Leanne’s Message

2017 Planning

This term moves us firmly into planning diligently for our 2017 year. We are currently looking at projected enrolments, which includes our 2017 Prep cohort, staffing, class structures and of course budgets that align to all of this.

You can help with our 2017 planning by informing us:

- **in writing**, if your child/ren will not be attending GK in 2017.
- if you have a 2017 Prep child who will be attending GK but as yet is not enrolled.

At this stage we do not yet know the composition of our classroom structures (whether there will be the need for any composites, for example) or student and teacher placement. We do not consider teacher requests however if you have any concerns regarding your child’s class placement in 2017, please forward an email or letter to the school addressed to me. Please note that we only take into consideration concerns/requests that could be detrimental to the educational and social wellbeing of the students. These requests will be considered by a team of people but not guaranteed. If you have concerns and they are not raised now it is likely to be too late to address these after classes are announced later this term.

Phillip Island Camp

The Grade 3 & 4 Camp has been successful this week with a team of staff and enthusiastic GK students heading to Phillip Island. Our Grade 4 students returned yesterday from their three day trip and our Grade 3 students will complete their camping experience tomorrow afternoon. Thank you to Amy Murray, Sally Armstrong, Amy Johnston, Jamie Whichello, Sandra Fabbro, Madeline Rough, Marg Omond and Shannon Whelan for their attendance and energy output this week. And to all the wonderfully supportive parents who have volunteered their time, I thank you for providing our staff and students with support during these tiring ventures.

Drop Off Zone Reminders

At School Council last night there was some discussion around the inappropriate behaviours of some of our parents (grandparents/carers) in using the drop off zone. Unfortunately, in our staff being diligent and reminding our community of our processes and procedures, they have been the recipient of abuse and extremely poor treatment. Staff are there to ensure the safety and care of all of our students and families. When you are asked to not park, to move further up or re-loop the carpark, it is to enable our usually effective process to remain and to keeping everyone safe. Verbal abuse or deliberate ignorance when within our school grounds is not tolerated or condoned. I ask that you adhere to our procedures to ensure the safety of everyone within our community:

- **ONLY STAFF** can park in the car park. This includes the VISITOR park, in front of the slips and in the delivery zone unless previously authorised by me.
- Continuous movement through the drop off zone is required. Once entering the car park, cars must proceed right up to the TOP of the zone where children will exit. Gaps should not occur because cars stop at a spot they deem appropriate for their child.
- **ALL children**, regardless of age, should exit from the car at the same time. Stopping at different points is not procedure.
- Exiting on the curb side is our procedure for SAFETY
- If your child is not there at the end of the day to immediately get into your car, we ask that you drive around again until they are there.

These procedures, if followed, work extremely well for all involved.

Thanks for your compliance in this. Have a great week.
School Council

Last night School Council met to discuss a range of items, some of which will be elaborated on in upcoming Linkletters. Of importance was the start in implementing the CHILD SAFE STANDARDS at GK. The Child Safe Standards are Victoria’s approach to ensuring a zero-tolerance approach to child abuse. There are seven key standards that all schools must commit to:

◊ Standard 1: Good Leadership and Governance in a Child Safe School
◊ Standard 2: Commitment to Child Safe Policy
◊ Standard 3: Code of Conduct
◊ Standard 4: Human Resources Practices
◊ Standard 5: Reporting Child Abuse
◊ Standard 6: Identifying and Reducing Risks
◊ Standard 7: Empowering Children

GK is committed to implementing and adhering to these seven standards and will actively develop the knowledge of our staff, students and community in these throughout 2017 and beyond. This website provides more information for your reference. http://www.education.vic.gov.au/about/programs/health/protect/Pages/childsafestandards.aspx

I encourage you to read any information that will be shared with you within future Linkletters in light of the direction our school is taking, and every school in Victoria are working towards together.

School Council Meetings provide the opportunity for clarification and feedback from our parent community regarding what is happening in our school. Last night there was some feedback that our community may not fully understand the reasoning behind the cancellation of our annual Christmas Concert, as shared in last week’s Linkletter. I have had a few parents express disappointment in this not going ahead with feedback suggesting that the school has not heavily considered other possible alternatives. To assist in clarifying this I will share what I have shared with the parents who have approached me:

• Firstly I would like to assure our community that we as a staff are just as disappointed that the concert is not occurring. In fact, I was the instigator of this event 4 years ago, so for it not to go ahead is not in anyway linked to it being the easy option.

• Suggestions have been raised about doing it at the front of the school. We know we will not all fit there. This is an emergency evacuation spot so we know that fitting our 565 children on the lawn, amongst the garden beds is a task in itself—then add parents, grandparents, family, young children and prams. It ends up being an OH & S as well as a comfort issue.

• Suggestions we split the junior school to one section and senior to another, or at alternate times...logistically challenges the family concept and coordination of this.

• Use of another venue eg oval - this event takes time to plan. Most outside school venues are booked and/or require permits and council approval. Then transferring what we do to this event takes extra time and management. Toilet access, electricity, sound system set up, staging, rehearsals, release of staff on the day to do this etc.

• Our Arts team currently are released in-house to cut costs so they can organise the event. To allow staff to organise this effectively, we would need ongoing CRT cover (over $300 per teacher per day) from now to enable it to be successful. On the day several staff would need release at once. We cannot, nor would we, rely on parents for this as we know through previous school events, it is difficult to get volunteers due to other family and work commitments, especially at this time of year.

• Term 4 is extremely busy for staff. Workforce planning and report writing consume the first half of the term, then when we move into the second half we have new classes, transition sessions, Year 6 Graduation and more to consider. This is already time consuming and taxing on staff so to add extra planning with this event, at this last minute, is not something I would expect of my staff, particularly the Arts Team.

So, we regrettably we have cancelled the TWILIGHT concert FOR THIS YEAR. It will be back bigger and better (with our new oval) in December 2017. However as mentioned, we love the children coming together at this time of year to share joy and song. As we have done previous to the twilight event, children will be performing in front of each other during the school day on THURSDAY 15th DECEMBER from 1.30pm—3.00pm. The morning is taken up with a Grade 6 & Prep Buddy Graduation Picnic. We realise this will not suit all of our families in their ability to attend but if you can that would be great. I hope this goes someway in clarifying the situation.

As always, I am always open to parents seeking further information regarding decisions made in the school. There will be times I cannot go into too much detail, but I encourage you to talk to me should you need further clarification.
Admin News

Outstanding Accounts:
Reminder statements were sent out again this week please make sure all accounts are up to date as soon as possible so we can clear accounts before the 2017 charges are invoiced.

State School Relief & CSEF
State School Relief (SSR) is continuing to support students who are recipients of the CSEF payment by providing a subsidised Uniform Pack to students starting Prep and Year 7 in 2017.

Applications for the CSEF Uniform Pack will open on November 2 and if moving to Year 7 in 2017, this will be managed through the secondary school the student will attend.

Depending on your school’s arrangement with SSR and the items requested, once the application is approved, students will receive either free clothing items from SSR’s Student Choice range, a voucher subsidising the purchase of items at the school’s uniform retailer, uniform supplier or school uniform shop or a combination of both.

Also in 2017, students will receive a free pair of shoes. There is a choice between shoes to match your school’s uniform requirements.

Students who become CSEF recipients in 2017 can still apply for a uniform pack once their eligibility is confirmed.

CSEF Application Forms will be available from the office and there are general information sheets included in this Linkletter for your reference.

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Canteen

<table>
<thead>
<tr>
<th>DAY &amp; DATE</th>
<th>NAMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 18th Oct</td>
<td>C McFarlane; M Trainor</td>
</tr>
<tr>
<td>Wed 19th Oct</td>
<td>M Butterworth; S Hasan</td>
</tr>
<tr>
<td>Thurs 20th Oct</td>
<td>S Bowen; L Egan</td>
</tr>
<tr>
<td>Fri 21st Oct</td>
<td>K Jackson; P Gaskell; S Garbellotto</td>
</tr>
</tbody>
</table>

**COUNTER SALE SPECIAL (Until sold out)**
**BULLA SPLITS – Assorted Flavours – $1 Each**

**LIMITED LUNCH ‘MEAL DEAL’ SPECIAL**
**VEGETABLE LASAGNE, MUFFIN & CHOICE OF JUICE - $5.50**

New Meal Deal available just for a limited time – Yummy Vegetable Lasagne with one of our tasty canteen made muffins and your choice of juice (or water) for just $5.50. Get them while you can.

Weather has still been a bit chilly but hoping the sun comes out again so our Sunshine Jellies & Frozen Pineapple Rings can join, Frozen Orange Quarters back in the canteen next week.

I now have three places on the 2016 roster, available the first Wednesday, the second Tuesday, or second Friday of the month. Also looking to recruit new helpers for 2017!! If anyone would like to join our Canteen Crew, please just contact me here in the canteen Tues to Fri 8.30am to 1.30pm or email cunningham.suzanne.s@edumail.vic.gov.au or sms 0408 172 788 . Only two more to go for each for the year!

Cheers, Suzi
SPORTS NEWS

GK ATHLETICS SUCCESS – DIVISION & REGIONALS

Glen Katherine PS was well represented at both the Division Athletics – held on Thursday 8th October and Regional Athletics on Wednesday 12th October. There were many outstanding individual and team performances. Gr 5 students Kristian F and Kane M qualified for the State Athletics, by winning gold in the hurdles and 1500m respectively. Kane also won the silver to qualify for the 800m finals.

DIVISION PLACEGETTERS:

HIGH JUMP
Kristian F – 2nd 11boys
Jacinta N -3rd 12/13 girls

800m
Kane M – 1st 11 boys
Sophie D – 3rd 11 girls

HURDLES
Josh F -3rd 12/13 boys
Lara H -1st 11 girls
Kristian F – 1st 11 boys

SHOTPUT
Georgia H – 1st 9/10 girls

100m
Aydan G – 2nd 11 boys

1500m
Kane M -1st 11 boys

11 GIRLS RELAY -1ST
Elena U, Lara H, Emma H, Sophie D

11 BOYS relay -1st
Kristian F, Kane M, Nathan H, Aydan G

200M
Lara h -1st 11 girls

REGIONAL PLACEGETTERS

Hurdles
Kristian F -1st

1500m / 800m
Kane M – 1st, 2nd

200m
Lara H -3rd

11boys relay 3rd
Kristian F, Kane M, Nathan H, Aydan G

FIRST AID NEWS

We have reported cases of ‘Slapped Cheek’ infection in various year levels. The most obvious feature of the infection is a bright red flush on the face and a rash over the body. The infection is most contagious before the onset of the rash so children are not excluded from school but be aware of flu like symptoms that may be present prior to the rash.

Leanne Cleary
FIRST AID OFFICER
MULTICULTURAL MORNING  WEEK 4
Tuesday 25th October 2016

Cari Genitori (Dear Parents),

GK is celebrating Multicultural Morning with a diverse cultural celebration! Please mark this date on your calendars. It will be held during Week 4, Tuesday October 25th - an exciting day of activities for children in Prep to Year 6.

The main events include:

**Dress up** : It would be wonderful if all children could *dress up* on this day in a costume from their cultural heritage.

**Filippo from Global Grooves**: Will perform “Music From Around the Globe” to all students.

Students will learn folk songs/dances from different cultures.

**Shared multi-age activities from P-6** will be a feature of the morning.

**Parent participation** – Please speak to your child’s classroom teacher or myself if you are willing to assist or to share your cultural background with students.

**La Comica productions - Mission Gnocchi Incursion** for students in Year 5/6,

Complementing their study of the Italian language.

Thanks in advance. Sandra Portaro

**Signora Sandra Portaro (Italian teacher)**

(At GK Monday/Tuesday)

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**100% Canteen voucher winners**

Erin Russell 6F: Friendliness and respect for people around her
Zac Armstrong 5B: Respectful behaviours
Lenny Allen 3K: Respectful Behaviour
Ned Allen 1R: Manners
William G PP: Respecting Teachers and showing friendliness

Keep up the great effort.
Sunday, October 16th: 9am-12pm

Our second, and last, working bee for 2016 will concentrate on the lower section of our school grounds around the 2/3/4 playground and surrounds. Cleaning up leaf litter, gutters, pruning, bench making is all on the list!

Children can help Mrs Webb with some vege patch painting in the community garden area.

Please bring wheelbarrows, shovels, rakes, mattocks, crowbars and secateurs. A bbq lunch will finish off the morning providing a chance to sit back, admire our work and get to know some other school families.

Attention Mrs Webb (webb.annemarie.a@edumail.vic.gov.au)

RSVP: Yes the _______________ ____________family will be attending the Working Bee.
State Schools’ Relief
Prep CSEF uniform support

Fact sheet for parents

Program background
As part of the Victorian Government’s Affordable Uniform Program, every Prep government school student who is a recipient of the Camps, Sports and Excursion Fund (CSEF) automatically qualifies for a uniform pack voucher. Each year, State Schools’ Relief (SSR) provides tens of thousands of children with school clothing, shoes and other essential items. For the first time SSR has received government funding so that it can help more families needing financial assistance, and ensure no one is left behind.

Eligibility requirements for CSEF can be found at www.education.vic.gov.au/csef

What uniform support is provided?
SSR will provide:
- A basic windcheater and tracksuit pants
- OR one of the following
- A bomber jacket, rugby top, hoodie or zip jacket

How can parents apply for the uniform?
Parents must apply for CSEF by the closing date listed at www.education.vic.gov.au/csef before they approach the school to apply. Primary schools are required to make applications on behalf of parents at www.ssr.net.au/schools.

Once approved, the voucher will be dispatched electronically to the school, uniform shop or uniform supplier on approval. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).

What if parents have already purchased their child’s uniforms?
Eligible parents who have already purchased their child’s uniform for the year can select items of a larger size from the retailer.

Can parents who are ineligible for CSEF or, who have children in other year levels receive assistance from SSR?
Yes. Applications for parents requiring financial assistance for uniforms, text books or shoes are encouraged via the regular SSR services – www.ssr.net.au/schools. SSR only responds to requests from schools (not from parents directly). Parents are encouraged to talk to their school principal, assistant principal or student welfare coordinator about their situation and they will assess their eligibility.

Terms and conditions
- Only CSEF recipients are eligible for the uniform packs.
- Each student is eligible for a single uniform pack.
- A voucher is dispatched electronically to the school, uniform shop or uniform supplier on approval. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).
- The order is valid for 45 days from date of issue.
- Once expired, a new application must be lodged.
- Expired vouchers cannot be redeemed.
- Each voucher specifies the individual items funded by SSR.
- No change to the items can be made unless through the school.
- Changes made in store will not be honoured by SSR.
- The maximum voucher value is $57 and any short fall will not be covered by SSR.
- The value of the voucher is a maximum value rather than an entitled amount. Should the value of the item be less than $57 the difference will not be credited towards other items.

More information
Parents: For CSEF application details please visit www.education.vic.gov.au/csef
Schools: For SSR applications please visit www.education.vic.gov.au/ssr

State Schools’ Relief
Telephone: 03 8769 8400 Email: contact@ssr.net.au Website: www.ssr.net.au
State Schools’ Relief

Camps, Sports and Excursions Fund

2017 Year 7 Uniform Pack

Fact sheet for parents

Introduction to State Schools’ Relief

State Schools’ Relief works closely with all government schools across Victoria. Each year State Schools’ Relief provides assistance to families who are experiencing financial disadvantage with school clothing, shoes and other essential items.

Introduction to the Camps, Sports and Excursions Fund

The Victorian Government has a commitment to being the Education State, aiming to break the link between disadvantage and achievement. Through government funding the Camps, Sports and Excursions Fund (CSEF) was established to provide payments for eligible students to attend camps, sports days and excursions. To find out more about CSEF or to apply for assistance go to www.education.vic.gov.au/csef

State Schools’ Relief has received extra government funding so that it can help more families needing financial assistance and ensure no one is left behind. This extra funding is being used by State Schools’ Relief to assist students who receive CSEF assistance.

2017 Year 7 Uniform Pack for CSEF recipients

In 2017 every Year 7 government school student who is a recipient of CSEF automatically qualifies to receive a uniform pack that is provided through State Schools’ Relief.

If your child receives CSEF assistance and is in Year 6 in 2016 you can ask for a uniform pack to be provided by State Schools’ Relief through the secondary school your child is enrolled to attend in 2017.

Parents who have already purchased their child’s uniform for 2017 and then become a CSEF recipient can still apply for a CSEF Year 7 Uniform Pack in 2017.

What is in the CSEF 2017 Year 7 uniform pack?

The uniform pack includes basic uniform items needed to start secondary school.

For Year 6 students commencing Year 7 in 2017 State Schools’ Relief will provide one item from each row of the table provided.

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black leather shoes – Lace up / Skate</td>
<td>Black leather shoes – Lace up / T-Bar / Skate</td>
</tr>
<tr>
<td>Jumper / Jacket / Bomber / Rugby Top</td>
<td>Jumper / Jacket / Bomber / Rugby Top</td>
</tr>
<tr>
<td>Shorts / Trousers</td>
<td>Summer Dress / Winter Skirt + Shirt / Trousers + Shirt / Shorts + Shirt</td>
</tr>
<tr>
<td>Long Sleeve / Short Sleeve Shirt</td>
<td>If above is NOT a Summer Dress then select either: Long Sleeve Shirt / Short Sleeve Shirt</td>
</tr>
</tbody>
</table>

All students will also receive one free pair shoes supplied directly from SSR.

What does the CSEF Year 7 Uniform Pack cost me as a parent?

Where State Schools’ Relief cannot supply uniform items directly to parents you will receive a voucher that subsidises the cost of uniform items. The voucher(s) can be redeemed at your child’s school uniform shop or an independent uniform retailer which will be listed on the voucher. Parents receiving vouchers may need to make a contribution towards the cost of individual uniform items. The amount a parent has to pay will depend on the retail purchase price and the State Schools’ Relief subsidy.

The vouchers provided by State Schools’ Relief list every approved item for the student and the maximum purchase value that State Schools’ Relief will subsidise for each item. Parents who receive vouchers can work out how much extra they may need to pay towards uniform items using the school’s uniform price list.
Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
NEW PFA FUNDRAISER
Coming up Soon

VISION PORTRAITS

Booking Information

$15 Photo Fundraiser
10" x 13" photo and frame

- Don’t miss this great opportunity to update your family photos
- Choose your time, book & pay online
- Cash bookings are also welcome
- 100% of booking fee raised for School
- Families, relatives, couples, all welcome
- Share the link with friends and family - everyone’s welcome!

Glen Katherine Primary School

$15 for a 10" x 13" Photo and Frame
Choose either an Indoor or Outdoor Photo Shoot

Date: Sunday 13th November, 2016

Book online at: www.trybooking.com/NULR
(don’t put the link in your reply, do not put into Google)

Cash Bookings: hand $15 to the office

Bookings Due by: Friday 4th November, 2016

info@visionportraits.com.au | visionportraits.com.au
www.visionportraits.com.au | visionportraits
You are invited to attend an Exclusive Shopping Night at GIGLIOLA
Sip on bubbly and shop in style as the boutique is open especially for friends of Glen Katherine Primary School.

$15 ticket includes sparkling wine, light refreshments, mini fashion parade and a $10 voucher to spend on the night* (maximum of 50 tickets available for the night).

10% of the proceeds from the night and the ticket price will be donated to the school.

**Voucher can be used on any item valued $29 or more.**

Name __________________________ Class ______________ QKR receipt # __________
Mobile __________________________

Return slip to school office - RSVP 14th October
I’ve paid $_______ for _________ tickets/s @ $15 each

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COMMUNITY NEWS

GLEN KATHERINE P.S

**TENNIS LESSONS**
Location: Glen Katherine Primary School Tennis Court

We specialise in lessons for beginners

**BOUNCE INTO OUR TERM 4 SPRING SPECIAL**

For first to new students
Enrol now & receive 30% OFF your fees
And also receive a FREE HEAD Tennis Racquet Pack valued at $50

Enrol now for Term 4 2016 Lessons

For more information please call Topline Tennis on 9432 3708
Web: www.toplinetennis.com Email: info@toplinetennis.com

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ELTHAM MUDBRICK TOUR 2016

**SUNDAY OCTOBER 23, OPEN HOUSE 10AM–4PM**

Join us on a tour of five beautiful and individual mudbrick houses in the Eltham area. Hambrook’s Mudbrick houses, always architecturally creative, are part of an alternative housing movement ahead of its time built with environmentally sustainable and recycled materials in natural harmony with the bush landscape.

The tour maintains a 50-year tradition pioneered by Alan Knox and is run by Eltham High School community volunteers to help support its renowned music program. Eltham High School ensemble musicians will perform in The Barn Gallery at Montsalvat on the day between 10am and noon.

Tickets at www.tphboxing.com
Adults: $20 (children under 14 free)
Concession: Seniors/Students/Health card $20
Tickets may be available on the day if not sold out

- Tour starts from Montsalvat, 7 Hillcrest Avenue, Eltham
- Photo ID required
- Free parking with regular shuttle buses between the houses
- Allow two or more hours, some walking is required
- Enjoy homemade cakes and drinks at one house

For more information: www.elthammudbricktour.org
Facebook: Eltham Mudbrick Tour
COMMUNITY NEWS

T-BALL SMASH
STARTS FRIDAY OCTOBER 28
at Glenaurn Park, Lower Plenty

For boys and girls aged 5-12 years

Learn more and register:
1. Roadrunner TBall Smash
2. www.tballsplash.com.au
3. baillargeon_aj@hotmail.com
4. AJ on 0423 782 970

Briar Hill PRIMARY SCHOOL
Spring Fair

Sat 22 October
10am-4pm
25 Gladstone Road, Briar Hill 3088
www.briar-hill-ps.vic.edu.au • 9435 1633

TAKE SHAPE ELTHAM

Free Class

- HIIT classes 30 min
- personal training
- great value
- core strength
- friendly environment
- kids area FREE

Call Kylie to BOOK your spot
0433 462 472

CLASSES WE OFFER

- boxing
- metafit
- fatburn EX
- bodyfit
- core
- teonfit

ELTHAM@TAKESHAP.COM.AU
KYLIE 0433462072
WWW.TAKESHAP.COM.AU/ELTHAM