

Our Purpose: The Monmia school community is committed to providing innovative programs that Stimulate and challenge each student to develop lifelong learning skills and strategies. We provide a safe, nurturing environment where teachers, students and parents work in an effective partnership. www.monmia.vic.edu.au Phone: 03 9364 1007



MONMIA PRIMARY SCHOOL

- Learn and Achieve -

MONMIA MESSENGER

Dear Monmia Families,



Yesterday we welcomed back our Monmia families to our Multicultural Lunch. We have not been able to host this event for three years. What a BOUNTY! What a FEAST! Nothing stopped our enjoyment of the diversity of the food and the delightful national costumes that the children wore. Thank you to our Monmia families who delivered delicious food from their home countries, and we all were able to sample so many different flavours. Thank you to Bianca Lonigro for her organisation of this whole school event and to Merryn Auld who supported her. The Year 5/6 students played hosts by helping to lay out the food, serve the food and then cleaned up afterwards. I can see they have great possibilities in the catering field. Thank you to Leanne, Teresa and Sitwat who helped make the cultural hats that the students and staff were able to wear. For many of our families, this would have been a new experience. I hope



that you enjoyed it and can continue to celebrate our cultural diversity each Multicultural Lunch as it happens every year.



HIGHLIGHTS OVER THE LAST FORTNIGHT:

- The School Review panel visited our classrooms and provided positive feedback on the engaged students, the teaching and learning they observed in calm and orderly environments. They noted the consistency of practice across all year levels. Staff, students and parents/guardians who were interviewed spoke highly of our school and what it offers to each individual.
- It is so rewarding to celebrate individual student successes who have shared their learning growth with Lucia Vorpasso, Vineta Mitrevski and me.
- Excitement as the building works have started this week. Internal demolitions has started and we are waiting for the externals to begin once the rain eases.
- Prep information evening held last night was another event that we have been able hold onsite again. Several new families as well as those with children already at our school were provided with a presentation on preparing Prep students for school. Thank you to Natalija Caridi who enthusiastically presented these families with advice and information about those first days of starting school. Thank you also to Talithia Diessel who shared information from a parent perspective and also informed families about Art Smocks and Library Bags which can be purchased. Thank you, Lucia Vorpasso and Vineta Mitrevski, for sharing important additional school information.

SCHOOL REVIEW

Last week the School Review concluded with the panel developing new draft goals, key improvement strategies and targets for our next four-year strategic plan. We will be drafting this plan to be completed by the end of this year. I would like to extend my gratitude to Martin Winfield (School Reviewer), Anne Fox (Senior Education Improvement Leader), Effie Sultana (Principal Challenge Partner), Jean Bentley (Principal Challenge Partner), Natalija Caridi (Literacy Instructional Leader), Merryn Auld (Numeracy Instructional Leader), Kate Belovitch (eLearning Instructional Leader), Lucia Vorpasso and Vineta Mitrevski. This panel provided affirmations and endorsements that the work we are focussed on is the **RIGHT WORK**. Our staff, students and families are happy, supportive and value our school.

WORLD TEACHERS' DAY

Friday 28 October is World Teachers' Day. The theme is Hats Off to teachers. Monmia teachers are phenomenal because they care about their students, work hard to provide exciting learning experiences and take the time to listen to each child. We will certainly be taking our hats off to them. You may encourage your child to say something special to their teacher.

CURRICULUM DAY

Monday 31 October is a Curriculum Day. The school will be closed and no staff or students will be onsite. Tuesday 1 November is Melbourne Cup Day and a Public Holiday. There will not be anyone at school on both these days.

PREPS 2023

It is with great excitement that we look forward to meeting our 2023 Prep students and their families through our Prep Orientation Program. We were fortunate to meet some families at our information evening.

PREP ORIENTATION SESSIONS

Prep students for 2023 will attend 3 sessions with the Prep Teacher. These sessions will commence at 9:30am and finish at 11am. Parents/Guardians are invited to stay and attend sessions on Ausparenting, Literacy and Numeracy.

Thursday 3 November

Session 1- 9.30 -11.00 am

Thursday 10 November

Session 2- 9.30 -11.00 am

Thursday 17 November

Session 3- 9.30 -11.00am

SCHOOL CANTEEN

Michelle Harboglou, our canteen manager will be leaving Monmia on Friday 4 November. Michelle has successfully attained a position in another school. We will miss Michelle for her lovely food choices and her warmth and kindness to our students. Michelle would often give little treats to students who enjoyed chatting to her. We have been fortunate for the time that Michelle has been part of our school community. We wish her well in her future endeavours.

We will be investigating alternatives to providing student lunch orders via other companies or services which may involve ordering online. **PLEASE NOTE THAT FROM MONDAY 7 NOVEMBER THERE WILL NOT BE ANY LUNCH ORDERS OR SNACKS AVAILABLE FROM THE CANTEEN UNTIL FURTHER NOTICE.**

Parents/guardians will be contacted to provide lunches for their children if they arrive at school without lunch. Unfortunately, we are unable to provide lunches for students.

SCHOOL ORGANISATION

We are returning to our usual processes of grade allocation for 2023. Besides the “in depth” contribution of the class teachers, children also have input in **nominating ‘Learning Buddies’ who are students with whom they work well and are not necessarily their social friends.** Students are guided through this process, as it is our core purpose to give every child the opportunity to develop to their full potential.

At Monmia, we are fortunate to have such wonderful teachers, who work exceptionally hard in collaborative teams to ensure all children receive the same high standard educational opportunities. As teachers are not allocated to grades until all students have been placed, it is **school policy that requests for specific teachers will not be accommodated.** It is essential that if there are requests related to student’s educational needs parents/guardians notify the school in writing and due consideration will be given to these.

Once the classes are finalised we are unable to make any further changes. **Even if parents/guardians have made specific requests in previous years, we ask that a new written request be made for 2023. If the request is not in writing and addressed to Lorraine, the Principal, it will not be taken into consideration. All written requests must be handed into the office by FRIDAY 11 NOVEMBER.**

Parents/Guardians, you have entrusted the school to make the best decisions about their child and their learning all year. Please trust that we will place your child with his/her best interests considered.

As we are trying to finalise staffing for next year, it is vital that we have accurate details of enrolments. If you are transferring out of the area at the end of the year or know of new families enrolling at Monmia next year it is very important that you let the office know as soon as possible by completing the slip in this newsletter.



SCHOOL ORGANISATION FOR 2023

If your family is leaving Monmia please complete the following form and return as soon as possible via email to monmia.ps@education.vic.gov.au

Planning for 2023 School Year is now underway.

Child’s Name: _____

Child’s Year Level in 2023: _____

New School in 2023: _____

Reason for transfer: _____

Lorraine Bell

Principal



Taking all year level ENROLMENTS for 2023

School Enrolments for Preps – Year 6 are being taken now.

- Do you have a child who is starting Prep next year?
- Do you have a friend or relative who has a child ready to start school in 2023?
- Do you know of a family new to the area looking for a school for their child?

We are very proud of our many achievements:

- Internationally recognized for our **Feedback** Chapter in Hattie's Visible Learning into Action-International Case Studies of Impact.
- Nationally recognized and accredited **BeYou School** focusing on Mental Health and Wellbeing.
- Locally recognised for our outstanding and award-winning **School Library**.

Help us make Monmia the local Government School of choice and share our story. Tell a relative, tell a friend, tell everyone! Every new student receives a special gift.

Something Spectacular is happening!

The school has received a **\$6.943 million upgrade** and will be given:

- A brand-new STEAM (Science, Technology, Engineering, The Arts and Mathematics) Centre.
- Refurbished Year Prep, Year 1/2 and Year 3/4 Collaborative Learning Spaces.
- An expansion and modernisation of the administration block.
- Upgraded football oval and soccer pitches.
- Extensive new landscaping at the entrance of the school.

Please pick up an enrolment form from the office to secure a place for your child in our school.

ENROL NOW

SPOTLIGHT ON BOUNCE BACK

A WELLBEING AND RESILIENCE PROGRAM

THE FOCUS FOR THIS WEEK IS: **GREEN LIGHT THINKING**

Dear Parents and Guardians,

To emphasise LOOKING ON THE BRIGHT SIDE OF THINGS, it is very helpful to focus on Green Light Thinking instead of Red Light Thinking.

Just like traffic lights, unhelpful thoughts are RED which means STOP as they make us feel upset, angry or nervous. Helpful thoughts are GREEN which means GO as they make us feel strong, brave and happy and focus on the BRIGHT SIDE OF THINGS.

We all have thoughts about ourselves, others and situations and these thoughts can either help build resilience or hinder our resilience. When we focus on Red Light Thinking, we think of the things that are negative which makes us feel sad, disappointed, hurt and negative.

On the contrary, when we focus on Green Light Thinking we think positively and feel, happy, confident and successful. When we use Green Light Thinking we are able to keep a healthy perspective on situations. When Green Light Thinkers try something new they always say 'I can do it'. This makes them try something new straight away, instead of procrastinating and they are more likely to be successful. If they don't get it right the first time, they are more likely to bounce back and try again.

Family Activity

As a family discuss the following situation and see how many more statements you can come up with using GREEN LIGHT THINKING.

A student is about to stand up in front of the class and give a presentation.	
<u>RED LIGHT THINKING – UNHELPFUL</u>	<u>GREEN LIGHT THINKING – HELPFUL</u>
"I hate speaking in front of the class".	"I can do this".
"I am not good at this".	"I have practised at home and all I have to do is try my best".
"I will make a fool of myself".	"I will be okay".

I hope you found this article interesting and useful and I look forward to any feedback you may have.

Warm Regards,

Lucia Vorpasse

Assistant Principal - Student Engagement and Wellbeing

SPOTLIGHT ON BOUNCE BACK

A WELLBEING AND RESILIENCE PROGRAM

THE FOCUS FOR THIS WEEK IS: ***HUMOUR HELPS!***

Dear Parents and Guardians,

Humour is Healthy

Using humour is a strategy that can be used to build resilience. When we laugh a lot we stay healthy. Laughter helps our body to fight disease and illness. Humour is light exercise for our mind and our emotions. Having a laugh can make you feel a little bit better when you are feeling unhappy, sad or worried. Friends can have a laugh together and be funny together as a way of saying they like each other. We should make laughter part of each day.

When we laugh we:

- *feel more relaxed*
- *cope better when things are not going well*
- *have hope that things will work out*
- *feel less anxious*
- *build relationships with others*
- *see the funny side of situations.*

Laughter is very individual and different things make different people laugh. It is OK to be different, but humour should never be hurtful.

You can use humour to help someone else feel a little bit better.

Laughter should not be used to pretend that you don't feel sad or worried. Laughter doesn't make problems go away. It just helps you to cope with them a little better. By being funny in a nice way, you can cheer someone up when they have a problem, or they are feeling sad or worried. It is important to remember that if you are going to use humour to help someone else then make sure you do it in a good way that does not hurt anyone or get you or others into trouble. Stop doing it if the other person says they do not like it.

Family Activity

As a family discuss what makes each person laugh. Play the game Stoneface together. Divide your family members into two groups. One team attempts to make the other team laugh within three minutes. They can tell a joke, make noises, make funny faces or funny movements. It is lots of fun.

I hope you find the articles useful and I look forward to any feedback. Next week we will continue exploring the unit on Humour.

Warm Regards,

Lucia Vorpasse

Assistant Principal - Student Engagement and Wellbeing

EVERY DAY COUNTS: *A healthy school culture!*

Must I send my child to school every day?

Yes, unless:

- *your child is too sick or injured to go to school*
- *your child has an infectious disease*
- *the school principal is provided with any other genuine and acceptable reason for absence.*

MISSING
(SCHOOL)=
MISSING
OUT

Lucia Vorpasse Assistant Principal: Student Engagement and Wellbeing



EVERY DAY COUNTS



PARENT OPINION SURVEY RAFFLE DRAW

Congratulations to Isaak from 1/2A and his family who were the lucky winners of the Parent Opinion Survey raffle. We hope they enjoy the movie voucher on behalf of Monmia PS.

Thank you to the 41 families who completed the Parent Opinion Surveys for 2022.

The responses have provided Monmia P.S with strong affirmations in almost all domains and factors. This verifies the strong partnerships between home and school and the pride and connectedness our families have for Monmia P.S.

Below are the % positive results:

DOMAIN: PARENT COMMUNITY ENGAGEMENT

Parent/Caregiver/Guardian participation and involvement	86%
School communication	92%
Teacher communication	67%

DOMAIN: SCHOOL ETHOS AND ENVIRONMENT

General satisfaction	90%
Physical environment	93%
School improvement	82%
School pride and confidence	90%

DOMAIN: STUDENT COGNITIVE ENGAGEMENT

High expectation for success	90%
Student motivation and support	79%
Stimulating learning environment	78%
Effective teaching	79%

DOMAIN: STUDENT DEVELOPMENT

Student agency and voice	80%
Confidence and resiliency skills	87%

DOMAIN: STUDENT SAFETY

Managing bullying	88%
Non-experience of bullying	66%
Promoting positive behaviour	87%
Respect for diversity	94%

DOMAIN: CONNECTION AND PROGRESSION

School connectedness	89%
Positive transitions	91%

Warm Regards,

Vineta Mitrevski

Assistant Principal- School Improvement

STUDENT ENGAGEMENT AND WELLBEING



Bucket Fillers

Introducing...

Dear Parents and Guardians,

Monmia is a Bucket Filling School!

We fill buckets and we don't dip!

We use our lid to keep our bucket full and keep the drops in!

I love how the Bucket Fillers Philosophy has been embraced by our school community. I know that we can keep filling other people's buckets and make Monmia Primary School a warm, positive and caring place to be. When we all fill other people's buckets then all community members benefit from these acts of kindness.

There is so much to acknowledge at Monmia Primary School! Here are some 'drops' for you to read.

Remember that when you fill someone else's bucket, you fill yours as well so keep filling buckets Monmia!

Happy Bucket Filling!

Kind Regards,

Lucia Vorpasse

Assistant Principal - Student Engagement and Wellbeing

I am a Bucket Filler

I would like to fill Ali, Anna, Dion's bucket by saying:

Thanks for picking up buckets
of rubbish

From Miss West

He / She has been caught demonstrating the Monmia Primary School value of:

- ☐ Acceptance ☒ Caring ☐ Friendliness ☐ Honesty ☒ Respect



Bucket Fillers

I am a Bucket Filler

I would like to fill Elijah, Jacob, Amar, Aashan's bucket by saying:

Thanks for picking up
buckets of rubbish!

From Miss West

He / She has been caught demonstrating the Monmia Primary School value of:

- ☐ Acceptance ☒ Caring ☐ Friendliness ☐ Honesty ☒ Respect



Bucket Fillers

I am a Bucket Filler

I would like to fill Samantha's bucket by saying:

Thanks for handing in
the money you found.

From Mrs Belovitch

He / She has been caught demonstrating the Monmia Primary School value of:

- ☐ Acceptance ☐ Caring ☐ Friendliness ☒ Honesty

I am a Bucket Filler

I would like to fill And Lytasha's bucket by saying:

Thanks for handing
in the money.

From Miss West

He / She has been caught demonstrating the Monmia Primary School value of:

- ☐ Acceptance ☐ Caring ☐ Friendliness ☒ Honesty ☐ Respect



Bucket Fillers

I am a Bucket Filler

I would like to fill Marah's bucket by saying:

Thank you for
handing in 50c.

From Mrs. Peters

He / She has been caught demonstrating the Monmia Primary School value of:

- ☐ Acceptance ☐ Caring ☐ Friendliness ☐ Honesty ☐ Respect



Bucket Fillers

Article from the STAR WEEKLY.

Volunteers who connect

In celebration of the Victorian Seniors Festival this October, EdConnect is recognising the commitment and passion of local volunteers who give their time consistently each week to support students and schools.

EdConnect is an intergenerational volunteering charity assisting schools by offering learning support and mentoring programs.

Hillside resident Teresa Livoti has been supporting prep pupils at Monmia Primary School this year.

She said that she is thrilled to be actively taking part in the education of a child belonging to Australia's future generation.

"Walking into the classroom in the morning and hearing the students calling out my name to say hello is just the best feeling," Ms Livoti said.

EdConnect trained her for the volunteer role, which involves her helping out in the

classroom with various activities and listening to students read for 15 hours per week, helping students strengthen their reading skills, sound awareness and comprehension.

"Sometimes I encourage the students to practise reading at home. When they come in the next day and tell me they have practised, it makes my heart jump with joy," she said.

"Ms Livoti said she felt "very welcomed" by the Monmia Primary School community.

"Volunteering in this school has been so personally fulfilling and has given me something to look forward to each week."

Monmia Primary School assistant principal Lucia Vorpasso said she enjoys and values the school's partnership with EdConnect Australia.

"We are so blessed to have these wonderful people from our community give their time every week and share their skills to support our teachers and students," she said.



Hillside resident Teresa Livoti with Monmia Primary School prep pupils Jordan and Ayla.
(Damjan Janevski) 303219_01

IMPORTANT DATES FOR THE DIARY

TERM 4	
<ul style="list-style-type: none"> ▪ Thursday 27 October- 12 pm – Monmia’s Annual Multi Cultural Lunch ▪ Friday 28 October- World Teacher’s Day Prep Zoo Excursion ▪ Monday 31 October-Curriculum Day, Student Free Day (No School) ▪ Tuesday 1 November- Public Holiday, Melbourne Cup ▪ Thursday 3 November- 2023 Prep Orientation 1- 9.30 am – 11.00 am (AusParenting for families) ▪ Wednesday 9 November – Curriculum Day Student Free Day (No School) ▪ Thursday 10 November – 2023 Prep Orientation 2- 9.30am – 11.00 am (Literacy for families) ▪ Thursday 17 November – 2023 Prep Orientation 3 -9.30 am – 11.00am (numeracy for families) ▪ Monday 5 December – Wednesday 7 December- Year 3 – 6 Camp Glenmore ▪ Thursday 15 December – Year 6 Graduation. ▪ Monday 19 December- Semester 2 Student Reports- emailed to families ▪ Tuesday 20 December- Last day of term 4, dismissal 1.30pm <p><u>Curriculum Days</u> Term 4 Monday 31 October-Student Free Day</p>	



Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during school hours
- Only \$19.50 per child per small group lesson (2-5 students for 30 minutes)
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Online lessons (after hours) are also available direct to your home – contact us to find out more
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824

E: admin@primarymusicinstitute.com.au

www.primarymusicinstitute.com.au

STUDENT AWARDS



PRA

Sarah B.

For always helping other students and looking after our classroom.

Kayla B.

For working hard and giving Level 3 effort.

1/2A

Marwah M.

Welcome to Monmia!

Katie S.

Welcome to Monmia!

1/2B

David I.

For showing an improvement in your reading.

An D.

For being a super star learning buddy in Maths.

3/4A

Jack T.

For being a caring and patient friend. Your friends are lucky to have you Jack.

Lukas C.

For continually displaying a positive attitude in class. You're a champion Lukas!

3/4B

Jessica T.

For always producing beautiful work – consistent effort!

Nidal C.

For creating an accurate column graph based on class data.

3/4C

Samantha M.

For calmly helping Mrs Peters when she had her accident.

Malik M.

For the enthusiasm he always brings to our class discussions.

5/6A

Hazel A.

For putting in 100% effort in her learning.

Saad R.

Working hard to complete his figurative language assessment.

5/6B

Hannah H.

For showing amazing growth in her PAT Reading assessment.

Diellza S.

For showing amazing growth in her PAT Reading assessment.

Physical	<i>Oscar A.</i>	For being a skilled and helpful student coach for the kick.
Education	<i>Gurbaaz S.</i>	For making sure everyone was included during our PE. games and discussions.
Performing	<i>Lydia P.</i>	For always trying her best and working hard. Keep up the good work Lydia!
Arts	<i>Wynd C.</i>	For being a positive, hardworking member of the class. Well done and keep it up!

FAMILY & FRIENDS NEWSLETTER



President

Talithia Diessel

talithiadiessel@gmail.com

Vice President

Emma Lechevallier

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Secretary

Radiance Chan

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2nd Hand Uniforms

Hailey LaMude

Hlamude@hotmail.com

State Election Day 26th November



Family & Friends plans to setup a sausage sizzle stall during the State Election Day in our school. We are facing a number of challenges including donation and manpower shortages. We hope that if anyone from our Monmia community:

- Have good relationship with any merchants who can generously donate to our school or
- Can help during the sausage sizzle or
- Can donate some items for our stall

Please return the Volunteer/Donation Request Form that we have sent home last week by **1st November**. If you did not receive the form, please inform the office or drop an email to Talithia, Emma or Radiance. Your help and support is greatly appreciated. Thank you!

2nd Hand School Uniform Shop

We won't be opening the shop onsite until further notice. You can still purchase second hand uniforms. All you have to do is to contact the school office and we will get your orders* ready asap.

Thank you!

(*subject to availability)

Coming up next....

FABULOUS FRIDAY



PLAYGROUP
25th November

**Christmas
Hampers
7th December**



Next Meeting....

Date: 10th Nov 2022

Time: 11 am

Venue: Community
Room



**Toy donations: If you have any toys suitable for 0-5yo that you no longer need, can donate them to our playgroup? Thank you!*

SCHOOL ATTENDANCE IS EVERYONE'S BUSINESS

EVERY CHILD DESERVES AN EDUCATION

YOUR CHILDREN NEED YOUR HELP TO DO WELL AT SCHOOL. YOU CAN HELP BY:



Ensuring children get a good night's sleep and get ready for school in the morning



Getting children to school every day

Asking questions to find what your child likes about school



Talking about going to school every day and how it helps children reach their dreams.



Talking about how school can be fun



EVERY DAY THEY MISS ADDS UP!

Skip
1 day a week
Miss 3 Years

Skip
2 days a week
Miss 5 Years

Skip
3 days a week
Miss 7 Years

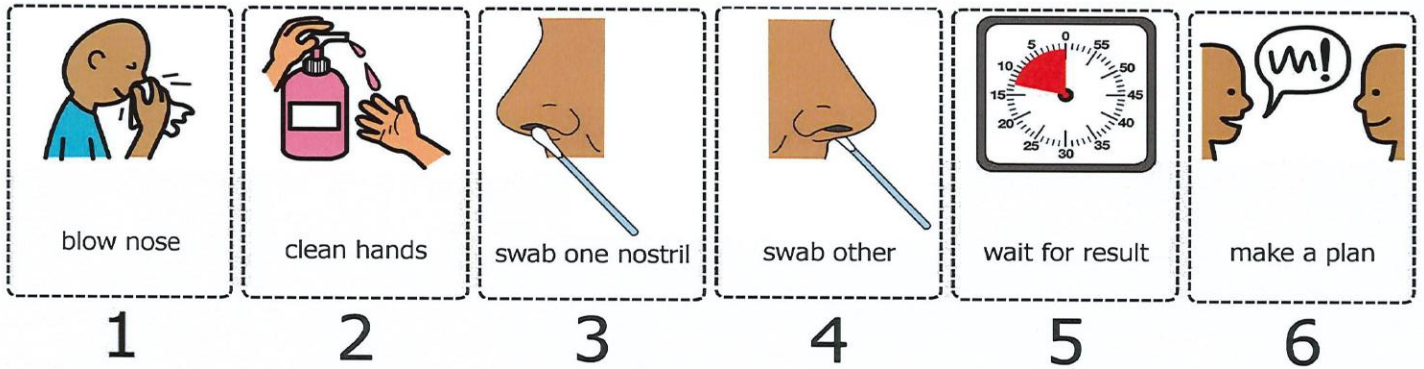
Skip
4 days a week
Miss 10 Years

Skip
5 days a week
Miss 12 Years



Rapid Antigen Test

Using a Nasal Swab test



Note: Always follow manufacturers instructions. Visual schedule is for support purposes only.

Test at home if your child feels unwell or has any symptoms.



masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone, iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name





masterpass

Add your children's details in Student Profiles

Select
'Add student profile'



Add each
child's details



Manage each
child's details in
Student Profiles



Purchase school items

Select a menu
from our school



Select child
you are
ordering for



Select your items

Tap 'Checkout'
then confirm and pay



Making payments

Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.



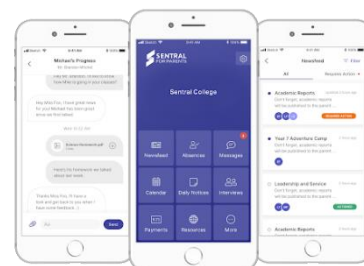
Monmia Primary School uses the platform Sentral to engage with parents. The Sentral for Parents App allows families to:

- View academic reports
- Message your child's classroom teacher
- View school documents
- View school newsletters

- Explain past and upcoming student absences
- View calendar events
- Student Led Conferences
- As well as receive real-time notifications and messages from the school or your child's classroom teacher.

How to Access:

1. Download the 'Sentral for Parents app.
2. Search for Monmia Primary School.
3. Click **Register here** to register a new account. You will receive a verification email which **MUST** be verified in order to continue.
4. Once verified, log back into the app and enter your access key. (**Note: Your access key was sent home via a letter last term.** If you did not receive, please contact Daniela in the office to provide you with your personal access key



\$20 FOR 20 DAYS

SCHOOL HOLIDAY OFFER FOR FEMALE TEACHERS, PARENTS AND STUDENTS

Scan the QR Code to Purchase



SYDENHAM



CAIRNLEA



CRAIGIEBURN



TULLAMARINE



GROUP FITNESS CLASSES
TRAINER INDUCTION
MAT PILATES & YOGA CLASSES
STUDIO CYCLE CLASSES

CARDIO & STRENGTH TRAINING ZONES



FERNWOOD WOMENS HEALTH CLUBS
CAIRNLEA, CRAIGIEBURN, SYDENHAM & TULLAMARINE

30/09/22

VALID UNTIL

TERMS & CONDITIONS. *Valid at Fernwood St Kilda only. To take up this offer, present this flyer at time of joining. Valid until date listed only. Conditions apply. Contact club for a full of terms.

FITNESS
fernwood®