Remembrance Day

On Tuesday 11th November the school observed one minute of silence at 11.00am giving the chance for students to acknowledge the significance of Remembrance Day. Rory and Joshua in 6B accompanied me to the Remembrance Day ceremony at Memorial Park in Mornington and laid a wreath on behalf of the Mount Martha School community. Thank you boys.

Year 3 Camp

Our Year 3s arrived safely at the Somers camp yesterday. The weather looks like being kind for the three days of camp allowing all the outdoor challenge activities to run. I’m sure they will all have stories to tell of their experiences on their first school camp when they arrive back at school tomorrow. A big thank you to our Year 3 teachers, other staff and volunteers for planning and attending the camp. Your contribution has made this such a valuable experience for our students.

2015 Prep Afternoon Tea

This afternoon we are holding a welcome afternoon tea for 2015 Preps and their families. Following our information evening a few weeks ago the afternoon tea provides another opportunity to welcome families to our community and builds familiarity with the school. Transition visits with fun activities in the classrooms are scheduled between 9.15 and 10.30 on Thursday 20th November, Wednesday 26th November and Wednesday 3rd December. Parents are to take children to the school gymnasium at 9.15am before children head to the prep classrooms.

PTA Events

Please have a read of the PTA page in our newsletter for the latest information of PTA events for 2014 and for Carnivale in 2015. These are a great way to be involved in our school!

Family Life and Life Education

This week our Grade 5 and 6 commenced the first of three Family Life sessions. The next two sessions follow over the next couple of weeks and provide our students with sexuality education as a part of our Level 5 and 6 Health curricula. Next week Life Education sessions commence for our students in Prep to Grade 4. These programs delivered by Life Education educators focus on important aspects of healthy living and are always engaging.

Lost Property

Our Lost Property area is overflowing with items at the moment- mainly jumpers. We are keen to connect this property back with its owners. If your child has lost something it may be there. Also please check your child’s items that they are named and that the name is still legible. Named items are usually returned to their owners quickly.

Martin Page

Principal
Teacher News

It is report writing time and teachers are all busy finalising current assessments and using a variety of data to ensure that your children’s reports are as current and comprehensive as possible. Teachers use a range of assessments to ascertain not just a child’s current skills and knowledge, but to structure future learning tasks and, at this time of the year, to ensure that teachers the following year have an accurate picture of each child’s capabilities. Our reports are written and children allocated achievement levels that correspond with our National Curriculum and Victorian standards. An assessment schedule has been developed by the school to organise and set standards for our own assessment procedures.

How do teachers assess literacy development at Mount Martha Primary School? Following is a snapshot of the types of assessments being undertaken across the school on any given day, not just at times when reports are being written.

Writing

MMPS uses a writing assessment continuum that allows student's writing samples to be plotted on a scaled level system from Foundation to level 5. Students can also self assess their work and set goals with their teachers that will move them along the continuum. Teachers would look at several writing pieces, with different purposes or genres to plot student progress and areas for future learning. Handwriting is also a component of this assessment, as is spelling.

SPELLING

Although assessed as part of the writing curriculum, spelling assessment is worthy of its own section. MMPS has a Spelling Scope and Sequence document that has built in testing content, including year level words, common words and dictation. On-line testing is used, as are some other standardised tests to gather information about common errors, strategies and each child’s spelling stage of development. Children progress through a series of stages from pre-writing, phonetic, transitional and finally become conventional spellers. Teachers are checking progress throughout the year towards year level targets. The table below shows how the word “monster” would be written at each of the major spelling stages of development.

<table>
<thead>
<tr>
<th>Pre-writing</th>
<th>Semi-phonetic speller</th>
<th>Phonetic speller</th>
<th>Transitional speller</th>
<th>Conventional speller</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ssfc</td>
<td>mtR</td>
<td>mostr</td>
<td>monstur</td>
<td>monster</td>
</tr>
</tbody>
</table>

Reading

Each child’s capacity to gain meaning from print is monitored closely throughout the year, as are their reading habits, leisure reading and home tasks. Standardised on-line tests are used and programs like Lexiles and Lexia help to pinpoint reading levels and skill development.

In the early years, children are assessed through a careful analysis of their oral reading of levelled texts, their degree of comprehension and by viewing reading behaviours. A picture of each child’s reading “toolbox” is produced to show teachers the strategies each individual child is using and how best to support reading improvement. Older children’s reading assessments continue to place primary importance on comprehension and extending children’s understanding and responses to authors inferential intent. Children become more critical readers, analysing and discussing books and authors.
Speaking and Listening

Much of our literacy program is based on each child’s ability to express his/her thoughts and ideas to others orally. Children have opportunities each day to speak and listen, practising the skills required for adult life. Assessment takes in to account how children communicate in many situations, both socially and academically. Anecdotal notes after listening to a Show and Tell session are as important to teachers as a student’s reflection on their own oral presentations of a project when they have assigned themselves scores according to a rubric. Rubrics or tables of expectation are often used in this area as specific speaking and listening goals are clearly set out and students know what they need to do to improve their oral presentations. Listening skills are also broken down and assessed according to expectations for each year level.

VIEWING

Reading and viewing are grouped together in our curriculum documents as they require many similar skills and strategies. Each child’s ability to respond to the many types of media nowadays, from advertising and posters to videos and movies, each requires them to be attentive to detail, understand the creator’s intent and make decisions. Teachers use media and illustrations often to support our inquiry units and assessment involves looking at how children respond, make connections to their own lives and evaluate the effectiveness the media.

TRAVELSMART

Last month Mt Martha Primary School took part in the VicHealth Walk to School October. Every class completed a Calendar of students daily walking/riding habits and after gathering this information we are able to inform you all that 76% of students took part in Walk to School October, with some year levels achieving a greater than 90% participation rate!

Special mention to the Prep Students, Teachers & Parents who together achieved a fantastic result of 91% of Preps tried walking to School during the month.

Classes with a greater than 50% walking/riding rate were 2A, 2C, 4A, 5B, 5C & 6C CONGRATULATIONS!

There were also 54 students in the School who came to and from School everyday in the month of October by walking or riding. Imagine how that reduced the number of cars at the front of the School! This can also be achieved by using the two Park’n’Stride places, these are perfect if you, like many do, live too far from the School to walk or ride. Mt Martha House & Kinross St Shops, both no more than 15min from the School, try it tomorrow!

A special thanks to the strong Parent & Teacher support this promotion received and to the small but dedicated TravelSmart team!

Let’s continue the great effort and keep the School walking/riding for the rest of the year!
NUDE FOOD NOVEMBER

We are participating in Nude Food Day 2014. National Nude Food day, supported by Nude Food Movers and in partnership with Nutrition Australia, creates a nationally recognised day in which we can all come together and show our support towards healthy eating and waste reduction.

Next Wednesday, 19th November we are encouraging all students to bring fresh, healthy, rubbish free lunches to school in support of National Nude Food Day.

Many thanks from the Nude Food Warriors.

Kylie and Ray Gardiner
102 Wilsons Road
Mornington.
0423 407 954

Please support our major sponsor for Gold for Green Day.

Ray and Kylie are parents at our school who donated many of the 700 plants for the students to plant in June this year.

Ray also gladly gives his expertise whenever we are planning and developing garden projects around the school.

Mt Martha Primary School will again be supporting the Mt Martha Lion’s Club with their Annual Christmas Raffle. I am sure you have seen the wonderful contribution they make to our community. You should have now received a book of five Lion’s Club Raffle Tickets.

The tickets are $2.00 each and the school receives 80c out of every $1.00 they receive.

As a further incentive to sell all your raffle tickets Mt Martha Lion’s Club sponsors have kindly donated the following prizes:
1 x $50 KFC voucher & 1 x $30 Cold Rock voucher.

If you require any extra books of tickets please call at the School Office.
All tickets sold or unsold need to be returned to the school by Friday 5th December to be eligible for the draw on December 20th.
 Parents' and Teachers' Association Noticeboard

Term 4 Events -

Last Thursday 30th October was our inaugural Billy Cart Night. Thanks so much to the PTA Dads Ben, Tom and Stuart for organising such a great event, as well as the staff and teachers that offered their support on the night. The feedback from those that attended said it was great fun and an excellent opportunity for socialising with the other Dads and kids.

Next Wednesday 19th November we will be holding a meeting to discuss the 2015 Carnivale'. We will be meeting in the Staff Centre at 7.00pm. Remember without your support we cannot continue to run this fabulous event. It is not just loved by the kids and families, but raises necessary funds for our school. If you are interested in being involved in the Organising Group or would like more information, we would love to see you there.

Mt Martha Primary School Gym is to be a voting booth venue for the coming State Election. PTA is organizing a cake stall Saturday 29th November from 9.00am to 12:00 as our last fund-raising event for 2014.

We are asking for your favourite home baked cakes, slices, muffins or biscuits to sell at the Cake Stall. Due to the lack of refrigerated storage we request that NO CREAM be used in the decoration of your cake/slice. All bakery creations are required to be named and ALL ingredients listed on the label provided. If wrapping or packaging your creation individually an ingredient list must be placed on each package. (Please note that we are unable to sell your bakery creation if it is not labelled correctly). In the next few days an ingredient list, plate and bag to package your goodies will be provided. We ask that you deliver your items to the Staff Centre on FRIDAY 28TH NOVEMBER.

We will also be running a SAUSAGE SIZZLE from 10am – 1.00 on Election Day, so head on down to MMPS to vote and snag yourself a sausage!

PORTRAIT FUNDRAISER
22ND NOVEMBER

It’s your last chance to book your appointment and secure yourself a spot to have unique portraits taken by AVER & LINE photography. If you have any queries, or would like any further information, please contact Simone on 0419 335 013.

Jane Mogensen - PTA President
**SUMMER 2014/15**

**CHOOSE YOUR FUN**

**THESE HOLIDAYS**

Come for a day, everyday or anything in between

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**January - Mt Martha Primary School VAC Holiday Club**

37-55 Glenisla Drive Mount Martha VIC 3934

0402 353 873 (07:00-18:00)

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<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 12 January 2015</td>
<td><strong>Aloha Hawaii!</strong> Sun, surf and hours of fun at our very own luau!... Click on the heading for more</td>
<td>$53.88</td>
</tr>
<tr>
<td>Tuesday 13 January 2015</td>
<td><strong>Air Time!</strong> Today we will be flying high - with sports inspired air time. Click on the heading for more. Please arrive by 8:45am</td>
<td>$78.88</td>
</tr>
<tr>
<td>Wednesday 14 January 2015</td>
<td><strong>Birds the Word...</strong> Make that 'Bird House' is the word! Get ready for a creative tweet Click on the heading for more</td>
<td>$66.88</td>
</tr>
<tr>
<td>Thursday 15 January 2015</td>
<td><strong>Think Like Einstein!</strong> Put your thinking caps on and get ready for fun. Click on the heading for more information.</td>
<td>$53.88</td>
</tr>
<tr>
<td>Friday 16 January 2015</td>
<td><strong>Howzat!</strong> We don't like Cricket We LOVE it... Click on the heading for more</td>
<td>$66.88</td>
</tr>
<tr>
<td>Monday 19 January 2015</td>
<td><strong>Picture Perfect</strong> SNAP! Bring along your photos for your very own frames! Click on the heading for more.</td>
<td>$65.88</td>
</tr>
<tr>
<td>Tuesday 20 January 2015</td>
<td><strong>A-Maze of Trouble</strong> Amazing mazes of trouble await are you ready for the challenge? Click on the heading for more</td>
<td>$53.88</td>
</tr>
<tr>
<td>Wednesday 21 January 2015</td>
<td><strong>Madagascar Fever</strong> Action! It's movie time with our favourite Penguins from Madagascar. Click on the heading for more Please arrive by 8:45am</td>
<td>$78.88</td>
</tr>
<tr>
<td>Thursday 22 January 2015</td>
<td><strong>Solar Sensations</strong> WARNING: Today will be out of this world! Click on the heading for more information</td>
<td>$53.88</td>
</tr>
<tr>
<td>Friday 23 January 2015</td>
<td><strong>Summer Boost</strong> Get a &amp;quo boost ” for summer click on the heading for more information</td>
<td>$53.88</td>
</tr>
</tbody>
</table>

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* Daily Requirements: Children must bring their own lunch and refreshments (no nut products please) wet weather gear, art smock and suitable clothing for an active and sunsmart day.
* An afternoon fruit snack will be provided.

## January - Mt Martha Primary School VAC Holiday Club

37-55 Glenisla Drive Mount Martha VIC 3934  
0402 353 873 (07:00-18:00)

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 26 January 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Tuesday 27 January 2015</td>
<td>$66.88 Sculpture City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sculpt them up! Click on the heading for more</td>
<td></td>
</tr>
<tr>
<td>Wednesday 28 January 2015</td>
<td>$53.88 Seize the Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Join Camp Australia to seize the day today! Click on the heading for more information</td>
<td></td>
</tr>
<tr>
<td>Thursday 29 January 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Friday 30 January 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Monday 2 February 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Tuesday 3 February 2015</td>
<td>No program</td>
<td></td>
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<tr>
<td>Wednesday 4 February 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Thursday 5 February 2015</td>
<td>No program</td>
<td></td>
</tr>
<tr>
<td>Friday 6 February 2015</td>
<td>No program</td>
<td></td>
</tr>
</tbody>
</table>

* Daily Requirements: Children must bring their own lunch and refreshments (no nut products please) wet weather gear, art smock and suitable clothing for an active and sunsmart day.  
* An afternoon fruit snack will be provided.

Free two day workshop and information sessions for parents and carers of school age children on the autism spectrum

Workshop: 2014VICPC9  Location: Ringwood

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you learn?

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
  - advocate for your child
  - support your child’s participation at school
  - develop an awareness of ongoing learning needs
- Receive information about your local school system’s processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

Workshop details

Venue: Karralyka
Mines Road, Ringwood East VIC 3134

When: Two day workshop – Tuesday 25 & Wednesday 26 November 2014
Day 1: 9.00 am - 4.30 pm (Registration from 8.15 am)
Day 2: 9.00 am - 3.30 pm

Registration available from Tuesday 14 October 2014 and closes two days prior.
We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet. Return the completed form to:
Email: parentcarer@autismspectrum.org.au
Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087
Fax: 02 9451 9661

Phone the Positive Partnerships Infoline if you have any enquiries: 1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.
Registration Form

To register please visit www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet.

This form allows you to register to attend the Parent/Carer Workshops and some information sessions
Each person attending must complete their own form even if from the same family.

The locations and dates for each of the Parent/Carer Workshops and Information Sessions were chosen through a

collaborative planning process in each state and territory.

For more information, please contact parentcarer@autismspectrum.org.au or call 1300 881 971

The following information will help the Positive Partnerships facilitators best support you during the workshop

Code: 2014VICPC9 Location: Ringwood Date: Tues 25 & Wed 26 November 2014

Contact information

Title:  □ Mr  □ Mrs  □ Ms  □ Prof  □ Dr.  □ Other: ________________________

First Name: ____________________ Last Name(s): ________________________

Email 1: ___________________________ (for confirmation and reminders)

Email 2: ___________________________ (for confirmation and reminders)

Mailing address:

City/Suburb: ______________________ State: ______________ Postal Code: ______________

Phone (day): (____) __________________________ Phone (home): (____) ______________________

Mobile Phone: ______________________________

Access to internet:  □ At home  □ At work  □ At home and work

Computer internet skills:  □ Low  □ Moderate  □ High

How many children with a diagnosis of Autism Spectrum do you have / care for:

□ None  □ One  □ Two  □ Three or more

What type of educational program is your child(ren) receiving?

□ Mainstream with support  □ Autism specific special class  □ Non autism specific special class

□ Autism specific special school  □ Special school  □ Other

Diagnosis:

□ Autistic Disorder  □ Rett’s Disorder  □ Childhood Disintegrative Disorder  □ Asperger’s Disorder

□ Pervasive Developmental Disorder NOS  □ Atypical autism  □ Autistic Characteristics  □ No Diagnosis

□ Other

General information

To help the Positive Partnerships facilitators best support you during the workshop.

Please answer by placing a cross ☒ in the appropriate box

1. Are you:  □ Male?  □ Female?

2. Would like to attend the workshop as  □ Parent?  □ Grandparent?  □ Fulltime carer?

3. How did you hear about the workshop?

□ Media  □ School  □ Autism Organisation  □ Friend  □ Other: ___________________________

4. Have you attended a Positive Partnerships workshop before?

□ Yes  □ No

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Australian Government or the Australian Government Department of Education.
5. Have you attended an Early Days workshop before? □ Yes □ No

6. Are there any additional supports that would assist you at or beyond the workshop?
   □ Interpreter required – language: ________________________    □ Support accessing online resources
   □ Translation of information – language ____________________    □ Literacy support □ Other: ________________

7. Do you identify with any of the following groups?
   □ Aboriginal or Torres Strait    □ Culturally and Linguistically Diverse Communities
   □ Regional or Remote Community

Attendance
For catering purposes, please indicate which days you will attend
Attending Day 1: □ Yes □ No    Attending Day 2: □ Yes □ No

Dietary requirements
Please indicate if you have any dietary requirements
□ Vegetarian □ Vegan □ Gluten free □ Halal □ No nuts
□ No red meat □ No dairy products □ Other: ______________________

Information sessions
On day two a number of information sessions will be conducted.
To assist the Positive Partnerships Team to plan effectively for day two, please indicate two areas of interest:

Sessions to choose from:
□ Completing work □ Making Friends □ Communication
□ Managing Everyday Transitions □ Bullying □ Siblings
□ Understanding Behaviour □ Sexuality, Personal Hygiene & Safety

Preference One: ________________________ Preference Two: ________________________

Child Information
Please fill out the required information for each of your children who are on the Autism Spectrum.
Please include age group, school name and school address.
This will be used to prepare the information presented during the workshop.

YOUR REGISTRATION CANNOT BE ACCEPTED UNLESS YOU COMPLETE THIS INFORMATION.

How many children with ASD do you have? __________

<table>
<thead>
<tr>
<th>Child no. 1 (REQUIRED)</th>
<th>Child no. 2</th>
<th>Child no. 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age:</strong> (please check ☒)</td>
<td><strong>Age:</strong> (please check ☒)</td>
<td><strong>Age:</strong> (please check ☒)</td>
</tr>
<tr>
<td>□ Under 5 □ 5-8 □ 9-13 □ 14-18</td>
<td>□ Under 5 □ 5-8 □ 9-13 □ 14-18</td>
<td>□ Under 5 □ 5-8 □ 9-13 □ 14-18</td>
</tr>
<tr>
<td><strong>School:</strong> How many years is it since your child’s diagnosis?</td>
<td><strong>School:</strong> How many years is it since your child’s diagnosis?</td>
<td><strong>School:</strong> How many years is it since your child’s diagnosis?</td>
</tr>
<tr>
<td>□ no formal diagnosis yet □ less than two years □ more than two years</td>
<td>□ no formal diagnosis yet □ less than two years □ more than two years</td>
<td>□ no formal diagnosis yet □ less than two years □ more than two years</td>
</tr>
</tbody>
</table>

Education Sector
□ Department of Education    □ Catholic
□ Independent                □ Other ________________________

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What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✓ To pack a Nude Food Lunch or Snack, you will need:
- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

✗ Try to avoid:
- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:
- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
### STIRLING LINGARD TENNIS COACHING
**MT MARTHA TENNIS CLUB**

Tennis....fun for life! Coordination, fitness and fun Tennis lessons from only $14 per week

- Hot Shots program 4-16yrs
- Adults Cardio program Mon-Fri 9.30am

Daily Holiday program running (Summer) holidays

slingard8@bigpond.com or call Stirling 0411 082 723


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### Dr Peter Scott Orthodontist

Children & Adult Specialist Orthodontist

Creating Beautiful Smiles

13 Beach St, Frankston 3199

PH: 9783 4511

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### 30 Day Nutritional Cleanse

Transform Your Body, Transform Your Life!

- Lose stubborn kg’s quickly & easily
- Cleanse your body & clear out the junk
- Boost energy levels & Mental clarity
- Manage stress & Cortisol levels
- Restore Gut Health & improve sleep
- Create a healthier, more vibrant body
- Build lean muscle & improve recovery time

Free Info Session Wednesdays 7.30pm Mt Martha.

Suzie Taylor 1800 333 807 www.facebook.com/lsacom30day

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### Charm Friends

Swap Cards & Display Folders

Series One available online or at chipps children’s boutique, Treehouse Republic Bentons Square and Mt Martha Newsagency

www.charmfriends.com.au

Download our App from the App Store

---

### Coastal Music School Mt Martha

If you love music and the stage, then this is for you....

For quality piano, violin, guitar, ukulele, flute, cello, drumming, bass and singing.

All ages and levels welcome.

Studio hours by appointment. Lesson times available Mondays, Wednesdays & Thursdays

info@coastalmusicschool.com or call the studio on 5974 1174 www.coastalmusicschool.com

---

### Thermomix is the ultimate kitchen solution.

Create delicious, wholesome food from basic ingredients in a fraction of the time.

Save money, reduce your additive intake and put the fun back into cooking!

To organise a local demonstration contact

Anne-Marie Raymond 0437 214 211 or email a-mraymond@bigpond.com

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### CAPEZIO Dancewear & Activewear

12-14 Milgate Drive, Mornington

Ph (03) 5975 0266

shop@capezio.com

Sign up to our loyalty program for 10% Off Instore

www.capezioanz.com

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### Active Barre - The Hollywood Craze

Get ready for Summer with a balanced, long, lean body.

Combining Ballet Barre, Pilates, Stretching and Relaxation.

Mt Martha House

Wednesday and Friday 2pm - 3pm

Call Nicole for more information on 0404 030 431 or visit www.activehealing.com.au

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### Community Notices

**Christmas at the Studio.** Join us under the trees to celebrate Christmas at the Studio and experience a unique market. 28th & 29th November 2014 from 10am—4pm. The Studio Bulldog Creek Road, Merricks North.