Principal's Report

Welcome everyone to a new year.

Welcome to our beautiful new 2015 Kindergarten students who have already been very busy completing their Best Start Assessment and transitioning to school.

We welcome all our new families. We had a large number of new families starting this year in all classes from Years 1-6.

I would like to thank the 'Before and After School Care' BASC Staff for their wonderful organisation to accommodate the needs as much as possible for our students. I would also like to thank the Uniform shop and Canteen staff for all their assistance especially with the new families. Thank you to the Year 3 parents who provided morning tea on Monday for the 'Tea and Tissues' special morning tea held for the parents of our Kindergarten Students. Thank you to Mrs McMaster and her team for the organisation of the very successful swimming carnival held today. Thank you to Bushlink and 4W and 3/4R for their combined work effort around the gardens on Tuesday to beautify our school.

Staff 2015

A warm welcome back to all staff and new staff. Please see the Manly West Staff list on the following page.

Text Book Day—Thursday 5th February—Please send in envelopes. School stationery—please order online before Wednesday 11th February.

Parent Teacher Information Evenings-

During the next two weeks, you will be invited to attend a Parent Teacher Information evening for your child’s class where teachers will present an overview of the program for each class, explain class routines, outline expectations and provide ideas on how you can assist in your child’s learning. I urge you to try and attend these meetings, as they will answer many of the questions you will have about school and allow you to better understand classroom life at Manly West Public School. Please also consider being a class parent representative for your child’s class.

Parent Information Evenings

Kindergarten Wednesday 11 February 6pm in child’s classroom, 6.45pm whole grade meeting in hall.

Years 3 & 4 Tuesday 17th February

Years 1,2,5,6 Wednesday 18 Feb –More details to follow about times in next week’s newsletter.

Student News:

Congratulations to our new Year 6 Prefect team who have hosted their first assembly and assisted with Kindergarten children.

Congratulations to Samuel Atkinson, Tal Shy-Tielen, Maddie Pilz, Rhowen Lukin and Max Arens for being selected into the Arts Alive Combined Primary Schools Band Program 2015.

Congratulations also to the following students who took part in the Weet-Bix Kids TRYathlon at Sydney Olympic Park on January 16-18.: Taidgh Burgess, Bray Downing, Sophia Gee, Alexandra Gee, Lexie Landrak, Hayden MacFarlane, Hannah McIlwaine, Mercy Nathanel, Truth Nathanel, Millie Rundle and Jo Wilkinson.

Thank you also to the Stage 3 students who have assisted the Training Band this week.

We welcome Rod Wills, our new school crossing supervisor in Griffiths Street.

Mrs Julie Organ
Principal
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<th>Grade</th>
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<td>K</td>
<td>Mrs Theresa Fuller</td>
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<td>Mrs Karen Burke &amp; Mrs Beth Dowdle</td>
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<td>Mrs Mona Johnson &amp; Mrs Sara Lind</td>
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<td>Ms Emma Rosnell</td>
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<td>Miss Catherine Wyles Assistant Principal</td>
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<td>Ms Becky Wilson</td>
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<td>Ms Kim FitzGerald</td>
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<td>Mrs Sue McLean Assistant Principal</td>
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<td>Science</td>
<td>Mrs Nicola Wilson</td>
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<td>Year 3 Kitchen Garden Program</td>
<td>Mrs Beth Dowdle</td>
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<td>Music</td>
<td>Ms Virginia Esparraga</td>
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<td>Band Program</td>
<td>Ms Penny Coucill</td>
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<td>Dance Program</td>
<td>Ms Amber Menard</td>
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<td>School Counsellor</td>
<td>Mrs Rosemary Massey</td>
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<td>Learning Assistance Support</td>
<td>Mrs Jill Robertson</td>
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<td>Integration Support Teacher</td>
<td>Mrs Jill Horne</td>
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<td>English as a Second Language</td>
<td>Mrs Poly Vescio</td>
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<td>School Learning Support Officer</td>
<td>Mrs Anne Quattroville</td>
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<td>School Administration Officers</td>
<td>Mrs Helen Simpson</td>
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<td>General Assistant</td>
<td>Mr Phil Perks</td>
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<td>Head Cleaner</td>
<td>Ms Theresa Smuts</td>
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<td>School Crossing</td>
<td>John Rod Wills</td>
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**Principal:** Mrs Julie Organ

**Deputy Principals:**
- Mrs Adrienne Bruce
- Mrs Wendy Mwanga

**School Administration Manager:**
- Mrs Kay Parker
From the Deputy’s Desk.......  
I would also like to take this opportunity to congratulate all of our students on how well they have settled into the new school year and on the level of pride shown in the way they wear their uniforms. We are particularly appreciative of the support from parents in encouraging their children to wear their hat every day.

Sport

As most families will be aware, our school participates in the Primary School Sports’ Association (PSSA) Friday afternoon interschool competition. These Friday teams have to be limited to restricted numbers as the competition is dependent upon teachers supervising, coaching, managing and umpiring games. This differs from Saturday sport where parents manage, transport and assist in running the competitions down through many gradings, (e.g. A, B, C... netball) so that most are placed in a team depending upon their skill level so that they can enjoy their sport at their appropriate level.

The PSSA competition provides opportunities for students to progress through to District, Regional, State and National levels in various sports via tremendous dedication of teachers volunteering their time to train the students.

Summer PSSA Sports – Newcombe Ball for Juniors, Beach Volleyball for Seniors, TBall & Softball for girls, Junior and Senior Cricket for boys and girls and boys Eagle Tag.


Teachers will be trialling children from Years 3-6 for Summer PSSA teams this Friday 6 February and either before school or lunch times next week. There are limited places available in each team and we request that parents discuss the prospect of ‘missing-out’ with their children to help avoid too much disappointment.

The PSSA interschool sport competition commences Friday 20 February. Students not participating in the PSSA Competition will be involved in a modified sports skills program at school.

Chicken Update

For new families to our school we have 6 chickens often referred to as the ‘Girls’ and they are part of our community kitchen garden program. The ‘Girls’ have returned from their farm holiday and are being cared for during the week by our student ‘Chicken Wranglers’. Thank you to the many families who volunteered to care for the chickens on the weekends during term time. We are seeking additional families to assist with their care on the weekends. It was usually one weekend a term.

Please send an email to our school email address Manlywest-p.school@det.nsw.edu.au if you are able to assist or happy to continue being on the roster.

In the subject line please write Weekend Chicken Roster, and in the body of the email please write your name, child’s name and grade (eg Year 1 2015).contact the office.

Early Arrivals

Student supervision does not begin at school until 8.50am when teachers are officially on duty. Children who arrive prior to this must be seated on the Griffiths St verandah. This is the verandah between the office and the staffroom.

School starts at 9:20am and finishes at 3:20pm. When the 8:50am bell rings children move to the playground and at 9.20 when the bell rings to their lines. If you wish to stay in the area please gather behind the lines so children can see and hear their teacher. We are keen for children to move to classrooms quickly to settle and start learning.

We also request that children are not left unsupervised after school or allowed to play in the school grounds without parent supervision. For safety reasons we ask that parents do not allow their child/children to play on the playground equipment before or after school with or without parent supervision.

Keep Informed

Manly West Matters is sent out each Wednesday by email. You can also view it through our school website. We do provide paper copies to parents who are unable to receive the newsletter electronically. If you have not already registered for Manly West Matters and wish to do so please send an email to our school email address Manlywest-p.school@det.nsw.edu.au.

In the subject line please write Newsletter, and in the body of the email please write your child’s name and grade (eg Year 1 2015). You may register more than one address to include work, home and perhaps a grandparent who might like to be kept informed.

Adrienne Bruce  
Deputy Principal
From the Deputy’s Desk.......  

**Text Books**

Our text book sale day has been moved to Thursday 5th February. Students were issued with a note regarding payment and an envelope. Please return the note on Thursday in the envelope provided. Should you misplace or not receive the Harpers’ envelope, please return the note in a regular envelope with your child’s name and class.

**Medical Conditions**

If your child has Asthma, Allergies or any other serious medical condition, we are required to keep an updated Action Health Care Plan at school. Plans are available on the Asthma Australia and ASCIA websites. Plans available through ASCIA have recently been updated. Please see the home page of our school website for a General Health Care Plan that can be utilised for other medical concerns such as Diabetes and Epilepsy Action Plans must have a current photograph, be signed by a doctor and we ask that the Asthma and ASCIA plans are in colour. If you have not already, please bring in your updated Health Care Plan and any medication required (eg Ventolin, Epipen etc). When medication expires it must be replaced at school. Please note your expiry dates and provide the school with medication when required.

**Asthma link**

http://www.asthmaaustralia.org.au/uploadedFiles/Content/About_Asthma_2/Resources/AA%20AF%20School%20Careplan%200113%20FINAL.pdf

**ASCIA link for allergies and Anaphylaxis**


**Prescribed medication**

If your child is being prescribed medication that needs to be taken during the day, please inform your child’s teacher in writing so that arrangements can be made for the medication to be administered. Please do not email urgent matters directly to teachers or the office. Urgent matters and medical information need to be given in writing to class teachers. Please ensure specific details are given regarding medication. Any medication needs to be stored in the Print Room with Joy Milner, our First Aid Officer, unless a child’s health care plan supports medication being carried on the student or stored in the classroom. The Print Room is located opposite the front office.

**Car Park**

The car park located within the school grounds is for staff use only. Students are not to enter the car park. Parents please encourage your children to follow this rule by not using the car park at any time of day.

We thank you for your assistance in helping us provide the best possible care for your child.

**Notes Home**

This week we have sent home some important notes which need to be returned to your child’s class teacher ASAP. These include a blue student information card, a note regarding asthma and permission notes for local walking excursions and photography of students for school purposes.

**Stationery Supplies**

Yesterday we received our first delivery of stationery supplies to classrooms. Thank you to the energetic Year 6 students who assisted. Parents who still wish to order stationery supplies online can do so up until 5pm on Wednesday 11th February. We thank all parents for attending to teachers’ stationery requests whether utilising the service provided by Humphreys or sourcing independently. The stationery lists are available on our school website. Please address any queries to Humphreys at stockcontrol@humphreys.com.au or 9951 0000.

**Student Belongings**

Please label everything. Items with a clearly marked name and current class are more likely to be returned to your child. Some grades may send home the stationery supplies for parents to label.

**Scripture**

Special Religious Education (SRE) lessons start soon. We offer Bahai, Catholic and Protestant Scripture classes. Volunteer teachers are recruited by the various faiths. For those students who opt out of SRE, we offer classes in Ethics, provided we have volunteers to teach these classes. Ethics has been a great success at Manly West, however, some of our wonderful volunteers are no longer available so we are seeking new volunteers. Should this interest you, please send and EOI to our Ethics Coordinator and parent, Louise Fletcher on our_oyster@hotmail.com. You may also like to view the Primary Ethics website (www.primaryethics.com.au).

Wendy Mwanga  
Deputy Principal
Canteen News

Don’t forget flexi-school users to update your child’s class details as soon as you have them! It doesn’t happen automatically and the responsibility lies with the user, so please don’t forget to do it as soon as you can! Until classes are changed officially, lunch orders will continue to be directed to your child’s class of 2014.

Reminder that some menu items have had small price increases since last year so please double check the menu when ordering. If you don’t have the current menu swing by and pick one up.

Few hours to spare on a Thursday or Friday? We’d love to see you in the canteen as we have quite a few spots on the roster we’d love to see filled.

How do I volunteer in the canteen? Call us on 9948 2257 and ask for the canteen, email mwncanteen@gmail.com or simply drop-in. See you soon, Isobel.

Canteen Roster for week 3, Group 2

Monday 9th February
Nicole Warner AM
Kelly Ducat AM
Lisa Dubiez PM
Lara Bullman PM

Tuesday 10th February
Tina Dermody AM
Kylie Rusten AD
Jess Dalziel AM
Lesley Sargeant PM
Kristie Kha PM

Wed 11th February
Joanne Holley AM
Rebecca McLeod AM
Genie Graham-Smith PM
Laura Newton PM

Thurs 12th February
Sarah Anderson AM
Siobhan Chaston AM
Tanith Carroll PM
VACANCY PM

Friday 13th February
Kylie Wright AM
Jill Gilchrist AM
Jacqui Liddicoat PM
Kimberley Howe PM

Band News

We’re back into the swing of things quickly this year with all rehearsals and tutorials now commenced.

Well done to the new Training Band who have attended their first rehearsal and played their very first notes – impressive!

Your private tutor lessons should now be locked in and ready to start next week, if not already. If you do not have a private tutor lesson sorted, please do so now as a high priority.

If you are not receiving our band emails, or if you have any questions, please contact us at manlywestbands@gmail.com or visit http://www.manlywestpandc.org.au/band.html

Penny and the Band Committee.

Sectional Tutorials (not for Training Band)

Please note that school supervision does not commence until 8.50am - band parents need to make suitable arrangements for their children before and after these early tutorials. Please don’t assume your child is able to be supervised by the tutor until 8.50 if they finish at 8.20.

Trumpets in the Library
Performance: Tues 7:50-8:20
Concert: Wed 7:50-8:20
Intermediate: Wed 8:20-8:50

Lower Bass in the Toone Room
Performance: Wed 7:50-8:20
Concert: Wed 8:20-8:50
Intermediate: Wed 8:50-9:20

Saxophones/French Horns in the Mac Lab
Performance: Fri 7:45-8:15
Concert: Fri 8:15-8:45
Intermediate: Fri 8:45-9:15

Flutes in Classroom 2D
Performance: Fri 7:45-8:15
Concert: Fri 8:15-8:45
Intermediate: Fri 8:45-9:15

Clarinets in Griffith St Cnr Classroom
Performance: Fri 7:45-8:15
Concert: Fri 8:15-8:45
Intermediate: Fri 8:45-9:15

Drums in the Hall
Performance: Tues 4:30-5:00
Concert: Thur 4:30-5:00
Intermediate: Fri 8:45-9:15

Uniform Shop

Thurs 12th Feb 8:45 - 10:00 am
Mon 16th Feb 2:45 - 4:00 pm
Thurs 26th Feb 8:45 - 10:00 am

MW Bag Flaps have arrived! If you have purchased a bag with missing flap, please collect from School Office.

The Uniform Shop is always looking for Volunteers (approx 2 hours per term), please contact Natalya for more information
M 0403 806 339
Email mwuniform@gmail.com

Orders for School Uniforms can be placed online and delivered to your child’s classroom, please visit Flexischools
www.flexischools.com.au

***Please remember to update your Child’s 2015 Class details on Flexischools***
Welcome to another wonderful year of reading, learning and creating in the Manly West Library! Already many classes have begun borrowing for their class libraries, and next week Years 1-6 will begin borrowing books to take home. However, if books have not been returned or paid for from last year, you will not be able to borrow. Once your record is clear, you can borrow library books and start your reading adventures! Please remember that children in Kindergarten up to Year 4 need to bring a library bag to borrow. There is a contest for Infants classes to see which class is the most responsible and brings the most library bags each term. Primary students will earn house points if they bring their library bags, return and borrow.

Kindergarten students will not begin to borrow until Week 5, as they will first be learning about library etiquette, book care, how to choose a book and the parts of a book.

Attention Year 6 students! If you are interested in becoming a Library Monitor this year, you will receive an application form to read and complete this week. Once you have filled it in, you must return it to me by the due date. I will then meet with all the applicants and run a trial period before making it official, scheduling monitors and handing out badges. I look forward to reading your applications and to your help!

Thank you to super parent helper Tanith Carroll who has already picked up a huge bag of library books to cover! Our library could not run as smoothly without the amazing help of parent volunteers to cover books at home or to come in to help Infants classes to scan and shelve books. Please pop into the library or email me at ellen.lo@det.nsw.edu.au if you are interested in helping all the students here at Manly West, Mrs. Stacey, Mrs. Wilson, Mrs. Blinco and I in the library.

Happy reading!
Ellen Swick
Teacher Librarian

**Diary Dates**

**Thursday 5th February**  
Textbook Day

**Friday 6th February**  
PSSA Summer Trials

**Wednesday 11th February**  
Kindergarten Information Evening  
6.00pm Child’s classroom  
6.45 Grade meeting School Hall

**Tuesday 17th February**  
Years 3&4 Parent Information Evening  
Time to be advised

**Wednesday 18th February**  
Years 1,2,5,6 Parent Information Evening  
Time to be advised

**Tuesday 24th February**  
P&C meeting 7.30pm
Thank you...

A big thank you to the following parents for watering the school’s vegetable garden during the school holidays: Emma Baker, Carolyn Miles, Heidi Heming, Vicky Jones and Nicole Macnicol. The plants couldn’t have survived the dry ...

A Thank you message from your retired school crossing man Dennis

I would like to thank all the children for the wonderful thoughtful words of best wishes (I will treasure them for years to come) and your lovely gifts. It was truly overwhelming. Thank you 2L for your amazing video production, I still have those bouncy tunes bopping around in my head. I have enjoyed reading Gemma’s "Amnesia", the Quinn’s “The Prince of Valour” (Gallipoli VC winner Hugo Throssell), Blake and Callan’s "An Atheist’s History of Belief".

To the parents and staff of Manly West P.S. thankyou for your farewell gift. I have been able to use it to enjoy commemorative coins marking 100 years of the ANZACS, the 800th anniversary of Magna Carta, 75th anniversary of the Battle of Britain, Bicentenary of Battle of Waterloo and the 50th anniversary of the passing of Winston Churchill.

Thank you.

Dennis

Garden News.

Welcome back everybody. What a sensational summer we have had in the garden. The cockys are currently enjoying our sunflower seeds and the self sown rock melon is looking very vigourous. Thank you to the summer watering team and thank you Mr Perks for our fences. Its starting to feel like a special space.

Mrs Dowdle is going to be, (among other things) teacher in charge of the garden for Yr3 classes and we have lots to do to prepare for this. We are having a small clean up and harvest stall today. 

There is also a larger Working bee this Saturday from 1-3 if you would like to help out. Please let me know if you intend to come so we have enough organised.

We are always looking for help, skills, creative ideas and enthusiastic hands on contributions. If you can be involved in any way large or small please contact me, holly@dockerz.net or drop in when you see us working there.

Hope to see you in the garden.

Australian Girls Choir

Australian Girls Choir is holding free trial classes in February for girls in Years K-4. If you are interested please see the office for a brochure.

Found

School Shoe Crane Size 13

Gold Key on white ribbon

Please see office
CHESS!!

Learn to be a chess champion! Coaching for students at Manly West Public School is held on Thursdays from 8:00am – 9:00am in the Library. Term 1 lessons will commence on 5th February, 2015.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part an enrolment form is on the following page or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.
Manly West Public School Chess Classes – 2015

Classes will take place on Thursdays from 8:00AM – 9:00AM in the Library.

To enrol, please tick the appropriate boxes below:

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<th>Term</th>
<th>Cost:</th>
<th>Workbook 1 – Cost:</th>
<th>Workbook 2 – Cost:</th>
<th>Workbooks 1&amp;2 – Cost:</th>
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<tr>
<td>Term 1</td>
<td>$67.50</td>
<td>$22 [Beginner / Rookie]</td>
<td>$22 [Intermediate]</td>
<td>$35 [SPECIAL OFFER]</td>
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<td>Term 2</td>
<td>$75</td>
<td>[5th Feb - 2nd Apr]</td>
<td>[23rd Apr - 25th Jun]</td>
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<td>Term 3</td>
<td>$75</td>
<td>[16th Jul - 17th Sep]</td>
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<td>Term 4</td>
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<td>[8th Oct - 10th Dec]</td>
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OPTIONAL EXTRAS

- Chess clock – Cost: $65 [DGT Easy Gametimer]
- Chess set – Cost: $22 [Roll-up chess board + pieces]
- Advanced Book – Cost: $33 [Exploration in Chess Beauty]

Delivery Information

Delivery is via the chess coach and takes approximately 2-3 weeks from the date your payment is banked.

Pay for four terms in advance and receive a free chess set or workbook 2 valued at $22. Offer expires 31st March, 2015. (Please circle your choice)

Payment is due by the day of the first lesson. There will be no refunds for students who miss classes during the term.

Total amount paid: $

Method of payment [please note that cash payments will NOT be accepted]

Please tick the appropriate box:

- [ ] Online payment (preferred method)
- [ ] Direct deposit
- [ ] Cheque
- [ ] Visa
- [ ] Mastercard

Sydney Academy of Chess
BSB: 062 319 Account Number: 1036 9569 [Commonwealth Bank]

In the transaction description, you must write the school code “MW”, followed by the term/week code(s) and the child’s first initial and surname.

Codes: Term 1 = 1, Term 2 = 2, Term 3 = 3, Term 4 = 4, Workbook 1 = 5, Workbook 2 = 6, Workbooks 1&2 = 8, Advanced Book = 7, Chess clock = 8, Chess set = 9

For example, “MW1269JSmith” would be John Smith’s payment for terms 1 and 2, plus a payment for Workbook 2, and a chess set.

If you pay by direct deposit, you must email a receipt and this permission form to enrol@sydneyacademyofchess.com.au.

Sydney Academy of Chess
PO Box 1325 Burwood NSW 1805

Student’s Name: ___________________________ Date of Birth: __/__/____

Class: _______________ Parent’s Name: ___________________________

Contact Numbers: (Home) ___________ (Work) ___________ (Mobile) ___________

Email: ___________________________

Relevant medical conditions / allergies: ___________________________

Signed: ___________________________ Date: __/__/____

Sydney Academy of Chess Pty Ltd
Sydney Chess Centre, Level 1, 30A George Street Burwood, NSW
Ph: 9746 1170  F: 9746 1178  PO Box 1325, Burwood, NSW 1805
E: info@sydneyacademyofchess.com.au  W: sydneyacademyofchess.com.au
WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

**Tuning in to Kids Course** (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (24/2 - 24/3, 7.00-9.30pm)

**NEW**

**Triple P (Positive Parenting Program) Seminars** (3-8yrs)
Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children
Chatswood (11/3, 18/3 & 25/3, 7.00 - 9.00pm)

**Communicating with Kids Workshop** (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood (31/3, 7.00-9.30pm)

**Tuning in to Teens Course**
Emotional intelligence & communication skills to understand your adolescents’ needs & behaviour.
Chatswood 5 wks (2/3 - 30/3, 7.00-9.30pm)

**Toddler Workshops** (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 26/2, 5/3 & 12/3 (3 wks/2.5hrs each, 7.00-9.30pm)

**Resilient Kids Workshop**
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (19/3, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
Learn how to restore a respectful & positive relationship between you & your teenager

WORKSHOPS ON REQUEST – PHONE 9887 5830 (2-2.5 hours)

☆ Understanding Your Toddler/Discipline & Tantrums
☆ Tucker without Tantrums/Toilet Training
☆ Speech & Language Development/Sleep
☆ Older Sibling – New Baby
☆ Transition to School
☆ Transition to High School
☆ Triple P Seminar Series 1-12 yrs & Teens
☆ Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830
Manly Vale Football Club - 2015 Season
Registrations NOW OPEN !!

The Manly Vale Football Club welcomes boys and girls who want to play the World Game with their friends.

There has been an enormous amount of interest after the Socceroos victory in the Asian Cup and lots of boys and girls are signing up to play.

The Manly Vale Club is determined that boys and girls enjoy the game and a part of that, is playing with their friends.

New Players to the Club aged 5 – 9 pay half price.

Registration is online at myfootballclub.com.au and very easy to do.

An information day is this Sunday between 10am – 2pm at North Manly Bowling Club, Pittwater rd, Nth Manly

Any enquiries – please call Tom Miles – SubJunior Vice President on 0409 778 667
Balgowlah Physie
Dance and exercise for all ages

• Confidence
• Flexibility and fitness
• Physie is FUN!

First 2 lessons are obligation free!

Call: 0410 490 511

www.balgowlahphysie.com

Tae Kwon-Do for males and females of all ages.
Established on the northern suburbs since 1974.

Sunday 6.00pm Manly Village Public School
Tuesday 6.00pm Manly Village Public School
Friday 4.30pm Balgowlah Boys High School
Thursday 6.30pm Mosman Community Centre
Saturday 3.00pm Mosman Community Centre

This sport is fun and helps in developing self-confidence. It teaches mutual respect, self-discipline, self-defence, personal safety and increases overall physical fitness.

Tae Kwon-Do is taught in many private and public schools throughout Sydney. Classes are designed for all ages and fitness levels, children are welcome from 6 years of age. We teach 460000 students of all confessions and different nations.

Grand Master Suh, a 9th Dan Black belt, has over 40 years of teaching experience and is one of the world’s top experts in this sport. Tae Kwon-Do is an official Olympic sport for the Sydney 2000 Olympics.

For further information please phone Mr. Suh
9981 7788
0409 787 788

Kids Tennis Lessons
After School & Saturday
$40 per term 10 week term
6-7 per group $100(term)
Kids 10 yrs. or 10 competition standard
Tues, Wed & Thurs 3-5pm
$40 per term
Tennis lessons for adults? Timetable
info@tenniscentre.com.au

NEW OPTIONS
Friday Week 2 of each term
Red & Orange Ball tournament from 3.00-6pm
Green & Yellow Ball tournament from 3.00-6pm
3.30-4pm each
Monday to Thursday
Red & Orange ball rally sessions -
great way to introduce kids to match play. Rally
with each other and rally with the coach. Bookings essential.

Holiday Camps
2 Jan, April, July, Oct
8-10pm, NOV
12-4pm, 3pm
$50 per day
$30 per day
From 4 to 13 yrs of age.
Ph 9977 1307
Bookings essential
Owners: Wendy
Diaz and John Smith

Manly Junior Golf Program
Term 1, 2015

Location: Manly Golf Club, 36-40
Balgowlah Road, Manly

Session times:
Commencing From Monday 1st
February, 2015

Level 1: Monday (4-5 years)
Sunday 10.00am-12.00pm
Tuesday 4.00pm-6.00pm
Thursday 4.00pm-6.00pm

Level 2: ‘Tier 1’ (6-10 years)
Sunday 9.00am-10.00am

Level 3: ‘Tier 2’ (Invitation only)
Thursday 4.45pm-6.00pm

Cost: $165
Max. 12 students per class.

Enrolment Form
Name: ____________________________
Level: ________/Tier 1/Tier 2 (please circle)
Preferred Time: __________
Age: _______
Parent’s Name: __________________________
Contact #: __________________________
Email: __________________________

Card Details:
Credit Card #: __________________________
Card Type: __________________________
Card Number: __________________________
Exp Date: __________________________

CREDIT CARD RECEIPT

All sessions run by PGA Professional Steve Cooper & Troy McKechnie
Please email registrations forms to steve@balgowlahphysie.com.au
Contact Steve Cooper (for more info) on 0409 787 788