



Facilitated by Angela Chaousis,
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

STARTS TERM 4, Suitable for Grade 3 to 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 4, on Wednesday's after school commencing Wednesday 12th October 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





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



Starts 13 Oct

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!

Runs for 8 sessions



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 4.

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) 💿









TERM 4 ENROLMENT



NEW UJE3 ENROLMENT PLATFORM!

ENROL FOR YOUR CHANCE TO WIN:

2 NIGHTS

IN THE HEART OF MELBOURNE CBD AT



PROUDLY DONATED BY THE





ujeb.org.au

ujeb@ujeb.org.au

03 9523 6844



TERM 4 AFTER SCHOOL CODING CAMP





ELWOOD PRIMARY SCHOOL

BECOME A MINECRAFT MASTER BUILDER

BUILD AMAZING 3D STRUCTURES SUCH AS SKYSCRAPERS, CASTLES, SECRET BUNKERS, ANCIENT TEMPLES, A ZOO AND MORE.









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



Robotics and engineering classes at Elwood primary

Build Lego machines and watch them come to life!

Time	Venue	Cost
Every Tuesday 11 Oct – 29 Nov 3:30-5:00	ART ROOM	\$190 per term OR Pay \$75 for 3 week 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