



Tuart Times

eNews Volume 18 27 August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 7 Term 3 August / September	29 Faction Jumps and Throws	30 Senior Choir Yr 5&6 7.45-8.25 am	31 Junior Choir Yr 3&4 8.00-8.30 am Yr 1,2,3 Assembly 8.45am in the Hall P&C Meeting 5.45-7 pm	1	2 Faction Athletics Carnival
Week 8 Term 3 September	5 Uniform Shop OPEN 8.30 – 9.00 am	6 Senior Choir Yr 5&6 7.45-8.25 am	7 Junior Choir Yr 3&4 8.00-8.30 am Yr 4,5,6 Assembly 8.45am in the Hall	8 School Board 5.30-7 pm	9 Lunchtime Green Team
Week 9 Term 3 September	12 Money Talks incursion	13 Senior Choir Yr 5&6 7.45-8.25 am	14 Junior Choir Yr 3&4 8.00-8.30 am Yr 1,2,3 Assembly 8.45am in the Hall Staff Meeting 3 – 4.20 pm	15	16 Lunchtime Green Team
Week 10 Term 3 September	19 Uniform Shop OPEN 8.30 – 9.00 am	20 Senior Choir Yr 5&6 7.45-8.25 am Interschool Athletics Carnival @ Noranda Sporting Complex	21 Whole School Assembly 8.45am start	22 Senior Choir Yr 5&6 Massed Choir Rehearsal 8.45am – 2.00 pm @ Perth Concert Hall	23 Lunchtime Green Team Massed Choir Performance Perth Concert Hall Meet at 5.15pm on the foreshore steps Last Day of Term Three for Students and Staff Term 4 Commences for all MONDAY 10 October 2022
HAPPY SPRING BREAK Saturday 24 September to Sunday 9 October inclusive. First day of Term 4 for Teachers and Students is <u>Monday 10 October 2022.</u>					
Week 1 Term 4 October	10 First Day Term 4 Students welcome!!	11 Senior Choir Yr 5&6 7.45-8.25 am	12 Junior Choir Yr 3&4 8.00-8.30 am	13	14 Lunchtime Green Team
Week 2 Term 4 October	17 Uniform Shop OPEN 8.30 – 9.00 am	18 Senior Choir Yr 5&6 7.45-8.25 am Junior Jamboree Junior Choir to Churchlands SHS	19 Junior Choir Yr 3&4 8.00-8.30 am Yr 4,5,6 Assembly 8.45am in the Hall P&C Meeting 5.45-7 pm	20 Junior Talk Off – Hall @ 8.45 am – all welcome	21 Senior Talk Off – Hall @ 8.45 am- all welcome Lunchtime Green Team
Week 3 Term 4 October	24 Staff Meeting 3 – 4.20 pm	25 Senior Choir Yr 5&6 7.45-8.25 am	26 Junior Choir Yr 3&4 8.00-8.30 am Yr 1,2,3 Assembly 8.45am in the Hall	27 Water Corporation Incursion School Board 5.30-7 pm	28 Water Corporation Incursion Lunchtime Green Team

Dear Parents and Carers,

Book Week this week, **Middle Distance Run** yesterday and this coming Friday - our **Faction Athletics Carnival!** There are lots of events to enjoy at our school. Thank you for your support as we plan events that help our students develop positively across academic, physical and emotional domains.

After School Behaviour on our School Grounds

Our Admin Team had been disappointed to find that **some students have been using unsupervised time after school to behave poorly**. Mrs Bell, Mr Knight and I have been needing to monitor not only Kiss n Drive but also the Quadrangle and Senior Play area, to move groups of students off the school grounds once the Siren has sounded and students have been dismissed by class teachers.

The community feel of Tuart Hill Primary School characterises our school as a safe, inclusive place of learning, and it is lovely that families gather in the Junior play area after school for a few minutes. However, we have now found other younger children are having a play after school instead of going to the designated place to wait to be collected by their parents. The lure of children playing after school on school grounds is too great for some young students whose parents may have been unexpectedly held back at work or frustratingly trapped in traffic. The anxiety experienced by parents who cannot find their children at pick-up is extremely distressing – and this has now occurred several times this term. **I ask that you do not stop and sit to have an after-school play once students have been dismissed by our educators.** Our students don't need to play on the school equipment after school – they have enjoyed it plenty of times during the day. Please use Grenville Park or other public play spaces instead to meet your friends and encourage a picnic atmosphere after school. Thank you.

The fact that some people are socialising on site after the school bell is having an unintended effect of leading older students to believe they too may take their time to go home. Some of the behaviour exhibited by the older students who are choosing to loiter on school grounds is bordering on harassment and will not be tolerated. **Please require your children to go directly home after school.** Please take action if they do not follow your directions, as unintentional risks may occur as students group to target individuals physically or online, visit the Shops on Wanneroo Road or do more than simply meet each other at Grenville Park for a chat.

Our Admin Team has been required to intervene in several incidents that have occurred outside of school hours yet has an effect in class. We feel many of the uncomfortable social conflicts that we are needing to manage would be better handled with parent/guardian afterschool supervision as we can't monitor social media apps on phones, nor their use, once the phone is collected from the Front Office. Our senior children are entering important academic and physical times of change. Mrs Bell, Mr Knight and I are keen to work with you to guide our students through this time so they have the words, courage and knowledge to make positive choices. Thank you for continuing to monitor your child's whereabouts and their mobile phone use. And thank you for working with us to support our students to make good choices despite social pressures.



Unhealthy Lunchbox Choices

Our school pays close attention to student wellbeing and encouraging appropriate food is part of that effort. Some students are bringing lollies and chocolates to school and trying to share them amongst classmates. Our school procedures are that each student eats only the food that their parent provide and approve; sharing of food is not allowed and distributing sweets is particularly discouraged. Chewing gum is banned. Any lollies, chocolates or associated candy found to be at school will be confiscated and binned.

Birthday treats that students bring to share to celebrate their special day will typically be shared just before recess or distributed at the end of the day, with careful reminders to students that certain foods are 'sometimes' snacks. Please discuss your Birthday Treat intentions with the class teacher, thank you.

While I have no desire to spoil Faction Carnival fun, please encourage share containers of cut fruit and vegetables to celebrate effort in events rather than the boxes and bags of lollies that seem to emerge in Faction Bays. Fruit is refreshing, replenishes energy and helps support positive behaviour throughout the day. Thank you for your understanding as we work together to support our students.

MERIT CERTIFICATE WINNERS: Wednesday 24 August 2022



Congratulations to the students who received merit certificates at the Junior Assembly on 24 August 2022. We are proud of how you demonstrate **Ex**cellence, **C**are, **E**quity and **L**earning. Students at Tuart Hill **ExCEL**.

Golden Broom Winners Wednesday 24 August 2022 – Year Two in Room 10!



The winning class last week **Room 10** scored the highest points during the week for:

- Keeping school bags zipped
- Keeping all bags on the hooks or racks
- Making sure there was no rubbish outside the classroom
- Keeping lunchboxes inside school bags and
- Keeping hats and jackets in school bags.

Thank you for demonstrating the value of **Care** in our school.

Tuart Tech - Augmented Reality in Room 4!



This term in Room 4 we have been investigating the nature of the Merge Cube.

Our friends from the University of Adelaide sent us some Merge Cubes to try out. They help us create 3D objects using augmented reality, just like the creatures in Pokémon Go.

After we were done, Room 4 had a little town with ice-cream shops, buildings and a fire truck, right on my desk!

It looks real, doesn't it?

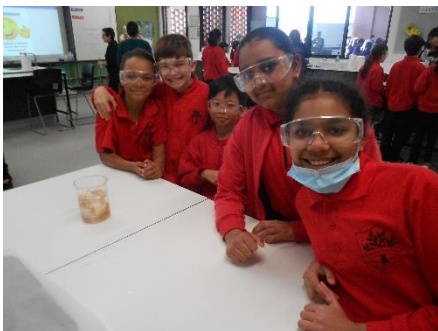
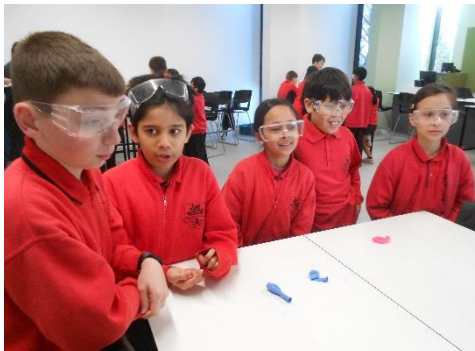
By Shania Diva Igusti



Year Five Science Excitement at Balcatta Senior High School



On Thursday 18 August the Balcatta Senior High School Science Teachers invited our Year Five students to enjoy Secondary Science in teams, in collaboration with the BSHS Year Nine potential scientists. We enjoyed the most wonderful time learning about chemical reactions that result in tasty, edible food!



2022 BOOKWEEK



How great was our Book Week Parade this year!

Thank you to our senior choir for starting off our event. So many amazing creative costumes and favourite books on Display. We love READING at THPS!

Thank you to all our students and their families for participating in this whole school event.

We must not forget our wonderful staff for promoting Book Week, dressing up and supporting our students in their preparation.

Miss Tobias has all the CBCA shortlisted books on display in the Library for borrowing so please take a look.



It is always heartening to see our school community so engaged and showcasing the joy in learning.



Kind regards, **Ruth Rice**, Oral Language Specialist, Tuart Hill Primary School. Ruth.rice@education.wa.edu.au

Grant Success – Solar Panels to support Clean Energy for our School



Hooray for us, we will be having some more solar panels installed on our roof, as part of the State Government announced a \$44.6 million Schools Clean Energy Technology Fund to deliver new clean energy technologies in public schools across the state. We have been selected!!

This will mean the sun's energy will help pay our (very high) power bill. This worthy action is part of the Department of Education's Sustainability Framework, and I am thrilled Tuart Hill Primary School is to be part of *Caring for our Country Together*.

Studying Civics and Citizenship – Local Government Links

The student in Room 7, Year 4 were very lucky to have a visit from the **Mayor of Stirling, Mr Mark Irwin**.

We are learning about the role local government play in the decision-making process in HaSS (Humanities and Social Sciences). Mr Irwin gave us a detailed outline of his role and the role the councillors play in the City of Stirling.

Many students asked a variety of really good questions, and we gave him a small tour of our school.

Mrs Cathy Donald, Room 7 Yr 4 Teacher, Tuart Hill Primary School



Parking in the ACROD Bay at Pick Up

Our school worked closely with the City of Stirling to provide parking for those in our community who hold a current ACROD Parking Permit. There is currently only one ACROD Bay per street on Cape Street, Banksia Street and Lawley Street to cater for those in need who are part of our community.



Drivers may only park in the ACROD bay if they display a current permit. If the bay is clear, that does not mean it will not be needed within the next few minutes by a family member with a permit who supports their family by doing school drop off or pick up, or a parent permit-holder who must park close due to a medical condition. **Thank you for respecting all members of our community** by leaving the ACROD parking bay clear to be used by those who have genuine need.

City of Stirling Parking Inspectors remind our drivers to respect street parking time limits and signs. School Parking patrols occur regularly and fines will be handed to parents who ignore road markings and street signs.

Scholastic Book Club Issue 6 – online orders due by 1 September 2022

Book Club provides families with an affordable and convenient way to bring the best in children's literature into their homes. Each issue contains curated, age-appropriate titles that have been carefully selected and levelled by a dedicated team of professional booklovers.

Scholastic operates on a unique model, proudly partnering with Australian schools and educators for over 50 years. As well as bridging the important class-to-home reading gap, Book Club also benefits Australian schools—for every Book Club order placed, Scholastic gives back 20% of the order spend to schools to purchase valuable educational resources via its Scholastic Rewards program.

A family can never have too many books – enjoy reading and dream with your eyes wide open!

Miss Kasandra Tobias, Library Officer (Mon, Tues, Fri) Tuart Hill Primary School Kasandra.tobias@education.wa.edu.au



2022 Talk Off

2021 Yr 1, 2 and 3 Talk- Off WINNERS



Talk Off is an annual competition that supports our students to speak clearly and confidently in public.

Part of the English Curriculum, Talk Off is a purposeful activity that creates a reason for writing a persuasive text or an explanation. Classroom lessons then help students to edit their 'talks' to contain a succinct message that has elements of a good speech. Student speak in front of a supportive audience first – a friend, then a small group then the whole class.

Each class collaboratively selects a confident speaker who has written then delivered an interesting speech to present their talk to either the 1,2and 3 classes (on Thursday 20 October, from 8.50 am in the Hall) or the 4,5 and 6 classes (on Friday 21 October, from 8.50 am in the Hall), and to be assessed by a panel of judges against the Public Speaking Rubric.

Students have time in class to prepare their Talk Off topics, but many students like to discuss their presentations with their parents / Carers, and to practise delivering their speech. To help you understand the focus of Talk Off, the following important points will be of interest:

Week 2 Term 4 - Finalists deliver talks in the HALL

Junior Year 1,2,3, Thursday 20 October 8.50 - 10.15am

Senior Year 4.5.6, Friday 21 October 8.50 - 10.15am

• Timing

- Year 1 and 2 - 90 seconds
- Year 3 and 4 - 2 minutes
- Year 5 and 6 - 3 minutes

• Equipment

- Students may create a relevant PowerPoint that supports their presentation
- Appropriate props can be used to enhance audience interest

• Palm Cards

- Please encourage the use of small palm cards for all students
- Show your child/ren how to put text into dot points

• Topic Selection

- This is best to be students' own choice, but you may guide them if they are amenable
- Make sure your child/ren tell their teacher their topic before they begin their research to make sure the topic is appropriate for a school based audience

2021 Yr 4, 5 and 6 Talk- Off WINNERS



Talk-Off Evaluation

NAME: _____ TOPIC: _____ Year Level: _____

	EXCELLENT	GOOD	SATISFACTORY
Introduced topic			
Presented a clear explanation of the topic,			
Presented information in an acceptable order.			
Used appropriate language and vocabulary.			
Spoke clearly and confidently.			
Tone of voice is varied and suited to topic.			
Maintained eye-contact.			
Displays appropriate body language.			
Concluded speech effectively.			
Spoke for the appropriate amount of time.			
Showed evidence of preparation / rehearsal.			
Maintained audience interest.			
Total			
Comments			

Talk off can be raise anxiety in some students. Please acknowledge this emotion and reiterate that the classroom is a safe, supportive environment, and we are all there to do our very best.

If your child/ren express that they are extremely worried about performing in front of the whole school, please let the class teacher know. We have strategies that will help our students overcome their apprehension that have proven to help our students develop their ability to speak up for themselves in this then other situations.

Please speak directly to your class teacher or email the Talk Off coordinator **Mrs Cathy Donald** Catherine.donald@education.wa.edu.au if you have any pressing questions; thank you.

I look forward to being blown away yet again by our students' public speaking abilities!

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Senior Choir – Massed Choir Festival Friday 23 September 7.30 – 9 pm

Dear Parents,

The Senior choir will be performing in the Massed Choir Festival in week ten of term three at the Perth Concert Hall.

This exciting choral festival offers students the opportunity to perform in a magnificent venue and before an audience of 1100 parents, friends and invited guests.

Your child's choral performance is scheduled for **Friday 23 September 7.30 – 9 pm** (Concert 8): Adult Tickets \$35; Concession Tickets \$25

Please open the attached note to purchase tickets or call the Perth Concert Hall box office on 92319999 and book for Friday 23rd of September, concert 8.

Please note you only need tickets for audience members not for anyone in the Choir.

As the Senior Choir are in the middle, there is a really good chance that most seats in the Perth Concert will be suitable to purchase.

Please make sure you get your tickets as soon as possible. Every child in the Senior Choir will be seen and heard on stage, and it is a fantastic show. It's suitable for siblings as well, as it will finish promptly at 9pm, starting at 7.30pm.

Any questions- the kind people at the Perth Concert Hall Box office will be able to help you. Or if you click on the link on the attachment, you will go directly to be able to purchase tickets.

Kind regards, **Fay Edwards**, Music Specialist

Tuart Hill Primary School fay.edwards@education.wa.edu.au

I look forward to having an amazing Tuart Hill cheer squad in the audience!



Ticket Sales

Dear Parents,

Your child's school choir will be performing in this Festival in week ten of term three at Perth Concert Hall. This exciting choral festival offers students the opportunity to perform in a magnificent venue and before an audience of 1100 parents, friends and invited guests.

The details for your child's choral performance are as follows:

Friday, 23 September Concert 8 7.30 – 9 pm

Adult Tickets \$35
Concession Tickets \$25

Concession applies to Pensioners, Seniors, FT Students, Children 18 & Under, Unemployed, Health Care Cards
(NB: STUDENTS PERFORMING IN THE FESTIVAL DO NOT REQUIRE A TICKET)

BOOKINGS OPEN 9AM, TUESDAY, 16 AUGUST –
Follow / Click on the link below to book your tickets for the Festival

<https://bit.ly/MCFtickets2022>

The above link will take you directly to the events page for the WA Massed Choir Festival on the Perth Concert Hall website. Please choose the FRIDAY night performance (23 September Concert 8) and click on the 'Buy Now' button to purchase your tickets.

To choose your own seats, click on the picture of the theatre seating map and seats available in that area will be shown. **Tickets will be sent as mobile e-tickets shortly after you complete your booking unless you have opted for delivery via Post or Venue Collect.**

PERTH CONCERT HALL*
Website: www.perthconcerthall.com.au
Perth Concert Hall Box Office
Mon – Fri: 9.00am – 5.00pm
Phone Bookings: **9231 9999**
In Person: 5 St Georges Terrace, Perth

TICKETMASTER^
Website: www.ticketmaster.com.au
Ticketmaster Phone Bookings
General Events Enquiries: **136 100**

- No money is being taken by the school for this concert.
- Seating is **reserved** for this event.
- If the session is not sold out, there will be tickets sold at the venue on the night of your child's performance.
- If you have any problems booking your tickets online, please contact the relevant ticketing agent on the numbers above.

*A \$6.60 booking fee is payable on bookings made online or by phone and \$3.85 at the counter at **Perth Concert Hall**.
^Transaction fees vary for tickets sold through **Ticketmaster**.

We look forward to seeing you there.

WA Massed Choir Festival Committee 2022



2022 • Tuart Hill Primary School Senior Choir

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Canteen Catch-up

The canteen will be hosting a **sausage sizzle** for this year's Faction Athletics Carnival **this Friday 2 September 2022**.

Orders have closed, however the canteen will be open for recess and lunch counter sales on the day - you can still have cheesies and ice-creams!

Tuart Hill Primary School Parents & Citizens News

[Fathers' Day Stall – this week, Wednesday 31 August 2022 and Thursday 1 September 2022.](#)



Our volunteers have prepared some awesome gifts to acknowledge Dad, and any other male in your child's life who demonstrates those essential 'father' traits. Grandads love gifts too!!

Kindy A&C, years 1,2 & 3 will be escorted to the Stalls on **Wednesday 31 August**;

Kindy B&D, Pre Primary, years 4,5 & 6 should bring some small change on **Thursday 1 September**.

We are sure you will be impressed with the quality offerings available, from \$2.00 - \$10.00.

Faction Carnival Bake Sale

All donations gratefully accepted – please be invited to bring cupcakes, cookies, savoury options and pre-cut slices to the School Staff Room Thursday or deliver to the P&C Bake Sale on Friday. We welcome volunteers to sell goodies on the day ☺.

Our P&C is active and effective to support our School to provide programs and resources so that our students can access every benefit that help them make progress and achieve.

Want to know more about the P&C?

- * Email pandcths@gmail.com
- * Join the [P&C Facebook group](#).
- * Chat to a committee member
- * Attend the monthly meeting (in person or virtually) – next meeting this **Wednesday 31 August 2022, 5.45 pm**, at the School.



TUART HILL PRIMARY SCHOOL
Parents & Citizens
Putting Kids first

Excellence ♦ Care ♦ Equity ♦ Learning

Internet Safety Posters



Our Year One students in Room 13 have been learning about internet safety as part of the Digital Technologies curriculum. The students collaborated to design their own posters to promote internet safety that are now on display around the school.

Thank you, Year Ones!



Reclaiming the Void: Weaving the country whole

Wanted - plain coloured or subtle print old sheets for [an art weaving project in Leonora, WA](#). The locals are creating an expansive circular dot weaving art which will be seen from the air. They are hoping to create 5,000 circular rugs state-wide.

Thank you for your donation, they can be left at the front office. Ms Growden Julie.growden@education.wa.edu.au

Speech Pathology Week at Tuart Hill Primary School

21 to 27 August 2022

Tuart Hill P.S. has a long-standing partnership with Edith Cowan University's Speech Pathology Department, hosting a group of speech pathology students each semester, guided by an experienced clinical supervisor.

The speech pathology team provide weekly assessment and therapy sessions to children with communication needs, that are not currently accessing any external services.



To raise awareness of those in our community who have a communication disability, we celebrate **Speech Pathology Week** every year. The theme in 2022 is *"Good Communication, Better Communities."*

Tuart Hill Primary School is a diverse and multicultural school. This year, the speech pathology team has been lucky enough to have two Mandarin speaking speech pathology students, who have enjoyed working with some Mandarin speaking children amongst their caseloads.

Should I speak one or more languages to my child?

Culture and language form an important part of children's identity and community. Therefore, it is appropriate to teach your child your home language along with English. Children often learn an additional language easier than adults. Some of the benefits of bilingualism include:

- Educational benefits - increased attention, memory, thinking, decision making and planning.
- Social benefits - bilinguals are able to form relationships with speakers of their home language, such as grandparents. They can also participate in cultural activities that take place in the home language.
- Emotional benefits - maintaining the home language can support the development of a strong cultural identity and self-esteem.
- Economic benefits - Australians who are fluent in more than one language are more likely to be employed, have post graduate qualifications and earn a higher income.

For more information about raising your children bilingually see:

www.speechpathologyaustralia.org.au/bilingual www.youtube.com/SESLHD

The ECU speech pathology team come to school every **Wednesday** to work on students' speech, language, and early literacy skills. Their office is located at Tuart House, and work hours are 9am – 3.00pm.

If you have any questions or concerns about your child's communication, please chat to your class teacher or Mr Knight, Associate Principal, andrew.knight@education.wa.edu.au to arrange a referral to us or you are welcome to drop-by and have a chat with the team.

UWA Research Participation Opportunity

"The effectiveness of rhythmic exercise as treatment for children with listening difficulties."

RHYTHMIC EXERCISE FOR CHILDREN WITH LISTENING DIFFICULTIES

HREC Approval
2022/ET000233

For more information
email: audiologyresearch@uwa.edu.au



You and your child are invited to participate in a research study investigating rhythmic exercise in children with Auditory Processing / Listening Difficulties. We are seeking ...

- children aged 7-12 years,
- who experience listening difficulties.

Initial participation involves attending a auditory processing assessment taking ~3hrs at UWA (Crawley Campus) and families will receive a report of their child's results.

If your child is eligible, you will be offered to be enrolled in a FREE, fun exercise program that could help your child's listening difficulty.

What's involved?

- **Initially:** attending an auditory processing assessment (~3 hours) at UWA (Crawley Campus) with families receiving a full report of their child's results.
- **If eligible:** offer of enrolment into a fun movement program running twice weekly during the school term.
- **Child:** Physical literacy and health assessment battery (~1hr) pre- and post-program
- **Parent/guardian:** Questionnaires related to child (listening difficulties experienced and any other behavioural/emotional difficulties)

About the research...

"The effectiveness of rhythmic exercise as treatment for children with listening difficulties"

The purpose of the study is to investigate the effectiveness of a new rhythmic exercise program for treatment for children with listening difficulty related to auditory processing. The results of this study will provide information that will help us understand whether rhythmic exercise can benefit other children with auditory processing or listening difficulty. The results of this study will be made available to you upon request, and also made available through publications and conference proceedings. It's research like this which helps to shape the future of the Thriving program and other similar exercise services provided for children with complex conditions.

Who can apply?

- Children aged 7-12 years,
- Who experience listening difficulties.

What's in it for me?

- A hearing screening and full assessment of Central Auditory Processing Disorder
- Contributing to the development of the Thriving program and important research shaping the exercise physiology services provided for children with complex conditions.

Please email audiologyresearch@uwa.edu.au if you have any questions; thank you.

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College SHOWCASE

Thursday 8 September 2022
3:30pm to 6:30pm



Refreshments
available from
Lily Café

EVERYONE WELCOME

Come and see for yourself, all that is on offer in
our Award Winning School.

- * Meet the Heads of Learning Areas
- * Discover how we can help you achieve the career of
your dreams.

WE OFFER

- STEM Enrichment Program
- Elite Soccer Program
- ATAR and General Pathways
- Quality Career Counselling
- Vocational Education Training
(VET) Pathways
- Homework Club



OUR FACILITIES

- STEM Centre
- State of the Art
Performing Arts Centre
- Hospitality Trade
Training Centre
- Swimming Pool
- Breakfast Club

LOCATION: 180 Nollamara Avenue, DIANELLA WA 6059

PERTH PERFORMANCE

PERTH PERFORMANCE TENNIS ACADEMY

IS NOW COACHING AT

NOLLAMARA TENNIS CLUB



OUR CLASSES

JOIN FOR TERM 3 NOW OR TERM 4 BEGINS 10/10
6:1 RATIO CLASSES

GET YOUR FREE TRIAL TODAY

KINDRA WAY, NOLLAMARA WA, 6061

PEE WEE'S 2-6 YEAR OLDS
BEGINNER'S 7- 16 YEAR OLDS
DEVELOPMENT 8-16 YEAR OLDS
ACADEMY 10- 16 YEAR OLDS
HIGH PERFORMANCE 10-16 Y/OLDS
ELITE INVITATION ONLY
ADULTS
INCLUSION TENNIS
PRIVATE LESSONS & MORE!

ENROL TODAY
FOR MORE INFORMATION

PERTHPERFORMANCE TENNIS.COM.AU
ADMIN@PERTHPERFORMANCE TENNIS.COM.AU
CONTACT: 1300 731 034 / 0481 574 028

PERTH PERFORMANCE TENNIS ACADEMY PRESENTS

FREE **NOLLAMARA TENNIS CLUB OPEN DAY**

SATURDAY 8TH OCTOBER 1-4PM **KINDRA WAY, NOLLAMARA WA 6061**

TENNIS COMPS ALL AFTERNOON
PICKLEBALL
INFLATABLE OBSTACLE COURSE
KIDS ACTIVITIES

FACE PAINTING & BALLOONS
BBQ - SAUSAGE SIZZLE, SMOOTHIES & DRINKS
FREE GIVEAWAYS ALL DAY & MORE

Register for your free tickets: <https://app.promotix.com/events/details/Nollamara-Tennis-Club-OPEN-DAY-tickets>

Contact: 1300 731 034
Admin@perthperformancetennis.com.au

First 100 Term Enrolments Receive a FREE Racquet*

tennis

W MORE WIN



We are excited to bring you our first **Women's Wellness Forum!**

Take some time for yourself and join like-minded women and enjoy the afternoon with us as we talk all things women's health - MIND, BODY & SOUL

Guest speakers include -

- Sue Tredget from @Beyond Blue will share her mental health journey about hope, recovery & resilience
- Louise Sharman, Naturopath at @Karrinyup Wellness Centre will discuss hormonal health as part of our busy lifestyles
- Rachel Gardiner of Soul Elements & Cinnamon Tea Girl will share with us the importance of nurturing your soul

Refreshments provided.

\$20 tickets @ <https://www.trybooking.com/CBEAS>

Please email Anna & Claire of Annaire Self-Care hello@annaireselfcare.com if you have any queries at all; thank you.

Saturday, 10 September 2022 - Karrinyup - Tix \$20



WOMEN'S WELLNESS FORUM

Annaire

KARRINYUP WELLNESS CENTRE
Naturopathy • Massage • Nutrition

SOUL ELEMENTS
RACHEL GARDINER

Beyond Blue

Creative Kids Art Club

Come join us and have fun creating!

After School Art Classes

8 week term, all materials provided

Holiday Workshops and Art Parties

For Kids from 4 to 14 years



Ph 0476 149 696 or visit the website
for more information or to book!



www.creativekidsartclub.com.au



Healthy lunchbox session

MONTHLY WEBINARS NOW RUNNING! CLICK ON A SESSION FOR THE LINK TO JOIN.

Last webinar:

- **Thursday, September 12th @ 1pm**

Packed with Goodness is a Cancer Council WA nutrition education program for parents of primary school-aged children at all West Australian schools. The FREE 60-minute healthy lunchbox webinar will be delivered by health professionals and covers the following topics:

- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- the importance of fruit and veggies for kids

- label reading
- the best drink choices for kids

Each parent will receive a free resource kit, packed with information and goodies to get started. [Book a session](#)