

SLEIGH PARK THE AMSLEIGH BUZZ 🕮

Issue 3



Term 1 2025

Week 4

February 21, 2025

### FEBRUARY 2025

Wed 26 Foundation Rest Day

Mon 24 Whole School Photos

Thu 27 Bush Dance Incursion

Fri 28 G5-6 IS Sports Round 2

#### **MARCH 2025**

Sat 1 PFA Whole Schol Working Bee 1pm – 4pm

Wed 5 Family Bush Dance Evening 5-7pm

Fri 7 G5-6 IS Sports Round 3

Fri 14 G5-6 Summer Sports Gala

Wed 19-Fri 21 G5-6 Camp

Mon 24 – Apr 3 Whole School Swimming Program (9 Days)

Fri April 4 Last Day of Term 1 Early finish at 2.30pm

TUESDAYS & THURSDAYS ARE NUDE FOOD DAYS @ APPS

#### **DUE BEFORE DATES:**

Mon 17 - G5-6 IS Sports \$24

Wed 24 Feb - Bush Dance \$8

Fri 28 Feb – Swimming \$85

Mon 7 Mar - G5-6 2025 Camp Balance Due

COPIES OF ALL NEWSLETTERS ARE AVAILABLE ON OUR SCHOOL WEBSITE **Foundie Fiesta** It was great to catch up with our Foundie families for a special fiesta this week. This traditional Amsleigh Park event is a wonderful opportunity to welcome new families to our school and for them to meet parents and carers from their year level. The kids also love coming along to school after hours and when pizza is on offer, all the better! I saw the parachute getting a good work out with Miss Hayes overseeing the fun whilst the adults had a chance to chat.



Many thanks to teachers from the F-2 team, Miss Carr and Miss Hayes who stayed behind on Tuesday to help serve the pizza. A shout out to Justin Scott who came along from the PFA to provide some insights into this important group and the crew from Team Kids who were on hand to answer questions about OSHC. Special thanks to Foundie teachers, Miss Barker and Mrs

Maisey for organising the event and thanks to everyone for coming along. We all love these events which are highlights of the school calendar.

#### School Council 2025

We had our first meeting for 2025 this week, which is in fact the final meeting of the council from 2024. Following a busy agenda the council continues the good work of providing governance and oversight to Amsleigh Park PS.

At our first meeting we allocated some of the funds we have set aside through PFA fundraising, bank interest and facility hire to some important projects including new shade sails for the F-2 playground, an addition to the play equipment for F-2 students, a creative play space for students, upgraded computers and i-pads for the STEM program and some library resources. We are well pleased to be delivering ongoing improvements to Amsleigh Park and the kids are always the beneficiaries.

#### **PFA Annual General Meeting**

Our wonderfully supportive Parents and Friends Association are getting busy for 2025. They have an AGM which is organised for Wednesday 26 February at 7pm in the shack. All are welcome.

We are highly indebted to the APPS PFA for their ongoing support of many events at our school. This partnership is vitally important and adds great value and richness to school life. The main aim of the PFA is to provide a chance for parents and carers to build connections at Amsleigh Park. Being active in the school is both a rewarding and enjoyable experience for many parents and carers. Along the way the PFA also raises some funds that are put to good use in improving the quality of resources, equipment and infrastructure. We are very fortunate to have many dedicated folks who support the PFA. Special shout out to President, Justin Scott and Secretary, Suzi Ikin for their ongoing efforts.

#### **Assembly Changes**

This week we sent out an email about changes to the frequency of school assemblies. The idea is to reduce the number of assemblies so we can use that time for learning. It might not seem like a big deal, but it is a session each week and over a year that's then more than 40 sessions, which is more than a week of school. The extra 20 sessions we gain can be devoted to learning. With such a busy curriculum program we need every moment possible. The next assembly will be on Friday 28 Feb and fortnightly on Friday's thereafter.

#### 17 State Street, Oakleigh East, 3166 Phone (03) 9544 1553

#### Principal Team Report

#### **Extreme Weather Events**

It was just over a year ago that we experienced an unprecedented weather event at Amsleigh Park in which the campus sustained damage to trees and playgrounds. Whilst we hope this was a once only event, this kind of thing does seem to be happening more often these days. After this storm in 2024 we reviewed the actions that contributed to community safety at this time and came up with the following action plan that we will follow in any similar emergency.

- In the case of extreme weather students will not be dismissed until it is safe to do so and will remain in classrooms as a <u>shelter in place</u>. This could mean students remain indoors after the dismissal bell.

- If any parents or carers find themselves in our school yard during an event such as this they should find shelter indoors. The foyer of the Thelma Bailey Centre, Library Foyer, General Office Foyer and JLC corridors are all places that parents and carers can <u>shelter in place</u>. You do not need to ask permission to shelter in place during an emergency.

- Do not shelter under trees in high winds or rain. We have several covered outdoor spaces such as the Sports Pavilion and covered walkway where you can seek safer shelter.

It might reassure you to know that we do regularly check the weather reports and have the Vic Emergency App set for notifications. We take a conservative approach to the weather, and we bring students indoors on days of extreme heat or wind.

#### Swimming Program 2025

Information about permission and payment for our annual Swimming Program has been distributed recently. The program will once again be held in the last two weeks of Term 1 at the Doug Ellis Pool at Monash University. It's an important opportunity for our students to develop their swimming and water safety skills. If you have already decided that your child will **not** be participating, please let us know by emailing the school at: <u>amsleigh.park.ps@education.vic.gov.au</u>



#### Team Kids Important Information

If you are a regular user of the Teams Kids service please be aware of 'no show' costs of \$5.00. This is when a child is booked in and does not show up. The following is from team kids:

When a child is booked but does not attend without prior notification, our staff must undertake additional safety protocols, including:

- Contacting parents/guardians
- Communicating with the school
- Conducting a search of the school grounds
- Engaging emergency services if necessary.

These steps require significant time and resources, impacting our ability to provide the best possible care for all children. The No Show Fee helps ensure families remain accountable for timely cancellations, allowing our team to focus on supervising children who are present.

How Families Can Avoid the No Show Fee...

To avoid this charge, families must cancel bookings as follows:

- Before 2:00 PM on the day of care: Cancel online via their TeamKids account.
- After 2:00 PM on the day of care: Call the onsite team before the session starts to notify their child will not be in attendance.

Team kids provide a quality service but like all providers they do have clear policies for payments. It pays to stay on top of this in order to avoid having to pay any late fees. If a child is sick, then you can call the service directly and they will then know not to look for a student.

#### Until next time,

Michael Cormick Principal



Bec Carr Assistant Principal



### FROM THE SCHOOL OFFICE ADMIN TEAM...

#### Family Accounts

Please regularly check your Xuno account for any fees or events that require payment and or approval. A reminder that unallocated CSEF, receipts or credit notes from your family account can be used to pay for events. Credit note amounts are shown with a negative symbol, **-\$10.00.** If you would like a copy of your current account statement, please email the office.

#### **Student Medications**

A reminder that a Medical Action Plan, completed by a doctor, must be provided for any student medication (e.g. Ventolin, Epi Pens, severe allergy medication) stored at the school office.

We cannot store or administer any medication without an Action Plan containing instructions from a doctor. Parents are required to provide up to date Action Plans and inform the school office of any changes to a student's medical condition / action plan.

This does not however, include occasional antibiotics. Wherever possible, parents should request antibiotic prescriptions that can be taken at home, ie Antibiotics that are required 3 times per day can be taken at home in the morning, on return from school and again at bedtime. For students that do require antibiotics at school, a parent must complete a medication authority form when handing medication into the office.

All medication, including over the counter types, <u>must be stored securely at the office</u> for the safety of all students. It is recommended that students with hay fever etc. take their medication at home before school.

#### Absences / Late Arrivals

<u>A reminder that all absences should be reported via Xuno</u>. This ensures that Admin staff, who process all attendance data, including late arrivals and early exits, are receiving the attendance information in the first instance. Teachers are notified of the absence/late arrival during this process. If you wish to pass on any further information to teachers, please send them an additional email. Parents are responsible for addressing and updating their child's Unexplained Absences in Xuno. Please regularly check your child's attendance data and update as required. If unable to report via Xuno, absences can also be advised by emailing the General Office or phoning the school and selecting "1" when prompted to leave an absence message.

#### Students arriving late to school must be first signed in at the office <u>by a parent</u> before going to class.

Parents should complete the sign in register, fill out a "Late Slip" and hand this to their child who will proceed on their own to their classroom and give the late slip to the teacher.

#### School Emails - Check the email address you are sending / replying to

When contacting classroom teachers, or responding to their emails via Xuno, remember to double check the **'To'** address.

Many emails meant for classroom teachers are arriving in the Amsleigh Park PS inbox, along with a huge number of other daily external emails.

Replying to the school inbox may delay your communication being received by the classroom teacher in a timely manner and creates extra work for Admin staff.

When responding to a teacher's email, please refer to their email address that appears within their message and copy & paste that address into the address field.

Thank you,

Karen Hogan Business Manager



### SCHOOL SAVING BONUS (SSB)

### Families wishing to use their School Saving Bonus for camp, excursions/incursions, activities <u>must take the</u> <u>following steps: -</u>

- 1. Reallocate your School Saving Bonus from the default "Textbooks/Uniforms" in the School Saving Bonus portal to "School Activities" It is recommended that the whole \$400 is reallocated in one transaction by parents of students going to camp this year. This will decrease the number of processes required by parents and also Admin staff.
- 2. Email the school inbox (<u>amsleigh.park.ps@education.vic.gov.au</u>) with the subject header "USE my SSB Child's name & Grade Activity name & total amount.

Example - USE my SSB – John Smith 6C – G5-6 Summer Sport \$24

We will cross check this with reports that flow through from the SSB Portal to us and then process this allocation manually on your behalf.

More information about the SSB is available here: <u>https://www.schoolsavingbonus.vic.gov.au/s/</u>

#### School Saving Bonus (SSB) Frequently Asked Questions:

#### • Can I use the SSB to purchase stationary/book packs?

**No**. The SSB cannot be used to purchase Book Packs/Book List Items. The Department of Education has included Textbooks only as allowable purchases using the SSB from authorised suppliers. Amsleigh Park PS students do not require any textbooks.

#### • Do I need to allocate money to uniforms in the SSB Portal?

**No**, because we have a school run onsite uniform shop. Parents will need to complete **a Green SSB uniform order form** and submit it to the school office for all uniform items. Admin staff will process then forward the order to the uniform shop for picking and packing. Orders will be sent to the child's classroom unless alternative collection is requested.

#### • Can I take uniforms on the day if I want to use the SSB?

**No**. You will need to submit a **Green SSB uniform order form** to the office for processing by Admin Staff. Once processed the order will be given to the Uniform Shop. Orders may take a week, or longer to be filled depending on processing times, submission day of the order form and stock availability.

#### • Can I only use the SSB on uniform purchases before June 30, 2025?

Yes. After June 30, 2025, the SSB money will automatically be allocated to school activities.

#### • Will I need to put the voucher code into the portal to re-allocate the SSB to activities?

**Yes** – For parents with students who will be attending camp in 2025, please allocate the whole amount of the SSB (\$400) in one transaction to "School Activities"

#### Do I need to tell the school when I want to use the SSB for activities (i.e. camps, sports, excursions, incursions, swimming)?

**Yes.** Each time you wish to use the SSB for payment of a school activity, you will need to advise the school via email (<u>amsleigh.park.ps@education.vic.gov.au</u>) to let us know which activity you wish to use this SSB money for. See information above regarding the subject header. Approval will still be required for the event in the Xuno App.

#### Does the SSB money expire if I don't use it all in 2025?

No. The money will carry over to the following year

#### • Is the SSB only able to be used for each individual sibling?

No. The SSB is allocated to the family and can be used for any student in the immediate family

APPS BELL TIMES 2025							
8:52am	Bell for students to enter classrooms and undertake set up for the day						
9:00am	Bell to start learning time						
9–9:50am	Session 1						
9:50-10:40am	Session 2						
10:40-11:30am	Session 3						
11:30am	LUNCH – Eating inside for 10 minutes						
11:40am	Bell for students to go outside for lunch break						
12:28pm	Line up music						
12:30pm	End of lunch break						
12:30-1.20pm	Session 4						
1:20-2:10pm	Session 5						
2:10pm	Bell for students to go outside for Recess break						
2.38pm	Line up music						
2:40pm	End of recess break						
2:40-3:30pm	Session 6						
3:30pm	Dismissal for end of the school day						
3:45PM	Yard Duty teacher announcement for end of supervised yard duty						
Children	the collected from echoel by 245pm even day, or other ethor						

Children must be collected from school by 3:45pm every day, or alternative arrangements, such as After School Care bookings are made by parents.

### **APPS UNIFORM SHOP**

Located in the Thelma Baily Learning & Sporting Centre

#### OPERATING HOURS – TERM 1 2025 Wednesday afternoons 3:00pm – 3:45pm

#### Pay by Credit/Debit Card at the Uniform Shop

Orders for new Uniform items can be emailed to the general office if unable to attend in person on Wednesday afternoons. – credit/debit card payments only

#### Please download & complete a copy of our uniform shop order form and send as a PDF to <u>amsleigh.park.ps@education.vic.gov.au</u>

Any Back orders will be filled as soon as stock is available.

School Savings Bonus (SSB) Uniform Orders – Complete a Green SSB order form and drop into the office. Order will be processed by Admin Staff and then forwarded to our uniform shop for picking and packing. This may take up to a week, or longer depending on processing times, order form submission day and stock availability.

In the event of incorrect sizing, please return unworn items/s with tags intact, together with the original packing slip that includes the child's name, grade and the correct size required.

A copy of the current approved uniform list/order form is available on our website <u>www.amsleigh.vic.edu.au</u>

Lemonia Spindzos Uniform Shop Co-Ordinator

#### UNIFORM SHOP - 2nd HAND UNIFORMS & LOST PROPERTY

Thank you to the families that donate quality used uniform items back to the school. Second hand uniform items are only available to purchase during the Uniform Shop opening hours. We cannot take orders for second hand items, however requests for items to assist families experiencing financial hardship should be made at the General Office.

As stock relies on donations from parents, and changes regularly, there is no guarantee on availability of items. If you have any items that you are happy to donate back to the school, please drop them into the general office. Please ensure that items are clean and have had any name labels/naming removed prior to returning them to school. Thank you

LOST PROPERTY - Sadly, there are many items in our lost property area in the canteen foyer. Named items are returned to class rooms by our wonderful volunteer helpers. Un-named items will be disposed of at the end of each term if not collected. <u>Please ensure all of your child's belongings are clearly named</u> and you regularly check the Lost Property area if you are missing any items. Thank you,

Admin Team

STUDENT NAME:					CLASS:DATE:							
DELIVER	RDER TO (	CLASSROO	DW 🗖		OR COLLECT FROM OFFI					CE 🛛		
APPROVED ITEM	COLOUR	\$ PRICE	SIZE 4 QTY	SIZE 6 QTY	SIZE B QTY	SIZE 10 QTY	SIZE 12 QTY	SIZE 14 QTY	SIZE 16 QTY	SIZE 18 QTY	TOTAL COST S (INC GST)	Office Use ✓ & Date Supplied
Short Sleeve Polo <u>SSP</u> Size M-XL also avail POA	Navy/ Emeraid	\$25.00										
Long Sleeve Polo ISP Size M-XL also avail POA	Navy/ Emeraid	\$27.50										
Surf T-shirt <u>575</u> (No Collar) 2re M-XL size avel PDA	Navy	\$15.00										
Windcheater <u>wc</u> Size 4-18	Navy	\$22.00										
Bomber Jacket <u>8</u> Size 4-20	Navy/ Emeraid	\$32.00										
Shorts -Cotton <u>CRS</u> <u>Rugby (</u> Unisex)	Navy	\$17.00										
Shorts- Gabardine Zip Pocket <u>Gs</u>	Navy	\$20.00										
Track Pants <u>TPDK</u> Double Knee-Unisex Size 4-20	Navy	\$27.00										
Girls Pants <u>sup</u> Straight Leg Viscose/Nylon/Soutice	Navy	\$27.00										
Girls Skort <u>Gab_sors</u> (Gabardine Fabric)	Navy	\$22.00										
Girls Skort Cotton <u>skrc</u> Size 4-14 Size 16-20	Navy	\$24.00 \$30.00										
Summer Dress SD	Navy & White	\$29.00										
*** Bike Shorts Cotton/Lycra <u>as</u>	Navy	\$12.00										
Art Smock AS	Navy	\$18.00		Small		~	edium		Larg			
**Bike Shorts can only be worn UNDER a school dress. Not suitable as shorts				Total From Over Page \$								
SECOND HAND ITEMS \$								TOT	AL O	RDER	\$	
Receipt #					c	redit (	Card	/ EF	Ŧ	s		Office Use
X												
CREDIT CARD PAYMENT Student Name & Grade MasterCard or Visa only - Submit to General Office prior to collecting Uniform Order												
Cardholders Name: Card Expiry Date:/												
TOTAL \$ Cardholder Signature: NOR: UNINGRAI PURCHASE												
Cardholder Contact Phone Number:												
					L							

#### AMSLEIGH PARK PRIMARY SCHOOL - UNIFORM SHOP ORDER FORM Pricing Effective Term 1, 2025 \_\_(Jan 23 2025)

APPS UNIFORM SHOP ORDER FORM

Effective ferrir 1, 2025								
ITEM	COLOUR	PRICE INC GST	SIZE		QUANT	ITY	TOTAL \$ (INC GST)	Office Use ✓ Date Supplied
School Bag <u>SBAG</u>	Navy	\$42.00	N/A					
Book Bag <u>BB</u> Not required for Preps	Navy	\$8.00	N/A					
Slouch Hat <u>HAT</u>	Navy	\$10.00		VED 7cm	LGE 59cm	XL 61cm		
Gloves <u>e</u>	Navy	\$5.00	4-6	17	7-10	12-16		
Winter Tights <u>w7</u> Sizes - 3-5 4-6 7-9 10-12	Navy	\$9.00						
Beanie <u>B</u> Child / Adult	Navy	\$5.00 ea	Child / Adult	СН	LD	ADULT		
<u>Scarf</u> one size <u>S</u>	Navy	\$5.00 ea	One size					
All Uniform items have been approved by the Amsleigh Park Primary School Council – see Uniform Policy for further information.								
						PAGE \$		

#### The uniform shop is located in the foyer of the Thelma Bailey Learning & Sporting Centre (Gym)

#### UNIFORM SHOP OPENING HOURS - TERM 1 2025 Wednesday afternoons 3:00pm - 3:45pm

#### Second hand Uniform items only available during this time

Credit /Eftpos/Debit card payments must be made at the General Office or Uniform Shop prior to collecting/receiving uniform items. "<u>Tap"payments</u> now available.

> ORDER FORMS ARE AVAILABLE ON THE SCHOOL WEBSITE www.amsleigh.vic.edu.au

#### IF YOU DON'T NEED TO ATTEND THE UNIFORM SHOP IN PERSON DURING OPERATING HOURS, PLEASE PLACE AN ORDER AS PER THE FOLLOWING INSTRUCTIONS

- Write child's name, grade and date of order at top of order form.
- Indicate quantity of items required per size and total cost for each item.
- Scan (PDF) and email this completed form to <u>amsleigh.park.ps@education.vic.gov.au</u> OR send an email directly to the school with your details, student name and grade, the items required and credit card details. Completed forms can also be dropped into the General Office.
- 4. Order will be processed and uniform items and will be either sent home with your child or collected from the office if requested. Orders are usually completed within one week (excepting unavoidable delays from the supplier). Any items not available at time of order will be placed on back order and provided as soon as possible.

January 23 2025



#### Information for families

February 2025 – We still have a number of families with incomplete or incorrect contact and/or emergency contact details

#### PLEASE CHECK YOUR FAMILY DETAILS IN XUNO & UPDATE IF NECESSARY. Thank you 😂

Amsleigh Park uses Xuno as our main communication tool with families, including newsletter distribution, absence notifications, student reports, communication with your child's teacher, messages and reminders, event approvals and online payments.

Xuno is a web-based school management program that has a website portal for use in a browser and an App, 'Xuno Family" for use on smart phones or tablets.

It is easy to use and is a vital tool to keep our parents informed about their child/ren's school life and all things happening at Amsleigh Park.

Bookings for "Get to Know You" & Parent Teacher interviews are also managed through Xuno.

Parents can use Xuno to notify the school of any address/contact detail changes, absences, late arrivals, upcoming family holidays etc.

For new families - On enrolment, you should have received a welcome email from Xuno (please check your junk folder if not received in your inbox), with information on how to create your Xuno account. Please follow the instructions and links in the email to create a Xuno account and password.

As Xuno is our main communication tool, it is important that all families are signed up so they are aware of school information and events and can easily inform the school of their child's absences and any changes to family or emergency contact details.

Please contact the office if you require a Xuno welcome email to be resent or a password reset.

Thank you,

Amsleigh Admin Team





### FINANCIAL ASSISTANCE

#### INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

#### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$154 for primary school students
- \$256 for secondary school students

#### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments: your child has started or changed schools this year.
- changed family circumstances: such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure

#### MORE INFORMATION

For more information about CSEF visit: https://www.vic.gov.au/camps-sports-and-excursions-fund



1 | Department of Education



Want to create a delicious and special birthday experience for your child and their classmates?

Order a Birthday Bucket and have a festive bucket delivered to your child's classroom just prior to lunch filled with either Zooper Doopers or Killer Pythons\* to ensure your child's birthday does not go unnoticed.

### Cost: \$15

Fill out the form below and return it to the front office a minimum of 1 week prior to the date you would like your birthday bucket delivered. We will take care of the rest!

Any questions or suggestions please contact the PFA at apps.parents@gmail.com

\*Killer Pythons contain gluten

#### **APPS - BIRTHDAY BUCKET ORDER SLIP**

Please complete all details and return to the school office (min 1 week prior to delivery date)

Student name: _			Class:
Select one:	Zooper Doopers \$15.00	OR	Killer Pythons \$15.00
Date Birthday Bu	cket to be delivered to cl	assroo	>m:
Payment to b	e made over the counter a	t the	School Office by Credit/Debit Card only





Click here to play



We strive to support families and add VALUE to every day. Our child-centred programs excite, engage and entertain children before school, after school and throughout the school holidays.

# Let the fun begin...

### HOW TO REGISTER?



Head to teamkids.com.au/register Allow 10-15 min to set up your account.

To make a booking, we require the entire registration process to be completed, this includes all emergency contacts, payment details and medical forms.

### HOW TO BOOK?



- Sign in to your TeamKids account.
- Select the following: » Add/Change bookings » Care Type » Child's Name » Date (it will turn green).
- Click "Next".
- Double check your bookings and click "Confirm Changes".



My daughter could not wait to go back to TeamKids the next day! **99 Danielle** 

\*\*\*\*

@teamkidsaustralia

@teamkidsaustralia

2/201



#### WHY YOU'LL LOVE TEAMKIDS



SAFE + FUN ENVIRONMENT



FUN + ENGAGING EDUCATORS

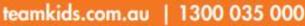
**EPIC CLUBS + EVENTS** 

YUMMY FOOD

# See you soon

### NEED HELP?

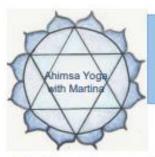
Our friendly Customer Service team are only a phone call away and happy to assist.



# AURORA CALISTHENICS COLLEGE

### TWO FREE TRIAL SESSIONS LOCATED AT AMSLEIGH PARK PRIMARY

2025 Class Times: Tinies (3 - 7yo): Wednesdays 4.45 - 6pm Subbies (8 - 10yo): Mondays 4.30 - 6.15pm Juniors (11 - 13yo): Tuesdays 5.30 - 7.45pm



## Hatha Yoga classes

at Amsleigh Park PS



Saturdays, 10:30am - 11:30am, Before & After Care Building

Classes will run during term 1 (8 February to 5 April 2025)

The gentle and nurturing classes consist of

- postures (different variations & the use of props will be offered),
- a breathing technique, and
- a guided meditation

to enable participants to reconnect to their inner Self & to reap the many physical and mental benefits of Yoga.

### Experience for yourself, what a difference practicing Yoga may make in your life!

Introductory offer for new students: Enrol & pay by 01/02/2025, get 1 class free: \$120 for 9 classes. \$135 for 9 classes from 2/02/2025

Need more flexibility? There are 2 6-class-passes available this term for \$108, expiry 6/04/2025. Once these are gone, class passes will only be available again in term 2 2025.

Please reserve your spot by sending a SMS with your name & email address to:



Martina Rosenberger - Ahimsa Yoga with Martina Advanced Diploma of Yoga Teaching Mobile: 0431 845 664 Email: ahimsayogawithmartina@gmail.com

Private & corporate classes, events & vouchers also available

#### Keyboard / Piano Lessons conducted at APPS by Jared, formerly Excel Music

#### Enrol in lessons for 2025

Contact Jared: 0411 083 631 maestros.corner.music@gmail.com

LESSONS At your school

MUSIC





Group Lessons \$15 a week during school terms

#### Individual Lessons

\$25 a week during school terms

Learn keyboard/piano during or after school hours.

Enrol at anytime.



MAESTRO'S CORNER

ENROL: maestroscorner.mymusicstaff.com



#### HEALTHY, INTERESTING AND AFFORDABLE LUNCH PACKS, DELIVERED TO SCHOOL SERVICING AMSLEIGH PARK PRIMARY - MONDAY, WEDNESDAY, THURSDAY & FRIDAY! ORDER from our ENTIRE MENU until 8.30am on the Day!

#### 2 COURSE LUNCH PACK from \$6.45

Choose a Main Course Item, then select 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack.

Choose a main course item, then select 1 of 2		IT the Shack	Standard Choice Snack/Drinks included in Pack Prices	ICH Fack.
	Standard	Standard	*Premium Choice Snack/Drink + \$1.00 each	
MAIN COURSE MENU	Choice 2 Course Lunch	Choice 3 Course Lunch	SNACK ( DDINK MENU	
MAIN COURSE MENU	From \$	From \$	SNACK / DRINK MENU	
SUSHI HAND ROLLS (2pc)			FRESH FRUIT & VEGETABLES	
(GF Soy Sauce provided with Sushi)			Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75	Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75	Fresh Fruit Combo*	+ \$1.00 each
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75	Freshly Chopped Strawberries with Grapes	Std Inc.
Avocado Hand Rolls (GF)	\$11.50	\$13.75	Freshly Chopped Orange Segments	Std Inc.
Cucumber Hand Rolls (GF)	\$11.50 \$11.50	\$13.75 \$13.75	Freshly Chopped Watermelon Pieces Whole Fruit - Apple	Std Inc. Std Inc.
Vegetarian Hand Rolls (GF) Tofu Hand Rolls (GF)	\$11.50	\$13.75	Whole Fruit - Apple Whole Fruit - Banana	Std Inc.
	φ11.00	φ13.75	Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
RICE PAPER ROLLS (2pc)			Celery and Carrot Sticks with Sultanas	Std Inc.
			Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Chicken Rice Paper Rolls (GF)	\$13.45	\$15.45	Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Vegetarian Rice Paper Rolls (GF)	\$13.45	\$15.45	Edamame (Lightly Salted)	Std Inc.
			Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each
BAKERY (All items freshly baked this morning!)				
			BAKERY - SWEET	
Cheese and Vegemite Scroll	\$6.45	\$8.95		
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95	Choc Chip Cookie	Std Inc.
Topped with Only Cheese Roll	\$6.45	\$8.95	Finger Bun with Sprinkles	Std Inc.
Cheese and Bacon Roll	\$7.45	\$9.95	Fruit Bun	Std Inc.
Semi-dried Tomato, Olive & Cheese Roll	\$8.95	\$11.45	Cinnamon Doughnut	Std Inc.
Scroll with Ham and Cheese	\$9.95	\$12.85	Cornflake Cookie	Std Inc.
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65	Choc Cup Cake (GF/DF)*	+ \$1.00 each
			Blueberry Muffin*	+ \$1.00 each
PIZZA & GOZLEME & PASTIZZI (Served at Room Temp)			Jam Drop Biscuit (GF)*	+ \$1.00 each
Diantia & Onigonal Deationing	67.45	60.05	Banana Slice (GF)*	+ \$1.00 each
Ricotta & Spinach Pastizzi (2)	\$7.45	\$9.95		
Samosa Pastizzi (2)	\$7.45	\$9.95	SUSHI (1 GF Soy Sauce)	
Margherita Pita Pizza Ham & Pineapple Pizza Slice	\$8.95 \$10.95	\$11.45 \$13.65	1pc Tuna Sushi (GF)*	+ \$1.00 each
Spinach and Cheese Gozleme	\$13.45	\$15.45	POPCORN	
Lamb and Beef Gozleme	\$13.45	\$15.45	FOFCORN	
Mushroom and Spinach Gozleme	\$13.45	\$15.45	Slightly Sweet, Lightly Salted	Std Inc.
Mushroom and opinach oozieme	\$10.40	Q10.40	Lightly Salted	Std Inc.
SANDWICHES/ ROLLS/ WRAPS			Lightly Galled	olu mo.
			DRIED FRUIT/ LEGUMES	
Strawberry Jam Sandwich (1.5)	\$7.45	\$9.95		
Vegemite Sandwich (2)	\$8.95	\$11.45	Lime & Black Pepper Chickpeas	Std Inc.
Plain Cheese Sandwich (2)	\$9.95	\$12.85	Roasted Chickpeas	Std Inc.
Simple Salad Roll	\$9.95	\$12.85	Balsamic & Sea Salt Fava Beans	Std Inc.
Cheese and Salad Roll	\$10.95	\$13.65	Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65		
Roast Chicken and Salad Roll	\$11.50	\$13.75	DIPS WITH MINI RICE CAKES	
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75		
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Mild Salami and Salad Roll	\$11.50	\$13.75	Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber		\$14.95	Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
'Banh Mi' Style Roast Chicken Long Roll	\$12.75	\$14.95	Avocado Dip with Mini Rice Cakes*	+ \$1.00 each
SALADS/ PICNIC BOXES/ FRUIT & VEG			YOGHURTS/ BOWLS	
Steamed Corn Wheels, Broccoli & Carrot (GF)	\$9.95	\$12.85	Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Fresh Fruit Salad - Main Course Size (GF)	\$11.50	\$13.75	Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Vegetarian Picnic Box	\$11.50	\$13.75	Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Ham Picnic Box	\$11.50	\$13.75	Stewed Rhubarb and Apple with Custard*	+ \$1.00 each
Greek Style Salad with Feta and Olives (GF)	\$12.75	\$14.95		
Tortellini Pasta Salad (V)	\$12.75	\$14.95	DRINKS	
Mexican Inspired Salad (V)	\$12.75	\$14.95		
			Apple Juice (Nippy's)	Std Inc.
GF SANDWICHES & WRAPS			Orange Juice (Nippy's)	Std Inc.
GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	Chocolate Milk (Nippy's)	Std Inc.
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65	Strawberry Milk (Nippy's)	Std Inc.
GF Wrap - Ham and Salad	\$12.75	\$14.95	So Good Soy Milk (out of stock 9/24)	Std Inc.
GF Wrap - Garden Salad	\$12.75	\$14.95	Full Cream Milk	Std Inc.

We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.

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