

Mt Martha Primary

Principal

Mr Martin Page

#### **Assistant Principals**

Mr Hugh O'Brien Mrs Karen Walker

Mt Martha Primary Contact Details

37-55 Glenisla Dve Mt Martha Vic 3934

Reception

5974 2800

**Fax** 5974 3634

**Absentee Reporting** 

Lodge via Compass parent portal

Website

www.mtmarthaps.vic.edu.au

**Fmail** 

mount.martha.ps@edumail.vic.gov.au

**Office Hours** 

8.30am - 4.15pm Monday - Friday

OSHCP - Out of School Hours Care Program

0407 438 858 Coordinator - Gillian Reid



PSW Mornington Uniform Shop Mon - Friday 9am - 5pm Saturdays 10am - 1pm 1/22 Watt Road, Mornington Vic 3931 03 9768 0346 1800 337 396 Online Ordering:

www.psw.com.au

#### **BANKSIA BULLETIN - 7 February 2019.**

Mt Martha Primary School strives to empower students to be active learners who make a positive impact in a changing world.

#### PRINCIPAL'S REPORT

Welcome Back to Mount Martha Primary School for 2019. I hope everyone had a very enjoyable and restful holiday! 2019 promises to be another fantastic school year and I am pleased with our very smooth start. It was wonderful to see how happy and enthusiastic the students were as they returned to school! The students have quickly settled in to their new classes. Organisation is a real focus for the first few days as students become familiar with the class and school routines. On the first two pupil free days, staff met with teachers from Osborne Primary School and Benton Junior College to engage in the DET Koorie Cultural Understanding and Safety Training. They also updated training in management of anaphylaxis and made the most of valuable curriculum planning and preparation time for the year ahead. Our improvement focus this year will continue to be to improve our curriculum and practices in Reading and Numeracy to ensure we are meeting the learning needs of each of our students.

For 2019 we have new staff join Mount Martha Primary School. Welcome to Mrs Rachel Sutherland and Mr Gerry Gaiser. Welcome back Mrs Melanie Carson who has returned to the school after being on leave in 2018. A staff list is in the newsletter for information.

Our 2019 Preps started in their Prep classes on Tuesday! The first day of school is always a very exciting day and they settled in very well. We wish them a wonderful time at Mt Martha Primary School!

A huge welcome to our new students and families who are joining our school community for 2019. **Year 1:** Chey & Sophie, **Year 2:** Lilly, Hannah & Connor, **Year 3:** Sophie & Ethan, **Year 4:** Isabella & Harrsison, **Year 5:** Jasper **Year 6:** Indie.

Meet The Teacher - Establishing a relationship and lines of communication with your child's teacher is an important part of their education. To assist this we are having two "Meet The Teacher" sessions. The first is on Tuesday 19<sup>th</sup> February for Years Prep, One, Two and Three and Wednesday 20th February for Years Four, Five and Six. Bookings will be via Compass. More information about the booking process is included in the newsletter.

**Update - Contact Information and Student Health** - We do our best to look after the health needs of our students and sometimes we need to contact you. To assist us with this a reminder to update the school if any contact details have changed eg telephone numbers, emergency contacts, etc. Also please contact Lorraine at the school to supply updated asthma, anaphylaxis or other medical condition plans as required. Our current contact information will be emailed to you to amend and send back to us if required. Thank you for your assistance.

**School Council elections 2019** - Nominations open on **Monday 11**<sup>th</sup> **February** for 3 parent vacancies on our School Council. If you are an enthusiastic parent interested in getting more involved and having a say in what our school is doing, or know someone who is, we would love to hear from you. We are looking for people who are committed to improving the educational outcomes for all our students.

Effective councils have a broad range of experience, skills and expertise. Face-to-face and online training is also available to help councillors develop the skills and knowledge for the job. Parents find their involvement satisfying and may also find that their children feel a greater sense of belonging.

Nominations close on **Monday 18<sup>th</sup> February at 4pm** and forms are available from the school office. An election will be conducted should the number of nominations exceed the number of vacancies. You can contact me at the school if you have any queries.

I am really looking forward to another terrific year in 2019!

Kind regards, Martin Page, Principal.

#### **SCHOOL NOTICES**

# Dates to Remember Coming Events



#### **FEBRUARY**

#### Friday 8th

Years 4A & 4C Beach Program 9.30am - 2.30pm

#### **Monday 11th**

Years 4B & 4D Beach Program 9.30am - 2.30pm

#### **Tuesday 12th**

Year 6 Beach Carnival All Year 6 students 9.30am - 2.30pm

#### Wednesday 13th

Year 5 Beach Carnival All Year 5 students 9.30am - 2.30pm Social Events Committee (SEC) AGM 7pm in Staff Centre all welcome!

#### Thursday 14th

Years 3 Beach Program All Year 3 Students 9.30am - 2.30pm

#### Friday 15th

Years 4A & 4C Beach Program 9.15am - 12.15pm

Years 4B & 4D Beach Program 12.15pm - 2.30pm

#### **Tuesday 19th**

Meet the Teacher sessions

Preps 3.00pm - 7.00pm Year 1 - 3 3.50pm - 8.30pm

#### Wednesday 20th

Meet the Teacher sessions

Year 4 - 6 3.50pm - 8.30pm

#### **Thursday 21st**

Years 3 & 4 Film Festival commences today

# COMPASS EVENT PAYMENT/CONSENT CALENDAR OR PORT OF THE PAYMENT CONSENT

Parents are reminded to log into the Compass Parent Portal to consent and/or pay by the due date.

Please let the office know if your child will be away and/or will not be attending the event. Thank you.

EVENTS  COMING SOON IN 2019!	COST	CLOSING DATE	
Yr 5D & 5B Beach Program	\$28	7/2/2019	
Year 3 Beach Program	\$10	11/2/2019	
Year 3 & 4 Film Festival	\$32	16/2/2019	
Year 1 South Beach Walk	Nil	19/2/2019	
Year 5 & 6 Swimming Sport	\$7	21/2/2019	
Year 4 Hip Hop Dance	\$28	21/2/2019	

**TERM DATES: 2019** 

Term 1 29th January to 5th April

STUDENTS IN YEARS 1 - 6 START

**31ST JANUARY** 

(Prep interviews 31st January, Friday 1st February or Monday 4th) Preps start 5th February 9 - 2.15pm Preps start full days 4th March

Term 2 23rd April to 28th June

Term 3 15th July to 20th September

**Term 4** 7th October to 20th December

#### 2019 Mount Martha Primary School Staff

Principal	Mr Martin Page	
Assistant Principals Mr Hugh O'Brien Mrs Karen Walker		
Prep	Ms Jessica Dixon Mrs Danielle Adcock Mrs Julie Moncrieff	
Year 1	Mr Shane O'Donohue Mrs Kris Colson Mrs Janine McAuley Ms Lea Henderson Ms Rebecca Moulton Mrs Rachel Sutherland	
Year 2	Miss Alice Eadie Mrs Kelly Cartwright Miss Alexandra Keates Mrs Karen Hodgkins  Mrs Paulina Welbourne Mrs Kim Klan	
Year 3	Ms Emma Nicholls Mr Jason Cech Mrs Lyndal Gunn Mr Daniel Vercoe	
Year 4	Mr Darrel Hartwig Mrs Jill Bull Ms Mel Carson Mrs Joelle Rubinstein Mrs Despi OConnor	
Year 5	Mrs Jane Doye Mr Jerry Gaiser Mr Justin Whelan Mrs Jenny Spiridis	
Year 6	Mr Michael Beirne Ms Sarah Bell Ms Donna Gadsby Mrs Lucinda Cooper Mrs Sally Giles Mr Jason Antoniou	
Specialists	Mrs Julie Christie Mrs Sarah Forward Mrs Leanne Rault Mr Cameron Sweatman Mr Bill Nickeas	
Office	Mrs Lindie Hartwig Ms Anna Goss Mrs Gina McMartin Ms Debra Tate Mrs Kerry Spiers	
First Aid	Mrs Lorraine Stuart	
Support	Mrs Maria Harvey Mrs Kerry Spiers Mrs Sharalyn Marchant	
Out of School Hours Care - Mrs Gillian Reid Mrs Jane Moore		
Maintenance - Mr Andrew Pryor		

#### **SPORT NEWS**

School Sport Victoria Team Online Registration Process - 12 Years and Under

Registration to trial for AFL, Netball, Soccer and Basketball for state teams has traditionally started with nominations through their school to attend district trials.

School Sport Victoria (SSV) have advised that this process has now changed to an online registration process. District trials will no longer be held.

The SSV website <a href="https://www.ssv.vic.edu.au">www.ssv.vic.edu.au</a> provides important information and a video on the process as well as application forms and must be visited.

#### Key points include:

- Parents must consult with their Sport Teacher at the school to ensure their child has a high skill level to trial and represent their school.
- It is imperative that teachers will decide on your child's capability of representing their school at a state level **before** registering online.
- This discussion with the school Sport Teacher is necessary as all students MUST get the Sport Teacher/Coordinator and the Principal signature on their registration form prior to attending a trial.
- The Eventbrite ticket, application form signed by the Principal and Sport Teacher/Coordinator and proof of payment must be handed to the Division Trial Coordinator on the day of the trial.
- Applicants will be notified of arrangements for the Division trial once registrations have closed.

Note: Registration for Division trails close on Friday March 1<sup>st</sup>, 2019.

#### 2019 Prep Students

A huge welcome to our 2019 Prep students who started so well on Tuesday. Welcome also parents and families. The first day of school is always one to remember! They are quickly adapting to the school and classroom routines. Well Done!

Welcome to our 2019 Preps:

0A	ОВ	ос
Mia A	Finn A	Arlo B
Shye B	Quinn B	Jessica C
Ella B	Dexter E	Levi D
Rylie B	Johnny E	Lucas D
Ollie B	Amelia F	Victoria D
Heidi C	Summer G	Chloe F
Maisie C	Frankie G	Tessa F
Harvey C	Gemma H	Hannah G
Lucas D	Georgia H	Stelly H
Heidi G	Digby H	Connor J
Nixon G	Harriet H	Samuel J
Zachary H	Maddox K	Alan P
Matilda H	Evie K	Jax P
Matilda J	Beau L	Zavier R-H
Reeve L	Iona M	Koa-Jean R
Harry M	Eytaan S	Thomas S
Lucinda M	Jake S	Zara S
Mark M	Zoe S-C	Olivia S
James O	Davus W-G	Beau V
Millie P	Sophie W	Lachie W
Finley P	Marley Y	Sienna W
		India Y
		1



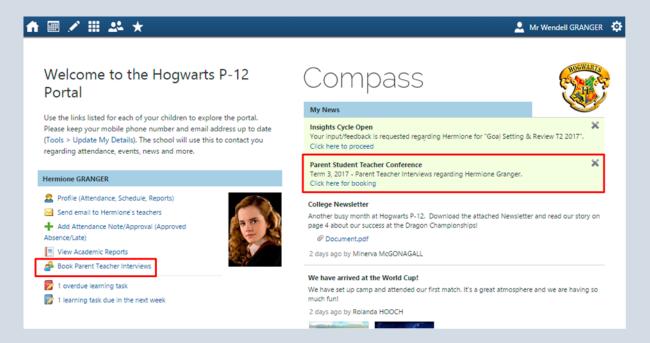
#### MEET THE TEACHER - USING COMPASS TO MAKE BOOKINGS/S

This year our Meet the Teacher sessions will be held in Week 4 of the school year on Tuesday 19 and Wednesday 20 February. Prep to Year 3 sessions will be on the Tuesday and the Year 4 to Year 6 sessions on the Wednesday. "Meet the Teacher" is a great opportunity for parents to meet their child's teacher and to provide information that will assist the teacher to meet the social, emotional and learning needs of your child.

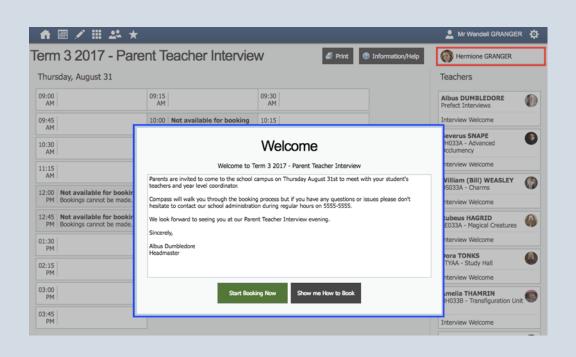
#### Bookings will open on Monday 11 February at 8am and will close on Monday 18 February at 2pm.

#### How to make a booking.

Parents can make bookings by clicking the 'Book Parent Teacher Interviews' button available next to their student's photo on their Compass homepage, or by clicking the Dashboard Alert at the top of their Newsfeed.



They will also have two options available - Start Booking Now, which allows them to immediately begin the booking process, or Show Me How To Book, which includes a walkthrough explaining how to book using Compass. This section is highlighted in blue in the image below. If parents have multiple students at the school they can toggle between the staff members their students are associated with using the dropdown menu available at the top right of the screen, which is highlighted in red in the image below.



# NOTICEBOARD

Come and be part of the fun

# SCHOOL EVENTS COMMITTEE (SEC) The Carnivale day is coming!!



Planning is well underway for this year's Carnivale, and there is a small dedicated team pulling it all together. We really would love some more team members to assist with the planning – help spread the load around. If you would like to be involved by helping us source some prizes, ticking the boxes for stall holders, just helping where required, we would really love to hear from you.

If you have not done so already please join, like and follow the MMPS facebook page.

## Mt Martha P.S. Social Noticeboard

Just drop us a message if you would like to be involved and we will certainly contact you and bring you into the loop.

As always, we have plenty of planning for activities for this term. Why don't you come and join us?

The SEC is a dedicated and amazing group of parents and teacher that work together to provide fun events for your children and for us as parents. If you like to be involved in your community – please come and join us at our next meeting /AGM and become a part of the fabulous tea.

(ii) Michelle & the SEC team

(See details next page)

Mount Martha Primary School - School Events Committee, SEC



Become a part of your school community by joining us on the SEC.

# AGM Wednesday 13<sup>th</sup>

February, 2019

School Staff Room, 7pm

We invite you and you friends to come along and find out about what we do.

We look forward to seeing you then

#### FINANCIAL ASSISTANCE INFORMATION FOR PARENTS



# FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- · \$125 for primary school students
- \$225 for secondary school students

#### MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

#### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2019 or you did not apply in 2018.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.







# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



sports fees & gear



camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



#### Contact

your local Saver Plus Coordinator

#### **Phone or SMS**

your name and postcode to 1300 610 355

#### Email

FrankstonSP@bsl.org.au

#### Online

saverplus.org.au

Find us on Facebook



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

<sup>\*</sup> many Centrelink payments are eligible, please contact your local Coordinator for more information.

# REGESTER NOW \*

We are inviting new families to join the Mt Martha Netball Club for the 2019 season.

Netball is a great way to get fit, play in a team, have fun, & make friends.

Mt Martha Netball Club provides skills clinics & social outings for their members.

Our Club aims to teach netball skills to new players & improve netball

skills in continuing players.



Saturday Competition Teams -U9 beginners (i.e. Yr2), U9, U10, U11, U12, U13, U15

Mixed teams U13-U15 & U15-U17 (girls can play in BOTH Sat comp & mixed comp)

**INDOOR** 

Wed night -15 & OVER

Mon & Wed night -MUMS

Saturday games & Wednesday (senior) / Thursday (junior) training sessions at MPNA courts Mornington. Wednesday indoor competition at David Collings Centre

Registration - please contact D

Deanne Johnstone

registration@mtmarthanetball.com



www.facebook.com/Mount-Martha-Netball-Club







#### 1st Term 2019 Programs and Activities

#### PLAYGROUP

#### Playgroup – Mount Martha and Mornington

Inviting Parents, Grandparents and carers of babies and pre-schoolers, Childcare area at both centres available for playgroups. Wellequipped play area with excellent resources, including a garden playground. Chance for care givers and pre-schoolers to have fun together and to meet others from the local community.

Commencing Term 2. Tuesdays, Thursdays and Fridays during school term - 10am to 11am Register your interest online / contact office website mountmarthahouse.com.au

#### Social Art/Classes inviting Parents, Grandparents and Carers of Babies with Bubs in Prams

You are invited to spend time making all types of craft; painted pot, mini canvas, personalised mug, cushion covers (no sewing) for yourself, your bub and your home. Suited to beginners, the teacher will guide you through the steps to create one easy project each week.

Tuesdays 1pm-2pm Commencing 12/02, 19/02, 26/02, 02/04 \$20 per session

Bookings Essential – 24 hours notice required Register and pay online / contact office

website mountmarthahouse.com.au

#### KIDS ART AND CRAFT

#### Art & Craft - 5 to 7 years old

If your children love exploring new techniques of art and craft then come along to this fun and creative class after school.

Tuesdays 4 pm-5.30 pm Commencing 12/02, 19/02, 26/02, 05/03, 12/03, 19/03. 26/03. 02/04 \$225 for 8 sessions (includes materials)

#### **Bookings Essential**

Register and pay online / contact office website mountmarthahouse.com.au

#### Art & Craft – 8 to 12 years old

If your children love exploring new techniques of art and craft then come along to this fun and creative class after school.

#### Wednesdays 4pm-5.30pm

Classes - 13/02, 20/02, 27/02, 06/03, 13/03, 20/03, 27/03, 03/04

\$225 for 8 sessions (includes materials)

#### **Bookings Essential**

Register and pay online / contact office

website mountmarthahouse.com.au

#### Tweens Art Klub - 9 to 12 years old

Friday nights are becoming very crafty as this Tweens group get creative! Grab your friends and come down to our monthly workshop where we can make all sorts of cool stuff. The projects are mostly things you could hang on your bedroom wall, or give to friends/family as gifts, or maybe even to sell! Some months we might have a theme night and we can dress up! Stay tuned for those dates!!!

Friday 29/03 6pm-8pm

\$40 per child

(all materials and refreshments included).

#### **Bookings Essential**

Register and pay online / contact office

对 website mountmarthahouse.com.au

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

Cnr Esplanade and Dominion Road, Mount Martha

5974 2297 🚺 mountmarthahouse@mornpen.vic.gov.au





#### 1st Term 2019 Programs and Activities

#### DISCUSSION AND WRITING

#### Poetry / Book Club @ the Wellness Hub

The wellness hub will provide the perfect space for readers of poetry and books to come together, share their thoughts and either exchange books on a monthly basis or books are loaned to participants by the Mornington Peninsula Library Service. Come for a cuppa and a chat, meet other locals who enjoy reading / poetry.

The opportunity to donate will also be available to the Mt Martha House Book Case, for all to share

1st Wednesday of the month

10.30 am-12 noon. (\$15 fee applied cover library fee)

6 pm-8pm

Dates - 06/02, 06/03, 03/04

#### **Bookings Essential**

Register and pay online / contact office

对 website mountmarthahouse.com.au

#### **Mount Martha House Writers Group**

Share your creative journey with other like-minded writers and storytellers. New members welcome. 4th Tuesday of the month 9.30 am - 11.30 am Dates - 26/02, 26/03, 26/02, 23/03, 23/04, 28/05 Register your interest online / contact office

对 website mountmarthahouse.com.au

#### LANGUAGE

#### Spanish for Beginners

"Quieres hablar Español? - Would you like to speak Spanish? Here's your chance to learn!

The focus will be on conversational Spanish.

Option 1 - Morning 10.30 am-12 noon Thursday 14/02, 21/02, 28/02, 07/03

Option 2 – Morning 10.30 am –12 noon Thursday 14/03, 21/03, 28/03, 04/04

\$50 for four tutored sessions

#### **Bookings Essential**

Register and pay online / contact office

website mountmarthahouse.com.au

#### **Italian for Conversation - Beginners**

A soft and easy approach to the Italian language will get you talking from lesson one. With a 15 year experience teaching adults, your native tutor will take the stress away and lead you step by step in a relaxed and supportive environment.

Option 1 - Morning 9.30 am-11.30 am

Tues 12/02, 19/02, 26/02, 02/03

Option 2 – Morning 9.30 am–11.30 am

Tues 05/03, 12/03, 19/03, 26/03

Option 3 - Evening 5.30 pm-7.30 pm

Tues 12/02, 19/02, 26/02, 02/03

Option 4 - Evening 5.30 pm -7.30 pm

Tues 05/03, 12/03, 19/03, 26/03

\$120 for four tutored sessions

#### **Bookings Essential**

Register and pay online / contact office

xebsite mountmarthahouse.com.au

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#### 1st Term 2019 Programs and Activities

#### Italian for Conversation - Intermediate

This class is for the students who have some grammar basics behind and want to dive deeper into the language. Lessons will cover grammar, culture and travel.

Option 1 – Afternoon 12.noon–2 pm Tues 12/02, 19/02, 26/02, 02/03 Option 2 – Afternoon 12.noon–2 pm Tues 05/03, 12/03, 19/03, 26/03 \$120 for four tutored sessions

#### **Bookings Essential**

Register and pay online / contact office website mountmarthahouse.com.au

#### Would you like to learn other languages

Email your interest and let me know how you can assist

mountmarthahouse@mornpen.vic.gov.au

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Cnr Esplanade and Dominion Road, Mount Martha







#### 1st Term 2019 Programs and Activities

#### SOCIAL ACTIVITIES

Social Group – we would love to hear your ideas!

Come along and meet new friends, join our new social activities such as a Community Dance and BBQ, Coffee and Chat, Are you interested to hear from guest speakers - Local Community Organisations, Mt Martha House Historical Tours, Family History Podcasting – anything else! Email your interest and let me know if you are interested in being a guest speaker

mountmarthahouse@mornpen.vic.gov.au

Social Walking Group – inviting all community members – no age limit

Group to meet at the courtyard area followed with a walk organised by the lead volunteer. Group members get the opportunity to not only maintain a great health program but have the opportunity to have a chat along the way. On return to the house, the group can relax if they wish to have a coffee if for a cost of a gold coin at the house or meet at a local café.

Monday, Wednesday and Friday @ 8.15 am (until end February. 9.15 am thereafter) all public holidays excl. Xmas Day and Boxing Day

#### **Community Choir**

Looking for Choir Master!!!

Please express your interest if you would like to join / lead the choir.

Mondays 7pm–9pm

Commencing 11/02

Register your interest online / contact office

website mountmarthahouse.com.au

#### Peninsula Recorder Ensemble

Music for the Recorder Consort from the Renaissance Period to Present Times Bookings and enquiries
Wednesdays 7pm–8.30pm
Commencing 16/02

**Bookings and enquiries Beate Lackman** 

beatelackmann@gmail.com

**Balcombe Probus Table Tennis Club** 

Monday afternoons, 1.30-3.30 pm

#### **Mornington Chess Club**

New members welcome. Contact 5975 8938 for further details. Every Monday, 1pm–4 pm. Commencing 07/01

#### **Mount Martha Scrabble Club**

Come along to play three games. Afternoon Tea is shared after the first game.
Contact Marjorie Barnes 0402081466
Tuesdays 12.50 pm-3.45 pm
Commencing 08/01

**Mount Martha Maijong Support Group** 

Meet with other local people looking to play Mah Jong, the ancient Chinese tile game..

Contact Shirley Kerr 5975 5733

Tuesdays 12.50 pm–3.45 pm

Commencing 08/01

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

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#### 1st Term 2019 Programs and Activities

#### HEALTH AND WELLBEING

#### Mindfulness

Spending 1 hour resting our bodies and calming our wandering minds. Mindfulness moments will provide the opportunity to embrace your own time with a seated guided (spoken) Meditation.

Tuesdays 10.30am - 11.30am Tuesdays 6pm – 7pm Commencing 12/02 \$25 per session

#### **Bookings Essential**

Register and pay online / contact office 对 website mountmarthahouse.com.au

#### **Reset to Recovery**

Reset to Recovery is a support group for people who had all experienced a workplace injury and involvement with workcover. It's a space to talk & share experiences with others who have lived this experience and all that it involves.

Thursdays 10.30 am - 12.00 noon Commencing 14/02 Gold coin donation (refreshments included)

#### **Bookings Essential**

Register your interest online / contact office

🧭 website mountmarthahouse.com.au

#### **Emotional Resilience**

6 Steps to Building Emotional Resilience is a sixweek program to develop and build on your skills to "Build your own Emotional Resilience".

We will be discussing ways to develop better life practices that can help to regulate your emotions by creating a positive practice that can be part of your "life's toolkit".

So let's talk about how you can take better care of your body, mind and spirit creating a stronger more resilient you....In the words of Carl Jung - " I am not what happened to me, I am what I choose to become ....

Thursday 6 pm-7 pm Commencing 14/02, 21/02, 28/02, 07/03, 14/03, 21/03 \$155 for 6 sessions

#### **Bookings Essential**

Register and pay online / contact office

website mountmarthahouse.com.au

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Cnr Esplanade and Dominion Road, Mount Martha

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#### 1st Term 2019 Programs and Activities

#### **PAINTING**

#### Painting with Parkinson's

Come and join our supportive social group and have some fun. Feeling low, socially isolated or ready to explore the creative side you never knew existed? We would love to see you. No prior art experience necessary.

2nd and 4th Mon of every month 10 am to 12

Commencing 11/02, 18/02, 11/03, 25/03, 08/04, 22/04

Gold Coin Donation (refreshments included) **Bookings Essential** 

Register your interest online / contact office

website mountmarthahouse.com.au

#### **Adult Painting Get-together**

Have fun painting with fellow artists – any subject of your choice - bring your own photograph, paper and paints (watercolour or acrylic only, no oil). Sessions will be supervised by an experienced artist who will give advice and assistance as required.

Thursdays 2 pm-4 pm

Commencing 14/02, 21/02, 28/02, 07/03, 14/03, 21/03, 28/03, 04/04

\$8 per session

Bookings Essential - 24 hours notice required Register and pay online / contact office

website mountmarthahouse.com.au

#### Art Connect – Untutored art class

Calling all would be artists. Get together with other like-minded people in a beautiful space overlooking the sea where you can do your thing and be surrounded by others doing theirs. Bring your own unfinished project or new idea with you all your own supplies. Be inspired and encouraged by each other. Classes are untutored, however, you will be working alongside established artists.

1st and 3rd Monday of the month 9.30 am-12.30

Commencing 04/02, 18/02, 04/03, 18/03, 01/04, 15/04

Gold Coin Donation (refreshments included)

#### **Bookings Essential**

Register your interest online / contact office

website mountmarthahouse.com.au

#### **Probus Men's Art Group**

Have fun painting with fellow artists – any subject of your choice. Classes are untutored, however, you will be working alongside established artists.

2nd and 4th Tuesday of every month

9 am-12 noon

Commencing 12/02, 19/02, 12/03, 26/03, 09/04, 23/04

Gold Coin Donation (refreshments included)

#### **Bookings Essential**

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website mountmarthahouse.com.au

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#### 1st Term 2019 Programs and Activities

#### ART AND CRAFT

#### Social Art/Classes inviting Parents, **Grandparents and Carers of Babies with Bubs** in Prams

You are invited to spend time making all types of craft; painted pot, mini canvas, personalised mug, cushion covers (no sewing) for yourself, your bub and your home. Suited to beginners, the teacher will guide you through the steps to create one easy project each week.

Tuesdays 1pm-2pm Commencing 12/02, 19/02, 26/02, 02/04 \$20 per session

Bookings Essential - 24 hours notice required Register and pay online

对 website mountmarthahouse.com.au

#### **Adult Beginner's Art Group**

In this fun and relaxed Adult Beginners Art Group, the emphasis is on having fun! Each week you will learn new skills while exploring different products and techniques. The teacher can guide you through the steps to produce a small project each week, or you can just enjoy our company and create something of your own - there's no pressure! Get together with like-minded people and the group will inspire and support each other. Some projects might be: painting a small canvas, creating a gorgeous layered collage, highlighting an inspirational quote with mixed media techniques, or weaving a trendy wall hanging. Or bring along your own ideas! We just love getting ARTY!.

Wednesday 1 pm-3 pm

Commencing- 14/02, 21/02, 28/02, 07/03, 14/03, 21/03, 28/03, 04/04

\$245 for 8 sessions (incl. materials)

Bookings Essential - 24 hours notice required Register and pay online

对 website mountmarthahouse.com.au

#### **Boomerang Bags**

Boomerang Bags is a grass-roots, community driven movement, tackling plastic pollution at its source. Volunteers from all walks of life get together to make re-useable 'boomerang bags' using recycled materials, as a means to provide a sustainable alternative to plastic bags. Come along and join this new group, help create these bags and meet other people. no experience necessary, fun & FREE

Every Monday 1pm to 4pm Commencing 04/02

Register your interest online / contact office

website mountmarthahouse.com.au

#### Mt Eliza Lace Group

Lace Group meets here. Beginners welcome. Come along and try bobbin lace. Create a piece, start with a bookmark, fish or snake or for the more advanced bring your own work. Includes morning tea.

3rd Fri of every month 9am - noon Commencing 15/02

Gold Coin Donation (refreshments included)

Register your interest online / contact office

website mountmarthahouse.com.au

#### **Knitting & Crochet Group**

Come and meet other people whilst knitting or crocheting beanies, scarves and blankets for KOGO and other charity groups. Meet other people as well as share morning tea. Wool and patterns provided.

Mondays 10am - noon Commencing 04/02

Gold Coin Donation (refreshments included) Register your interest online / contact office

website mountmarthahouse.com.au

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

Cnr Esplanade and Dominion Road, Mount Martha

🚺 5974 2297 💋 mountmarthahouse@mornpen.vic.gov.au





#### 1st Term 2019 Programs and Activities

#### **UFO** group (Unfinished object!)

Do you have a cupboard full of unfinished patchwork, quilting, embroidery, knitting, sewing or craft projects that needs finishing? Spend time working on your project while catching up with other crafters.

Every Tuesday 6pm to 8pm (starts 05/02)

2nd Fri of the month @ 9am to 12 noon

Commencing 01/02

Gold Coin Donation (refreshments included)

Register your interest online / contact office

website mountmarthahouse.com.au

#### DONATIONS WANTED!

Boomerang Bags and the Knitting and Crochet Group would greatly appreciate donations of material, wool, knitting needles, crochet hooks and patterns.

Drop donations at the office between the hours of 9 am - 3.30 p.m. Monday to Friday. Please leave your name and details as they like to send a letter of thanks.

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

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#### <sup>1st</sup> Term 2019 Programs and Activities

#### MORNINGTON AND MOUNT MARTHA MODEL RAILWAY

Meets every Tuesday at 7.30pm at rear of Mount Martha House - off car park. Happy to conduct tours. Contact 0439 566 664

#### MOUNT MARTHA HOUSE HISTORICAL COLLECTION

The Mount Martha House Historical Collection aims to collect, preserve and protect the people, history and heritage of Mount Martha House and community and make it available to everyone.

History visits and tours

Gold coin donation Historical Tours on last Wednesday of each month.

Next tours - 30/01, 27/02, 27/03, 24/04

Bookings required Tel. 5974 1288, meet at the main entrance 11 am - 12 noon. We are happy to be a guest speaker at your function.

If you would like to help as a volunteer please contact 5974 2297 or email mtmarthahousehistory@gmail.com

#### COMMUNITY AND OTHER SPECIAL **GROUPS MEETING AT MOUNT MARTHA HOUSE**

BERG Mt Martha - the Balcombe Estuary Reserves Group Mt Martha Inc. - is a friends' group formed in 1997 to preserve and restore the bushland of the Balcombe Estuary Reserves. Further enquiries, call 0447 160 288 or email info@berg.org.au

#### **Mount Martha Senior Citizens**

Relatively small club which makes for a friendly, vibrant and caring outlook among our members. Take part in numerous activities including carpet bowls, cards and not least of all good conversation. Also enjoy monthly raffles plus Melbourne Cup and footy final celebrations. Why not come along and visit, you might even like what you see.

Every Thursday, 10 am-4 pm \$5 membership

#### **Balcombe Probus Club (Men)**

New members welcome. The Club provides a social outlet for retired or semi-retired men. Monthly meetings are generally followed by an optional lunch at a local restaurant. We also provide a wide variety of other activities and events each month - something or things to suit everybody's tastes! For details, contact the membership secretary. Further details contact Membership Secretary: 0429 541 759

1st Tuesday of every month 9.30 am **Balcombe Ladies Probus** 

2nd Wednesday of every month, 9.45am

#### Oshorne Ladies Probus

New members welcome.

This friendly outgoing group meet not only to enjoy each others company but to hear a wide range of wonderful guest speakers and to take part in visits to the Theatre, Cinema and places of interest. Within this Probus Club we also run the following groups: Golf, Walking, Bookclub, Dineout, Mahjong and Solo

Further details contact Membership Secretary contact 5976 2955

3rd Tuesday of every month from 9.30am

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

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#### 1st Term 2019 Programs and Activities

#### **Mount Martha Probus (Men)**

New members welcome. Further details Greig Zadow, Club Secretary 0421 644 489

#### **Mount Martha Village Ladies Probus**

New members welcome. 2nd Wednesday of every month

#### **Lions Club of Mount Martha**

The Club meets in Room 64. When there is a fifth Monday we have a Social Event with a Guest Speaker 1st and 3rd Monday of the month

7 pm for a 7.30 pm start Further details Club Membership: 0474 323 740

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

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#### 1st Term 2019 Programs and Activities

#### REMINISCENCE PROGRAM

Ancestry if you are interested in learning more about your family history email your interest mountmarthahouse@mornpen.vic.gov.au Sharing Grandmas Recipes

Sharing Grandmas Recipes in a Reminiscence program for people living with Dementia. It is designed to promote communication, providing the opportunity to share and remember the treasured family recipes. This program will provide a space for people living with Dementia to talk about how things were done when they were young! It may also have the opportunity for the recipes to be collated and produced into a cookbook.

Thursdays 10.30 am-11.30 am Commencing 14/02 Gold Coin Donation (refreshments included)

#### **OUR RAISED GARDEN BEDS**

Reactivation of Community Raised Garden Beds Seeking Expressions of Interest Would you like to help us plant our raised garden vegetable beds! and help to promote healthy sustainable living. Email your interest



#### **VENUE FOR HIRE**

Rooms available for hire for classes, conference groups, meetings and functions in a picturesque location. There is also office space available for hire for counselling, co-workers and small businesses. Overhead projector and WIFI available.

Please contact hall bookings: 5950 1150

#### MMH MAILING LIST

Keep up to date with news, activities and events by joining the Mount Martha House mailing list: See staff in the MMNH office for details or email your interest

mountmarthahouse@mornpen.vic.gov.au

The Mount Martha House Community Programs are supported by the Mornington Peninsula Shire and Department of Health & Human Services through the Neighbourhood House Coordination Program.

Please contact Community Programs Co-ordinator if you are interested in facilitating programs or wish to volunteer your services

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#### **ADVERTISING**



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#### **SOUTH BEACH PROJECT**

Open daily from 8am for breakfast & lunch. Music from 1.30pm on Sunday.

Space available for private events.

5974 4443

Website: www.southbeachproject.com.au



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