

Issue 16
12 October 2017

Red Hill School Newsletter

Coming Events

Thursday 19 October

Term Overviews
Musical Spectacular –
6:30pm to 7:30pm

Friday 20 October

Assembly – West
African Drumming to
Host
RHIPP

Tuesday 24 October

Preschool – Teddy
Bears Picnic with
Possum Magic for Red
Hill
School Board Meeting
5:45pm
P&C Meeting 7:30pm

Thursday 27 October

Newsletter

Red Hill School is a Nut Free Environment



Mr Kennedy and Mr O'Rourke playing "Hungary Hippos" at the P&C Trivia Night

Notes Home

[Music Spectacular 2017](#)

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Our Next Assembly

Will be held on Friday 20 October at 9:25am

Hosted by: West African Drumming

All welcome, please be seated by 9:20am for a prompt start

*Parents are invited to attend croissants and coffee
in the parent hub at 9.00am*

Don't forget!!

Every Wednesday is Waste Free Wednesday

- snacks in reusable containers
- drinks in a reusable bottle
- reusable utensils when needed
- a reusable lunchbox



AVOID

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or snacks



Leadership Team Overview

Dear Parents and Carers,

Improving learning and achievement for all students

It is hard to believe that the last term of 2017 is already here! As I write this, I am imagining some very tired year four students and teachers preparing for bed after their first busy and exciting day at camp. The children have been accompanied by Hazel Naidoo, Dianne Peios, Leonie Manders, Nigel Byng and Belinda Reitstätter. I thank these staff for leaving their own families to make sure that our year four students have the opportunity to experience new challenges and to build the skills and attitudes of cooperation, collaboration, perseverance, problem solving and independence through Birrigai's outdoor education program.

We welcome Melissa Newton to 5B. Already Mel's year five students are benefitting from her many years of experience teaching in IB schools in Portugal. I encourage 5B parents to make a time to touch base with her.

Year six students are preparing to embark on their personal inquiries for Exhibition. This year the teachers and students are going to explore social issues through the lens of possibility, led by our talented PYP coordinator, Belinda Reitstätter. There is a definite learning "buzz" in year six classrooms and teacher planning sessions at the moment.

This fortnight is heavily focused on music performances. Our choir, both senior Wassa Wassa groups and both school bands will be performing at Floriade on Thursday afternoon. Next Thursday evening we hope that you can attend our Music Spectacular concert at 6.30pm. Details of this event were emailed on the first Friday of the holidays and also sent home in a hard copy note yesterday. Every family is welcome. Younger students may benefit from experiencing what their own "musical future" can be in the later years of primary school and the performers themselves gain the invaluable experience of presenting their skills and talents to live audiences.

This week I have had the good fortune to attend two days of professional learning, both of which focussed on the importance of classroom discourse. Professor Guy Claxton is an internationally respected cognitive scientist and educator who speaks and writes about "Learning Power". Claxton advocates that it is essential for achievement in the 21st century classroom to occur side by side with the development of critical learner dispositions and values. He speaks of the discourse we use in our classrooms and how this discourse can "boost" students' resilience, independence, resourcefulness, curiosity and love of learning.

Claxton also argues, like Alfred Binet, that intelligence is not a fixed quantity, that in fact "one's intelligence is the sum total of one's habits of mind" (Resnik, 2001). He insists that educators must enable children's habits of mind so that they know what to do when they don't know the answer to a problem or are unclear about what step to take next. We can do this, not only by planning learning experiences that develop habits of mind, but by making simple tweaks to the language we use in our classrooms and staffrooms.

On Tuesday I spent eight hours working with Scott Gorringer, David Spillman and other principals, examining cultural integrity and deficit discourse in schools. We were challenged to consider how the first enhances education and how the latter impedes it. We were also reminded that effective education marries high expectations for all students with a foundation of strong relationships.

I came away from this professional learning, reflecting on the small but empowering changes that we can initiate in our classroom conversations with students. Yet again I am reminded that we have the best foundation to educate students at Red Hill within the International Baccalaureate and Restorative and Relational Practices frameworks.

A safe, inclusive and respectful school culture

During the October school break, further upgrades were conducted on the playground. Two areas of artificial grass were installed near the senior wing, one area under the large tree next to the sand pit and the other adjacent to it. This has not only provided students with places to sit and chat at playtime but classes are already using the grass as

an outdoor learning space. In fact, yesterday there was a queue! More work was also completed on the asphalt area, with uneven areas being torn up and resurfaced to eliminate trip hazards in the "courtyard". The P&C has generously contributed \$15,000 towards these expensive projects, for which we are very grateful. The P&C has also earmarked up to another \$10,000 to help us install irrigation in the Kitchen Garden later this year so our plantings will make it through the hot summer months.

Yours sincerely

Louise Owens (Principal)

Important note about assemblies.

In the recent system survey we invited parents to indicate which assembly time they prefer (morning or middle session on Fridays). As over seventy percent of parents and carers responded in preference for morning assemblies we have decided to not change the current assembly time. However, we will endeavour to minimise the impact on parents by keeping assemblies to a 10.20am finish time.

Important note about reporting.

At the end of this term parents and carers will receive written end of semester and A-E reports for their children. Some families require two copies of reports. In the past we have experienced difficulty with knowing which report should be sent home with the student and which should be posted. To avoid this issue we are considering sending both copies home with the student this semester UNLESS we are advised otherwise. Please contact the front office if this would negatively affect your family. Please note that if you have already made it clear to us which parent's copy should be posted home we will continue to do this.



Red Hill IB World School 2017 Music Spectacular



When: 6.30 - 7.30pm Thursday 19th October, 2017

Where: Red Hill School Hall

Family name: _____

Cost: \$5 (Individual) \$20 (Family: 2 adults, 2 children)

Includes entry and lucky draw tickets

Number of people attending for seating purposes: _____

(Please do not include performers)

Enclosed is cash/cheque \$ _____ as payment

Child's name for ticket returns: _____ Class: _____

** To assist us with preparations for the evening, please return the form above indicating your ticket requirements, along with payment of cash or cheque to your child's classroom or the School Front Office by Tuesday 17 October. Requests will be processed and entry tickets and lucky door prize tickets will be sent home with your child.*

Please bring these with you on the evening and place them in the box as you enter the hall to go in the lucky door raffle.

Defence Happenings

Have your circumstances changed?

In order to best meet your child's needs, it is very important that you let me know if you will be moving on at the end of the year or if your serving ADF member is about to be away for an extended period of time. Please contact me on 62057144 or email cathy.graham@ed.act.edu.au if you would like to discuss any matters.

Defence Family Helpline 1800 624 608

Defence family members seeking advice, support or connection with their local community can call the all-hours Defence Family Helpline on 1800 624 608

Tuesday 31st Oct – Tuesday 21st Nov - KidSMART Program for 7-10 year olds KidSMART is a resilience program focusing on the emotions and challenges that kids face while living the Defence life. The program is limited to 10 participants and spots are already filling up; first come first served. The program runs after school at the DCO Office in Deakin, one afternoon a week for 4 weeks from 3:30 – 5pm. Call DCO Canberra on 6265 8777 or email dco.canberra@defence.gov.au to register.

Kookaburra Kids provides support and education to Defence kids who have a parent suffering mental health issues due to the Defence lifestyle. They provide camps and activities for kids so they can meet and interact with other kids in similar situations. The programs are not only beneficial for the kids but also for the family as it enables openness and understanding of what is happening at home and encourages communication within the family. On the 25th October we have Parkour - we are super excited about this activity and would love to have as many Defence kids as possible attend.

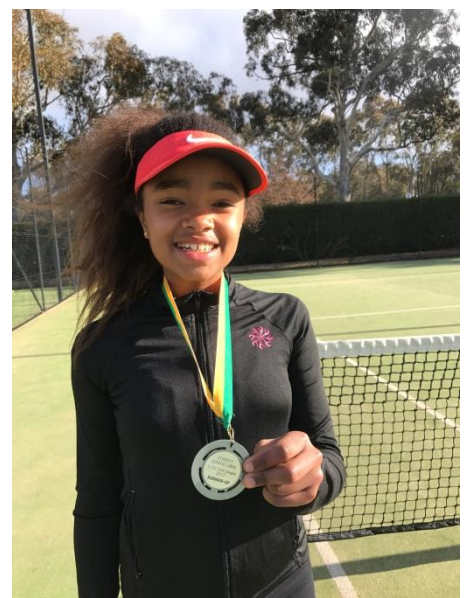
Families can register online www.kookaburrakids.org.au

Student Achievement



Congratulations to the Red Hill Tournament of Minds Team 4 who earned an honours award this year and attended the ACT Tournament final on Sunday September 17th. Team members were Klaire Ren, William Gaynor, Dominic Lander, Dominic Mackie, Paige Hunt, Callum Meadows and Fatima Fakhreddin.

Our student in focus this fortnight is Wambui Taylor in year 5. Wambui only started playing tennis this year and she is thoroughly enjoying it. She took part in the 2017 Forrest Junior Open JDS Tennis Tournament and was runner up in the Under 11 girls singles and Under 11 girls doubles. This was her first proper tournament and the results have given her extra motivation. Well done Wambui, keep up the great work!



Italian

Year 6 – Italian Language unit of work

Learning Intentions

This term the Year 6's will undertake an Italian unit of work which aims to look at the distinctive features that give places their identity and the influences that these features have on human responses. We are going to explore the relationship between people and their environment, mainly dealing with Italian culture, geographical and environmental features. Through these cultural aspects, people develop a sense of belonging, an understanding that environmental features give a place its identity and influence the way people relate to such a place.

Students will learn to:

- identify places/ features/ landmarks in Italy
- inform others where one is going or what one is doing
- inquire about cities or places in Italy
- identify places and environmental features
- state preference about Italian cities or places
- suggest a course of action
- decide what one is going to do, and
- inquire/suggest where one should be going

Italian Language Structures

- **Dove ti trovi? Io sono a** Where are you? I'm
- **Dove sei? Sono** Where are you? I am
- **Cosa vai a vedere? Io vado a vedere.....** I'm going to see
- **Che cosa visiti?** What are you going to visit?
- **Vado a visitare** I'm going to visit
- **Che cosa fai?** What are you going to do?
- **Io vado..... / Io faccio.....** I'm going to go...../ I'm going to do
- **Cosa mangi?** What are you going to eat?
- **Io mangio.... / Io bevo.....** I'm going to eat.... / I'm going to drink.....
- **Cosa Vuoi? Voglio** What do you want? I want
- **Dove vai? Vado ...** Where are you going? I'm going
- **Cosa c'è in questa città?** What's in this city?
- **C'è' / Ci sono** There is There are



Environment and Fresh Taste Committee Report

Nutrition Magician

On Monday, Preschool to year 3 attended a one hour educational magic performance that explores healthy food and drink and the magic it has on the human body. Teachers and students thoroughly enjoyed the show and found it very beneficial. We should have very knowledgeable children.

Evangeline – “I liked learning about the rainbow food”

Samuel – “I liked doing magic with water”.

These children are from Preschool Dyurra group



So how do you get your 5?

We want schools to explore how we all eat our vegetables EVERY day.

How can you get more veggies in your day? Here are some of our tips:

- **Add more veg** - to your usual meals like grating zucchini and carrot into Spaghetti Bolognese or add some cucumber and radish to your sandwich.
- **Eat veg more often** - not just at the end of the day but think of veg at every meal, in the lunchbox and as a snack.
- **Vary your veg** - no one veg is the same but they are all great for you. Think different colours give different nutrients. How many different coloured vegetables can you think of?
- By the way did you know that legumes also count as a vegetable? So that means baked beans on toast for breakfast counts as a great vegetable meal and hommos on crackers can count as a vegetable snack.

Maybe it's not that hard to get your 5 after all!



Vegetable and ricotta filo roll

<http://www.nutritionaustralia.org/national/recipe/vegetable-and-ricotta-filo-roll>

Bee Hotel

Our term one RHIPP group made a beautiful Bee Hotel for native bees and insects in the new Kitchen Garden.

The Green Team, Mrs. Farrell, Trent and the RHIPP group are really disappointed to find that some thoughtless person has vandalised it. This vandalism also impacts on the wonderful parent who supplied our RHIPP group with all the resources.

We have worked so hard to get things up and running for our Kitchen Garden and creating a sustainable school. We will have to rebuild the Bee Hotel so please be mindful of all the improvements we are making around the school and take care of our shared environment.

By Haley and Sumyta



Deadly Boomerangs

Last term the Deadly Boomerangs, Greening Australia and ACTSmart partnered to begin planting an Indigenous Garden.

Simone from 5SN used the books and lists provided by Adam Shipp from Greening Australia, Mrs Owens and Mrs Farrell to select plants suitable to plant. The Deadly Boomerangs, with Ms La Flamme, Adam Shift and Trent, prepared and planted the beds. Trent has placed a barrier around the beds to deter children from playing on the garden and to protect the new plants.

NUDE FOOD
CONTAINERS-ORDERS
NOW AVAILABLE TO
COLLECT FROM THE
FRONT OFFICE.



Safe School Travel in the ACT – Information Sheet 5

School drop-off/pick-up zones

A school 'drop-off and pick-up' zone is a kerbside area always on the school side of the road which is designated by 'NO PARKING' signs. It provides an appropriate environment for parents and carers when dropping off and collecting their children from school by car. Drivers may drop-off and pick-up passengers legally within a two minute timeframe.

Safety tips for drivers using a 'Drop-off and Pick-up' area

- Always drop-off or pick-up your child from the designated area, following the school's procedures.
- Drivers should remain in their vehicles at all times in the 'Drop-off and Pick-up' area.
- Make sure children use the footpath-side door when getting in and out of a car.
- Make sure the hand brake is applied when the vehicle is stationary.
- Never double park.

- Never park across a pedestrian crossing.
- Never undertake a U-turn in close proximity to the school.

Safety tips for students

- Stay buckled up until the vehicle has stopped in the 'Drop-off and Pick-up' area.
- Make sure your school bag and other items are in a safe position, eg on the floor.
- Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seatbelt.
- Always get in and out of the backseat of the vehicle through the safety door – the rear footpath-side door.

Safety tips for volunteer supervisors

- Wear a conspicuous, identifying safety item such as a fluoro vest, sash and/or hat.

- Assist students to exit and enter each vehicle in turn in the 'Drop-off and Pick-up' area, while remaining on the footpath.
- Do not attempt to direct traffic and do not enter the road environment



Safe School Travel in the ACT – Information Sheet 6

Parking safely near schools

Illegal and unsafe parking can put children's lives at risk. High penalties apply for illegal or unsafe parking in an operating school zone.

A high penalty applies for stopping or parking a vehicle on or near:

- A pedestrian crossing.
- A children's crossing.
- Any marked foot crossing (Zebra).

The following behaviours put children at risk outside the school

- Calling children across the road.
- Dropping children on the wrong side of the road.
- Leaving children in a vehicle without adult supervision.
- Double parking.
- Parking in a bus zone or driveway.
- Making an illegal U-turn.
- Illegally parking on the verge.



Red Hill School Uniform Shop

Item	Price
Hat Surf	\$10.00
Hat Bucket	\$12.00
Hat Slouch	\$10.00
Dress Summer	\$45.00
Polo Shirt Short Sleeve (green)	\$22.50
Polo Shirt Short Sleeve (yellow)	\$22.50
Polo Shirt - Long Sleeve	\$22.50
Jacket Waterproof flying	\$41.00
Jacket Microfibre	\$41.00
Polar Fleece Vest	\$18.00
Polar Fleece Zip Top	\$28.00
Skorts Girls Pleated	\$21.50
Skorts Girls Gabardine	\$21.50
Shorts Boys Gabardine	\$21.50
Shorts Unisex Knit	\$16.50
Pants Long Gabardine Double Knee	\$26.00
Pants Long Girls Stretch Boot Leg Heavy	\$36.50
Track Pants Microfibre	\$31.50
Track Pants Straight Leg Fleece	\$21.00
Socks Ankle Green	\$5.50
Tights Bottle Green	\$12.00
School Back Pack (M)	\$45.00
School Back Pack (L)	\$48.00



Our uniform shop is fully stocked for winter.

Opening hours:

TUESDAY 8.30am – 9.00am

FRIDAY 2.30pm – 3.30pm

Purchase Options Flexischools Flexischools is an online ordering and cashless system created for use by schools which streamlines payment, ordering and processing of purchases and events. The system is quick and easy to use, can be accessed 24/7 from you PC or mobile App on iPhone/iPad or Android. Some fees apply. The Red Hill School P&C Association uses Flexischools for uniform shop sales and will deliver orders to your child's classroom. Flexischool Orders placed by 3.40pm on Wednesday will be delivered to classrooms by Friday of that week For further information and to register please visit: www.flexischools.com.au * Payments by Credit Card or Bank transfer * Orders placed by 3.40pm on Wednesday are filled and delivered to your child's classroom by Friday of the same week. * Details on sizing, including height, chest and waist are noted with each garment listing. * You will need to include your child's name and class (for families new to the school and not yet been allocated a class please enter "New Student" and orders will be held at the front office for collection) Purchase in Person at Uniform Shop at Red Hill School

The uniform shop would like to thank the volunteers for coming in and helping. But we are always after help. If you can spare anytime at all please email Cherie at rhps.uniformshop@gmail.com. All volunteers are welcomed to second hand uniforms for their help.

RED HILL PRIMARY SCHOOL LOST PROPERTY POLICY

At Red Hill Primary School, we recognise that it is inevitable that items will be misplaced by students and visitors to the school. We therefore endeavour to provide an efficient and effective lost property service for all.

There is a central collection point (yellow bins) for lost property located near the junior toilets. There is also a lost property storage located in the morning and after school care hall.

- The lost property storage will be located in a suitable position and will be available throughout the school day.
- Parents and students will be regularly encouraged through school newsletters and handbooks to name and label all personal items including clothing, books and stationary.
- Misplaced or lost items are to be brought to lost property as soon as possible. If there is food or liquid in containers, please dispose of the food/liquid before putting in the lost property bin.
- Parents or students seeking lost items should check the lost property to claim items.
- Unclaimed but named items will be listed and emailed at the end of week 5 of the term. It is the responsibility of the child or the child's guardian to claim the lost item.
- Named and unnamed uniform items that are still unclaimed will be placed in the second-hand uniform store for recycling or sale, at the end of each term. Other unclaimed items will be disposed of appropriately by donating them to charity (eg. St Vincent de Paul) at the end of each term.



School Banking

School Banking day – Friday



Leave banking at Front Office by 9.00am on Friday Morning
Collect after 3.15pm on Friday Afternoon

Open a Dollarmite account at any Commonwealth Bank branch and start banking today
every \$ you bank raises money for the school

Completing your deposit slip for School Banking day.

Please ensure your child's deposit slip is filled out before banking with School Banking. All 7 fields below need to be completed:

1. Child's name
2. Child's School Banking student number
3. Child's Youthsaver account number
4. Date
5. Amount in coins, notes and/or cheques
6. Total amount of deposit
7. Total amount of deposit (input into the "Add this deposit" field)

The image shows a Commonwealth Bank deposit slip form. It is a yellow and white document with various fields for banking information. Numbered callouts (1-7) are placed over specific fields to indicate required information for School Banking:

- 1. Name
- 2. Student number
- 3. Account number
- 4. Date
- 5. Amount in coins, notes and/or cheques (Total \$)
- 6. Total amount of deposit (Total \$)
- 7. Add this deposit (Add this deposit)

Red Hill School Calendar 2017 – Term 4					Mon 9 Oct – Fri 15 Dec
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct 9 - 13	Nutrition Magician P-K 9:30am to 11:00am, 1-3 11:30am to 1:00pm		Year 4 Birrigai Camp		
				Newsletter Floriade Performances (Band, Wassa Wassa and Choir)	
Week 2 Oct 16 - 20				Term Overviews Musical Spectacular - 6:30pm to 7:30pm	Assembly – West African Drumming to Host RHIPP
Week 3 Oct 23 - 27		Preschool – Teddy Bears Picnic with Possum Magic for Red Hill School Board Meeting 5:45pm P&C Meeting 7.30pm Staff Room		Newsletter	Preschool – Teddy Bears Picnic with French Australia Preschool for Red Hill RHIPP
Week 4 Oct 30– Nov 3	Preschool/Kindy Transition	Preschool/Kindy Transition	Year 5 Combined Band Rehearsal @ Red Hill	Year 1 Learning Journey Preschool/Kindy Transition	Assembly – Year 3 to Host Preschool/Kindy Transition RHIPP
Week 5 Nov 6 - 10	Preschool/Kindy Transition	Preschool/Kindy Transition		Newsletter Preschool/Kindy Transition	Preschool/Kindy Transition RHIPP
Week 6 Nov 13 - 17	Bandstravaganza Rehearsal 10am Kenny Koala Visit at Red Hill Preschool Athletics Carnival for Preschool	Bandstravaganza – 7pm to 9:15pm	Preschool Information BBQ 5:30pm to 6:30pm	Kenny Koala Visit at Red Hill Athletics Carnival for Preschool	Assembly – Year 5 to Host Kindergarten National Museum of Australia Excursion RHIPP
Week 7 Nov 20 - 24		Preschool – Totem Poles Painted with Deadly Boomerangs		Newsletter Preschool – Totem Poles Painted with Deadly Boomerangs	RHIPP
Week 8 Nov 27- Dec 1		Preschool Concert School Board Meeting 5:45pm P&C Meeting 7.30pm Staff Room		Year 6 Exhibition	Preschool – End of Year concert Assembly – Year 6 Music to Host RHIPP
Week 9 Dec 4 - 8	Year 6 Orientation at Telopea High School	Preschool Fun Day leave from Griffith		Newsletter School Disco K-2 6:30pm to 7:15pm 3-6 7:30pm to 8:30pm	Year 6 Movie Fun Day Preschool Fun Day leave from Griffith
Week 10 Dec 11 -15	End of Year Pool Fun Day – Kindergarten to Year 5			Year 6 Graduation – 11:45am to 12:45pm	Assembly – Exec to host Last Day of School for 2017

Walk-in Centres in the ACT



Have you heard of Canberra's Walk-in Centres?

Walk-in Centres provide free and efficient access to treatment and health advice for one-off minor injury and illness on a no appointment basis.

Walk-in Centres are open from 7.30am to 10.00pm 7 days a week, including public holidays, and are located at:

- Belconnen Community Health Centre, on the corner of Lathlain and Cohen St, and
- Tuggeranong Community Health Centre, on the corner of Anketell and Pittman St.

Walk-in Centres provide free one-off treatment for less serious conditions, particularly after-hours when there are limited options available.

Walk-in Centres are staffed by a team of highly skilled Registered Nurses and Nurse Practitioners who have extensive experience in treating people.

Walk-in Centres offer a range of services and treatments. Visit our website www.walkincentre.act.gov.au to see what's offered.



Deanne Calisthenics – Come & Try now!

Do you love to dance? Come and try our unique combination of sports & performing arts. Calisthenics develops team work, friendship and self confidence through enhancing skills in dance, performance, musical appreciation, flexibility & strength.

Would you like to come & try – It's FREE!

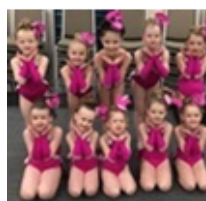
When: Thursday – 19th & 26th October, and 2nd November

Where: St James Church, Gillies St. Curtin

Time: 4.30-5.30pm – 3yrs to 7yrs

5.30-6.30pm – 8yrs to 13yrs

For more information about calisthenics go to www.deanne.com.au



Recently Opened Child Care Centre

Now taking enrolments

- Catering for children 6wks to 6 years
 - 7.00am-6.00pm
- Meals, Linen, Nappies and Wipes Included
- 1 of a kind school readiness program provided that will provide your child with a smooth transition and best head start to school

19 Astrolabe Street Red Hill

E: director@cilredhill.com.au

Phone: 6232 6433

JUST ADD WATER



YMCA Swim School programs are now evidence based and designed by leading experts in the aquatics field with a focus on safety at the heart of everything we teach.

Our nationally accredited swimming instructors teach key Life Saving skills with an aim to fast track your child's swimming results and increase their confidence in water and on land.



Gungahlin Leisure Centre
71 The Valley Avenue, Gungahlin
☎ 6241 1132 🌐 ymcansw.org.au/gungahlin



ACT Community Language Schools Day 2017

Languages Offered:

Arabic
Bangla
Chinese
Croatian
Dari
Dutch
Dzongkha
Filipino
Finnish
French
German
Greek
Hebrew
Hindi
Italian
Japanese
Karen
Khmer
Korean
Macedonian
Malayalam
Maori
Persian
Polish
Punjabi
Russian
Samoan
Sanskrit
Serbian
Sinhala
Spanish
Swedish
Tamil
Telugu
Tibetan
Tongan
Vietnamese



ACT Community Language Schools Day

Saturday 21 October 2017

10.00am - 3.00pm

Quokka Pavilion, Exhibition Park In Canberra (EPIC)

**Cultural Performances, Displays and International Food
from our language schools and playgroups**

For more information call 6230 5191

or find us on Facebook - ACT Community Language Schools Association

MANY LANGUAGES — ONE VOICE



Balasana & Balance

Register interest now for Term 1, 2018 classes!

Balasana and Balance classes provide children and teenagers with a variety of yoga tools that they can take away from class and use throughout their lives. Animals, nature and other objects come alive in classes as we move and learn to stretch our bodies in new creative ways. Through yoga poses, games, activities, music and stories, we promote strength, flexibility, coordination, and body awareness.

Breathing and visualisation techniques teach focus, relaxation and self-control. Our program also promotes inner-strength, confidence and self-esteem, a feeling of well-being, and respect for others.

Our teachers are fully qualified and registered yoga teachers and have undertaken specialised training in yoga for children, teens and children with special needs, and early childhood teaching. All teachers possess up-to-date Senior First Aid/CPR certification and have current Working with Vulnerable People Cards.

Please note: there is no religion in our classes and class sizes are limited to 12.



Class Schedule - commencing 5 February 2018

Erindale Neighbourhood Centre
Cnr Comrie and Sternberg Cres, Wanniasa, ACT 2903

Monday	Tuesday	Wednesday	Thursday	Friday
2:00pm – 2:30pm Pre-school (3-5 yrs)	3:30pm – 4:15pm Primary (8-12 yrs)			2:00pm – 2:30pm Pre-school (3-5 yrs)
3:30pm – 4:15pm Juniors (5-8 yrs)	4:30pm – 5:30pm Secondary (13-18 yrs)			3:30pm – 4:15pm Juniors (5-8 yrs)
				4:30pm – 5:30pm Secondary (13-18 yrs)

For further information or to register interest in a class please email balasanaandbalance@gmail.com or send a message through our Facebook page.