limited, and we are taking enrolments now.

Book a Tour: Inspections are welcomed, please call 9929 4139 or email enquiries@toyboxearlylearning.com.au



**Quality Early
Learning in North
Sydney**

**Under New
Management,
and Vacancies
Available**

**Small, secure
and convenient
long day care**

TOYBOX EARLY LEARNING

Level 1, 75 Miller St
North Sydney NSW 2060

www.toyboxearlylearning.com.au

Ph: 99294139
Em:

enquiries@toyboxearlylearning.com.au

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Drama Program Term 3

Drama develops kids



**Classes at
St Johns Church Willoughby**

We all want our kids to be confident.

You'll love your child's growth in confidence, creativity and communication skills through our self-development drama program.

More Information

www.helenogrady.com.au | ph: 0438 788 080



Mad about Science? We are too!

**Expressions of Interest: Fizzics Science Clubs
North Sydney Demonstration School Term 4, 2016!**

Learn how to experiment and find answers to real-world questions with fun, hands-on activities. We'll show students how to create hypotheses, control variables to conduct fair tests, and communicate their results just like real scientists!

Our clubs are designed and run by our team of science educators, based on our 12 years experience of science education in Sydney.

To register your interest visit: <http://bit.do/FizzicsXXXX>

When: Tuesday during term, 2.55- 4.00pm from 18th October

Who: Students Year 3-6

Where: At school

Cost: \$19 per week

Want more information?

1300 856 828 or

<http://bit.do/fizzics>



www.fizzicseducation.com.au

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JUNIOR SUMMER FUTSAL COMPETITION

The Willis Recreation & Sports Centre, Castle Cove

KICKS OFF - 15 OCTOBER 2016

SATURDAYS – Boys, Girls & Mixed Comps U6's-U10's

COST - \$175 per player

Min.8 players/Max.10 players per team

A break between December/January Holidays

Trophies & medals to be won for finalists.

Referees, Pitch Hire & Insurances all included in cost.

CONTACT

Tel: Graeme 0423 140 284 or Lisa 0411 580 891

Email: info@football365.net.au

Web: www.football365.net.au

REGISTRATIONS TO BE FINALISED BY 30 SEPTEMBER

S Cherry - Voice & Singing Lessons

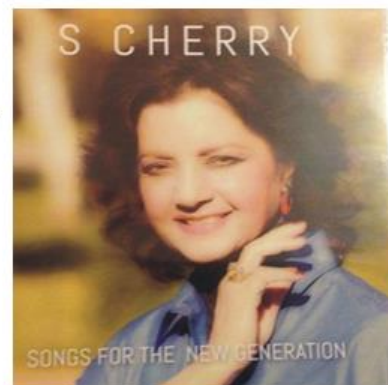
We Assess the Voice to develop a Powerful, Strain free, Confident & Functional Voice that can extend to all Music Genres & Styles + Presentation/ Auditions.

Contact S Cherry: Multi Award winning Singer/ Song Writer/ Composer and Voice & Singing Teacher.

Tel: 02 896 47458 / **Mob:** 0406 457 474

Email: vocal.teacher11@gmail.com

Website: www.musicteacher.com.au/s-cherry



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CHILDREN'S ART CLASSES

Term 3
25 July – 17 September

Age 5–8 Monday & Wednesday 3.45pm – 5.15pm

Age 9–12 Tuesday & Thursday 3.45pm – 5.30pm

Age 6–12 Saturday 11am – 12.45pm



www.startartschool.com

25 Atchison Street St Leonards | 0421 711 178



Yoga for Kids

Connecting the
Body and Mind



Penny Kidd
Qualified Instructor RYT
500 hours

YOGA FOR 8-12 year olds

@ Mantra Studios
1 Holtermann Street, Crows Nest

TERM 3, 2016

Commences Monday 25th July

Mondays & Thursday: ages 8-12

Classes: 4:15pm for 1 hour

Term fees: \$150 (9 sessions)

Siblings discount: 10%

Contact: Penny 0411 519 419
penelope.s.kidd@gmail.com

Connecting the
Body and Mind

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TENNIS COACHING @ NORTH SYDNEY DEMONSTRATION

DAYS ON OFFER: Monday, Tuesday & Thursday
START DATE: Mon 25th JULY **LAST DAY:** Thurs 15th DEC
CLASS SIZE: 7 PUPILS PER CLASS
COST: \$304 (MON - 19 lessons) \$304 (TUES - 19 lessons)
 \$304 (THURS - 19 lessons)

WET WEATHER PROGRAM IN PLACE

Phone 9428 3336 for more information or to book a place in the program. Cheques to be made payable to "River Road Tennis Centre" and these can be handed in at the school office or mailed to 180 River Rd, Lane Cove 2066.

TENNIS COACHING @ NORTH SYDNEY DEMONSTRATION SEMESTER TWO

NAME OF CHILD: _____ DAY: _____
 AGE: _____ YEAR AT SCHOOL: _____
 PH: _____ EMAIL: _____

ATTACHED IS MY CHEQUE/CREDIT CARD DETAILS (MC/VISA) FOR \$ _____
 CREDIT CARD NUMBER: _____ / _____ / _____ / _____ EXPIRY: _____ / _____
 NAME ON CARD: _____ SIGNATURE: _____

PLEASE CIRCLE BELOW FOR BUS SERVICE

BUS SERVICE REQUIRED FROM SCHOOL TO TENNIS? **Y OR N**
 RETURN BUS SERVICE REQUIRED FROM TENNIS TO SCHOOL? **Y OR N**

"I would teach children music, physics, and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning."
 - PLATO

STRING PROGRAM @ NSDS 2016

STRING ENSEMBLE

For year 3-6 students learning violin, viola, cello & bass
 Rehearsals will take place on Monday mornings before school

VIOLIN & CELLO LESSONS

Two of North Shore Music Academy's experienced teachers will offer private violin and cello tuition at school one afternoon a week

ENROL NOW: To find out more about the program email Caroline at info@musiclessonsydney.com.au or go to www.musiclessonsydney.com.au

NORTH SYDNEY DEMONSTRATION AFTER SCHOOL WORKSHOPS TERM THREE 2016



Kids learn best through activities that engage their *curiosity* and *creativity*.
BRICKS 4 KIDZ® After School Programs build on the universal popularity of LEGO® Bricks to deliver a high quality of educational play. Each hour-long workshop is a fun, enriching experience for your child!

TERM THREE : ENERGY IS EVERYWHERE

- * Tuesday afternoons
- * 2.55pm - 3.55pm
- * Tue 26 Jul - Tue 13 Sep (incl)
- * 8 sessions, \$120 (incl GST)
- * Only 16 spots
- * Open to North Sydney Dem students only



BOOK NOW!

0499 000 395
 Sydney-LNS@Bricks4Kidz.com
 Bricks4Kidz.com.au/Sydney-LNS/

*Come and join in all the fun
 of our BRICKS 4 KIDZ
 After School LEGO® club!*



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North Sydney Demonstration School is pleased to continue its Seido Juku Karate Program for Term 3, 2016
Classes are held in the school hall and we take rolling registration each month

Seido Juku Karate @ North Sydney Demonstration School

What the Nth Sydney Demonstration School kids have told us:

- "I really want to get my junior black belt"
- "I liked winning a trophy at the Seido tournament"
- "I'm learning to defend myself"
- "We love the karate games"

Kid's Karate Timetable

- Monday & Wednesday at 6pm
- Friday at 4pm and Saturday at 8am
- Passport rate includes classes at the Demonstration School & at our main dojo in Darlington up to 6 days a week

Join us for a free trial class, contact Leigh on 0411-821-531 or book a class online via our website www.seidojuku.com.au

CODE RANGERS

 Kids in charge of technology

<http://www.coderangers.com.au>
@coderangersAU
info@coderangers.com.au
facebook.com/coderangersAU
0419 497 317

Code Rangers teaches kids to code. Before and after school groups, holiday camps, incursions and classes tailored to meet your school's needs. Fun and collaborative - come learn, create, and explore.

North Sydney Dem Term Classes Term 3 2016 - visit www.coderangers.com.au/classes to find out more or book in

Classes are held at the Dem on Monday and Wednesday from 3:15 - 4:30 for 2 levels of coder:

- **starting from scratch (Monday):** suitable for early coders in years 3/4/5: we use the scratch programming language (www.scratch.mit.edu) to learn about coding and create games and animations
- **challenge group (Wednesday):** if you've done some coding before this is the group for you: make more complex projects requiring knowledge of loops, conditional statements and variables, and take a first look at text based languages
- **advanced group:** when you're ready to move on from scratch to explore text based languages, hardware and electronics level up to our advanced group: we are currently taking expressions of interest for a 4:30 Monday advanced group.

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SPECIAL OFFER

CALL NOW!
TO BOOK A FREE
1 WEEK TRIAL

LOVE LEARN DANCE

#DANCE102

DANCE102

PERFORMING ARTS STUDIO

- 5 BEAUTIFUL PURPOSE BUILT STUDIOS
- TODDLERS TO PRE-PROFESSIONAL COMPANIES
- A RANGE OF STYLES FOR KIDS OF ALL AGES TO DEVELOP CONFIDENCE, MAKE FRIENDS AND HAVE FUN
- WE BRING TOGETHER SYDNEYS FINEST TEACHERS TO ENCOURAGE, MOTIVATE AND DEVELOP STUDENTS TO THE HIGHEST LEVEL

LEVEL 2 - 575 PACIFIC HIGHWAY ST LEONARDS
CALL 9437 3900

WWW.DANCE102.COM.AU OR EMAIL INFO@DANCE102.COM.AU FOR MORE DETAILS

AFTER SCHOOL KIDSET

FUN THROUGH MOVEMENT

\$10
PP/SESSION

FUN & CHALLENGING SESSIONS, SUITABLE FOR
PRIMARY SCHOOL CHILDREN 6 - 11 YEARS, BYO
DRINK BOTTLE

MONDAYS - NSDS SCHOOL HALL 3:15PM - 4:00PM

STARTING TERM 3 - 25 JULY 2016



H.I.T.MAN FUNCTIONAL TRAINING

EXPAND YOUR **COMFORT ZONE**

DOMINIC ☎ +61 409 699 289 | ✉ HITMANTRAINING@MCSTRAWASSOCIATES.COM | 🌐 WWW.HITMANFUNCTIONALTRAINING.COM

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