# Newsletter

**Website :** www.elwoodprimary.vic.edu.au

Scott Street, Elwood Vic 3184
Phone : 9531 2762

**Community Market (bookings) : www.trybooking.com/568612**

**05 February 2020**
**No. 1**

## Welcome back, we have missed you!

To all of our new families, particularly our Preps for 2020, welcome to Elwood PS.

And, welcome back to all of our School Community, I hope you all had a lovely break with family and friends. It was wonderful to see the smiling faces and excitement last week, with everyone raring to go.

All of the teachers have been at school over a number of days and weeks to set up and prepare for the year ahead. We had our planning day last week, with all teams finalising their yearly overviews, Term 1 planners and fortnightly foci. Shortly you will receive emails/letters from the grades, outlining the term ahead and everything you will need to partner with us. We will also go through our plans, curriculum, events and news for each specific level at our Information Nights in Week 4.

The devastating fires across our states affected many of our families and staff during the break. Some of our students, families and staff have already spoken to me about ways that we could perhaps support others. Along with the students and staff, we will work on ideas and ways we can reach out and help, from adopting a fire affected school to adopting a koala. I look forward to speaking to our EPS kids and working out a plan in the coming weeks.

## New staff

We have a few new faces around our school this year and it is my absolute pleasure to welcome them to our EPS family. Welcome, Jake Hemphill and Sarah Cluney to Grade 2, Stephanie Edwards in Grade 3, Martin Van Dinteren and Chelsea Ivemay to the Integration Team and Frank Dalzotto to the office area as our OH&S and Building Coordinator.

We also congratulate Mardi on her wedding over the holidays and to Charlie who was married on Saturday. Congratulations!


## Thinking of you Sandringham PS

Some of you may have seen the sad news in regards to our neighbouring school and friends at Sandringham Primary. Sadly their beautiful, historical school was devastated by fire on the weekend. All classes will be moving to Sandringham East PS and Sandringham College until they can rebuild. Some of our staff and staff from other close-by schools headed to Sandringham East PS on Monday to assist with the move and help set up classrooms. We will continue to keep

## CALENDAR

**Wednesday 5 February**
Prep Gap Program
Prep Students do not attend school

Friday 7 February
Swimming Trials– 9.30am

**Wednesday 12 February**
Prep Gap Program
Prep Students do not attend school

**Thursday 13 February**
Prep Picnic 5.30pm Turf Area

**Monday 17 February**
Prep - Grade 2 School Photo
Grade 2 - Life Education
Prep Information Night - 6.30pm

**Tuesday 18 February**
Level 2 (Grade 1&2) Information Night - 6.30pm

**Wednesday 19 February**
Prep Gap Program
Prep Students do not attend school
Level 3 (Grade 3&4) Information Night-6.30pm

**Thursday 20 February**
Level 4 (Grade 5&6) Information Night-6.30pm

**Friday 21 February**
District Swimming-9.00am

**Wednesday 5 February**
**Prep Gap Program**
**Prep Students do not attend school**

**Monday 17 February**
**Prep Information Night**
**6.30pm, JLC**

in contact with them and send our assistance whenever and however we can. Our thoughts are with Louise, the Principal at Sandy PS, her team and the whole Sandringham PS Community.

## Communication

I know my newsletter articles can be lengthy at times, I do love a chat, but we have a lot of information we need and wish to communicate with you throughout the year. Dates, events, news, information…… so please take some time to read through our newsletters. We also use our Konnective App to keep you informed, along with our website and emails.
We will be trialling a move to web based newsletters & school permission forms and other ways to improve our communication with you.
If you ever have any ideas or would like to make suggestions, please chat to me or perhaps come along to our Community Engagement Sub Committee meetings. Details are on our website, or drop me a line/email.

## Coronavirus

We are forwarding on any and all advice from the Department of Education as it comes through on managing the coronavirus.
We are very fortunate to have their expert advice and we will take on any and all recommendations. Elwood Primary School does not have any families or students directly impacting on this advise, but we will continue to inform you and work with The Department of Ed to ensure the health and wellbeing of our school community.

The below is from Dr David Howes, Deputy Secretary, Schools and Regional Services and the Department of Education:

As you may be aware, the situation regarding the emerging outbreak of novel coronavirus has continued to evolve.

The Commonwealth's Chief Medical Officer and Victoria's Chief Health Officer have this afternoon recommended a stronger precautionary approach to managing coronavirus for travellers returned from mainland China (not including Hong Kong, Macau and Taiwan) from today (1 February 2020).

This recommendation is that parents/guardians/carers should ensure that any student returning from mainland China (not including Hong Kong, Macau and Taiwan) who was in mainland China on or after 1 February 2020 is isolated at home and should not attend school until 14 days after they were last in mainland China.

This recommendation does not apply retrospectively. It applies only to students who were in mainland China on or after 1 February 2020.
The existing advice remains that parents/guardians/carers of students should ensure that any student is isolated at home and should not attend school for 14 days: following exposure to any confirmed novel coronavirus case; or after leaving Hubei Province. This same advice applies to any impacted staff.

The Commonwealth has also advised that: "additional border measures will be implemented to deny entry to Australia to people who have left or transited through mainland China from 1 February 2020, with the exception of Australian citizens, permanent residents and their immediate family and air crews who have been using appropriate personal protective equipment".

Please refer to the Department's coronavirus web page, where the latest advice including factsheets (with translations) for schools and parents will be uploaded as soon as available.

Additional advice and information on the steps to take can be found on the coronavirus web page which also includes advice on: continuity of learning for students who are not attending school, international students and families hosting
international travel, maintaining good health hygiene at school health promotion posters and materials
information, resources and contacts related to coronavirus. This new advice is based on the latesexpert recommendations of the Commonwealth's Chief Medical Officer and Victoria's Chief Health Officer.

## Market

Thank you to our Market Committee and all of the Volunteers who launched our first Market for the year. It was rather steamy behind the BBQ and bain-marie on

Saturday, but so wonderful to see everyone – from the stall holders to shoppers and families – at the Market reconnecting with each other and enjoying a sunny, then wet, then sunny again time! Please make sure you lock in the Market dates in your calendars and come and support this wonderful school community event.
Many of you would have met Melody, our Grounds Architect, at her stall with our first draft plans for our Grounds Masterplan. We are so excited to see the kids ideas and Play Team's designs and concepts on paper. We continue to ask for comments and feedback as we soon move to our first stage. All money raised by our wonderful Market continues to fund the Masterplan, designs and very soon, the new Playscapes. The Masterplan is up in the office for you to look at and we will also post it on our website.

We would like to acknowledge the Traditional Owners of the land on which we are gathered today, the Yalukit Willam clan of the Boon Wurrung People and pay our respects to their Elders past and present. We acknowledge and respect their continuing relationship to the land upon which we meet.

## School Council

School Council elections will take place during Term 1 with more details shortly. If you are interested in becoming a School Councillor feel free to have a chat with Nicole Richards, Principal, or any of our current councillors.

## You Can Do It!

**Term 1 Getting Along**

Getting Along means working well with teachers and classmates, resolving disagreements peacefully, following the rules of the classroom and making positive contributions to school, home and the community including protecting the rights of others and looking after the environment.

**This fortnight with You Can Do It! we will focus on:**

**Smiling.**

Our very first You can Do It focus is an easy one to do, but sometimes we forget just how important this one is and how it can make people feel happy, safe and welcomed.


As everyone returns for the new school year, or new students, families and teachers are welcomed for the first time to Elwood Primary School – a welcoming, happy smile will make all the difference.

Smiling is such a wonderful, friendly thing to do. It is fun and contagious and a smile is always returned with another.

When greeting old friends, trying to make new ones or just passing along the feeling of friendship and happiness – smile!

**You Can Do It!**

## Manners Matter

**This fortnight with Manners Matter, we will focus on:**

**Saying Hello!**

Manners Matter at Elwood Primary School and along with a bright smile, a welcoming "Hello" shows that you are a friendly and polite Elwood Primary School kid. You can make a new person in the playground or in your classroom feel less alone with a happy "Hello" and a smile. There are many different greetings from "Hello", "Good morning" and "Good afternoon" to "Hi" and "G'Day!" You might even know some other languages to say "hello" to someone. Give it a go in the school and watch the happiness, smiles and friendships pass on to each other and make our school an even better one!

**Remember, Manners Matter.**

*Nicole Richards……Principal*

## Market Roster

Please see below 2020 Market Roster.

March 14: Prep C, 1L, 3A, 4C
*May 02: Prep R, 2A, 2C, 4H, 6M
June 13: Prep S, Prep P, 2J, 3N, 6T
Aug 01: Prep M, 1T, 2M. 4J, 5B
Sep 05: 1A, 1N, 3J, 5C, 6L
*Nov 07: 1J, 2S, 3R, 4O, 5G
#Dec 05: 1DS, 3S, 3V, 4T, 5N

*children's market
#additional help will be required for Christmas Market

## Band

Our resident parent band, The Padres are transitioning out of our school this year but will still be performing as a band for community events. This year, 2020 we are hoping that we can form a new school parent band. We would like to invite any current or new parents who may be interested in performing and setting up the new band to contact Kez in the office ~ Kerryn.stubbs.g@edumail.vic.gov.au

## Kitchen Request

A special request to those families who have a lemon or lime tree growing at home. If you have any excess fruit the kitchen garden classes would greatly appreciate a donation.

## Interested Netballers Wanted!!

We are seeking players from Grades 3, 5 and 6 to join current Elwood netball teams for 2020 competition.

Trainings are expected / hoped to be at Elwood Primary or Elwood College after school on days and times to be confirmed, with games at the Duncan McKinnon netball courts, corner of Murrumbeena Rd and North Rd, Murrumbeena.

If your child is keen to play, please contact Lizzie Oswald on 0438 848 224 or Sue Cox on 0407 123 090 or by email to cs.nc@hotmail.com. Boys are highly encouraged.

## SSV state team nominations 2020

SSV state team nominations 2020 Nominations are now open. These trials are strictly for students currently excelling in their sport, e.g. currently playing in a representative team, won previous year's league best and fairest, Etc. These excelling students may be nominated (by parents) in a range of sports including:
**GIRLS** -Basketball, Netball, Soccer, Cricket.
**BOYS** - Basketball, Football (AFL), Soccer, Cricket
To nominate your child, Parents (not students) must;

- Gather evidence of your child competing at an ELITE level, eg. letter from representative team coach.
- Set up a meeting to discuss & seek approval from Sam Casey.
- If approved by the PE Teacher & Principal, parents then complete an online nomination form and submit a $25 non refundable payment to the SSV.
- Download the form and then have it signed by the PE teacher and Principal.
- Take the signed form on the day of the trial.

Please note: **This is NOT a "Come & Try" activity** and is strictly for students who are already excelling in their sport. Permission will only be given if substantial evidence has been provided. Teachers/Principals are not eligible to sign these applications if insufficient evidence is provided. If they are successful in the nomination, students who are selected must be available to participate in a series of SSV trials at each level as follows - Beachside Division Trials > Southern Metropolitan Trials > SSV Trials/Camp. ALL costs are covered by the parents for successful participants and may include interstate travel and accommodation costs. Online nominations close **1 March 2020.** Late entries will not be accepted. For more information on SSV team pathways, processes, selection criteria & nomination forms, go to the SSV website:
http://www.ssv.vic.edu.au/team-vic

*Sam Casey.... Sports Teacher*

## Hello!

I'm Zeta and I graduated Elwood Primary in 2015. It's difficult to believe that I'm now in Year 11, when it seems only a blink ago that I started school with a dwarfing backpack and a dress that I could almost trip over. It's funny to think that in 2009, I was a shy little lass who wrote sentences with zero spaces between the words, and had only recently learnt how to spell the word 'in' (but always forgot which letter came before the other).

Since then, I have become a sixteen year old who still loves ballet after all these years, makes short films in her spare time (one will actually showing in The Setting Sun Film Festival soon!), plays piano daily, listens to a multitude of music and who has discovered a passion for acting and reading plays.

From not knowing how to spell 'in,' I've now started editing the student newspaper at Elwood College, *The Seahorse*. I'm enjoying getting a myriad of student opinions out into the world, and I hope they will make a difference somehow.

I have an abundance of fond memories of Elwood Primary. So much playing, but so much learning and I realise now; the person I am today is largely attributed to this school. We grow up in primary school. Our metamorphosis - it starts with the teachers who pour their hearts and souls into making our days - and our future days - brighter ones.

Since attending Elwood Primary, I've gone on to do a few things including speaking at the Port Phillip Council Remembrance Day event and work experience at The Australian Ballet. It was less of a *work* experience, and more of a surreal one!

I was privileged enough to sit in a practically empty State Theatre to witness several brilliant dress rehearsals of The Nutcracker, watch ballet classes for half an hour every day, see where all the costumes were made; meet the friendly, intelligent people who make the costumes and be shown *exactly* how they creatively design and sew them. Some of the costumes are created with things like air conditioning filters (that was for the ballet *Divergence).*

I also got to sit quietly in a corner whilst all the dancers in the company mingled as themselves and not as their characters on stage, whilst they worked studiously at their strengthening exercises. I could go on! There was so much I did, so much I saw, and so many people I spoke to - including David McAllister. Speaking of which, all the staff at The Australian Ballet are some of the loveliest people you could ever encounter!

Reminiscing on my time at Elwood Primary, it was vibrant. I've missed being a little sprite with no responsibilities in snuggly, colourful classrooms. I've missed the garden lessons and the *huge* library! (Make the most of it!) But I'm here to assure you, for those of you who are still in the warm haven of primary school, that highschool isn't as scary as we think it's going to be. It's hard, yes, but so, so fun and I just hope that time slows down just a little bit for all of us.

Lots of love to my beloved primary school,

*Zeta H-D. 16*

Attachments : Prep Picnic, Lunchbox Masterclass, CSEF, Coronavirus, Sweat with Soul, Port Phillip Sport.

# 2020 Prep Family Picnic

PLEASE JOIN US TO SAY HI TO THE PREP TEACHERS, PLAY WITH OTHER PREP CHILDREN AND MEET OTHER 2020 PREP FAMILIES

**Date**: Thursday 13th February
**Location**: Turf area (in front of the stage)
**Time**: 5.30pm onwards

BBQ SAUSAGES PROVIDED
PLEASE BYO OTHER FOOD, DRINK, PICNIC RUG OR CHAIRS

THREE TIDES

NATURAL HEALTH
PRESENTS

# 2020 LUNCHBOX MASTERCLASS

*Come along and learn how to create a nutritionally balanced lunchbox for happy, healthy kids.*

**TUESDAY FEB 25TH, 2020**
**6PM**
**ELWOOD PRIMARY JLC**

Presented by Naturopath, Nutritionist & Parent Rebecca Geer

FREE EVENT

# 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 and sports teach teamwork, discipline and leadership. All are 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:

- $125 for primary school students
- $225 for secondary school students

### MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 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 in 2020 or you did not apply in 2019.
- **changed family circumstances**; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.

# CORONAVIRUS ADVICE FOR PARENTS, FAMILIES AND SCHOOL COMMUNITIES

You may be aware of the outbreak of a novel coronavirus in Wuhan City, Hubei Province, China.

The Australian Government has advised that there is no cause for alarm with respect to the coronavirus and that the risk to the Australian public remains relatively low.

The Department of Education and Training has consulted with Victoria's Chief Health Officer and Department of Health and Human Services to provide the following advice to parents, families and school communities.

## EXCLUSION OF WELL CHILDREN OR STAFF WHO HAVE TRAVELLED TO AFFECTED AREAS

In accordance with national public health guidelines and current information about the coronavirus from the Commonwealth Chief Medical Officer, it is not a requirement to exclude well children or staff from school if they have travelled to Wuhan, China, or any other areas where there have been reported cases, unless the following applies:

- the person is a confirmed case of novel coronavirus; or
- the person is a close contact with a confirmed case of novel coronavirus in the past 14 days.

If you think your child or a family member may meet one of the above criteria, please contact the dedicated hotline on 1800 675 398. Please keep Triple Zero (000) for emergencies only.

## SEEKING MEDICAL ADVICE FOR YOUR CHILD

Please seek medical advice for any child who is:

- experiencing fever and respiratory symptoms (including but not limited to cough, sore throat, shortness of breath, body aches or fatigue); AND
- has recently travelled to Wuhan, China, or any other areas where there have been reported cases in the 14 days before of the onset of illness.

As with the above advice, please call the dedicated hotline on 1800 675 398 to discuss further actions.

## MORE INFORMATION

For up-to-date information, please see the Department of Health and Human Services website: Information for the public - novel coronavirus

# SWEAT WITH SOUL

**STAY HEALTHY AND ACTIVE!**

## STRONG MUMS & MEDITATION

**The fastest way to fitness is around the corner.**

**TRY A FREE SESSION & JOIN US ON THE ELWOOD OVAL AND ST KILDA.**

www.sweatwithsoul.com.au

February & March 2020

# SPORT PHILLIP

CITY OF PORT PHILLIP

## Over 50s Pilates

**Thursdays**
**11.30 am to 12.30 pm**
**Melbourne Physiotherapy Pilates and Fitness Group, 201 Fitzroy Street, St Kilda**
**$10 (Coffee included)**

Aimed at people 50 years and over who are wanting to increase their mobility, fitness, maintain an active lifestyle, improve balance, coordination and prevent injury.

**Bookings required:**
03 9534 0611
reception@mppfg.com.au

## Jump Start

**Applications open 1 Feb until 1 March 2020**
**Council to fund up to $200**

Are you aged 5 to 25? You could be eligible for Council to fund you to join a sports club over the winter. To check eligibility criteria and for more information visit our website.

**For more information:**
portphillip.vic.gov.au/sport-phillip.htm
**Recreation Services** 03 9209 6677

## Aquababes

**Mondays, February to March 2020**
**11 am for bubs aged 12-24 months**
**11.30 am for bubs aged 6-12 months**
**South Pacific Health Club, 10 -18 Jacka Boulevard, St Kilda**
**$68 upfront for 8 weeks**

A swimming program for parents and bubs. The program will incorporate parent education and allow children to explore the water in a safe and fun environment. Only taking on new participants!

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Yoga in the Park

**Fridays 9.30 am**
**St Vincent Garden, Albert Park**
**Free**

A vinyasa yoga class delivered for mums and suitable for bubs or local members of the community to attend. Please bring your own yoga mat.

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Bowling with Babies

**Wednesdays, 10 am to 12 pm**
**Port Melbourne Bowling Club**
**130 Spring Street W, Port Melbourne**
**Free**

Open to all parents and babies to join the fun and enjoy a bowl.

**Contact:**
**Recreation Services** 03 9209 6677
https://bowlsvictoria.wufoo.com/forms/z19m1ra6173tv6j/

## Boxing

**Mondays @ Port Melbourne Trugo Club at 9.30 am**
**Wednesdays @ Alma Park, St Kilda East at 10.45 am**
**Only during the month of Feb**
**$5 (per session)**

A boxer-cise class that works the whole body incorporating boxing, cardio and core that will improve strength and fitness. Enjoy boxing in the great outdoors. This is a child friendly program! BYO drink bottle & mat.

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Mini Judo

**Fridays at 9.30 am, from 7 Feb until 13 March 2020 (6 week program)**
**Registration is for the full 6 weeks**
**Betty Day Centre**
**67 Argyle Street, St Kilda**
**FREE**

A junior Judo program for 18 months to 5 years. Registrations are essential due to limited spaces.

**Bookings required:**
Recreation Services 03 9209 6677
recreation@portphillip.vic.gov.au
http://www.portphillip.vic.gov.au/sport-phillip.htm

## Kanga Training

**Thursdays 10 am**
**Renfrey Gardens, St Kilda**
**$12 - $15 (per session)**

A postnatal workout for mums and bubs to music with special attention given to posture, strengthening the pelvic floor and abdominal muscles.

**For more information:**
Recreation Services 03 9209 6677
New participants - https://forms.gle/iMJfpjP1V2FWR11o8
Returning participants - https://forms.gle/rEBgYW1BDvAj74DX6

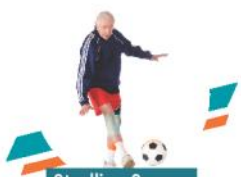
## FREE Kanga training

**Tuesday 11 February 2020 at 2 pm**
**South Melbourne Community Centre, 1 Ferrars Place, South Melbourne**

**FREE**

Council will be funding the following the program for new mums to experience Kanga training. Only taking on new participants!

**Bookings required:**
Recreation Services 03 9209 6677
New participants - https://forms.gle/iMJfpjP1V2FWR11o8



## Strolling Soccer

**Tuesdays 3 March until 14 April at 10 am**
**Fishermens Bend Community Centre**
**FREE**

A modified soccer participation program for people over 50. Through this program you will develop basic soccer skills, improve mobility and increase fitness levels.

**For more information:**
Recreation Services 03 9209 6677
recreation@portphillip.vic.gov.au
http://www.portphillip.vic.gov.au/sport-phillip.htm

## Family B-Ball

**Saturdays commencing 7 March 2020 at 8 am**
**South Melbourne Primary School**
**119 Ferrars Street, South Bank**
**$5 (per family)**

The Hoop School will be facilitating a basketball program for the whole family to be involved in. You will develop basketball skills and use the skills to compete against other families in a mini tournament. A great reason to get fit and have fun!

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Qigong at Elwood Croquet

**Tuesdays 4 February until 10 March 2020 at 9 am**
**Elwood Croquet Club**
**Elwood Park, Head Street**
**$5 (per session)**

Qigong is a gentle restorative exercise therapy and moving meditation.

**For more information:**
Pam 9531 4460
bookingselwoodcroquet@gmail.com

## Plant Based Diet Session

**Wednesday 4 March 2020**
**St Kilda, TBC**
**FREE**

Shukul from High Carb Health will be presenting how to raise children on a plant based diet, the nutritional requirements and the key benefits of raising children on a plant-based diet.

**Bookings required:**
Recreation Services 9209 6677
recreation@portphillip.vic.gov.au
www.highcarbhealth.com

## Yoga on the Green

**Mondays commencing 3 Feb until end of March 2020 at 6.30 pm**
**Port Melbourne Bowling Club**
**$10 per adult and children free (all proceeds will go tothe Bushfire Appeal)**

Classical postures linked with movement and breath in a gentle Vinayasa flow. Release toxins and stress as you lengthen and strengthen your muscles. Great for beginners and suitable for all levels of fitness.

**For more information:**
Recreation Services 03 9209 6677
recreation@portphillip.vic.gov.au

## Running the Lake

**Thursdays 30 Jan until 23 April 2020**
**6 pm to 7.30 pm**
**Melbourne Physiotherapy Pilates and Fitness Group, 201 Fitzroy Street, St Kilda**
**$5 (per session)**

A physiotherapist will be providing guidance on running techniques and biomechanics. Sessions will include warm - up exercises, technique advice and a weekly focus for the run. Runners can run their own pace and distance. The program is beginner friendly.

**For more information:**
03 9534 0611
reception@mppfg.com.au

Feb & March 2020

# SPORT PHILLIP

CITY OF PORT PHILLIP

## Fitness Express

**Saturdays**
**9.15 am**
**Alma Park, opposite Fitness First St Kilda East**
**FREE**

An outdoor 45 minute high intensity workout that caters to all fitness levels. Local members of the community are welcome to join.

**Bookings required:**
Recreation Services 039209 6677
recreation@portphillip.vic.gov.au

## Soccer Mums

**Wednesdays 12 Feb - 11 March 2020**
**6 pm to 7 pm**
**JL Murphy Reserve, Williamstown Road, Port Melbourne**
**$30 per participant (full program)**

A fun program designed specifically for mums/ females to get active, meet new people and learn basic soccer skills.

**For more information:**
https://soccermums.com.au/getinvolved/
Come and Try - https://form.jotform.co/ffv/SoccerMums-FreeComeAndTry
Full registration - https://form.jotform.co/ffv/SoccerMumsRegistrationForm

## Inclusive Swimming Program

**Various days during the school term**
**South Pacific Health Club, 10-18 Jacka Boulevard, St Kilda**

A program targeted to increase water awareness for people living with a disability aged pre school to 16 years of age. Please contact the Sport and Recreation Participation Officer to see if you are eligible.

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Yoga at Libraries

**St Kilda Library:**
**Friday 3 April at 10 am**
**Wednesday 8 April at 11 am**
**Emerald Hill Library:**
**Monday 30 March & 6 April at 10.30 am**

A yoga class delivered for mums and suitable for bubs/ toddlers or local members of the community to attend. Please bring your own yoga mat. Limited spots available.

**Bookings required:**
**Recreation Services** 03 9209 6677
recreation@portphillip.vic.gov.au

## Beach Handball

**Sunday 2 February 2020**
**2 pm to 3 pm**
**South Melbourne Foreshore (Kerferd Road Pier), Albert Park VIC 3206**
**FREE**

The Beach Melbas and Beach Handball Victoria are hosting a free Come and Try session. This will be a great opportunity for adult women to be introduced to the sport of beach handball through beginner - level instructions.

**No bookings required:**
admin@thebeachmelbas.org

## Tai Chi

**Mondays, 16 March until 18 May 2020**
**11 am to 12 pm**
**Albert Park, opposite Melbourne Physiotherapy Pilates and Fitness Group**
**201 Fitzroy Street, St Kilda**
**$5 or ($10 inc coffee) per session**

An Exercise Physiologist will be running a 10 week program focusing on improving strength, balance and flexibility through the method of Tai Chi.

**Bookings required. Contact:**
03 **9534 0611**
reception@mppfg.com.au

## Cardio Class in the Park

**Tuesdays, 4 February until 7 April 2020**
**6 pm to 7 pm**
**Albert Park, opposite Fernwood 203 Fitzroy Street, St Kilda**
**$5 per session**

Aerobic exercise has a large number of benefits for cardiovascular health, metabolism, psychological well-being, immune functioning, energy levels and sleep. This cardio workout will get your heart rate up and deliver the benefits!

**For more information:**
03 9534 0611
reception@mppfg.com.au

## Pilates in the Park

**Fridays, 13 March until 15 May 2020**
**10 am to 11 am**
**Albert Park, opposite Melbourne Physiotherapy Pilates and Fitness Group**
**201 Fitzroy Street, St Kilda**
**$5 or ($10 inc coffee) per session**

Pilates involves low-impact exercise that helps develop muscle strength, stability, balance and flexibility.

**For more information:**
03 9534 0611
reception@mppfg.com.au

## One Ball

**Sundays, commencing 2 February 2020**
**at 4.00 pm to 5.30 pm**
**JL Murphy Reserve, Williamstown Road,**
**Port Melbourne**

**$5 per session**

A soccer program for youth aged 8 - 18. A great way to make new friends and develop your soccer skills.

**For more information:**
Kamal 0411 122 814
info@oneball.org.au
https://oneball.org.au/

## Diet & Exercise Session

**Saturday 1 February 2020**
**11 am to 12 pm**
**Melbourne Physiotherapy Pilates and Fitness Group**
**201 Fitzroy Street, St Kilda**
**$15 per person**

An hour long session on diet and exercise with a Dietitian and Exercise Physiologist

**Bookings required:**
03 9534 0611
reception@mppfg.com.au

## Get your Racquet on

**Various days, times and locations**
**Port Melbourne, Albert Park & Elwood**
**$10 - $15 (per session)**

Open Court Sessions is a new adult social on-court initiative aimed at those aged between 25 and 45 years of age to play tennis, socialise and enjoy some food and drinks. The following program will be held at 3 tennis clubs.

**Bookings required:**
https://play.tennis.com.au/
**Recreation Services** 03 9209 6677
http://www.portphillip.vic.gov.au/sport-phillip.htm

## Bootcamp

**Mondays February to April 2020**
**6 pm to 7 pm**
**Albert Park, opposite Melbourne Physiotherapy Pilates and Fitness Group**
**201 Fitzroy Street, St Kilda**
**$5 (per session)**

An outdoor cardio and strength workout to improve fitness. All fitness levels welcome.

**For more information:**
03 9534 0611
reception@mppfg.com.au

## FishCare

**2 February 2020**
**10 am to 1 pm**
**Albert Park Yacht Club**
**Aquatic Drive, South Melbourne**
**FREE**

Fishing is for EVERYONE. Program welcomes anyone with a disability to Come N' Try fishing!

**For more information:**
Elysia Gustafson 0423 588 345
egustafson@fishcarevictoria.org.au
https://fishcare.org.au/event/all-abilities-fishing-clinic/


## This Girl Can Vic

**Week of 23 - 29 March 2020**
**Various locations**

This Girl Can Week is dedicated to encouraging more women to get active. Council will be facilitating a range of programs which are deisgned to inspire you to get active. Why not try something new and bring a friend!

**For more information:**
recreation@portphillip.vic.gov.au
http://www.portphillip.vic.gov.au/female-participation-programs.htm


## Active April 2020

**During the month of April 2020**
**Various locations**

Is a Victorian Government initiative that encourages all Victorians to do 30 minutues of physical activity a day during the month of April. Council will have various active opportunities across the muncipality. For more information visit the Sport Phillip webpage.

**For more information:**
recreation@portphillip.vic.gov.au
Register - https://app.activeapril.vic.gov.au/
http://www.portphillip.vic.gov.au/sport-phillip.htm