



Facilitated by Angela Choousis, Mindfulness and Mindfulness-Based Art Educator and Holistic Counsellor. Angela has extensive experience in educational, community and organisational settings

#### Mindfulness

#### After School program Elwood PS Term 3 commences 20th July

Suitable for Grade 3 to Grade 6 students.

We are living in a time of immense change and so much distraction where everything seems to happen right away. There is precious little opportunity for our children to be still in their minds and bodies to process what is going on in their lives. Now more than ever is the time to gather together to support our whole school community by prioritising our health and wellbeing.

The Be You Living Mindfulness after school program offers students the opportunity to learn the empowering life skills of mindfulness and meditation. Through creative mindfulness practices and Positive Psychology strategies students learn to expand their hearts and minds so they can thrive.

We will be exploring the following topics and practices in a relaxing and supportive environment:

• Mindfulness and Meditation practices and strategies • Positive Psychology strategies • Self awareness and self acceptance • Resilience • Improved impulse control • Ways to focus attention to improve learning • Strategies to handle stress and anxiety more effectively • Ways to cultivate gratitude, compassion and kindness • Ways to develop natural conflict resolution skills • Ways to understand the mind and mindsets • Ways to develop emotional intelligence • Ways to cultivate self love and care • Ways to develop healthy meaningful relationships • Ways to develop a healthy mind & body connection.

The 8 week program begins in Term 3, on Wednesday's after school commencing 20th July at 3.45pm-5.00pm at EPS Library. Cost: \$200 (all materials included).

BOOK NOW! www.beyouliving.com.au/enrol

You can browse and purchase Be You Living Mindfulness Toolboxes at: www.beyouliving.com.au

25% Off 25% Off BYL-Mindhulness Footbooks for program porticiponts

"The Personal and Social Capability components of the Victorian Essential Learning Standard emphasise the need for students to manage emotions and feelings.

Mindfulness meditation and Positive Psychology practices and strategies support children to develop these skills and have positive effects on their health and wellbeing."







**ELWOOD PRIMARY** 

- Runs for 8 sessions
- Thu, 8:00 8:55am
- Starts 21 July
- Location: Library

CHESS

is the original and enduring "thought sport" played throughout the world and has many benefits for young people.
These include improved cognitive skills as well as self confidence and resilience.
With coaches who rank among the best players in the country our chess programs are tailored to suit the needs of all abilities.

#### **ENROL NOW!**



SCAN OR CLICK THE QR CODE
TO ENROL ONLINE!

#### FOR ENROLMENTS AND TRIALS CONTACT US

Learn music

here at school

Come and join in the fun of learning to play Keyboard, Guitar or Drums here at Elwood Primary School.

Creative Music for Schools conducts a music program here at school each week.

Small group classes or one-to-one lessons of up to 30 minutes give children an excellent grounding in music where they will learn to read music and play their chosen instrument.

Tuition costs from \$20.30 per lesson and enrolments are now being accepted for limited places in term 3.

Interested parents should call Nicholas during office hours on 9818 2333 or email nicholas@creativemusic.com.au









With each 45 minute session, our talented teachers guide your child to explore their natural talents for drama, movement and play. See their confidence grow.

To enrol simply register online:

academetime.com.au

Contact Lara Wiser:

0438 610 310 🖾 (f) 💿







**Enrolments are now** open for Term III Jewish Life Program.



**EXPERIENCING JEWISH** CULTURE



**CONNECTING TO OUR STORIES** 



HEBREW **FOUNDATIONS** 



**DISCOVERING ISRAEL** 



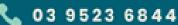














UJEB@UJEB.ORG.AU



### TERM 3 AFTER SCHOOL CODING CAMP





ELWOOD PRIMARY SCHOOL

## BECOME A TECH SUPERSTAR TODAY!

WITH SCRATCH

DIVE INTO CODING- DEVELOP REAL GAMES, SOFTWARE, AND NEW DIGITAL PROJECTS







BOOK ONLINE NOW AT

**EXELLYSPORTS.COM.AU** 





#### **ARTEA ART SCHOOL PRESENTS**

# PROFESSIONAL ART PROGRAM DRAWING PAINTING SCULPTURE ANIMATION

- OTS OF BENEFITS -
- FOSTERS CREATIVITY
- SOCIAL ENGAGEMENT
- FINE MOTOR SKILLS
- SELF EXPRESSION
- PROBLEM SOLVING
- CRITICAL THINKING
- EMOTIONAL SKILLS



WED AFTERSCHOOL

ELWOOD P.S HELEN 0415 039 791 WWW.ARTEA.COM.AU

# WANT TO LEARN A BRASS INSTRUMENT?



# ELWOOD PRIMARY NOW OFFERING PRIVATE BRASS LESSONS



**Teacher: KARINA FILIPI** 

E: K.FILIPI@OPTUSNET.COM.AU

M: 0452 258 506



#### WHY LEARN SPANISH WITH US?



It's like gymnastics for your brain!



Fun and dynamic game-based classes.



An increasingly valuable tool in this globalised society.



Start exploring the great diversity in our community.



Classes for children from 2 years of age to teens.

#### **ENROL INTO OUR CURRENT CLASS**

Thursdays @ 8 am - children 6 to 8 yo. Cost is \$22 per class. Ph 0468 325 097 María

#### **REGISTER YOUR INTEREST**

Simply go to

https://www.kikalanguages.com.au/schools-and-childcares and complete the form.







#### Robotics and engineering classes at Elwood primary

#### Build Lego machines and watch them come to life!

Time	Venue	Cost
Every Tuesday		\$190 per term OR
19 July – 6 Sept	ART ROOM	Pay \$75 for 3 week
3:30-5:00		trial and balance
		later.

#### For Preps, Year1 - Lego Bricks Challenge:



#### Students will learn:

- Engineering and Mechanics
- Problem solving and team work
- Electronics and 3D Design thinking
- · Introduction to high school physics
- Solving structural challenges
- To build motorised Lego models using gears, pulleys, beams & more!

#### For Year2 to Year6: Robo Bricks - Lego Robotics



#### Students will learn:

- Designing and building mechanical robots
- Programming the robot to perform different tasks
- Algorithmic and logical thinking skills
- · Problem solving and team work
- Electronics and 3d Design thinking
- To use sensors and motors to help their robots understand and respond to environmental changes and inputs.

Learn more at: https://melbsouth.young-engineers.com.au/registration/

Contact: 0478-534-693

Email: melbsouth@young-engineers.com.au



## UKULELE SONG SCHOOL

AT ELWOOD PRIMARY SCHOOL

# UKULELE LESSONS

LIAM GERNER

Have fun learning to play ukulele.

We play, we sing, we perform.

All ages welcome.

- FREE TRIAL LESSON Weekly 30 minute lessons
\$16.20 per lesson groups of 3
\$24.25 groups of 2.\$48.50 individual lessons





# ELWOOD PRIMARY SCHOOL

COME AND JOIN US IN 2022 BOYS & GIRLS AGES 4-10 YRS 3:30 PM TO 4:30 PM SCHOOL OVAL

For more info please contact us on info@playsocceraus.com.au or 0422 197 991



#### PIANO LESSONS

I am a piano teacher with over 10 years experience. My aim is to instill in each of my students a love of many genres of music and a solid musical education which gives them the foundation for completing exams or simply learning for pleasure!

Please visit my website and instagram for more information about my teaching philosophies.

Phone: 0468 735 326

Web: www.southsidepiano.com

Email: info@southsidepiano.com

Instagram: @southsidepiano